

Sydney Observer

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IN PRINT SINCE 1996

IN THE SPOTLIGHT WITH TUULI NARKLE



Local Business
Awards

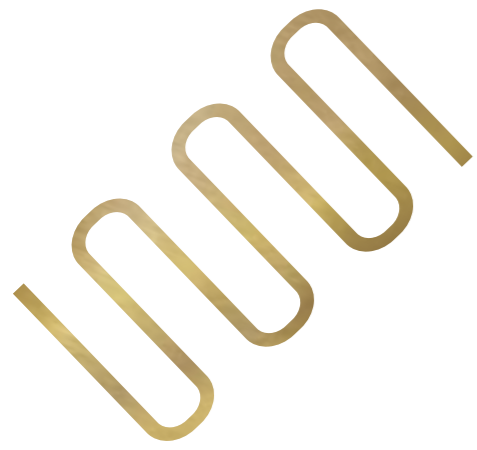
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From the Editor

Hello, *Sydney Observers*.

Welcome once again to another edition! With the world changing around us and November's arrival, this instalment has quite a bit to cover. Now, I am also aware this year has gone by in a blink of an eye, and while that comes with a mix of apprehension and anticipation, my only request to all of you during this final month of spring is to stop, smell the roses, and savour the beautiful moments as they come.

This month we caught up with the wonderful Tuuli Narkle. In the world of Australian arts and entertainment, few shine as brightly as Tuuli. Her journey into the world of acting is a story of passion, dedication, and a deep connection to her cultural roots. With an upcoming role on the hit TV series *NCIS*, her career is taking her from local recognition to international acclaim.

Inside we also delve into the art of Feng Shui with Suzy Leoni's tips on the best way to position your bed. I take you on a trip to Sydney's recently transformed Strand Hotel and Bistrot h que. And, in the world of fashion and beauty we explore top trends, as well as this season's essential and favourite products.

Willow Berry

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Killara	Roseville	Turramurra	Willoughby



Joseph Mayers

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Social Media and Tech-positive Parenting

Broadly speaking, "daily social media use is usually not the issue — excessive use is," explains Jean Twenge, author and Professor of Psychology at San Diego State University. "The data suggests that the more hours a child devotes to social media, the higher their risk for mental health problems. It's three, or especially five, seven, or more hours a day of social media where you find the strong links to depression. The thing about the rise of social media and excessive use of social media, there's so many possible mechanisms: less time for seeing friends face-to-face and the displacement of other beneficial activities like exercise and sleep. (...)"



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Record High for Humpback Whales

Beneath the surface of the Pacific Ocean off Australia's east coast, a remarkable phenomenon is occurring. Record numbers of humpback whales are embarking on their annual southbound migration. After commercial whaling from the late 1800s to the 1960s pushed these majestic creatures to the brink of extinction, the east Australian humpback whale population is now believed to be reaching record highs. It is estimated that more than 40,000 humpback whales are travelling along the east coast. This resurgence underscores the significance of protecting the oceans to ensure the whales' continued survival, as emphasised by tour operators.



Freepik

AusPost Christmas Guidelines

Australia Post has unveiled its Christmas delivery guidelines, detailing the latest dates to send cards and gifts to ensure they reach their destinations in time for the holiday. For the majority of gifts heading to addresses within Australia, the recommended cutoff date is 18 December. Earlier deadlines exist for those in the NT and WA – 14 and 15 December, respectively. Express Post is available for those who need even more timely deliveries. This year, the last day to send Express Post Christmas parcels is 21 December, and 20 December for parcels to NT and WA.

Super Netball Pay Dispute

As the Super Netball pay dispute continues, Australian netballers find themselves delving into their own finances. Since the expiration of their current Collective Players Agreement (CPA) on 30 September, Players have gone unpaid, awaiting a new deal. However, a resolution remains elusive as the Australian Netball Players Association (ANPA) and Netball Australia are set to enter mediation due to their inability to reach consensus on a revenue-sharing model.



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Aussie Mental Health Sector Woes

In an evaluation of the mental health workforce nationwide, a taskforce has identified shortages across a range of mental health-related positions. Additionally, gaps have been highlighted in frontline treatment services and the training of psychologists. These findings are integral to the newly unveiled 10-year national strategy for the sector, which coincides with World Mental Health Day. The report underscores mental ill-health as one of Australia's most urgent health concerns.



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Sara Lee Goes into Voluntary Administration

The Australian division of the globally recognised dessert brand Sara Lee has taken the step of voluntary administration. With a rich history spanning 52 years, the company is renowned for its frozen cheesecakes, crumbles, and ice creams. Voluntary administration is employed when a company finds itself unable to meet its financial obligations and, as a result, designates an administrator to oversee the situation. Administrators have now assumed responsibility for Sara Lee, with the objective of reorganising the business and facilitating its sale while it maintains its ongoing operations.



Water Restrictions Incoming

Greater Sydney is experiencing a surge in water consumption due to hot temperatures and the driest winter in 37 years, raising concerns about potential water restrictions in the coming year. Warragamba Dam, the primary source of the city's drinking water, has dwindled to 94% capacity since November 2022. As Australia enters an El Niño weather pattern, characterised by increased heat and dryness, officials are urging residents to conserve water to mitigate future water supply challenges.

Antony Trivet/Pexels



Macadamia Tree Crisis

A national recovery plan has been enacted to protect the world's only wild macadamia plants from extinction. Macadamias, native to Australia, are endangered in the wild and crucial for the global macadamia nut industry. Australia's wild macadamia population, the source of the \$1.58 billion industry, has dwindled due to land clearing. The Macadamia Conservation Trust estimates that as few as 8,800 wild trees remain, mainly in small patches of sub-tropical rainforest along the east coast from central Queensland to northern New South Wales.

Move Aside Golfers

Sydney's inner-city golf course is currently undergoing a transformation, as a section is repurposed into a public park. The primary goal is to grant nearby apartment residents access to green spaces, with no intent to incite tensions among golf enthusiasts. The lease for Moore Park Golf Course remains in effect until 2026. But recently, New South Wales Premier Chris Minns unveiled this initiative, stressing the importance of creating recreational spaces in densely populated areas like Waterloo and Green Square.

Drobotdean/Freepik



Remembrance Day

The Roseville Club and Ku-ring-gai Council will be hosting a commemorative service in Roseville Memorial Park from 10.40am on Saturday 11 November to remember all those who have sacrificed their lives in armed conflicts.

Morning tea will be served in the Roseville Club following the ceremony.

Saturday, 11 November
From 10.40am

Roseville Memorial Park
62 Pacific Highway, Roseville

Enquiries: Ku-ring-gai Council
9424 0000 or email events@krg.nsw.gov.au



Hornsby's Electric Vehicle Future

In anticipation of the projected surge in electric vehicle adoption in New South Wales, the Hornsby Shire Council has recently made a unanimous decision to put forth proposed amendments to the Hornsby Development Control Plan. These proposed changes aim to ensure that new developments are equipped for electric vehicles, thus eliminating the need for costly retrofits in the future.

The primary objective of this proposal is to offer practical solutions to the residents of Hornsby Shire, aligning with the State Government's forecasts, which anticipate a significant increase in electric vehicle sales, reaching up to 52% by 2030/31. This surge in electric vehicles will undoubtedly create a heightened demand for accessible electric vehicle charging infrastructure.

The initiative aligns seamlessly with the broader strategies and plans adopted by the Council. These encompass the Council's commitment to achieving a 2050 Net Zero target and the Sustainable Hornsby 2040 Strategy. These strategic frameworks are designed to fortify sustainability efforts, enhancing ecological, economic, and social resilience within the Shire.

The proposed amendments encompass specific controls, chief among them being a

mandated provision of at least one electric vehicle-ready connection for each dwelling-allocated car space. This requirement ensures practical, secure, and compliant access to charging infrastructure, encompassing a range of residential and commercial developments, spanning low, medium, and high-density categories.

Hornsby Shire Mayor Philip Ruddock AO says the specifics of the proposed amendments are proactive in their intent to not only support the uptake of electric vehicles but also encourage it among residents of all types of dwellings.

"We've seen evidence across Sydney already that the ballooning demand for electric vehicles in this city is outpacing the infrastructure to support it," said Mayor Ruddock.

"We also know that transport is currently the second-largest contributor to greenhouse gas emissions in Hornsby Shire."

"These proposed controls will allow Hornsby Shire to get on the front foot by anticipating further uptake of this technology and support our residents with the facilities they need for a practical approach to the future of transport."

Joining Ku-ring-gai's Local Planning Panel

Established in 2018, the Ku-ring-gai Local Planning Panel was formed to render decisions concerning local development applications.

The current community members who have served on the panel for two consecutive three-year terms are now being replaced. The Ku-ring-gai Council is actively seeking new representatives, with the potential to recruit up to three community panel members who will serve on a rotational basis.

It's important to note that property developers, real estate agents, and current Councillors are not eligible to apply for these positions.

The panel convenes on a monthly basis and comprises a Chair, two independent experts, and one community member in attendance at each meeting. Community members are compensated for their time and are scheduled to commence their roles in 2024.

Community panel members are expected to actively contribute to panel discussions, attend meetings, and assist in making informed decisions regarding development in the Ku-ring-gai region.

If you are interested in being a part of this pivotal process, applications are currently open and will be accepted until 5pm on Friday, 5 January, 2024. Additional information and a nomination form can be accessed at www.krg.nsw.gov.au/KLPP.

For a more comprehensive understanding of local planning panels, please visit www.planning.nsw.gov.au.



2023 Local Business Awards

In this year's Business Awards, a total of 14 businesses in the Ku-ring-gai region received well-deserved recognition, and among them, one business claimed the coveted title of Local Business of the Year.

Ku-ring-gai Council took the initiative to sponsor these awards, and the winners in a diverse array of 38 business categories were revealed at a recent presentation ceremony, in mid October.

Spanning across the regions of Hornsby and Ku-ring-gai, this year's awards drew an impressive total of 280 entries from local businesses. The finalists in each category were carefully chosen based on the substantial number of nominations received, both online and in print, from the community.

The highly esteemed Local Business of the Year award was bestowed upon Lady Davidson Hospital, nestled in the heart of North Turramurra. Remarkably, the hospital also secured the top spot in the



Health Improvement Services category, further underscoring their commitment to excellence in healthcare services.

Speaking after the awards presentation, Mayor Sam Ngai said a Ku-ring-gai business had won the coveted Business of the Year award for the third straight year.

"This year's awards were a great achievement for Ku-ring-gai businesses and shows their commitment to excellent customer service."

For more information about the awards visit www.thebusinessawards.com.au.

Other category winners from Ku-ring-gai

- Most Inclusive Employer Gusto's Home Hub
- Early Childhood Centre..... Guardian Childcare and Education
- Florist..... Kelvin Hall Floral Design
- Music Tuition Business..... Studios FiftyOne
- Fitness Services Run with the Slow Coach
- Hairdresser Studio Frankee & Co
- Hotel/Bottle Shop/Bar Porters Liquor - St Ives Shopping Centre
- Specialised Retail Business... The Uniform Exchange
- Cafe Off the Rails
- Restaurant Cafe Patina
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Ku-ring-gai Wins Keep Australia Beautiful Awards

Shed Eleven in St Ives has recently earned a prestigious accolade, two noteworthy programs from the Council have garnered commendations at the 2023 Keep Australia Beautiful NSW Awards.

These awards serve as a platform to acknowledge and celebrate the commendable sustainability efforts of metropolitan councils, businesses, and community groups.

Gemma Wlasichuk, co-founder of the innovative upcycling enterprise, Shed Eleven in St Ives, clinched the Local Legends (25-65 years) category, thanks to her remarkable Paint to Donate Australia initiative. This collaborative effort, forged between Shed Eleven and Annie Sloan Interiors, is driven by the noble aim of repurposing unwanted furniture and redirecting it to not-for-profit organisations.

Shed Eleven's Paint to Donate project made a significant impact by assisting the Hornsby Ku-ring-gai Women's Shelter in their House to Home project. In total, an impressive 98 items of furniture and homewares, generously donated by local residents, were skillfully upcycled during volunteer working bees for the benefit of the Shelter.

Furthermore, Ku-ring-gai Council received two commendations in this year's awards. The Council's 'Loving Living Ku-ring-gai' program received praise in the Communication & Engagement category. Additionally, their collaborative partnership with AusMapp, focusing on the reduction of rubber crumb loss from synthetic sports field surfaces, garnered commendation in the Litter Prevention - Clean Waterways category.



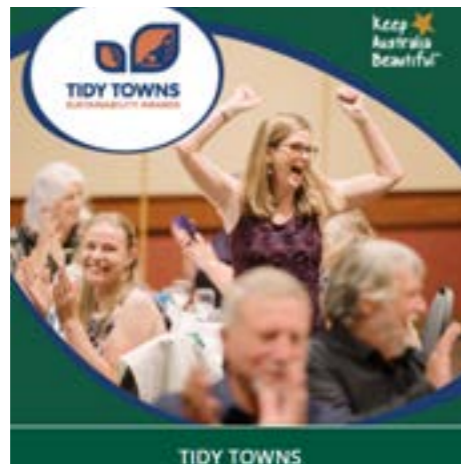
Shed Eleven's Paint to Donate project made a significant impact by assisting the Hornsby Ku-ring-gai Women's Shelter.

Ku-ring-gai Council's commendable efforts were further acknowledged by their status as a finalist in the overall Sustainable Cities award, underscoring their commitment to sustainability and environmental stewardship.

When deputising for the event, Deputy Mayor Christine Kay said the awards acknowledged the community

and Council's efforts to become more sustainable. "We will continue supporting community initiatives whenever we can that reduce pollution and waste, and work towards achieving our Net Zero goals."

For more information about the Keep Australia Beautiful awards visit <https://kab.org.au>.



Calling on Local Entrepreneurs

Ku-ring-gai Council and Impact Business School are collaborating to offer a series of six masterclasses tailored for aspiring entrepreneurs driven to create a positive impact.

This online program is priced at a modest \$25 and is scheduled for Wednesdays from 11 am to 1 pm, commencing on 1 November and concluding on 29 November. The program will culminate with an in-person networking session on 6 December.

The Ku-ring-gai Impact Entrepreneur Program is meticulously crafted and guided by Patricia Kaziro, the visionary founder of the local Impact Business School.

Patricia boasts a wealth of experience spanning over a decade as a business owner and coach, catering to a diverse clientele, including established businesses, early-stage entrepreneurs, and individuals transitioning into the business world. Her expertise lies in empowering these individuals to position themselves as industry leaders through the commercialisation of their knowledge and innovations.



The Ku-ring-gai Impact Entrepreneur Program is meticulously crafted and guided by Patricia Kaziro, the visionary founder of the local Impact Business School.

"The program will bring together members of the community to utilise business as a vehicle for change and offer an affordable, accessible way for more people to start their business venture", Patricia said.

Over six weeks participants will learn how to transform ideas into viable products and create a business that makes a positive impact in the community.

Spaces for the Ku-ring-gai Impact Entrepreneur Program are limited so early bookings are recommended. To book go to krg.nsw.gov.au/entrepreneur.

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Sun, 5 th Nov - 11:00am & 2:00pm
Wed, 8 th Nov - 7:00pm
Fri, 10 th Nov - 7:00pm
Sat, 11 th Nov - 2:00pm & 6:00pm
Sun, 12 th Nov - 11:00am & 2:00pm
Wed 15 th Nov - 7:00pm
Fri, 17 th Nov - 7:00pm
Sat, 18 th Nov - 2:00pm & 6:00pm
Sun, 19 th Nov - 11:00am & 2:00pm
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A Stand Against Local Tree Vandalism

In light of a recent incident of extensive tree vandalism, Willoughby Council is taking a proactive stance on tree protection by advocating for stricter penalties related to such offences.

Willoughby City Council has put forth a motion for the upcoming Local Government NSW conference, urging the New South Wales Government to conduct a thorough review of the legislative framework regarding tree protection. The Council aims to garner support from other councils for this initiative.

The motion seeks an immediate evaluation of the current legal framework to explore the possibility of enhanced penalties and deterrents for the destruction of trees in New South Wales. These measures may encompass increased fines and the potential for custodial sentences to discourage destructive activities concerning trees and promote the cause of environmental conservation.

The proposed review seeks to identify opportunities for better coordination of tree protection efforts across the state. It also places emphasis on improving educational and awareness campaigns to underscore the critical significance of tree protection and to garner stronger community support for these vital initiatives.



H.D. Robb Reserve vandalism documentation.

Willoughby Mayor Tanya Taylor stressed the urgency of addressing tree protection concerns, particularly for councils with foreshore areas where the desire for unobstructed views may incentivise illegal tree removal.

“Our most recent large-scale tree vandalism site isn’t an isolated case. We can’t be sure what the key drivers are

but more needs to be done to deter this behaviour,” Mayor Taylor said.

For more information on the environmental impact of illegal tree removal and to learn more about the recent large-scale tree vandalism site, please search for “Our largest tree vandalism site” at the Willoughby City Council website (willoughby.nsw.gov.au).

A Fashionable Way to Fund Cancer Research

The holiday season is up and coming, and what better way to kick it off than with a fantastic shopping opportunity that not only allows you to grab fabulous outfits at great prices but also contributes to a noble cause? The West Pymble Can Too Ocean Swim Group presents its Women’s Recycled Clothes Sale, a remarkable event that marries fashion, fundraising, and community spirit.

Can Too’s mission is twofold. Firstly, it aims to inspire individuals and communities to adopt healthier lifestyles, thus reducing the risk of lifestyle-related cancers. Secondly, it facilitates and supports fundraising efforts to advance innovation in cancer prevention, care, and control.

West Pymble Can Too Ocean Swim Group presents its Women’s Recycled Clothes Sale.

The event is scheduled for Sunday, 3 December, from 10am to 3pm, and will take place at the West Pymble Community Hall, located on Lofberg Road in West Pymble.

THE CAUSE

While you shop for stylish outfits, remember that your contributions are going towards a significant cause. The West Pymble Can Too Ocean Swim Group has joined hands with Can Too Foundation, an independent health promotion charity dedicated to funding cancer research.

Participating in professionally coached training programs, including ocean swims, running races, trail walking, and adventure challenges, participants in Can Too programs raise funds to support early-career cancer researchers. The impact has been substantial, with over \$25,000,000 raised since its founding in 2005. This has supported 202 research projects and



engaged over 20,000 individuals in these training programs (source: cantoo.org.au).

As you make plans for December, mark your calendar for the Women’s Recycled Clothes Sale. It’s an opportunity to shop for a good cause, support the West Pymble Can Too Ocean Swim Group, and contribute to the fight against cancer.

For inquiries and additional information, you can reach out to 0493 189 336. Let’s come together to make this event a grand success and support cancer research with style!

Friday at the Fountain

Hornsby Shire Council is inviting its residents to join in a vibrant community celebration on Friday, 24 November, as they commemorate the 30th anniversary of the Hornsby Fountain. The “Friday at the Fountain” event promises to be a gathering of the community at Hornsby Mall, offering a splendid array of live entertainment, family-friendly activities, a delightful pop-up bar, and a diverse selection of food trucks.

The event includes a formal ceremony marking the fountain’s recent refurbishment, made possible through a generous grant from the Australian Government. Adding a unique musical touch, the fountain’s clock will be transformed into a musical instrument, played live by one of New South Wales’ few carillonists. The musician, donned in a raincoat, will perform a one-of-a-kind symphony by playing the musical pipes from within the fountain.



Hornsby Shire Mayor, Philip Ruddock AO, underscores the fountain’s significance as a Hornsby landmark and a symbol of the town centre.

“Our unique fountain-clock, Man, Time and the Environment, as it’s officially known, has been a central point of

Hornsby Mall and part of our lives, for 30 years,” said Mayor Ruddock.

The sculpture, designed and crafted by Victor Cusack, pays homage to the natural beauty of Hornsby Shire. It continues to serve as a reminder of our ongoing responsibility to protect and cherish the environment surrounding us.

The “Friday at the Fountain” celebration is scheduled from 4 pm to 8 pm on Friday, 24 November, at Hornsby Mall. Residents are wholeheartedly invited to bring along their family and friends to relish this fantastic free event.

It’s not just a celebration; it’s an opportunity for the community to unite and strengthen the bonds that make Hornsby a vibrant and connected community.

For more information, visit hornsby.nsw.gov.au/fridayfountain.

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Feuding Siblings

by Wal Abramowicz

A will sets out how your assets are distributed after you die. You cannot give certain assets away in your will such as superannuation or jointly-owned property. The reason is that you do not own superannuation, your trustee owns it, and jointly owned property passes automatically by law to the surviving owner.

The Supreme Court of New South Wales may order that superannuation and jointly owned assets form part of your estate.

EQUALITY ENFORCEMENT

Recently in the New South Wales Supreme Court, three siblings, Sarah, Jeremy and Emma, made a claim against a fourth sibling, Faith, who jointly owned a property in Wollongong with the deceased father. The property became Faith's when the father died automatically by law. Sarah, Jeremy and Emma sought an order from the Court that the property form part of the estate and that they were entitled to a share of it.

The court first examined whether adequate provisions had been made for Sarah, Jeremy and Emma in the father's will. They claimed that they should all receive an equal inheritance from the father's estate. However, the court decided that there is no obligation for a parent to treat their children equally and the court's power was not to enforce equality. The judge decided that provisions should not be based on equality. Instead, they had to demonstrate that their provisions were inadequate.

FINANCIAL CIRCUMSTANCES

The court then examined the financial circumstances of each of the children to determine whether the provisions were inadequate. Sarah was aged 58 and married and did not have any dependent children. Sarah and her partner were working full time and earned a combined income of \$238,000 per year. Sarah claimed she and her partner had health issues, but she provided only limited evidence. They owned a home worth \$1.2 million, several vehicles and shares. The home was mortgaged in the

sum of \$670,000. Sarah claimed that inadequate provisions were made for her as she struggled to repay her mortgage.

Jeremy was 59 years old, married and in good health. He worked as a nurse and earned a yearly income of \$80,000. He had superannuation totalling \$424,000 and a home worth \$560,000 with a \$278,500 mortgage. Jeremy also claimed that an inadequate provision was made for him as he struggled to repay his mortgage.

Emma was 52 years old and claimed that she had health concerns but provided only limited evidence. She was married with a son aged 21 and twin daughters aged 17. Emma and her partner were both working and earned \$200,000 a year combined. They owned a home worth \$1 million and a few vehicles. The home was mortgaged in the sum of \$649,000. They had a combined superannuation of \$1.2 million. Emma claimed she needed financial assistance for mortgage repayments and expenses relating to her children.

COURT CONCLUSION

Sarah, Jeremy and Emma claimed that prior to the father's death, Faith had used the father's money inappropriately and for her own benefit. Sarah, Jeremy and Emma admitted that Faith was the only caregiver in the final years of the father's life. The judge found that Faith relied on the father financially. The court also noted that if orders were made for Faith to sell the house that she had been living in since 2009, it would cause disruption and inconvenience to her life.

The court concluded Sarah, Jeremy and Emma were all in good financial positions and dismissed their claims. The Court found that adequate provision had been made for each of them even though they did not receive anything from the estate.

Fox & Staniland Lawyers have a team of lawyers with extensive experience in making notional estate claims on behalf of claimants, defending notional estate claims on behalf of estates, and acting for clients in all aspects of contested estate litigation.

Hornsby Art Prize Winners

The 2023 Hornsby Art Prize has officially revealed its distinguished winners, with Ryan Daffurn of Brisbane emerging as the recipient of the coveted top prize. Daffurn's masterful creation, titled *Proposition 5, 4, 3, 2, 1*, an oil on linen portrayal of a young musician, captured the imagination of the judges, particularly James Powditch, who hailed it as "an accomplished painting with a subdued yet resonating power."

Daffurn's exceptional artwork stood out among a formidable lineup of 84 finalists, meticulously selected from an impressive pool of 610 submissions hailing from seven different Australian states and territories.

The competition was fierce, with artists competing across diverse categories such as Painting, Drawing, Printmaking, Digital Art-Stills, and Sculpture, all vying for a slice of the substantial \$23,000 prize pool. The grand prize, totaling \$10,000, underscored the remarkable talent showcased in this year's competition.

The panel of judges responsible for determining the winners included



Top prize winner, Ryan Daffurn.

accomplished artists James Powditch, Nicole Mather, and Chris Langlois, whose discerning eyes and artistic acumen played a pivotal role in recognising the outstanding contributions to the world of contemporary art. "I feel amazing. It's incredible. Winning a prize like this can really change an artist's direction and it's a really positive thing," said 2023 Hornsby Art Prize winner, Ryan Daffurn.

"The prize is fantastic, the building is beautiful, the standard is very high and I was interested in the judges as well; they're painters and they're artists."

The Hornsby Art Prize presented its winners at a special ceremony hosted by Hornsby Shire Mayor The Hon Philip Ruddock AO at the Wallarobba Arts and Cultural Centre.

"The standard of entries this year was incredibly high," said Mayor Ruddock.

"Congratulations to the winners and I commend all the artists who took the time to enter the competition and share their wonderful artwork. It's fantastic to be able to celebrate local and national talent through the Hornsby Art Prize."

The Hornsby Shire Local Artist Award went to Libby Moore from Beecroft for her painting, *Just put your feet up for a while*. "I'm so excited and I'm very honoured to be the recipient of the Local Artist Award. This kind of recognition is very exciting and affirming," said Ms Moore.

Hornsby Art Society President Chris Beard expressed his delight at the overwhelming response to the Prize, stating that the Society was "blown away with the number of entries this year and beautiful artworks received".

The prize winners, along with the finalists, will be on exhibition at the Wallarobba Arts and Cultural Centre until 5 November 2023. For more information go to www.hornsby.nsw.gov.au/artprize.



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IN THE SPOTLIGHT WITH TUULI NARKLE

by Willow Berry

In the world of Australian arts and entertainment, few shine as brightly as Tuuli Narkle. Her journey into the world of acting is a story of passion, dedication, and a deep connection to her cultural roots. With an upcoming role on the hit TV series *NCIS*, her career is taking her from local recognition to international acclaim.



Tuuli Narkle's love for performance and storytelling is deeply rooted in her cultural background. Growing up in rural Western Australia as a proud Yued and Willman Noongar woman, she had the privilege of being surrounded by the rich tapestry of Indigenous stories and traditions. The old stories told by her family became an integral part of who she was, sparking her early fascination with the power of narrative.

"That's where my love for performance and the arts really came from, expressing culture and storytelling."

"All the old stories that my family would tell became a part of who I was, and that kind of extended into performing arts in general as I got older," Narkle explains.

Every aspiring artist needs role models and inspirations, and Tuuli found hers in some of Australia's most distinguished performers. Leah Purcell, renowned for her powerful performances, stood out as a figure of strength and brilliance.

"I guess when I was quite little, somebody that I really looked up to was obviously Leah Purcell. She's such a strong, brilliant performer, I also loved Deborah Mailman."

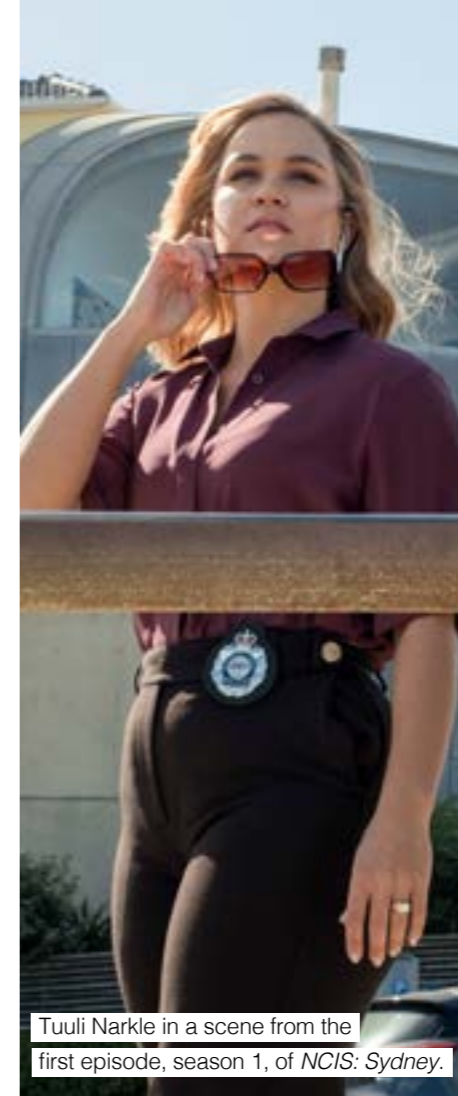
"In my teenage years when *The Sapphires* came out, obviously, I fell in love with people like Shari Sebbens and Miranda Tapsell because they were breaking ground in the field, and I wanted to be just like them."

Narkle's journey in the arts took a significant turn when she transitioned from dance to acting, and her acceptance into NIDA marked a pivotal moment in her journey and initiated her big move to Sydney.

"It was such a crazy experience, moving over here all by myself, and essentially stepping out into the world on my own."

Narkle's acting career has been marked by transformative roles and industry recognition. One role that stands out as a game-changer for her is *Myserty Road: Origin*, which saw her take home the 2022 AACTA Award for Best Lead Actress in a Television Drama.

"I would have to say that has been my most transformative role and getting to play a young Tasma Walton as Mary was an incredible experience. I think *Mystery Road* is such an integral part of the First Nations film canon in Australia — something that I've always aspired to be a part of," Narkle explains to *Sydney Observer*.



Tuuli Narkle in a scene from the first episode, season 1, of *NCIS: Sydney*.

"It was very much a pivotal moment for me, more so because I was like wow, I can do this, and I do belong here. I have a place stepping into these rooms, taking roles, and seeing where it can take me."

While Tuuli Narkle has already made a significant impact in the Australian entertainment industry, her career is taking a thrilling turn with an upcoming role as Constable Evie Cooper in the inaugural series of *NCIS: Sydney*.



NCIS: Sydney cast.

"I think one of the most brilliant things *NCIS: Sydney* has now given me is my character, Evie, she's so well-rounded and so fully formed. Telling any First Nations story is deeply, deeply important to me, and although being First Nations is not an integral part of Evie's storyline all of the time, I love that inherently I'm bringing that part to her character."

Filming the show in Sydney has been another cherished experience of Narkle's, opening her up a whole new perspective on the city.

"We went literally everywhere. It was amazing! I obviously lived in Sydney when I was at NIDA, but even then, I didn't see a lot of the city."

"I got to see so much more of Sydney, it's so beautiful, it's ridiculous. It doesn't look real sometimes. It was so funny working with my co-stars Olivia and Sean, who are from the UK because they were absolutely blown away."

Collaborating with a diverse cast, including both Australian and international talents, has been a favourable experience of Narkle's.

"Working with this cast has been great. It didn't take long for us to realise how much this project meant to all of us, and we became really close. I love those guys to absolute death, they're my family now."

As Narkle looks ahead, she remains dedicated to her career and her role in *NCIS*. She hopes for additional seasons to further develop her character and continue working with the cast and crew. Beyond that, she approaches her career with an open heart, taking each opportunity as they come.

NCIS: Sydney streams on Paramount+ from Friday, 10 November.

Social Media and Tech-positive Parenting

by Sarah Wainwright

Broadly speaking, “daily social media use is usually not the issue — excessive use is,” explains Jean Twenge, author and Professor of Psychology at San Diego State University. “The data suggests that the more hours a child devotes to social media, the higher their risk for mental health problems. It’s three, or especially five, seven, or more hours a day of social media where you find the strong links to depression. The thing about the rise of social media and excessive use of social media, there’s so many possible mechanisms: less time for seeing friends face-to-face and the displacement of other beneficial activities like exercise and sleep. Not getting enough sleep is a major risk factor for mental-health issues. Some adolescents are likely more vulnerable to social media, and children may be more vulnerable at particular ages. Social media won’t hurt every teen —or hurt them by the same amount.” (Jean Twenge PhD, New York Magazine, May 2023).

In terms of young people’s relationship with digital media, author Devorah Heitner PhD (devorahheitner.com), believes that technology offers huge potential to our children. Her mission is to help parents cultivate a culture of empathy and develop social/emotional literacy in order to thoughtfully guide kids in the digital age; to mentor not (just) monitor kids and teens as they navigate social media, texting, gaming and their digital reputation.

Resources: “Growing Up in Public - Coming of Age in a Digital World”, Devorah Heitner PhD, published September 2023; “Screen wise- Helping Kids Thrive in Their Digital World”, Devorah Heitner PhD, available from 10 October 2023; “Generations”, by Jean M Twenge PhD, published August 2023.

Social Media Stats, A Snapshot, January 2023

- Australian population: 26.31 million.
- Daily time spent on the internet: 5 hours 51 minutes.
- Active Social Media Users: 21.3 million, 81% of the population.
- Daily Social Media usage: 2 hours 4 minutes.

Main reasons for using Social Media:

- Connecting with friends and family: 53%.
- Filling spare time: 38%.
- Reading news: 25%.

Source: meltwater.com



“When it comes to kids and social media, we need to mentor not monitor”

Dr Devorah Heitner

Tips for Savvy-tech Use

- Ensure that devices are making your life better, supporting your goals and not just consuming time in a mindless way.
- Kids can gather information online, but they’re not mature enough to properly evaluate and interpret the data they collect. They need help from adults to recognise sources that are reliable, and to process what they discover.
- Adults have much more real-world experience dealing with social issues like time management, handling conflict, communication or how much to disclose to others – lessons learned from experience, adults can use this wisdom to help kids learn.
- Platforms for communication may differ for adults and children but the nuances, basic rules and subtleties of communication remain the same, and adults can educate, mentor and advise children on how to be successful communicators.
- Parents can also model managing their own tech use and set a great example.
- Finally, Dr Heitner suggests, as mentors, parents can aim to collaborate not control- creatively co-creating solutions for children.

Source: D. Heitner, Grapevine Magazine, 2023



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_.



Decathlon Second Life

Decathlon, the renowned international sports goods designer and retailer, remains at the forefront of innovation within the retail sector, unwavering in its commitment to providing accessible sporting experiences in Australia. Their latest groundbreaking initiative introduces the successful global concept known as “Second Life,” designed to promote the recycling of Decathlon items. This eco-conscious endeavour is currently making its way to Decathlon stores in Sydney and Melbourne.

According to CEO of Decathlon Australia, Romain Gragny, the retailer is bringing sustainability to life through the arrival of Second Life to its Australian stores.

“Decathlon Second Life is one of our sustainability initiatives that we hope will inspire positive change for the planet and future generations. Our mission is to make sport durably accessible for all, which means offering the highest quality and variety of sport equipment while taking care of our precious sports ground,” Gragny said.

“The launch of Second Life in Australia will support our valued customers to enjoy the benefits of our products and when they are no longer needed, return them to us so we can prepare them for a new life.”

Decathlon Second Life offers an array of products that have seen a previous chapter of ownership, whether returned by a customer, employed as a test or display item, or possessing minor defects. However, rest assured, these items have undergone meticulous inspection, repair, and cleaning procedures before being reintroduced to the shelves, now available at significantly reduced prices. This initiative not only promotes sustainability but also makes quality sporting goods more accessible to a broader audience.

For more info visit decathlon.com.au.



Susan Turner, The Uniform Exchange founder.

Redefining School Uniform Sustainability

by Willow Berry

The Uniform Exchange, located in Pymble on Sydney’s North Shore, is a practical solution for parents and students grappling with the challenges of school uniforms. The business serves 11 local schools as well as a broader online community across Australia. The Uniform Exchange is the brainchild of Susan Turner and is driven by her unwavering dedication to sustainability and the efficient use of resources.

“Growing up and working on a family farm in England and then spending many years in South Africa, I have an unshakable passion to respect that all things must be used to their fullest capacity and nothing can be wasted,” Turner tells *Sydney Observer*.

“Over 19 years, I put three boys through private school in Johannesburg and arrived in Sydney in 2006 with my youngest son going into year 9. Here, I struggled to easily find a reliable supply of good quality, second hand uniforms and textbooks that were needed for the changing school years.”

The issue at hand is the inherent challenges of school uniforms. Students, who typically spend 10-12 years in school, experience significant growth during this period. This necessitates the constant replacement of

“My aim is to reuse every uniform and textbook we receive, either with our local parents or sent away to underprivileged children.”

Susan Turner, The Uniform Exchange founder.

uniforms due to changing sizes, seasonal shifts, and wear and tear. The Uniform Exchange steps in to address this issue.

“According to the documentary *War on Waste*, approximately ‘6000 kg of clothing is dumped in landfills every 10 minutes’ in Australia,” Turner continues.

“My mission is that ‘nothing goes in the bin’ and my aim is to reuse every uniform and textbook we receive, either with our local parents or sent away to underprivileged children in disadvantaged countries all over the world.”

“Reduce, reuse, recycle – it’s the only way.”

The Uniform Exchange offers a practical and eco-friendly response to the challenges of school uniforms. The business not only addresses the issues of waste and sustainability but also promotes a culture of responsible resource utilisation.

Summer Sports Camps

Summer in Australia provides an excellent opportunity for engaging your children in exciting sports camps, and with the school holidays on the horizon, it's the ideal time to get them involved. These sports camps not only keep them physically active but also promote their overall health and wellbeing. By exploring the wide array of Australian summer sports camps, you can ensure that this holiday season is packed with active and thrilling experiences for your kids.

TENNIS

Tennis, an iconic Australian summer sport, fosters fitness and hand-eye coordination. It's ideal for kids who prefer individual sports and quick decision-making. Specially designed equipment for younger children makes it accessible from a young age. Consider enrolling your child in summer tennis programs to discover their potential in the sport.

BASKETBALL

Basketball is an inclusive, fast-paced sport loved by many kids. It enhances fitness, agility, teamwork, and confidence. Learning the basics is vital for an enjoyable experience when playing with friends. Summer basketball camps provide an excellent introduction before committing to a competitive team, ensuring your child gets the most out of this exciting sport.

SOCCER

Soccer is the top team sport among Australian kids aged 6-13, second only to



swimming in popularity. Soccer is easy to start, with simple rules and basic skills. A small patch of grass and markers for goals are all that's needed. Consider soccer training camps for your child to enhance their coordination and skills while playing with peers of similar age and ability.

NETBALL

Netball is an exciting team sport that combines cardio and coordination, fostering teamwork and strategy. It's a great way for your child to socialise and learn while having fun. Suitable for all ages and skill levels, netball is popular in Australia, with holiday Netball camps available almost everywhere.

CRICKET

Cricket is a cherished Australian summer tradition. Every child, regardless of their fitness or skill level, can participate in cricket. The sport is an excellent way to enhance hand-eye coordination and develop essential teamwork skills. There are short summer holiday cricket programs nationwide, often featuring visits from cricket stars, making them perfect for school breaks.

Explore Summer Sport Camps happening around you this holiday season at <https://australiansportscamps.com.au>.

World Teachers' Day

On 27 October, World Teachers' Day was commemorated, and during this special occasion, the NSW Government extended its appreciation for the hard work and steadfast dedication of the teachers within its state.

With a sense of deep appreciation, the government recognised the invaluable contributions of approximately 170,000 teachers who are working tirelessly across Government, Catholic, and Independent schools in the state.

"Teaching is one of those rare professions where you have the opportunity to transform young lives," said Deputy Premier and Minister for Education Prue Car.

"It's that commitment to enriching young minds that makes teaching both a vocation and a profession, and World Teachers' Day is the perfect opportunity to let teachers know how grateful we are."

Education was declared to be at the heart of the NSW Government's agenda, and the Government proudly showcased the progress they had made in restoring respect to the teaching profession. This included actions such as abolishing an unfair wages cap, providing the largest pay increase for public school teachers in a generation, and fulfilling a promise to offer 10,000 temporary teachers permanent positions. These efforts aimed to rectify what was

perceived as a long period of neglect and contempt towards teachers, especially in the face of a teacher shortage crisis.

As part of the celebration, the NSW Education Standards Authority (NESA) encouraged school communities to participate by sharing kind messages on the NSW Teaching Gems Map. This initiative was designed to support and celebrate World Teachers' Day by inviting communities to recognise the "teaching gems" among them — those teachers, both past and present, who inspire and motivate students and others.

You can access the Teaching Gems Map online via educationstandards.nsw.edu.au.



Rituals and Methods at GCS Gallery

Experience the captivating world of artists Lynne Eastaway, Nicole Ellis, and Pollyxenia Joannou as they delve into the art of layering, folding, disassembling, and reassembling. Their creative process unveils the essence of their interactions with the world, translating experiences and sensations into captivating artworks.

This exhibition, running from 10 November to 14 December, 2023, beautifully showcases the convergence of rituals and methods employed by these artists. Through their works, witness a harmonious blend of colour, pattern, form, tone, and temperament. The artists' shared journey leads to a unique form of abstraction that breathes life into their encounters with history, memory, place, family, and home. Their creations stand as a testament to a profound artistic connection that transcends traditional formalist abstraction.

The exhibition will take place at the Grace Cossington Smith Gallery, situated on the Abbotsleigh campus along the Pacific Highway in Wahroonga, NSW. This gallery serves as an invaluable educational resource, catering to all age groups and offering an engaging educational program. It actively collaborates with educators and students, spanning from Pre-Kindergarten to Year 12, fostering a dynamic learning environment.

For more info visit <https://www.gcsgallery.com.au>.



Musical Instruments for First Timers

Music education is all about communication, self-expression, and enjoyment. The right musical instrument for kids can foster listening skills and concentration while boosting self-esteem and creativity. Choosing an instrument that aligns with your child's talents is a big step. The world of musical instruments offers an extensive array, and this article will only touch the surface.

Many adults would recall being urged by their parents to take piano lessons and perform recitals, which often led to a shift in their interests. However, learning the piano or keyboard is particularly unique as it serves as the foundation for a wide range of music. It's an instrument where all elements of music, melody, harmony, rhythm, and dynamics can be expressed at varying levels of complexity. Additionally, it's an accessible instrument for beginners, and it serves as a stepping stone for other musical pursuits.

Following the piano, the guitar is a popular choice among children. Many are inspired by their favourite musicians and aspire to emulate them. Like the piano, the guitar is an excellent foundational instrument, offering the added benefit of easily learning familiar songs. Besides teaching the basics of music, it helps kids develop manual dexterity that can be applied to other instruments and aspects of life.

The ukulele's small size is one of its attractions. Beginner ukuleles are just the right size for kids, and they can quickly learn a few chords and play familiar songs. Additionally, the ukulele is relatively quiet, which is appreciated when your child practices extensively.

On a technical note, the recorder is one of the easiest woodwinds to pick up. Many schools offer group recorder classes, and a simple fingering chart can suffice for a parent to teach a child. Most teachers use the recorder as an introductory instrument to the flute or clarinet, both of which share a similar fingering system. The recorder is portable and imparts essential woodwind techniques, such as breath control and finger positioning.

The violin presents a steeper learning curve compared to some other instruments. Playing the violin necessitates developing manual dexterity and a keen ear for intonation simultaneously. If a child perseveres through the initial challenges of the violin, they will embark on a journey to appreciate the intricate beauty of this instrument.

Whether you and your child opt for percussion, wind, or string instruments, parents are encouraged to let their children explore wherever their interests lead them. Providing your child with the chance to delve into their creative side allows their inner artist to shine its brightest.

Compassion Starts with Karis Life

by Willow Berry

For nearly four decades, Comfort Discovered has been an integral part of the local community, serving its needs with dedication and care. In 2018, the business embarked on a transformative journey, relocating to a state-of-the-art facility in Hornsby. The move was a pivotal moment in the brand's history, setting the stage for its evolution into *Karis Life*.

Rejimon Punchayil, the visionary behind this rebranding, sheds light on the inspiration behind the new name, Karis Life. "Compassion," he notes, "is what our customers have always identified as our defining trait."

The name 'Karis' draws its roots from the Greek word 'Charis,' signifying goodwill, loving-kindness, favour and grace. This name encapsulates the nurturing approach with which Karis Life addresses each customer's unique circumstances.

"Listening attentively and understanding individual needs are the cornerstones of our philosophy, enabling us to offer tailored, dignified, and independent living solutions," Punchayil tells *Sydney Observer*.

"Karis Life isn't merely a business; it's your partner in the journey to regain independence with dignity."

With decades of industry knowledge and experience, the team at Karis Life is fervently dedicated to providing life-changing assistive technology solutions that enhance not only physical wellbeing but also the overall quality of life for every customer.

"The genesis of Karis Life can be traced back to a chance encounter with an elderly woman struggling with mobility. It was from that experience I became dedicated to helping vulnerable members of the community achieve a better quality of life, leading to the birth of the business," Punchayil explains.

Rejimon Punchayil, the founder, is a seasoned professional with a wealth of experience spanning continents and industries, including manufacturing, international trade, and marketing.

His vast expertise and genuine commitment to community wellbeing drive a knowledgeable and passionate team. Together, they provide exceptional service and product solutions, while Punchayil



remains at the helm, anticipating and addressing future challenges and trends within the assistive technology landscape.

"My highly experienced, trained and motivated team, sharing the mission and value of Karis Life is the force that delivers the Karis Life promise."

Karis Life is not your typical mobility store. In addition to providing top-notch products, they conduct training programs for therapists, enhancing their knowledge and understanding of innovative solutions in the industry. These programs, presented by industry experts specialising in allied health products, empower participants with valuable insights into the highest quality and most innovative products available in the market.

"Live Life Better Seminars for Seniors" is

a community initiative offered by Karis Life. These friendly, informative 90-minute seminars are designed to educate seniors about health, wellbeing, and independent living. The seminars include a wellness segment, easy-to-use exercise items, trivia to spark discussions, and a conversation about solutions to everyday issues related to independence and mobility.

Karis Life also offers professional Assistive Technology assessments conducted by licensed independent occupational therapists. These assessments alleviate the concern of selecting appropriate equipment and securing the necessary funding, ensuring peace of mind for customers.

Karis Life's journey is a testament to the power of compassion, knowledge, and community, and they continue to be a beacon of support and innovation for all those they serve.



"The genesis of Karis Life can be traced back to a chance encounter with an elderly woman struggling with mobility. It was from that experience I became dedicated to helping vulnerable members of the community achieve a better quality of life."

Rejimon Punchayil, Karis Life owner.

3 Myths about Physical Activity

There are many common misconceptions when it comes to physical activity at an older age. Explore the facts that dispel these myths and discover how an active lifestyle can be both fulfilling and energetic, regardless of age.

MYTH 1:
"Older people can't go to the gym."

The fact: It's a common misconception that gyms are primarily meant for younger individuals. The reality is that many older people find great satisfaction in working out at gyms or participating in tailored exercise classes designed with seniors in mind. These classes often focus on exercises that are suitable for older individuals, promoting strength, flexibility, and overall wellbeing.

If the idea of a crowded gym environment concerns you, consider visiting during off-peak hours when it's less congested. Additionally, requesting a gym tour or an introductory training session with a qualified personal trainer can help you become more comfortable with the gym's equipment and facilities.

But, also remember that physical activity can take place in a variety of settings, not just at a gym. Whether it's a leisurely walk in the park, swimming at a local pool, or participating in group exercise classes, there are plenty of options to choose from.

MYTH 2:
"Frail people can't exercise."

The fact: Contrary to the myth, many individuals with various health conditions or those who may be feeling frail can engage in physical activity in a safe and enjoyable manner. In fact, physical activity can play a significant role in improving strength and reducing frailty, even for those who face health challenges. There are tailored exercise programs and activities designed to



accommodate different fitness levels and health concerns.

Seeking advice from healthcare professionals, such as your doctor, an exercise physiologist, or a physiotherapist, can provide you with suitable ideas and guidance. These experts can help design a fitness plan that addresses your specific needs, ensuring that you engage in activities that are both safe and beneficial.

MYTH 3:
"I'm too old to start exercising."

The fact: Age should never be a barrier to adopting a physically active lifestyle. It's never too late to begin incorporating physical activity into your daily routine. Engaging in regular physical activity, even at an older age, can have a profound impact on your physical and mental health, enhancing your overall quality of life. Physical activity can help improve your fitness, mobility, and mental well-being. It can also reduce the risk of various chronic health conditions and enhance your overall vitality.

Whether you're just starting or getting back into an exercise routine after a period of inactivity, gradual progress is key. Begin with short periods of physical activity and slowly build up to about 30 minutes a day on most days of the week. Remember, every bit of activity counts, even if you're starting with just a few minutes. It's essential to wear comfortable clothing and supportive shoes and to stay hydrated before, during, and after exercising.

If you have specific health concerns or are unsure about the suitability of certain exercises, it's advisable to consult with your healthcare provider or a fitness professional. Regular physical activity should be comfortable and free of pain. If you experience discomfort or any unusual symptoms during exercise, it's essential to stop and consult your doctor for guidance.

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Community Aged Care Expo

This month, an Aged Care Expo is set to take place, featuring the participation of over 30 employers. This event, scheduled for 9 November, is specifically tailored to individuals who aspire to work in the aged care sector.

The Expo is being organised by a collaborative effort from Ku-ring-gai, Hornsby, Mosman, Northern Beaches, Ryde, and Willoughby Councils, in conjunction with the Your Side organisation.

Mark your calendars, as the Expo will unfold at the Dougherty Centre, located on Victor Street in Chatswood, commencing at 10am and concluding at 12:30pm on Thursday, 9 November. What's more, entry to this event is free of charge, and attendees can partake in refreshments and a light lunch.

Designed to cater to those who seek a career change or require more information about embarking on a journey in aged care, the Expo serves as an interactive platform to connect with potential employers.

Attendees will have the opportunity to engage in discussions regarding the various roles available in the aged care sector and the corresponding qualifications needed.



To secure your spot at this informative Expo and receive a complimentary employment pack, please visit trybooking.com/CLRSN.

For any inquiries, feel free to reach out to Lily Li at Ku-ring-gai Council via email at lli@krg.nsw.gov.au or by phone at 9424 0970.

Enhancing Dementia Care

Ensuring meaningful engagement and presence of aged care staff with residents living with dementia is crucial for providing quality care. A recent study conducted in three residential aged care homes in NSW sheds light on the challenges faced by aged care workers in achieving this presence.

The study, published in *The Gerontologist*, underscores the significance of overcoming these challenges to prevent poor care practices and enhance resident outcomes. Being "present" is defined in the study as meaningful engagement, person-centred care, attentiveness, living in the moment, and connecting with residents on their terms.

According to the study, care workers find being present with residents the most rewarding aspect of their demanding roles. It helps them gain deeper insights into residents who may be challenging to care for.

"Practising presence and spending focused time with residents helped care workers to see different aspects in residents who were regarded as difficult to care for," the researchers wrote.

Two key findings emerge from the research. Firstly, meaningful



engagement requires a foundation of trust, which is built and sustained through consistent and long-term relationships with residents. This can be difficult to achieve due to staff turnover and disruptions caused by factors like changes in foreign worker restrictions during the COVID-19 pandemic.

Secondly, care worker presence relies on proper organisational structures,

adequate resources, and sufficient staffing levels to allow them to focus on individual residents.

The study highlights the positive impact of additional staff support on resident engagement. Residents often exhibit reduced dementia-related behaviours when extra staff members are available.

The research also reveals the complexities of connecting with residents living with dementia. Many residents experience disorientation and a sense of loss, which can lead to withdrawal and hinder connection attempts.

To improve staff presence, the researchers suggest addressing staffing ratios through increased government funding. However, they acknowledge that this issue is multifaceted and may require a combination of education, training, coaching, and regular reminders during routine activities.

"Regulatory bodies, governments, community groups and residential aged care homes need to collaborate to ensure appropriate funding and resources are available to enable care workers in residential aged care homes to be more present and provide person centred care," the researchers noted.

Understanding the 3G Shutdown

by Willow Berry

In our fast-evolving tech landscape, we've grown accustomed to the familiar. Many of us have relied on 3G mobile devices for years, and they've served us well.

However, it's crucial to be aware that Australian 3G networks are nearing obsolescence. Vodafone plans to shut down its 3G towers by the end of the year, followed by Telstra in June 2024, and Optus in September 2024. That's less than a year away.

You might wonder about the rush. Well, 3G technology can no longer keep up with the increasing demands of our digital lives. When the 3G networks shut down, older devices relying on them will lose connectivity.

This means that to continue making calls, sending texts, and browsing the internet, you'll need to upgrade to a 4G or higher device. Recent reports reveal that millions of Australians still use 3G-only devices, and many are unaware of the impending shutdown. This transition affects everyone, including seniors who may not typically prioritise a mobile phone upgrade.



The shutdown doesn't just affect our smartphones; some critical medical devices also rely on 3G networks. Ensuring the functionality of these devices is essential for many people's wellbeing.

Upgrading to 4G or higher means transitioning from an older, slower network to a newer, faster, and more efficient one. 3G technology has been around for quite some time, and while it served us well in the past, it's no longer

able to meet the demands of our modern digital lives.

With 4G and 5G, you can enjoy faster internet browsing, smoother video streaming, improved call quality, and the ability to use data-intensive apps without interruptions. But don't worry, if you're not interested in video streaming and downloading large apps, you can use 4G networks just as you did with 3G – to stay connected with loved ones and the world around you.

Enjoy more time for what's important!



Now selling. Newly renovated 2 Bedroom Retirement Unit.

Set on the beautiful upper North Shore of Sydney, Marsfield Village is the ideal next move if you want to live an independent lifestyle with access to great shopping and social activities. Easily make new friends and meet like-minded people in this friendly community that sits adjacent to historic Curzon Hall and just 500m from Macquarie Shopping Centre.

There are two common rooms available where activities are regularly held. You can be involved as much or as little as you like. It's up to you.

This modern apartment is newly renovated, with a spacious patio for entertaining friends and family or just relaxing with a good book, overlooking well maintained, established gardens.

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Decisions of Senior Drivers

by Willow Berry

Ageing gracefully often involves adapting to new realities and making tough choices. One such challenge for many seniors is deciding when it's time to limit or even give up driving. It's a sensitive topic, and it raises essential questions about safety, independence, and quality of life. Let's explore the multifaceted aspects of senior driving and the considerations that come into play.

Age, on its own, is not a reliable indicator of one's ability to continue driving safely. Some seniors confidently navigate the roads well into their eighties and beyond, while others may face limitations at a much younger age. The key is recognising that the decision to modify driving habits or relinquish the car keys is a personal journey. It's influenced by individual circumstances, health, and the desire to maintain a particular lifestyle.

SPOTTING THE SIGNS

The first step in addressing senior driving is self-assessment. Often, it's not the seniors themselves but their family members or friends who notice changes in their driving behaviour. Going for a ride with a senior driver can reveal valuable insights. Are they missing road signs, getting into minor accidents, or struggling with navigation? These real-

time observations can guide the decision-making process.

LIFE BEYOND THE WHEEL

Sometimes, cues about a senior's driving ability can be found outside the vehicle. Changes in daily life or health conditions can indicate potential challenges with driving. It's crucial to explore how shifts in daily routines and specific health issues can provide insights into someone's driving fitness.

HEALTH MATTERS

Health plays a pivotal role in one's ability to maintain safe driving. Conditions like diabetes, cardiovascular issues, neurological disorders, and cognitive decline can impact driving abilities. Regular medical check-ups and awareness of medication side effects are essential to stay safe on the road.

THE EMOTIONAL ASPECT

Letting go of the steering wheel can be an emotionally charged decision for many. The loss of driving privileges can feel like a loss of independence, and it can be accompanied by a range of emotions, from frustration to sadness. Addressing these emotional aspects is crucial when transitioning to alternative transportation. Exploring options like carpooling, club tours, taxis, public transport, and online

shopping can help maintain independence and social engagement.

PROFESSIONAL GUIDANCE

When doubts about someone's driving ability linger, consulting a healthcare provider is a wise step. Open communication with a doctor can provide impartial advice. In some cases, a formal assessment by an occupational therapist or a professional driving instructor may be recommended. These assessments can provide clarity about a person's fitness for driving.

NAVIGATING RESTRICTIONS

In certain situations, assessments may lead to restrictions on a senior's driver's licence. These restrictions could include limits like driving only during daylight hours or within a specific radius of their home. While they may curtail some freedoms, these restrictions are designed to balance mobility with safety.

Deciding when it's time to reduce or stop driving can be emotionally challenging. However, it's an issue that should be addressed as soon as concerns arise. Seniors and their loved ones should engage in open and honest discussions about this significant life transition. The goal is to ensure that seniors continue to live fulfilling lives while prioritising their safety and the safety of others on the road. The journey continues, albeit in a different lane.

When Car Bodies were Fibreglass

by Margaret Simpson

Even to the most casual observer this Lotus Elan +2S 130/5 sports car, made in the early 1970s, is redolent of modernism and still looks gorgeous today. I snapped it on a winter's afternoon in Picton's main street.

Lotus Elan rear-wheel-drive sports cars were made in England by Lotus from 1962 to 1974. Its fibreglass body on a steel chassis was sleek and aerodynamic while the unique Colin Chapman four-wheel independent suspension gave it superb handling.

A couple of Elans were driven by Mrs Peel (Diana Rigg) in the popular 1960s British espionage TV series, *The Avengers*, emphasising her 'vitality and independence'. Who could forget Mrs Peel's leather cat suit, a counter to the conservative Bently-driving character of John Steed (Patrick McNeen) in his Saville Row three piece?



Placing the Elan in *The Avengers* brought the car to a worldwide audience, appealing to young consumers at a time of immense social change.

What gave the car its appeal was its fibreglass body, almost sculptural in form. Made of woven fibreglass sheets and hardened with resin, it was easily moulded into any shape.

Advantages of fibreglass bodied cars over conventional steel ones included their light weight, strength, resistance to corrosion and ease of repair. Basically, they could go faster and had improved cornering and handling.

Other well-known manufacturers of fibreglass bodied car models in the '50s and '60s included Chevrolet, Jensen and Daimler.

Remarkably, fibreglass enabled small scale manufactures in Australia to make sports cars too.

Bodies for Goggomobils were designed and made in Sydney by car dealer, Bill Buckle. His 'Dart' model was a stylish convertible so low to the ground that doors were unnecessary. Similarly, Chris Buckingham produced the wonderfully-named Nota 'Fang' in Parramatta while the 'Zeta Sports' was built by the washing machine manufacturer, Lightburn, in South Australia.

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Exciting Christmas Gift Ideas for the Grandkids

The holiday season is the perfect time to bring joy and laughter to your grandkids' faces. Choosing the right gifts can make Christmas memorable and special. Here's a list of gift ideas, categorised by interest, to help you find the perfect presents for your beloved grandchildren.



Toys and Games

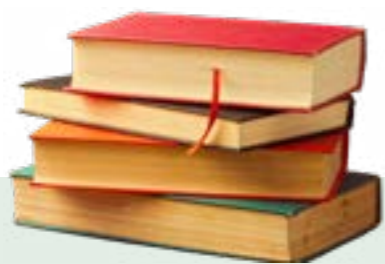
Action Figures: Action figures of superheroes, movie characters, or iconic figures can ignite imaginative play.

Board Games: Classic board games like Monopoly and Scrabble or newer options can provide endless family fun.

Puzzles: Jigsaw puzzles in various themes and difficulty levels encourage problem-solving and patience.

Building Sets: Building sets like LEGO or blocks inspire creativity and construction skills.

Arts and Crafts Supplies: Gift them artistic freedom with markers, coloured pencils, sketchbooks, and craft materials.



Books

Classic Stories: Classic literature such as *Alice in Wonderland* and *Winnie the Pooh* in age-appropriate editions.

Educational Books: Encourage learning with books on science, history, or geography tailored to their interests.

Popular Series: Complete their favourite book series, such as *Harry Potter* or *Percy Jackson*.

Art and Craft Supplies:

Colouring Books: Colouring books featuring favourite characters, animals, or intricate designs.

Coloured Pencils and Markers: High-quality colouring materials for artistic expression.

Paints: Watercolour or acrylic paints for creative exploration.

Craft Kits: Themed craft kits provide all materials and instructions for exciting projects.



Cooking or Baking Kits

Cupcake Decorating Kit: Explore the world of baking with cake mix, frosting, and decorating supplies.

Kids Cook Book: Filled with fun and easy recipes to inspire young chefs.

Cooking Utensil Sets: Child-sized utensil sets make cooking and baking an enjoyable activity.

Honouring our Caregivers

At the NSW Key Player Awards, Home Instead celebrated their dedicated and hardworking CAREGivers, recognising their outstanding contributions. Among the nominees for the CAREGiver of the Year award was Jenny Murphy from Home Instead, Sydney North Shore & Northern Beaches.

Jenny's journey with Home Instead began over five years ago, during which she has consistently demonstrated unwavering dedication and hard work as a CAREGiver.

She entrusted the care of her own mother to Home Instead, gaining invaluable insights into the essence of being a 'Kathy' and strengthening her commitment to Home Instead's philosophy.

Jenny now actively participates in Home Instead's new mentoring program, where she shares her extensive knowledge and experiences with new CAREGivers. Her journey has equipped her with a profound understanding of caring for older individuals within the comfort of their own homes.

Throughout her career as a CAREGiver, a 'Kathy,' and a Lead Mentor, Jenny's achievements have made her an extraordinary CAREGiver, an impassioned advocate for clients, and a genuine ambassador for Home Instead.

Although Jenny did not represent NSW for the CAREGiver of the Year award, her remarkable dedication and contributions continue to be a source of inspiration within the caregiving community. Jenny



the prestigious Key Player of the Year award at the NSW Key Player awards, acknowledging her significant contributions.

Jo began her journey with Home Instead over eight years ago as a scheduler. Her dedication has made a profound impact on the office, team, and the entire business.

One of Jo's exceptional qualities is her ability to build trust by fostering an environment of open disclosure and practising empathy. She sets a gold standard for trust within the

organisation through her dedication to her team's wellbeing.

Jo introduced the #bettertogether2023 initiative within the Home Instead office, emphasising unity and collaboration. This initiative has enhanced office culture, highlighting the power of teamwork.

At the heart of Jo's work is her genuine care for her clients and their families. She advocates daily for their best interests, inspiring the team with shared values and goals.

To enhance the business and provide the best service, Jo introduced a mentoring program for new CAREGivers, improving overall CAREGiver retention.

Jo's professional accomplishments include developing the Enterprise Agreement, raising funds for Dementia Australia, and fostering a partnership with Group Homes Australia.

Jo Hegney is an inspiring individual, and her leadership and dedication have significantly contributed to Home Instead's success.



remains an invaluable part of the Home Instead team, and her service deserves the highest recognition.

In the business world, we find remarkable individuals who transcend their roles and become inspirational leaders. Jo Hegney, Operations Manager at Home Instead, is one such example. She recently received a nomination for



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Window Covering Solutions for Multipurpose Rooms

by Willow Berry

Australian homeowners are increasingly seeking adaptable spaces in their home designs. Multipurpose rooms have become a practical solution to cater to modern lifestyle needs, such as remote work, guest accommodation, entertainment, and relaxation. These versatile spaces may include rooms that can be combined, lounges that transform into media rooms, and dining areas doubling as home offices. The concept of designating zones within open-plan spaces is also popular, allowing different activities to take place in the same area.

According to Vera Meharg, Marketing Communications Manager at Luxaflex Window Fashions, the choice of window coverings is a crucial element when designing these multipurpose rooms.

“Designing a multi-functional room involves blending practicality with aesthetics. The right choice of window coverings not only enhances the visual appeal of a space but can also transform its function,” Meharg tells *Sydney Observer*.

“As we approach the warmer weather, it’s essential to remember that your choice of window treatments can significantly influence the comfort and atmosphere of your living space.”

“Well designed window dressings allow you to savour the outdoors while preserving the versatility and privacy that your multi-functional rooms require.”

In this guide, we’ll touch on the key considerations for designing specific multifunctional spaces, offering practical advice from experts at Luxaflex Window Fashions.

GUEST OR IN-LAW SUITE

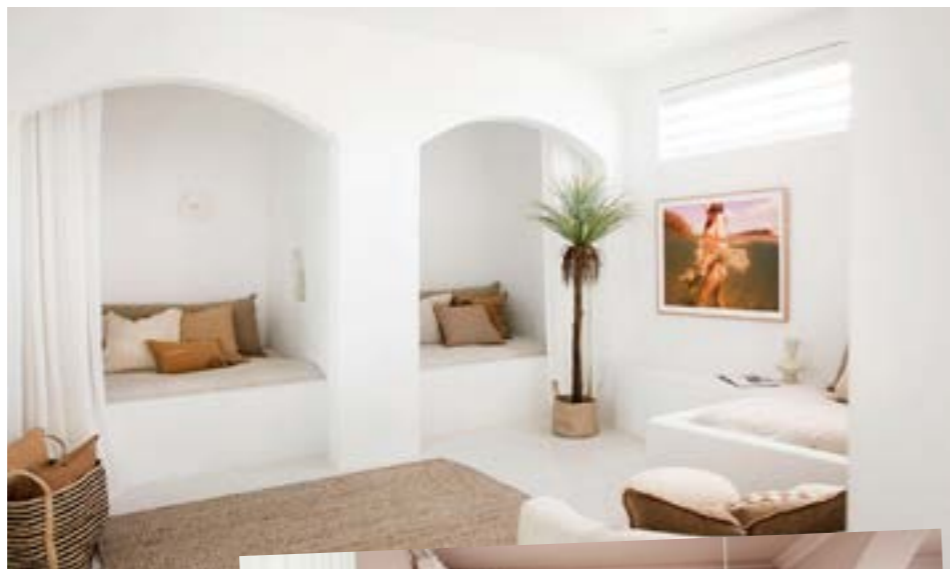
When you’re envisioning a multifunctional room, it’s crucial to start with a clear purpose in mind. Vera Meharg suggests that, with a few structural changes, you can transform a room into a welcoming guest or in-law suite. Built-in niches can serve as lounge areas during the day and convert into private sleeping spaces at night, with Sheer Curtains providing both accommodation and aesthetic appeal.

HOME OFFICE AND MEDIA ROOM

With the rise of remote work, home offices have become essential. Luxaflex experts highlight the significance of natural light and the right window treatments for creating a productive workspace. Pirouette Shades offer light control and privacy, making them an ideal choice for a multifunctional media room.

OUTDOOR ROOM

Australians cherish their outdoor spaces, and creating a seamless indoor-outdoor flow is vital for expanding family living zones.



The right window coverings, like Lumishade Window Coverings, can help relax the boundaries between indoor and outdoor areas, enhancing the functionality and aesthetics of your living space. Meharg also emphasises the importance of considering how doorways are used in everyday living when defining indoor-outdoor spaces.

For more information visit www.luxaflex.com.au.

Benjamin Moore Colour of the Year 2024

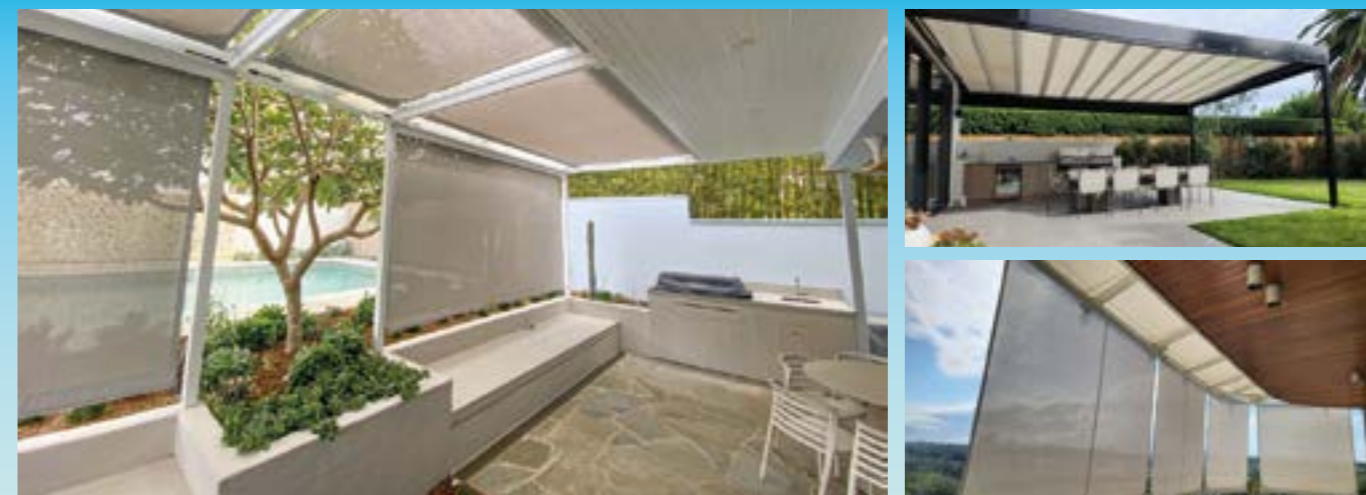
Benjamin Moore has just unveiled its Colour of the Year for 2024, and it’s a remarkable departure from last year’s Raspberry Blush, that vibrant coral pink that took the design world by storm. Say hello to Blue Nova 825, a rich and intense fusion of blue and violet designed to steal the spotlight.

If you’re eager to embrace the allure of Blue Nova but unsure where to begin, consider it a refreshing alternative to the classic navy. You can go all-in by painting entire rooms or use it to accentuate architectural details like mouldings, windows, or doors. It’s an ideal choice for a kitchen island or a bathroom vanity, offering versatile pairings with chrome, matte black, or even brushed gold hardware.

Blue Nova harmoniously complements shades of orange, yellow, and even soft blues, seamlessly integrating with Benjamin Moore’s Color Trends 2024 palette.



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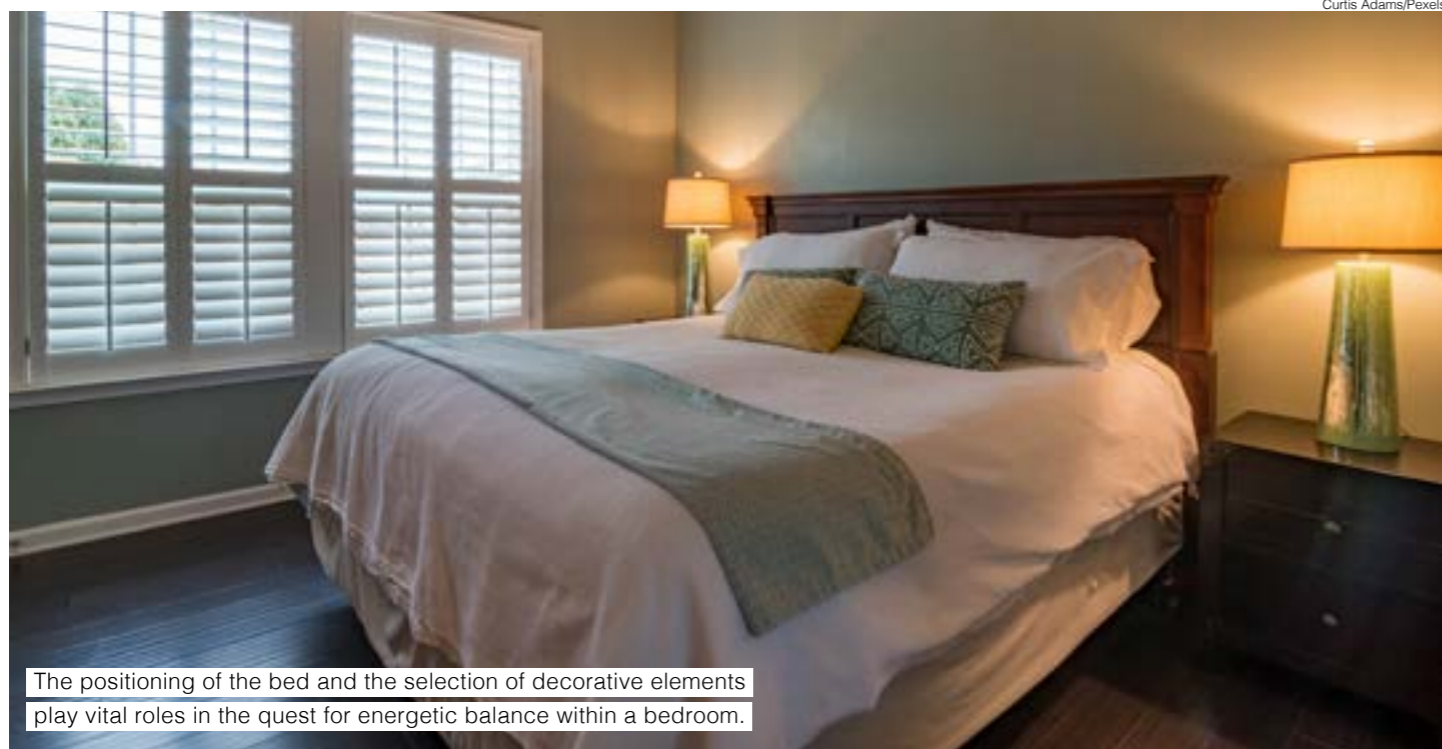
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The positioning of the bed and the selection of decorative elements play vital roles in the quest for energetic balance within a bedroom.

BED POSITION A Feng Shui Help to Keep Balance

by Suzy Leoni

The interior decor of a space plays a pivotal role in establishing a harmonious and comfortable atmosphere. The manner in which we arrange and adorn our living areas can significantly influence the energy that permeates these spaces. In the pursuit of energetic equilibrium, it is imperative to pay attention to the placement of objects and furniture. In this regard, the principles of Feng Shui offer valuable insights.

Within this context, the positioning of the bed and the selection of decorative elements play vital roles in the quest for energetic balance within a bedroom.

The optimal positioning of a bed is one that imparts a sense of security and command, symbolising one's ability to oversee and manage the energies that enter their personal space. It is advisable, however, to refrain from aligning the bed directly with the bedroom door. In Feng Shui, such alignment is believed to expedite the flow of energy or 'chi' through the room, potentially causing restlessness and instability in the sleeping environment.

Additionally, one should avoid siting the bed beneath exposed beams, windows, or weighty shelves. These architectural features can generate what is termed as 'negative energy pressure,' resulting in



Avoid siting the bed beneath weighty shelves...

feelings of oppression. In practical terms, this implies that energy may become obstructed or stagnant, detrimentally affecting the room's energetic equilibrium and, consequently, the quality of one's sleep.

The headboard of the bed should not be placed against the wall housing the bathroom's plumbing fixtures. The energy emanating from a water pipe is dispersive, siphoning away energies in conjunction with the water's passage. The frequency of usage of the water pipe is of significance, as excessive use accelerates energy drainage, while minimal



... But it is OK to have some light weight decoration as long as they are well fixed.

use results in accumulated stagnant water and energy. Consequently, the presence of plumbing fixtures on the bedroom wall is undesirable, as it impedes the natural, smooth flow of energy within the space. Appropriate placement is of paramount importance in creating an environment characterised by harmony and security.

In the forthcoming edition, we shall explore decorative elements and their harmonious integration within the environment. Until then.



Suzy Leoni is an interior designer in Brazil and mother of two. She is specialised in designing family and professional environments for the past 13 years.

Top Picks for Large Indoor Plants

by Willow Berry

Cultivating an indoor tree is more manageable than you might assume, as long as you opt for the appropriate tree variety. Compact trees that don't demand extensive pots or frequent repotting are an excellent choice for indoor settings, especially when space is limited. Embracing indoor trees brings forth a host of advantages, encompassing both psychological and practical benefits. Let's explore some of the best indoor tree options that are well-suited for maintaining within your home.



Kentia Palm

The Kentia Palm, an Australian native indoor palm, has become a beloved choice for stylish homes worldwide. This elegant palm thrives in a brightly lit space but should be shielded from excessive direct sunlight to prevent tip burns. With its remarkable bright green fronds that fan out gracefully, it appreciates having plenty of room to spread its charm. When it comes to watering, a drink once a week is sufficient, but it's essential to maintain consistent moisture in the soil. The Kentia Palm is an excellent choice, offering a slice of paradise right in your indoor space.



Umbrella Tree

The Umbrella Tree plant, just like that easy going friend you sometimes forget to call for weeks, is a low-maintenance addition to your indoor garden. With its vibrant green cascading canopy, this plant gets its name for good reason. Whether you prefer it short or tall, the choice is yours, and it's not one to complain. It thrives in medium light conditions but should be shielded from direct sunlight. As for watering, it's not particularly thirsty; keeping its soil consistently moist is sufficient for its growth. The Umbrella Tree shines at air purification, making your indoor environment healthier.



Fiddle Leaf Fig

Few indoor plants can rival the lush, bold, and attention-grabbing presence of the Fiddle Leaf Fig. For this plant, it's all about the spotlight – bright, but not too harsh, natural light is its ideal setting. When it comes to watering, it prefers a generous sip and then a complete drying out between waterings. To keep those glorious, oversized leaves looking their best, regular misting is a must. This plant is an excellent addition to your space for several reasons. It not only possesses an exceptional aesthetic appeal but also provides an engaging project for plant enthusiasts. Its presence can instantly elevate the ambiance of any room.



Bird of Paradise

The Bird of Paradise plant, often referred to as the "glamazon" of the indoor plant world, is a striking addition to any interior space. Originally from Africa, it thrives when placed near a sunlit window, making it an ideal showpiece. In terms of care, the Bird of Paradise is all about the light – it enjoys warmth but should be shielded from direct sunlight. When it comes to watering, it prefers a lighter touch and well-draining soil, with regular checks to ensure it's not overly dry. This plant is partial to humidity, making it an excellent choice for bathrooms or simply a warm spot with some moisture. Its distinctive beak-like blossoms stand out, providing a pop of unique colour amid the sea of green.



Karolina Grabowska/PIXELS

Root Canal Treatment

by Ian Sweeney

A tooth is made up of two parts; the crown is the enamel above the gum line, whilst the roots anchor the tooth into the bone. Inside the tooth is the dental pulp, which actually contains nerve tissue as well as a blood supply.

This nerve tissue or nerve may become infected due to decay, damage to the tooth, grinding or a history of large fillings. If the nerve dies, an abscess will form at the bottom of the tooth.

The most common complaint of a tooth abscess is severe pain and the inability to bite on the tooth. Symptoms may also include a facial swelling, swollen gums, a recurring pimple on the gum, bad breath, darkening of the affected tooth and temperature sensitivity. Occasionally, a dead tooth may be detected during a routine examination without the patient ever being aware they had a problem.

Treatment options for a tooth abscess are to either extract the tooth completely or perform a Root Canal Therapy. Root canal therapy involves removing the nerve tissue from the centre of the tooth, so that the tooth may be maintained. The nerve is removed via a small opening on the top of the tooth and medication is placed within the tooth to reduce any infection or inflammation. Once the inside of the tooth is totally disinfected,

a filling material is placed that fills the inside of the roots that once contained the nerve.

Following completion of the root canal therapy, the appropriate restoration will be placed. This may be a simple filling, or in cases where lots of natural tooth structure is missing, a crown may be required to hold the tooth together. The end result should be a tooth that functions like any of your other teeth.

Occasionally, even the best root canal therapy may not be able to save a tooth. Tooth extraction, however, should be considered a last resort. Once a tooth has been removed, the bone that once supported the tooth will be lost (up to 40% in the first 3 months post extraction), the adjacent teeth will move and your bite will change.

In situations where there is not enough tooth structure left to restore, the best option may be to replace the tooth with a titanium screw called a dental implant. Dental implants are surgically positioned into the jaw bone to replace the natural tooth. The time to start planning dental implant treatment is ideally before the tooth is removed so as to minimise bone and gum loss.

Your dentist will be able to make the appropriate recommendations regarding what treatment is best for you.



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

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Spring Beauty Essentials

by Willow Berry

As spring envelops us and our impending scorching summer approaches, the timing couldn't be more perfect to assemble your essential beauty products for the season. To make the task less overwhelming, I've curated a selection of my favourite choices for you. But, just remember when it comes to maintaining your freshest look and feeling your best during this time of the year, keep in mind these keywords: sun, fun, simplicity, and SPF!

Brazilian Crush Cheirosa 62 Perfume Mist by Sol de Janeiro

Indulge in the sun-kissed allure of Brazil's sandy beaches with this irresistible body mist — the ultimate finishing touch to enhance any outing. With its notes of pistachio, almond, heliotrope, jasmine petals, vanilla, salted caramel, and sandalwood you're just a spray away from summery bliss. This product is also vegan, cruelty-free, gluten-free, soy-free, and free from parabens, artificial colourants, and a range of other unwanted ingredients, including phthalates, PEGs, talc, sulphates, mineral oil, and microbeads.



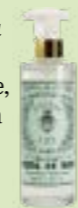
Complexion Rescue Tinted Hydrating Gel Cream by bareMinerals

Effortless and conveniently compact, this award-winning skin tint is your way to a luminous and vibrant complexion. It seamlessly marries the advantages of hydrating skincare with a radiant, effortlessly natural-looking coverage, all while providing broad-spectrum SPF 30+ protection; an ultimate 3-in-1 multitasking clean makeup solution. The water-infused, oil-free formula glides onto your skin, imparting a revitalising, water burst sensation.



Acqua di Rose Micellar Water by Santa Maria Novella

Within the Acqua di Rose skincare range, Officina Profumo-Farmaceutica di Santa Maria Novella introduces a revitalising Micellar Water that boasts a natural fragrance. This Micellar Water is perfect for effortlessly eliminating makeup from the face and eyes, all the while providing a deep cleansing experience that purifies the skin and clears out pores. The Acqua di Rose Micellar Water formula melds the purifying and toning attributes of distilled Damask rose with plant-based surfactants, ensuring a mild and suitable solution for all skin types, even those that are particularly sensitive.



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PSA: These are the Next 3 Trends to Keep an Eye on This Summer

by Isabelle Dolphin

These days it's hard to keep track of who and what we're supposed to be wearing. But with summer right around the corner, it's all anyone can think about. What cuts and colours are considered cool and how to pair them? If you're looking to spruce up your wardrobe, the truth is there is no better time than now. So let us help take the guesswork out of choosing and introduce you to the upcoming season trends.

SILVER IS BACK BABY!

Right off the bat, we have the silver trend, this shiny metallic shade is shimmering its way into the fashion sphere. For what feels like forever, gold has been the lead runner and the crowd favourite shade. But it seems now that there's a new sheriff in town, and she's bringing a little more sparkle into the world. Whether you're a fan of minimalism or maximalism, it's safe to say this trend is all about self-expression and fun.

So, what makes the silver trend one worth jumping on? Well, its versatility of course. For this very reason, silver makes for a worthwhile investment and addition to anyone's wardrobe. Think silky silver skirts that can take you from day to evening in an instant. Be dressed up or down and still deliver on style.

Another popular way to add a little shine to your wardrobe is to pick a pair of silver sneakers. Although bold, a pair of silver sneakers can elevate an everyday look and take it to another dimension. But, if you're not ready to wholly embrace this trend, try beginning with accessories. Rocking a silver handbag or tote and throwing on some silver jewellery is guaranteed to make your look shine out ahead of the crowd.

CHERRY... EVERYTHING!

Of course, TikTok consistently stands as the ultimate platform for discovering the latest trends in makeup and fashion. This spring season is no exception, as it spotlights the scorching hot "cherry makeup" trend.

Following in the footsteps of its popular sister, "strawberry makeup," and already delivering an impressive 30 million views, this trend is about embracing the full spectrum of red shades, from deep crimson to vibrant poppy and every cherry hue.

Although we can't make any promises to say farewell to the "no make-up makeup" look forever, it's safe to say the once championed natural beauty is moving over to make room for a slightly more dramatic makeup style, one that's red carpet-worthy. Want to try it out for yourself? All you need to remember is to pick a cherry shade

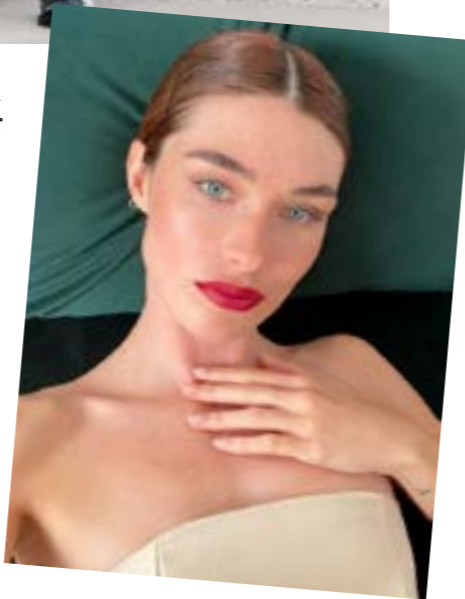


that's right for you. Use a blush lid and lip to pull together your desired look.

LET THEM WEAR JORTS.

Yes, you read that right! I said "Jorts" and there's nothing anyone can do about it now. Why's that you may ask? And all I can say are the names Hailey Bieber and Bella Hadid, just a few of the uber stylish and insanely influential women to be caught roaming around in their long jean shorts. It's safe to say the pair have cemented this style as a front runner this summer. But luckily for us, jorts have changed a whole lot since the last time we saw them.

Not only are they dominating the Copenhagen street style scene but they're actually really practical pieces of clothing. So, whether you're into a blue denim or more tonal shades expect to see jorts this season. And if you're thinking of testing the waters make sure to pair them with a singlet or baby tee for that 'cool' and retro '90s vibe.



Calm Professionals at Zalm

by Gloria Smith

As I walk in Zalm Hair at Turramurra on Saturday, the vibe is upbeat, lots of buzz and it seems like everyone in the team knows what they need to do. Jai welcomes me at reception, I am instantly drawn to his colourful tie dye t-shirt and even more colourfully painted nails and I think to myself – should I be as bold as him in choosing a cut for my hair today? I want a change and to look 10 years younger for a big birthday party I have the next day.

I am not a fashionista, but I know what I like on myself. Christian greets me and takes me to the chair for a consult, he asks me a few questions. I tell him, "You are the professional and you decide, just as long as I look 10 years younger." He says he is not a magician, but will try.

Christian is a young man and is smartly dressed in a striped shirt. He says he knows exactly how he would style my hair and assures me that I would look great. Initially, I wonder if this young conservative looking guy knows what he is talking about, but I give him the go ahead-free rein. I am pleasantly surprised with the ease and calm professional manner Christian cuts, styles and blow-dries my hair. I must say I was very happy with my on-trend, but still individual look.

Background

Owner: Richard Zalm, Professional Hairdresser

My stylist: Christian at Turramurra store

Reception: Jai on the day

Turramurra salon manager: Halley

BEECROFT SALON

Shop 3-4, 5b Hannah Street, Beecroft NSW 2119, beecroft@zalmhair.com, tel: 02-9980-7577.

TURRAMURRA SALON

3/1335 Pacific Highway, Turramurra NSW 2074, turramurra@zalmhair.com, tel: 02-9440-2602.



As I observe around the salon the whole team is seen to work like clockwork, everyone doing their jobs and keeping the place running smoothly, despite Richard not being there on that day. There was no pressure to buy any products and my coffee was extra hot as I requested. An hour well spent in a happy environment and a result I was very pleased with.

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5 Reasons You Need to Try Out Mobile Teeth Whitening

by Isabelle Dolphin

Ever wished for a slightly brighter, more confident smile, but don't have the time to fuss about with appointments, waiting rooms, and time-consuming procedures? Well, turns out you're not alone, which is precisely why Pearly White Smiles is now offering to bring the magic right to your door.

So if you're in need of a pearly white pick-me-up or interested in your first ever treatment, here's everything you need to know:

1. IT'S PROFESSIONAL GRADE WHITENING

Introducing the brains behind Pearly White Smiles, Phoebe Bonouvire. With over a decade of hands-on experience, Phoebe and her team know the ropes when it comes to professional teeth whitening. From start to finish, they've got the process down pat, making sure your teeth whitening experience is as comfy as can be.

2. IT'S AFFORDABLE

Everyone knows that a trip to the dentist can often mean coughing up a pretty penny, and teeth whitening services are no exception. But, with Pearly White Smiles treatments are \$240, and go down in price when booking groups or packages.

"We pride ourselves on being affordably priced and want to allow everyone the



Phoebe Bonouvire is the head behind Pearly White Smiles.

chance to enjoy our amazing treatments," explained Phoebe. "It also makes it a great option when trying out teeth whitening services for the first time."

3. IT SAVES LOADS OF TIME

Time is precious in this day and age, and squeezing in an afternoon to have your teeth polished up often leads to them being overlooked. Pearly White Smiles understands that which is what makes this service a life saver. The full treatment can be done in less than two hours making it a quick and easy way to pamper oneself.

"If you live in Sydney you can book an appointment online or through our Instagram and we do the rest. All you need to do is say goodbye to those stubborn food stains hanging around," said Phoebe.

4. ALMOST EVERYONE CAN TRY IT

Mobile teeth whitening is a fantastic option for almost anyone looking to brighten their smile, but there are a few things to keep in mind. If you're under 16, pregnant, or breastfeeding, it's best to hold off on the whitening.

"Some people might feel a bit of tooth sensitivity or gum irritation for a couple of days after the treatment, but side effects usually subside swiftly," explained Phoebe.

The fact that it's a great fit for just about anyone makes it a perfect choice for a girls' night in or a fun group activity to kickstart an exciting event.

5. THE RESULTS ARE AMAZING

At-home treatments deliver professional results in one sitting. At Pearly White Smiles clients can lift their teeth up to five or six shades lighter in one treatment.

"I just love seeing those before and after pictures," shared Phoebe. "Clients often tell me they can't stop smiling after getting their teeth whitened and are more confident to show off their pearly whites. And let's be honest, we could all do will some more smiles in our lives."



Temple of the Sun.

EDITOR'S PICK Top 3 Jewellery Brands

by Willow Berry

I've always been a jewellery enthusiast. Starting with my initial fascination with silver pieces and now my unwavering devotion to gold, jewellery symbolises beauty, sentiment, and distinction. Today, I find myself donning jewellery daily, relishing the art of layering necklaces and adorning my wrists with elegant bracelets, fingers with rings, and much more. With the festive season and the gift-giving spirit upon us, there's no better time to select a special piece for someone dear to your heart. So, without further ado, these are my go-to shops for everything jewellery!



Kirstin Ash.

TEMPLE OF THE SUN

My personal favourite, Temple of the Sun, is a renowned Australian jewellery label. Their commitment to sustainability and ethical practices sets them apart, offering conscious consumers beautiful, high-quality fine gold, sterling silver, and 18k vermeil gold jewellery. Their jewellery collections showcase intricate designs and symbolic motifs, bridging the worlds of nature, spirituality, and contemporary design. From delicate necklaces to bold rings, they provide a diverse range of meaningful sterling silver and gold jewellery options.

<https://templeofthesun.com.au>

KIRSTIN ASH

Kirstin Ash, an independent Australian jewellery brand, exudes refinement, integrity, and quality. Kirstin's in-house designs are known for their elevated effortlessness, with a focus on everyday pieces infused with intricate details, designed to tell a story and intended for layering. Their collection features elevated hoops, detailed necklaces, and contemporary ring stacks, making them a go-to for modern women seeking sun-drenched, nostalgic-inspired pieces that are both effortless and impactful.

<https://au.kirstinash.com>

RELIQUIA JEWELLERY

Reliquia Jewellery offers more than just frivolous adornments; it embodies a meaningful form of self-expression. Their jewellery serves as a means to delve into individuality, seamlessly integrating into our daily lives and wardrobes – adding those final, defining touches. In the realm of Reliquia, there are no rigid style rules. Instead, they champion playfulness, encouraging the mixing and matching of pieces and the exploration of various aesthetics. No matter what your taste they'll be something that catches your eye.

<https://reliquiacollective.com>



Reliquia Jewellery.

The Strand Hotel's Exquisite Transformation

by Willow Berry

In May 2023, renowned chef Clayton Wells took the helm as Group Creative Culinary Director of PUBLIC's hospitality group, sparking an exciting transformation at The Strand Hotel's dining venues.

The spotlight now shines on The Strand Bistrot h que, a French-inspired bistro that originally opened its doors in March 2022. Under Clayton Wells' guidance, in collaboration with Head Chef Leigh McDivitt and StudioAM/PM, the bistro is undergoing a contemporary evolution inspired by Paris' 3rd and 11th Arrondissements.

The interior of The Strand Bistrot h que has been revitalised by Clayton Wells and PUBLIC Design Studio and Projects Managing Director Tom de Plater. The space retains its original layout but introduces new textures, art, and textiles, resulting in a vibrant yet moody ambiance, perfect for an unforgettable dining experience.

I had the absolute pleasure of embarking on a culinary journey at the Grand Strand Bistrot h que just last month, and to say that it exceeded my expectations would be a tremendous understatement. It was a delectable odyssey that can be aptly summarised in one word: delicious.

From the moment we crossed the threshold, we were transported into a world of irresistible, almost ravenously romantic charm, an ambiance that seemed to whisk us far away from the shores of Australia, evoking the enchantment of France.

As we settled into our seats, menus unfurled before us, revealing an extensive and tantalising array of dishes. Yet before we could fully immerse ourselves in this gastronomic adventure, our taste buds were beckoning for a refreshing prelude. The French 75, a harmonious concoction of Gin, Fino Sherry, Lemon, Peach, and Jasmine Soda, instantly captured my attention. And, we couldn't resist the allure of the Eucalyptus Sour either, featuring Patron Silver Tequila, Mango, Eucalyptus, Grapefruit Bitters, and Lemon.

Our culinary escapade commenced with Sydney rock oysters, served both in their pristine, natural form, as well as a marigold and zesty lemon dressing. These delicate starters set the stage for what was to come.

The Heirloom tomatoes, adorned with fennel, capers, green olives, and mustard oil, arrived



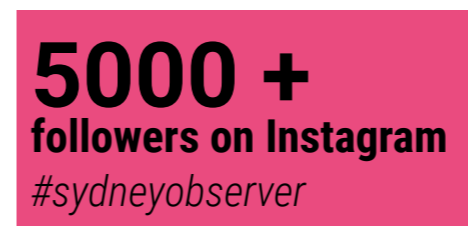
on our table, perfectly complemented by the Yellowfin tuna. The tuna came alive with piquillo peppers, black lime, lemon, and a luscious saffron vinaigrette. This was all accompanied by a fresh Sourdough baguette, generously paired with cultured butter and pumpkin seeds.

Then, it was time for the mains. Our hearts couldn't settle for anything less than the Spring Bay mussels, luxuriating in a champagne velout  and crowned with avruga. The dish was pure bliss. And, of course, we had to indulge in the Copper Tree Farm sirloin with caf  de Paris butter and a generous serving of frites. It was an absolute masterpiece.

Lastly, dessert arrived, and despite our slightly filled stomachs, we were curiously drawn to the Banana Caramel Petit G teaux. With each bite of this enigmatic creation, we unearthed layers of caramel, salt and biscuit. As we delved further, the introduction of banana added to the symphony of flavours, leaving us utterly astounded.

Our stay at The Strand Hotel was equally exceptional. The hotel's warm and welcoming staff ensured we felt at home from the moment we arrived. The comfortable and elegantly designed rooms offered a luxurious retreat in the heart of the city, making our stay a truly remarkable and restorative experience.

In sum, the combination of the extraordinary culinary journey at The Strand Bistrot h que and the warm hospitality of The Strand Hotel made for an unforgettable staycation. I couldn't recommend it more, an experience I cherish and wholeheartedly endorse.



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GOURMET TRAVELLER'S Raspberry and Peach Butterscotch Pudding

‘T is that time of year when thoughts turn to a beloved tradition: Christmas pudding. While we hold a special place in our hearts for the classics, this *Gourmet Traveller* recipe introduces a delightful summertime variation – the Raspberry and Peach Butterscotch Pudding. This rendition of the cherished Christmas treat brings a touch of the contemporary and a fresh flair by incorporating raspberries, peaches, and zesty ginger. For the ultimate hot-cold finish to your Christmas feast, pair it with some premium vanilla ice cream.



INGREDIENTS (serves 10-12)

- 300 gm golden raisins
- 200 gm sultanas
- 170 gm brown sugar
- 50 gm glacé orange, diced
- 50 gm stem ginger in syrup (drained), diced
- 120 ml green ginger wine
- 80 ml brandy
- 50 gm honey
- 1 ripe peach, unpeeled, coarsely grated, plus extra wedges, to serve
- Finely grated rind and juice of ½ orange and ½ lemon
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- 240 gm self-raising flour
- 200 gm fine fresh white breadcrumbs
- 120 gm chilled butter, coarsely grated
- 50 ml ginger beer
- 2 eggs
- 125 gm raspberries, plus extra to serve
- For dusting: icing sugar

GINGER BUTTERSCOTCH SAUCE

- 170 gm brown sugar
- 160 ml pouring cream
- 50 gm golden syrup
- 50 gm butter, coarsely chopped
- 50 gm coarsely grated ginger

METHOD (30 min preparation; 3hrs 45mins cooking plus soaking, cooling)

1. Combine raisins, sultanas, brown sugar, glacé orange, stem ginger, ginger wine, brandy, honey, peach, rind, juice and spices in a bowl, mix well, cover and stand to soak (2-3 hours).
2. Add flour, breadcrumbs, butter, ginger beer and eggs, stir to combine, then gently stir in raspberries.
3. Spoon into a buttered 2.25-litre pudding bowl lined with a round of baking paper at the base, smooth top, then cover closely with a buttered round of baking paper.
4. Cover with 2 layers of foil, secure with kitchen string and place in a large saucepan on an upturned saucer or scrunched-up piece of foil (this insulates the base of the pudding from the base of the pan).
5. Pour in enough boiling water to come almost to the rim of the pudding bowl, bring to the boil, then cook over medium heat until the centre is firm when pressed lightly (3-3½ hours; top up with extra boiling water as necessary).
6. Cool and wrap to store or, if serving immediately, stand for 15 minutes, then turn out of the bowl.

FOR GINGER BUTTERSCOTCH SAUCE

1. While pudding cools, stir sugar, cream, golden syrup and butter in a saucepan over medium-high heat until sugar dissolves, then bring to the boil and cook until slightly thickened (8-10 minutes).
2. Remove from heat, squeeze juice from ginger into sauce, stir to combine and set aside.

Dust pudding with icing sugar and serve it warm with ginger butterscotch sauce, and extra peaches and raspberries.



Sydney Farmers Markets

Weekends in Sydney are synonymous with vibrant markets that offer a diverse array of experiences, from savouring the freshest local produce to hunting for antique treasures and indulging in delicious street food. Here's a rundown of some must-visit farmers markets in Sydney.



NORTHSIDE PRODUCE MARKET

North Sydney

With over 70 vendors and producers from various regions, including Orange, the Riverina, and the Southern Highlands, this market is a treasure trove of fresh, local produce. After shopping, relax in Ted Mack Civic Park with a coffee and a picnic.

When: The first and third Saturday of each month, from 8am to 12pm.

Where: Ted Mack Civic Park, 200 Miller Street, North Sydney.

MANLY MARKETS

Manly

Located in the heart of Manly, these lively open-air markets offer a beachy paradise experience. Explore a diverse range of goods, from artisanal produce to

handcrafted jewellery, eco-friendly items, and more. After shopping, indulge in the bars and restaurants along the Corso.

When: Saturdays and Sundays, from 9am to 5pm.

Where: Manly Corso, Sydney Road, Manly.

THE ROCKS MARKET

The Rocks

Nestled in the charming suburb of The Rocks, this market is a vibrant hub with a mix of quality artisan goods, delicious gozleme, and live entertainment, all against the backdrop of historic cobblestone laneways and Sydney Harbour views.

When: Saturdays and Sundays, from 10am to 5pm.

Where: George Street, The Rocks.

BONDI MARKETS AND BONDI FARMERS MARKET, Bondi Beach

Bondi Markets offer a diverse range of finds, from custom surfboards to vintage homeware and organic breakfast options. They are conveniently located across from the famous Bondi Beach, making it easy to enjoy a swim after your shopping. For fresh produce, visit Bondi Farmers Market on Saturdays.

When: Bondi Markets are open on Sundays from 10 am to 4pm, while Bondi Farmers Market operates on Saturdays.

Where: Bondi Beach Public School.

SYDNEY VEGAN MARKET

Sydney Olympic Park & Moore Park

The Sydney Vegan Market is a haven for those who embrace a vegan lifestyle. It features a wide range of vegan delights, including food, beauty products, clothing, and more.

When: Held on the third Sunday of every month, from 9am to 4pm.

Where: Alternates between Sydney Olympic Park and The Entertainment Quarter.



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Prawn & Mango Salsa Tacos

by Lauryn Moss

These Prawn and Mango Salsa Tacos, accompanied by a coriander avocado smash and a sweet chilli mayo dressing, create a festival of delightful flavours. Every zesty mouthful delivers a revitalising kick honed by the mango salsa. These become an essential indulgence as the warmer season ushers in the return of succulent mangoes to the stores.

Ingredients (makes 10 mini tacos)

- 500g Peeled Thawed Prawns
- 1x 30g Taco Spice Mix (Old El Paso)
- 10x mini tacos
- 2x avocados
- 2x limes
- ½ bunch of coriander
- 1x mango
- 1x tomato
- ½ cucumber
- ¼ red onion
- 1 x red chilli (optional)
- 2 tbsp kewpie mayo
- 2 tbsp sweet chilli sauce
- ½ tsp smoked paprika
- Salt & Pepper to taste
- 2 tbsp Extra Virgin Olive Oil



Extra hot tips



- For a spicier mayo, swap the sweet chilli sauce for a sriracha sauce
- Not a fan of prawns? Swap for a white fish

Methods

MANGO SALSA

1. Dice the mango, tomato, cucumber, red onion and chilli.
2. Mix these ingredients together, adding the juice of ½ a lime.

AVOCADO SMASH

1. Put two ripe avocados into a bowl and smash roughly using a fork.
2. Roughly chop a handful of coriander and add to the bowl.
3. Add the other ½ of the lime's juice into this bowl.
4. Add salt and pepper to taste.

SWEET CHILLI MAYO

Combine mayo, sweet chilli sauce and paprika in a bowl and set aside

PRAWNS

1. Pre heat a pan on medium/high heat with oil.
2. Combine the prawns and the taco seasoning in a bowl.
3. Once the pan is hot, add the prawns.
4. Cook on both sides until the flesh turns white and the seasoning becomes crispy (roughly 8-10mins).
5. Remove from the pan and place them on a plate with paper towel to drain off the excess oil.

TACOS

1. Heat the taco wraps on a hot pan or in the microwave.
2. Assemble the tacos: top with left over lime juice, coriander, and chilli — and enjoy!

Lauryn is an Accredited Practising Dietitian in Central Coast. She works with people to find enjoyment and balance with food. Found out more about her recipes or working @nourishedbylauryn on Instagram.

Discover Flinders Island's Hidden Gem with Tasmanian Expeditions

by Bly Carpenter

With its stunning landscapes, rich history, and abundant wildlife, Flinders Island is arguably Tasmania's best-kept secret. Cast out into the Bass Strait northeast of mainland Tasmania, just a short scenic flight from Launceston, Flinders Island is a remote, rewarding and totally unique destination rich with dramatic granite peaks, crystalline waters, unique flora, and a plethora of wildlife.

Tasmanian Expeditions, Tasmania's first walking tour operator, has developed the Flinders Island Walking Adventure – In Comfort guided hiking experience. This six-day, five-night journey unveils the untouched beauty of Flinders Island. Guests of Tasmanian Expeditions often have exclusive access to world-class walking trails, allowing for solitude and tranquillity. From 1 December, 2023, single supplements will be waived, making this adventure even more accessible for solo travellers.

Tasmanian Expeditions is committed to preserving and enhancing the island's natural beauty. The company's eco-friendly approach includes solar power, rainwater capture, and thoughtful campsite placement. At the end of each day of walking, guests retire to the comfort of Tasmanian Expeditions' beachfront Eco-Comfort Camp which is big on comfort but small on environmental impact.

Michael Buggy, General Manager of Tasmanian Expeditions, describes the experience: "Our eco-camp allows for a truly immersive experience. Walk the amazing trails by day and then retreat to our comfortable beachfront camp in the evening. Here, guests experience true immersion in nature, sleeping under the stars in clear-ceiling safari-style tents, ensuring comfort while staying connected with the island's remarkable nature."

Key highlights of the expedition include scenic flights from Bridport, summiting the dramatic peaks of Mt Killiecrankie and Mt Strzelecki and taking in the breathtaking 360-degree view, swimming in crystal-clear waters and wombat spotting. Flinders Island is the only remaining habitat of the common wombat, making it a unique opportunity for wildlife enthusiasts.



Tourists can sleep-comfortably in Tasmanian Expeditions' spacious tents on Flinders Island.



The Flinders Island coastline offers wonderful walking opportunities.

With limited departures of only one trip per week, adventurers are encouraged to secure their spot for the 2024 season, as demand is expected to be high, especially with the enticing offer of waived single supplements for solo travellers.

Expeditions Eco Comfort Camp, meals and four days of guided walks.

Visit tasmanianadventures.com.au for further information, pricing and to book online.

SOLO STAY IN A TINY HOUSE A Cocoon of Comfort and Cosiness, Cradled by Nature

by Andrew Mevissen*

If you feel like it's getting harder to stay calm, cool and collected that's because it is! We're processing six times more information today than 40 years ago.

We are switched on day and night, attached to screen-time and scroll-time and non-stop pings and updates from endless apps and social media platforms. Everything around us is designed to go faster now, life simply moves faster. Hi-tech technology is all around us. Add non-stop emails and messages, increased traffic, a dawn-to-dusk and beyond work grind and a general addiction to business and it's no wonder we're feeling stressed, distracted and frazzled. Our bodies and minds were never designed to deal with this pressure overload.

Enter Unyoked, an Australian company that began in 2016 with the aim of slowing everything down, premised on scientific evidence that time spent in nature has infinite physiological and psychological benefits. To function as humans in the best possible way, we require room, moments of leisure, a slowed pace, moments of quiet reflection, and the freedom to wander and contemplate.

Coming to our rescue, Unyoked has plonked dozens of enchanting, tiny houses in remote, wild, scenic places all over the countryside of Australia, New Zealand and the UK. These tiny houses are meticulously curated and architecturally designed to create calm and immersive cocoons, where comfort and cosiness cradles its way into nature.

A yoke is a wooden bar that connects domesticated animals to carts or farming equipment, effectively harnessing them to work. To be 'unyoked' means to be free of that harness. Unyoked's inviting cabins are simple, eco-sustainable, mobile, pint-sized huts on private properties away from everyone and everything – even your car. The cabins are purposely located short walks away from where you park, so that you can leave your hectic life behind and slow down.

Tiny houses have become very popular with couples seeking a romantic getaway but I was keen to sample the experience solo, to enjoy the full benefit of stillness in nature. I chose 'Tibor', an endearing Unyoked cabin near Oberon, beyond the Blue Mountains, 2.5 hours west of Sydney. After walking 500m



Andrew Mevissen



Emily Marie

across lightly wooded meadows, following arrows, I spot Tibor, spectacularly nestled on a secluded, lofty, open crest, commanding expansive views across the valley, farmland and distant mountains. I was enraptured by the serene setting, excited to switch off and just 'be' for two days.

The all-encompassing quiet enveloped me like a hug. The fresh air, big skies, far horizons and sweeping vistas were mesmerising. I discovered unstructured time here is all about words that start with 'un' or 're' – unwinding, unplugging, unfolding, relaxing, resetting, recharging...



Emily Marie

The homely, gas and solar-powered cabin has everything I need for a few days of R&R – hot shower with a view, a composting, no-odour toilet, a kitchenette with fridge, heating and cooling and the star drawcard, a big, luxe, super-comfy bed alluringly surrounded by panoramic windows framing breathtaking vistas across the valley.

Unyoked's recommendation is to do nothing. In an age when we're all programmed to pack as much as possible into a day, it's not easy to do nothing, oddly, but I gave it a go. Relaxing on the deck in the sun, feasting on the view, a beer and a charcuterie board I prepared, I listened to the birds, watched grazing roos and tracked the arc of the sun throughout the day. Just getting into tune with nature. I also gave the hammock a go and swung along with the breeze.

Because I'm alone, with no talking, the silence and tranquility are amplified.

I cooked hearty meals and ate in silence atop a grassy knoll. There was a lot of daydreaming, journaling, a little exercising, meditating, and napping course. I fell into nature's embrace, watching trees sway in the wind, admiring beautiful sunsets and sunrises, and snuggling by the outdoor fire-pit while gazing at an unusually clear Milky Way. It was a delicious, enriching, nerve-calming, soul-filling time spent doing nothing but everything, meaningfully.

I can see why Unyoked wants a future where time spent in nature is second nature for all of us. Days spent in green spaces are habitual and prescribed by health professionals as natural panaceas for our stress-induced ailments.

On my last night, a thunderstorm woke me, filling my vast windows with a stunning light show. I found it gratifying to lie there,

warm, and snug in my cosy nest, relishing the dramatic spectacle of thunder, rain and lightning. As I traipse up the hill back to my car, my cup is full, and now Tibor is the home screen picture on my mobile, reminding me to switch off every now and then, immerse myself in nature more and to recalibrate — and to also return to my little sanctuary on the hill for another, all-important dose of nothing!

Unyoked

Cabins vary in price. Tibor is from \$253 per night for one or two people, two-night min.

www.unyoked.co

*The writer was a guest of Unyoked

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Polyxenia Joannou's "Figure in the Horizon 1", oil on canvas.

Rituals & Methods

Rituals & Methods brings together the works of Lynne Eastaway, Nicole Ellis and Polyxenia Joannou, established artists who share the ritualisation of what it is to layer, to fold, to disassemble and reassemble in making works that distill the experiences and sensations of their interactions with the world. At various points the rituals and methods adopted by each artist intertwine in colour, pattern, form, tone and temperament. Their works show abstraction that lends meaning to the artists' encounters of history, memory, place, family and home, and that sets their works apart from formalist abstraction.

The exhibition is curated by Rhonda Davis and Lisa Jones.

When: Friday, 10 November, to Thursday, 14 December, 10am-5pm.
Where: Grace Cossington Smith Gallery, Gate 7, 1666 Pacific Highway, Wahroonga.
Cost: Free.
Info: 61 2 9473 7878 or gcsgallery@abbotsleigh.nsw.edu.au.



Broadway Meets Pop!

Circular Keys Chorus and Sydney Harmony will present a combined show-stopping a cappella spectacular, *Broadway Meets Pop!* at Hornsby RSL. You will experience memorable Broadway and pop tunes in the style of Barbershop and enjoy award-winning entertainment in addition to the special guest line-up that includes Mixed Ensemble Project, Vox Canvas, Alouette, Bassically and professional Harp-Guitarist, Tony Barnard.

Bookings at hornsbyrsl.com.au/whats-on.

When: Saturday, 18 November, 7:30pm.
Where: Hornsby RSL Club, 4 High Street, Hornsby.
Cost: Members \$30.00, visitors \$35.00 (includes \$2 booking fee).
Info: hornsbyrsl.com.au or 9477 7777.

Decorations Craft Workshop

Join St Ives Library and learn the art of paper folding using discarded books. Your festive creation will be embellished with beads stitched into the design for a little extra sparkle. Materials are included - free.

When: Friday, 17 November, 2pm-4pm.
Where: St Ives Library, 166 Mona Vale Road, St Ives.
Cost: Free.
Info: 9424 0120, libraryevents@krg.nsw.gov.au.

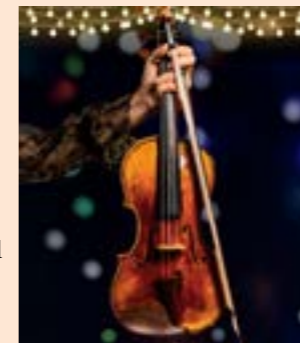
Ryde Rotary Community Festival

Prepare yourself to have a delightful day at the Ryde Rotary Community Festival with market stalls, food trucks, picnic games, a petting zoo, aerobics and tai chi demonstrations, and a full schedule of dance and vocal performances by local schools and community groups.

When: Sunday, 5 November, 9:30am - 4pm.
Where: Ryde Park, Argyle St, Ryde.
Cost: The entry is free.
Info: ryderotary@gmail.com.

Diwali in concert

Celebrate the festival of lights in grand style. Experience the vibrant rhythms and colourful melodies of Bollywood's best hits live with the 60-piece Australian Indian Orchestra and singers.



Whether you are a Bollywood lover, a classical music tragic, or someone seeking a unique and memorable experience, this is the show for you. *Symphony of Light - Diwali in Concert* is part of Chatswood Culture Bites 2023, Willoughby City Council's innovative program of music, theatre, comedy and more in Chatswood CBD.

When: Friday, 10 November 7pm - 9pm.
Where: The Concourse Concert Hall, 409 Victoria Avenue, Chatswood.
Cost: \$45 - \$99, bookings at aucentury.sales.ticketsearch.com.
Info: Esther Castell, 9777 1000 or esther.castell@willoughby.nsw.gov.au.

Tuning into Teens

November for Dads - Tuning into Teens is a parenting seminar for dads with TEENS 18 and under to improve communication and connection with their teens. Perfect for fathers who want to learn tools that can help them recognise, understand and respond to teenage emotions. Expert presenters will help dads teach their teenage children to control, understand and express their emotions in a healthy way.

When: Tuesday, 21 November, 6pm - 7:30pm.
Where: Stanton Library, 234 Miller Street, North Sydney.
Cost: Free, bookings essential.
Info: northsydney.nsw.gov.au.



Natural Dye Workshop

In this workshop you will explore how to sustainably prepare and naturally dye fabric. There will be a focus on collecting materials mindfully and how to use food waste to create beautiful dyes. Take in a few old pieces of clothing or scrap fabric you have lying around. They will be taken home transformed by the end of the workshop. Bookings at Ku-ring-gai Council website.

When: Saturday, 25 November, 10am - 1pm.
Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Road.
Cost: \$45.
Info: 9424 0353, hwg@krg.nsw.gov.au.

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