

Sydney Observer

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Spring
Fashion

Save the
Koala Month

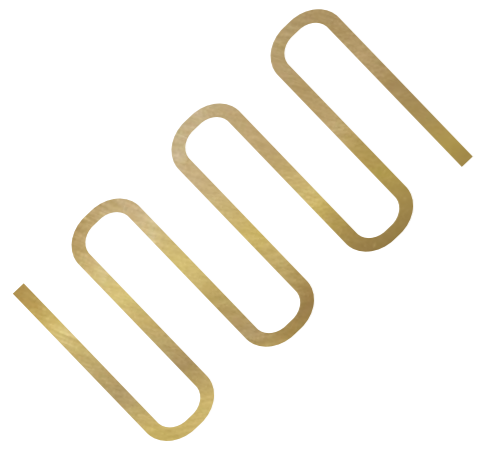
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WINNER 2020
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\$60,001



From the Editor

Hello, *Sydney Observers*!

I couldn't be happier in saying spring has sprung! Reflecting on the year so far, it's been quite a journey, and although time is passing quickly, I've been grateful for the fading mention of COVID-19 and La Niña. The arrival of spring brings with it an undeniable sense of renewal and positivity. So as nature awakens from its winter slumber, it's time to take it all in and enjoy the world around us.

In this issue, we catch up with Jana Pittman and hear of her remarkable journey finding resilience and transformation. After injuries dashed her Olympic dreams, Jana explored diverse paths, from bobsled to medical studies. This shift ultimately led her to a fulfilling career in women's and children's healthcare. Jana's story underscores the potential for setbacks to pave the way for newfound purpose.

Within the magazine we also uncover Gourmet Traveller's Restaurant of the Year, explore the life of a celebrity stylist, and get into the swing of spring with all things interior design, fashion, food and family fun!

Willow Berry



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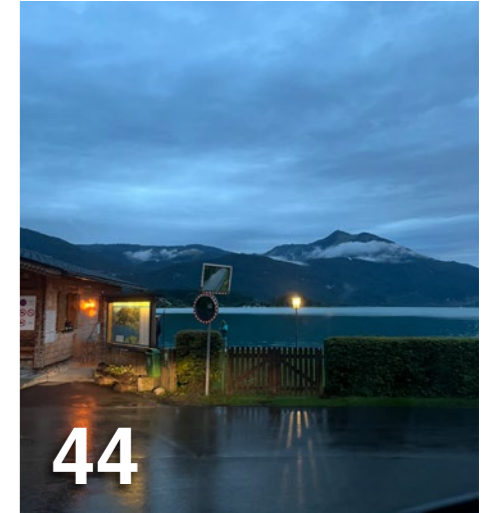
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East Killara	North Turramurra	South Turramurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrawee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby



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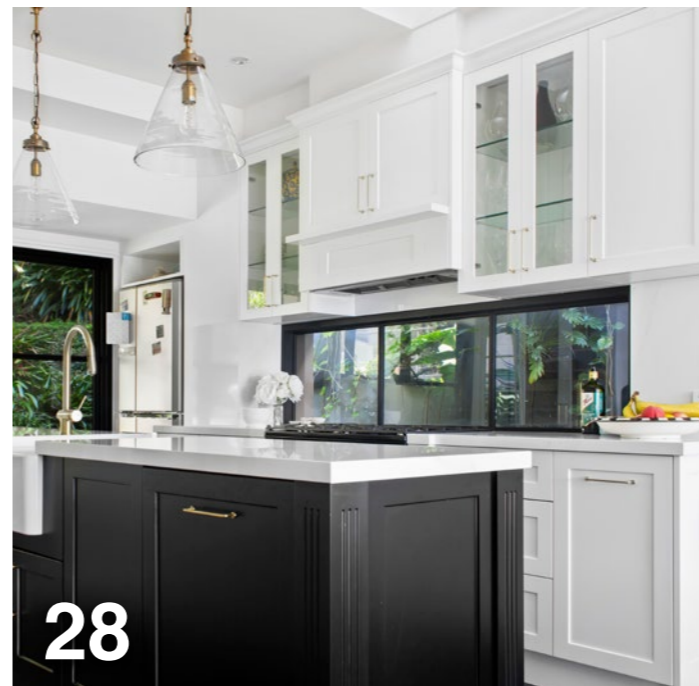


Gourmet Traveller Restaurant Awards

On Monday, 21 August, Gourmet Traveller unveiled the highly anticipated winners of their annual Restaurant Awards.

Among the celebrated victors was Sydney's renowned Aalia, crowned as NSW's Best Restaurant. Additionally, Sean Moran was recognised for his Outstanding Contribution to Hospitality. The industry veteran commemorated three decades of his iconic Bondi restaurant this year, which had pioneered farm-to-table dining in the city back in 1993.

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Matildas make TV History

The Matildas' semi-final game against England has marked a significant television milestone, becoming the highest-viewed program, regardless of genre, since the inception of the rating system in 2001. The match held in Sydney, captivated a national audience of 11.15 million Australians, with an impressive average viewership of 7.13 million, as reported by OzTam ratings and Channel Seven.

Government Scraps HECS Rule

The Federal Government will now permit university students failing over 50% of subjects to access student loans. This change follows a report highlighting the rule's unfair impact on regional and lower socio-economic students. The 50% pass rule, introduced by the Morrison Government in 2020, barred these students from loan assistance, forcing upfront payments.

Tackling Fire Ant Migration

To mitigate the risk of a fire ant migration from South East Queensland, the NSW Government has implemented fresh biosecurity protocols. These measures come in response to the detection of a fire ant nest on the Gold Coast, a mere six kilometres away from the NSW border. This marks the closest proximity to NSW since the initial identification of fire ants in Brisbane over two decades ago.



New Housing Targets

National Cabinet leaders from all states and territories have set a target to build 200,000 extra homes by mid-2029 and implement uniform rent rules, excluding rent increase limits. The target now is 1.2 million homes, with \$3 billion in incentives for exceeding goals and \$500 million for new housing. The Federal Government's housing bill, focusing on government-owned and low-rent housing, faces opposition from the Coalition, and Green demands for rent limits.



Victoria Cancel 2026 Commonwealth Games

The 2026 Commonwealth Games in Victoria have been cancelled due to funding challenges. Victorian Premier Daniel Andrews revealed this decision, citing an anticipated threefold increase in costs compared to the allocated budget. Andrews deemed the revised estimates of \$6-7 billion as excessive and unsustainable for hosting the event.



Hollywood Actors Strike

After 43 years, Hollywood actors' union has initiated a strike due to pay disputes with media giants like Netflix and Disney. This follows a recent screenwriters' strike and reflects concerns about streaming's impact on income and wellbeing. Actors highlight reduced residuals, shorter seasons, and AI risks. While some companies claim short-term profit impact, actors demand fair compensation and protection amid industry changes.

Amaze and Play

Hunter Valley Gardens have prepared a series of special attractions for this spring. The Amaze & Play in the Garden event will be held from 23 September to 8 October. Kids can have fun on the Adventure Maze, Bubble Zone, Storybook Garden and much more. And if they want a lot of action, they can enjoy the rides on the Swing Chair, Super Slide and the Tea Cup. You can buy tickets at www.huntervalleygardens.com.au.



Geneva Giveaway

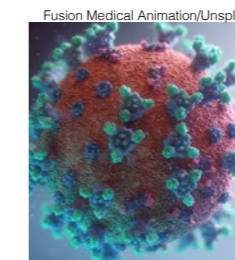
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Goodbye COVID Fines



The Redfern Legal Centre (RLC) has lodged a formal petition in the Supreme Court of New South Wales, aiming to nullify all outstanding COVID-related fines. These fines were issued by the police for violations of COVID restrictions. Building on their successful precedent of challenging 33,000 fines in the previous year, RLC now seeks the cancellation of 29,000 additional fines.

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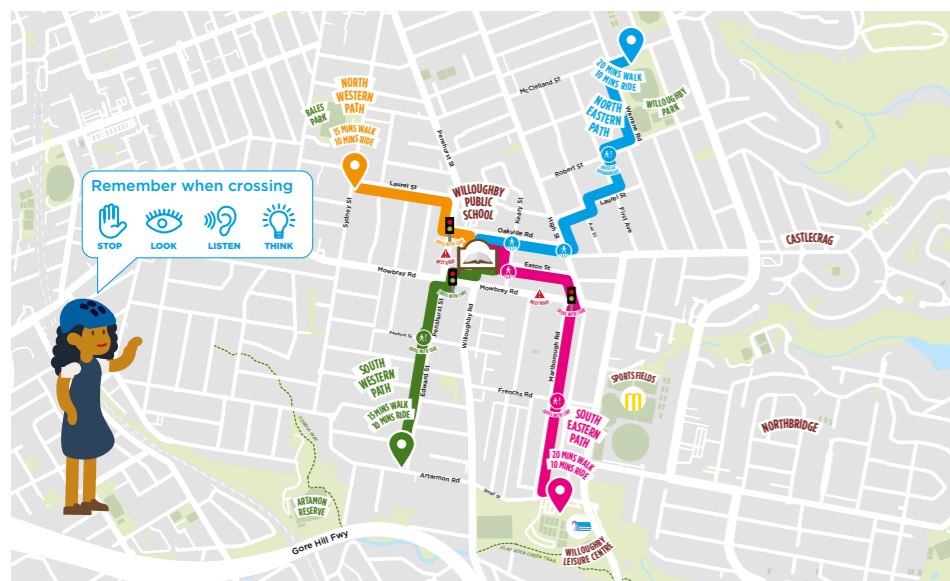
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The Council organized the Willoughby Public School Active Map to help families identify the best routes to walk, ride, scoot or skate to school.

Tackling School Traffic

Willoughby City Council has engaged students to pinpoint secure walking and cycling paths intended for use by the school community, as an integral component of the 'Resilient Willoughby Schools Active Travel Project.'

Today marked the inauguration of a pilot initiative at Willoughby Public School, situated on Sydney's Lower North Shore, aimed at motivating students and their families to adopt walking, cycling, or scootering as means of commuting to school.

Fueled by collaborative efforts, the project is intertwined with curriculum-based learning, with the overarching goal of mitigating school traffic congestion during peak hours.

It was revealed by students that despite 87% of families residing within a 1.5km radius of the school, 55% still opt to drive, contributing to traffic congestion and endangering pedestrian safety, which in turn impacts students and residents alike.

Willoughby City Mayor Tanya Taylor emphasised that this innovative project serves as a pivotal testament to the Council's commitment to collaboratively curbing car dependency and enhancing road safety, cycle paths, and pedestrian walkways in proximity to schools.

"The pilot program has proven a huge success with positive feedback from teachers, students and parents all eager to get on board."

The initiative is urging students and their families to embrace alternative modes of transportation, such as walking, cycling, or scootering, instead of relying on cars for their school commutes.

As part of the effort, students will actively observe and assess school travel trends to gauge the effectiveness of their active travel project.

"Council and the school have set a target to increase active travel rates by 10% to 15% which will take 100-200 cars off the streets around school at peak times."

"By encouraging students and their families to walk and cycle more to school, the students can help reduce emissions and risk to pedestrians around their school. It's a great example of the students being able to think globally and act local."

"The Willoughby Public School community has embraced the initiative to date and we hope to make a lasting impact encouraging everyone to walk or ride where possible," Mayor Taylor said.

Willoughby City Council has partnered with Willoughby Public School, Bicycle Network, Observatory Hill Environmental Education Centre and School Infrastructure NSW to deliver the pilot project.

The Willoughby Public School Active Map can be downloaded at <https://www.willoughby.nsw.gov.au>.



Community Biodiversity Project

Ku-ring-gai Council is currently piloting an innovative concept known as a "woody meadow," an idea pioneered by Melbourne University.

Woody meadows are vibrant and densely planted zones featuring native flowering plants, strategically designed to enhance the aesthetic and ecological quality of urban environments.

By boasting an abundance of blossoms, these meadows serve as a welcoming habitat for native bees, small avian species, and other forms of wildlife.

Beyond their visual appeal, woody meadows have the potential to curtail weed proliferation and lower maintenance expenses for public spaces.

In a collaborative effort, the Council's environmental team, along with 14 dedicated local volunteers, embarked on a project to plant 400 tube stock in St Ives Chase, thus creating a trial woody meadow.

Over the next 12 to 18 months, the plantings will flourish, and Council personnel will closely monitor the site to assess whether biodiversity flourishes, evidenced by an increased presence of insects, birds, and animals.

Mayor Jeff Pettett said the woody meadows project had already seen plantings in railway corridors, roadsides and other public land across Australia.

"The evidence from this initial planting will help decide whether to extend woody meadows to other public land in Ku-ring-gai".

For more information about the woody meadows project visit <https://woodymeadow.unimelb.edu.au>.



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Emerge Festival

Willoughby's *Emerge Festival* is set to infuse the Artarmon, Northbridge, and Willoughby village centres with music as part of its annual celebrations.



Running from 2 September to 9 October, the beloved *Emerge Festival* highlights Willoughby's rich culture and community spirit through an array of activities.

It encompasses live performances, art exhibitions, creative workshops, outdoor leisure, and live music sites, all culminating in the North Shore's largest street party — the Chatswood StreetFair on 2 September.

Experience diverse live music from 5pm to 8pm every Thursday, Friday, and Saturday evening, from 21 September to 8 October, connecting residents for a joyful start to the warmer months.

Mayor Tanya Taylor emphasised the festival's significance in bringing the community

together, celebrating both the arrival of Spring and the vibrant spirit of Willoughby.

"This iconic community festival marks not only the fact that Spring has sprung, but also celebrates the people of Willoughby."

"For five weeks, we will come together and celebrate our vibrant culture and the best entertainment that Willoughby has to offer," Mayor Taylor said.

Minister for Multiculturalism Stephen Kamper also expressed support,

recognising festivals as a means to celebrate diversity and unity.

"We are proud to support Willoughby Council to bring this exciting festival to the local community," Mr Kamper said.

"Festivals are a wonderful platform to foster unity within a community, allowing us to share in the diverse cultures that make up our state."

"We encourage everyone to participate in this vibrant, month-long event."

Orienteering, croquet, cultural festivals, puppet shows, live theatre, and more contribute to the vibrant lineup, promising a month-long experience of connection and enjoyment.

This initiative is made possible through support from the NSW Government and Willoughby City Council. For a comprehensive event list, visit www.emergefestival.com.au.

Council Introduces Its Inaugural E-Truck

In a significant step towards sustainability, the Ku-ring-gai Council has acquired its first electric truck, poised to undertake an array of tasks spanning waste collection, road repairs, and water spraying.



The newly acquired tip truck operates on 100% electricity, efficiently charging through a three-phase charger. It is thoughtfully equipped with a hoist and other essential maintenance apparatus.

This cutting-edge vehicle is the product of technology provider SEA Electric, an Australian company at the forefront of producing electric-powered commercial vehicles since 2012.

This acquisition aligns seamlessly with the Council's commitment to expand its fleet of electric and hybrid vehicles, a pivotal facet of its Net Zero action plan, which was endorsed by the Council last year.

In tandem with the Net Zero Ku-ring-gai initiative, the ultimate aspiration is to achieve zero greenhouse gas emissions by the year 2040.

Mayor Jeff Pettett said the new truck would soon be in service with the Council's operations team. "This is an exciting development in our aim to electrify the Council fleet."

The Mayor added that the Council was also investigating locations for more electric vehicle charging stations.

"We've successfully installed electric vehicle chargers in the new Milray Street car park at Lindfield which are being widely used."

Gordon's Eat Street Takes Shape

After one and a half years, work has been completed on an upgrade to the St John's Avenue area with the aim of making it a long-term venue for outdoor dining. The Council developed the idea of an 'eat street' after consultation with residents and businesses in the St John's Avenue and Henry Street area of Gordon.



The result is new landscaped terraces with seating, widened footpaths, street furniture, new paving and an improved layout for outdoor dining. Features to make the area more pedestrian friendly include raised crossings at Clipsham Lane, Henry Street and Churchill Lane and improvements to kiss & ride areas.

An innovative feature of the upgrade are three charging tables so visitors can charge their devices while in the area. The chargers will be activated later this year, along with new lighting.

The upgrade follows the improvements to Gordon station and an influx of new cafes and eateries in the area. Mayor Jeff Pettett said the Council had a goal

of creating a focal point for the local community to socialise during lunchtimes and after work. "The area is attracting a lot more passers-by and it will help local businesses if people are encouraged to linger longer and spend money," he said.

The mayor added that further work will be undertaken on Heritage Square near the station, with the aim of making the park more attractive, accessible

and better integrated into the St Johns Avenue public domain.

Other projects included on Gordon's revamp are the Nar-rang Reserve playground, Gordon Recreation Ground and Fitzsimons Lane and Pacific Highway streetscape. From the projects announced by the Ku-ring-gai Council for the suburb, the only one deferred is the Gordon Cultural and Civic Hub.



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krg.nsw.gov.au/sculpturetrail



Save the Koala Month

September is Save the Koala Month, and the Australian Koala Foundation (AKF) is calling Aussies to revel in the iconic True Blues and contribute to concrete conservation efforts.

From subtle emblems on our attire to plush toys proudly displayed with our flags, the koala's image is etched deep within our national identity. Yet, as their primary habitat dwindles and home ranges shrink, the koala needs our nation's unwavering support.

Deborah Tabart OAM, Chair of the Australian Koala Foundation, emphasises the significant impact of Save the Koala Month on conservation and protection endeavours.

"The AKF currently believes there are less than 60,000 koalas remaining in the wild, facing numerous challenges that threaten their survival. Habitat loss, climate change, disease, and human interference have led to substantial population decline. Bearing this in mind, it's paramount for Australians to unite and secure a thriving future for the koalas."

Throughout Save the Koala Month, the AKF extends an invitation to Australians

to celebrate the iconic True Blues and become a koala hero through small acts of contribution. Planting trees in Koala habitats, fundraising, or amplifying awareness on social media — each modest effort contributes to safeguarding the future of these beloved animals.

"At this moment, our True Blues require genuine heroes, and support can manifest in various ways. The AKF has curated a 30-day list of engaging activities to captivate you throughout this remarkable month," Tabart affirms.

With 30 days and 30 ways to save the koala, individuals are encouraged to organise community events, art exhibitions, or campaigns centred around koala conservation. By infusing art and creativity, the AKF aims to kindle passion and empathy for our cherished Aussie animals and their environment.

For deeper insights into Save the Koala Month, ways Aussies can contribute and engage, visit the AKF website at www.savethekoala.com. Keep pace with the AKF on Facebook and Instagram to stay informed.

Youth Environmental Awareness

To cultivate ecological consciousness among young residents aged 11-15 years, the Ku-ring-gai Wildflower Garden initiated a series of engaging activities last month.

Commencing on Thursday, 17 August, from 4 to 6pm, the program was launched with a Campfire Conversation held at the picturesque Ku-ring-gai Wildflower Garden.

Guided by the Garden's knowledgeable staff, this event provided a unique platform for young minds to engage in discussions concerning environmental challenges and brainstorm solutions, all while roasting marshmallows over a campfire.

This Campfire Conversation served as a precursor to a comprehensive five-week Youth Environmentalist program that began on Thursday, 24 August. The initiative aimed to mentor participants in the 11-15 age group, fostering not only awareness but also practical skills in environmental stewardship.

The program encompassed diverse activities, from citizen science projects



and scientific exploration to gaining insights into various facets of the environment and acquiring the know-how to impart knowledge to others.

Led by the Garden's dedicated team of environmental rangers, the Youth Environmentalist program was tailored to deliver hands-on experiences, encouraging active participation and meaningful learning.

Mayor Jeff Pettett said raising awareness and inspiring young residents to care for the environment was the main goal. "Young people have a great passion for nature and we hope this program will channel that energy into new ideas on protecting it."

The course is every Thursday at 4pm to 5.30pm up until 21 September and costs \$60 per child. To book go to krg.nsw.gov.au/youthwfg.



Roseville Park Oval Upgrade

In the upcoming months, Roseville Park Oval is set to undergo a comprehensive upgrade, necessitating its closure until early next year.

The enhancement project encompasses the installation of a state-of-the-art irrigation and turf drainage system, the addition of new fencing around the oval, implementation of safety screens, and a thorough returfing of the sports field.

A novel rainwater harvesting tank will be integrated into the system, utilising water collected through the drainage system to supply recycled water for the sports field.

The forthcoming picket fence will pay homage to the rich cricket heritage that has thrived at Roseville Park over the years.

Upgrades commenced on 7 August, the work will render the oval unavailable for training and games until March 2024. Measures have been taken to relocate current oval users to alternate sports fields whenever feasible.

Lindfield Soldiers Memorial Park and Wellington Oval, both situated in close proximity to Roseville Park, provide alternative options for recreational activities.

Mayor Jeff Pettett emphasised that the upgrade has long been part of the Council's capital works program and is now being realised after meticulous planning.

"This is an extensive upgrade which will see great improvements to the playing surface as a result of the work," he said.

Net Zero Ku-ring-gai

FREE EVENT

SUSTAINABLE FUTURES DAY

An event to help you create a healthy, sustainable and low-cost lifestyle.

Saturday 30 September, 10am-4pm
St Ives Village Green & Community Centre
krg.nsw.gov.au/sustainablefutures

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Rural Fire Service Get Ready Weekend 2023

The threat of bushfires is resurfacing as several years of wet weather have led to increased grass and scrub growth across NSW.

Now more than ever it's crucial to engage with your local RFS members to understand the potential risks of bush or grass fires in your vicinity. Just a few days of hot, dry, and windy weather, can transform into combustible material and fires can initiate and propagate rapidly.

During September each year, RFS members actively come together with the community through Get Ready Weekend events. Reach out to your local brigade to learn about the dates and locations of these events.

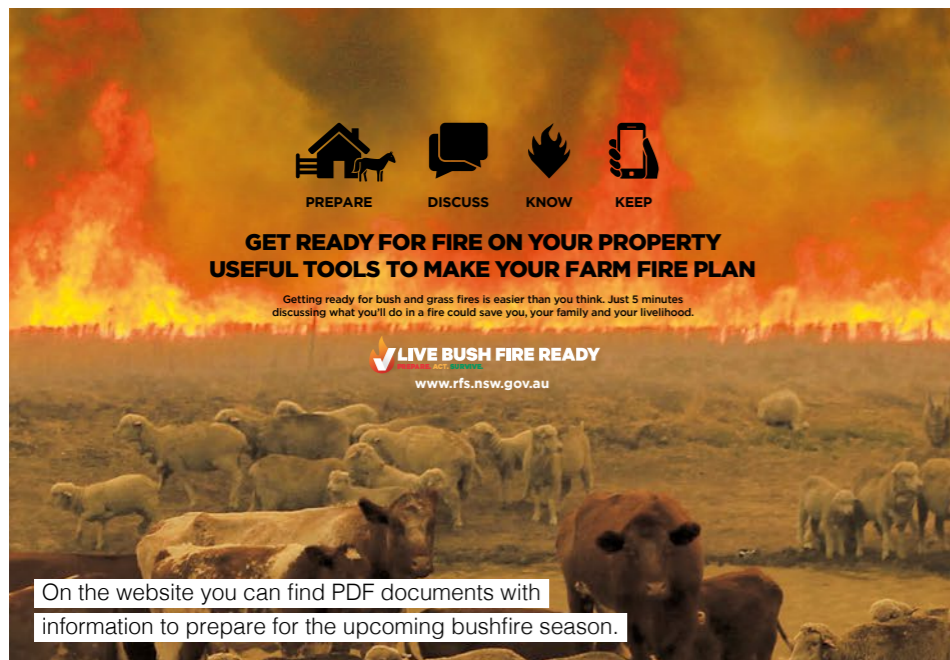
Get Ready Weekend spans approximately 500 locations in NSW and aims to

motivate residents and landowners to develop plans and preparations for the upcoming bushfire season.

For the year 2023, the majority of Get Ready Weekend events are scheduled for 16 and 17 September.

If you reside in an area close to grasslands or farms, recent rainfall has fostered significant grass growth. As this vegetation dries out, the risk of grass fires escalates. Grass fires can ignite swiftly and spread rapidly, posing an elevated threat.

With expectations of hotter and drier conditions in the upcoming summer, the likelihood of bush and grass fires has notably increased. Familiarise yourself with your risk level this bushfire season and proactively prepare by visiting <https://www.myfireplan.com.au>.



On the website you can find PDF documents with information to prepare for the upcoming bushfire season.

Council's New Recycling Initiative

The Ku-ring-gai Council has established a recycling initiative that is set to address the challenge of recycling hard-to-manage items.

The innovative recycling program will encompass materials such as soft plastics, small electronic devices, batteries, and textiles like clothing and linen — items that are currently not part of the Council's existing recycling arrangement.

Following a decision made last month, the Council will initiate a two-year trial of the service, slated to begin later this year. After this trial period, the effectiveness of the initiative will be evaluated.

Collaborating with the RecycleSmart company, the Council will implement the service, allowing residents to book direct collections from their homes to the recycling depot once the service is launched.

Residents have the flexibility to employ their own bags to segregate recyclable materials from general waste, or they can purchase dedicated bags for recycling items through RecycleSmart.

Once a collection date is arranged, RecycleSmart will manage the collection process and transport the items to the designated recycling facility.



Items covered by Recycle Smart

- Clothing and linen
- Small household appliances such as electrical tools, hairdryers, irons, toasters, laptops, and gaming consoles
- Coffee capsules, batteries, medicine containers, printer cartridges, sealed paint tins, and soft plastics.

The Validity of a Will

by Wal Abramowicz

Recently, in the Supreme Court of NSW, the validity of a will was contested by the deceased's daughter. The deceased had five children: three sons and two daughters. A Will template was purchased, and completed by the deceased's son, distributing the deceased's assets equally between the three sons. The daughter claimed the will was invalid and the deceased's assets should be divided evenly between all five children.

In 2020 the deceased's son purchased a Will template from a website. It was received on 2 July 2020. The following day, the son took the deceased for a neurological examination. It was determined she was mentally fit. The son completed the will and invited two family friends to witness its signing. The Will named the three sons as beneficiaries and excluded the two daughters. The daughter claimed the will was signed under suspicious circumstances:

1. It was prepared by a beneficiary instead of a lawyer
2. The son purchased a will template on his own and not at the request of the deceased

3. The witnesses were close friends of the beneficiaries
4. The beneficiaries were present when the will was signed
5. The deceased believed she was signing a different document, and not a will.
6. The son kept the will after it was signed
7. The will excluded the daughters even though the daughters had a good relationship with the deceased.

A will must be signed by two witnesses in the presence of the testator. The son had to prove this. The only evidence the son had was a photograph of his mother signing the will. The son claimed the witnesses were not in the photograph as they were behind the camera. The two witnesses filed documents supporting the son's claim but did not appear to be cross-examined. The judge ruled these documents could not be relied on.

The judge raised concerns when the son gave evidence. The son downplayed the relationship between the daughters and the deceased. He claimed they had a bad relationship. However, the hospital records noted the daughters were very helpful, visiting the deceased daily and assisting her with daily tasks.

The son gave evidence that his mother asked him to "go get me a will kit". The judge did not accept this statement. The deceased's medical reports referred to a power of attorney instead of a will. The medical report stated the purpose of the examination was to determine whether the deceased required a power of attorney rather than a will. The judge determined it was unlikely the deceased knew she was signing a will.

The judge preferred the daughter's evidence who gave accurate and consistent answers and in a straightforward fashion. The court concluded that the death of the deceased should be treated as if she had not made a will and the assets were to be distributed evenly between the five children.

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JANA PITTMAN

EMBRACING
LIFE'S
HURDLES
AND FINDING
PURPOSE.

by Willow Berry



Jana Pittman's life has always been fueled by an unyielding drive. Her unwavering dedication and hard work have guided her through a diverse array of roles, spanning from athlete and doctor to mother of six, author, and speaker.

With a name etched in Australia's sporting history, Jana has been the first female and second athlete overall to compete at both the Summer and Winter Olympic Games. But, Jana's career has gone beyond sports. Her narrative delves much deeper, as she now navigates a profession as a women's health doctor with a newly endowed sense of purpose.

From a young age Jana had a knack for juggling many roles. With her schedule always full and opportunities always brimming, her way of achieving was only destined.

"In terms of drive and that fire in my belly, I definitely do have a huge capacity – which I'm very lucky to have," she says.

"This has always been, and still is fostered by my family. They are my supporters and advocates, backing me to push boundaries and get out of my comfort zone — when you have that kind of support system around you, I guess anything's possible."

Jana recounts her athletic career as one of fluctuations, challenges, and triumphs. Whilst she participated in both Summer and Winter Olympic Games, and amassed accolades from World Championships and Commonwealth Games, the ultimate Olympic gold eluded her grasp.

"I was very competitive, winning multiple World Championships and Commonwealth Games, but obviously, never quite got the one I wanted most, which was the Olympics."

Experiencing this loss emerged as a defining point in Jana's life, with now a road of unknowns she had to navigate.

"Everybody has something that they desperately want in life, and you work really hard at it, you do everything humanly possible to make it happen. But, when it doesn't, it can become an impossible situation to cope with."

"I definitely flopped at first – when I lost the London Olympics in 2012."

"After that it would take six months, where I literally sat around watching TV and fluffed about, before I was ready to deal with what I was going to do with my life."

"Looking back, I now know that phase was really important."

Even with its substantial heartbreak, this poignant moment of unattained dreams marked a turning point in Jana's life, teaching her resilience in the face of disappointment.

"At that point, I was determined not to limit myself. I started rowing, boxing, cycling and bobsled, thinking one of them will work. Then I applied to medical school, and that was probably the greatest blessing of my life, to get into a career path that I love more than any sport."

"Now I look at all the ups and downs as a positive. I also know that my new career in medicine wouldn't have happened if I had become an Olympic gold medalist."

"So, amidst it all, it's far from the narrative of the amazing athlete that didn't have it all turn out the way they wanted it to — I believe it led me to so many other beautiful things."

At present, Jana is deeply involved at the Royal Hospital for Women in Randwick,



Jana with four of her six children.



"Everybody has something that they desperately want in life, and you work really hard at it, you do everything humanly possible to make it happen."

where her passion lies in enhancing women's and children's healthcare.

"It's the only Women's and Children's Hospital in New South Wales that specialises in babies and mothers."

"It's where I work, and even though it's a reputable and very well respected hospital, we really need more support. The birthing unit needs an influx of money for refurbishment and we rely quite heavily on philanthropic donation."

In light of this, Jana has decided to align with the hospital as her chosen charity for her upcoming participation on *The Amazing Race Australia*. And to make this experience all the more special her eldest son Cornelis has teamed up with her for the race.

"Sharing this experience with Cornelis is very special. When I asked him to join the show, he was ecstatic, eagerly saying yes. He's a fan of the show and, being the oldest of six siblings, I think he liked the chance for some one-on-one time, as it's something he doesn't often get due to his responsibilities at home."

"He's passionate about travel and dreams of a gap year. This show gave him a taste of adventure and self-discovery. His maturity and handling of situations during the show made me very proud – he exceeded what many adults might do."

"As for the show and embracing the reality TV challenge, I found unexpected camaraderie with fellow contestants. Sharing stories and passions, we connected deeply over our charitable causes. This newfound camaraderie warmed my heart, and our friendships have definitely lasted beyond the show."

Catch Jana and Cornelis in *The Amazing Race Australia* on Channel10 and at <https://10play.com.au>.

Eckhard Pecher/Wikimedia



Jana Pittman celebrating her victory on the 400 metres hurdles at the World Athletics Championships 2007 in Osaka.



Factoring Fun into Family Life

by Sarah Wainwright

Fun is essential for our mental and physical health. 'Fun' counters the effects of stress and isolation, such as when we're socially connected and relaxed. According to Catherine Price author of *The Power of Fun: How To Feel Alive Again*, having 'fun' can also enrich relationships as you're fully present, your guard is down and you're being your authentic self.

Price's research found that 'true fun', is not only enjoyable, it's also energising and refreshing. She believes there are three elements that constitute 'true fun': playfulness, connection and flow. 'Fake fun', for instance binge-watching TV or excessive gaming, may give a 'jolt of pleasure', then leave us feeling flat. Price argues that scheduling time to welcome more joy and making space in our lives to pursue passions, making the pursuit of fun a priority, is an active decision. (Dr E. Lewin, SMH, March 2023)

Recent graduate of a Bachelor of Psychological Sciences with a special interest in play, and fun-seeker mum of six, Amelia Johnson explains, "Play has an important role in cognitive development, helping children to develop self-regulation, problem solving skills, language, and deepening their understanding of the world around them. The benefits of playing and having fun, however, extend far beyond early childhood into adolescence, young adulthood and beyond. It can be a challenge to recognise play and fun as our children get older though. The trick is to encourage them to seek out activities that generate joy and to celebrate the lack of outcome."

Amelia continues, "Messing around together after dinner listening to music? That's play! Kicking a ball around the yard? That's play! Board games that keep being interrupted for chats and snack

Practical Ways to Have More Fun

- Prioritise fun.
- Schedule time for fun, allowing opportunities for serendipity.
- Chat about fun things to do with the family.
- Think about and list elements of fun — fun factors/characteristics.
- Intentionally pursue fun and passions in order to experience 'flow'.
- Flexibility, fun breaks in the routine allows for spontaneity.
- Foster meaningful connections for special, shared experiences.
- Enjoy playfulness, lightheartedness that allows us to do things in everyday life just for the pleasure of it.

refills? That's play! Fun is not something we can take out of the drawer and turn on. We need to create space for fun to emerge."

"Unscheduled time is a gift to our children and to ourselves because it is filled with potential. Follow curiosity, build social connections and find joy by embracing play. When we see play as more than simply occupying free time we are well on our way to mastering the 'Art of Being'. Time spent having fun is time well spent."



Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology). Writer, mentor-tutor, wife and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_.

Child Development through Music

by Willow Berry

In 2016, a study conducted at the University of Southern California's Brain and Creativity Institute revealed a remarkable connection between childhood musical experiences and the rapid development of the brain. The spotlight shone particularly on language acquisition and reading skills, where the impact was undeniably striking.

This revelation gained further validation from the National Association of Music Merchants (NAMM Foundation), which echoed the findings by asserting that mastering musical instruments can yield benefits beyond the realm of melodies. Maths comprehension and even exam scores were found to climb to new heights among those who were musically inclined.

However, let's turn up the volume beyond just academia. As discussed in these studies, the power of musical education extends its influence over every chord of child development, playing a pivotal role in preparing young minds for the demands of school and life.



Music actively engages young minds in challenges and multi-sensory experiences. Planning, working memory, inhibition, and flexibility can all be orchestrated by the captivating tune of music. As a memory maestro, learning an instrument and songs enhances retention skills for both young learners and grown-ups alike.

Additionally, music's effect on language acquisition has become quite telling, and it's done through teaching the melody of words and their meanings. It's a harmonious duo of movement and rhythm, sculpting motor skills and empowering self-expression in the most beautiful choreography.

While there's a powerful interplay between music and human development, it's proven that listening to music triggers the release

of three powerful chemicals: dopamine, serotonin and oxytocin.

In a conversation with *Sydney Observer*, singer-songwriter and music educator Phoebe Faye delved into the advantages of music education.

"Learning an instrument and reading music helps improve language skills, maths skills, attention to detail, self-discipline and creates a sense of achievement," she said.

"On a different level it is a great way for children to express their unique creativity, while also providing an outlet for their emotions."

"It pushes children out of their comfort zones which can be both hard and intense, but very advantageous for their lifelong development."

"In today's fast-paced world, children often lack the chance to slow down and find an outlet. Learning music and playing an instrument can provide that space. Regardless of age, it unlocks a new world of instruments, genres, and connections where one can freely express themselves."



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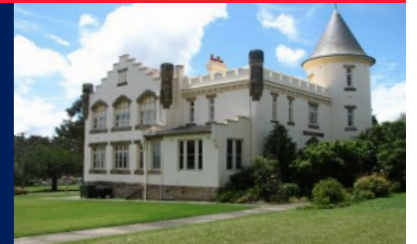
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Encouraging the 'Aha' Moments

Adding a fresh twist to last Month's Book Week celebrations, Loreto Normanhurst girls collaborated with students from St Ignatius Riverview to participate in the 'Write a Book in a Day' event led by The Kids Cancer Project.

This initiative brought together students from Year 7-10 across Australia to form teams and create complete books within a 12-hour timeframe as part of the challenge. These books were crafted for young readers aged between 10 and 16 years and were sent to children's wards in hospitals across Australia, offering stories written by the students to young patients undergoing cancer treatment.

Loreto Normanhurst girls engaged enthusiastically in the challenge, transforming their library into a hub of literary activity. A total of six teams from the school competed.

Since their initial participation in the competition back in 2016, Loreto Normanhurst teams had managed to raise \$27,355 for The Kids Cancer Project. Their efforts were rewarded with accolades, including awards for the Best Book in the Upper School division for NSW/ACT and the Best Illustrated Book in NSW/ACT in the Upper School division (years 10 - 12).

Loreto Normanhurst girls joined forces with St Ignatius boys to undertake the initiative as a united effort. This marked the first-ever collaboration between the schools, enriching teamwork dynamics and challenging the Loreto Normanhurst students to contribute their insights and adapt for the collective success of the group. Recognising the distinct



Loreto Normanhurst girls collaborated with students from St Ignatius Riverview to participate in the 'Write a Book in a Day', led by The Kids Cancer Project.

perspectives and experiences that boys and girls bring due to varied learning styles and motivations, this joint endeavour fostered the discovery and celebration of shared experiences and mutual objectives.

Ellen Lincoln, Head of English at Loreto Normanhurst, emphasised that this initiative's collaborative approach to reading and writing education fosters values like teamwork, communication, perseverance, and empathy among students from both schools.

"Collaborative learning is at the heart of our educational approach. It invites our students to challenge their own interpretations of literature, engaging deeply with the text through the perspectives of their peers," said Ellen.

In this environment, students often have 'aha' moments, seeing a theme or story

in a fresh light, and that fosters more than just skilled readers and writers—it shapes empathetic, open-minded individuals ready to engage meaningfully with the world."

Year 10 Loreto Normanhurst student Maya, also expressed how the experience was both inspiring and motivating.

"It pushes us to exercise our critical thinking, develop our problem solving skills and truly tap into our creativity. We are also given the opportunity to work side by side with our peers to create something special for a good cause," she explained.

"It's a lot of hard work but it is incredibly rewarding to give children suffering from illness the opportunity to immerse themselves in a world of imagination and endless possibilities created through reading."

Youth Creative Competition 2023

The City of Ryde is excited to announce the introduction of their first Youth Creative Competition 2023. The competition will be open to those who live, work or study in the City of Ryde.



The competition will be held across three age groups 12-15, 16-19, 20-24 and entries will be asked to respond to the competition theme, "Hope or the Future".

The entries open at 1 July and close on 31 October. You can enter the competition at <https://www.ryde.nsw.gov.au/Community/Arts-and-Culture/Youth-Creative-Competition-2023>.

Competition Categories

Art Category

Submit a photo of an artwork across any of the following categories

- Painting
- Drawing
- Photography
- Sculpture
- Digital Artwork
- Collage

Writing Category

Submit a piece of writing (maximum 1000 words)

- Short story
- Fan fiction
- Poetry
- Review, or
- Piece of prose

School Holiday Fun for All Ages

As the school holidays approach, Sydney emerges as a fantastic city for kids. From learning to surf to up-close encounters with native animals at zoos and aquariums, and even museums that transform history into an enjoyable family experience, Sydney offers a plethora of outdoor and indoor activities to keep kids engaged. Here at *Sydney Observer* we've compiled some of Sydney's best attractions for kids so you don't have to.

WILDLIFE WONDERS

Darling Harbour offers a plethora of options for kids. At WILD LIFE Sydney Zoo, they can encounter snakes, koalas, and other adorable native creatures. Meanwhile, SEA LIFE Sydney

Aquarium promises a rendezvous with king penguins, sharks, turtles, and dugongs. If you're up for a short journey, venture to Featherdale Wildlife Park in Doonside or Symbio Wildlife Park in Helensburgh.

BEACH DAYS ARE BACK

Renowned for its splendid spring weather, Sydney beckons you to explore the great outdoors. Whether you prefer serene harbour coves, ocean pools, or the thrill of surfing lessons at iconic spots like Manly, Bondi, or Cronulla, Sydney's coastal offerings cater to all.

FOR THE YOUNG THRILL-SEEKERS

Luna Park is a magnet for young thrill-

seekers, offering rides, ferris wheels, and new attractions added in 2021. While Raging Waters boasts 30+ slides, rides, a beach, and kids' zones. For kids aged eight and up can conquer the Sydney Harbour Bridge's Bridge Climb or the panoramic Sydney Tower Eye's outdoor Skywalk.

CULTURE DELIGHTS

Step into history at Hyde Park Barracks, immersing yourself in Sydney's convict past. When night falls, Sydney Observatory unveils celestial wonders. Aspiring firefighters can ignite their passion at Penrith's Museum of Fire, where fire safety activities, computer games, and puzzles await.

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New Aged Care Act

The recommendation from the Royal Commission into Aged Care Quality and Safety has underscored the necessity for a comprehensive revamping of the Aged Care Act. The existing Aged Care Act 1997 is said to have lost its relevance and effectiveness, prompting the need for a completely new framework.

Presently, the Department of Health and Aged Care is actively engaged in crafting a new Aged Care Act. This forthcoming legislation aims to reposition older individuals as the central focus within the aged care system. It will serve as the foundation for bringing about fundamental transformations within the aged care sector.

The formulation of the new Act aligns with parallel sector-wide reforms, including the strengthening of Aged Care Quality Standards and the establishment of a novel model for regulating aged care.

WHEN CAN WE EXPECT THE NEW ACT TO TAKE EFFECT?

Barring any roadblocks in Parliament, the new Act is scheduled for implementation on July 1, 2024. Upon its enactment, it will supplant existing legislations, encompassing the current Aged Care Act and the Aged Care Quality and Safety Commission Act 2018.

IS THE NEW ACT FINALISED?

The new Act is still undergoing development. Collaborative efforts with key stakeholders have been underway, with a specific emphasis on the constituents of the new Act's construction. Soliciting input on the foundational elements of the Act is currently in progress, with public consultation slated to conclude on September 8, 2023.

The insights garnered from the ongoing consultation will play an instrumental role in shaping the new Act. Subsequently, the department anticipates releasing an Exposure Draft of the Bill for the new Act, opening it up for public feedback later in 2023.

WHAT SETS THE NEW ACT APART FROM ITS PREDECESSOR?

The Royal Commission's findings illuminated a pivotal disparity: the prevailing Aged Care Act is structured around service providers and funding mechanisms, rather than focusing on the needs of service recipients.

A distinct departure from this approach, the new Act will endeavour to follow the journey of older individuals through the

system. This shift will prioritise their unique requirements over provider funding. It will be purposefully designed to delineate the responsibilities of aged care providers while enshrining mandates to safeguard the rights of older individuals in Australia, ensuring they receive secure and high-quality care.

The new Act aims to:

- Establish older Australians as the nucleus of the aged care system.
- Articulate the rights of older Australians seeking or receiving funded aged care services.
- Introduce a streamlined entry point with well-defined eligibility criteria, simplifying system access.
- Incorporate an equitable and culturally safe single assessment framework.
- Institute fresh oversight and accountability mechanisms.
- Propose a risk-based regulatory model, bolstering provider accountability and incentivizing the provision of safe and excellent aged care services.
- Reinforce the Commission's authority by enhancing enforcement powers.

Public consultation is currently in progress to gather input on the foundational aspects of the new Aged Care Act.

To participate, you can access the Department of Health and Aged Care's Aged Care Engagement Hub, which provides resources like a consultation paper, fact sheets, diagrams, FAQs, and a survey.

The insights gathered from this consultation will play a crucial role in shaping the new Act. The consultation period will conclude on 8 September, 2023.

To get involved, head to:

Consultation – Foundations of the new Aged Care Act
<https://agedcareengagement.health.gov.au>

A new model for regulating aged care and new Aged Care Act – Frequently Asked Questions.
<https://www.health.gov.au/resources>

Celebrating Older Dads

by Matt Oliver

How will you spend Father's Day with your ageing dad? It's no longer as simple as handing over a card made at school or buying a gift certificate to his favourite restaurant. What does remain the same as our dads age is the importance of the emotional connection we have with them.

Remember to consider your dad's physical condition before embarking on anything strenuous. If your father has a chronic medical condition, it might require a mindset shift on your part – make sure the activities you plan are physically manageable. For dads with limitations, it's okay to keep it ordinary and consider adapting activities he like to do in the past to the present.

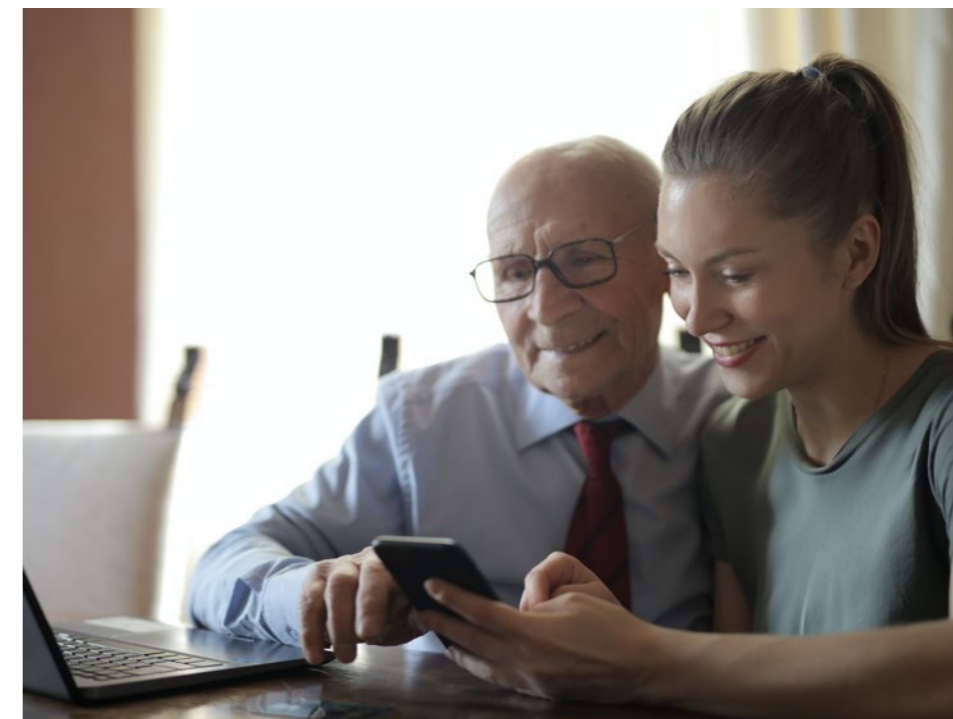
It's all about finding ways to celebrate and make the most of your emotional connection this Father's Day. Here are some ideas to get you started:

FAMILY TIME IN THE GREAT OUTDOORS

As we get older, some may find it difficult to spend much time outdoors at all, depending on their circumstances and mobility. Father's Day can be a great opportunity to enjoy family time outdoors, whether it be a family BBQ with a football or cricket game in a local park, or a gentle flat walk by a river together.

DAD'S FAVOURITE MEAL

Even if your dad isn't eating as much as he used to, it's a great idea to entice his appetite with his favourite food or restaurant. If you're not sure, ask him about his best food memories, and see if you can match his tastes with current local restaurant options. Takeaway is a good option for less mobile dads.



DAD'S FAVOURITE PUB OR CAFÉ

For dads who like a drink, consider a brief visit to their favourite pub or bar. Be mindful of alcohol's impact on mobility. Some men enjoy the atmosphere without overdoing it. Exploring any changes and memories can be fascinating. For non-drinkers or those who were, a visit to an old café could be a great choice.

FAMILY DRIVE DOWN MEMORY LANE

For Father's Day, consider taking a drive down memory lane. Visit your dad's old work area or his childhood town. Drive by his favourite spots, discussing the changes. Elderly individuals often miss visiting their familiar places, and observing alterations in the surroundings can spark engaging conversations.

READING TO DAD

Stay connected with your dad by discussing news and events. Share stories to spark conversations about changes over time, keeping his mind active. If news isn't his interest, explore sports, community events, or history. For less mobile dads, card or board games provide entertainment. Revisit his youthful joy for board games, which often become enjoyable pastimes later in life.

DAD'S FAVOURITE MUSIC

Revive cherished memories by playing your dad's favourite tunes. Explore his beloved music and sing or even dance along together. If he's a jazz enthusiast, treat him to a local jazz club with senior-friendly sessions. Music evokes nostalgia and offers a way for older individuals to relive joyous times.



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CorningWare Collectibles Surge

by Willow Berry

In the aftermath of the collapse of its US-based parent company, Instant Brands, the value of CorningWare collector's items has experienced a remarkable surge, prompting Australians to meticulously examine their kitchen cupboards for these cherished artefacts.

Instant Brands recently declared the commencement of a voluntary court-appointed bankruptcy procedure, shedding light on its position as the driving force behind a range of culinary essentials, including Instant Pot cookers, Corolle dinner plates, and Pyrex glassware.

A historical titan, CorningWare has graced the consumer landscape for over a century, since its establishment in 1915, proudly asserting that one of its products finds its way into 90 percent of American households.

Notably, the visionary glass chemist Stanley Donald Stookey assumes a pivotal role in this narrative. Renowned for his transformative contribution to culinary culture, Stookey inadvertently stumbled upon the creation of an incredibly resilient glass during an experimental mishap in the 1950s.

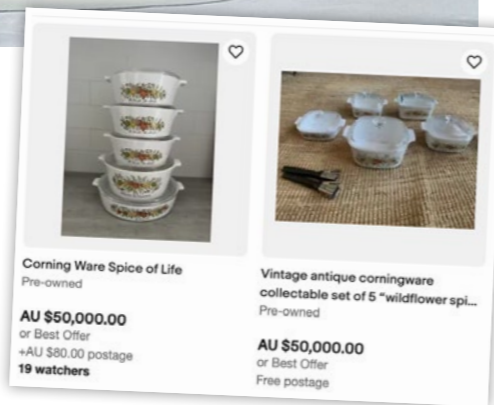
Originally utilised in the construction of nose cones for guided missiles within the American military, this robust material subsequently paved the way for the development of an 'indestructible' line of cookware, adept at withstanding extreme heat and immune to the pitfalls of chips and breakages.



CorningWare pieces can now reach thousands of dollars in online marketplaces.

The widespread presence of Instant Brands' products across major Australian retailers such as Woolworths, Coles, and Big W underscores the brand's significant market reach. Instant Brands attributed its downfall to the challenging inflationary environment it encountered.

In the wake of this development, the market value of CorningWare pieces has scaled unprecedented heights on online platforms like eBay, with prices soaring to an astonishing \$25,000 – a striking \$10,000 increase compared to previous top prices in online auctions.



The sought-after pieces up for bidding boast rare CorningWare patterns, notably the iconic "Floral" design available between 1971 and 1975, along with the distinctive "Wildflowers Spice of Life."

Boost Mobility for a Bright Spring

by Rejimon Punchayil

This is a season of freshness, new life, and hope! As we welcome spring, let us examine what we can do with a renewed dedication that will have a positive impact on our health and wellbeing. Spring is a great season to be out and about, taking advantage of the pleasant weather and embracing mobility.

WALKING FOR BETTER HEALTH

Walking is an excellent way to enhance overall health. It benefits our muscles, bones, joints, circulation, heart, lungs, digestion, bowels, and mind. However, it's important to consider the risk of falls, which is the number one mobility problem that older people experience.

WALKING AIDS

There are plenty of solutions that can help us enjoy walking this season. Walking sticks, for example, are a valuable tool for individuals with painful joints. They come in a variety of models and types, including folding ones, quad sticks, ultra-light carbon fibre walking sticks, and even ones with umbrellas or glowing gel handles.



There are walking frames (Zimmer frames), which provide greater support than walking sticks. Another option is seat walkers or rollators, which generally come with a seat and four wheels, providing a versatile and convenient walking aid.

FINDING THE RIGHT WALKING AID

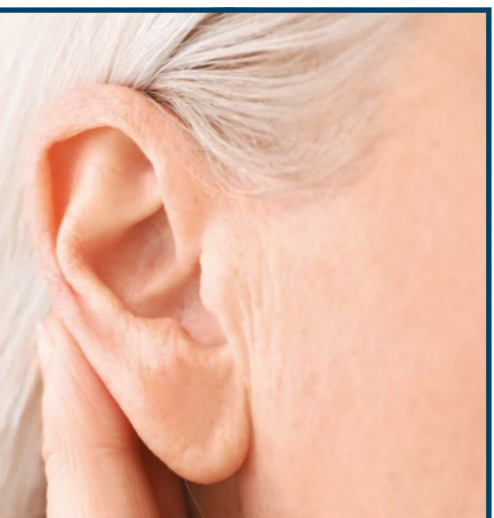
It's important to select the right walking aid that suits your needs and budget. There are different types of walkers, to suit different bodies with different seat height, handle height, seat width, wheel size, brake types, baskets, designs, and more. It's crucial to find a walking aid that not only supports your mobility but also reflects your personality and taste. An experienced AT Specialist or an Occupational Therapist can assist you in finding the most suitable walking aid that will motivate you to walk more and enhance your overall wellbeing.

So what is holding you back this spring? Take advantage of the season, explore our range of walking aids, and let's prioritise your mobility and wellbeing!

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Go Digital with Yours Seniors Card

by Willow Berry

The NSW Government introduced the Seniors Card program in 1992, aiming to assist seniors in accessing exclusive deals and initiatives to lead a more affordable life during retirement. In 2019, the Senior Savers Card was introduced, extending discounts to the increasing number of NSW seniors who continue to work after the age of 60.

By participating in this program, cardholders are connected with businesses that offer special discounts and deals. With the print discount directory and the online discount map, seniors gain greater access to exclusive benefits within their local communities.

With over 1.9 million cardholders across the state, the Seniors Card program has become a valuable source of business for numerous companies involved in the initiative. Now, they're offering cardholders the option to add a digital Seniors Card to their Service NSW Mobile App. This addition ensures safety, security, and convenience, making it easier for seniors to access their card on the go.

Adding the digital Seniors Card to your app is straightforward and does not replace your physical card. You can choose to use either version, and participating businesses will recognise both when presented.

Remember, you will need an active MyServiceNSW Account to add your digital Seniors Card or Senior Savers Card. If you don't have an account, you can easily create one on your device or reach out to Service NSW for guidance.

For those seeking discounts in their local area, please visit the Seniors Card website to explore the various offers available to you. Embrace the digital convenience and make the most out of your Seniors Card benefits through the Service NSW Mobile App.



Creating Your Digital Card

To add your digital Seniors Card or Senior Savers Card to the Service NSW Mobile App, follow these simple steps:

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2. Open the application.
3. Log in to the Service NSW Mobile App.
4. Select 'Add a digital licence or credential'.
5. Select 'Seniors/Senior Savers Card' and follow the prompts.

If you encounter any difficulties while adding your digital credential, contact Service NSW on 13 77 88 for assistance.

Fire and Rescue Offers Safety Visits for Seniors

by Frederico Carvalho

Recently in Newcastle, an entire house was destroyed by a fire thought to have been started by a faulty Lithium battery-powered e-scooter. The owner of the house was saved by his neighbour, who managed to wake him up after overhearing the activated smoke alarm during the incident.

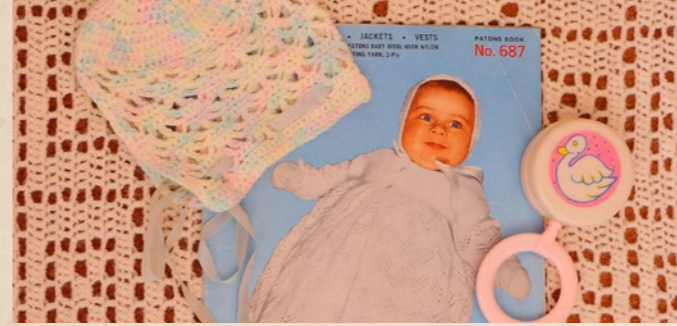
Knowing that properly functioning smoke alarms can save lives, Fire and Rescue NSW is promoting an initiative to enhance the safety of residents aged 65 years and older. Through a simple request on their website (fire.nsw.gov.au), firefighters will visit your home to inspect the smoke alarms, replacing any broken ones for free if necessary.

The visit includes a thorough check of the smoke alarms to ensure they are operational

and correctly positioned. For those without a smoke alarm, firefighters will install a long-life battery-powered smoke alarm for added safety. Should they find any alarms with old batteries, they will replace them at no cost. Furthermore, you can even request a personalised safety assessment by inviting them to tour your home.

This service is also extended to individuals living alone, those with limited mobility, vision or hearing impairments, residents supported by carers, family, and friends, as well as those for whom English is a second language.

To request this service, visit fire.nsw.gov.au, open the "Fire Safety" section in the menu, select "Home Fire Safety," and click on "Safety Visits." On "Safety Visits" page, you'll find a form to fill out and request a safety visit.



When Babies Were Fed 'by the Clock'

by Margaret Simpson

The 1950s and '60s saw the beginning of the medicalisation of pregnancy and childbirth. Babies were delivered by doctors in clean clinical hospitals rather than at home by midwives. For nutrition and health care advice, mothers read books by Dr (later Sir) Frederic Truby King, the infant welfare reformer from New Zealand, and Dr Benjamin Spock, the American psychiatrist and paediatrician.

Both Truby King and Dr Spock advised mothers to adopt strict and inflexible feeding routines and not to feed their babies when they cried. It was argued daily routines and discipline provided babies with a feeling of security and began at 6 a.m. by waking the infant for a feed.

Imagine a modern mother forgoing her own and her baby's sleep to wake for a morning feed! This continued in a regimented fashion every four hours at 10 a.m., 2 p.m., 6 p.m. with the last feed waking the baby at 10 p.m.

Mothers were told to forget their natural instincts on when and how much to feed their babies, with the result being a screaming baby, a stressed mother and disrupted family. Between feeds, mothers were instructed not to pick up their babies when they cried for fear of spoiling them.

Between feeds there'd be set times for baths, sun kicks, cuddles, out in the pram and toilet training from six weeks. The idea was that after each feed the poor infant would be held over a basin or small potty for up to five minutes. The aim was to have a 'clean' baby with fewer nappies to wash and to 'train' the baby's bowels to act regularly.

Needless to say, these unbending routines provided little chance for mothers to go out at other times of the day for fear of disturbing 'the routine'. The unfortunate result was a lot of unhappy mothers and distressed babies.

The Importance of Good Hearing

by Joanna Magee

Recent research is shedding light on the significant interplay between hearing health and brain health, with a few of these connections proving to be astonishing and labeled as truly remarkable!

Hearing is our most neglected sense and yet it has a vital connection to brain health. Untreated hearing loss causes cognitive overload on the brain, filling our short-term memory as we attempt to process sound. The frustration leads to avoidance of communicating because it is ineffective, stressful, and tiring. But people are unaware of the impact this overload takes on the brain.

Hearing well helps maintain the functionality and connectivity of various brain regions involved in auditory processing, language, memory, attention, and perception.

We value keeping our mind active, vital, and vibrant ... yet fail to realise that neglecting our hearing diminishes this. By hearing better, we can improve our brain health and well-being, and we can give our life more meaning.

In addition, our sense of hearing gives us connection and enjoyment...listening to the sounds of life, laughter, conversation, music, bird song or other sounds that bring us pleasure. Effective communication not only brings connection and deepens it but eases the burden placed on the brain when we strain to hear.

Specialists have uncovered that untreated hearing loss can result in Dementia, and also increases the chance of falling over. The greater the hearing loss the more negative the impact. Even mild hearing loss can have a negative impact on brain health. Research indicates that brain health and well-being increase when we improve our hearing.

AUDIHEALTH have assembled a panel of Hearing Experts to share insights on these connections, revelations, and solutions. If you are pro-active about maintaining your brain health and being as vital as possible then this seminar will give you the insights and tools, you need.

Call 88809922 to make a booking. The Roseville Club, 64 Pacific Highway, Roseville, 11 October 11:30 a.m.

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Sensational Kitchens is an award-winning, family-owned, and operated business with over 30 years of industry experience. Their passion lies not only in delivering the finest in modern and traditional designer kitchens but in ensuring that the entire experience is accompanied by impeccable service.

Recognising the significance of a kitchen renovation, they strive to make every step a truly sensational journey for their clients. Having opened their doors in Pymble in 2017, they're now proud to have completed their 200th kitchen.

The shelves of their reputation proudly display numerous awards and finalist acknowledgments. Their design repertoire ranges from the classic Shaker style to the cutting-edge Shadow Line aesthetics, catering to diverse tastes. Distinctive design features set their work apart, ensuring that each kitchen stands out as a work of art.

Among their most popular kitchen styles, the Hamptons design takes the lead, and the timeless appeal of subway tiles is their most popular splashback. While white remains their most dominant kitchen colour, their extensive range offers a multitude of nuanced shades, each exuding its own unique charm.

EMBARK ON THEIR PROCESS

1. Free in-home design consultation: Clients are invited to book a consultation with one of their skilled Kitchen Designers who will visit their homes to delve into renovation aspirations. During this session, a thorough exploration of ideas and preferences takes place, alongside layout advice and initial budget estimations.

2. Custom design:

Opting to move forward post the initial consultation, they offer a tailored design service for a nominal fee (which is deducted from the final cost upon project confirmation). Their designers collaborate closely with clients, amalgamating individual preferences with budget constraints and design principles.



Sensational Kitchens' design repertoire ranges from the classic Shaker style to the cutting-edge Shadow Line aesthetics, catering to diverse tastes.



3. Present and produce: With the design polished, clients are invited to the showroom for the unveiling of technical CAD drawings and material selections. This stage finalises colour schemes, finishes, hardware, and more, setting the stage for the production process.

Happy customers hold a special place for them, as evidenced by their testimonials:

"We love our new Kitchen! The friendly service and finished product exceeded our expectations. Thanks to Daniel and Tam for making the whole build a dream," says Helena, a Sensational Kitchens' client from Pymble.

"We love our sensational blue kitchen... Sensational Kitchens have definitely lived up to their name," celebrate Tim and Tanya, from Hornsby.

Their flagship store in Pymble welcomes visitors from Monday to Saturday. At Sensational Kitchens, turning dreams into realities is their foremost commitment.



Second Hand Steals

by Willow Berry

It's that time of year again for the annual spring clean. I'm no Marie Kondo so I won't be delving into the specifics of decluttering, instead I'm here to prompt you to stay attentive. Keep your gaze keen, as what might appear as someone else's trash could be a valuable find for you.

There's an undeniable thrill in the pursuit of a bargain – that satisfying feeling of stumbling upon a hidden gem at a local garage sale or op shop. The joy of sifting through unique items, each carrying a story of its own, can be quite invigorating. Yet, not all of us possess the inherent skill to consistently strike gold in the world of second-hand shopping.

From me to you, here are a few things you can keep an eye out for:

Consider vintage prints and unique framed pieces, add a touch of authenticity with a fun scenic print, or get your hand on an original Tretchikoff piece – although they're rare it's possible!



Old industrial kitchenwear.



Vintage prints.

Crystal decanters and collectible glassware from the '60s and '70s exude a timeless charm. Each delicate curve and intricate pattern tells a story of craftsmanship and attention to detail, so let's "clink" to that!

Old industrial kitchenware adds a hint of rustic nostalgia. In an era dominated by mass production, infusing your home with distinctive finds is a delightful way to personalise your space and infuse it with character.

Let's hang! Vintage maps not only provide a window into history but also showcase intriguing names from bygone eras, sparking curiosity and conversation. Macramé hangers bring a touch of nature indoors while also embracing the artistry of handcrafted decor.

When it comes to decor, anything can serve as a vase – from West German ceramics to colourful glass bottles. These elements can breathe life into your living space while showcasing your unique style.

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Restoring original fireplaces, door handles and ceilings is a great way to sustainably add character to your rooms.

Curtis Adams/Pexels

Swimming with the Skyline

by Willow Berry

Akoya Residences situated on the North Shore, is poised to introduce what could be one Australia's most extraordinary swimming pools – an infinity pool that affords unobstructed vistas of the Sydney skyline and the iconic Harbour Bridge.

Akoya is an address of exclusivity. With a limited collection of only 39 residences tailored for those aged over 55, this boutique luxury apartment building redefines sophisticated living.

The rooftop marvel stands as the building's crown jewel, encircled by fireplaces, lounging areas, private dining spaces, and outdoor kitchens, the space epitomises opulence and leisure.

The pool's inspiration mirrors the ethos of Akoya — embodying the pinnacle of luxurious hotel-style living. Much like Singapore's renowned Marina Bay Sands, it features an infinity edge that merges seamlessly with panoramic views of Sydney Harbor.

Alceon development director Todd Campling has addressed that crafting this aquatic masterpiece entailed meticulous planning. The goal was to offer a space where residents can swim laps while gazing at the Sydney Harbour Bridge and still relish moments of relaxation.

"There are a lot of design and engineering challenges that come about from putting a large pool that high up in the sky," he tells *Sydney Observer*.



"It's a complicated process but it meets all the Australian standards and is fully accessible to residents. We've even got a platform wheelchair lift up to the pool deck."

Collaboration with architects yielded a design that seamlessly merges functionality and aesthetics. The pool boasts sunken chairs and a designated space for plastic wine glasses, enhancing its utility. The arresting infinity edge is complemented by lush rooftop greenery.

As emphasised by Campling, what sets this residence and pool apart is its unparalleled view.

"There's no other pool in Australia with a view like it!"

"It's unbelievable – with its full panorama of Sydney harbour. You can see the Harbour Bridge, the Opera House right through to the mountains on the other side."



The luxury apartment building has 39 residences tailored for those aged over 55.

Spring Interior Inspiration

by Isabelle Dolphin

As spring blossoms, the interior design landscape begins a vibrant transformation, welcoming a fresh new season of trends. Spring is the perfect time for decluttering and infusing homes with hues that rejuvenate the room.

As we pivot from the cooler winter palette that took us through the earlier half of the year, this season's trends are encouraging a shift from monotone colour schemes. Instead, they embrace a harmonious blend of warm shades. Here's exactly how to nail your home interior this spring, according to the experts.

SIMPLE TOUCHES AND ORGANIC TEXTURES

Cushla McFadden is the co-founder of Tom Mark Henry (tommarkhenry.studio), a leading Aussie interior design studio. She tells *Sydney Observer*, "Spring is a good time to declutter and invite some colour into your home, which can be easily achieved with a beautiful bunch of fresh cut flowers in a hero vase."

"It's also a time to think about ensuring your home is passively designed so it invites the weather in, without the heat load and glare requiring the need for air conditioning."

Keeping practicality and functionality in mind while designing your space should also be a priority. Achieving this can be effectively done through more thoughtful material selections.



Natural timber provides an organic touch.

"Eaves and awnings on windows, lighter colour cladding that doesn't overheat, natural timbers and stones for natural organic textures and cooling in your home are also essential for this time of year."

EMBRACE COLOUR IN EVERY ASPECT

Liz Hayward is the designer and owner of

Hayward & Co (haywardandco.com.au), a bespoke interior decoration agency from the North Shore. She feels it's high time we add more colour to our homes and step away from the beige.

"One prominent trend that stands out is the revival of vibrant colours, pops of magenta, mauve and canary yellow provide a sense of playfulness, allowing for your creativity to thrive."

Mixing colours and textures brings a lively and inviting vibe to your home. Liz says be bold and try pairing a patterned print with a few pops of creamy yellow, pink or red, to create a playful and welcoming atmosphere.

CHARACTER IS EVERYTHING

Laura Sue-San is the director of LS Studio (lsstudio.com.au), a full-service residential architecture studio. Her and team particularly love working with federation homes.

"We are always thrilled to have the opportunity to work on historic homes and bring them back to life whilst preserving character," she tells *Sydney Observer*.

Reviving homes with existing unique charm by restoring original fireplaces, door handles and ceilings is a great way to sustainably add character to your rooms.

"Rugs and fabrics with stitch effects, ombré details and blending of different yarns are just a few trends we'll likely see more of this spring."

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Spring Fashion

by Tayla Foster

At long last, the veils of winter have lifted, ushering in the enchanting allure of spring. As we warmly welcome the flourishing 2023 season, it's time to revamp our wardrobe selections. While spring is renowned for its vibrant pastel tones and lively accents, this year introduces a fresh wave of emerging trends that celebrate sophistication and chic aesthetics.

Pastel paradise

Thanks to the sensational Barbie phenomenon, pastel is the new craze in the fashion industry. Embrace the bold and revel in the art of mixing and matching, for it's the new cool. Dive into colour and daring prints, or bask in the serenity of pastels while an ambitious statement piece does all the talking. The result will leave you radiating with the same vibrant joy as Margot Robbie's iconic Barbie.



vrgrf.com

charcoalclothing.com.au



Maxi & Midi Skirts

In the past year we've seen the return of the maxi skirt — and she's here to stay. Keep it classic with a free flowing maxi skirt, perfect for the warmer weather and easily dressed up or down depending on the occasion. Keeping it chic is the denim maxi/midi skirt, whether paired back or an all out denim-on-denim, it's going to be a staple in every wardrobe this season.

Dress it up

Few things capture the essence of spring as effectively as a whimsical summer dress. Blending cute and risque, this kind of fit is perfect for a date or a morning brunch with the girls.



onemilethelabel.com

How to achieve the perfect manicure

by Isabelle Dolphin

We're always on the hunt for the perfect manicure. One that not only looks amazing, lasts longer, but is worth every penny.

So what's the secret to perfect nails? Skye McIntyre, Sydney's leading authority in the nail industry, is here to fill us in. Skye's the go-to nail artist for big brands and celebs, even Jessie J from *The Voice* swears by her skills. Not to mention, she's teamed up with names like Samantha Jade for iconic magazine spreads.

HOW TO FIX BRITTLE NAILS

Winter brings its own set of challenges for our nails, so here are some tips to help combat weak nails coming into spring.

- 1. Protection:** Protect your nails from harsh chemicals and detergents. Try wearing gloves the next time you're washing up or cleaning.
- 2. Stay Hydrated:** "In the colder months, it's easy to forget to stay adequately hydrated. Drinking enough water is essential for nail health," says Skye.
- 3. Nourish:** Repeat after me: 'Beauty starts from within'. Essentially a healthy diet rich in essential nutrients, vitamins, and minerals is a must.
- 4. Short and Sweet:** Like the hair on your head, sometimes a trim is key to maintaining healthy nails. Filing your nails regularly also prevents them from breaking or snagging.
- 5. Cuticle Oil and Balm:** Skye notes: "Using a quality cuticle oil can work wonders in keeping your nails soft and healthy."
- 6. Pamper with Hand Cream:** Opt for a nourishing hand cream to give your nails the moisture they crave. Skye's go-to products are CND Solar Oil, Navy Cuticle Balm and Weleda Skin Food.

WHAT IS A BIAB MANICURE?

In short, BIAB nails are the healthier, more durable younger sister to the shellac and acrylic. Plus, BIAB nails are far more natural in appearance!

"BIAB stands for 'builder in a bottle' and involves the use of versatile soak-off builder gels to create strong, durable, and natural-looking nails," shares Skye. "They're known for their long lasting, chip-free durability, and can last up to four weeks. BIAB gels also provide a protective barrier, which reinforces the nail, making them less prone to breakage or damage."

To ensure you reap the rewards of opting for BIAB gel, these manicures should only be done by a nail professional and improper application can lead to damage.

NAIL ART TRENDS THIS SEASON

These are the top five trends Skye has been seeing:

1. Milky Manis or Glazed Nails.
2. #BarbieCore Nails.
3. Micro French Manicures with a colourful tip.
4. Ombre Manicure.
5. Nude Elegance.

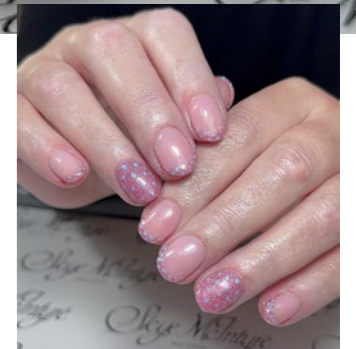
WHAT IS THE BEST WAY TO REMOVE NAIL POLISH SAFELY?

"Not all formulas of nail polish are created equal. BIAB gel requires a trained professional to remove the polish safely due to its much stronger adhesive powers."



Photos: @skymcintyre/instagram

For removing regular nail polish, grab a cotton pad or ball and saturate it with acetone-based nail polish remover. Press the soaked pad onto your nail and hold it for a few seconds to allow the polish to loosen. Then gently swipe, avoiding excessive rubbing.



For more from Skye McIntyre, you can visit her business website www.skyemcintyre.com.au, and her Instagram [@skymcintyre](https://www.instagram.com/skymcintyre).

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Styling the Stars with Natalie Mark

by Natalie Mark

Over the years I have built long-standing relationships with my clients, who range from Academy Award winning actors Geoffrey Rush and Jessica Chastain, to one of the world's top magicians, David Blaine.

My life as a Celebrity Stylist is something that I have earned through many years of fashion experience, but it has also been a lifelong passion. I have been choosing my own outfits since I was five years old, and I just love every part of styling someone!

My job really does bring such great satisfaction knowing that someone of superior talent believes that the way my eye works with my ideas of putting looks together and my knowledge of fashion in general makes their life easier, and most of all knowing that I have given them the confidence to then go out in the world and do their thing, promoting a Film or a TV Series.

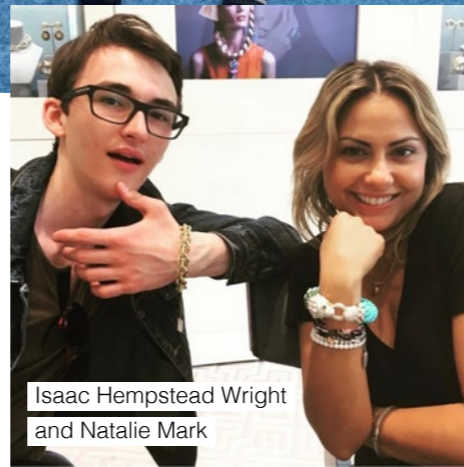
I started out in fashion when I was just 15, gaining experience in wardrobe for Channel 10 News station, and also for Channel 7's flagship show, *Home and Away*. I have qualifications in Business, Styling and Merchandising from FBI Fashion College

and the Whitehouse Institute of Design in Sydney. I then worked for international luxe brand Moët Hennessy Louis Vuitton (LVMH) at Black Communications in Sydney, in a PR and events role for the company. I eventually moved to the USA to further my career as a professional Fashion Stylist.

I have been blessed to work with amazing actors from huge TV shows like *Game of Thrones*, *Entourage*, *Stranger Things*, *Ozark*, *Gotham*, *Vampire Diaries*, *Glee*, *Gossip Girl* and more! The jobs come in waves, sometimes you have six different celebrities to dress in one week, or sometimes you are working with one Celebrity for one month for a press junket. Press junkets consist of multiple smart casual and dressy looks to promote the TV show or Film, so the prep time is longer and also returns are constant throughout the fitting process.

"One standout job for menswear was in 2018, when I made Esquire's and GQ's Best Dressed List for the Royal Wedding of Prince Harry and Meghan Markle."

When I get a job, I like to get a feel of what the actor wants to look like for the event. For example, are we going to go with a suit look, including a classic tie and dress shoes, or are we going for a fun, statement vibe where we can play around a bit with colours and textures, or even discuss dressing in a tonal look — which is a favourite of mine to do. This means that the whole look is one colour from head to toe. You could also add accessories like shoes and a matching belt that pop, or you can keep it neutral and understated. It really depends on the person and what their style is.



Isaac Hempstead Wright and Natalie Mark

I always love adding a watch when dressing a man, it's the finishing touch that gives it that specialness. There are so many different brands to choose from, I usually mix it up, but my favourite watch brands to work with are IWC, Vacheron Constantin, Piaget and Jaeger-Le-Coultre. Socks are also an important accessory. When styling Ben McKenzie (*Gotham* and *The O.C.*), he loved all the bright and colourful socks. We work really well together because I understand both him and his style, and when I introduced a bright sock suggestion one day during a fitting, he said that was his thing! So, little touches and details like that are really fun to discover while working together.

I try to add my 'classic but fun' touch to my work. But honestly, every job I do is different, and that's what I really like about being a Fashion Stylist, there is just so much variety. Even menswear is so different to

women's fashion and trends. When styling a look, I combine the latest trends with what my client likes and what type of event it is.

One standout job for menswear was in 2018, when I made Esquire's and GQ's Best Dressed List for the Royal Wedding of Prince Harry and Meghan Markle, styling Markle's *Suits* co-star Patrick J. Adams in a one-of-a-kind custom Canali morning suit that I collaborated in the designing process with Canali from start to finish, and Anto Shirts for a perfect custom shirt. I researched all about Morning Suits (Royal Wedding suit attire) and spoke with London fashion industry experts, giving me advice on the standards, as they are super strict!

A dream-like job I did for Women's styling was all of the original Disney Princesses!



Patrick J. Adams and Troian Bellisario.



On D23 Expo, in Los Angeles, Natalie had fitted and styled Jodi Benson (Ariel from *The Little Mermaid*), Linda Larkin (Jasmine in *Aladdin*), Paige O'Hara (Belle from *Beauty and the Beast*), and Irene Bedard (*Pocahontas*).

I grew up watching these classic Disney films and was so excited when I got the call from Disney asking me to style them for the D23 Expo in LA, it was out of this world!

I was fitting and styling Jodi Benson (Ariel from 'The Little Mermaid'), Linda Larkin (Jasmine in 'Aladdin'), Paige O'Hara (Belle from 'Beauty and the Beast'), and Irene Bedard ('Pocahontas'). That job had me on Cloud 9.

To add to it all, I was actually doing this job in the same week that I was dressing for the Season 7 LA Premiere and press junket of *Game of Thrones*, where I was styling Isaac Hempstead-Wright (Bran Stark), and Liam Cunningham (Davos Seaworth). That job was so fun too, I worked six years on the show dressing five of the GOT cast for

all their red carpet and press junket. They were Alfie Allen, Nathalie Emmanuel, Liam Cunningham, Kristian Nairn, and Isaac Hempstead-Wright. They are all such a pleasure to work with!

My journey as a Celebrity Stylist has been a thrilling ride, fueled by a lifelong love for fashion. From A-list actors to iconic Disney Princesses, I couldn't imagine doing anything else. This dynamic work of fashion styling is my passion, and I'm excited to keep pushing boundaries and exploring new trends.

Natalie is a Celebrity Fashion Stylist, and personal shopper from Los Angeles, USA. @nataliemarkstylist



Natalie Emmanuel

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SATURÉE Wellness from the Inside Out

by Willow Berry

Founded by Kitty Blomfield and Emma Sgourakis, Saturée offers premium skincare and supplements without harmful PUFAs. Commercial 'anti-ageing' lotions often accelerate ageing due to unstable oils. Saturée's PUFA-free products, based on stable saturated fats, fight oxidative damage and ageing.

Sgourakis, co-founder and respected nutritionist (The Nutrition Coach), draws from 20 years of private practice and mentorship under Dr Ray Peat, PhD.

"Saturée provides skincare and supplements of the highest quality ingredients, from the cleanest sources, without unnecessary additives or fillers," Sgourakis said.

"Our skincare range took us three painstaking years to formulate. We currently have four truly unique products that offer seriously saturated skin support."



There are seven products in the metabolism-supportive pure food supplements range: A+ Liver (organic) capsules, Premium Collagen, Pure Oyster capsules, Clean Casein, Best Bloom Gelatin, Well Aged Cascara and Norwegian Collagen.

According to health and wellness icon Kitty Blomfield, Saturée products offer pro-metabolic, anti-inflammatory advantages, boosting inner vitality and youthful appearance, from the inside out.

"Our top selling A+ Liver capsules come from 100 percent Australian certified organic grass-fed beef liver, just freeze-dried,"

"This product compliments our topical skincare products, providing important skin regenerating nutrients such as bio-available Vitamin A, copper, B vitamins and trace minerals not found in everyday foods," Blomfield said.

The duo has conducted extensive research, with guidance from the best minds in biology and chemistry in the US, to come up with truly unique and enriching products.

"Sadly most skincare products out there contain potentially toxic compounds, and the types of oils that are detrimental to overall metabolic health," she explains.

"So these 'anti-ageing' products are essentially doing the exact opposite of what they claim to do," Sgourakis adds.

"If you're going to put something on your skin or in your body, you need to be discerning about what it contains."

Saturée products provide clean skincare and pure food supplements that support a more youthful metabolism, explore more at saturee.com.au.



Saturée founders, Kitty Blomfield and Emma Sgourakis.



Gordon's Female Fitness Hub

Body Shape Gordon is the North Shores premier ladies only fitness and health club! We're so proud to announce that this month they're celebrating 21 years of serving women's health in Merriwa Street in Gordon.

The centre offers a welcoming, clean, and enjoyable atmosphere to exercise in, with tailor made programs to meet individual goals.

The supportive and friendly staff at Body Shape Gordon can help you start an exercise program using the cardio or weights machines or guide you on the best group exercise class for you —they have over 65 classes on their timetable!

They welcome females from 13 years and boast loyal members in their 80s. Mums, they've also got you covered with a Kids Club too! Believe us when we say that there is something for everyone!



With winter behind us, and spring finally here, now is the perfect time to get rid of that 'winter coat'.

To celebrate Body Shape Gordon turning 21 this September, they're giving you a great opportunity to pay only \$21 for a 21-day unlimited access trial pass.

What have you got to lose, but maybe a few extra winter kilos! But, hurry this is only for their birthday month!

Visit the qualified team at Level 2, 7-9 Merriwa Street Gordon, or call 94992477 to organise your 21-day

pass. Now is the perfect time to get started! Visit www.bodyshape.com.au.



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Gum Disease and Alzheimer's Disease

by Ian Sweeney

Gum disease is the leading cause of adult tooth loss. Nearly half of adults over 30 have gum disease and 70% of those patients over 65 have periodontal disease.

Research has long listed gum disease as a potential cause of many systemic health issues. Inflamed and bleeding gums are an entry point for disease causing bacteria to get into the bloodstream, triggering many disease processes, including triggering events that may lead to dementia.

Recent research has shown that one of the key bacteria involved in gum disease can make their way to the brain causing neuro-inflammation, which may contribute to Alzheimer's Disease.

The particular bacteria produces a class of enzymes that are toxic. These enzymes are particularly toxic to a protein our brains need for normal neuronal function. The enzymes will cause the protein to stick together, blocking the communication between nervous pathways in the brain, affecting memory.

Researchers have been able to show that by blocking the enzymes produced by the gum disease causing bacteria, neuro-

inflammation was reduced and nerve pathways were restored.

Alzheimer's risk factors are currently listed as: Less educated, hypertension, hearing impediment, smoking, obesity, depression, physical inactivity, diabetes, low social contact, excessive alcohol consumption, traumatic brain injury and air pollution. Based on latest research, the latest update of risk factors due to be published in 2024 may well include dental health.

Although a test for these enzymes is still some way off, we do have the ability to reduce gum disease.

Maintaining good oral health by twice daily brushing and flossing, together with regular professional cleans, is still considered the best way to prevent gum disease. As well as this, avoiding mouth breathing and drying out your mouth, avoiding excessively strong mouthwashes that destroy all of the oral bacteria- good and bad, and avoiding drinking from plastics that have been linked with systemic inflammation, may be some other lifestyle changes that can help prevent gum disease.

Should you have any dental health questions, you should consult your regular dentist.



Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turrumurra.

At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions. www.northsidedental.com.au

Sunscreen Season

As the warmer weather returns, this year's hot season is predicted to be exceptionally hot. While we're all eager to enjoy the outdoors and soak up the sun, it's important not to forget sun protection.

As emphasised by The Skin Cancer Foundation sunscreen is one of the most crucial parts of sun protection. It decreases the risk of skin cancers and precancers. Daily use of SPF 15 sunscreen can lower the chance of developing squamous cell carcinoma (SCC) by around 40% and reduce melanoma risk by 50%. Keeping your skin protected from harmful UV will also prevent premature skin ageing, including wrinkles and age spots.

Remember, sunscreen is for everyone! Men, women, and children over 6 months old should use sunscreen daily. This applies to people who tan easily and those who don't. Keep in mind that your skin accumulates sun damage throughout your lifetime, regardless of whether you burn.

Babies under 6 months of age are the exception due to their sensitive skin. It's best to keep them out of the sun; shade and protective clothing are the safest options to safeguard infants.

Find out more through The Skin Cancer Foundation at www.skincancer.org.



The Skin Cancer Foundation's 5 W's (& H) of sunscreen

- WHO:** Everyone under the sun
- WHAT:** Broad spectrum SPF 15 or higher; SPF 30 or higher for a day outdoors
- WHEN:** Every day; 30 minutes prior to going outdoors. Reapply every two hours
- WHERE:** All exposed skin
- HOW:** Apply one ounce (shot glass full) to your entire body for each application
- WHY:** Reduce your risk of skin damage and skin cancer!

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Kipling's Garage Bar Celebrates 10 Years

Kipling's Garage Bar recently marked an impressive milestone by celebrating a decade of unwavering community hospitality.

Their journey began back in August 2013 when the doors swung open after an extensive renovation to the mechanics workshop at 2 Eastern Road Turramurra.

Kipling's now exists as a cherished destination, drawing in guests not just from its local vicinity, but also from across Sydney and the expansive North Shore.

Receiving rave reviews for their exquisite cuisine, inviting ambiance, curated wine selection, exceptional service, and the delightful touch of live music, Kipling's Garage Bar truly embodies an unforgettable dining and social experience.

On the evening of 6 August 2023, Kiplings opened their doors to thank all present & past staff and supporters that have made the establishment what it is today.

Co-owner Helen Thomson expressed that the community's collective contributions have truly been the driving force behind the success story that has defined Kipling's Garage Bar over the years.

"We love our community. It's been a journey, not without challenges, as we

saw during the pandemic," she tells *Sydney Observer*.

"Throughout all of this we have been accepted as a part of this community and central meeting place, as well as being a business that support's diversity through both employment and our involvement with local charities."

The business is family owned and operated and over the years all of the Thompson and Wrees families have worked at the business in some way.



Helen Thomson with her family at the 10th birthday celebration on 6 August.

"We have a strong commitment to this area, we have employed many people over ten years and some of our staff have been here since we opened in 2013,"

"And we'll be here for many years to come," says Chris Thompson.

World Dumpling Day

The 26 September might have to be your favourite day of the year, because if you haven't clued in already it's World Dumpling day.

Spend the day, or even dedicate the month to exploring fresh dumpling varieties, from familiar classics, your grandma's cherished recipe, or perhaps you'll create your own original recipe. Irrespective of how you choose to commemorate World Dumpling Day, here's some local dumpling hotspots worth visiting during the month of September.

MAMA MULAN, CHATSWOOD

Mama Mulan stands as a contemporary Chinese eatery boasting a menu that adds a playful twist to traditional dishes. A constant stream of patrons flocks to this establishment throughout the day, drawn by the irresistible yum cha offerings. Indulge in an assortment of steamed, pan-fried, and deep-fried dim sum creations, all skillfully infused with fresh ingredients and a medley of spices inspired by diverse corners of the globe.

www.mamamulan.com.au



QUEEN CHOW, MANLY

Drawing inspiration from local eateries in Hong Kong, Queen Chow, a Merivale creation, presents its own interpretation of Cantonese cuisine. Nestled gracefully along the shoreline of Manly wharf, the ambiance is a blend of sophistication and comfort. The menu is built upon the foundation of uncomplicated, skillfully crafted dishes. Highlighting the very best in locally sourced ingredients, including Australia's premier seafood offerings, you can be confident in a dining experience that won't disappoint.

merivale.com/venues/queenchowmanly

MOMO BAR, MANLY AND DEE WHY

Momo Bar attracts visitors from near and far, enticed by its tempting poke bowl and dumpling offerings. At Momo, the dumplings steal the spotlight, each one sizable enough to fit in the palm of your hand and available in an array of iterations. The options for dumpling fillings seem endless, encompassing lamb, chicken, lentil, mushroom, pork, and veggie varieties, often accompanied by a flavourful broth that's as satisfying as water.

hellomanly.com.au/listing/momo-bar



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*\$68 if you order the steak

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Gourmet Traveller Restaurant Awards

by Willow Berry

On Monday, 21 August, Gourmet Traveller unveiled the highly anticipated winners of their annual Restaurant Awards.

Among the celebrated victors was Sydney's renowned Aalia, crowned as NSW's *Best Restaurant*. Additionally, Sean Moran was recognised for his *Outstanding Contribution to Hospitality*. The industry veteran commemorated three decades of his iconic Bondi restaurant this year, which had pioneered farm-to-table dining in the city back in 1993.

This year's *Best New Talent* title was awarded to Ollie Wong-Hee, the mastermind behind the beloved Byron Bay establishment, Bar Heather.

This annual event holds a position of significance in Australia's culinary calendar, casting a spotlight on the nation's premier restaurants, chefs, and leaders in hospitality.

The Restaurant of the Year Awards are widely recognised as the country's most comprehensive and enduring national restaurant awards.

At the awards night, esteemed figures like Neil Perry, Peter Gilmore, Rosheen Kaul, Josh Niland, Lennox Hastie, and Kylie Kwong were among the prominent chefs in attendance.

In New South Wales, Sydney's North Shore emerged as a fiercely contested locale, housing two distinguished finalists from the vicinity. Cammeray's Toshihiko Oe of Sushi Oe fame emerged as a finalist for *Restaurant Personality of the Year*, while St. Leonard's eagerly awaited Peterman secured a spot as a finalist in the coveted *Best New Restaurant* category.

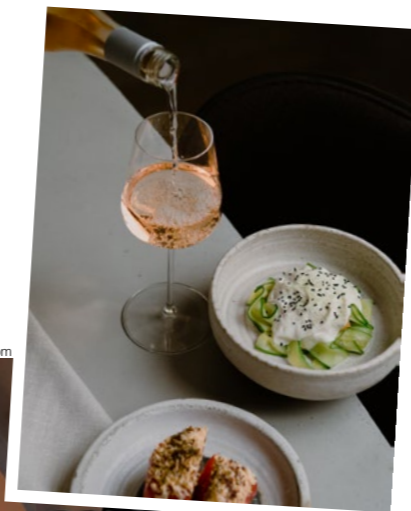
The roster of finalists encompassed several other contenders from New South Wales, which include:

- **Icebergs** - Readers' Choice Icon Award.
- **Mr. Wong's** - Readers' Choice Icon Award.



Sean Moran was recognised for his Outstanding Contribution to Hospitality, his restaurant in Bondi completed three decades this year.

- **Bennelong** - Readers' Choice Icon Award.
- **Victoria Scriven of Jane Surry Hills** - Best New Talent.
- **Ollie Wong-Hee of Bar Heather Byron Bay** - Best New Talent.
- **Clam Bar** - Best New Restaurant.
- **Promenade Bondi** - Best New Restaurant.
- **Bar Copain** - Best Wine Bar.
- **Megalong in the Blue Mountains** - Best Destination Dining.



Sydney's renowned Aalia was crowned as NSW's best restaurant.

Lindfield's Local Coffee Haven

by Willow Berry

Nestled within the heart of Lindfield, The Runaway Spoon emerges as a haven for coffee connoisseurs and enthusiasts alike. Operated diligently by Scott Blamey for over 19 years, this family-owned establishment is more than a typical café; it's a welcoming space where coffee, cuisine, and community converge to create a memorable and satisfying experience.

From the first unlock at 7 am, every day of the week, The Runaway Spoon exudes an unwavering dedication to excellence. Known for its skilfully crafted coffee that engages the senses and a menu featuring tasty café dishes, it has become a local staple for those seeking quality and flavour.

Seamlessly woven into Lindfield's tapestry, the café serves as a gathering point where locals and visitors converge to relish steadfast consistency, revel in top-tier quality, and bask in friendly service.



Operated by Scott Blamey, The Runaway Spoon exudes an unwavering dedication to excellence.

The Runaway Spoon's owner, Scott Blamey, has spoken to *Sydney Observer* about the pride he takes in contributing to the Lindfield community.

"Community is very important to us here, I'd say on the day to day 80% of our customers are regulars — some of which I can say I've seen week in and out over the past decade," he says.

"Our sense of community extends beyond the café walls through meaningful support for local charities, schools, and churches."

Throughout its years of operation, The Runaway Spoon has employed and supported numerous local residents, playing an active role in the growth and vibrancy of the area. Its dedication to offering employment opportunities reflects a commitment to the community's wellbeing.

With a legacy of dependability and warmth, The Runaway Spoon's unwavering commitment to our community ensures every patron departs with a smile.

<http://www.therunawayspoon.com.au>



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by Jay Houlias

Austria, the great and proud country known for mountains, mountaineers, classical music, Arnold Schwarzenegger, that Billy Joel song and big sausages. Despite its size, it's quite the mighty country, and from mine, a country I'd never think to go to.

Postcards of Europe show coastlines and white shores below cliffs and mountains. It is seen by many Australian beach bums as the ultimate beach bum place where they can go and do exactly what they'd do in Australia except maybe have an Aperol spritz with it. I thought I'd be doing the same, but I was pleasantly surprised to find Austria my favourite country in Europe.

My loyal friend Hugh and I decided on a road trip through the Austrian alps because driving up mountains in a manual on the other side of the road was a good idea.

We began in Vienna. The first thing you notice is there aren't any high-rise buildings. The architecture is solid and girthy with immense attention to detail and embellishments. The next thing you notice is how the Austrian people speak more fluent English than you. They are also modest, so before they say anything they always let you know, "I'm sorry, my English is not great," and then they proceed to use words you've never heard. They also have good jawlines.



The place is full of antique shops and vintage stores that sell second hand things for double the price of brand-new things. In the souvenir shops they have fridge magnets with pictures of kangaroo's saying, 'Not in Austria'. After two nights soaking up the culture, we headed for the alps.

We picked up our van and began our road trip. We were in the countryside from Vienna in about twenty minutes and we drove through square fields for the first hour or so. We stopped at a country

restaurant for a schnitzel and then swam at a local watering hole.

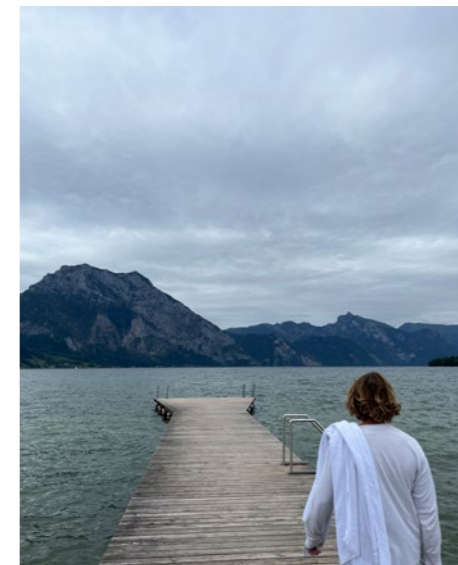
It was approaching late afternoon when we had a brilliant idea. We wanted a sauna house. We deserved one. After a Google search we found a wellness retreat centre on the foot of a huge lake. As Maps is sometimes unreliable, we weren't sure if the place was legitimate, but we decided to head there anyway. In another hour, we arrived at the most placid and lovely town I'd ever seen. The water was a bright green and the clouds hung so low

you couldn't see many of the houses on the other side of the lake.

The wellness place was marvelous. We spent four hours there going from sauna to ice room, to spa, to sauna, back to ice room, and so forth. Hugh and I both agreed this was where we'd live out our retirement as old cobbers. The name of the lake and sauna place I will not reveal because it feels like a best kept secret. There was barely anyone there and this made it precious.

The next day we visited the famous Salzburg which is a beautiful town known as the gateway to the rest of Austria and Southern Germany. On a catch-up call with my mother, I mentioned Salzburg and she said, "Oh lovely, you can do the Sound of Music tour!" I heard later that day my friend Hugh doing a catch-up call with his mother and him mentioning Salzburg, and she had said, "Oh lovely, you can do the Sound of Music tour!" We didn't end up doing the Sound of Music tour because we didn't follow convention (we probably should've though). I thought I fell in love with a girl at a jewellery shop but it ended quickly when we moved on to the next town that afternoon.

The next day we found ourselves on the outskirts of the alps. We drove through a few cute towns only populated for the snow season. The brown and orange colours they use for most of the buildings created a compelling contrast with the



We drove through a few cute towns... The brown and orange colours they use for most of the buildings created a compelling contrast with the dark verdant greens and blues of the grass and mountains.

dark verdant greens and blues of the grass and mountains.

We chose the scenic route, and this is where the real driving began. We weaved through the alps for the next few days. The roads up and through the mountains were literal zigzags, and because the corners were so tight, I had to stick my head out the window to inform Hugh if there were any cars coming from the other direction. It was well worth it when we got to the top because there was a man selling wieners on the grill.

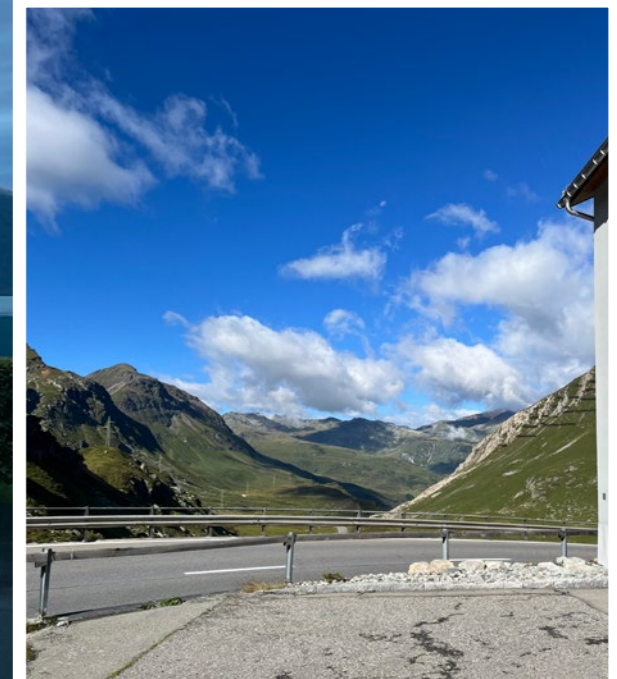
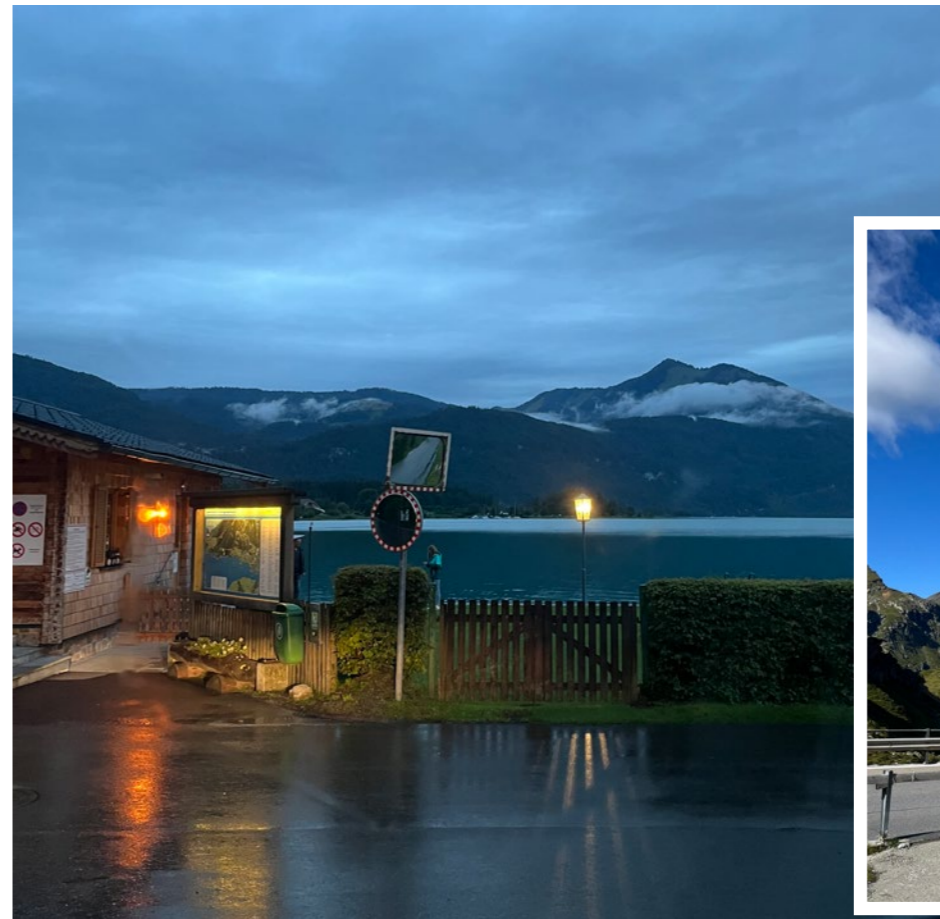
"What's the best way to get down?" we asked him. "We want the least zigzags."

The wiener man pointed to the bottom. "That way," he said.

I think he was the only Austrian we met that didn't speak better English than us.

We cut through the Brenner Pass and found ourselves in Italy driving on the other side of the alps. There were plenty of fresh streams and waterfalls. Hugh and I treated ourselves to a few swims and felt like wild men. From there, we continued on toward Switzerland, stopping through small and obscure towns we would never have thought to go to.

If I were to go to Austria again, I'd certainly hire a bike (motorbike, electric bike or pushbike). We crossed paths with many cyclists going up and down the alps, and they looked like they were having the time of their lives, on the way down that is. While I hope Austria maintains its relative secrecy and novelty compared to the rest of Europe, I do hope this inspires some keen visitors.





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The Inspired Unemployed (Impractical) Jokers

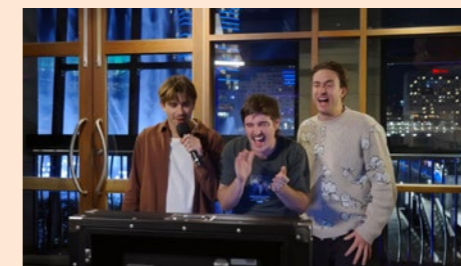
by Willow Berry

Ever wondered what would unfold when you give four Aussie mates their own TV show? I was certainly curious to find out, and with prior knowledge of these skit sensations, I had a feeling I'd be catching a case of the giggles.

Meet Jack, Liam, Dom, and Falcon, better known as The Inspired Unemployed. This show is a spotlight on them, but in a refreshingly unpretentious manner, as they push each other to embrace utter foolishness in public situations.

Here at Sydney Observer we had the privilege of enjoying a front-row seat at the show's premiere last month. We also had a delightful chat with some of the boys to discuss their antics on the show.

"The four of us venture into different job scenarios. For each act, one person takes on the task while the remaining three oversee things from the control room. The person in action wears an earpiece, and they're tasked with carrying out the instructions given by the others in the control room. Failing a challenge results in a thumbs-down signal, and the person with the most red thumbs-down signals faces a usually undesirable punishment," explains Liam.



All the antics are captured by concealed cameras, leading to charmingly awkward and undeniably hilarious moments. Yet, what adds an extra layer of humour is the close-knit bond among the friends. They're well aware of each other's sensitive

points, making the pranks simultaneously entertaining and challenging for them.

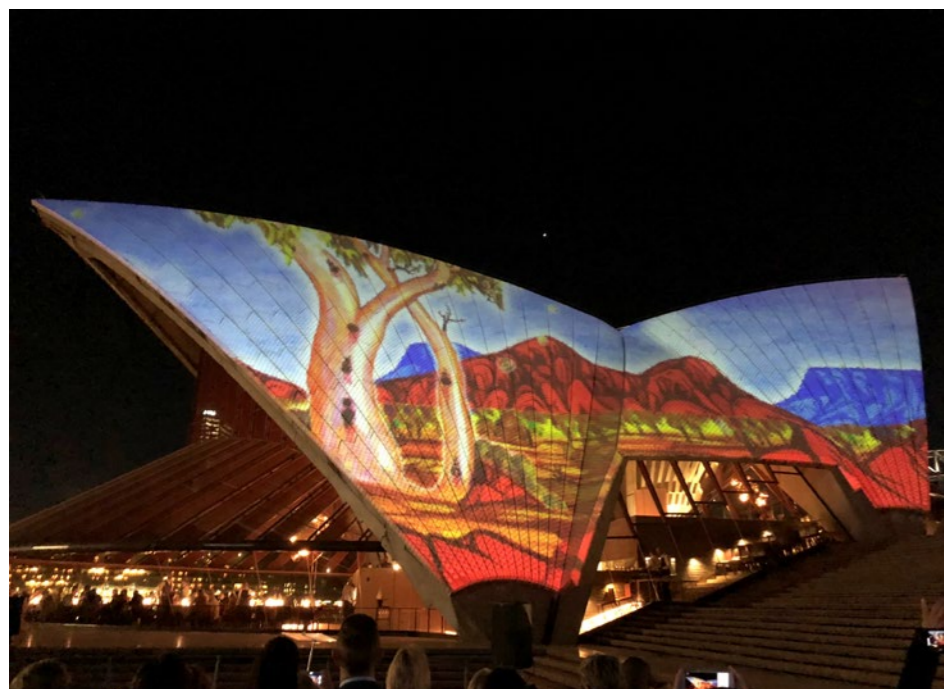
"This kind of stuff has always been part of us. While the show certainly takes it up a notch, we've always enjoyed pranking each other and fooling around. It's just a natural extension of who we are," says Dom.

Amidst all the public humiliation, there's bound to be a fair share of headnoise. So, it was only fitting to inquire about how the boys were handling things after the show's release.

Falcon was still not too keen on reliving the past, "My last punishment, I haven't mustered the courage to watch it completely. I usually just run away from it, screaming"

"Facing the challenges, I'll be honest, I wasn't the best. In fact, I was probably the most nervous and prone to cringing. Keeping character was hard, especially when you're in situations where you're making a fool of yourself in front of unsuspecting strangers," Falcon adds.

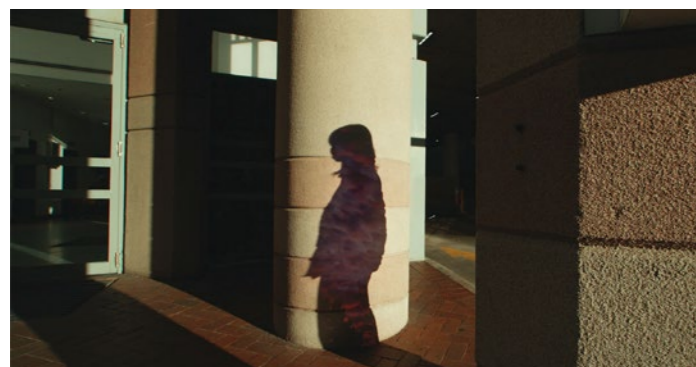
I can attest that show is truly worth the watch: I haven't laughed so hard at a TV show in a long time. I'm already excited for Season Two, and the boys have hinted at taking their pranks to the next level. But until then, if you haven't already, make sure to catch *The Inspired Unemployed (Impractical) Jokers* at <https://10play.com.au> and Paramount+!



ICOMOS 21st General Assembly and Scientific Symposium

This September, residents of Sydney are presented with the occasion to engage with Australia's abundant cultural legacy. Serving as an integral component of the 21st General Assembly of ICOMOS, this global heritage gathering will draw participants from around the world to the heart of Sydney, there will be two distinctive, complimentary public events, allowing everyone to partake in this enriching experience.

When 4 – 9 September
Where ICC Sydney and Town Hall
Cost Free
icomosga2023.org/public-events



Sydney Design Week 2023

Sydney Design Week 2023, in its 27th edition, serves as a platform to highlight the essential research, industries, infrastructure, and technologies that form the foundation of design practice within our city. This event extends an invitation to diverse viewpoints from our local communities, fostering a pluralistic approach to design.

When 15 – 24 September
Where Across Sydney
Cost Free & Priced tickets
powerhouse.com.au



The Princess, The Pea (and The Brave Escapee)

The ACO's rendition of this beloved fairytale narrates the tale of a defiant princess yearning to break free from the confines of palace life. Discover how her journey led her to the doorstep of a prince amidst a rainstorm in this enchanting retelling.

When 27 September – 7 October
Where ACO Pier 2-3 - The Neilson
Cost From \$35
www.aco.com.au



The Importance of Being Earnest

Helen Thomson (Death of a Salesman, Baz Luhrmann's Elvis) returns for a wildly entertaining new take on one of theatre's greatest comedies. Director Sarah Giles' contemporary flair meets Oscar Wilde's wit, cranking up the hilarity and skewering Victorian silliness.

When 5 September – 14 October
Where Roslyn Packer Theatre, Sydney
Cost From \$8.50
www.sydneytheatre.com.au



ST IVES FOOD AND WINE FESTIVAL
SUNDAY 17 SEPT 2023
 Rotary St Ives St Ives Village Green 10am - 4pm

St Ives Food and Wine Festival

Create a memorable day on the picturesque St Ives Village Green, crafting joyful moments with your loved ones. The St Ives Food and Wine Festival, organised by the Rotary Club of St Ives, aims to unite the community on the North Shore.

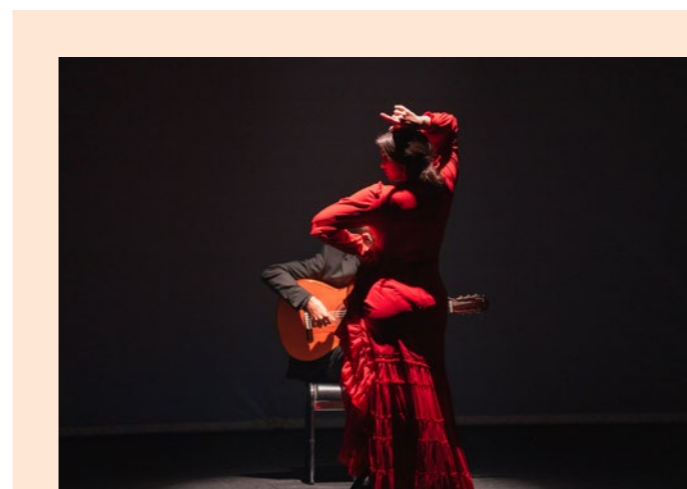
When 17 September
Where St Ives Village Green
Cost Free
www.stivesfoodandwine.com



WICKED the Musical

Rewrite Broadway sensation WICKED looks at what happened in the Land of Oz from a different angle. Explore the intricate friendship of Elphaba and Glinda, challenged by differing personalities, a shared love interest, and the Wizard's corrupt rule.

When Until 12 November
Where Sydney Lyric Theatre, Darling Harbour
Cost From \$79
wickedthemusical.com.au



Authentic Flamenco Presents Paula Rodríguez

Europe's foremost performing arts institution, Teatro Real, has joined forces with Fever entertainment, to excitingly unveil the Australian debut of its highly praised Authentic Flamenco dance show. This marks the first time this acclaimed performance will grace Australian stages.

When 21 September – 8 October
Where Hayden Orpheum Theatre, Cremorne and Seymour Centre, Chippendale
Cost From \$64
feverup.com/m/134588



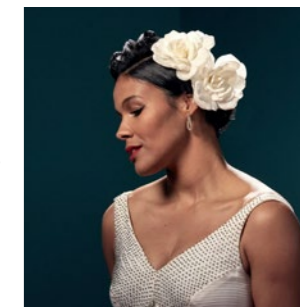
Cake Bake & Sweets Show Sydney

Cake Bake & Sweets Show stands as Australia's cherished live event celebrating baking, desserts, and sweets. Over three days, indulge in celebrity meet-ups, live demonstrations, delectable sampling, enriching workshops, and masterclasses, all culminating in a Festival of Deliciousness.

When 22 – 24 September
Where Sydney Showground
Cost From \$15
cakebakeandsweets.com

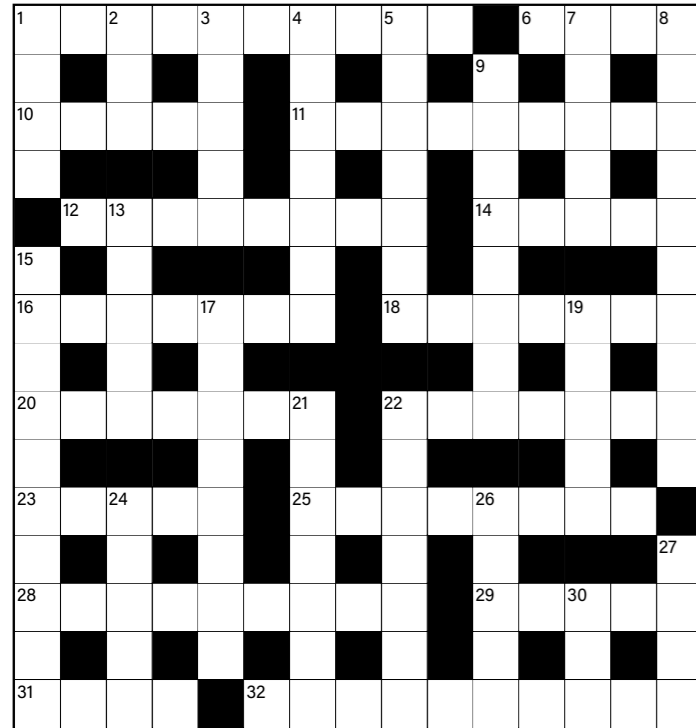
Lady Day at Emerson's Bar and Grill

Tony Award-winning Lady Day at Emerson's Bar and Grill stars Zahra Newman as Billie Holiday, weaving beloved songs like 'Taint Nobody's Business If I Do' and 'Strange Fruit', while offering an intimate snapshot of the revered jazz icon's life.



When 14 September – 15 October
Where Belvoir St Theatre
Cost From \$68
belvoir.com.au

CROSSWORDS



ACROSS

- 1. Communication devices
- 6. Holland's famous cheese
- 10. Stun
- 11. Boat's right-hand side
- 12. Raised water canal
- 14. Oust
- 16. Blackberry shrub
- 18. Pleasure
- 20. Mediocre
- 22. Spider's largest part
- 23. Fried (into)
- 25. Filthiest
- 28. Plant specialists
- 29. Widen
- 31. Small whirlpool
- 32. Intimidated by fear

DOWN

- 1. Platter
- 2. Meadow
- 3. Easy job, ... of cake
- 4. Unclear
- 5. Took (revenge)
- 7. Male duck
- 8. Contemplating spiritual matters
- 9. Made rope descent
- 13. Tremor
- 15. Procurable
- 17. Rooming
- 19. Playground pastimes
- 21. In a group (2,5)
- 22. One who points the finger
- 24. Located
- 26. Deduce
- 27. Round up (cattle)
- 30. Commercials

SUDOKU

						3		
			9		4			5
	4	1			8	9		6
	3		7	4		5	6	
	7	5		3		2	9	
	9	6		5	1		4	
2		8	6			4	1	
3			1		7			
		7						

ANSWERS



9	1	7	4	8	5	6	3	2
3	6	4	1	2	7	8	5	9
2	5	6	9	3	3	4	1	7
8	9	6	2	5	1	7	4	3
4	7	5	8	3	6	2	9	1
1	3	2	7	4	9	5	6	8
5	4	1	3	7	8	9	2	6
7	2	3	9	6	4	1	8	5
6	8	9	5	1	2	3	7	4

Trivia answers: 1. Holmihall; 2. Au; 3. Atlantis; 4. Greta Gerwig; 5. Nicole Kidman; 6. The Phantom of the Opera; 7. Netball; 8. Pella; 9. The skin; 10. Wellington; 11. A. Jemmy; 12. A. Jemmy; 13. 108; 14. A towel; 15. Wine; 16. Sweden; 17. Russia; 18. Cristiano Ronaldo; 19. Mary Fowler; 20. Green.

TRIVIA

1. Which email service is owned by Microsoft?
2. On a periodic table, what is the symbol for Gold?
3. Aquaman is from which city under the sea?
4. Who directed the 2023 *Barbie* movie?
5. Which actress won the Oscar for Best Actress in 2003?
6. What is the longest-running Broadway show?
7. Last month the Australian Diamonds won the World Cup in what sport?
8. What is the national dish of Spain?
9. What is your body's largest organ?
10. What is the capital of New Zealand?
11. Which country did U2 originate in?
12. What is a female donkey called?
13. How many cards are there in a deck of Uno?
14. What gets wetter and wetter the more it dries?
15. What does a sommelier specialise in?
16. Which country did Ikea originate in?
17. Which country was the first man in space from?
18. Who has the higher Instagram followers out of Cristiano Ronaldo and Lionel Messi?
19. Who wears number 11 for the Matildas?
20. Chartreuse is a colour between yellow and what?

YES

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YES

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