

SYDNEY OBSERVER

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NUMBER ONE
CRIME IN
KU-RING-GAI

A MOTHER'S
CURE FOR ALL

LOCAL MUSIC
LEGEND
COLIN COORIE

DOG FRIENDLY
FOOD SPOTS

SULTRY STONE
IN HOME DESIGNS

THE IMPORTANCE
OF CHOICE IN
EDUCATION

AUTUMN PERFUME
RECOMMENDATIONS

JAPAN'S
CHERRY
BLOSSOMS



WIL ANDERSON

BEHIND THE \$9.99

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EDITOR’S HIGHLIGHTS

Magnificent May, the month of Mother’s Day, is upon us.

We get chatting with Wil Anderson, comedian and host of *Gruen*, discussing the nature of advertising in our society.

We take you to Japan for a floral blossoming and our photographers give us some more local glimpses of beauty in our Day In the Life of Sydney section.

Keep well and keep happy, and of course read our May issue, and of course enjoy it.

Jh



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Killara	Roseville	Turrumurra	Willoughby





Clovelly Beach.



Loftus Creek Trail Fire Hike.



Palm Beach.



This giant husky took a well-deserved nap on the floor at North Sydney Vinnies.



Although it is a bit of a drive from the North Shore to the eastern suburbs, it is well worth your time visiting this high tea at the InterContinental in Double Bay.



Woronora River - Boat Shed Cafe to refuel from hike...



... Or enjoy a paddle - Woronora River.



Lane Cove bushwalk.



Gordon's Bay with a very interested kelpie.

KU-RING-GAI'S NEW WASTE APP REVIEW

Ku-ring-gai has a new app for local residents - so *Sydney Observer* decided to put it to the test.

Recently, Ku-ring-gai Council announced a new app called Your Waste, which gives us the ability to look up our bin collection schedule, set bin night alerts and receive push notifications of any unexpected interruptions to waste services.

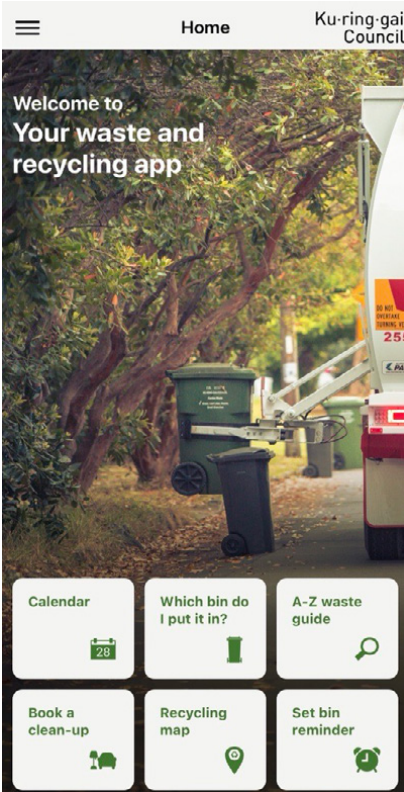
It's certainly a step forward in our local council's green offerings. But does it live up to the hype?

OUR POINT OF VIEW

It was nice and easy to download from Apple's app store (for free), and it would be fair to assume the process would also be straightforward for Android users.

The pros outweigh the cons which is great - namely because we no longer need to rely on our neighbours to put their bins out first for us to then establish which

week is for what waste category. Ultimately the best hack is having the alert reminder, because everyone

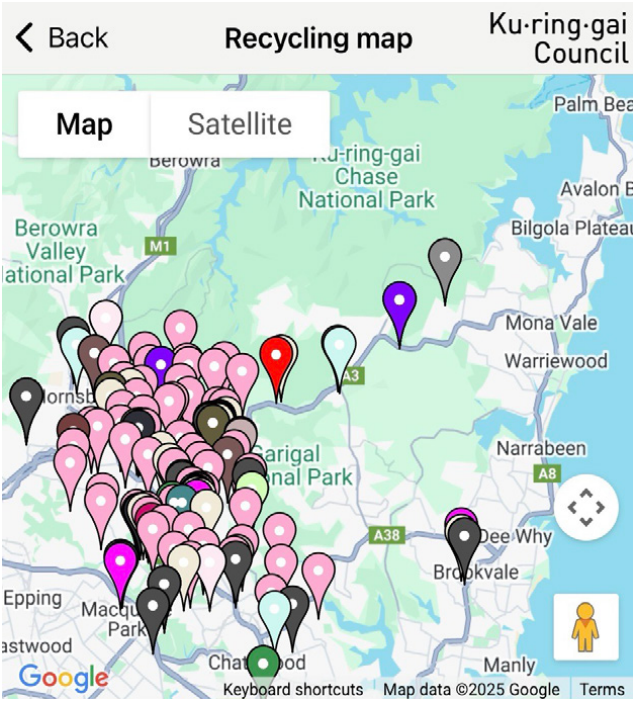


knows that awful feeling when you forget to put your very full bins out for collection. Over Easter and ANZAC Day it was also helpful to be reminded of any disruptions and public holiday services.

If you are a smartphone user, then this app is a great thing to have. For our older demographics who are perhaps a bit sick and tired of having to rely on their phone for everything, having yet another app may feel cumbersome.

There was also some advice available on the interface about how best to recycle, though this could have been a bit stronger in our opinion. The highlight on this 'green front' was the recycling map which showed a range of retail outlets and other drop-off locations accepting used goods.

Overall, the app is designed really well, it's user-friendly and it's been a helping hand for locals like us.



The highlight on this 'green front' was the recycling map which showed a range of retail outlets and other drop-off locations accepting used goods.



Download it on App Store.



Download it on Google Play.

COMMUNITY PETITION LAUNCHED

The Minns Labor Government has decided against a new 1,000 place public primary school at the former metro dive site on the corner of Mowbray Rd and Pacific Highway, Chatswood, as well as a new public preschool, primary school and high school precinct to be located within St Leonards.

The Member for Willoughby Tim James has launched a community petition. "Our community is crying out for new schools. Cammeraygal High is turning away local students, schools are considering a return to demountables, and school catchments are being hastily redrawn to cope with the demand," Mr James said.

"The NSW Government's planning reforms are intended to drive significant population growth in areas such as Chatswood and around St Leonards and Crows Nest. These people will need schools."

Do you agree with Mr James? The petition is now available at www.timjamesmp.com.au/schools.

COLOURING COMP WINNER

Children from across the North Shore were eager to find out who would take out the prize in the Easter colouring comp run by Belle Property Lindfield — and the results are finally in.

Among the winners is the 8 years old Aidan Kumria, who took out second place. Aidan contributes to this issue of *Sydney Observer* with his review of *Dog Man – The Musical*. Turn to page 21 to read his take.



Aidan Kumria receiving his prize from real estate agent, Heidi Huang.

Have your say on Ku-ring-gai Council's long term plans

You're invited to comment on Ku-ring-gai Council's 10 year Community Strategic Plan, 4 year program of services and activities and the 2025-2026 budget, including fees & charges.

Find out what Council intends to do in the 2025-2026 financial year and how the services and activities will be funded.

You can also explore Council's long-term plan for the area and the goals of the community over the next 10 years. The documents are on public exhibition from **Wednesday 23 April to Tuesday 20 May 2025** at krg.nsw.gov.au/yoursay, Ku-ring-gai Council, Level 4, 818 Pacific Highway Gordon or any Ku-ring-gai Library branch.

Written comments quoting reference number S09755/13 must be received by the closing date. You can comment at krg.nsw.gov.au/yoursay; by email at krg@krg.nsw.gov.au; or by mail to the General Manager, Ku-ring-gai Council, Locked Bag 1006 Gordon NSW 2072.

All submissions are public documents and will be considered in a final report to Council.

Enquiries
Integrated Planning Team 9424 0000 or krg@krg.nsw.gov.au



KU-RING-GAI'S NUMBER ONE CRIME

Ku-ring-gai is quiet and leafy – that’s why so many of us choose to call it home. In terms of crime however, it isn’t as sleepy as we’d like to assume.

The NSW Bureau of Crime Statistics and Research (BOSCAR) has released their crime statistics report for 2024. It consists of criminal incidents reported to or detected by police and recorded on the NSW Police Force’s Computerised Operational Policing System.

Compared to other parts of Sydney – particularly the inner city, the south-west, west and outer west Blue Mountains region – the North Shore had a much lower rate of crime across various categories.

North Sydney and Hornsby – which the Upper North Shore falls under – had no recorded murders. Domestic violence, like with any place in the country, remained a pertinent issue for the local area, with 684 domestic violence related assaults recorded. Almost 300 sexual assaults were also noted, according to BOSCAR.



Domestic violence remained a pertinent issue for the local area, with 684 domestic violence related assaults recorded.

Where North Sydney and Hornsby saw its highest numbers was in relation to one particular category – malicious damage to property. There were 556 break and enter into dwellings, 254 motor vehicle thefts, 1,126 malicious damage to property and almost 900 retail store stealing incidents.

Another thing for locals to keep an eye on – says Ku-ring-gai Police Command – is scams.

“Scammers are creating fake funeral live streams and fundraising pages. Scammers contact friends and family with a fake live stream link leading to a malicious website that steals your personal information and often requests payment and/or credit card details,” the Command said.

“Funeral directors will never request payment to attend a funeral, either in-person or to watch via a live stream. Contact family or friends directly before donating to a fundraising page. If in doubt, don’t donate.”

MORTGAGE-FREE SIGH OF RELIEF

Interestingly new data from SuburbTrends has showed that the North Shore and Northern Beaches are doing the best in Sydney when it comes to being mortgage-free. Bayview and Elanora Heights had 53% of residents outright owning their private dwellings, with Castle Cove and Northbridge at 51%, Avalon to Palm Beach at 51% and Terrey Hills at 50%. Notable other spots with minimal mortgages included Turramurra, Mosman, Woolwich and Hunters Hill.

But what are the factors that have likely influenced these results? One option could be the high earning income of many on the North Shore, as per the latest Census data. Another is the age of those in the area, which has a larger older population compared with the



inner west which is known for its younger demographic. With older age, comes the likelihood of having more time and resources to have paid off a mortgage over many decades. Last but not least, we have to consider the familial wealth that is apparent in these rich suburbs – where homeowners are now sitting on housing gold mines thanks to the property boom.

For context, the average new home loan in Australia is around \$665,000 to \$810,000 for owner occupier homes. The steady increase in loan size comes despite high interest rates in the last couple of years, with rates only now beginning to fall. But luckily for many on the North Shore – though of course not all – a level of hard work and privilege means a big sigh of relief to be mortgage-free.



Event sponsorship

Applications open

Sponsorship applications are open for individuals and organisations wishing to deliver exciting and inclusive events during the 2025-2026 financial year.

Applications close on
5pm 31 May 2025

krg.nsw.gov.au/sponsorship



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THE IMPORTANCE OF CHOICE IN EDUCATION

by Matt Cross

We have wonderful schools in our local community. We should have choices about what school to attend – whether it be a public, independent or Catholic.

Choice empowers families to make decisions that impact them most and forms part of our Australian values of “a fair go for all”.

Disappointingly, the Secretary of NSW Education places doubt on the importance of choice. In April, the Secretary told the ABC, “We’ve had countries across the world that have been very successful on their educational path with one provision, and that’s been a public provision. It needs to be debated and discussed.”

This comment undermines the 475,000 students and their families that currently attend the 500 independent and 600 Catholic schools in NSW.

We should consider our past before wanting to start a future debate and discussion.



For starters, our first NSW schools were not government run schools. The oldest continuous school is Newcastle East Public School, established in 1816. It was a charity school inside a church, and the teacher was a convict on a conditional pardon.

Secondly, independent and Catholic schools play a practical part providing education to thousands of students every day. If that were to cease, we can refer to the Goulburn strike in 1962. In protest about the lack of state support, students from six local Catholic schools enrolled in local public schools. This overwhelmed the

public schools, and not all students could be accommodated.

Finally, we must remember that most independent and Catholic schools provide a religious element to education. I am a proud graduate of St Leo’s Catholic College in Wahroonga. My parents and I made a conscious choice to enrol given our Christian faith. Many students and families make a choice based on their faith too – including Buddhist, Christian, Hindu, Islamic and Jewish schools. Choice helps support and promote our rich and vibrant multicultural and religious diversity.

Our NSW education system is one of the best and most successful in the world due to the choice we provide families. This should be celebrated, not debated.



Matt Cross is the NSW Member for Davidson

AVOIDING A GIFT FAILING

by Wal Abramowicz

The NSW Supreme Court recently found that in certain circumstances a gift left in a will can still go to the right person even if the asset no longer exists when the person dies. Raymond passed away in January 2023. His estate included cash and a \$480,000 deposit from an aged care facility. His wife Beverley and five children survived him. During his later years, Raymond’s daughter Linda managed his finances using a power of attorney. A power of attorney is a formal document authorising a person to act for another and sign legally binding documents on their behalf.

Raymond, in his will, left the deposit from the aged care facility to his wife Beverley. The deposit was paid back to Raymond while he was still alive. Raymond could not gift the deposit to Beverley under his will because the deposit no longer existed. If a gift under a will ceases to exist when the person dies, the beneficiary does not receive that benefit. This is called the “principle of ademption”.

Linda argued that because she was using a legal power of attorney when handling Raymond’s

finances, the gift should not fail. She relied on section 22 of the Powers of Attorney Act, which prevents ademption when it is the result of an attorney making decisions on behalf of the person who subsequently died.

The Court followed the reasoning that the purpose of this law was to prevent this kind of injustice, and that Beverley should still receive the value of the gift. The judge also noted that the family could have avoided the legal proceedings if everyone had cooperated.

This case shows the importance of understanding how powers of attorney interact with estates. An experienced lawyer is valuable in ensuring that you receive your benefit, even if that asset no longer exists.

Fox & Staniland Lawyers (foxstaniland.com.au) 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.



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MOTHER’S DAY VOX POPS

Sydney Observer hit the streets to hear from locals about what they like to do with their mums on Mother’s Day, what memories they share and what gift they are going to give to them.

It’s good driving with her. We are going to go out for dinner.

Tasha Velantoua

I always remember our mother-daughter trips – road trips – in England. I am taking her and my grandma out for lunch.

Tamaryn Chadbon

I am going out with her for lunch and I will give her flowers.

Prisha Singh

I have memories enjoying our holidays together and on this Mother’s Day I am going to the Gold Coast with my mum and bringing our dog.

Elodie Cohen

I am going out with her for breakfast and I will give her flowers. Her favourite flowers are tulips.

Monique



“NO CHILD HAS DIED FROM BOREDOM!”

by Dr Belinda Siew Luan Khong

Two young mothers are having coffee. 6-year-old Didi calls out, “I am bored, Mum.” Didi’s mother gives her the mobile phone and says, “Watch this cartoon.” While the phone ‘nannied’ Didi, the ladies continue chatting. After 10 minutes, Didi calls out, “I am bored, Mum.” Her mother opened a game on the phone. After finishing the game, Didi keeps fussing. Didi’s mother apologises to her friend, saying, “She gets bored easily. I don’t know how to keep her entertained.”


Fast forward seven years later. Didi is 13 years old. She has her own mobile phone. At 9pm, she is chatting on the phone with her friends. Her mother calls out, “Stop using the phone.” Didi ignores her, “I am bored, Mum, I am bored.”

In my book, “Raising Spring Kids: A Psychologist Guide to Nurturing Mindful Kids” (April ’25 Issue, *Sydney Observer*), you can read about how to manage the challenges of the digital age.

- ▶ Role model positive behaviour by not constantly checking your phone and the internet.
- ▶ NEVER use mobile phones to ‘nanny’ children.

Quick fixes to relieve kids’ boredom have negative psychological consequences. Your child learns to demand and rely on being entertained rather than make up their own games. As a psychologist, I assure you, “It is ok for kids to be bored. Bored kids need to learn to play imaginatively, rather than with a mobile nanny!”

See “Raising Spring Kids: A Psychological Guide for Nurturing Mindful Kids” (2025). If you have any enquiries you can send an email to bkhong@belindakhong.com or check my website: www.belindakhong.com.



Dr Belinda Siew Luan Khong
is a consulting psychologist, PhD LLB (Hons),
FAPA, FCCounP, MAPs.

EXPLORE KU-RING-GAI’S HISTORICAL BEAUTY

The Ku-ring-gai Heritage Festival is still underway in May, much to the delight of locals. For those who have a keen interest in home and garden and all things lifestyle - there are a few council events on offer that you should consider looking into.

ROSE SEIDLER HOUSE: ARCHITECTURAL GEM

In 1950, Rose and Max Seidler moved into Sydney’s most modern house designed by their son, Harry. The design of Rose Seidler House was shockingly different but celebrated at the time. Does it still shock after 75 years? A presentation by curator Michael Lech will look at the conception behind the house design, and how the Museums of History NSW now cares for this not so new, but still ‘modern’ marvel.

Date: 13 May.
Location: Gordon Library.
Cost: Free.

SWAIN GARDENS GUIDED WALK

Join Joy Bryan, daughter of Mr Arthur Newling Swain and council’s resident gardener Adam for a guided walk and talk through Swain Gardens, followed by a morning tea on the tennis lawn. Swain Gardens is an outstanding example of an extensive garden and is listed as a significant local heritage item.

Date: 15 May.
Location: Swain Gardens, Killara.
Cost: Free.

TOURS OF HISTORIC WOODLANDS

Council will be sharing Woodlands’ rich heritage and stories of past resident and blue plaque recipient, Ethel Turner, author of the classic ‘Seven Little Australians’. Join the group as they return to the late 19th-century rural North Shore. All tours end with a cuppa and treat as you listen to a dramatic reading from Seven Little Australians. Tours are 1 hour in duration. Tours run every hour from 10 am to 3 pm.

Date: 18 May.
Location: Woodlands, 1 Werona Avenue, Killara.
Cost: \$15 to \$20.

More info about the events on www.krg.nsw.gov.au.

SYDNEY OBSERVER’S GIVEAWAY WINNERS



In April, *Sydney Observer* gave away passes to the Sydney Royal Easter Show – and what a fantastic occasion it was! A big congratulations to the winners and thank you to everyone who entered.

Over 850,000 attendees visited the show this year from all over the state, with around 15,000 trophies, certificates and medals awarded to agricultural winners.



HERE ARE SOME OF THE LUCKY WINNERS



Toby Markulin, Roseville Chase.



Bodhi, Lane Cove North.



Tracy Rodpac, Lindfield.



Suzie Smith, Pymble.



Nadia Aivazan, Frenchs Forest.



Jian Luo, Killara.



WIL ANDERSON BEHIND THE \$9.99

by Jay Houhlias

Wil Anderson is first and foremost a comedian. It is how he defined his skillset. But for five hours of television a year, Wil also hosts *Gruen*, a panel show discussing advertising, its effects on society, and us as individuals. The hugely popular show has become increasingly relevant as society has become increasingly underpinned by advertising and branding. But Wil doesn't consider himself an expert on advertising, nor does he really like it, but as he explains, this dynamic is perhaps why the show works and why it has lasted 17 seasons on our screens.

“Shows that I've been employed to do, they've employed me to be a comedian. So, I guess I've always approached everything with a comedic perspective - whether I'm talking about football or whether I'm talking about advertising.”

“...my role on that show is very much to be the voice of the people at home... otherwise they're all just advertising experts, they all work in the industry...”

“I mean, I can give a person on the street an opinion. I can give a comedian's opinion about what I think about an ad or a campaign or whatever, but I don't have a great level of expertise in regard to that.”

Gruen is coming up on its 18th year, a show which “is very much the one night stand turned into a pregnancy... something we've just kept doing because we've been interested... and the audience have shown interest, and weirdly, that's kind of now sustained itself.”

Wil was frank in discussing the purpose and mission of the show, denying romantic notions of crusading for truth and being a force for good against the ‘badies’ of big media corporate, or however you would define the badies. It was something I didn't expect, and it was far more thought provoking.

“I don't really specifically think too much about what it is that we're

trying to do - we just try to best serve the show each week the best we can. When you think about it much more than that, I think that's when you actually get yourself in trouble.”

“I don't know if there is a mission to the show. I think that the original premise, when Andrew Denton and Jon Casimir were talking to me about the show, was that they wanted to make something that gave people the tools to understand advertising... but it has not done anything to actually make advertising better...”

“...I think there's been myriad studies now showing that knowing something about something doesn't necessarily make a difference - it's like knowing social media is bad for you - you still can get caught up in the cycle of being on social media.”

“Because the truth of it is that even though you have a small amount of knowledge, a little show on the ABC that's on for five hours a year... it's like the kid pissing in the ocean when it comes to really affecting things. There's more money spent globally making advertisements than there is on the entire Hollywood movie system.”

“We can do an entire segment on the show about something damaging or terrible that Coca Cola has done, or that a cigarette company has done, and then, just through having to watch those advertisements so many times during the week or during the show, what you find is next time you're at a servo you want Coca Cola.”

“And so despite the fact that you are consuming all this media and this messaging in a way that you're picking it apart and showing what it's done, just because you know how it works doesn't mean that the trick doesn't still work on you.”

Despite how it may sound, speaking with Wil was not dire. There was an odd liberation in knowing and accepting how advertising is integrated into our lives and how we are susceptible to it. It also helped Wil was discussing it in Wil terms, with comedy.



“...my role on that show is very much to be the voice of the people at home...”

Comedian and Gruen Host, Wil Anderson

“The advertising industry was desperately against this show - they thought it was going to be a typical ABC job on advertising that was going to ruin all their tricks and expose everything.”

“But what they've learned is over the years, they can tell us everything. They literally can just come on and tell us, yes, this is what we do, this is how we do it, and it doesn't affect negatively if anyone is unable to stop doing it.”

“So if the vision of the show is to actually help people be more immune to advertising, then I think we've wasted the last 18 years. But if the point of the show is to have an interesting and funny and hopefully insightful, sometimes, conversation that is sparked by advertising and marketing to try to explain the world a little better through the prism of advertising and marketing, then that's probably all we can possibly aim to do... we just try to have a look and ask some questions and see what happens.”

Wil goes on, “I think this is the blessing of the show... Andrew and John were really smart when they were thinking about it originally, which was that they knew the host had to be somebody who didn't like advertising...”

“Because the temptation has always been to go over to the dark side, to take the opportunities that will come your way, to contribute to advertising agencies or business parties, or do a function or be in it... The toughest thing is to actually to rule out any commercial endorsement... which is increasingly difficult in our modern environment because the funding model of pretty much everything now is advertising...”

Even logging onto our Zoom call, both Wil and I experienced pop up ads.

“...Advertising is so entwined into every aspect of our lives. There is no way you can avoid being exposed to advertising these days... I try to avoid advertising for eight months a year, and then four months a year, I have this intensive world where I have to watch every ad on the planet, and I have been doing that for 17 years.”

“I can't do the maths, but if that's four or five years of my life spent on that, that's an awful way to think of it - what a waste of a lifetime!”

It was a great way to finish our conversation, very fitting, with a laugh over a bleak sounding situation, with something true but not really, with something we are conscious of but not exactly willing to change, with something we forget about now because that can of Coke looks nice.

The new series of *Gruen* airs on Wednesday 14 May. Head to view.abc.net.au to watch online.



WHAT CONTRIBUTION WILL OUR STUDENTS MAKE TO THE WORLD?

by Russell Bailey

We live in a world that’s truly wonderful. How amazing is it that we can observe and investigate our world; respond to the world with feelings of joy and wonder; and even contribute something important to our world!

About 200 years ago, there was a young man in England, John Gould, who made a name for himself with his intense interest in ornithology (the study of birds). Gould was the son of a gardener at Windsor Castle. As he learned the art of taxidermy (stuffing specimens to look as close to life as possible), his talent – combined with his methodical recording of habitats and behaviours – won him a place in the most distinguished scientific body of his day as a Fellow of the Royal Society.

Gould visited Australia in 1837 with the purpose of classifying

as many birds as he could find. His *Birds of Australia* – illustrated by his wife, Elizabeth – includes more than 600 hand-coloured illustrations alongside vivid descriptions of birds he observed in their natural habitat. A huge contribution to natural science!

In May, a group of young Australians selected by AUSSEF (Australian Science & Engineering Fair) will present their high school science research at the Regeneration International Science and Engineering Fair in Ohio, USA. Two students from my school are included. One of them developed a new method of plant taxonomy using a computer program to analyse a leaf’s vein structure. Another designed the world’s first concave-backed nesting box with enhanced natural thermoregulatory properties to help preserve native animals. All the AUSSEF projects (at <https://aussef.com.au>) are interesting!

It’s important that school students are given opportunities to respond with inquiring fascination to the awesome creation in which we live.

But science isn’t the only worthy interest. Across the globe we’ve been reflecting on the contribution of Pope Francis to humanity in themes of mercy, peace, humility, and – with his passing at Easter – the hope of resurrection. Service to humanity was his lifelong pursuit.

Let’s encourage our students at school to pursue interests that are satisfying in their contribution of something that has lasting value, something that’s worth everyone remembering.



Russell Bailey is the Headmaster of Redeemer Baptist School.

HORNSBY TO COME ALIVE WITH WESTSIDE VIBE

Hornsby’s much-loved local festival Westside Vibe returns this month, Friday 9, with a lineup of entertainment and international cuisine that promise an evening overflowing with rhythm, colour and sensory delights.

This year’s Westside Vibe will transform the area around Hornsby’s Dural Lane with striking Mexican-themed decorations, food trucks, a licensed bar, face painting and kids’ activities, along with five hours of free live music.

Hornsby Shire Mayor Warren Waddell is looking forward to the festival, saying that it is a great opportunity for the community

to come together again to support local arts and culture.

“I am thrilled that Hornsby Shire Council can once again present its much-loved street festival, Westside Vibe, giving people the chance to enjoy food and drink and celebrate local artists. It is a wonderful opportunity to come out and have fun, and I look forward to seeing everyone there,” Mayor Waddell said.

Westside Vibe will come alive with music from a range of lively performers to get you dancing including Gang of Brothers, Venus Music, The Funky Monkeys, Phat Brass and the Red Rebel Rock Band.

Alongside the entertainment and activities, taste buds will be set alight by international food from over 15 of Sydney’s best food trucks including Japanese and Vietnamese Street Foods, Master Gozleme, Fritz’s Wieners German sausages, Piggy & Moo gourmet burgers and loaded fries, dumplings, mochi and much more. There will be snowcones and fairy floss for the kids, and Kubarz pop-up bar will serve delicious drinks, from beers to cocktails.

Westside Vibe will take place on Friday, 9 May, at Hornsby’s Dural Lane, from 4pm to 9pm.

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



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WHEN MOTHERS HAD A CURE-ALL FOR MOST THINGS

by Margaret Simpson

Back in the 1950s and 60s, years before Medicare, mothers tended to rely on traditional home remedies to sooth ailments and treat illnesses in their families. These were usually “old wives’ tales” handed down from grandmother to mother, and of a somewhat dubious nature. It was advised to hang a cut onion in a room to prevent the spread of measles; butter was applied to burns; tomato to sunburn; a blue bag for bee or wasp stings; brown paper and vinegar on the forehead for a headache; oil of cloves for a toothache; and a drop of kerosene in a teaspoon of sugar for a sore throat!

Applying hot or cold poultices, made from a mush cooked up in the kitchen and applied to bandages, was meant to draw and heal all types of sores and diseases. A mustard poultice was applied for chest infections, and a hot bread poultice to draw out a splinter.

Constipation was considered an unhealthy and worrisome affliction. This was fuelled by numerous articles in newspapers and magazines as to the importance of daily bowel movements and advertisements for cures and prevention. A popular proprietary remedy was Nyal Figsen, chewable tablets combining figs, senna and cascara. They were reported as “lolly laxatives” that “kiddies take joyously”. Babies and infants were treated with a gentle antacid-laxative, Nyal Milk of Magnesia, sweetened and flavoured with aniseed, which claimed to also ease colic pains.

Our tonsils suffered too and were routinely removed. This was regarded as a panacea for any upper respiratory tract infections and involved surgery and a week in hospital at the time. Thankfully, medical research came to our rescue with vaccines developed for serious childhood illnesses such as polio and measles.

Australian Women’s Weekly”
advertisements, 1955



In the middle of the last century, it was advised to hang a cut onion in a room to prevent the spread of measles; butter was applied to burns; tomato to sunburn and so many more traditional home remedies.



A ROUND OF A-PAWS FOR DOG MAN: THE MUSICAL

by Aidan Kumria, 8 years old

During the school holidays, I went to experience *Dog Man: The Musical* at the Sydney Opera House! It was funny and surprising. Now, you may be wondering, why was it so funny and surprising? Well, the performance started with introducing us to Dog Man, the crime-fighting hero who is part-dog and part-man. It showed us how he ended up with the head of a dog and the body of a human after an accident during police work. Even if you’ve read the Dog Man books by author Dav Pilkey – who also created Captain Underpants – you’d still find that funny and surprising.

Like in the books, Dog Man has to stop his enemy Petey the Cat from doing evil things. Petey makes a clone of himself called Li'l Petey and tries to do more evil things with Li'l Petey by his side but instead, surprisingly, Li'l Petey ends up liking Dog Man! So that creates a lot of tension as the story goes on.

I think I would rate *Dog Man: The Musical* 9.57 stars out of 10.



The reason I gave it 9.57 stars is because I thought everything was very good, especially the fact that the performers made it like the original version. They were also very good singers – they sang a lot of the story. I think they could have made the transitioning a little bit more clear as it was a bit confusing if you hadn’t read the books – like five things happened at the same time then something huge occurred – but otherwise it was a fantabulous piece of work!!!

INSPIRED BY THE COMICS, THE SHOW IS COMICAL

by Kim Sparkes

MARVELous *The Show* is an adults-only, risqué, musical parody of the Marvel Universe. It's an ambitious and unique adaptation inspired by the superhero comics. I attended the opening night at Riverside Theatres Parramatta.

"Who's a good boy?" purrs the wise-cracking Deadpool, played by Co-creator and Director, Samwise Holmes. The audience already knows what's coming given his Marvel-R brand.

Just as Deadpool teases Wolverine for his serious manner, Samwise teases his adults-only audience to loosen up, laugh and embrace his outrageous and raunchy musical parody. The riotous show is packed with racy banter, sexual innuendo, some nudity, hilarity, astonishing athleticism and electrifying dance performances. *The Show* has many layers. Even if you're a novice to the Marvel Universe and don't get all the jokes and references, the sheer athleticism and energy of the performers will leave you wonder-struck.

Samwise Holmes sounds identical to Ryan Reynolds as he reads from an R-rated bedtime storybook. Deadpool is the narrator, and for the next 2 hours, the audience is dazzled by each cast member as they explode onto the stage, defying gravity with spectacular acrobatics, breathtaking stunts and superbly choreographed dance moves all in synchronicity with the rock-infused soundtrack.

The cast includes Dr Strange (Andrew Waldin), Captain America (Michael Boyle), Spiderman/Bucky/Hawkeye (Jacob McPherson), Pony Stark (Emma Wong and the choreographer), Black Widow (Megan Wonfor) and Fat Thor (Thomas Remaili). It's also Marvel

Ben Dingley



The riotous show is packed with racy banter, sexual innuendo, some nudity, hilarity, astonishing athleticism and electrifying dance performances.

with a gender twist so there is a Lady Thor (Sarah Jane Kelley), female Loki/ Scarlet Witch (Andrea Zappacosta), female Winter Soldier (Kaylee Kingi) and Iron Woman (Lulani Rawson).

Music from *Hamilton*, *Wicked*, *Dirty Dancing*, *Barbie* and *Flashdance* feature and the audience is treated to a masterclass of dancing, singing and acting. Highlights are Michael Boyle's and Jacob McPherson's cabaret strip-tease using shields to *(I've had) Time of My Life*, Andrea Zappacosta's incredible vocal range singing *Defying Gravity* and being mesmerised by Sarah Jane Kelly's aerials.

Librarians love it when a film's release drives readership of the book the film was based on. *MARVELous The Show* may also drive readership of the comics. Marvel has been around since 1939 and have created over 8,000 characters as well as movies.

As Deadpool drolls "Who's a good boy?" we know it's no one from *The Show* but when he asks "Whose had fun?" we know it's everyone in the audience! There is a whole culture to explore surrounding comic books and their adaptations; *MARVELous The Show* keeps the fun going.

ABOUT

MARVELous The Show is currently on tour nationally.

Created and directed by Samwise Holmes with Sally Jackson.

Choreography by Luka Lea-Vestic and Emma Wong.

Kim Sparkes works as a Librarian and is an avid reader, movie and theatre goer. She is an advocate of bibliotherapy - using the power of literature to heal.

A CHAT WITH LOCAL LEGEND COLIN COORIE

by Jay Houhlias

His story goes way back to when he first sat down to the piano at four years old. His parents observed he could play along, by ear, to any song on the radio.

Through the years, Colin Coorie honed this talent for music while keeping a life going alongside. His work in cover and original band work branched into musicals like *Miss Saigon*, *Lion King*, *Wicked*, *Jersey Boys* and *Matilda*, and these days, Colin seems to be able to juggle it all.

"I made music a big part of my school years, always looking to be involved in whatever was on offer, be it playing cornet (a type of trumpet) in the school brass band or performing and being involved in any productions the school theatre had going on."

"I bought my first keyboard around age 15 and used to get mates who were older than me to drive me to various jam nights around town. I would also go and see a lot of gigs and get to know other older musicians who were already quite well established around town. I would pick their brains on various topics such as practice routines, music to listen to, programming etc."

We spoke to Colin about the practicalities of keeping his career in music going while maintaining a balanced, functional life.

"Early on I did realise that I'd find it difficult to make a living just playing gigs. Back in those days we would wait up to months sometimes to get paid for any



"The scene for me these days is feeling privileged and fortunate to still be able to play keyboards and programme sounds for a host of mostly Aussie artists I grew up listening to or being a fan of."

Musician Colin Coorie

given gig. I knew that straight out of school I would need a job..."

"So out of high school I found a job which was close to home and was in the same industry as my father worked in. My father was a printer... I had an interest in photography and art so I figured that preparing images and text for print wasn't such a leap from being creative in music - I could still be a little creative, do my music on the side, but still get paid regularly - win win!"

"So from then on I haven't ever stopped working full time. I evolved with the printing industry in prepress and got to be a part of watching and using all the unfolding technologies the industry had to offer, whilst doing similar also with my music, music equipment and all the while, practicing to become better and eventually land a gig with someone famous as I would put it."

"I always found ways to make the gigs and my job work together. Sure, I was never free to relax or just practice during the day like some other musician friends, and admittedly I was always envious of them in some way, but eventually realised that it's not so bad. I get paid every week, I can afford to buy what I need and want at any time just for the small sacrifice of getting up each morning to go to work."

"As things have evolved over the years, for me as a player I feel as though I've earned my reputation through all the early years of relentless hard work, not giving up when doors weren't opening, but being persistent until I finally got that call or landed that gig I was so hungry for."

"The scene for me these days is feeling privileged and fortunate to still be able to play keyboards and programme sounds for a host of mostly Aussie artists I grew up listening to or being a fan of. I've worked with the most well-known artists over the years and continue to. I play in the house band for a company called Empire Touring which has also given me many memorable gigs and life experiences. A huge influence and someone I hold vast respect for is Richard Clapton, for whom I've played keyboards with, written and recorded with for the past 25 years."

If you happen to catch Colin out in about our North Shore, say g'day. It will be easier than trying to say hello while he's up on stage.

AMERICA FIRST, AUSTRALIA SECOND?

by John Citizen

In the modern media landscape, it has become impossible to watch the news without mention of the current occupant of the Oval Office. Even without saying his name, the imaged conjured is distinct. The President seems to evoke somewhat of a curious reaction for those who remember a time in politics when scandal ended careers in a display of apology and tears. To some he is a valiant crusader against the corrupt establishment leaching from the American middle and working class, to others, a dangerous autocrat whose contempt for American institutions jeopardises the very ideals for which the republic was founded. The effect Donald Trump has had on not only the American people but the whole world has been significant.

Trump's wish to shift the global order to an unabashedly *America First* footing has upended 70 years of US foreign policy doctrine. It may seem poetic to some that former President Biden, who was born under the administration of Franklin Roosevelt, appears to be the final incumbent of the Oval Office clinging to the old order. With Trump's second term, a new age of protectionism seems to be sweeping the world.

One thing is for certain, the global markets are certainly on edge. The President's signature bold style plays well with his devoted base however, for markets who crave stability, Trumps flux in trade policy is not only testing the global economy, but also long held alliances.

Despite the long friendship between our two nations since the end of WW2, the trade surplus enjoyed by the USA, and the strategic importance America holds in the Asia Pacific region, the President has not seen fit to spare Australia from the sweeping tariffs imposed on the world.

It has been reported that "Trump's shadow looms large" over the Australian election, and this certainly appears to be the case. For example, in Canada, the doomed Liberal party has seen a revival after Trump's aggressive trade policies (among other things)



have disrupted the regular operation of diplomacy and trade, with Canadians rallying around the flag to oppose Trump's demands. And while partisan tensions across the Pacific appear to deepen, the great Australian tradition of general malaise with the leaders of the major parties has been tested with similar populist rhetoric, economic hardship, and a trend away from the major parties.

After the near-decade long rule of the Coalition, Anthony Albanese came to power with less than stellar results and the honeymoon is well and truly over. The opposition leader Peter Dutton fairs no better with most approvals at time of writing tied or trailing Labor as first party preferred.

The culture war front has been fertile ground for the Coalition in past elections and it appears Peter Dutton is more willing than his predecessors to embrace this wave of populism akin to the United States. Dutton's breed of politics spoke to people after the costly and ultimately futile Voice to Parliament referendum, however issues such as displaying the Aboriginal and Torres Strait Islander flags alongside the Australian flag, may weigh less on the mind of Australians more concerned about the cost-of-living.

Mired with incumbency during a cost-of-living crisis, Albanese has not endeared himself to the public. The legacy of the Voice referendum continues to influence voters considering the breath of its failure. While the culture war's influence is by no means as excessive as in the United States, it seems the outcome of this election may rest on similar political tactics, regardless of the traditional economic metrics of GDP growth, unemployment etc. In this realm Trump may play king maker.

Whether or not Trump continues to push aggressively to redress the perceived imbalances of the Austro-American relationship may determine who occupies Kirribilli house in May 2025.

John Citizen is a young Australian passionate about global politics and economy who studied both fields at the University of Sydney.



WHEN ITS SUMMER IN SIAM

by Andrew McLean

Not even his double-glaze tinted lenses can keep the moon out tonight. Shane McGowan sits at the end of the pier. Right at the end, with legs dangling and arms against the rail. On nights like this, he is helpless to it: Elvis croaning on the airwaves, somewhere beckoning to a blue Chicago moon.

*here in the tower of song, warped
within its walls, all mortar and excavated stone.
nothing comes in
no headlights on the streets, no tires on the pavement
The prattle of old croans seeps incessant through
the bogged earth.*

The steel rail under his arms is like a bar of ice. It sucks the woollen-wrapped warmth right out of him. He can't bring himself to surface his frigid hands and get to it with his notebook and pen. When he cuts his peripheries with cupped hands, there is only the ocean swirling black like rivulets of oil and the light house's faint intrusion on its icy deck. With cupped hands, he could be anywhere, you know? Over the equator.

The last remnants of ethanol from the night's bourbon catches and burns one last time below the sternum. Over the equator, over the equator.

*When it's summer in Siam
In Siam, summer in Siam*

*The summer in Siam
And we go through many changes*

Somewhere over the equator, that big binding line! The ocean there is scented with pineapple. You can scoop it from its foamy top.

In the Summer in Siam

Oh yes, he's been here before. The advert in the shopfront with the sea glittering like blue cellophane under an autumnal sky. There was an apple the size of a small football on the window shelf. Men in chocolate brown overalls hurled in great big tuna fish over their shoulders and lay them flat on their glittering bellies.

He could move there. They all could. He'd wear a blue felt beret. He'd iron his trousers and work the trawler.

They all would and sail in at dusk on a pink and orange sea and huddled like angels over the grill, all might be forgiven for that wretched business with the net.

Well truthfully, the picture on the advert was of Japan and not Siam but

*When its Summer in Siam
Then all I really know is that I truly am
In the Summer in Siam
In the Summer in Siam.*

STORY TIME WHEELING DEALING

by Jay Houhlias

Andrews was not convinced. “How much?” he asked again, although he had heard the first time.

The man repeated his price and Andrews nodded thoughtfully. He had time to recover from the initial shock of first hearing the man’s price, and now he was composed enough he displayed what one may call a poker face. It was from the game poker, and its players used it to send their opponents mixed signals and betray their emotions rather than portray.

“Hmm,” Andrews said.

The man scratched his big stomach.

“Hmm,” Andrews said.

Andrews tentatively gave the man a much lower price. He did this in a way that made the lower price seem a necessity to him. He referenced how he didn’t have the money for the man’s price, how he was travelling on a budget, how there was a financial crisis which deeply affected a man of his particular occupation, and how it would be against his principles, or something like that, to pay that much.

“Brother,” the man said with a great friendly voice, “I cannot do that price. This is not making any money. I need this price.”

He countered with a new price which was marginally less than his original. It was so marginally less Andrews felt he was being teased or insulted.

“Ahh,” Andrews said as he put his hands in his pockets. He shook his head as unconfessionally as he could. He turned his body away as if to begin walking but stayed in the same spot. The man watched him like someone watches a drunk person wandering the streets.

“You can’t do any less?” Andrews asked, trying for sympathy with a weaker voice.

The man looked at him. If someone is about to get what they want, a good deal or money, they don’t care about sympathy. They’re about to get what they want.

“Brother,” the man said again, and that was all he said.

Andrews sighed feeling defeated yet not all the way defeated.

“Ok,” Andrews said, “that’s all good, don’t worry about it.”

The man looked at him confused.

“I can’t do it,” Andrews said, “sorry.”

The man merely nodded and went back inside. Andrews watched him, surprised his willingness to walk away hadn’t caused the man to suddenly change heart. He then began actually walking away.

He was annoyed, not because he hadn’t got his price, but because he really did want it. He needed it. He did not know why he had bargained because why not, but there was nothing essential or intelligent behind it.

He got a few streets away and then stopped suddenly. He turned back. He needed it. He walked, quickly now, back to the man’s place. When he reached it, the man was out the front again and his face showed a slight annoyance at seeing Andrews again. Andrews said he would take it for the man’s price, but the second price he had offered,

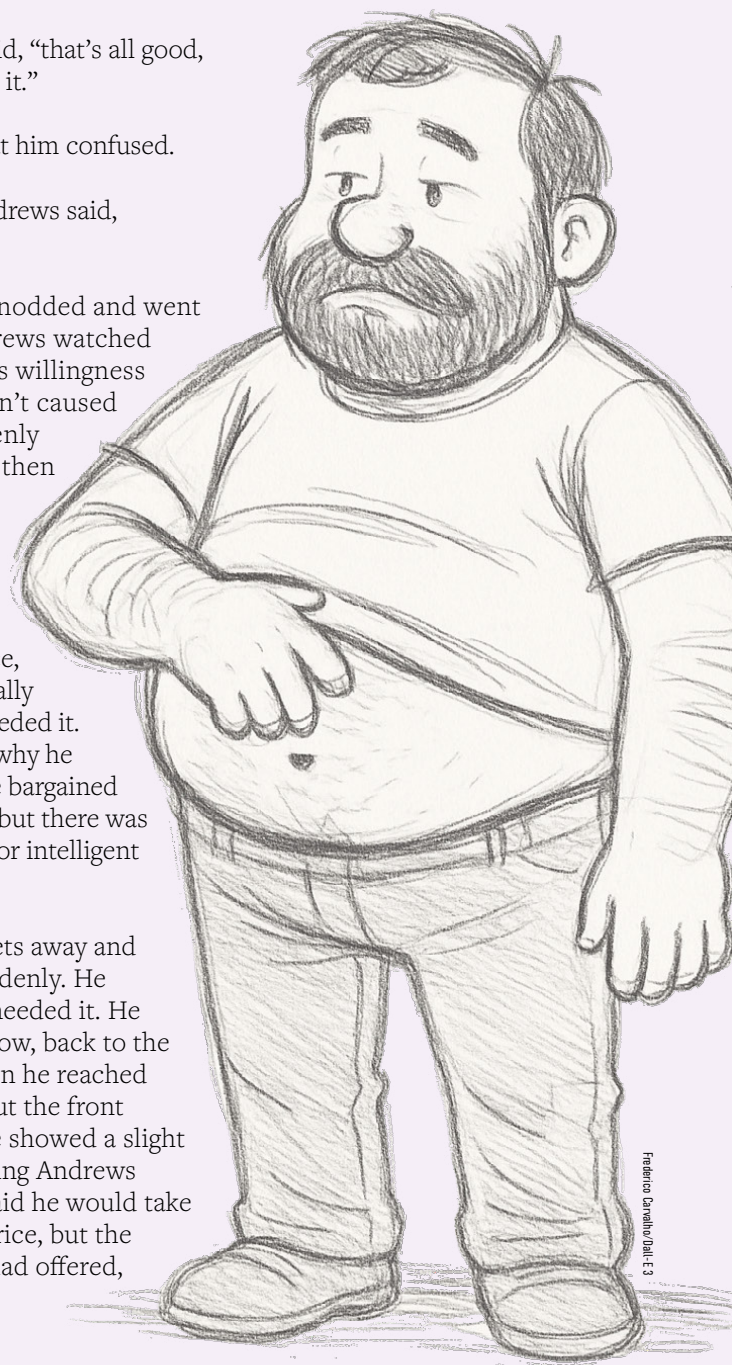
the one that was marginally less than the first.

“Brother,” the man said, “it has been taken.”

“Taken?”

“Gone,” the man said, “sorry.”

And so, Andrews slept in the park for the night. It was cold and it rained at one point too. He really should’ve just taken the room the first time.



THE LET THEM THEORY

“My child forgot their lunch at school” – let them. Kids can learn from mistakes.

“My friend isn’t responding to my texts or making the effort in our friendship” – let them. They’ve shown you the type of friend (or lack thereof) they are.

“My boss refuses to give me the promotion I’ve been pushing for a long time” – let them. Look for a new job in the meantime, you know your worth even if your current employer doesn’t.

The ‘let them’ theory is booming in popularity as of late. You might have noticed it in the popular culture you consume, via social media or even among recent conversations in real-life.

This theory has been popularised by an American life coach and ‘motivation expert’ called Mel Robbins. But given how general the basis of the theory is – which isn’t to suggest the theory itself isn’t powerful in its message – it’s now up for debate about whether Robbins actually coined the phrase officially. We can shelve that debate to the side for now though, because the crux of the theory is far more interesting.

It’s a mindset tool designed to help individuals let go of the need to control others and focus on what they can control – their own reactions, emotions and decisions. It’s all about self love, patience and finding emotional peace. Because there are countless things in life we cannot change.

So how do we apply it? When faced with frustrating situations or the actions of others, say to yourself, “let them”. After saying it, shift the focus to yourself by saying “let me”. It’s a reminder to manage our own response, set boundaries and redirect energy to something constructive.

Some of the criticism shown towards the theory is its simplicity. The idea that we can solve all our problems simply by shrugging our shoulders and exclaiming “let them” isn’t a one-size-fits-all solution. But there’s nuggets of truth and wisdom within it that at least every person can apply to some part of their life, whether big or small.

Unlike traditional self help methods, which can feel quite alienating to some, this is a no-nonsense approach. And it just might be what we all need for 2025.

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THE RESURGENCE OF 75 HARD

Follow a diet. No ‘cheat meals’ or alcohol is allowed. Do two daily workouts. Each much last 45 minutes. One has to be outdoors regardless of the weather. Drink 3.8 litres of water daily. Read 10 pages of a non-fiction book – audiobooks don’t count. Take a daily progress photo to track your physical changes. No modifications or exceptions are allowed. Do all of this for 75 days.

Its name is ‘75 Hard’. This is the fad diet/body trend that swept the internet a few years ago – but now it is experiencing a resurgence on social media – much to the alarm of health experts.

The challenge is created by a man called Andy Frisella, and is considered to be a mental toughness program that requires participants to complete six of those daily rules over 75 consecutive days. It’s meant to be hard. But the sheer rigidity and unhelpfulness of body-obsession was pointed out in 2023, only for TikTok and Instagram to have hashtags on the trend boom in popularity once again now. Here are three reasons why you should think twice about signing up to 75 Hard.

1) RISK OF DISORDERED EATING AND ORTHOREXIA

The Butterfly Foundation in particular has been critical of 75 Hard, given the program’s rigid rules and lack of balance encourages an all-or-nothing approach. Orthorexia is a term that describes an obsession with eating healthy food or ‘clean food’. The idea that we should all be dieting daily in some way rather than embracing balance is a key concern, the foundation previously said. Plus, the focus on the physical – for example taking daily progress shots – reinforces the idea that smaller bodies are ‘better’.

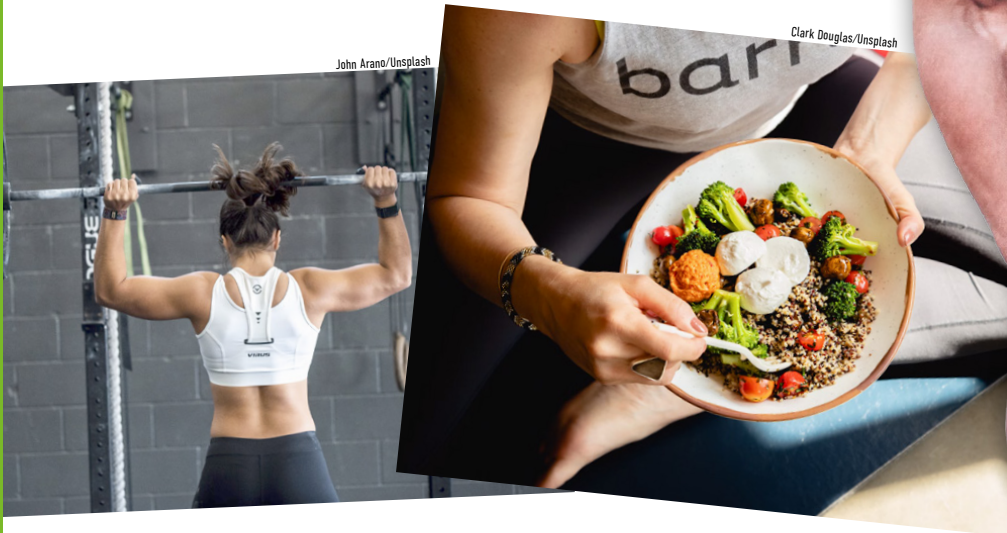
2) PHYSICAL RISKS

Instead of giving the body time to heal and rest, a person can feel obligated and pressured to move their

body in a way they don’t feel like doing - all because a challenge tells them they have to. According to the Australian Government’s Department of Health, adults are generally recommended to aim for around 150 minutes per week of moderate-intensity activity or 75 minutes of vigorous-intensity activity. Plus, a suitable allowance of water for adults is usually 2.5 litres daily – not 3.8 litres.

3) LACK OF SCIENTIFIC BASIS

Science is what informs health guidelines. It gives us the best possible chance of accuracy and ensuring what we do to our body is healthy and achievable. With this in mind, critics have argued that 75 Hard lacks evidence-based justification for its components. To put it bluntly – this viral ‘mental toughness program’ is really a bunch of pseudoscience popularised by a tech dude. And there lies the biggest issues with 75 Hard.



HER INDEPENDENCE, YOUR THOUGHTFULNESS

by Rejimon Punchayil

This Mother’s Day, consider gifts that truly enhance the independence, comfort, and safety of the special senior woman in your life. These thoughtful and practical options demonstrate care in a meaningful and lasting way.

Imagine the gift of enhanced confidence and security. A strategically placed grab bar in the bathroom can make entering and exiting the shower or toilet a much safer and more independent experience. Similarly, a lightweight, easy-to-grip Reacher can restore the ability to access everyday items on higher shelves or the floor without strain. Even a seemingly small item like a long-handled shoe horn can significantly contribute to maintaining her self-reliance and dignity.

For the gift of everyday comfort, consider supportive cushions designed to alleviate pressure and pain in her favourite armchair or dining seat, making relaxation truly restful. For an even greater level of comfort and wellbeing, exploring adjustable electric beds and supportive mattresses can transform her sleep quality. Modern rise recliner chairs, with their independent controls and stylish designs, offer both comfort and assistance with standing and sitting, blending seamlessly into her living space.

Prioritising her safety and your peace of mind is a profound expression of love. A discreet and easy-to-use wearable fall alarm can provide a vital lifeline, connecting her with immediate help should an emergency occur. Simple yet effective automatic night lights, easily installed in hallways and bathrooms, can



significantly reduce the risk of nighttime falls and enhance her sense of security.

This Mother’s Day, choose a gift that reflects your deep care and understanding of her needs. Go for presents that empower her independence, enhance her comfort, and ensure her safety. For more information browse KarisLife.com.au. Choose a gift this year that truly says, “I cherish you, today and every day.”





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HEALTHY HABITS FOR THE COLDER SEASONS

by Tayla Foster

As temperatures drop and daylight shortens, it's easy to fall into hibernation mode. However, maintaining healthy habits through autumn and winter is key to supporting your immune system, mental wellbeing, and overall vitality.

Start by prioritising your diet. Cold weather often brings cravings for heavier comfort foods, but balance is essential. Incorporate seasonal produce like root vegetables, citrus fruits, and dark leafy greens, which are rich in immune-boosting vitamins. Warm, nourishing meals such as soups and stews can be both comforting and nutritious.

Staying active is just as important in the colder months. While outdoor workouts may seem less appealing, try brisk walks, home workouts, or indoor fitness classes to keep your body moving. Regular physical activity improves circulation,

While outdoor workouts may seem less appealing, try brisk walks, home workouts, or indoor fitness classes to keep your body moving.



boosts mood, and strengthens your immune defenses.

Sunlight can be scarce in winter, leading to lower vitamin D levels and seasonal affective disorder (SAD). Make an effort to get outside during daylight hours, even for short periods. Consider a vitamin D supplement after discussing it with your healthcare provider.

Sleep and hydration often go overlooked but are essential year-round. Aim for 7–9 hours of sleep per night, and don't let the cold trick you into drinking less water—hydration helps maintain energy levels and supports immune health.

Lastly, support your mental wellbeing with small daily rituals: reading, connecting with loved ones, or practicing mindfulness. Cold weather doesn't have to mean declining health. With a few conscious habits, you can stay well, energised, and balanced all season long.

TOP PICKS FOR SENIORS

EXERCISES MIXED GROUP

Come along to these new fitness classes for seniors at Turramurra Seniors Centre lead by expert facilitator, Andrew Fisher. These exercise classes are tailored to different levels of ability, mobility and strength. They will improve your muscle strength, enhance your flexibility and balance.

When: Every Thursday.
Where: Turramurra Seniors Centre.
Cost: \$120.
Info: www.krg.nsw.gov.au.

ARTSNATIONAL KU-RING-GAI TALK - MISS SAIGON

Jamie Hayes charts his own personal journey as Associate Director on the original production of *Miss Saigon* in the West End and on Broadway. He will share the process, from page to stage and beyond, illustrated with unique film clips of the original rehearsals and world premiere.

When: 7 May.
Where: Zenith Theatre Chatswood.
Cost: \$35.
Info: www.krg.nsw.gov.au.



SYDNEY WRITERS FESTIVAL - AILSA PIPER

When her husband didn't answer his phone, Ailsa Piper knew something was wrong. Ailsa Piper's *For Life* is an unforgettable and moving insight into loss, hope and starting again, aided by the incredible healing power of nature and a community of unexpected angels.

When: 19 May.
Where: Gordon Library.
Cost: Free.
Info: www.krg.nsw.gov.au.

SAFE DRIVING FOR SENIORS

Driving expert Tony Wroe discusses risk factors for older drivers, including the older driver assessment, tips for avoiding common mistakes and when to consider transport alternatives.

When: 14 May.
Where: Ku-ring-gai Council Chambers, Gordon.
Cost: Free.
Info: www.krg.nsw.gov.au.

SENIOR BALLET FOR BEGINNERS

Ballet for Better Balance 55+™ is a registered program with the NSW Government's Active and Healthy Program. The class aims to improve balance, stability, flexibility, coordination and mental agility in seniors.

When: Every Friday
Where: Dancing for Wellbeing Seniors Ballet, Lindfield
Cost: First class free, thereafter \$26 per class or \$120 for a 5 class pass
Info: www.krg.nsw.gov.au.

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THINKING ABOUT THINKING

by Serge Houhlias

I got asked about cueing the other day and it’s got me thinking about thinking. “What are you cueing yourself when you are doing that?... What are you thinking about?” I am performing a Snatch. It’s a highly complex olympic weightlifting movement that requires the player to hoist the bar from the floor into a squatted overhead position in one swift motion, before locking the hips out and standing to demonstrate control and complete the rep.

The question stumps me. It feels odd being on the receiving end of it. Usually I am the one making this exact inquiry to my clients. My thinking goes that if I can get an insight into what the client is thinking, then I can get an insight into their capacity to make improvements in their training.

In my experience, not enough of us think enough when we train. Physical activity for many is largely an unconscious act. We don’t consider the intricacies of how we are exercising; or pay close attention to our thoughts during intense efforts; or give ourselves the space to reflect and analyse following. And in my experience if we don’t think, we dramatically reduce our potential to improve.


Most have discovered a perfectly viable solution to this: outsourcing our thinking. To a coach, a teacher, a mobile phone application or a virtual trainer. These services work and are in constant demand, however they usually miss one fundamental component of progress: fostering the client’s ability to think for themselves.

Using the four stages of competence model popularised in psychology, many sit at the bottom of the pyramid in unconscious incompetence. To move up the competence hierarchy, one needs a shift in their awareness; they need to start to think; to recognise where they are incompetent, and intentionally and deliberately address this. The two middle phases are the training phases; of continual refinement, reflection and re-orientation.

There is a final layer however, and it circles right back to my clients’ question: “What are you cueing yourself when you are doing that?... What are you thinking about?” Is it keeping the bar close? Getting my elbows high? Punching a hole through the ceiling?

As of this moment, I have spent years thinking about the snatch. I’ve watched repetition after repetition after repetition; my own and my clients. I’ve coached and been coached. I’ve become marginally apt at identifying patterns allowing me to make adjustments to the lift when needed. But more importantly, I have thought so much about the movement that when I’m doing the movement, I’m not thinking, I’m feeling; feeling a tension through my legs; a snappiness with my turnover; a stability in my squat. These sensations are the cues I pay attention too.

I don’t arrive here first without thinking and developing conscious (in)competence; and continuing to seek feedback and reflect on where I could have executed better. It is where we all must start assuming becoming competent is something worth attaining. Often I’ll encourage people to film themselves train so they may later assess their technique or bring their focus to the thoughts they experience during a long, slow grind. Hopefully, in time they don’t need me to do this for them; only to remind them, until they have learned to think and do so themselves.



Serge Houhlias is a wonderer who has developed a talent for provoking a deeper conversation. For a decade, he has coached in gyms and taught in high schools; long enough to learn that he doesn't know very much. Through the mundane and profound, Serge is interested in exploring his own capacity for change and writes infrequently on this at his website: changeisthepoint.com.

WHAT TO PLANT THIS MONTH

Can you believe we are in May already for 2025?! With this time of year comes a refreshed mindset for the garden. Perhaps we’ve been neglecting it over the summer months, too busy spending time at the beach. Now, there are no excuses with the chill in the air.

The benefit is that May is a good time to plant a variety of vegetables, herbs and flowers suitable to autumn conditions - here’s our green thumb recommendations.

VEGETABLES

Peas and broad beans if planted now should establish good roots over winter and then be ready for harvesting in spring. Other veggies like broccoli, cabbage and cauliflower and radishes are also ideal options if you have the garden



space. Leafy greens like spinach, silverbeet and lettuce are great for first-time gardeners - and don’t miss out on spring onions.

HERBS

Herbs are fantastic for adding scent and flavour to a dish. There are also a few varieties that are particularly great for making your own teas – such as chamomile, mint and lemon balm. These three can be potted in May, much to the delight of gardeners, and other options to consider generally include thyme and rosemary.

FLOWERS

Onto cool-season flowers, these ones are beautiful to look at and they add colour to the garden - cornflowers, pansies, violas and dianthus. Spring-flowering bulbs to plant now could include daffodils, hyacinths and lilies (if planted in early May).

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AUTUMN HAS ARRIVED! COLOURS, TEXTURES AND COMFORT

by Suzy Leoni

With the arrival of autumn, the leaves begin to fall, the temperatures ease, and our homes call for extra warmth and comfort. It's the ideal season to refresh interiors with elements that bring together cosiness, elegance and the rich palette of the natural world. Here, I've gathered the main interior design trends to help bring your home into tune with the season.

Nothing captures the essence of autumn quite like the colours that reflect nature in transition. The standouts are browns, ochres, terracotta shades, mossy greens and wine tones. These hues visually warm up the space and instantly create a welcoming feel. Consider using them in cushions, throws, rugs or even a feature wall.

Autumn is the perfect time to introduce heavier, more tactile fabrics. Velvet, thick linen, knitwear and wool are great choices for sofas, armchairs and bedding.

Natural materials like timber, hand-crafted ceramics and rustic stone also take centre stage, reinforcing a connection with the season's organic aesthetic.

As the days grow shorter and the nights stretch out, lighting plays a key role. Lamps with warm-toned bulbs, scented candles and decorative lanterns help to create an inviting, relaxed atmosphere. Try using fabric-shaded lamps or vintage-style lighting to enhance that sense of retreat.

Autumn calls for subtle, elegant and character-filled decorating. Dried branches, leaves in burnt tones, arrangements with dried flowers and seasonal fruits (like apples, pomegranates and pumpkins) bring the outside in without overwhelming the space. A simple trick is to swap out cushion covers and update your dining table or entryway decor with seasonal touches.

Sensory design also comes into play. Scents like cinnamon,

vanilla, sandalwood and pine evoke comforting sensations and are perfect for diffusers and candles. Creating an ambience isn't just about what we see — it's about what we feel and smell. In autumn, the home becomes a true emotional haven.

Autumn is a season of transition that invites introspection and calm. Embracing its qualities through your decor is a way to live the moment more consciously and comfortably. Whether through a new colour palette, a throw on the couch or a scent that fills the air, your home can — and should — move with the rhythm of the seasons.



Suzy Leoni is an interior designer, vet (cats and ultrasound postgraduate), and mother of two. As a designer, she specialises in planning family and professional environments.



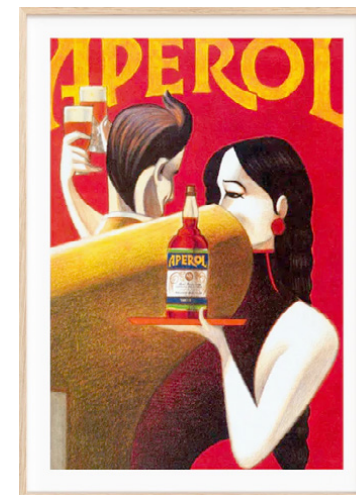
VINTAGE COCKTAIL POSTERS

Look at the cool homes featured on social media and in the magazines, and some of them will have very stylish posters dotted on their walls. Chances are that many of these posters are alcohol-related.

Alcohol posters emerged as major marketing tools in the pre-Prohibition era in the early 1900s. Many breweries pioneered brand identity through imagery. They were incredibly popular at the time – and these days the advertisement posters are seen

as eclectic collectible items that are synonymous with trendy interior design.

Today, many are available as reproduction prints online. They are commonly used in living rooms, kitchens, home bars and entertainment areas to create a relaxed ambiance. The great thing is that these artworks are available in multiple formats including framed prints, canvas and unframed posters. Here are some of our favourite options, starting at the A2 size and pricing:



Inka House, Aperol
vintage poster, \$90

<https://inkaarthouse.com>



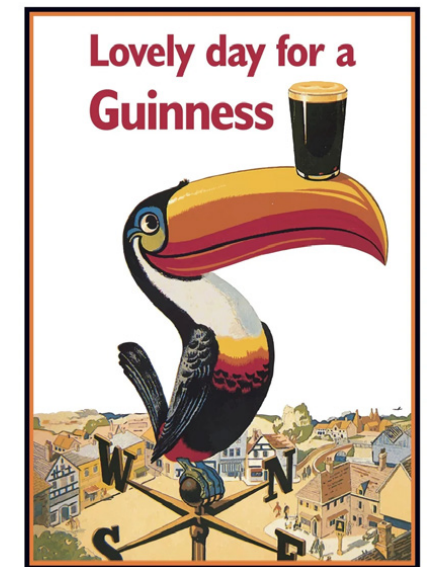
Bunnings Warehouse, Galrie Schafft
Geselligkeit beer poster, \$57.95

www.bunnings.com.au



Olive et Oriel, Negroni Aperitivo
Milano by Marco Marella, \$69.95

<https://oliveetoriel.com>



Etsy, Lovely day for a Guinness, \$28.32,

www.etsy.com



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SULTRY STONE IN HOME DESIGNS

Natural stone has become a favored material in interior design and furnishings for a number of reasons. First, it's aesthetically nice. The sheen and elegance of stone in all its different varieties oozes class and sophistication. Second, it's durable and versatile. And thirdly, if you're looking for sustainable design ideas, natural stone is great because of its minimal processing requirements and the fact it can be sourced locally. Specifically speaking, stones like limestone and marble offer thermal inertia – which helps regulate indoor temperatures and reduce costs for heating and cooling.

Although changing the actual fixtures and big ticket items in the house with stone can be costly – and time consuming – opting for decor touches can offer just as strong of a design impact. With this in mind, here are some fabulous offerings from vases, bookends, coffee tables and more.

Victoria's Basement amalfi textured ceramic rust vessel, \$89
www.victoriasbasement.com.au



Living Styles orson marble bookend set in green, \$78.95
www.livingstyles.com.au



Country Road coffee loft marble tray, \$79.95
www.countryroad.com.au



Early Settler, naxian u candle holder green marble, \$41
earlysettler.com.au



Temple & Webster annalisa travertine stone coffee table, \$549
www.templeandwebster.com.au



Kitchen Warehouse salisbury & co riviera marble coaster set of 4 in cream, \$14.95
www.kitchenwarehouse.com.au

OUR FAVOURITE SYDNEY-BASED JEWELLERY PIECES



Helios Gold Cuff Bracelet, Arms of Eve, \$85

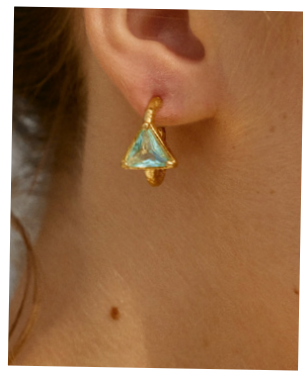
With its unique crushed gold texture, and malleable shape, this cuff is a staple piece. Arms of Eve's pieces are designed and sourced by founder Kerry Langer in their Sydney studio and mindfully crafted around the world using accredited and ethical artisans.

<https://armsofeve.com>

Clementine Earrings in Gold, Alana Maria Jewellery, \$169

This distinctive design features a thread attachment with a large freshwater pearl centrepiece with a drop of flattened discs, textured beading and mini pearls. Alana Maria Jewellery began in Freshwater and designs everyday luxury, hand made pieces designed by founder Alana Ellis.

<https://alanamariajewellery.com>



Alexa Hoops Pale Blue, Christie Nicolaides, \$279

The handcrafted Alexa Hoops feature a small gold statement hoop, adorned with a triangular pale blue crystal. Australian jewellery designer Christie Nicolaides has swiftly garnered a loyal audience for her unique jewellery designs filled with colour, exuberance and sophistication.

www.christienicolaides.com.au



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SKIN CARE FOR SENSITIVE SKIN

by Divya Rawat

Finding skincare for sensitive skin can be quite tricky, given the sensitivity comes in many forms. Sensitive skin can cause dryness, oiliness and blemishes – frustrating, we know! But fortunately, with knowledge and awareness, we can make sensitive skin far easier to handle.

First, it's important to select a skincare formula that is suitable to your skin's needs. Having the right skincare routine can help to both comfort and strengthen the skin's moisture barrier – the outermost layer of the skin. Additional factors that can cause irritation include extreme weather, very dry formulas and genetics. You'll be able to notice if your skin is sensitive if it's quite prone to redness, has itchiness, uneven skin tone or rough and bumpy texture.

CLEANSING THE SKIN

Before cleansing, remember to always wash with a gentle cloth - like muslin - and lukewarm water. The reason why you should avoid hot water is because it reduces the chance of major redness and that tight and squeaky post-cleanse feeling, which is super drying. As for which cleanser to opt for, thankfully there are great options on the market that come in a variety of different price points. Just make sure it has no fragrances and is labelled for sensitive skin on the bottle.

BENEFITS OF SERUM

While you may be apprehensive to add another product into your repertoire, serums are a sensitive skin lifesaver! There's a bunch on the market to choose from, and they can provide much-needed benefits to your everyday routine. Try applying a few drops of hyaluronic acid serum each day and night on cleansed and damp skin.

MOISTURISING

Moisturiser is important too, as it creates a barrier between your skin and environmental aggressors such as wind and pollution.

EYE CREAM

The skin under the eye area is very vulnerable. What an eye cream does is protect this delicate skin and keep it hydrated - think of this product as an extra thick and luscious moisturiser for under the eye. Gently part a small amount under the eye at night.

SUNSCREEN

Last but certainly not least, this step is crucial every single day - rain, hail or especially shine. It's important to apply sunscreen for daily sun protection, especially since the sun can lead to a weakened skin barrier and damage. This in turn impacts skin sensitivity, which we don't want.

Ultimately, consistency is key, as well as relying on key advice from estheticians and dermatologists. It's all about keeping an eye on your skin, what products and ingredients you react to and finding a simple and effective routine.

Having the right skincare routine can help to both comfort and strengthen the skin's moisture barrier.



AUTUMN PERFUME RECCOS

Everyone has a signature scent that they reach for most days of the week if using a perfume. Interestingly though, perfumists say we should embrace differing scents depending on the season – summer and spring for fresh, citrusy, floral scents, and autumn and winter for woody, spicy and sweet hints. Some particular recommendations include looking for scents that have sandalwood, cinnamon, vanilla, tonka bean, jasmine and fig. We've rounded up some of our favourite perfumes, across the cost scale.



Bliss Release AERE, 50ml \$55
This is a really great affordable brand that does accurate dupes of some of your favourite exxy scents. This one is inspired by MFK Baccarat Rouge 540. There are fiery notes of saffron, cedarwood, amber and white musk.

aerre.co/products/bliss-release



Black Opium YSL, 33ml \$145
With base notes of black coffee, vanilla and patchouli, there is something undeniably sexy about this fragrance. Black Opium is designed to evoke a sense of urban nightlife and sensuality, making it a popular choice for evening wear.

www.mecca.com/en-au/



By the Fire Maison Margiela Replica, 30ml \$125
“A warm scent blending smoky woods and chesnut.” This is exactly what By The Fire represents - so if literal smoky, woody scents aren't your vibe, this might not be the best choice for you. But if this does tickle your fancy - the richness of this fragrance is unmatched. Notes include pink pepper, orange flower petals, clove oil, chestnut accord and cashmeran.

www.mecca.com/en-au

Ginger Beer Cologne Jo Malone London, 30ml \$122
Inspired by the humble but mighty ginger beer bottle, this Jo Malone London classic is perfect for autumn. Think of roasted oak, ginger, cinnamon and white musk. This scent is a cologne so it is a bit lighter and less long-lasting compared to other fragrance types - but considering the punchiness of the scent, the subtlety that it eventuates to is quite lovely.

www.myer.com.au



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LOCAL DOG-FRIENDLY FOOD SPOTS

Sydney Observer team members all love their precious pets. And one of the best parts about having a dog these days is that there are some many pooch-friendly spots across the city – yes, even restaurants, cafes, bars and pubs. Who would have thought! We’ve rounded up some of our personal local favourites that we have tried and tested ourselves with our furry friends.

TERREY HILLS FLOWER POWER - FRANKIE’S FOOD FACTORY

Terrey Hills has lots of dog friendly eateries interestingly – but if we had to rank them, Frankie’s Food Factory would take the cake. Located inside Terrey Hills Flower Power, this cafe is very big and always busy. The falafel wrap, the Frankie’s cheeseburger and the lamb salad were crowd pleasers among our table when we visited. Be prepared - there are many, many food options on this menu. So much so, there is even a special doggie menu too. A doggie-chino (frothed milk), a yummy sausage and some cooked scrambled egg were in hot demand with the dogs in attendance on the day we visited.



LANE COVE LONGUEVILLE HOTEL

Lane Cove is bursting with so many fantastic eateries, but one of the irritants is how many aren’t super dog friendly. Except the Longueville Hotel. It’s been a few years now since the hotel was renovated, so if you haven’t had the chance yet to visit in recent times, now is your opportunity.

It’s a classic pub with a terrace, sports bar and lounge, offering pizzas and modern Aussie dishes.

The space is very Burleigh Heads meets Miami (but done tastefully) and it has a really family friendly atmosphere - and lots of cute dogs. Highlights from the bistro menu include the chorizo and prawn pizza and the sticky date pudding.



RAG AND FAMISH NORTH SYDNEY

The Rag and Famish is North Sydney’s oldest pub, with its rich history going all the way back to the 1860s. The interior is vintage and cool, with a fantastic wooden bar, exposed copper pipes as part of their brewing equipment and plenty of flat screen TVs showing sport. The outdoor beer garden and the inside of the pub itself are both dog friendly. Now when it comes to the food - this is the perfect local place to visit for a Sunday roast. They often have beef or pork, plenty of roast veggies, gravy drippings and some pretty good Yorkshire puddings. Add on a craft brewed beer or a soft drink, and it makes for a relaxed Sunday night experience. Plus, your dog will be nice and content, and may even get a few remnants of roast meat from your plate if they’re lucky.



INGREDIENTS

- 250g unsalted butter (room temp)
- Pinch of salt
- 140g caster sugar
- 1 tsp vanilla extract
- 250g plain AP flour
- 150g white chocolate, chopped
- 120g pistachios, roughly chopped

METHOD

1. In a bowl, add the room temperature butter, sugar, salt, and vanilla. Beat with a wooden spoon until light and fluffy.
2. Add the flour, white chocolate, and pistachios. Mix until just combined.
3. Roll the dough into a log shape and chill for two hours or overnight.
4. Once chilled, slice into 1cm thick rounds and bake in a preheated 170°C oven for 14 minutes or until just golden at the edges.
5. Cool on the tray before transferring to a tin – or straight to your mouth.

PISTACHIO AND WHITE CHOCOLATE SHORTBREAD

by Elliot Styche

With World Baking Day falling in May, I wanted to share an easy, no-fuss, no-equipment bake that anyone can do. And I mean anyone.

Baking, for me, is pure joy. It brings back memories of kitchens filled with laughter, of people gathering to share whatever’s just been pulled out of the oven – or even just a quiet moment on the sofa with a coffee and something sweet. This month’s recipe ticks all the boxes. There’s no fancy gear needed – just a bowl, a spoon, and a bit of enthusiasm.

Pistachios are having a bit of a moment right now, and paired with creamy white chocolate, they make these fuss free shortbreads feel just a little bit special. They’re buttery, crisp, and perfect with a cuppa. Whether you’re baking with little ones, gifting a batch to a neighbour, or simply treating yourself, I hope these become part of your World Baking Day tradition.

Because let’s be honest – there’s nothing quite like the smell of something homemade in the oven and the promise of “just one more” waiting on the plate.



Elliot is a passionate home baker with a love for sharing good bakes and even better company. As seen on The Great Australian Bake Off, he’s all about joy-filled treats and a warm welcome. Come join the fun at @elliots. table on Instagram.

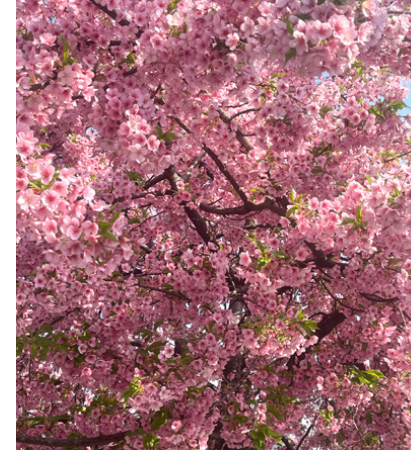
JAPAN'S CHERRY BLOSSOM SEASON

by Penelope Andrews

Recently I visited Japan – specifically Tokyo, Osaka, Kyoto, Nara, Sando and Hiroshima.

It was a really great trip – and it's a very popular destination at that – but there were many things I learned from my experience. Here's the highs and lows of visiting Japan if you're considering a trip of a lifetime.

Blossoms in Hiroshima.



Cherry blossoms.



Deer at Nara Park.

THE DOWNSIDES

It would be naive to say the trip was perfect. To be completely honest, the sheer crowds was a major factor in my likelihood not to visit Japan again. I love a lively city, but waiting in line for two hours to get an average plate of pancakes, or waiting three hours in line to get a cool pair of shoes at a Japanese sneaker store

THE CHERRY BLOSSOMS

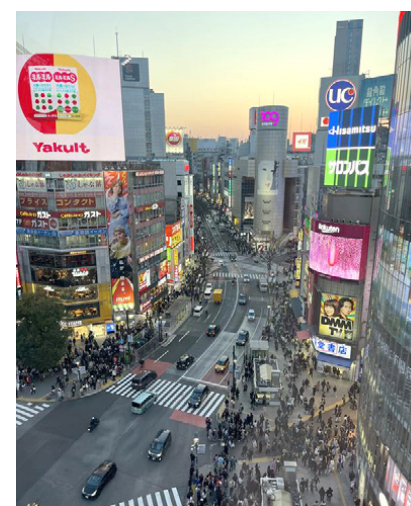
It had always been my dream to see these popular pink and white flowers in bloom if I ever visited Japan. And I'm so glad I got to see them up close. The beauty of shrubs of pink being dotted around all the cities and regions was breathtaking to photograph.

THE HIGHLIGHTS

Other than the very iconic cherry blossoms, there were multiple other highlights. Overall, the food was fantastic – notable mentions for beef katsu, the tuna sashimi, the miso soup, 7-Eleven fresh fruit smoothies and all of their fluffy and sweet breads. The sights themselves were striking – Shibuya Crossing from above at sunset, the peaks of Kyoto's temples and shrines with local women in Kimonos nearby, the bustling food stalls and 3D signs in Osaka and the cute deer at Nara Park. The people themselves were incredibly welcoming and accommodating too, being very polite and focused on good manners in public.



Streets of Kyoto.



Shibuya Crossing, Tokyo.



Osaka at night.

isn't tempting me back. Another irritant was at Hiroshima. It's such a beautiful and resilient city, and visiting the museum was a highlight – but it was marred by being squashed like sardines into queues and herded through the museum like cattle – barely getting the chance to look at the artefacts and reflect on the poignant stories. To be fair, the crowd numbers are most likely down to it being peak tourist season for the cherry blossoms. Was it worth it though to see these flowers and experience spring? It was, though I wouldn't recommend doing it again. It's certainly not for the fainthearted!



KU-RING-GAI HISTORICAL PHOTO EXHIBITION

Curious about local history? Ku-ring-gai Library will be presenting a digital display featuring historical photographs from the library's Local History Collection. The display will be available to view at each Ku-ring-gai Library branch throughout the festival.

When: Sunday, 18 May 2025, 5pm.
Where: Kall Library branches, 799 Pacific Highway, Gordon.
Cost: Free.
Library branches: www.krg.nsw.gov.au/Community/Ku-ring-gai-Library/Library-branches
Info: Call 9424 0120.

SATURDAY SOUNDS

Grab your morning coffee and head down to The Plaza and listen to the JT Twins. The Jack Thompson Twins celebrate the music of the sixties and seventies with some new chart hits thrown in, the guys have a real understanding of what makes a live show work with wonderful song choices from T Rex and Van Morrison to the Kinks and Paul McCartney.

When: Saturday, 10 May, 10am - 12pm.
Where: Lane Cove Plaza, Lane Cove.
Cost: Free.



KIDS CLOTHING, BOOK AND TOY SWAP

Net Zero Champion residents are hosting a kids toys and clothes swap (0-12 years) where you can exchange your used kids clothes and toys (in good condition) for new-to-you outfits for the kids in your life.

When: Saturday, 10 May 2025, 10am - 1pm.
Where: Douglas Pickering Pavilion, St Ives Showground, 450 Mona Vale Road, St Ives, 2075.
Cost: Free.
Info: krg.nsw.gov.au/Things-to-do/Whats-on/Kids-clothing-book-and-toy-swap.

SUSTAINABLE ARCHITECTURE DESIGN

Learn to incorporate low-energy design and eco-friendly materials into your renovation or new build for healthier living and an energy-efficient environment.

When: Tuesday, 20 May, 2pm to 8pm.
Where: Naremburn Community Centre, 7 Central Street, Naremburn.
Cost: \$20.
Info: Environmental Educators, 02 9777 7730, env.educators@willoughby.nsw.gov.au.



NATURE PLAY - MARSUPIAL MUMS

Celebrate Mother's Day by discovering the amazing behaviours of some marsupial mums. Nature Play programs offer weekly nature-themed activities, designed to develop curious minds and playful spirits.

When: Monday, 12 May and Friday, 16 May, 10am - 11:30am.
Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives.
Cost: \$20 with one parent/carer admitted free of charge
Info: 02 9424 0353.



AGED CARE CAREERS EXPO

Get advice on jobs available, areas you can specialise in, and qualifications needed. Talk to service providers and employers in the industry. Enjoy presentations from aged care providers, recruiters and training organisations.

When: Thursday, 15 May, 10am - 12:30pm.
Where: Dougherty Community Centre, 7 Victor Street, Chatswood.
Cost: Free.
Contact: Lily Li, 94240970, Lli@krg.nsw.gov.au.



GESTURES OF INTENT: WORKS FROM THE GERMANOS COLLECTION

A vibrant selection of contemporary artworks by promising early career Australian artists. Featuring Clara Adolphs, Dean Brown, Nick Collerson, Philjames, Madeleine Pfull, Vanessa Stockard, Telly Tu'u, and Justin Williams.

When: Until Saturday, 24 May, 11:59pm.
Where: Gallery Lane Cove, Upper Level, 164 Longueville Rd, Lane Cove.
Cost: Free.
Info: gallerylanecove.com.au.

LIGHTS ON AT HART ST IVES

A night-driving experience designed for learner drivers, providing a safe and controlled environment to practise driving after dark. Learners must be accompanied by a fully licensed supervisor at all times.

When: Saturday, 31 May, 5pm - 7pm.
Where: HART (Honda Australia RoadCraft Training), 451 Mona Vale Road, St Ives.
Cost: Free.
Contact: 02 9391 5110, hart.nsw@honda.com.au.

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NORTH SHORE’S KNITTING GROUPS

KU-RING-GAI MEETINGS

Gordon Library – First and third Wednesday of the month from 11am-12.30pm. Contact on 9424 0120 or gordon.library@krg.nsw.gov.au.

Turramurra Library – Second and fourth Fridays of the month from 9.30am-12pm. Contact on 9424 0480 or turra.library@krg.nsw.gov.au.

HORNSBY SHIRE MEETINGS

Hornsby Library – Fridays, from 10am-12pm. Contact Sonya on 9847 6574.

Pennant Hills Library – Thursdays, from 10am-12pm (except 3rd Thursday of the month). Contact Catherine on 9847 6100.

Berowra Library – Mondays, from 1.30pm-3.30pm. Contact Barbara on 9847 6140.

NORTH SYDNEY MEETINGS

Stanton Library – First and third Tuesdays of the month, from 2pm-4pm.

Textiles Sydney Knitting Group – Fourth Friday of each month, from 10am-2pm. Contact at textilessydney@gmail.com.

LANE COVE MEETINGS

Greenwich Library – Second Tuesday of the month, from 2.30pm-3.30pm.

Lane Cove Library – First Thursday of the month, from 10am-12pm. Contact at www.eventbrite.com.au/o/lane-cove-library-17786889729.

The YARN, Hunters Hill Library – Forth Wednesday of the month, from 2.30pm-3.30pm. NOTE: This event is held at The YARN, Hunters Hill Library, Shop 10/66 Gladesville Rd, Hunters Hill.

CITY OF RYDE MEETINGS

Eastwood Library – Every first, third and fifth Wednesday of the month, from 10.30am-12.30 pm.

Gladesville Library – Every first and third Thursday of the month, from 5.30pm-7.30pm.

North Ryde Library – Last Wednesday of the month, from 10am-12pm.

Ryde Library – Last Monday of the month, from 1pm-3pm.

West Ryde Library – Every second and fourth Thursday of the month, from 1pm-3pm.

Contact City of Ride Librarires on (02) 9952 8352 or rydelibrary@ryde.nsw.gov.au.



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Puzzles

SUDOKU

EASY

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

MOTHER’S DAY TRIVIA

- When Mother’s Day is celebrated?
- Which flower suits Mother’s Day best?
- When did Aussies first mark the day?
- Who started Mother’s Day in the US?
- Where’s the Sydney Mother’s Day walk?
- Which icon went pink for the day?
- What’s best for high tea with Mum?
- Which sport runs a Mother’s Day game?
- Who’s a famous mum in a ‘90s Aussie film?
- Who played mum in The Castle (1997)?

ANSWERS

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

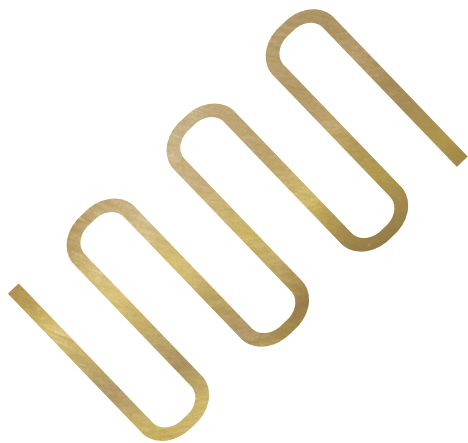
TRIVIA
1. Second Sunday of May; 2. Chrisanthemum; 3. 1936; 4. Anna Jarvis; 5. Centennial Park; 6. Sydney Opera House; 7. Scones, jam and cream with tea; 8. AFL; 9. Muriel's mum (from Muriel's Wedding); 10. Anne Tenney.



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