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From the Editor

Greetings, Sydney Observers!

It's time we adjust our coffee orders to iced lattes and fresh juices because the warm weather is well and truly upon us! With daylight savings now boasting the longer days, beach, brunching and festivities are here to stay. But, right now it's time to explore the hot topics we have in store for you in this October edition.

In this issue we are celebrating the iconic Sydney Opera House for it's 50th anniversary, and what better way to do so than to catch up with Anandavalli, one of the pioneering creatives behind Chi Udaka. Anandavalli is a globally renowned dancer, choreographer, and educator specialising in Bharatha Natyam and Kuchipudi, with a career spanning 48 years. As part of the Sydney Opera House's 50th anniversary *Chi Udaka* will be performing in what's sure to be a awe inspiring show.

Within this month's magazine we also celebrate 60 years with Ku-ring-gai Historical Society, and uncover the best Sanga's Sydney has to offer at South Dowling Sandwiches. As the seasons change so do trends, take a look into what's popular with makeup, hairstyles and home interiors!

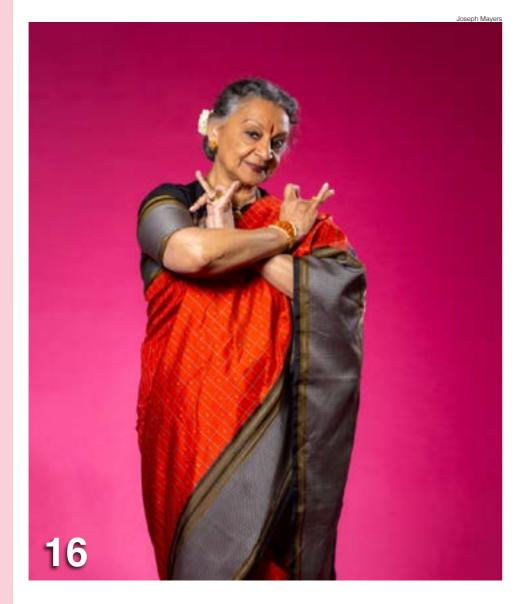
Willow Berry

PUBLISHED BY: Kamdha Pty. Ltd EDITOR: Willow Berry (editor@kamdha.com) MEDIA RELEASES: news@kamdha.com

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DESIGNER: Frederico S. M. de Carvalho **COVER PHOTO:** Joseph Mayers **BOOKING DEADLINE:** 15th of the month **CONTACT:** (02) 9884 8699

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SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal

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50th Anniversary of Sydney Opera House

As the Sydney Opera House celebrates 50 years of artistic excellence and cultural significance, it invites the community to join in the festivities and revel in the architectural marvel that has graced Sydney's skyline for

Supported by the NSW Government's Blockbusters Funding initiative, this milestone weekend promises a host of festivities, including a nightly audiovisual laser show known as ICON, created by visionary artist Robin Fox.

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villages from many different organisations. All offering a wide range of services & facilities, sizes, prices and locations, all under one roof with free admission.

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Feral Cat Crackdown

The Federal Government has initiated a comprehensive campaign against feral cats in an effort to mitigate their detrimental impact on Australia's wildlife. It is estimated that feral cats are responsible for the deaths of countless native animals annually, numbering in the billions. The Government's fresh strategy focuses on addressing the feral cat issue through various means, including the implementation of baiting programs, controlled hunting efforts, and the promotion of responsible pet ownership practices.



Westpac Faces Legal Action

Westpac, a prominent member of Australia's 'big four' banks, is facing legal action from the corporate watchdog for its alleged failure to address more than 200 customers' applications for financial hardship. The Australian Securities and Investments Commission (ASIC) mandates that banks must promptly respond to customers' financial hardship requests within a 21-day timeframe. Westpac has attributed the missed notifications to a technical error and voluntarily reported this issue to ASIC.



Voting in the

Referendum

The referendum regarding an Indigenous Voice to Parliament is scheduled for Saturday, 14 October. During this referendum, Australians will cast their votes on amending the Constitution, the foundational document governing Australia, with the aim of acknowledging and recognising First Nations people. This marks the first such referendum in Australia since 1999, so be sure to have your say.



Australia is currently in the process of developing its first-ever autism strategy, aimed at enhancing the quality of life for Autistic Australians in several critical domains, including mental health, social inclusion, and employment. A discussion paper is currently open for public input, and feedback can be submitted through written submissions, phone discussions, or online workshops. This consultation period will remain open until the end of October, after which additional efforts will be undertaken to advance the strategy.

New Worker Protection Proposal

The Federal Government has proposed legislation that would extend additional protections to Uber Eats and Menulog drivers as part of its proposal to establish a unique set of minimum worker safeguards for gig economy workers. This proposal specifically aims to safeguard gig economy workers who often work comparable hours to part-time or full-time employees but are currently excluded from crucial workplace entitlements.



Opal Card Costs

Starting on 16 October, commuters using Sydney's public transport network will face higher fares. An across-the-board fare increase averaging 3.7% will be implemented, and the weekly incentive that provides half-priced travel after eight journeys will be eliminated. On a positive note, more affordable weekend fares will be extended to include Fridays.

Jobseeker Pay Rise

Single JobSeeker recipients received a \$56 increase in their fortnightly payments starting from 20 September. Parliament had approved this increase earlier in the year, with corresponding raises in parenting and pension payments also coming into effect. An estimated 5.5 million Australians benefited from these changes.



Euro Records Hottest Summer

A report from the European Union Council has confirmed that the past three months have marked the hottest period on record worldwide. This assessment, carried out by the Copernicus Climate Change Service, underscores that the June to August period experienced the most elevated temperatures, surpassing previous records by a significant margin. Additionally, the report notes a historic melting event that led to the lowest-ever recorded levels of Antarctic sea ice.



Moroccan Earthquake

The Morocco earthquake, with a rare magnitude of 6.8 for western Morocco, led to significant destruction in Marrakech and nearby communities. It caused thousands of casualties, with over 2,900 fatalities and more than 5,500 injuries. An aftershock measuring 4.9 followed the main quake just twenty minutes later, intensifying the disaster.





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Ku-ring-gai Mayoral Election

he Council's September meeting on Tuesday, 19 September, saw the appointment of the Mayor and Deputy Mayor. Councillor Sam Ngai, representing the Roseville ward, was elected as Mayor, while Cr Christine Kay, representing the St Ives ward, assumed the role of Deputy Mayor.

In the mayoral race, Councillors Ngai and Pettett vied for the position, with Councillor Ngai securing the majority of votes. For the position of Deputy Mayor, Councillor Kay's nomination went uncontested.

Both Mayor Ngai and Deputy Mayor Kay will hold their respective positions until September 2024, coinciding with the next NSW local council elections.

Councillor Ngai has deep roots in Roseville, having attended Roseville Public School during his upbringing. He holds degrees in Software Engineering and Accounting and is on track to complete Masters degrees in Business Administration and Law.

Since his election to Council in 2017, Cr Ngai has been actively involved in Council's Audit, Risk, and Improvement Committee and the Flood Risk Committee. He has also



Councillor Sam Ngai from the Roseville ward was elected Mayor and Cr Christine Kay from the St Ives ward was elected as Deputy Mayor.

served as a member of the Sydney North Planning Panel, Vice President of the Northern Sydney Regional Organisation of Councils (NSROC), and as Deputy Mayor.

Following the Council meeting, Mayor Ngai expressed his eagerness to serve the Kuring-gai community in his new capacity.

"I aim to collaboratively lead the Council and build on relationships with the community and with staff," he said.

"All councils have the challenge of deploying limited resources to meet the needs of current and future generations and it is important to consult with residents in this process."

Councillors also nominated various representatives for Council committees at the meeting.

For more information about the election visit www.krg.nsw.gov.au/meetings.

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Ku-ring-gai Councillors

The Mayor and Councillors are elected to represent local residents. They are responsible for making decisions that guide Council activities, provide leadership, and listen to the community's needs, while addressing their concerns and

building strong links between Council and the community. All Councillors can be contacted individually or, if you want, you can send an email to councillors@krg.nsw.gov.au to



CR ALEC TAYLOR (Roseville Ward) Phone: 0459 907 375 ataylor@krg.nsw.gov.au



CR GREG TAYLOR (Comenarra Ward) Phone: 0459 934 960 gtaylor@krg.nsw.gov.au



CR CEDRIC SPENCER (Wahroonga Ward) Phone: 0436 661 911 cspencer@krg.nsw.gov.au



CR MARTIN SMITH (St Ives Ward) Phone: 0436 663 376 martinsmith@krg.nsw.gov.au



(Gordon Ward) Phone: 0447 081 824 ward@krg.nsw.gov.au



(Wahroonga Ward) Phone: 0459 933 639 kwheatley@krg.nsw.gov.au

CR KIM WHEATLEY



CR JEFF PETTETT (Comenarra Ward) Phone: 0478 489 430 jpettett@krg.nsw.gov.au



(Gordon Ward) Phone: 0480 352 637 slennon@krg.nsw.gov.au

More information about Councillors and their responsabilities can be found on Kuring-gai Council website: krg.nsw.gov.au.

Local News Local News

Blooming Native Plant Program

ornsby Shire Council has announced the return of its highly anticipated Native Plant Giveaway Program this October, extending an invitation to all Hornsby Shire residents to participate in nurturing their local environment. Residents can book an appointment to receive four complementary native plants.

The selection includes native trees, shrubs, edible plants, and flowering species, with many of them being Indigenous to the local area. These plants are lovingly cultivated by Council staff and dedicated volunteers at the Warada Ngurang Community Plant Nursery in Pennant Hills. The range also encompasses potted and shade-loving plants, making them suitable for balconies and smaller gardens.

During the previous Native Plant Giveaway held in Autumn 2023, an impressive turnout of residents from 921 households resulted in the collection of a total of 4,571 native plants.

Hornsby Shire Mayor Philip Ruddock AO expressed his appreciation for the enthusiastic response, highlighting the community's profound commitment to safeguarding and nurturing their local environment.

"Everyone in Hornsby Shire is proud of the lifestyle that our native forest habitats and greenspaces afford. This program is a great way to further that and to sow the seeds for



future generations in the Bushland Shire," said Mayor Ruddock.

"I encourage all residents to book an appointment to come along to Warada Ngurang, collect some native plants and learn a few things about plants and wildlife from some of our expert nursery staff and volunteers while you're there."

To accommodate the diverse schedules of residents, three Native Plant Giveaway days are planned throughout October, including both weekdays and weekends:

For additional details about the Native Plant Giveaway Program and to book an appointment for plant collection, please visit hornsby.nsw.gov.au/plants.

Giveaway Dates

Saturday, 14 October: 9am-2pm Wednesday, 18 October: 9am-12pm Saturday, 21 October: 9am-12pm

Wahroonga Park Twilight Concert

The upcoming ■ TwilightConcert on Saturday, 21 October, will illuminate the night with fifty years of iconic melodies. This not-to-be-missed free concert will grace Wahroonga Park from 5 pm to 8 pm. Attendees can anticipate a musical journey spanning from the blues sounds of the 1970s to contemporary pop sensations like Beyonce.

The captivating evening will commence at 5 pm with a spirited performance by the girl band The Diamonds, offering a soulful experience reminiscent of the past halfcentury of music. Billed as 'Destiny's Child meets The Supremes,' their highenergy act will feature classics such as



"Respect," "Rescue Me," "Say a Little Prayer," and "I Will Survive."

Following The Diamonds, the headline act, Boys in the Band, will pay tribute to beloved Aussie rock bands and other pop legends. Revel in timeless hits from artists like Frankie Valli & The Four Seasons, the Beatles, Queen, Daryl Braithwaite, John Farnham, and Jimmy Barnes.

Concertgoers are encouraged to arrive early at Wahroonga Park to secure a prime view. It's advisable to dress appropriately for the weather, bring along a picnic dinner, and consider a cosy rug or folding chair. Food and non-alcoholic beverages can be purchased from stalls onsite.

Wahroonga Park is conveniently located just a two-minute walk from Wahroonga station, although parking in the vicinity is limited, and it's recommended to explore alternative options in surrounding streets.

Willoughby City Lunar Festival

nce again, the Willoughby City Lunar Festival, a celebration of cultural diversity and economic vitality, has highlighted its significant influence on the local economy by attracting thousands of visitors and tourism dollars.

This multifaceted festival, spanning various Chatswood locations, serves as a vibrant showcase of the rich and diverse cultures from China, Vietnam, Singapore, Korea, Taiwan, and Hong Kong.

In its fifth edition, the festival witnessed an extraordinary increase of \$10.2 million in visitor spending within the Chatswood CBD, representing an outstanding 1 in \$20 return on investment.

Remarkably, \$5.8 million of this expenditure enriched the local dining and entertainment scene, vividly illustrating the festival's profound impact on these sectors.

Tanya Taylor, Mayor of Willoughby City Council, expressed her enthusiasm for the festival, highlighting the robust support it received from both businesses and residents.



"We have such a diverse range of culture and cuisines from a diverse range of regions, some of which are only found in Chatswood," Mayor Taylor stated.

She also highlighted the ongoing media coverage of the Festival, solidifying Chatswood's reputation as a cultural and culinary destination creating a positive ripple effect expected to reverberate throughout the year, contributing to the area's sustained growth.

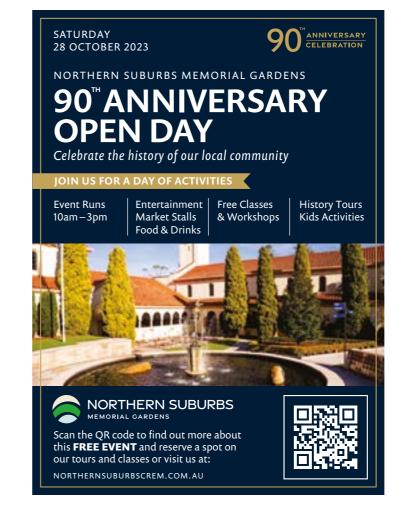
"The advantage of the Lunar New Year Festival," Mayor Taylor noted, "is that

it attracts people to our City, providing exposure to our renowned food districts," emphasising that the festival's appeal contributes significantly to the local tourism industry and highlights Chatswood as a leading food and entertainment hub within Sydney.

"This vibrant festival embraces our rich and diverse population," said Mayor Tanya Taylor, "providing an important opportunity to share stories and experiences in an exchange of cultural enrichment and greater understanding."

As the festival continues to progress, its enduringly positive influence on the local economy and community remains evident. The harmonious blend of cultural celebration and economic revitalisation stands as a testament to the value it imparts to the region.

For those eager to delve into Chatswood's diverse culinary offerings and discover insights from various expert food bloggers, additional information can be accessed at www.visitchatswood.com. au/Eat-and-drink.





Dance Party with DJ Sue

Come along for music, dancing and fun for over-55s when DJ Sue will play all your favourite requests. You can sit back and watch the action or join in and get your moves on. Light refreshments will be available to keep your energy up.

Tuesday 24 October

3.30pm - 7pm

St Ives Community Centre Memorial Avenue, St Ives Cost \$25

Bookings www.krg.nsw.gov.au/seniorsevents





Libby Moore's "Just put your feet up for a while", one of the finalists of the Hornsby Art Prize of this year.

Hornsby Art Prize

judging panel has completed their evaluations, resulting in the shortlisting of 85 artworks for the 2023 Hornsby Art Prize organised by Hornsby Shire Council.

The chosen works encompass various categories, including Painting, Drawing, Printmaking, Digital Art Stills, and Sculpture. The finalist pieces will be showcased at the Wallarobba Arts and Cultural Centre from 20 October to 5 November 2023.

In collaboration with the Hornsby Art Society, the Hornsby Art Prize stands as a national art competition and exhibition dedicated to celebrating Australian artists. This year's edition boasts a substantial prize pool of \$23,000, with the top prize amounting to \$10,000.

The competition garnered an impressive turnout of over 600 entries from artists across Australia, with Hornsby Shire Mayor, Philip Ruddock, highlighting the exceptional quality of the submissions.

"We are delighted to have received such a strong interest in the Hornsby Art Prize. The standard of entries is regarded as being one of the finest in recent memory and all finalists are to be commended. We've received entries from a broad spectrum, including nationally recognised artists as well as significant emerging artists," Mayor Buddock said.

"I would like to congratulate all the finalists for their inspiring artworks. The Hornsby Art Prize provides our residents with a fantastic opportunity to experience contemporary art of the highest calibre first-hand in our own local area, and this year people are certainly in for a treat."

This year's esteemed judges are visual artists James Powditch, Nicole Mather, and Chris Langlois.

"Hornsby Art Society is passionate about the development of the visual arts and a cultural presence within the Hornsby Shire. The Hornsby Art Prize is a wonderful way to engage and enthuse the community and we encourage everyone to come along and enjoy this fabulous exhibition," said Hornsby Art Society President, Chris Beard.

The recipients of the Hornsby Art Prize, which includes the Hornsby Shire Local Artist Award, will be revealed during an awards ceremony scheduled for Friday, 20 October.

Subsequently, the Hornsby Art Prize Finalists' Exhibition will grace the Wallarobba Arts and Cultural Centre, running from 20 October to 5 November, with viewing hours from Tuesday to Sunday, 10 am to 4 pm.

For further details, please visit <u>hornsby.</u> <u>nsw.gov.au/artprize</u>.

2023 Granny Smith Festival

The Granny Smith Festival, a cherished annual event, takes place in October each year and has evolved into one of New South Wales' most prominent community gatherings, drawing a crowd of over 90,000 attendees.

The festival's origins trace back to the honouring of Maria Ann Smith, who, in 1868, cultivated the inaugural batch of green apples bearing her name. Commencing in 1985, the festival is a yearly commemoration of the local community.

A wide spectrum of the community actively participates in the festival, ranging from local businesses and sporting clubs to schools. There's an abundance of activities to engage in throughout the event.

21 October, 2023, marks the 38th anniversary of the Granny Smith Festival, and it promises to combine beloved traditions with fresh, exciting activities.

Anticipate an array of amusement rides, market stalls, delectable food trucks, captivating performances, a youth zone, and engaging kids' activities.

The evening culminates in a celebrity performance and a breathtaking fireworks spectacular.

The true essence and triumph of the Granny Smith Festival lie in its strong sense of community. Over 230 dedicated stallholders, 880 talented performing artists, and 700 proud local participants come together to create the grand spectacle that is the street parade.

Find out more at <u>www.ryde.nsw.gov.</u> <u>au/Events/Granny-Smith-Festival</u>.



Mobile Phone Recycling

ornsby Shire residents have earned the distinction of being Australia's premier mobile phone recyclers for the fifth consecutive year, securing the coveted MobileMuster's Top Collector Award for 2023.

The MobileMuster awards recognise local councils that have amassed the highest quantities of mobile phone components for recycling between 1 April, 2022, and 31 March, 2023. Over this 12-month period, residents of Hornsby Shire contributed a staggering 759 kilograms of unwanted mobile phones, chargers, and accessories to the national MobileMuster recycling initiative.

This achievement marked:

- A remarkable 13% increase compared to the previous year.
- A substantial 48% lead over the next-ranking council.
- An impressive 12% share of the total council collections across Australia.

At the Council's Community Recycling Centre in Thornleigh, residents recycled the equivalent of 6,272 handsets and batteries, preserving 3.2 tonnes of valuable mineral resources through the recycling process. These eco-conscious efforts resulted in substantial environmental benefits, akin to planting 35 trees, while the avoided CO2 emissions amounted to 2.28 tonnes.

Hornsby Shire Mayor, Philip Ruddock, expressed his delight at Hornsby's



continued success in clinching the top recycling award.

"To claim this national award for a fifth straight year, it is a testament to our community's commitment to caring for the environment for future generations. We are proud of our residents for taking steps that will benefit all of us," said Mayor Ruddock.

"Local government plays a crucial role in educating the community on the best ways to recycle. I thank our Waste team for their work in sharing this important message, and everyone who has supported this valuable initiative to help us lead the charge as the nation's top mobile phone recycler."

MobileMuster, the telecom industry's product stewardship program, excels in recycling old phones and accessories, recovering over 95% of materials. These reclaimed resources are utilised in new

product manufacturing, reducing the need for virgin materials like aluminium, copper, gold, silver, cobalt, and lithium.

Louise Hyland, CEO of the Australian Mobile Telecommunications Association (AMTA), commended Hornsby Shire for its recycling achievements and thanked residents for their contributions.

"We applaud Hornsby Shire's ongoing commitment and success in recycling old and broken mobile phones and their accessories. Educating and encouraging residents, and making recycling easy and accessible, are important ways to keep up these high collection volumes and help the environment for future generations. Well done," Louise said.

To find more information or your closest local drop-off point in the Shire, visit <u>www.</u> mobilemuster.com.au/recycle-a-mobile.



Local News

Family Trust Disputes

by Wal Abramowicz

family trust is established when a person or company, known as a trustee, agrees to manage assets on behalf of a family. The trustee is expected to exercise their discretion responsibly, act in good faith, and consider the interests of all beneficiaries. If the trustee fulfils these expectations, the courts will not interfere.

In a recent case in the Supreme Court of Victoria, two children claimed the trustee of their family trust made distributions without considering their needs. The trustee was a company. The family consisted of five members: two parents who were doctors, a favourite son and two other children.

This case is significant as it warns trustees that they cannot act as they please. It provided a reminder that a court may invalidate distributions and remove trustees if they fail to consider all of the beneficiaries' interests.

The trust had an estimated value of \$23 million and generated around \$400,000 in annual income. From 2011 to 2019, the father and favourite son received 40% each of the trust's income. The mother received the remaining 20%. In 2019, the father received the entire trust's income.

The two children sued the company for the following reasons:

- **1.** The trustee failed to consider their living circumstances adequately.
- 2. In 2019, the father received the entire trust's income. The two children claimed the father did not need the distribution as he was living in a retirement home.



The two children sought orders from the court to:

- 1. Declare the distributions from 2011 to 2019 as void due to the mishandling of the trust's income.
- **2.** Remove the company as the trustee and appoint an independent trustee.

One of the children claimed that they had a low-paying job and needed money to support their disabled children. The other child claimed they suffered from severe medical problems, including trauma, knee issues, and constant migraines. They claimed they were disabled and could not work full-time. Both children claimed the trustee had not considered their living conditions despite being aware of their situations.

The court found that the favourite son tried to desperately justify why the other two children did not receive distributions. He claimed that the two children spent too

much on unnecessary purchases and could not manage their money properly. The judge did not accept the son's submissions but noted that it provided some background about the family's relationships.

The trustee refused to justify its distributions between 2011 to 2019.

The judge determined that the company failed to consider the living conditions of the two children before making distributions.

The court ordered that the distributions between 2011 and 2019 were void and the company should be removed as trustee and an independent trustee should be appointed.

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.

A Pleasant Day in the Garden

his October, you are invited to join KYDS Youth Development Service on KYDS Garden Day & High Tea. The event will raise funds to help the institution offer counselling services for children and young people in Ku-ringgai. At the event, you will be motivated to explore the Gardens of Thenford Lodge, located in the picturesque Southern Highlands, in Exeter. The exploration will be followed by a delicious High Tea.

On arrival, guests will enjoy a welcome drink in the Parterre Garden, along with entertainment by the Ku-ring-gai Youth String Quartet. This will be followed by a tour through the beautiful, vast, and level garden. At the end of the sightseeing, a delicious High Tea will be offered, including sparkling wine and English tea. Participants will also have the opportunity to join in a silent auction or raffle.

For those who prefer not to drive, the organisation will provide chartered buses from Pymble, Avondale, or Cromer Golf Clubs, where there will be free and safe parking for the day. The event will be on 30 October and will run from approximately 8:30 am to 5:30 pm.

KYDS Garden Day & High Tea

When: Monday, 30 October, event time will vary according to registration

Where: Thenford Lodge, 136 Old Argyle Rd, Exeter. NSW 257.

Cost: From \$155 to \$185, bookings close Monday, 16 October.

Registration: <u>kyds.kindful.com/e/kyds-garden-day-high-tea</u>.

To book, visit <u>kyds.kindful.com/e/kyds-garden-day-high-tea</u>. Self-drive tickets cost \$155, and if you opt for the chartered bus, the ticket cost is \$185. Bookings will close on Monday, 16 October, with limited tickets available.

KYDS

KYDS was founded in 2005 after the Lindfield Rotary became aware of the increasing number of young people in Ku-ring-gai dealing with mental health issues. Together with the Council, the Rotary raised funds and established KYDS, a free, local, and confidential counseling service for children and young people.

In its first year serving the community, the institution supported 36 young people. Last year, KYDS helped more than 650 individuals who found a safe place in the institution. It counts with a team of more than 20 mental health professionals from a range of multidisciplinary backgrounds, including counseling, social work, family therapy, psychotherapy, and psychology.

The team help youngsters improve their lives in all aspects. According to their 2022 impact report, "67% of clients who presented above the clinical or subclinical cutoff for symptoms of anxiety and depression showed improvements in their first 15 sessions, with more than half of those seeing symptoms reduce to below clinical levels."

KYDS is located at Rear 265 Pacific Highway, Lindfield. To contact, call (02) 9416 0900 or access their website *kyds.org.au*.



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*Parking available at the Gordon Centre and Ku-ring-gai Council on Dumaresq Street.

Pedal Through Biketober for Good

W illoughby City Council is urging residents to dust off their bicycles and join the nationwide cycling challenge, Biketober. This initiative aims to inspire individuals to rediscover the joys of cycling while promoting a healthier lifestyle and a cleaner environment.

Biketober is a friendly and inclusive cycling challenge that invites people of all ages and skill levels to participate. Participants can earn points by logging their rides and track their progress on the leader-board, adding an element of friendly competition to the experience.

Cycling offers numerous benefits, including reducing one's carbon footprint, improving physical fitness, and supporting a cleaner environment. If you're considering getting back in the saddle, Willoughby City Council provides a wealth of resources, including bicycle routes and paths throughout the Willoughby Local Government Area.

For those who may be feeling a bit rusty or lacking in confidence, the "Rusty Riders" workshop is the perfect opportunity to regain your cycling skills. Scheduled for 22 October, this workshop offers a supportive environment with qualified instructors. Participants will practice cycling skills off-road at Bicentennial Reserve, including a guided ride through the picturesque Flat Rock Gully nature reserve.

Participating in Biketober is simple – create your free profile and register for the challenge at *lovetoride.net*.

Getting involved with Biketober is easy, just go to www.lovetoride.net/willoughby to create your free profile and register for the challenge.

n her formative years,
Anandavalli found
herself the sole girl
amidst a group of 15 male
cousins. Her mother
affectionately dubbed her a "little
monkey," portraying her as lively,
mischievous, and certainly not
inclined toward the arts.

It was at the age of seven that her artistic voyage began, as fate would have it, when she captured the attention of the distinguished late Professor P. Sambamoorthy, a revered figure in the world of Indian music and dance. "My family was well respected and he was over paying respects to my grandparents, all the while we were putting on a little concert in the garage. When he came to watch he pointed out to me and he said, 'You know, this child is born with bells on her feet,'" she explains.

"Now, that was of course a shocker to my mother because she didn't really associate dancing with me in any format." Crucially, it was her mother, Lingambikai, the daughter of the renowned late Professor C. Suntharalingam, who then played a pivotal role in nurturing and fostering her exceptional talent.

At the tender age of nine, Anandavalli had her Arangetram – the debut on-stage performance of a former student of Indian classical dance and music. Her debut was guided by Vishwa Kala Bharathi Neila Sathyalingam and the legendary Mylapore Gowrie Ammal. Her artistic growth continued under the tutelage of Adyar K. Lakshmanan and Guru Vempati Chinna Satyam, leading her to tour Germany, Paris, and London by the age of twelve.

"While in Germany, our host treated us to a performance of one of John Cranko's remarkable productions. My mother was so captivated by Cranko's choreography that she insisted on meeting him."

"We found ourselves in the Stuttgart State Theatre Canteen, eagerly awaiting his arrival. As soon as Cranko entered the canteen my mother approached him."

"Although in the moment I felt so embarrassed and wished for a big hole to swallow me up, he actually agreed to see me dance and that was the beginning of something beautiful."

The experience changed Anandavalli's life in numerous ways. Following her first meeting with Cranko, she became a cherished member of the Stuttgart Ballet family.



"The Opera House is a very special place to me. Not only have I performed, the company has performed and I've spent some of my most trying times sitting there staring out over the harbour."

"Cranko's choreography influenced me immensely. You know, people find it very difficult to understand because he had a way of using space and music to craft a story."

"It's shaped my creative vocabulary and even today people say the way I use space in my choreography is beautifully different."

Anandavalli's repertoire continued to flourish under the guidance of esteemed gurus like Vazhuvor Ramaiya Pillai, Vazhuvoor R. Samarraj, and Udupi Laxminarayan. These mentors generously shared their profound knowledge of ancient art forms, for which Anandavalli remains deeply grateful.

"My choreography has the integrity of the classical dance formats. Because I've had the knowledge of so much instilled in me, I'm able to bring those vocabularies together without diluting them."

After relocating to Australia in 1984, Anandavalli maintained her international presence, performing across various countries. In 1989, she embarked on her first National Tour of Australia, receiving Australian Citizenship as a tribute to her contributions to the arts.

In addition to her solo career, Anandavalli founded the Lingalayam Dance Academy in Sydney in 1985. The academy, named in honour of her mother, has since nurtured over a hundred students, presenting 22 Arangetrams.

In 1996, she established the Lingalayam Dance Company, providing a professional platform for academy graduates. This allfemale Indian dance company, under her guidance, has become one of Australia's most prolific.

Chi Udaka is a renowned artistic collaboration that blends
Anandavalli's Lingalayam dance styles of Bharatha Natyam and
Kuchipudi with the resounding taiko drums of Taikoz, the soulful

melodies of Riley Lee's shakuhachi flute, the evocative cello, and the enchanting classical Indian vocals. "In *Chi Udaka* the dancers are driven by the powerful beat of the tango drums, a surprising departure from my initial request for no Japanese or Indian elements. Yet, this fusion of rhythms is mesmerising."

"We move to the passionate tango drums, the softness of the shakuhachi's melodies, and even incorporate the cello. Additionally, the infusion of Indian Carnatic rhythms creates distinct layers in our performance, making it a truly unique experience."

As part of the Sydney Opera House's 50th anniversary *Chi Udaka* will be performing in what's sure to be an all alluring show. "The Opera House is a very special place to me. Not only have I performed, the company has performed and I've spent some of my most trying times sitting there staring out over the harbour."

"I can't wait for the show. It's going to be amazing. It's got beautiful props, amazing lighting design and the vocabulary of the two companies. It's a joy. It's an absolute joy to watch."

More information about the performance can be found at <u>www.sydneyoperahouse.</u> com/birthday-festival/chi-udaka.

Opera House 50







Sydney Opera House Celebrates 50th Anniversary

s the Sydney Opera House celebrates 50 years of artistic excellence and cultural significance, it invites the community to join in the festivities and revel in the architectural marvel that has graced Sydney's skyline for half a century.

Supported by the NSW Government's Blockbusters Funding initiative, this milestone weekend promises a host of festivities, including a nightly audiovisual laser show known as ICON, created by visionary artist Robin Fox.

The celebration kicks off on the Opera House's actual birthday, Friday, 20 October, with the dazzling ICON show. Running from 8pm to 11 pm on Friday and Saturday, and from 8 pm to 10pm on Sunday, this newly commissioned artwork will be a visual spectacle visible both on-site at the Opera House and from various points around the picturesque harbour. High-powered beams will dance across the water, tracing the architectural marvel of Australia's most famous building.

The construction of the Sydney Opera House in the 1960s.

On Saturday, 21 October, and Sunday, 22 October, the Opera House will welcome thousands of visitors for its Open House Weekend. This unique event offers a chance to explore the inner workings of the Opera House, including access to its seven performance spaces. There'll be performances by local artists as well as special exhibits by the Opera House's resident companies. First Nations dance performances by Bangarra
Dance Theatre and Mornington Island
Dancers will also be on show. Technical
demonstrations by the Opera House's
production team, and the display of
John Coburn's Curtain of the Sun will
be in the Joan Sutherland Theatre.
While Open House Weekend is free,
registration is essential.

The celebration extends to the Opera House's harbourside dining venues, Opera Bar and House Canteen, where a special Gold Party will be held from Friday, 20 October, to Sunday, 22 October. This free event is open to the general public, beginning at 4pm there'll be live music, gold-themed special menus, and entertaining performers — all set against the stunning backdrop of Sydney Harbour.

Fiona Winning, Sydney Opera House Director of Programming, expressed the significance of the Opera House's anniversay celebrations.

"The Opera House has been a place for culture, creativity, community and connection since it first opened in 1973. So it's only fitting that to mark the culmination of our year-long 50th anniversary, we're "The Opera House has been a place for culture, creativity, community and connection since it first opened in 1973."

Sydney Opera House Director of Programming, Fiona Winning.

throwing open the doors so that tens of thousands of people can explore and experience the magic of one of the most celebrated buildings in the world," she said.

Spanning over the entire month of October, the Opera house will also be featuring a diverse range of events, including What Is the City but the People, a portrait of Sydney through its people, showcasing the story, sentiments, and soul of the city. Whispers by Quandamooka artist Megan Cope. A performance by ARIA-nominated artist Emma Donovan and the queer extravaganza Bark of Millions. Dance-theatre ensemle Message in a Bottle will be on show and set to the music of iconic artist Sting.



Photos: Leo Davis Collection



Education

The Gardening Gift that Keeps Giving

by Stephanie Paulsen

grew up with a big suburban garden and helped my grandpa grow fruit and veggies. The lessons he taught me while we ventured in that garden have stayed with me my whole life.

When the health crisis hit and long lockdowns commenced, my family and I were living in an apartment. Our son, Orlando, was just learning about the world around him and wanted to go out and play. He didn't really know where he wanted to go, but he knew he wanted adventure out into the world.

Every day, Orlando and I started going to our balcony garden, where we'd dig, plant, play, water, and build cities with blocks and Lego figurines. Over time, his interest in gardening grew. He was captivated by the process from seed to plant, learning patience and care, even providing shade on scorching summer days to protect our garden from the sun.

Through those extended periods of lockdown, our balcony garden offered us a playground that we could explore. Our garden was a haven for discovery that nurtured us. We grew a lot of our own vegetables and all of our own herbs.

We have since welcomed our second little boy, Leo. We do exactly the same thing with him, except it's his older brother who helps him to dig in the garden. We encourage both boys to get their hands dirty. Leo always insists on going out and searching for blueberries, strawberries and tomatoes growing amongst the plants. At the age of one, he knows exactly where they are, he reaches to pick them and presents them to us with a big proud smile.

Teaching children about the garden helps to develop so many life skills. By opening up the world of nature one is introduced to the concept of a life cycle, revealing the way that life delicately begins and needs to be nurtured for its very survival.

It helps children learn about time and forward planning as they harvest plants and prepare the next season's crops. Gardening also teaches interconnectedness between species, as kids come across wiggling worms while digging making them giggle and squirm! It



By opening up the world of nature one is introduced to the concept of a life cycle, revealing the way that life delicately begins and needs to be nurtured for its very survival.

also teaches them about bees and the vital role they play around the globe.

Through gardening, children can develop a lifelong love and appreciation for fresh food, with an understanding of what is involved in the growing process. They also get a sense of what it's like to work for something.

Perhaps the most wonderful gift of gardening is creative play. In the time spent together in our balcony space, we've created a wonderland for adventure and connection. I hope that its influence remains with my children all their lives just as it has with mine, thanks to my grandpa.

Stephanie Paulsen is a mother of two boys and author of the newly released children's book, 'Orlando's Garden', available online and through all leading bookstores.



Reducing Waste in Schools

A nother school had joined Ku-ring-gai Council's initiative to repurpose plastic waste into useful tools for educational purposes.

Lindfield East Public School students had gathered approximately 30 kilograms of plastic waste, which was transformed into school rulers. Last month, six groups of Year 3 and 4 students had the opportunity to witness how a specialised mould, procured by the Council, melted down plastic waste and created rulers for their classrooms.

In collaboration with industrial designers and educators from Defy Design, Lindfield East Public School, along with West Pymble Public School, became the first educational institutions to partner with the Council in delivering this innovative program.

This initiative offered students practical insights into the workings of a circular economy, aligning with Ku-ring-gai's long-term objective of achieving netzero emissions by 2040.

Former mayor Jeff Pettett – in the office at that time – had expressed his hope that more local schools would adopt this innovative approach.

"It's a great way of transforming unusable plastic into something useful and also educating the students on what a circular economy really means."

Pettet added that Council was keen to hear from other local schools who might be interested in using the mould and hosting a free workshop at their school.

Find out more at <u>www.netzero.krg.</u> <u>nsw.gov.au/smartschools</u> or call the Council's sustainability education officer on 9424 0000.



Preschool Receives Water Funding

ntegricare preschool in Northbridge has been awarded funding of up to \$10,000 through Sydney Water's 2023
 Community Grants Program.

The preschool is set to utilise this funding for their project known as "Rainwater in Action," which involves repairing a malfunctioning water pump and installing a new water irrigation system that will connect with existing water tanks. This system will play a pivotal role in preserving their outdoor environment.

Within the community seven groups have been granted funding of up to \$10,000 each for projects aimed at enhancing the appreciation and responsible management of water in our communities, both in the present and for future generations.

In the year 2023, the Community Grants Program places a particular emphasis on supporting those who actively promote and practise water conservation within their communities.

Stuart Wallace, the General Manager of Customer Strategy and Engagement at Sydney Water, expressed his enthusiasm for the community's dedication to securing a sustainable water future.

"It's so pleasing to see local community groups who are working tirelessly to improve and protect our environment rewarded for their efforts," he said.

"Sydney Water is committed to partnering with community groups to empower them in building water resilience and supporting them to make Greater Sydney a thriving, liveable and sustainable city."

"This funding will give those involved a real boost and provide them with the ability to continue their water conservation efforts."



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New Research into Study Stress

ecent research underscores the significance of maintaining a healthy bedtime routine for HSC (Higher School Certificate) students. The stress associated with studying is causing sleep disturbances among HSC students, potentially impacting their mental health and overall wellbeing.

A study conducted by ReachOut, a youth mental health organisation, revealed that over 50 percent of surveyed students were grappling with sleep-related issues directly linked to the stress of their studies.

The National Sleep Health Foundation suggests that teenagers should aim for approximately 8 to 10 hours of sleep each night. It's important to note that individual sleep needs can vary, with some teens requiring slightly more rest, while others may thrive with slightly less. However, it's generally advised that teenagers should avoid getting less than 7 hours or more than 11 hours of sleep per night.

The ReachOut survey, which involved over 1,000 young individuals aged 16 to 25, found that among students experiencing



sleep disturbances due to study stress, 65 percent reported reduced sleep duration, 59 percent struggled with waking up, and 57 percent resorted to staying up late for study purposes.

Jackie Hallan, Director of Service at ReachOut, emphasised the importance of students adopting proactive measures to ensure a restful night's sleep, especially as HSC exams draw near.

Lack of adequate sleep could further complicate the ability of Year 12 students

to cope with stress and difficulties. Although staying up late to cram for exams might be done with good intentions, it could actually yield adverse effects on exam outcomes.

In response, ReachOut has introduced new resources and guidance aimed at helping students achieve quality sleep, along with providing valuable information and tips for parents and caregivers.

For tips and information visit https:// au.reachout.com.



f you love history, you have reason to celebrate that the Ku-ring-gai Historical Society (KHS) began 60 years ago. It was a time of major post-war change. Australia's population had rapidly increased and diversified, while communications became easier. With these changes came a greater interest in Australian culture and history. As the increased population made local societies viable, historical societies were founded: North Shore, Ryde, Lane Cove and Hunters Hill Historical Societies all began during 1959-62.

On 7 November 1963 it was Ku-ring-gai's turn, with a meeting founding KHS. Its initial success was due in no small part to the Ku-ring-gai Municipal Council: the first meeting was in its Council Chambers and the Mayor, George Nicol, was the first President, serving in that role for six years.

Support from other historical societies was also crucial. The new committee included representatives from the Royal Australian Historical Society and the Society of Australian Genealogists; links to these two societies are still important to KHS today. The first Patron was Wahroonga resident Sir John Northcott, a former Governor of NSW and the first Australian-born one. Since his death in 1966, the Mayors of Kuring-gai have all taken on that role.

The initial aims of KHS focused on stimulating interest in, and research about, Ku-ring-gai history. Its members still gain much from a better understanding of local history but also from an additional aim 'to facilitate and encourage family history research'. While the aims are consistent with the original vision of the founders, history is never static. In recent decades an appreciation of Ku-ring-gai's Indigenous and multicultural history has allowed us to acquire new layers to our understanding of our past (and thus present).

Much of what KHS offers its members today depends on computers. Talk to anyone doing history research, and you will find that an increasing number of sources are now online. The amount of historical material that has been digitised is growing by the minute. One example is photographs. Ten years ago, KHS boasted that it had over 10,000 photographs. Now it has around 20,000, all available in digital form in its research room. You



Now it is easy to get to KHS's rooms but in its early years, KHS struggled to find a permanent home. That changed in

1997 when it moved into the historic sandstone building that previously was Gordon Public School. Today, KHS has a research and archive room there, along with a museum about the old school. A glance at the KHS website reveals the wide variety of history talks and workshops that are open to members and visitors. It is the icing on the cake that KHS's rooms adjoin the Gordon Library, with a complementary local studies collection.



Old Gordon Public School, where the Ku-ring-gai Historical Society



The school museum in the former headmaster's office

When KHS marks its diamond jubilee with a dinner on 21st November, it will have much to celebrate. From a society with 38 members, it now has over 350 members. It has a proud publishing record with books on local history, regular newsletters, and its journal, The Historian. Roseville residents will be particularly interested in the latest issue of The Historian which is on the history of that suburb; previous issues have focused on other Ku-ring-gai suburbs.

KHS has attracted loyal members and volunteers over the last 60 years. One of

the standouts is Les Jeckeln - a member of the 1963 founding committee, and a much-appreciated KHS member today. New members and volunteers are always welcome.

Acknowledgment: Helen Davies, Ku-ring-gai Historical Society: the first 50 years 1963-2013 (KHS, 2013).

The Ku-ring-gai Historical Society's activities can be found on its website, www.khs.org.au.

The Ku-ring-gai Historical Research Centre is located in the historic Old Gordon Public School building, which adjoins the Gordon Library, 799 Pacific Highway (cnr Pacific Hwy & Park Ave). Please see our website for opening hours.

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SCOOTER SAFETY 101 Rules for a Smooth Ride

by Rejimon Punchayil

n earlier columns, we've explored selecting the right mobility scooter, the best accessories, and who can benefit most from these remarkable devices. Now, as you embrace the newfound independence that your mobility scooter provides during this beautiful season, it's time to delve into essential tips for its safe use and maintenance.

Weather Wisdom: As we approach a scorching summer, it's crucial to exercise caution when considering your scooter outings. Avoid using your scooter in rainy conditions. Moisture can harm the scooter's electronics and pose safety risks. Always stay informed about the weather forecast before venturing out.

Routine Maintenance: When it comes to scooter issues, leave troubleshooting to the experts. Attempting DIY fixes without proper knowledge can lead to further damage. This is especially important when dealing with tasks like replacing tubes,



tires, or wheels. Always rely on a trained specialist for these tasks.

Battery Care: To keep your scooter in optimal condition, maintain your scooter's battery health by charging it regularly, even if you don't use it frequently. Keeping the battery charged ensures it's always ready when you need it.

Safety First: Enhance your safety on the road by installing a safety flag on your

scooter, increasing your visibility to other road users. For evening rides, add lights and reflective accessories. Avoid nighttime scooter use unless absolutely essential, and if so, exercise utmost caution. Planning your travel route and discussing accessibility with your local Council is a creative planning tool. Avoid fitting any additional attachments not recommended by the original manufacturer.

Respect for Others: Always prioritise pedestrian safety. Slow down and provide them with ample space, especially in crowded areas. Always remember you are sharing the space with other road users. Ensuring everyone's safety is paramount.

These crucial rules are designed to keep you and your scooter safe and in optimal condition. If you have any questions related to your mobility and independence or any other concerns, don't hesitate to reach out to your local specialist at www. comfortdiscovered.com for a friendly chat on phone or in person.

Hearing and Brain Health Interlinks

by Joanna Magee

aving been deeply involved in the Audiology profession for over 40 years it is no surprise to learn that hearing health and brain health are interlinked. Not only brain health but emotional health, mental health and physical health.

As we age so many ailments catch up with us and many are untreatable. So, if addressing hearing loss is now recognised as the #1 modifiable risk for Dementia then why wouldn't you enhance your life with something as easy and life-enhancing as amplification.

Hearing is our most neglected sense with statistics indicating people often wait up to 7 years after diagnosis to take action. Even mild hearing loss impacts our brain health.

People modify their lifestyle thinking they can cope with hearing loss...put it on the back-burner as they turn the volume up, getting closer to those speaking and yet they do not realise the cognitive load that not hearing well puts on the brain. As the struggle becomes larger people begin to stop socialising further isolating themselves from healthy pursuits and leading to withdrawal, isolation and depression.

Memory is impacted as we struggle to retain information whilst the brain processes it or attempts to. Misunderstandings occur which adds to the cognitive overload. Imagine stumbling around without your spectacles on! Hearing loss leaves us in a fog...the lack of clarity spills into other aspects of our wellbeing.

With modern solutions hearing enhancement can be discreet, easy to use, provide connectivity to sounds we love to hear and help us stay connected to the world. We can better socialise, listen with ease and understand what is going on around us in our environment, which can prevent falls and stimulate areas of the brain that atrophy with lack of use.

The subject is topical with a myriad of research findings discovering that improving hearing improves our brain health, our emotional health, our mental health and even our physical health.

Knowledge is power ... so if you or a loved one suffers from hearing loss come and hear a group of Hearing Health Experts on how you can improve your brain health, change your circumstances and live a richer, fuller more vital life.

There are many things in life we cannot change but improving hearing is within reach of everyone.

Our third generation family practice AUDiOHEALTH is passionate about educating you on all things hearing!

Call 1800 301 231 to book a place at the seminar.

Seniors Festival Invite You to 'Reach Beyond'

by Frederico Carvalho

he NSW Seniors Festival is back in 2024, celebrating Lathe vital roles and contributions of older adults in our communities. It stands as the largest event of its kind in the southern hemisphere, attracting over 500,000 attendees

Get you calendar and save the date, as the festival is scheduled to run from 11 March to 24 March, next year. This year's theme, "Reach Beyond," encourages seniors to explore new horizons and experiences.

The festival encompasses a wide array of events across New South Wales, offering something for everyone. From art classes to fitness sessions and live music performances, there's a diverse range of activities to participate in. Most events are free or affordable, ensuring accessibility for all.

For those who prefer to join from the comfort of their homes or aged care facilities, there's the option to attend online events, making the festival accessible to a broader audience.

The NSW Seniors Festival provides numerous opportunities and experiences. It's a chance to connect with old friends or make new ones within your community. Explore products and services designed to enhance your quality of life. Learn new skills, whether it's staying fit, mastering technology, or organising your home efficiently. Plus, enjoy live music and comedy performances by popular artists.



The festival warmly welcomes people over 60, individuals over 50 with a lifelong disability, Aboriginal or Torres Strait Islander people over 50, and encourages carers of seniors to be a part of the celebration, recognising their crucial role in seniors' lives.

The coordination of the festival falls under the NSW Department of Communities & Justice (DCJ). They oversee a wide range of events and activities, including the Seniors Festival Expo, Premier's Gala Concerts, and an exciting Comedy Show.

If you have questions or need more information about the festival, the friendly Seniors Festival team can be reached via email at nswseniorsfestival@facs.nsw.gov.au.

IS YOUR HEARING **AFFECTING YOUR BRAIN HEALTH?**

New research is pointing to the detrimental impact untreated hearing loss has on our cognitive abilities. Did you know? Improving hearing is the prime modifiable risk factor for Dementia. Learn what you can do to improve your hearing and brain health at this FREE EDUCATIONAL EVENT.



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Living Life and Learning

ave you ever imagined what it would have been like to live in medieval Europe? If it is a bit hard for you to imagine, or perhaps you're very passionate about history, then U3a has a course that will satisfy your curiosity. With the U3a team you can take part in stimulating, challenging activities where social interaction and friendships can flourish. Sydney U3a is run by volunteers and offers retirees, the semi-retired and those who have time to enjoy a variety of programs, the opportunity to acquire new knowledge and skills in an informal and friendly atmosphere. No qualifications are required.

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OPTIONS FOR ALL

If dancing or history are not for you, their other courses include poetry, science, art, books, movies, current



affairs, creative writing, language and philosophy. All courses follow current COVID safe practices and some are organised through Zoom.

There are many benefits from participation in Sydney U3a activities and both men and women are very welcome at any course. For many, it is the stimulating environment where cognitive skills are improved and learning is fun. Others enjoy pursuing new skills and making new friends. Membership also encourages everyone to get out and about, which improves

mental and physical health. Being a U3a member is also a great way to adjust to the world between work and retirement.

For the full range of courses visit www.sydneyU3a.org.

Medieval Europe

Lectures on alternate Wednesdays, 1-3pm at St Ives Fernbank Retirement Village, 2 Kitchener St, St Ives. For more information contact: Barrie Heath *foxv217@qmail.com* or 0450 405 526



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When Steak Diane was Sophisticated

by Margaret Simpson

sixties dinner parties were planned with high expectations and military precision. Invitations were sent out, menus chosen, houses cleaned, flowers arranged, silverware polished, glassware buffed and tables set.

For the hors d'oeuvres, French Onion dip was popular, involving combining a packet of Continental French Onion soup mix and Philadelphia cream cheese, served with Arnott's Jatz or Plaza biscuits. Other nibbles included red and green cocktail onions and cheese cubes threaded onto toothpicks and served speared into half an orange. For a posh spread, you might make Devils on Horseback (prunes encased in bacon) and Pigs in a Blanket (cocktail frankfurts wrapped in puff pastry).

The entree may have been prawn cocktails, its recipe published in *The Australian Women's Weekly* by 1959. The famous bright orange sauce was made at home from horseradish sauce, tomato sauce, vinegar and lemon juice.

For the main course, the hostess might have laboured over sophisticated recipes such as Steak Diane, Hungarian Goulash, Chicken à la King or Beef Stroganoff. Dishes were often made or served in Corning Ware, glass ceramic (Pyroceram) cookware introduced in 1958, said to have been originally used

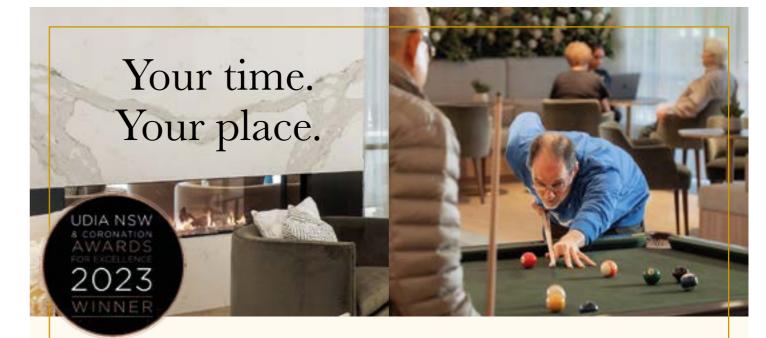


in the ballistic missile program as a heat-resistant material for nose cones.

To accompany the repast, we gradually developed an appetite for wine with the sweet sparkling Barossa Pearl popular after its launch by Orlando in 1956 during the Melbourne Olympics. By the late 1960s Lindeman's Ben Ean Moselle and Mateus Rosé were beginning to be favourites.

Luscious desserts might have included jelly cheesecake, lemon meringue pie, Bombe Alaska, or Black Forest torte. Then to finish off, no 1960s dinner party would have been complete without After Dinner Mints served with percolated coffee, sometimes followed by party games!

Following such a marathon the only option for the hostess was a cup of tea, a Bex and a good lie down



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Seniors Seniors



The Unique Challenges of Securing Aged Care

hen it comes to moving a loved one into aged care, it can be a really emotionally fraught time. There's a change to their environment, likely impacting their comfort levels, and stress is high as you navigate this new chapter as a family. There are however a few small steps you can make to try and make the transition as smooth as possible.

COMPARE OPTIONS AND DO YOUR RESEARCH

Doing some shopping around is always key. Have a look at all the options in your chosen area and compare them based on price and quality. It's also important to look at what's included in the price provided to you – and what's considered an extra. One example of a potential extra is laundry. There are also a variety of comparison sites where you can search based on specific criteria, such as if your loved one needs transition care, specialist dementia care or extra services. Another handy tip is to ask the aged care facilities about their staffing ratios, as well as check if the staff have training in special care services (dementia for example).

SEE A FINANCIAL PLANNER IF NEEDED

This stage of life can be really expensive. Anyone who has had to help their elderly loved one find accommodation in a nursing home or retirement village can relate. If expenses feel quite overwhelming – which is fair enough – it may be well worth seeing a financial planner or speaking with an

expert about what plan will work best with your budget.

Council on the Ageing (COTA) Australia Chief Executive Officer, Patricia Sparrow, recently noted that Aussies spend decades focused on accumulating wealth for their retirement. But despite this, many older people aren't getting what they deserve. "They're not getting the quality, independent, guidance or advice they need when it comes planning for a secure financial future. All Australians deserve to know everything possible is being done to make sure they're being supported to plan for their retirement," she said.

MAKE THEIR ROOM A HOME

Although the rooms are often far smaller than what we'd prefer, it's still important to make the space as homely as possible. This way, your loved one will have a better chance at feeling comfortable in their new environment. Bring decorations from home, a favourite piece of small furniture, or maybe a family painting.

VISIT OFTEN IN THE EARLY DAYS

We don't want anyone to experience feelings of abandonment or loneliness. And although transitioning into aged care can be a tricky time, keeping in regular contact with your elderly loved one can do a world of good. Try to visit them often, particularly in the early days of the move, as well as asking the staff to keep a kind, close eye. If outings are an option on the cards, this can be a great thing to organise regularly as well - we all need things and activities to look forward to.



Give Yourself a Technology Upgrade

by Frederico Carvalho

You can become digitally savvy and embrace the digital world with confidence. Willoughby City Council provides adult meetings to enhance knowledge of fundamental computer skills in a fun and relaxed manner.

The class involves facilitators who will teach you various topics such as managing files, downloading, logging onto the internet, web browsing, emails, online shopping, computer security, privacy, and more.

The meetings run on Saturdays, 21 October, from 10am to 12pm. It is recommended that you bring your own laptop or tablet to use during the class. If you don't have one, the library has a limited number of devices to borrow, and they won't let you down. It is essential to book in advance to guarantee your participation.

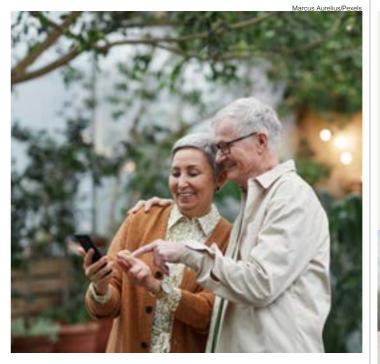
TECH CLUB

Willoughby Council also provides a Tech Buddy Club, a group focused on tech-curious seniors interested in learning about computers and mobile technology. Held on the first Tuesday of the month, from 11am to 12pm, each session includes a short presentation and group discussion. You can ask your questions or learn how others are using technology in everyday life.

Information

Cost: both events are free.

Contact: Willoughby City Library, 02 9777 7900, library@willoughby.nsw.gov.au



Have You Heard About LiveUP?

by Frederico Carvalho

ome individuals might believe that ageing is beyond our control, but LiveUp was created to demonstrate that when it comes to the ageing process, you have a say. This platform is powered by iLA, a non-profit organisation funded by the Australian Government, with a dedicated focus on promoting independent living through healthy ageing.

The term 'healthy ageing' is endorsed by the World Health Organization, and it encourages us all to thrive at any age. This concept revolves around the idea that 'health' encompasses not just physical but also mental and emotional wellbeing, and that we have the capacity for continuous learning and growth.

At LiveUP, you will discover an extensive array of exercise classes, product recommendations, and local support groups, all designed to empower you to age on your own terms. By visiting the website at liveup.org.au, you can complete a brief quiz that provides personalised suggestions for living a life marked by both physical and mental wellbeing.

LiveUp has meticulously curated a diverse selection of helpful products available from renowned retailers across the country. You can access this list of products on their website at *liveup*. org.au/products-page. These assistive products are aimed at helping you overcome common obstacles encountered in your daily activities. The product recommendations are thoughtfully designed to simplify tasks that may be challenging, allowing you to continue enjoying the activities

Additionally, the website offers a wealth of printable articles containing valuable tips and exercises related to healthy ageing. For those who prefer a personal touch, there is a helpline available at 1800 951 971, where you can engage in a conversation with a knowledgeable representative.



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Seniors



Local Events for Seniors

re you a senior wanting to get involved in the local community or meet some like-minded people? Perhaps you are keen to get some exercise via a service on the Upper North Shore. Either way, there are a bunch of fun events for older people coming up this month in our local area.

Back to basics exercise class: You can work to improve your current fitness levels, balance and overall health and wellbeing with this class. It will be run by Sally Castell from Movement Matters, and she is a qualified physiotherapist so you'll be in good hands! It's on every Tuesday at 10am, located at the Kuring-gai Community Groups Centre Meeting Room in St Ives.

Group trip to the Blue Mountains: Have a stroll among the spring flowers and enjoy a Devonshire tea at Campbell Rhododendron Gardens and then a light lunch at the famous, heritage-listed Carrington Hotel. Now that sounds delightful! You will need good walking shoes for the gardens and there will be uneven surfaces. It's on 12 October, between 8:30am to 4:30pm, the meeting point being Marian Street Theatre car park in Killara.

Lindfield functional fitness class: This is also run by Sally Castell. But this one is focused more on falls prevention, strength and mobility training, balance and coordination. This event is on every Monday at 1:45pm, located at the Lindfield Seniors Centre.

DJ dance party at St Ives: If you're someone who loves a dance, St Ives Community Centre is set to become a local dance hall for seniors. The music will include some golden hits and classics, and it's on 24 October, between 3:30pm to 7pm.

Computer Pals at St Ives Library: Computer Pals for Seniors is a friendly club to help older Aussies gain confidence and enjoy using technology. If you're someone who feels a bit overwhelmed by all the chat about artificial intelligence – this class could be perfect for you. The pros will teach you about

how technology can help and how to use it safely. It will be taking place at St Ives Library on 8 November, at 2pm.

In-home support services and My Aged Care: If you're feeling a bit overwhelmed about all things aged care, this informative talk would be great to add to your calendar. You will get to hear about Easy Care Gardening and how to resolve concerns with in-home and residential aged care services. This event is on 18 November, at 10am at Ku-ring-gai's Council Chambers.



Contact

For more information on any of these events, including cost, you can get in touch with Ku-ring-gai Seniors, run by Ku-ring-gai Council on 02 9424 0836.

Local Celebrates Her 100th Birthday

udrey Fakes has celebrated her 100th birthday in style. She was born in Concord Hospital on 9 September, 1923, and has been a client of Home Instead Sydney North & Northern Beaches for four years now. It comes after Audrey was diagnosed with dementia. She now has CAREGivers taking care of her 24 hours a day in her own home.

Audrey still loves all things music. At the age of 16 she attended the Conservatorium of Music in Sydney as she was a very talented piano player. She continues to have a piano at home and often sits with her CAREGiver Cherie to play a few tunes.

Another one of her CAREGivers, Carolyn, says that caring for Audrey is "wonderful" as Audrey "sees the joy in everything".

For her big milestone birthday, Audrey had her family and neighbours come and see her, and she also had a fabulous cake. To celebrate, Audrey has done a lot of reflecting – and wishes to share her learnings with others.

What is the secret to a long life? Keep breathing and a glass of sherry.

What is your favourite song?

One of them is 'Edelweiss' from $\it The Sound of Music.$

What was one of your life highlights?

Attending Buckingham Palace with my late husband Neville, who was decorated with a CBE Commander of the British Empire.

What is the most important lesson you have learned that could be passed on to future generations?

Treat people the way you would like to be treated. Be Kind.





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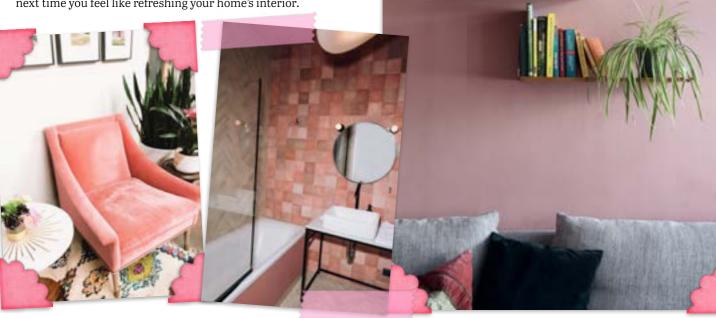
Home & Garden Home & Garden

Think Pink in Your Interior

he *Barbie* movie is still making waves, despite being at the cinema for a few months now. But the world cannot get enough of it. Even though some might feel the film is rather junior to be taking any interior inspiration from it... think again!

Embracing all the shades of pink is becoming quite trendy lately, with more and more interior designers adding a pop of pink to the spaces they create. It can be something super small like having a pink tablecloth on the dining table, opting for pink splashback tiles in one of the bathrooms if you're renovating, or purchasing a new artwork that screams all things pink.

Of course, there are so many different varieties of this colour to choose from, some more neutral and sophisticated than others. Regardless of what option you choose - remember to think pink next time you feel like refreshing your home's interior.



Let Nature Inside with Biophilic Design

by Frederico Carvalho

B iophilic design is an architectural and interior design approach that aims to connect people with nature and provide a relaxing environment. It is based on the principle that humans have a natural affinity for the natural world, and that exposure to nature can have a number of positive benefits for our health and wellbeing.

It can be implemented in a variety of ways, including using natural materials, incorporating plants into your design and opening your environment to natural light - an item considered essential in biophilic design. Using wood, stone, bamboo or other materials will help you to create a warm and inviting atmosphere at your place - home or work.





When you go to the 'green side' of biophilic design you can think of pots with plants around your house or even create a plant wall. Outdoors spaces such as patios, balconies, and courtyards, can also be used to extend your living space and provide a place to relax and connect with nature. Using Australian native plants is a great way to add a touch of nature to your home. They are well suited to the Australian climate, so they are easy

Australia is a country with a strong connection to nature. It is home to some of the most diverse and beautiful landscapes in the world. Biophilic design is a good fit for Australian homes, as it allows us to connect with the natural world while still enjoying the comforts of

Bar Carts are the Next Big Trend

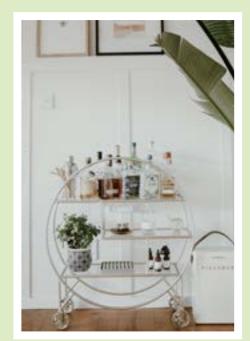


f you don't yet have a bar cart in your home, it's well worth getting one. Interestingly, bar carts originated from the tea trolley of the Victoria era and were a staple in wealthy homes. We can only assume someone became sick of tea and saw an opportunity to make an alcoholic trolley variety instead, hence the birth of the bar cart!

They're great for most homes (except if you have little ones running about) and they're a fun discussion point when entertaining guests or having a dinner party. Plus, it means your favourite alcohol products aren't collecting dust in the back of your pantry, but rather are on full display. It's also a great reminder to make a cocktail of your choice at the end of a busy week too!

First pick your metal finish – either silver or gold hardware. A two-tier bar cart is probably your best option, so it can comfortably fit taller wine bottles compared with a three-tier stand. There's a bunch of retailers now that stock bar carts – so you'll be sure to find one that suits your taste and budget.

Also, if you're someone who isn't fond of alcohol for whatever reason, there are now plenty of really fabulous zero-alcohol wines and spirits that are worth trying. And these would look equally great on a bar cart too.



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FENG SHUI

The Importance of the Bedhead in the Master Bedroom

by Suzy Leoni

eng Shui is the ancient Chinese study of the energetic characteristics of a space or building and how these characteristics relate to each inhabitant of that space. The term itself translates to "wind" and "water," alluding to the flow of energy in nature.

Through the lens of Feng Shui, the professional tasked to design a harmonious environment scrutinises how architectural and decorative elements impact the wellbeing of its occupants. This expert strives to mitigate negative influences while maximising positive ones.

The master bedroom deserves particular attention, as the harmony between partners serves as a cornerstone of domestic tranquility. The bedroom is where we spend six to eight uninterrupted hours every night, recharging our energies to face the challenges of each new day. In this inaugural piece for the *Sydney Observer*, let's focus on an essential item in the decoration of a master bedroom that ensures the flow of positive energies: the bedhead.

WHERE YOUR HEAD RESTS

The bedhead represents life support, the foundation upon which we move forward. It's where we lay our heads to rest after



a long day, a place where we should feel tranquil and secure. Ideally, it should not be positioned against walls that adjoin the bathroom, especially if these walls contain water pipes. Water is closely linked to our emotions, and its constant flow during moments of relaxation can disrupt the emotional equilibrium of a couple.

Another concern is the material from which the bedhead is crafted. Iron bedheads are not recommended. Our bodies possess a magnetic field and their own energetic flow; metal structures are conductive elements that could interfere with our energy field.

Furthermore, the TVs, cell phones, and Wi-Fi transmissions in our home generate electromagnetic waves that also interact with the metal in the bedhead. Thus, while at rest, our bodies are influenced by these interferences, therefore, opt for materials such as wood, fabric, foam, or straw. The options are many and there is ample room for creativity and style, just be mindful to steer clear of metal frames.

In my next article, I'll delve into the positioning of the bed in a bedroom and how to plan the space to foster a secure environment and promote the flow of positive energies. See you next month.

Suzy Leoni is an interior designer in Brazil, specialised in design family and professional environments for the past 15 years.

How to Host a Dinner Party

by Isabelle Dolphin

hether you're planning an intimate Sunday supper or preparing to host a grand celebration, one thing is certain – dinner parties are in. But, whatever the reason, knowing how to style the dinner table holds the key to a successful evening. If you want to take the guesswork out of organising, here are six trusty tips for your next evening soiree.

1. Theme is everything.

Every successful dinner party starts with a clear theme or purpose. Think of it as the bread and butter of your evening. Starting with a clear idea of what you're celebrating and who you'll be inviting should help paint a picture.

2. The table is the canvas for your masterpiece.

The table setting is the main course of the party planning, so nailing the presentation will be the fastest route to impressing your guests. Start with a well-dressed tablecloth or runner that complements your theme. Choose cohesive dinnerware, glassware, and cutlery that align with the occasion.

Adding a personalised place card or name tag can be a thoughtful touch and make guests feel welcome.

3. Flowers are a must.

Fresh flowers are the easiest way of elevating a space. Not only do they add life back into the room, they look and smell delicious. You can also support a local floristry business by selecting a bouquet from them.

4. Lighting truly matters.

You've heard it all before, but the right lighting can seriously set the mood for the type of evening you're about to have. Consider dimming the lights or using candles to create a warm, inviting atmosphere. Steering clear of any harsh lights is a sure way to create a relaxed environment.

5. Seating arrangements.

Considering who and where people are seated makes the greatest difference for your guests. This means that optimising your space is essential to better accommodate attendees so that everyone is comfortable and can enjoy themselves. Plus, who do you want to be at the head of the table? Where will you sit? These are handy questions to have answered prior.

6. Music selection.

It's no secret that music taste is subjective and catering to everyone can be near impossible. Instead, compile a playlist that matches the ambience you want to create. Soft jazz can be great for a romantic dinner, pop favourites for a casual gathering, or classical for a touch of sophistication.

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Spring Hair Trends

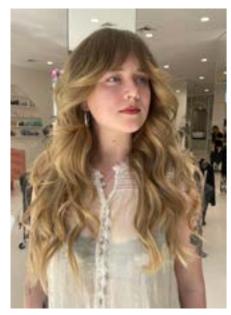
by Jordein English

ho doesn't enjoy a fresh haircut to switch things up? With the current shift in seasons, there's no better time than now to experiment with a new hairstyle. In my role as a senior hairstylist at The New Black Industries hair salon, I have firsthand insight into the latest hair trends making waves in the world of fashion. Here are some tops picks at the moment.



French bob

The French bob is one of the biggest trends of 2023. With a strong structure on the bottom with soft layers throughout to create natural texture and movement, this modern day look is seen on celebs such as Hailey Bieber and Kaia Gerber.



The shaq

The shag cut can be created on almost any length or hair type, it is created by adding heavy disconnected layers that create a choppy effortless look. This cut was one of the biggest trending hairstyles in the '70s, you can now catch celebrities such as Suki Waterhouse sporting this look.

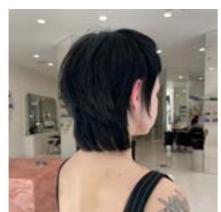


This high contrast colour gives a bold statement to any look. The face frame hairstyle is a trendy and versatile haircut that features layers or strands of hair framing the face. This style is designed to complement and accentuate facial features, adding dimension and softness to the overall look.



The mixie

The mixie cut is the perfect mix of a mullet and a pixie cut. The pixie cut has a soft feminine feel, and when adding mullet like shape and texture it gives just the right amount of edge to the overall look





Protect Yourself with Elegance

If you're an '80s kid, you'll remember the hugely successful *Slip*, *Slop*, *Slap* campaign that did a wonderful job in education on sun protection. Fast forward over 40 years and the importance of sun protection has become an Australian way of life due to our uniquely high levels of UV radiation. Tina M Copenhagen has announced the release of their 2023/2024 collection that has been made with the purpose of merging and modernising functionality with Australian day-to-day life.

From trilby to cowboy to breton to fedora, the innovative and inventive range provides an elevated and contemporary twist on traditional styles. The attentive and thoughtful designs include levels of detail that are unrivalled in the market; with a selection of designs including a ComfyFit internal wind-resistant size adjuster and revolutionary textile innovation, Flexibraid®, making the hats crush-resistant, packable and travelfriendly, resistant to rain and colour fading, and UPF50+ rated for maximum sun protection.

Creative director, Tina Madsen-Walcott, settled in Australia 30 years ago and completing her degree in Biochemistry highlighted her awareness of the damage that the Australian sun can cause. Utilising this knowledge, along with her creative flair, eye for design and passion for functional beauty, Tina M Copenhagen was born. Created with the purpose to keep you safe from the sun while preserving your skin and beauty, the result is a lush and lavish collection that makes Tina M Copenhagen the premium destination for hybrid headwear where function and fashion combine.

Tina M Copenhagen is available at <u>tinamcopenhagen.com.au</u> as well as in leading boutiques and department stores.

'Strawberry Girl' Makeup

by Isabelle Dolphin.

e're excited to introduce you to the latest beauty craze – 'Strawberry Girl' makeup.
Inspired by Hailey Bieber herself, the model and founder of Rhode Skin coined the delicious and delicate beauty trend that has taken social media by storm. It's all about having a rosy glow, which is perfect for the warmer months.

Here's exactly what you need to do to nail this look.

1) Prep the skin

The secret to perfecting this trend is to correctly prep the skin. Use your favourite hydrating serum and moisturiser to plump and prep your skin for makeup application.

2) Less is more

Aim not to overdo it when adding a layer of concealer or foundation. Instead, opt for a skin tint or light coverage foundation and spot conceal areas of concern to achieve the perfect natural skin look. As a final touch, add a bit of your favourite bronzer to warm up the face and add some life back into your skin.

3) Fluff those brows

Brows have the ability to change the look of a face, almost entirely. Which is precisely why you need to give them the attention they deserve. First, delicately fill in any sparse areas to give the allusion of fuller, thicker brows. Then slick up and set in place with your favourite brow gel.





It's this next step that earns this look its fruity reference. Add a pop of blush to the cheeks and across the nose. Choose a shade that closely resembles that of a ripened strawberry and you're halfway there. The aim is to place the blush on the natural high-points of your face – this will ensure your blush looks sun-kissed and natural. Next add a lip tint of your choice.

Beauty & Wellbeing

5) Fake it till you make it

We live in a country that has some of the hottest rays over summer. It's better to protect your skin to stay on the safe side, and use a freckle pen instead. First make sure to choose the right shade for your skin type, then, draw on little dots and tap with your finger to blend. This step can be repeated as much as you like to achieve your desired look.

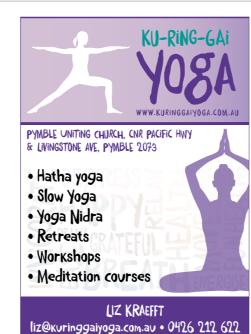


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A Sip Towards Wellness, Sustainability and Purpose

by Willow Berry

ith the persistent heat of summer, the need to quench our thirst becomes more frequent. While the temptation of sugary soda is ever-present, there are alternative, equally delicious, and nutritionally valuable beverages to enjoy.

Daily Good provides a refreshing solution to enhance your wellbeing and savour a healthy indulgence. Their assortment of delectable, award-winning immunity shots is carefully crafted from natural and organic ingredients, offering both a flavourful treat and natural immune support.

Within Daily Good's health-enhancing daily tonics, you'll find a treasure trove of immunity-boosting ingredients. These include Zinc, renowned for immune system support, New Zealand mānuka honey, celebrated for its antibacterial, antiviral, anti-inflammatory, and antioxidant properties, turmeric for its inflammation-reducing qualities, ginger to aid digestion, apple cider vinegar with its antibiotic and antiseptic benefits, and lemon juice, a rich source of vitamin C.

Daily Good is not only healthy but also inclusive, as it's gluten-free, dairy-free, organic, and free from any unwanted additives.

Each bottle contains 7 daily shots that can be enjoyed in various ways. Whether you prefer a neat 50ml shot, diluting it in cold or hot water (perfect for chilly days), or incorporating it into your smoothie or cereal,



Daily Good makes it easy and delicious to get your daily dose of goodness.

Daily Good offers three seriously fabulous flavours:

- Daily Good Organic Fiji Turmeric Immunity Shots
- Daily Good Organic Blackcurrant Immunity Shots
- Daily Good Organic Fiji Ginger Immunity Shots

Proudly made in New Zealand, Daily Good operates as a purpose-driven business that

supports Ranadi Organics, their partner farm in Fiji. This partnership provides USDA-certified Organic Fijian Turmeric and Ginger for Daily Good's products.

The proceeds from Daily Good play a crucial role in creating a sustainable source of income for Ranadi Organics. This, in turn, empowers rural Fijian women by offering housing, education, and training in organic farming, breaking the cycle of dependency on subsistence farming or low-value crops and creating positive change within their community.

Rhona MacKenzie, Co-founder of Daily Good, has expressed to *Sydney Observer* her team's deep pride in creating this genuinely purpose-driven brand.

"We created Daily Good as a sustainable brand to 'do good', while enabling us to support our partner farm, Ranadi Organics, and the vital women-focused impact work that they do."

"We're thrilled to be able to provide consumers with a premium immunity shot product that meets the growing demand for 'food as medicine' that supports immune health."

"We hope to continue to work with Ranadi Organics for years to come, and it's an honour and a privilege to partner with an organisation that is helping to provide a better way of life for rural Fijian women."



ELLERAN LINGERIE Support that Goes Beyond

eila O'Toole, operating within the Dymocks Building in Sydney since 1973, has been dedicated to providing discreet personal service and staying at the forefront of post-operative breast care products and Elleran Lingerie. The latter, a renowned local boutique with over two decades of experience, offers an extensive selection of lingerie, clothing, swimwear, and accessories, featuring both local and European brands known for their exceptional quality.

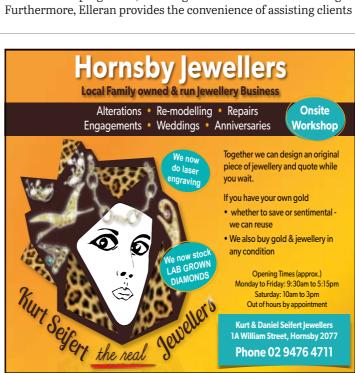
In addition to their fashion offerings, Elleran takes pride in their commitment to addressing the specific needs of breast cancer survivors. They offer a wide range of breast forms, bras, swimwear, and clothing designed to meet the unique requirements of individuals who have undergone breast surgery. They actively assist clients in finding comfortable and stylish bras and prostheses, starting as early as six weeks post-surgery.

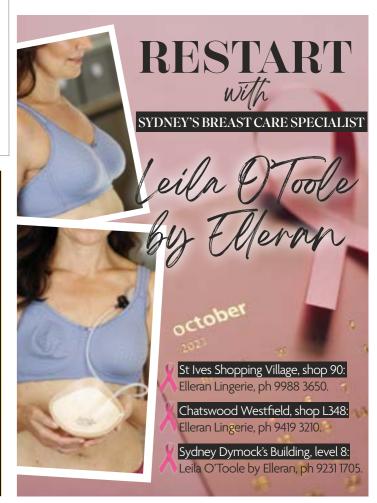
One of their key focuses is emphasising the importance of wearing weighted breast forms to their clients. This practice helps prevent potential physical issues such as spinal curvature, shoulder drop, muscle contracture, discomfort, and balance problems that can arise from surgery. Elleran's specialists continually assess clients' needs as time progresses, ensuring their comfort and well-being. Furthermore, Elleran provides the convenience of assisting clients

with form and bra receipts for Medicare claims (up to \$800 every 24 months) and Private Health Fund claims (up to \$550 per year).

Both of their stores boast an impressive range of beautiful and alluring lingerie, flattering swimwear, and clothing featuring built-in pocketed shelf bras designed to securely hold breast forms or partial shapers. Their Chatswood location is a stand out, offering an excellent selection of bras catering to larger cup sizes, including those up to HH and J.

Elleran Lingerie has three boutiques, Leila O'Toole in Dymocks Building, one in Chatswood Westfield and one in St Ives Shopping Village. For more information visit <u>www.elleran.com</u> and <u>www.leilaotoole.com</u>.







Trick-or-Treat or a Dental Nightmare?

by Ian Sweeney

alloween is truly a dentist's nightmare. On the one hand there is the professional aspect involving moderation of sugar content, while on the other hand there is the practical side embracing the fun of Halloween whilst still looking after the kids' smiles.

Everybody knows sweet food and drinks lead to dental decay. Bacteria in our mouths use sugars to produce acid. It's this acid that will then dissolve the enamel on your teeth, making holes. The more sugar you have, the more holes you will get.

The duration of time that sugar is in your mouth will determine how many holes will form and how quickly the holes will form. One quick sugar burst will have less of an effect than a prolonged supply of sugar.

Way back in the 1950s, dentists had already determined that sticky and chewy sweets caused decay faster than a single sweet treat like a piece of chocolate. This is because the length of time that the teeth are bathed in acid is prolonged.

Nobody wants to be the Halloween scrooge, so here are a few considerations to help decide on your choice of Halloween treats whilst balancing the Halloween spirit with your healthy values.

Chocolate - Always a favourite with kids. Remember, dark chocolate generally contains less sugar than milk chocolate and is a healthier alternative.

Sticky Lollies - Sticky means hard to remove from teeth, so increasing the risk of decay.

Lollipops- the last thing we want are children running around with sticks in their mouths. You would be surprised at the damage they can cause if children fall. Lollipops also last a long time hence have more potential for causing damage to teeth.

A few possible alternatives to handing out lollies on Halloween night may include: bottled water; sugar free treats; apples, glow sticks, small inexpensive toys such as super balls, crayons, pencils or stickers.

It can be hard to resist snacking on lollies and chocolate when you're hungry. Eat a full meal before taking your kids (or yourselves) out trick or treating.

The easiest way to neutralise acid produced in the mouth is by drinking water. Skip the sweet drinks and encourage your child to drink water after eating any lollies/ sweet treats and also prior to brushing their teeth. Don't forget to floss well before bed.

Remember, ALL THINGS IN MODERATION, and have a fun night!

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

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Feed your scent addiction and countdown to





It is 'Almost' Christmas

by Frederico Carvalho

ome on! You know that October is practically Christmas already. From now on, all shopping malls, online stores and even kids start gearing up for 25 December.

To ensure you do not think we are leaving you to tackle the last-minute Christmas Eve shopping madness, we are providing two ideas for thoughtful family presents. It is a start.

Circa Pear & Lime Hand Care Duo Set 900ml | RRP \$ 64,95

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and stimulating Vanilla and Sandalwood, this invigorating fragrance is the perfect anytime pick-me-up.

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Ferrero Rocher Truffles

by Lauryn Moss

his delightful high-protein sweet snack, crafted with just four ingredients, makes for the ideal afternoon indulgence or a delightful addition to your springtime picnics. Rest assured, you won't detect the chickpeas; instead, you'll savour their remarkable resemblance to a Ferrero Rocher! These treats offer a velvety, firm texture that's luxuriously chocolatey with every bite. Plus, they're gluten-free and can easily transform into a dairy-free and vegan delight by opting for vegan dark chocolate.



Ingredients (makes 12) For the filling:

- 1 x 400g can of chickpeas (drained and washed)
- 1 x cup of Dark Chocolate Melts
- ½ x cup of Hazelnut Butter
- ½ x cup of Hazelnuts (optional)

For the Coating:

- 1 x cup of Dark Chocolate Melts
- ½ x cup of Hazelnuts

Method (30 minutes)

- 1. Prepare a tray with baking paper.
- 2. Melt the dark chocolate (filling) by placing it in a bowl over boiling water or into the microwave for 30 second increments and stirring until smooth.
- 3. Into a food processor or blender, place the washed chickpeas, melted chocolate and hazelnut butter.
- 4. Blend ingredients until smooth, pause and scrape down from the sides of the dish as required.
- 5. Once smooth, place the mix into the fridge for 10 minutes to harden, this will assist with the following step.
- 6. Use a tablespoon to scoop amount out of the mixture to roll it into balls.
- (Optional step to place a hazelnut in the centre of the ball) flatten down the mixture into a coin shape on your palm, place a single hazelnut in the centre and fold the mixture around the nut, use both hands to smooth out into a ball shape.
- 8. Place all the balls onto the lined baking tray and put them back in the fridge.
- 9. Prepare the coating, melt the dark chocolate by placing it in a bowl over boiling water or into the microwave for 30 second increments and stirring



- 10. Finely chop the hazelnuts.
- 11. Add the hazelnuts to the melted chocolate and combine.
- 12. Coat each ball in the melted chocolate mixture, use a fork to pick them up out of the bowl so excess drops off.
- 13. Place all of these covered balls back on the tray and into the fridge to set.

Laurvn is an Accredited Practicing 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.

South Dowling Sandwiches

by Willow Berry

he travel app, Wotif.com, has unveiled the winners of its 2023 Uniquely Aussie Awards, an annual guide showcasing Australia's finest local treasures, as voted by Australians.

With spring in full bloom and holidays on the horizon, Wotif's list of quintessential Australian travel experiences arrives at the perfect time to inspire those planning their next road trip or getaway.

This year's awards shine a spotlight on classic experiences where Australia truly excels, often overlooked and taken for granted. Whether it's enjoying a perfectly brewed flat white coffee, indulging in an artisanal sandwich or "sanga", or savouring a finely crafted beer, there are certain things that Australia does like no other.

This year one standout winner is South Dowling Sandwiches, located in the heart of the charming Darlinghurst neighbourhood. With over 15 years of experience, they have perfected the classic Aussie sandwich.



Crafted with fresh ingredients and prepared right before your eyes, what sets them apart are their generously loaded fillings, all at an affordable starting price

I couldn't resist trying one for myself, and I must say these sandwiches are worth every cent. I chose the Hugo, a fan favourite. This sandwich features a chicken schnitzel

with herb mayo, lettuce, tasty cheese, roma tomato, cucumber, and caramelised carrots.

The bread is delightfully thick and fresh, and each bite is a burst of splendid flavours. Personally, I found the carrots to be a highlight, but every sandwich offers a delightful medley of wholesome ingredients. If you're sceptical, you'll just have to experience it for yourself!



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Bottomless Brunch Havens

by Willow Berry

ith the arrival of warmer weather, brunch season is here, and Sydney has an abundance of options for indulging in bottomless brunches. There's nothing quite like getting dressed up for a day filled with laughter, delectable food, and delightful beverages. Here are some of my top recommendations:



55 North, Manly Beach

Nestled within the recently renovated Manly Pacific hotel, 55 North stands out as a lobby bar with a twist. Every Saturday, from 11 am to 3 pm, you can partake in their bottomless brunch experience. It includes unlimited cocktails with choices ranging from Bellinis, the signature "Lilly Pilly Pop" cocktail, marmalade Margaritas, Espresso Martinis, to Steyne Spritzs. The food spread is designed for sharing, featuring freshly shucked regional oysters, dukkah spiced burrata, salt and pepper calamari, mini prawn rolls, and an extra treat – bottomless truffle fries.

Inclusions: Free-flowing cocktails and a shared seafood feast **When:** Saturdays, 11 am - 3 pm

Price: \$125 per person https://55north.com.au



Matteo Downtown, CBD

Matteo Downtown offers a spectacular bottomless brunch experience. This casual Italian spot serves up a three-course feast, featuring antipasto platters, vodka rigatoni, pizzas, green salad, and Tia Maria tiramisu for dessert. You'll be greeted with a glass of bubbly on arrival, followed by endless margaritas (served from a roving cart) or your choice of wine.

Inclusions: A three-course Italian feast, a glass of sparkling on arrival, followed by two hours of margaritas and wine When: Saturdays, 12 pm–4 pm (with selected two-hour sittings) Price: \$99 per person (\$110 per person from April 1, 2023) https://www.matteosydney.com/downtown



Chula, Potts Point

Margaritas and tacos are an unbeatable combination, and it gets even better when the margaritas are bottomless. Chula's Saturday brunches offer a shared menu that includes ceviche, barbecued corn, an assortment of tacos, and warm churros with dulce de leche. Plus, you get a two-hour drinks package featuring margaritas, sparkling wine, rosé, and beers.

Inclusions: Set menu with shared starters, tacos, and dessert with a two-hour drinks package

When: Saturdays
Price: \$99 per person
http://www.chula.com.au



Babylon, CBD

Babylon boasts an expansive space with a live hanging garden terrace, an outdoor bar, lush greenery, and multiple private and semi-private dining rooms. Marble accents add a touch of luxury. The 90-minute bottomless brunch features mezze bites such as flatbread and hummus, falafels, and wood-fired chicken skewers, all accompanied by unlimited mimosas.

Inclusions: Bottomless mimosas and a mezze menu **When:** Saturdays and Sundays, 11:30 am–1 pm

Price: \$68 per person

https://www.babylonrooftop.com.au



Carbòn, Bondi

Carbòn takes bottomless brunch to new heights with its unlimited margaritas and tacos sessions, just a short stroll from the beach. You'll have 90 minutes to savour all the tequila and tacos your heart desires, with a variety of options including barramundi, chicken, pork, lamb, and mushroom tacos.

Inclusions: 90 minutes of all-you-can-eat tacos and free-flowing classic margaritas

When: Saturdays and Sundays, 12 pm-5 pm

Price: \$85 per person

https://www.carbonmexican.com.au

Rice Cooker Recipes

he humble rice cooker – for many of us, we've only ever thought of cooking rice in it. And fair enough! But lots of amateur cooks are becoming more creative and trying out fun recipes using only their rice cooker. It means less washing up and less fuss – which we love. These single serve recipes are all about saving time and energy – the lazier the better.

Rice Cooker Dumpling Noodle Soup

Ingredients

- A packet of frozen dumplings of your choice.
- A packet of noodles of your choice.
- Some veggies like bok choy, cabbage, carrots.
- A stock cube of your choice.
- A splash of good chilli oil and soy sauce.

Method

In your rice cooker, add all these ingredients into the pot. Add 2 cups of water. Turn your rice cooker on, cover and cook for 10 to 15 minutes or until the dumplings are fully cooked. Enjoy!



Rice Cooker Soy Chicken and Rice Ingredients

Food & Wine

- 1 cup of white rice
- 3/4 cups chicken stock
- ¼ cup soy sauce
- 1 tsp of oyster sauce, rice wine vinegar and honey.
- Three chicken thighs
- Minced garlic and ginger
- Spring onions
- A bunch of broccolini

Method

Place all the ingredients in the rice cooker in the order listed above. Place the chicken thighs on the top, and make sure they don't overlap. Cover and cook. Halfway through the cooking of the rice and chicken, add the cut broccolini to the rice cooker.



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The Stunning Sights of Uluru

by Isabella Ross

ecently I went on a trip with five of my best girlfriends to Uluru. I was so excited to see such a beautiful part of this country from an adult perspective, given I lived in the nearby township called Yulara for a few years growing up. And Uluru and its picturesque surrounds absolutely delivered once again.

ACCOMMODATION

There are options to suit everyone, from the camping grounds to mid-range hotels and the very beautiful and luxe Sails in the Desert. It is a pricey holiday, but if you feel like treating yourself, then Sails in the Desert or Desert Gardens Hotel are two really nice options.

EXPERIENCES

A base walk around Uluru is an absolute must-do. It takes just under two hours if you do it at a leisurely pace, and there are





segways or bikes you can hire if you wish. While at the Uluru-Kata Tjuta National Park, it's great to have a look at the cultural centre to get to know the local culture of the Anangu people.

Another really special experience to be had is the sunrise tour at Kata Tjuta. Although it involves an early start (about 5am), it is worth it for the stunning photos you will capture.

The Field of Light is a recent addition but a great thing to do at night near Uluru it's an art installation around a section of the national park with the rock front and centre. There's also a free bush tucker experience held throughout the week at the resort. Guests can try a myriad of different delicacies and it's such an informative yet engaging talk.

Lastly, the resort itself is brimming with things to do. There's a fantastic gallery you could spend an hour or two browsing, lots of lovely gift shops, and a camel farm. All the resort's sights are in walking distance of one another as well.

F00D

Uluru is a foodie destination for sure. Sounds of Silence, while on the exxy side of things, is breathtaking. It involves a luxe evening of dining under the sparkling outback sky, along with a didgeridoo performance and delectable meal. There's also a café at the resort called the Kulata Academy Café that has an assortment of great pastries and coffee. It's run by trainees from the National Indigenous Training Academy, providing them with the opportunity to take their first step in a hospitality career. My final food-related recommendation is the Outback Pioneer Hotel. It is very country-esque and extremely down to earth, but it has great beers, solid pub food and live music on certain nights.









4 Reasons You Need to Make Fiji Your **Next Destination**

by Isabelle Dolphin

f there was one thing I could do for the rest of my life it would be to never stop travelling. It sounds cliche (because it is), but it's the truth. Recently I travelled to Fiji with a girlfriend for some much-needed TLC. And let me tell you, it was just what the doctor ordered (I'm the doctor, it's me). This holiday was everything you could hope for on so many levels and as a result, I've become the country's number-one fan. But in case you don't believe me - here's exactly why your next getaway needs to be Fiji.

IT'S SIMPLY BREATHTAKING

Fiji is one of the world's most popular honeymoon destinations for good reason. Its white sandy beaches and turquoise waters can give even the Caribbean Sea a run for its money. Not to mention the sea life, I saw turtles, some baby sharks and endless colourful fish.

If you do go, make sure to secure a few days either out on the water or on an island. That's exactly what we did and honestly, take me back. Warning, if you're practically a human fish like myself, make sure to pack lots of SPF. You'd think we'd know coming from Australia, but alas we learned the hard way.

EVERYTHING IS SO DELICIOUS

Apart from the very first cocktail we ordered – the 'jazzy colada' which was presumably a Fijian twist on the coconut classic - everything we drank was scrumptious. We hopped from hotel to hotel, soaking up the sun and what we realised was the Fijians are magicians in the kitchen. Likely because the ingredients were so fresh and sweet, there's no getting it wrong. Just another reason why we couldn't get enough of Fiji.

LOCATION, LOCATION, LOCATION

It takes a special person to find enjoyment in sitting on a plane for more than 20 hours. Personally, I find being crammed into a barely legal space, to breathe recycled air, low on the list of things I desire to do. But the reality of living in Australia means that at some point you're probably going to suck it up for a chance at seeing the world. This is just one of the reasons why Fiji makes for the perfect place to visit. It only takes about five hours to get there, which is far more manageable for a quick getaway.

THE PEOPLE ARE SO WELCOMING

If you know anyone who has been there before, I can almost guarantee you they've commented on the friendliness of the Fijian people. They're brimming with life, which is why they're among some of the best people I've had the pleasure of meeting.

We were always made to feel safe, included and welcome, and as young women, this is something we are always mindful of when travelling. It's safe to say that the Fijians surpassed our expectations and more.

What's On

Dungeons and Dragons Gaming for Teens

Join St Ives Library crew for a dungeon crawl, to start your adventuring and be shown the basics of the game. Their dungeon master will challenge you with a series of puzzles and engage in a series of combat encounters. Players can bring their own character or choose one from their pre-made selection. The event is strictly for teens 12 to 16 years.

When: Friday 6 October, 10:30am-12:30pm.

Where: St Ives Library, 166 Mona Vale Road, St Ives, 2074.

Cost Free.

Contact: Jo Potter, <u>younglibrary@krg.</u> nsw.gov.au.





Oriental Cat Club All Breeds Open Cat Show

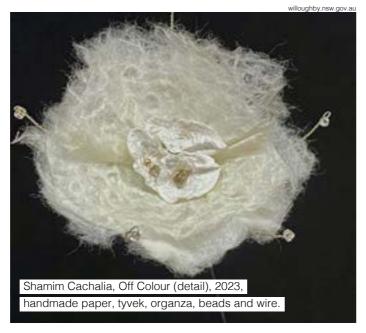
The Oriental Cat Club of NSW is prowling into the St Ives Showground on Saturday 7 October with their yearly dedicated Cat Show. This is a wonderful day out where you can see many of the state's top pedigree breeds of cats including Exotic Persians, large Main Coons, golden-eyed Burmese, floppy Rag Dolls, tiny baby kittens, and slinky Siamese with a special focus on the unique Oriental breed of cat.

When: Saturday, 7 October, 9am-4pm.

Where: Douglas Pickering Pavillion, St Ives Showground, 450 Mona Vale Road, St Ives, 2075.

Cost: \$2 per Adult; \$5 per Family.

Contact: Joanne Nash, 0402 708 668, jo@vatis.com.au.



Altered States Exhibition

This exhibition showcases artworks which push the boundaries of how paper is made using recycled materials. Creative expressions in paper include delicate sculptures, printmaking, artist books and collaborative altered books by members of Primrose Paper Arts.

The artworks demonstrate their innovation in the field of contemporary paper arts practice while also responding to the Incinerator Art Space and Primrose Park Art Centre. The event is part of the Sydney Craft Week that runs from 6-15 October around Sydney, but the Altered States will be extended until the end of the month.

When: 11-29 October, 10am-4pm.

Where: Incinerator Art Space, 2 Small Street, Willoughby, 2068.

Cost: Free

Contact: Sydney Pemberton, primrosepaperarts@7mail.com.



Composting and Worm Farming in Small Spaces

Learn everything you need to set up, run and harvest worm farms, bokashi and compost - all from your balcony, laundry, or ground floor garden. Willoughby City Council provides discounted worm farms, bokashi and compost bins to all Council residents through Compost Revolution, and this workshop will be held on Zoom, live from the Compost Revolution master composter's own apartment!

When Thursday 12 October, 7:00pm-8:30pm Where: Online on Zoom.

Cost: Free.

COSt. Fice.

 $\textbf{Contact:} \, \underline{support@compostrevolution.com.au}.$

Upper North Shore Volunteer Forum

If you're interested in volunteering, Ku-ring-gai Council would like to invite you to our Volunteer Forum. You'll be able to chat with organisations about volunteering opportunities and speak to other volunteers about their experiences.

When: Tuesday 17 October, 10am-12:30pm.

Where: Hornsby RSL Club, 4 High Street, Hornsby NSW 2077. Cost: Free.

Contact: Lily Li, 9424 0970, volunteers@krg.nsw.gov.au.

Hornsby Art Prize 2023 Exhibition

The Hornsby Art Prize is organised and sponsored by Hornsby Shire Council and delivered in partnership with the Hornsby Art Society. The non-acquisitive prize celebrates Australian Contemporary Art and is open to all Australian residents aged 18 years and over. Over 80 works are selected for the exhibition, from the categories of Painting, Drawing, Printmaking, Digital Art Stills and Sculpture. This year's esteemed panel of judges are James Powditch, Chris Langlois, and senior digital effects artist Nicole Mathers.

When: Friday 20 October-Sunday 5 November, 10am-4pm. Where: Wallarobba Arts and Cultural Centre, 25 Edgeworth David

Avenue, Hornsby. **Cost:** Free.

Info: www.hornsby.nsw.gov.au/lifestyle/arts-and-culture/hornsby-art-prize.



Memorial Gardens 90th Anniversary

On Saturday, 28, the picturesque Northern Suburbs Memorial Gardens is throwing its gates wide open for a special day! It will celebrate the 90th Anniversary of its enchanting gardens with an open day filled with memories and merriment.

When: Saturday, 28 October, 10am - 3pm Where: Northern Suburbs Memorial Gardens, 199 Delhi Road, North Ryde, 2113. Cost: Free entry.

 $\textbf{Contact:} \underline{\textit{olivia.borg.invocare.com.au}}.$

Ryde Community Network Event for Providers

Do you like helping people and shaping a more inclusive community? If yes, Ryde Council would like to hear from you. City of Ryde is hosting a community network event for service providers and you are invited. In this session, you will have the opportunity to network with other providers, meet Council's Community Development, team and learn more about City of Ryde



Supporting Inclusive Volunteering project and receive a free disability awareness training and "More than just a job" module with Uniting and Council for Intellectual Disability. This is a free event. Limited space available and RSVP is required.

When: Wednesday, 25 October, 10am to 12pm.

Where: West Ryde Community Centre Hall, 3-5 Anthony Street, West Ryde, 2114. Cost: Free.

Contact: Jennie Dang, jennied@ryde.nsw.gov.au or City of Ride Community Services, 9952-8222.

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Gaga; 7. The platypus; 8. 1984; 9. A. A. Milne; 10. Hamlet; 11. Greenland; 12. 22; 13. Pinocchio; 14. Brisbane; 15.

1. France; 2. 206; 3. Pandora; 4. The Australian Open; 5. Nine; 6. Lady

TRIVIA

- 1. What country gave the US the Statue of Liberty?
- 2. How many bones are in the human body?
- 3. According to Greek mythology, who was the first woman on earth?
- 4. Tennis star Serena Williams won which major tournament while pregnant with her first child?
- 5. What is the 5th decimal digit of pi?
- 6. Which singer's real name is Stefani Joanne Angelina Germanotta?
- 7. The only known monotremes in the animal kingdom are the echidna and which other creature?
- 8. In what year were the first Air Jordan sneakers released?
- 9. Which author wrote the 'Winnie-the-Pooh' books?
- 10. Which of Shakespeare's plays is the longest?
- 11. What is the world's biggest island?
- 12. In a bingo game, which number is represented by the phrase "two little ducks"?
- 13. Which Disney film features the song 'When You Wish Upon a Star'?
- 14. What city will the Olympics be held in 2032?
- 15. What is the painting 'La Gioconda' more usually known as?
- 16. What's the hardest rock?
- 17. Which horoscope sign has a crab?
- 18. Who was said to "float like a butterfly and sting like a bee"?
- 19. What is the first element on the Periodic Table?
- 20. What does a Scoville unit measure?



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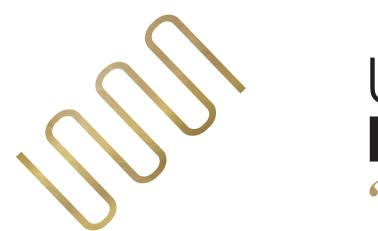


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