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Sydney Observer

IN PRINT SINCE 1996

ST IVES'
60th Birthday

Local Picnic Spots

Ku-ring-gai Camping

'PIPPIN' STAR
Kerri-Anne Kennerley

Emma Watkins
On Wiggles, Auslan and Endo

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Hello lovely readers!

Welcome to our issue. We cannot believe it's November already – what a year it has been.



In this month's magazine, we have the iconic Emma Watkins, otherwise known as Emma Wiggle, as our cover and profile. We spoke about sign language, the Wiggles and her struggles with endometriosis, along with her love for the local area (14 – 15).

Our readers are blessed with two extra profiles as well! One is with Australian icon Kerri-Anne Kennerley regarding her role in the upcoming musical *Pippin* (10). The other is a talk with *SAS Australia* Directing Staff Ollie Ollerton, discussing PTSD, his experience in the military and the behind the scenes of the Channel 7 television show captivating audiences (44 – 45). To celebrate the end of the floral season, we have lots of spring-inspired articles including how to refresh your accessories (40), best local picnic areas (41) and beautiful botanical bedrooms (22). Stay connected with us via Instagram @sydney_observer and Facebook @Sydney Observer.

Enjoy the issue!

Isabella

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Clarima Subrata/Unsplash

Rare Native Orchid in Ku-ring-gai

A rare species of native orchid has been discovered in Ku-ring-gai. The discovery of the Eastern Australian Underground Orchid is one of only a small handful in NSW. The rare native orchid species holds a special ability to burrow underground and move slowly through soil. Ku-ring-gai Council staff teamed up with the NSW Department of Planning Infrastructure and Environment researchers to try to locate other specimens of the orchid. Trained detection dogs will help to locate the orchid, led by black cocker spaniel Sally.

Movember is Back

Movember returns this month, challenging men to grow a moustache and raise awareness and funds for men's health issues. Movember encourages millions of men across the globe to embrace the moustache, no matter what its form, all in support of fighting prostate cancer, testicular cancer and male suicide. To take part in this amazing initiative, sign up at movember.com or download the Movember app and start with a clean and shaven face on November 1! *Support is available 24/7 on Lifeline 13 11 14.*

movember.com

Bare Creek Trail Run 2020

Whether you are an experienced runner or just starting out, the Bare Creek Trail Run (BCTR) is the way to go. Taking place in the Garigal National Park in St Ives on November 8, participants can choose from the 2km dash, 6km family walk/run or the challenging 12km and 20km courses. Tickets start from \$20 and the funds will go towards the Indigenous Marathon Foundation who use running to promote health and celebrate resilience and achievement in remote communities. Registration is compulsory, with limited places available to ensure COVID guidelines are maintained. <https://barecreektrailrun.com/>

barecreektrailrun.com



Freebies on the North Shore

Freecycle is a grassroots non-profit movement of people who are giving and getting stuff for free and keeping good things out of landfills. Both thrifty and environmentally conscious, membership is free along with all items listed. The Freecycle Willoughby group is the best local one, with members sharing certain items they no longer want, advertising it for free. There is also the opportunity to post things that you want/are seeking on this website. Within the Willoughby group there are postings from a range of nearby suburbs including Roseville, Lane Cove and Killara.

<https://groups.freecycle.org/group/WilloughbyAU/posts/all>

North Shore Marks Melbourne Cup

Known as the 'race that stops the nation' the Melbourne Cup will be offering the biggest prize in history at \$8 million. With social distancing rules still in place, it is important to get in quick and book your table if you plan on watching the race and having a few drinks to celebrate. The Greengate Hotel is offering a long lunch hosted on the Terrace and bookings are essential, with a maximum of 10 per table. The Roseville Club is also hosting an event, serving 3+ courses and a complimentary glass of champagne on arrival!



Jo's Desktop, art & design

Virtual Artisan Market

The Sydney Artisan Collective was first launched as a Facebook group by Sophie Parry in April. Its purpose was to provide a solution to the fact that many Sydney markets had been forced to close due to COVID-19. The group has since continued to significantly increase. The Sydney Artisan Collective is described by its founder as not just a platform for the sellers, but also a community of like-minded makers who can offer the encouragement needed in these harsh times.

www.sydneyartisancollective.com.au/

Termites in Turramurra

Pest control experts have recently shared news that Turramurra is one of the hot spots in Sydney susceptible to termite infestations. With Ku-ring-gai Chase National Park on North Turramurra's doorstep along with a variety of fauna, it is evident that pests love these conditions. Local residents are told to also keep an eye on their firewood, as this is often one of the main food sources for termites, so proper storage is key.

Lane Cove Festival

The 2020 Festival by the River program is here! While things might look a little different this year, council is excited to host a range of events that celebrate life on the river. From a livestream wine tasting to a special Fun Fridays with Koori Kinnections, there's something for everyone to enjoy this November. Walking and bush trails, kids' activities, workshops, exhibitions – you name it! Download your free guide via Lane Cove Council.



kmc.nsw.gov.au

Housing Strategy Update

Ku-ring-gai Council has formally voted not to proceed with increased heights and additional new development, after the NSW Minister for Planning told the council that Greater Sydney Commission dwelling targets were not legally required. "This better reflects the overwhelming views of our community against more of the over-development. Council has adopted a housing strategy based on our LEPs which will deliver new housing in keeping with community expectations." Mayor Anderson said.



1958 - 2020

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Hornsby Ku-ring-gail Local Business Awards

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Camping in Ku-ring-gai

Eliza Cusack

With summer around the corner, a camping trip in the local Ku-ring-gai Chase National Park might be the answer you're looking for. There is no denying that Ku-ring-gai has been booming in popularity with happy campers, so why not check it out for yourself! Here is our basic guide to a weekend camping adventure – whether you're a beginner or not.

THE CAMPSITE

The Basin campground is the sole campsite in the Ku-ring-gai Chase National Park and can accommodate up to 400 campers. To keep all visitors safe during COVID-19, all camping requires a booking as well as physically distancing and applying the current rules on public gatherings. The Basin campground offers a wide grassy area that overlooks Pittwater. The waterfront campground boasts facilities including a picnic area as well as an inland lagoon and a sheltered beach. If you're lucky you will see a

few wallabies, kookaburras and goannas during your stay. There is no car access to the campground, however you can park at West Head Road and hike a beautiful 2.8 kilometres to the camping group. If walking isn't your thing, you can also travel by water taxi or ferries that leave from Palm Beach Wharf.

ACTIVITIES

If you are into walking, there is a beautiful Aboriginal Heritage walk that is about 4.4 kilometres return. Along the walk you will get the chance to see rock engravings and art from the Indigenous people of West Head. If you're looking for a bit more adventure, pop to Bobbin Head picnic area to enjoy some fishing or hire a paddle boat and go canoeing with the family. If history is your thing, the Barrenjoey Lighthouse is an iconic heritage attraction and boasts beautiful views from the top. Built in 1881, the lighthouse retains its original stone finish and keeper's cottages. Be sure to bring your camera and some binoculars to see panoramic views of the National Park and Broken Bay.



Award Win for Local Business

Isabella Ross

Quite a few local businesses have received recognition for their products, service and innovation at the Hornsby Ku-ring-gai Local Business Awards. There is no denying it has been a challenging year for local business, so it was great to celebrate and recognise their hard work and effort. The finalists in each category were selected based on the number of online and printed nominations they received from the public.

One of our favourite local businesses, Price's Pharmacy at West Pymble, were the 2020 winning recipient of the Local Business Award in the pharmacy category.

"It was a wonderful and unexpected call to the stage when the Outstanding Pharmacy Award was announced and Price's Pharmacy was called as the winner. After a moment's silence our table erupted in cheers. It was a humbling experience for me to accept the trophy and to recognise the fantastic effort



Ted Price from Price's Pharmacy West Pymble.

put in by my wonderful staff members during 2020. The Captain was self-isolating, managing from home, while the crew kept the ship afloat. In my acceptance speech I referred to 2020 being the year of 'fire, flood and famine' but what a much happier way to remember the year, winning the Hornsby Ku-ring-gai Local Business Awards' Outstanding Pharmacy Award," commented Ted Price.

Other North Shore businesses that received awards include Chargrill Charlies in Wahroonga, Café Patina in Wahroonga and Jane Simpson Browns in Pymble. Mayor Jennifer Anderson extended her congratulations saying, "all the winners demonstrated exceptional commitment in what has been the most difficult of years for local businesses."

Ku-ring-gai Bamboo for Taronga's Pandas

The red pandas' favourite food, Golden Bamboo, will be harvested in selected locations across Ku-ring-gai by Taronga Zoo staff. The agreement between council and Taronga Zoo is widely seen as a 'win-win' for the pandas and the local environment.

Golden Bamboo is considered an invasive species in Ku-ring-gai and the fast-growing plant can displace other native vegetation and become a nuisance. However Golden Bamboo is also the favoured food of Taronga Zoo's red pandas, with Zoo staff constantly looking for new sources of the tasty plant. Taronga Zoo has twelve red pandas and Golden Bamboo is the only bamboo species they eat. The Golden Bamboo harvested in Ku-ring-gai will also help supplement the diet of giant pandas.

Under the agreement signed last week, Taronga Zoo staff will harvest local supplies of Golden Bamboo from public land in suburbs such as Pymble, Roseville, Turramurra and Wahroonga. Even the Moree



Street car park at Gordon will be the target of selective harvesting by Zoo staff.

Mayor Jennifer Anderson said the agreement was the first of its kind between

Ku-ring-gai Council and the Zoo. "We're very happy to be able to support the feeding program and at the same time, reduce the amount of bamboo growing on council owned land."

Local Homelessness Service

Eliza Cusack

This month I spoke to Mission Australia's Program Manager Kevin Kingsbeer about the Northern Sydney Homelessness Support Service, which operates on Sydney's Lower North Shore and Northern Beaches.

Can you tell us a bit more about what the Homelessness Support service provides and why it was created?

The service supports single men, women, and families who are experiencing or at risk of homelessness. We work with people experiencing a range of challenges, including women and children experiencing domestic and family violence, people experiencing alcohol and drug issues or other complex needs, providing specialised support.

I'm sure it has been challenging operating during a pandemic amid these unprecedented times, how has the service managed this?

Our ability to prioritise our vital services at Mission Australia becomes ever more important at times like this, because we



know that the most vulnerable in society are often those most greatly impacted. As our priority is to ensure the health and safety of everyone and adhere to physical distancing protocols, most staff remain connected with clients through phone or email or other technology where possible. As we move into recovery, we feel our Emergency Management plans are well prepared to continue service delivery across Northern Sydney. We have an Action Plan together with other community service providers and are continuing to work together to address and further prevent homelessness in the area.

What can Ku-ring-gai locals do to help or support the cause? Now is not the time to hold back,

but to care for ourselves and reach out to others with whatever support or encouragement each of us is able to provide! If you have concerns about vulnerable people within the community, or are experiencing difficulty yourself, we encourage you to reach out to our Mission Australia teams. We have offices in Brookvale, Castle Hill, Artarmon and Hornsby, and the Northern Sydney teams can be contacted on 02 9480 2500 or northernsydney@missionaustralia.com.au. If you wish to donate to Mission Australia, please visit our website www.missionaustralia.com.au/ or call 1800 88 88 68.

Kerri-Anne Kennerley for *Pippin*

Eliza Cusack

This month, *Sydney Observer* spoke with the multi-talented Kerri-Anne Kennerley, as she prepares for her role in *Pippin* premiering this month at the Sydney Lyric Theatre.

The Tony-Award winning show is characterised by its death-defying acrobatics and tells the story of a young man who is at a crossroad in his life.

Unsure if he should follow in the footsteps of his powerful father, or explore his own fate, the play is a coming of age story that viewers of all ages will enjoy. The Broadway show is described as a 'play within a play' and is told by a group of travelling acrobats and actors who give life to the story through its astonishing musical numbers.

Kerri-Anne will play Grandma Berthe, with her role requiring her to sing whilst balancing upside down on a trapeze. Kerri-Anne said of the dedicated team and crew members, "they are so invested in this show, it's got extraordinary choreographed acrobatics. It's a story about a travelling circus group and the dynamics around that. It's really a very energetic show."

Kerri-Anne has had a fascinating career, spanning more than 50 years in

the industry. From her talk show to her role as daytime host at *Middy*, to a contestant on *Dancing with the Stars*, and most recently a co-host on *Studio 10*, Kerri-Anne has shown versatility as an entertainer time and time again. Despite her challenging roles over the years, Kerri-Anne believes her part in *Pippin* may be the most challenging of them all. "I was called and sent a video of the particular role that I'm doing and to be quite frank, my first thought was 'oh there's no way I can do that!' I thought it was a fun song, but the trapeze element was very daunting!" After her role at *Studio 10*, Kerri-Anne was hoping her next project would be a bit slower paced, but boy was she wrong. "How I've ended up going from only working two or three days a week out of choice to working six days a week and now coming up to eight shows a week, is beyond me!"

The musical is set to mark the return of theatre in Australia after the industry was hit hard due to the pandemic. *Pippin* will be the first show unveiled in Australian theatres since they were shut in March, with Aussies set to embrace the return of theatre with open arms. "I think in terms of getting theatre back, NSW has done very well and I'm absolutely positive that Sydney will embrace getting back to the theatre and I think this is a terrific show to start with," concluded Kerri-Anne.

Pippin will be playing from November 24 until January 17.

@kerriannekennerley
<https://pippinthemusical.com.au/>



Win a Double Pass to *Pippin*

We have 2x double passes to give away for the Thursday 26th November show at 7.30pm. Each double pass is worth \$218. For your chance to win, simply email editor@kamdha.com with your details and why you would like to win this prize. Competition closes on November 6th at 5pm, so get in quick!

Studio 10

60th anniversary



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St Ives Shopping Village Turns 60

St Ives Shopping Village is proudly '60 Years Young' this November. That's right, it's their birthday! Over the coming month, they are celebrating by giving back to the community to say thank you for their support and loyalty over the years. They have also brought to life the wildflowers of Ku-ring-gai as part of their in centre theming. Customers are also invited to attend on their actual birthday, 17 November at 11am, as they will be distributing 'random acts of kindness' to say thank you to the community. "From our family to yours, it takes a Village!"

Everyone knows it is the amazing North Shore community that makes The Village unique, and for their 60th, they had the privilege of featuring a local family who have been part of The Village for three generations.

The Steenbhom family, are also playing a big part in the 60th birthday celebrations.

You may recognise the Steenbhom's who are firmly entrenched in The Village's history and have been actively involved in The Village for three generations.

What Does St Ives Shopping Village Mean to You?

By sharing your favourite memories, St Ives Shopping Village are giving you the chance to win two fantastic prizes – choose from either a Family Makeover or a Room Makeover for your whole family to enjoy, worth \$3,000 each. To submit your entry, head to the link below before November 16:

<https://stivesvillage.com.au/giveaways/>



Featuring Merrilee with her daughter Melissa and granddaughters Jessica (in green), Emily (in red check) and Sarah (in white).



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Bright & Bubbly

Emma Watkins

Isabella Ross

Growing up in Northern Sydney, Emma has fond memories, evidenced by the fact she recently purchased a house locally. “I grew up in Ryde and I’m still in Ryde! We knew every single child that lived in our cul-de-sac and it was a beautiful, quiet place.”

Emma also makes note of the several Granny Smith Festivals she performed at as a child – music and dance at the core of who she is. Even more nostalgic is that in October, Emma performed virtually for the festival. “It’s amazing that it’s still going, it’s a real testament to the community. The Granny Smith Festival has always been very local, but since it was held virtually, a lot of the people that ended up watching the performances were actually from America. Some didn’t even know the Granny Smith apple was Australian!”

It’s incredible for performances to be back once more, given the disruption that has occurred this year, Emma notes. “It’s been a challenging time for everybody. The Wiggles are so used to touring 80% of the year being on the road, so trying to connect with families using technology has been something we have had to pivot and change our focus to.”

Bringing a smile to people’s faces is at the heart of what the Wiggles do best. Asking Emma about what was running through her mind when she first discovered she was going to be a Wiggle, it’s a mixture of excitement and disbelief. “I wasn’t expecting it – Anthony pulled me aside and said, “we have to retire three of the Wiggles and we need a new line-up, would you like to do it?” I was thinking to myself well that’s a funny joke, because I was so used to them playing pranks. But when I found out he was serious and they really wanted a female Wiggle, I was shocked. As a young performer you’re always waiting for that next gig.”

Taylor-Ferne Morris Photography

Oliver Endahl Zaida Photography



Yet it took time for audiences to connect with the new generation of Wiggles, Emma tells.

“As apprehensive as I was, I knew the response would be just as apprehensive. It took about 2 years for people to get to know us and come to the shows and feel comfortable about the new generation of Wiggles. A lot of the parents are used to the Wiggles being male. But that doesn’t necessarily mean that the Wiggles need to be male. A Wiggle can be anybody.”

For the almost decade that Emma has been part of the main cast, she has travelled across the world and experienced some incredible milestones. “It’s been an amazing ride, eleven years of some of the most incredible experiences, touring live and filming, there is such a plethora of activities going on – no day is ever the same.” Not to mention she has just started filming another *Emma!* series, set to premiere next year.

Along with a busy schedule, Emma has been juggling study as well. Undergoing a PhD at Macquarie University, it is quite the coincidence that back in the day the original Wiggles cast actually met at the university too. If that weren’t enough, Emma is also finishing up a diploma in Auslan. “One of my primary school best friends has two deaf brothers, so my interest in sign language sparked from that interaction. I was fascinated that they had this special language to communicate with each other. I’m very fortunate that during this year of the pandemic, my studies came online so now I’m a few weeks away to the end of my diploma in Auslan! It’s been a life goal of mine.” The Wiggles have also been implementing more and more sign language into their live shows, in a bid to connect with

Emma’s Favourite Things

Favourite pastime/hobby?
Swimming.

The funniest thing you’ve read about yourself?
I’ve read I’m expecting a baby many times! I’ve actually had my mum call me and ask if it were true, and I’ve had to say, “of course Mum I would tell you if it was the case.” But I do read it and just shake my head.

Favourite location in Sydney?
Ryde and Lane Cove National Park.

A subject or cause you are passionate about?
Sign language.

What is the question you are most asked?
From the kids it’s often “how many bows do you have?” and “why are you a girl?”

What are you most proud of?
I’m proud that the Wiggles have brought dance and music to kids around the world. That’s something we really thrive on.

To keep up to date with Emma see her Instagram @emmawatkinsofficial or for Wiggles content see @emma_wiggle

a wider audience. “We’ve always tried to be as inclusive as we can and be accessible to children with any kind of ability,” she tells.

Talking to Emma, I get a real sense of warmth and positivity from her, something that not only kids, but parents as well connect with. In publicly discussing her experience with endometriosis, Emma has been able to provide a platform for the women’s health issue, something she feels grateful for.

“It’s been about 2 and half years since my surgery and I underestimated how much recovery time I would need. By the time I was diagnosed with endo I was stage 4, so I was whisked into surgery. The Wiggles tour for that year was already planned, so we knew I would miss out on some of it. We would have to make an announcement regarding my whereabouts. It was a concern that if we didn’t say exactly what had happened, people would assume I was pregnant, which is the last thing I needed.”

According to Endometriosis Australia, the disease affects 1 in 9 women worldwide, with approximately 800,000 Aussie women dealing with endo. “Endometriosis is something that doesn’t go away. The surgery doesn’t fix it completely, it just stops the build-up. At this stage I’m just happy I’ve had one surgery, but that doesn’t mean I won’t have to in the future. Now it’s about management and being extra cautious of my health. I’ve actually had lots of mums come up after shows and tell me about their own journeys with endo. The response has been a huge wave of support and women sharing their stories – I’m very grateful for the response and being able to connect with people in the community.”

Lara Hotz Photography





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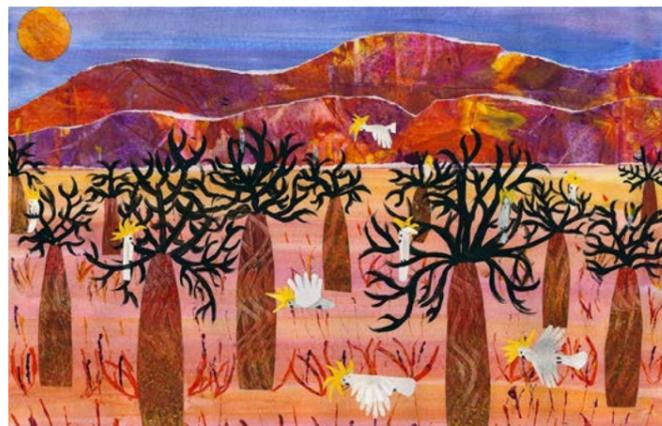


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Students Showing Support for Sick Kids

Isabella Ross

The Mental Health Council of Australia highlights the growing feelings of powerlessness and frustration among youth. Whether it be in regard to climate change, politics or life in general, young people often feel helpless as to how to make a difference. That is why it is so incredible to see the Operation Art Exhibition celebrating its 25th anniversary this year.

Students across NSW have generously submitted approximately 500 artworks to be showcased at the exhibition, with the intent to use art as a way to bring joy to sick children in hospitals. The students range from Kindergarten to Year 10 and are most certainly making a difference. A total of 50 from the hundreds submitted will be hung in The Children's Hospital at Westmead as part of its permanent art collection.

Around 80,000 sick and injured children require care and/or services at the hospital each year. It's a hard number to swallow. That is why initiatives like Operation Art are integral, notes Heidi Windeisen, Operation Art Officer at the Department's Arts Unit.

"Operation Art is a program that many schools have been engaging with since its inception 25 years ago. Many students have created their artworks at home with only materials which were readily available to them, and many have created works as a direct response to their own experiences of isolation during lockdown," Ms Windeisen said.

According to The Children's Hospital at Westmead, art is a crucial aspect in the hospital's approach to healing, with the chosen artworks providing comfort and delight to patients and their families. Interestingly, the hospital is also a registered art gallery, with over 1000 catalogued artworks on display, including some valuable works by renowned artists.

Operation Art is open daily until 15 November, 10am to 4pm at Armory Gallery, Sydney Olympic Park. Entry is free.

Finding opportunities to achieve excellence

*Russell Bailey, Headmaster,
Redeemer Baptist School*

As I write, HSC students across NSW are being given the opportunity to demonstrate their resilience through the COVID-19 disruption to education (and all of life) this year. Thank God that we are not in lockdown so that our matriculating students across the state can progress past their school education!

But I have been impressed and encouraged – this year, particularly – with the efforts of students and teachers to not only get to the end of this year's educational journey as mere survivors, but also giving satisfaction through noble accomplishment along the way. I am sure that every school has its own examples. I would like to share a poem by Redeemer student Lola Wang – written in the context of the adventure and difficulties of online learning –

that won a Dorothea Mackellar Poetry Award first prize.

*Flowers
Head down,
Walking on a quiet path,
A scent of fragrance is blowing in the wind,
Suddenly awakens the human body,
Giving people new hope.*

Giving hope to each other – discovering those moments of delight and glory for our children and young people at school, has been so important this year. At the recent online National Prayer Breakfast attended by the Prime Minister and the Leader of the Opposition, the Governor-General – the Honourable David Hurley – reminded attendees that everyone has a great purpose and potential 'to glorify God and enjoy Him forever.' The good that we can inspire our students to

enjoy doing may grant to them an innovative peace in their spirits even in challenging circumstances.

It is 75 years since the end of World War II, which was a much more severe time in history than our COVID-19. But aside from the battles, we can see glory in so many stories of humanity at her best – like the 'egg man of Changi' who as a prisoner of war, developed a thriving poultry farm to save allied comrades who were all but dehumanised in the Burma-Thailand Railway construction. He found an opportunity to achieve excellence.

Let us – teachers, parents and students together – continue to find unexpected avenues towards notable achievements that will cause us, in education, to remember this unprecedented time in our contemporary history with thankfulness.



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Pariselle Hughes (Year 12) with Principal Jonathan Cannon being awarded a 2019 John Lincoln Youth Community Service Award from the Governor of NSW





8 Woodside Ave, Lindfield

31 Arnold St, Killara

8 Haig St, Roseville

Property Market with Geoff Dean

Isabella Ross

As Principal of Belle Property Lindfield, Geoff Dean has a comprehensive understanding of the local property market. *Sydney Observer* sat down with Geoff to discuss what the housing market is looking like this month and how sellers can increase the value of their home.

How did you start in real estate?

I was working nights at Macquarie Bank as a broker. I was trying to buy a place on the Upper North Shore and I had a good budget but felt I wasn't being serviced as well as I could have been by the local agents at the time. So, I went and got my certificate and made the move to being a real estate agent. One of the key drivers for house prices is interest rates and having a good understanding of how that works but more importantly a good understanding of the market is important.

How would you describe the Ku-ring-gai area to interested buyers?

Ku-ring-gai Council does it best when they say, 'Sydney's Green Heart.' The Gordon to Roseville area is really not far from town. We are getting thousand square metres up in terms of blocks of land here – you just can't get that in other areas in Sydney. The value of them is just going to keep increasing. Ku-ring-gai is actually a good buy as well, if you look at the square metre rate for Ku-ring-gai, it's incredibly cheap compared to areas



in Sydney that people would consider a 'lesser area.'

Is there a good mix of modern and heritage-style residences on offer in Lindfield?

Certainly! If you look at places like Turrumurra, there has been huge push for knock-down-rebuilds there. In parts of Lindfield that is going to happen more, but you have still got those conservation areas with the beautiful old homes with character.

What is the demographic interested in buying on the North Shore?

We are getting lots of new Australians, and actually a lot of people that grew up on the

North Shore coming home too. Families have always been the drive, thanks to the great schools in the area. We are also seeing a change in the behaviour of down sizers, with most staying in the area and moving into single-level houses because there are more things to do locally.

What are some ways sellers can boost the value of their home?

Sellers really need to focus on presentation. It is about making the place look as tidy and well-presented as they can. Get advice from your real estate agent before putting money into the place, as you don't want to spend money in the wrong area. A brand new ensuite is great but if the rest of place isn't up to the same standard it's not worth it. Consistency is key.

What is your advice to home buyers and sellers?

It's an unknown time at the moment, but I feel that a lot of people have not gone to market because they're put off by the uncertainty. There has been very little impact of Coronavirus on the North Shore housing market – if anything it has meant a lack of stock, which means buyers have helped vendors achieve their strong results. Focus on what type of property is right for you to be living in and if now is the right time in your life to be selling. If so, I would recommend people focus more on that when it comes to their decision.

<https://www.belleproperty.com/lindfield/>

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- 1 Beautiful formal lounge with bay window
- 2 Well appointed kitchen, substantial island bench
- 3 Entertaining area, alfresco dining and pool
- 4 Generous level lawns and 10meter long pool

Geoff Dean 0404 016 015
geoff.dean@belleproperty.com

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PROPERTY



Anigozanthos manglesii

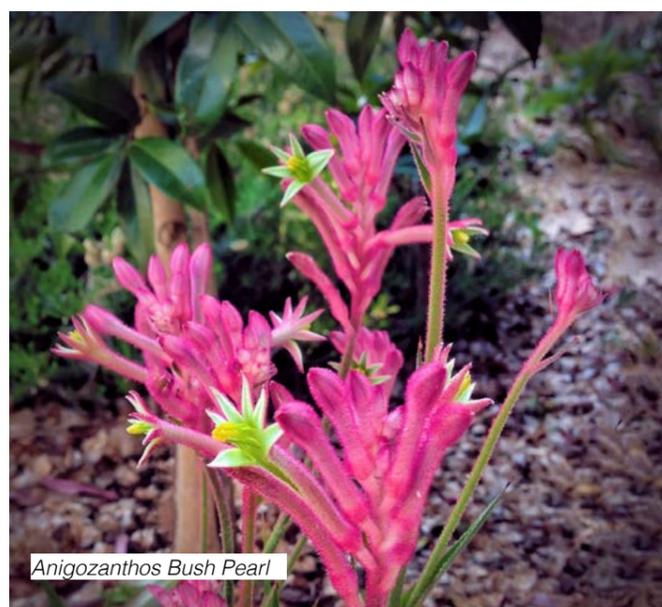
Applause for Paws

Brian Roach

Kingaroo Paw (*Anigozanthos*) is certainly one of the better-known native plant species within the broader gardening community. Although there are many varieties around these days, they all come from only eleven species that are endemic to Western Australia. That being said, very few of those eleven species can be successfully grown over here on the eastern side of the continent. Our wet summers with high humidity are in stark contrast to the dry summers in the west with fungal problems often besetting the WA beauties when grown over here. The tell-tale sign of trouble is 'Ink Disease' with black blotches all over the leaves. The stunning red and green WA floral emblem, *Anigozanthos manglesii* is an absolute duffer over here for that reason. But selective breeding in recent years has managed to produce a good crop of paws that cope with our very different climatic conditions.

When I first became enamoured with our native flora about forty years ago, the only species that could be successfully grown over here was *Anigozanthos flavidus*. It had stems up to 2m high and paws that were a pretty washed-out yellow. Yet all that has changed! There are now many low-growing paws to around 1m high in a great variety of colours. I have no hesitation in saying that the most reliable of these is 'Bush Pearl.' It has pink stems to around 50cm which are produced for many months from early spring to late summer. Well-known gardening media commentator, Angus Stewart has been very involved in the introduction of many of the newer varieties and he took great delight in naming another beauty, 'Rampaging Roy Slaven.' This one has orange/red stems to around 1m high over much the same time frame.

These paws respond very well to fertilizer and there is no need to look for a special low-phosphorus fertilizer for natives; they'll lap up anything. The more sun the better and they certainly enjoy a drink in dryer times. And don't forget to cut off the older stems. The best of plants can look awful when the older stems are left on the plant. Better still, cut off the stems while fresh and pop them in a vase; they'll look great for ages. And what's more, the drastic measure of cutting a plant back to ground level can produce an abundance of new growth but make sure it is kept well-watered along with a liquid fertilizer occasionally.



Anigozanthos Bush Pearl

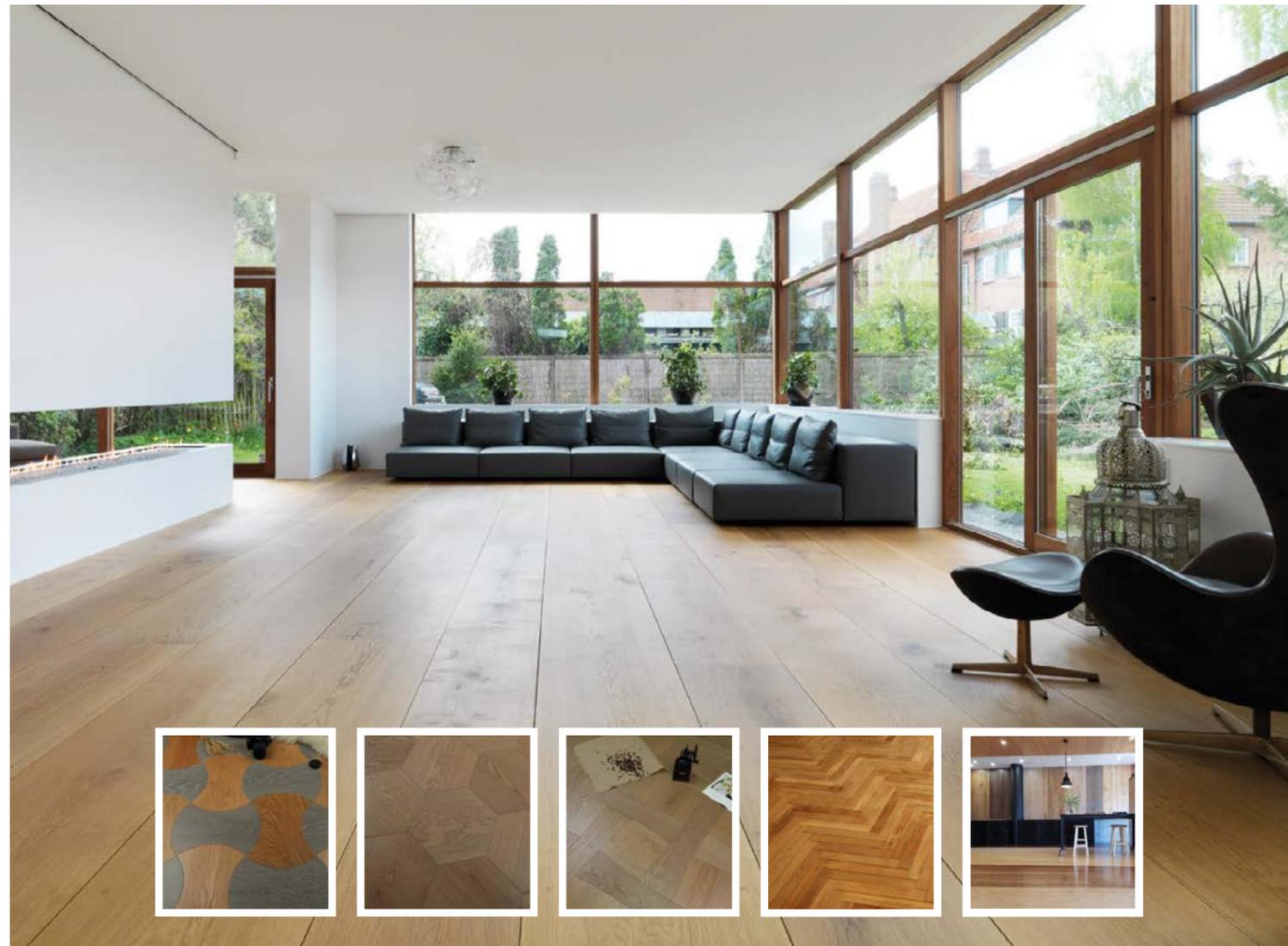


Anigozanthos Rampaging Roy Slaven

Brian Roach spent his professional life as Crown Prosecutor/Barrister before retiring. Brian runs a cottage industry native plant nursery from his home in Westleigh, as well as being a member of the Australian Plants Society.



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Beautiful Botanical Bedrooms

Isabella Ross

There's nothing quite like botanical inspired interiors – they exude feelings of comfort, peace and restoration. What better place to embrace this design trend than in the master bedroom! Even though botanica is booming in popularity in the homewares space, take the time to add your own unique touches and quirky ideas.



Studio Australia

Funky Furnishings

A really great way to invigorate a space is to update the door and drawer handles – lots of homewares shops have jungle-themed knobs. Gold also works perfectly with botanica spaces – as shown in the image of the brass palm frond sculpture. Bringing the outside in is one of the easiest ways to add some ambience to the home. A nice DIY touch would be to make a terrarium of your own. For those who are crafty, making a macramé plant hanger could also be an idea, with lots of tutorials available online.

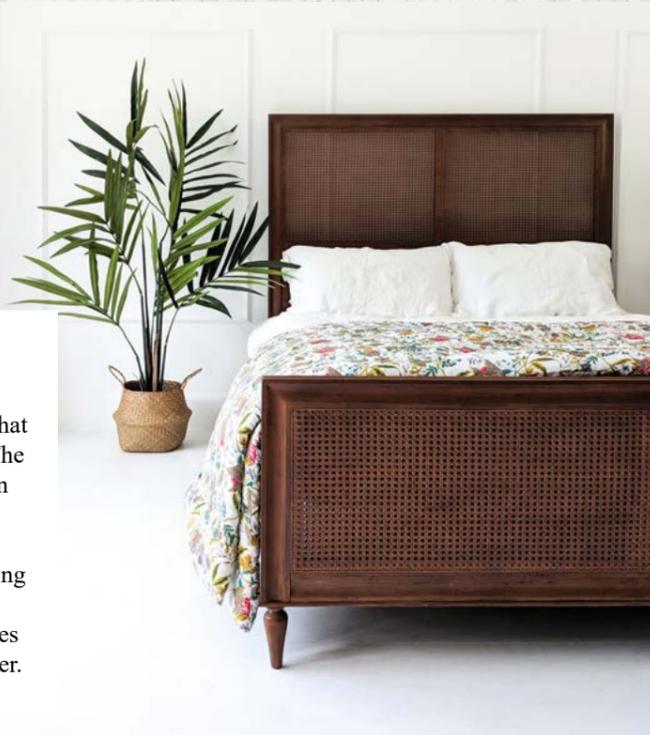
Audenza



Leaves, Leaves, Leaves

Nothing says botanic quite like a leaf print. Although it has potentially become a little too common and conventional, there are plenty of interesting ways to incorporate the pattern. The first example is with your lampshades – it is reasonably inexpensive to recover them, or do it yourself, not to mention you can choose your own fabric as well. You could also use leaf print wallpaper to line the drawers of your wardrobe dresser or pick some leafy bed linen.

The French Bedroom Co



Yorkshire Fabric Shop

The Rattan Trend

2020 interior design has been characterised by rattan – a material that most definitely has an organic and natural feeling. This one from The French Bedroom Co is a unique take on rattan, with the dark brown colour not commonly found in furniture shops. Temple & Webster also has some great rattan items to consider. If you happen to find some rattan furniture at an op shop, be open to the idea of purchasing it and bringing it back to life. All it takes is a good eye, some paint and a nice lacquer. You can also mix and match certain natural fibres together, for example a jute rug, rattan bed and cane pot plant holder.

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Artistic Garden Trends

Eliza Cusack

This summer give your garden a facelift by implementing a few artistic trends into your backyard.



Fishpond

To create an at-home fishpond the first thing you will need to do is dig a large and preferably deep hole. Lining the hole is the next step and the three most common methods are concrete spray, plastic tubs or rubber liners. After the hole has been lined you will need to install the pump equipment which can usually be found at most pool shops. The next step is to add landscaping such as rocks and pebbles. Finally – add the fish! Koi are the most popular type of fish for fishponds as they are very low maintenance, or for a smaller pond try some goldfish.

Coloured Fences

A painted fence or feature wall can completely transform a garden. Go for a steely grey as it allows green to pop and will make your flowers really stand out. For a bolder look, go for a burnt orange wall or even lime green as this will contrast fabulously and can completely transform the feel of your garden.

Hanging Garden

Creating a hanging / vertical garden can give your backyard a modern and stylish edge. Bunnings offers a great step by step guide to creating one of these at home. It is important to consider the location of your hanging garden, as well as the proximity to the nearest hose and how much sun the area will get. There is a great range of vertical gardens available at several local gardening stores with a variety of different plants available. You can also make a vertical garden with some old pots – just give them a coat of paint and stack accordingly.



Explore Your Own Backyard

Isabella Ross

Many of us are so used to exploring other states or countries, we really don't take the time to see what's in our own backyard. In Sydney we are so fortunate to be surrounded by beautiful bushland. Sydney Harbour National Park is home to a diverse range of native plants and animals commonly found within Sydney's sandstone gully forests and coastal banksia scrub. The bushland here includes hundreds of native herbs, shrubs and trees as well as a variety of bird life, reptiles and the cute and furry, like possums. But who knows which is what? A walk among nature can offer so many benefits, but a guided walk is the next best thing.



Alan Toner is the founder of Sydney Harbour EcoWalks Tours.

along the shores and in the bushland," he shares with *Sydney Observer*.

Something else that a lot of us didn't know before, including myself, is that Sydney Harbour National Park is also home to some interesting historic relics. On the guide, visitors can bear witness to the gun emplacements, tunnels and fortifications along the harbour foreshore.

Many forget that Sydney Harbour was in fact attacked during World War II, with information on the fortifications as well as the story of the Japanese midget submarines that entered Sydney Harbour and attacked Garden Island to be shared.

WHAT TO SEE AND EXPERIENCE

Alan offers three guided walks that begin from the Taronga Zoo Wharf.

1. Georges Head Walk visits sites at Bradleys Head, Taylor Bay, Chowder Bay and finishes at Drift Cafe at Georges Head.
2. The Middle Head Battery Walk includes all the same sites but continues to Obelisk Bay, Middle Head and finishes at Balmoral Beach.
3. Also, during daylight savings, he offers the Twilight Discovery Walk which is a two hour walk exploring the bushland at dusk watching bird life, photographing Sydney Harbour's iconic sites whilst the sun sets over the city to then go spotlighting for nocturnal animals like the Ringtail Possum and the elusive Tawny Frogmouth.

So, when you're thinking about going for a walk among nature or just want to simply learn more about Sydney's history, why not consider joining Alan on an EcoWalks Tour in Sydney Harbour National Park.

Father of two daughters, high school teacher and return from active service veteran Alan Toner is the founder of Sydney Harbour EcoWalks Tours. Alan is an accredited NSW Parks Eco Pass tour guide and specialises in providing people with informative commentary about the native flora and fauna and traditional heritage of the Cammeraygal people.

"I want to encourage families and their friends as well as tourists to visit and learn about the natural, social and historical heritage of Sydney Harbour. It is really important that visitors take the time to learn about the special connections that exist between these beautiful plants and animals found here

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How to Save \$\$\$\$ on Your Kitchen Reno

2020 has left many of us with a tighter budget. Working from home may have us all nit-picking our kitchen, especially when we're walking back and forth from the fridge multiple times a day, hoping for new food to magically appear. Why not kick start your renovation projects this summer with the kitchen?

If your cabinets are still in good condition, a great way to update the kitchen is to change the doors. It's not as hard as you might think! Sydney Doors can supply new kitchen (and wardrobe) doors, custom made to the sizes you require. You decide the style and colour, and they will be spray painted in good looking, hardwearing polyurethane paint in a matt, satin or high

gloss finish. The Hamptons style shaker doors pictured are really popular at the moment and are also a timeless look. The decorative panel on the front of the island bench is the 'corrugated' design 3D wall panel, which we also make using 3D wall panels on bar fronts. Accessories such as soft closing hinges and door handles are also available.

Pricing of a kitchen face lift depends on the design chosen (plain doors are cheapest, patterned doors more expensive) and the number and sizes of the doors and panels. Prices are approximate but the supply of doors for – a small kitchen is around \$1500, medium around \$2,500 to \$3000 and a large kitchen around \$4000 to \$5,000.

Time is also money. Not only is a kitchen face lift cheaper, it's also quicker. Nothing needs to be removed from the cabinets. Changing the doors and panels usually only takes one day, which means less disruption to your family and work life as the kitchen is functional the whole time.

To get a quote, simply measure up your doors and panels and fill in our quote form if you are a confident DIY'er. If not, we have a list of installers on our website who can help you with this process as they can measure and install.

For more information, visit our website: www.sydneydoors.com.au or call us on (02) 9725 4444.

Displaying Collectibles

Isabella Ross

We all love to collect something, whether it's a memento from our travels or maybe a childhood fascination like toy trucks or figurines. The difficult task is how to display such collectibles or mementos in a way that isn't overwhelming on the eye.



A Ladder

If your collection is something that can be hung, take full advantage of this space-saver idea! Ladders are funky and eclectic – whether it be crystals, dream catchers or pendants, there are lots of things to consider as collectibles for show. If you are a jewellery enthusiast, you could also display some necklaces on a hook as well.



A Coffee Table Tray

As noted in our October Issue of *Sydney Observer*, coffee tables are a great space to display a small collection. Using a decorative box or tray, you can use this to show off something you love. For instance, in my family we love to collect vintage oil cans, due to the history behind the objects and their uniqueness.



A Windowsill

If you are fortunate to have high ceilings with windows, optimise the space and use the windowsills as a showcase for your collectibles. It is important to maintain a similar colour theme that would suit the style of the rest of the room, so do keep this in mind. Ceramics or candles would look fantastic, along with a beloved plant or two if you are an avid gardener.



A Shadow Box

Essentially, shadow boxes are like hollow photo frames that are mounted onto the wall. They look best in a group, with each housing some memorabilia. You can design and create your own like the one shown in this image, or you can pick some up from your local homewares or retail store. In my shadow box I like to display some of my perfume bottles, bells and shell collection.

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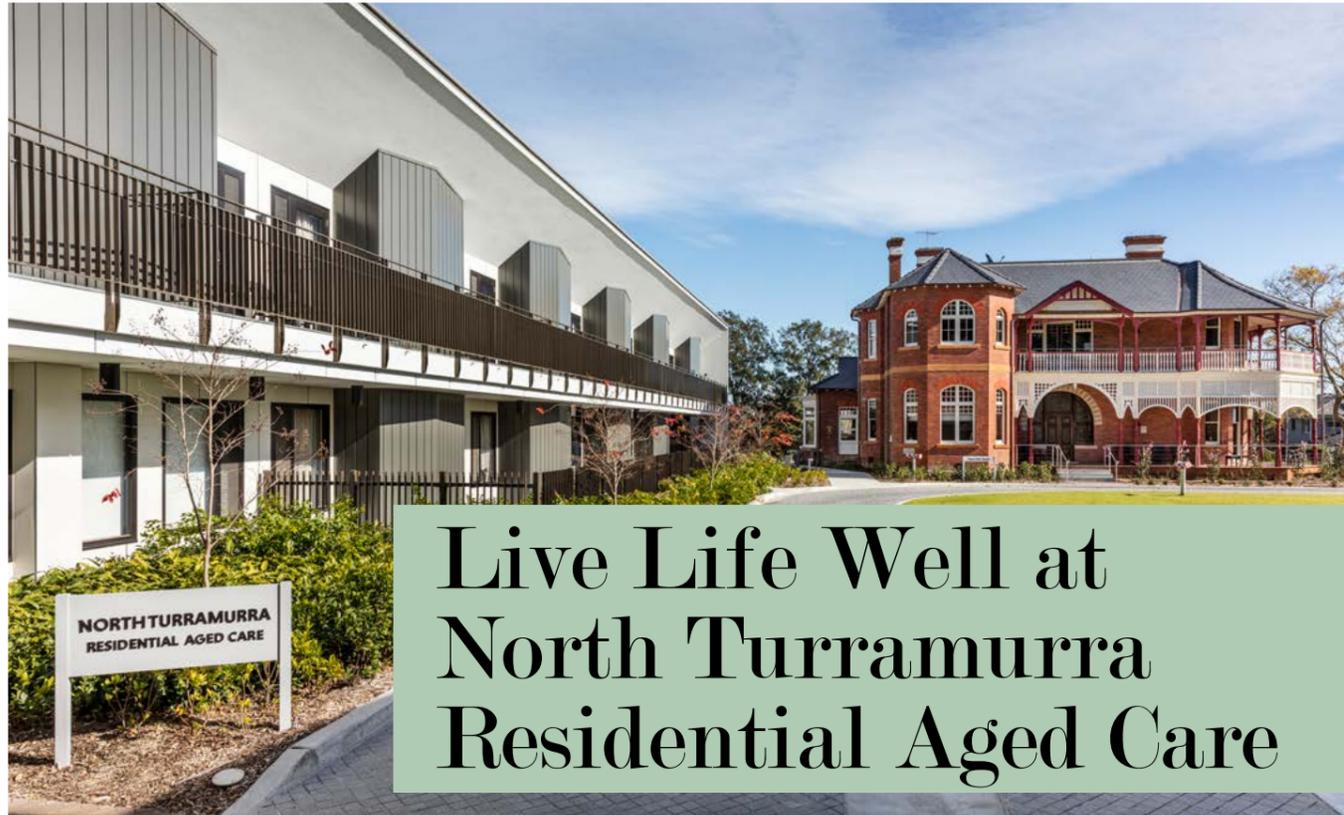
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Live Life Well at North Turramurra Residential Aged Care

Southern Cross Care North Turramurra is situated on a large heritage listed site adjoining bushland and Ku-ring-gai Chase National Park. The recently completed development is also a finalist in the prestigious UDIA NSW Award for Excellence in Aged Care. These Awards are designed to highlight innovation, sustainability, industry leadership and excellence in urban development across NSW and the ACT.

The residential aged care facility has 113 single private suites with private ensuites, some with dementia-specific layouts, and the magnificent design elements of the facility help to ensure the residents are at the centre of care.

Tanya Sourian is the Facility Manager, who found her true passion in caring for the elderly and has now been in an aged care leadership role for the last 5 years. “Arriving at the North Turramurra care home, I was amazed at the design and features and its ability to allow residents to be more independent. Person-centred care

is paramount to ensuring the wellbeing of residents and I am passionate about making sure we can provide this,” says Tanya.

As part of a redevelopment on the site, restoration work was completed on the beautiful and historic Huon House, built-in 1895. The home’s amenities include a café, hairdressing salon, a children’s playground, BBQ area, library, social and community facilities, family gathering spaces, wellness rooms, extended walking areas, an events room and various meeting and consult rooms.

Tanya says the home is completely unique and compliments the holistic care she has a passion to deliver. “Residents have real independence here and live life well in a comfortable and spacious environment. For them, it just feels like home,” she says.

If you would like more information about the Southern Cross Care North Turramurra care home, you can call: 1800 915 850 or email enquiries@sccliving.org.au



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When living in your own home is no longer an option, you’re most welcome to make our home yours and live in safety and comfort. Residential care is a natural next step in life for thousands of Australians every year. With us, your life continues on your terms – you decide when to get up, eat, socialise and relax.

We will arrange the services important to you

Every resident is unique. We will work with you to create a personal care plan for your exact needs. Those needs will be met by our team of carers, lifestyle officers, spiritual and wellbeing coordinators, registered nurses, and any specialists needed.

Dedicated to quality care

The Aged Care Quality Standards provide reassurance that you will be treated with kindness, dignity and respect. We continually evaluate our training, systems and processes and strive to exceed these standards.

We are for people, not for profit

Southern Cross Care has supported older people in NSW and the ACT for over 50 years. As a not-for-profit organisation, we are solely focused on providing the best care we can.

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See NSW in a Campervan

Eliza Cusack

Travelling in a campervan can be one of the best ways to get out and see all of the amazing sites the state has to offer. One of the best parts of travelling in a campervan is undoubtedly the people you meet along the way.

THE FIRST STAGES

Whether you're hiring an RV or are thinking of purchasing your own, there are some important things to keep in mind. Make sure to choose a vehicle where the

bed is low, so you won't have to do any sort of climbing. It is also crucial to try to avoid school holidays where the roads will be packed with families. Choose an RV that has an external light, as it will really come in handy at night-time and also remember to check the age limit if you are hiring a vehicle.

THE TRIP

In terms of your itinerary, there is a great five-day round trip that begins in Sydney, with the first stop being Katoomba. From Katoomba you will

drive 100km to Bathurst where you will have the opportunity to explore the cities fascinating history of gold mining. From Bathurst you then head to Dubbo, which boasts one of the best zoos in the nation. After Dubbo, the final stop before returning to Sydney is Cessnock. Cessnock is known as the gateway to the Hunter Valley Region, where you will be able to explore vineyards as well as historical sites such as The Great North Road Convict Trail. The round trip is about 925km and allows you to explore many notable sites and regions.

Response to Budget

Australia's peak body of older Australians, Council on the Ageing (COTA) Australia, has welcomed a number of significant Federal Budget initiatives for pensioners and aged care. In particular, the additional 23,000 home care packages at the cost of \$1.6 billion is a record increase received gratefully.

However, COTA has expressed concern about the plight of mature age workers who received no targeted support despite being equally vulnerable to long term unemployment due to the current job market affected by COVID.

"COTA welcomed the huge range and depth of economic stimulus measures that are the centrepiece of this Budget, including the support targeted at getting young people employed. But we are disappointed there is no parallel support to keep older Australians in work. They are equally vulnerable to redundancy, age discrimination and being locked out of the workforce, and we are fearful this will be exacerbated by the failure to match youth subsidies," COTA Australia Chief Executive Ian Yates said.

Give Journaling a Go

Dr Sue Ferguson

Dr Sue Ferguson is an Honorary Associate Lecturer in the Department of Psychology at Macquarie University.

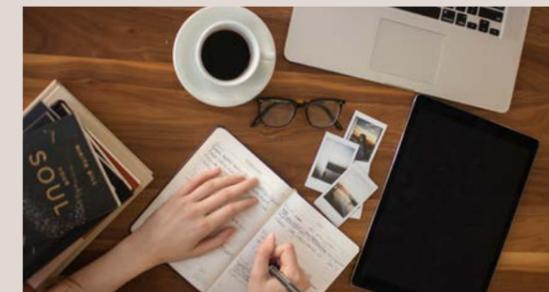
Journaling, also known as expressive writing, is a technique many of us use to help us make sense of our emotional experiences. Writing about these emotional experiences has shown to be more effective than writing about more superficial topics. So this type of journal is not the same as keeping a daily diary of events.

Research suggests that writing about upsetting experiences can sometimes be painful on the day you do it, but over time often produces improvements in mood, reductions in anxiety and fewer visits to the doctor. Writing (or talking about) emotional topics has also been linked to better immune function, faster wound healing and lowered heart rate.

Getting strong emotions off your chest by writing them down can make you feel better (an effect known as catharsis). Subsequent writing sessions may help you make sense of the experience, put things in perspective and make it feel more manageable and meaningful.

TRY THIS JOURNALING EXERCISE

- Write about something personal and important to you that has made you feel emotional.
- You don't have to write about your biggest trauma.



If you do and are getting too distressed then stop and write about something more manageable.

- Write continuously for 20 minutes.
- As you write don't worry about spelling and grammar – no one is going to read this except you (unless you choose to share it).
- When you finish, read through it and think about it for a while.
- Either keep it somewhere private, or shred it.
- Write at least 4 times (either several days in a row, or once or twice a week).

As Anne Frank said, "I can shake off everything as I write; my sorrows disappear, my courage is reborn." For more information, see: greatergood.berkeley.edu/article/item/how_journaling_can_help_you_in_hard_times

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What's On



Eastern Suburbs and Harbour Scenic Drive

Join us on a scenic drive to the Eastern Suburbs where we will meander through Centennial Park, Watsons Bay, Nielsen Park and more. Weather permitting, we will enjoy morning tea and lunch at outdoor venues.

When: 16 November

Time: 10am - 3pm approx.

Where: Car park behind Marian Street Theatre, Killara. Parking is available all day behind the theatre. Please arrive 10 minutes prior to departure.

Cost: \$30 for bus. Morning tea and lunch at own expense.

Can book online in-person at Council Customer Service at Ku-ring-gai Council or visit bit.ly/KMCBooking

Online Author Conversation: Richard Glover

Join Ku-ring-gai Library via Zoom, from the comfort of your home, for a presentation with renowned local author Richard Glover. His new book, 'Love Clancy' will be discussed, along with conversation on some of his other novels as well. Richard writes regularly for the Sydney Morning Herald and for the Washington Post. He also presents the top-rating *Drive Show* on ABC radio in Sydney and hosts the comedy program *Thank God It's Friday* on ABC.

When: 24 November

Time: 7:30pm - 9pm

Where: Online via Zoom

Cost: Free

bit.ly/RichardGlover

Cruise the Hawkesbury

The Riverboat Postman has been providing essential services to river communities since 1910. Sit back and enjoy the wonderful scenery of the beautiful Hawkesbury River as we deliver mail and groceries to the riverside settlements. Typical Aussie morning tea and lunch will be served on board. The boat is licensed, so you can enjoy a drink with your lunch at your own expense (cash only).

When: 30 November

Time: 8:45am - 3pm approx.

Where: Meet at the car park behind Marian Street Theatre, Killara. Parking is available all day behind the theatre. Please arrive 10 minutes prior to departure.

Cost: \$75 for bus, cruise, morning tea and lunch.

Can book online in-person at Council Customer Service at Ku-ring-gai Council or visit bit.ly/KMCBooking



Fishing Spots in Sydney

Isabella Ross

Seniors are captivated by fishing – hook, line and sinker. Read on to discover some fun fishing spots in the area. First and foremost be sure to have a current NSW Fishing License. There are a few options depending on how regularly you like to fish, such as licenses that can last for a few days, a month or a year.

GLADESVILLE WHARF HUNTLEYS POINT

Just before the Gladesville Bridge is Huntleys Point, located on the Parramatta River. This spot is best for those fishing for fun not for dinner! Head down to the wharf and try your hands at some Flathead, Yellowtail, Bream or Mulloway.

THE HAWKESBURY RIVER

For a fun fishing day trip, head to the Hawkesbury River in Brooklyn NSW, located right next to Ku-ring-gai Chase National Park. Rent a boat or use your own and fish Jewfish, Flathead and Bream to your heart's content.

CLIFTON GARDENS MOSMAN

Nice and close to home is the picturesque Clifton Gardens, where keen fishers can reel some lines either via the bank or jetty. This is a super popular spot so best to arrive earlier in the morning to fish some Bream, Yellowtail, Kingfish and sometimes Garfish.

MANLY DAM

Whether you like to fish from a kayak or the bank, Manly Dam is another fishing staple in Sydney. It is great for both fishing beginners and seasoned fly-fishers. Experts share that fishers can expect to find Australian Bass, Redfin, Silver Perch and Carp.



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Image is for illustrative purposes only. Correct as at November 2020. J005057F

North Shore Lawn Bowls

Isabella Ross

Do you love some barefoot bowls? It's an incredibly popular hobby among seniors, as it is low impact on the body but still allows for great movement and circulation. Get on board with some lawn bowls in our own backyard.



WARRAWEE CLUB

Bowls and croquet are up for grabs, just phone to book. New members are welcomed, with free coaching on offer to those wishing to give either game a go.
1479 Pacific Highway, Warrawee 2074.

WEST PYMBLE BICENTENNIAL CLUB

If you want to celebrate an anniversary or birthday with some mates, this club is great for some group bowls, with prior booking required. Not to mention there's a good bistro as well.
2 Prince of Wales Drive, West Pymble 2073.

TURRAMURRA CLUB

Barefoot Bowls is on every Sunday from 3 to 5pm. No booking is required but COVID social distancing rules are enforced. The Club's 'Maila's Kitchen' is a nice way to finish off a session of bowls.
181 Bobbin Head Road, North Turramurra 2074.

ST IVES BOWLING AND RECREATION CLUB

A membership is necessary to do some bowls here. Men's, women's and mixed games are held each week, with this location great for those who play bowls competitively, being the highest-grade club for both men and women in Ku-ring-gai.
100 Killeaton Street, St Ives 2075.

Steps? No Problems!

Rejimon Punchayil

In the October Issue I wrote about various conventional mobility aids. I was asked to give some suggestions for mobility solutions where steps or slopes are involved. As a portable option, Roami, the Stair Assist Walker, is the answer. It serves as a 4-in-1 mobility aid. Roami can be used as a stair assist due to its level-adjusting technology. Roami can be adjusted to use on the stairs, thresholds, or curbs, restoring independence for users who need help to access their homes. The safety buttons ensure that the frame remains locked until the user intends to adjust it. This is an ideal solution for those living in homes that have staircases.

Roami is a sturdy walker. This is also ideal for posture and gait alignment. By adjusting the angle of the walking frame, it helps the user to keep themselves upright and centred. This is ideal for users with Parkinson's or others who need extra posture support. When its wheels are deployed, Roami turns into a wheeled walker. This 4-in-1 marvel is the ideal solution for steps or slopes. Check out the illustrative video at www.comfortdiscovered.com

So next time confronted with a set of stairs, Roami will empower you to say, "no problems!"



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Classic Entertainment

Isabella Ross

There's nothing quite like a cosy afternoon spent reading a great novel, watching a film or listening to some music. The classics are always nice to revisit, with many exploring themes that are still relatable even from a contemporary context.



FILMS

Life is Beautiful (1997)

Be prepared to have a box of tissues with you, because this one is emotional. An Italian film, *Life is Beautiful* details the story of a Jewish father and his son being sent to a Nazi concentration camp, the father trying his best to shield his son from the atrocities taking place. Based on a true story, the film deals with bravery and morality amid a time of anti-Semitism and cruelty. It's an important film for all to watch, reminding us that there is no room for hate in this world.

Scent of a Woman (1992)

An American drama, *Scent of a Woman* stars the iconic Al Pacino as Colonel Frank, a blind man in need of looking after during Thanksgiving. Charlie, a poor prep-student in need of cash, takes the job of 'babysitting' Frank, only for the two to learn from one another and build a friendship. With moments of hilarity, the film isn't one that is heavy on the soul. It's an incredible tale that delves into matters of privilege, friendship and loneliness.

The Shawshank Redemption (1994)

Another great film about friendship amid challenging conditions is *The Shawshank Redemption*. It follows the journey of Andy, a white-collar man sentenced to life imprisonment and how he navigates prison life. Meeting convicted murderer Ellis, the two strike up a friendship, helping each other through times of unjust brutality in the system.



MUSIC

Gold ABBA

Gold is one of the best-selling albums worldwide. Rising to fame on Eurovision in 1974, the Swedish pop group caught the attention of the entire globe with *Waterloo*. *Gold* is an album of nostalgic throwbacks, whether it be *Dancing Queen*, *Fernando*, or *Super Trouper*. When in a post-COVID realm, the Epping Hotel often hosts ABBASBACK, a great tribute band covering the classic hits we all love.

Rumours Fleetwood Mac

Thanks to a viral Tik Tok trend, Fleetwood Mac's *Rumours* album went back to topping the charts this month, even though it was first released in the late 1970s. Full of hits including the iconic *Dreams*, *The Chain*, *Go Your Own Way* and *Songbird*, *Rumours* remains coveted as 'one of classic rock's definitive albums' according to Billboard.



BOOKS

The Great Gatsby

By F. Scott Fitzgerald

Grandeur, excess, morality – these are strong themes prevalent in *The Great Gatsby*, following the flamboyant lives of the upper class in Long Island in 1922. The opulence of the 1920's and ideas of the American Dream are front and centre in this Fitzgerald classic.

Pride and Prejudice

By Jane Austen

Characterised as one of Jane Austen's best novels, *Pride and Prejudice* tells a tale of the consequences behind the hasty judgements made by many of the characters within the storyline. It centres primarily on the developing relationship between Elizabeth Bennet and Mr Darcy, within the context of the Regency era in Britain.

Rebecca

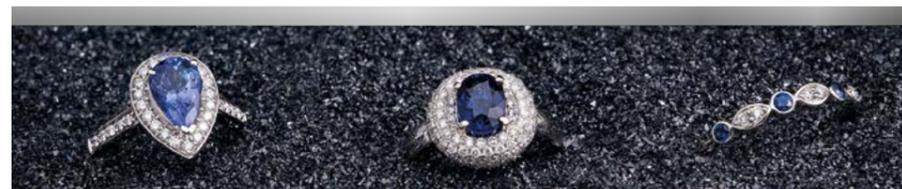
By Daphne du Maurier

Rebecca is a gothic thriller that cannot be put down. The suspense is right there from the start, following the journey of the narrator, a young female, who meets and falls in love with Maxim de Winter. With a whirlwind marriage, the couple venture to his estate only for the young newlywed to find herself 'battling the shadow of his late first wife Rebecca, whose legacy lives on in the house.'



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

Mouthwash – Should I or Shouldn't I? That is the Question

Dr Ian Sweeney

Dental mouthwash does not offer a replacement for the mechanical brushing and flossing of teeth. However, they may help to augment the cleaning process in more susceptible people by reaching some of the more difficult spots.

Generally speaking, mouthwash is classified into two categories, cosmetic and therapeutic. Cosmetic mouthwash may temporarily mask bad breath and leave a 'fresh taste' or 'fresh feeling' in the mouth. If a mouthwash does not kill bacteria associated with bad breath, it is considered cosmetic. Therapeutic mouthwash, on the other hand, contain ingredients that will help control or reduce conditions like bad breath, dental caries, gum inflammation, plaque and tooth decay. Therapeutic mouthwash may contain ingredients like cetylpyridinium chloride which may be added to reduce bad breath, chlorhexidine and essential oils (eucalyptol, menthol, thymol and methyl salicylate). This is along with helping to reduce plaque and gum inflammation. Fluoride is added to reduce dental decay, while peroxide is added to several whitening mouthwashes.

Therapeutic mouthwash has been shown in many studies to reduce the levels of plaque when used in combination with brushing and flossing, however the overuse of some mouthwash may result in other issues. For example, although chlorhexidine is an effective agent to reduce plaque, the overuse of a chlorhexidine containing mouthwash may lead to staining of the teeth, tongue as well as potentially altering taste

sensations. Mouthwash containing fluoride has been independently shown to reduce tooth decay in children, regardless of exposure to other sources of fluoride, such as fluoridated water and toothpaste containing fluoride. However, mouthwashes are not recommended for children as they tend to swallow larger than the recommended quantities.

Alcohol-free mouthwashes are recommended these days as alcohol can have a drying effect on the oral mucosa, actually increasing the risk of decay. Alcohol has also been linked to oral carcinoma, so for these reasons it may be prudent to avoid alcohol containing mouthwashes. Some mouthwashes will offer pain relief for mouth ulcers. These mouthwashes contain local anaesthetic agents such as lignocaine or benzocaine which will offer a barrier to pain associated with oral ulcers and mouth sores.

Many whitening mouthwashes will contain ingredients such as hydrogen peroxide or carbamide peroxide, typically in percentages of between 1-2%. If a dentist were to prescribe a similar material, the concentration of the active ingredient would be up to 10 times stronger. One study found that over a 12-week period of using a mouthwash containing hydrogen peroxide in the low concentration range, the result achieved a similar colour alteration as was achieved by 2 weeks of a 10% carbamide peroxide whitening gel.

Should we or should we not use mouthwash – it is best to consult your dentist. Alternatively make a personal choice but be aware of any long-term issues.

At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and

a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

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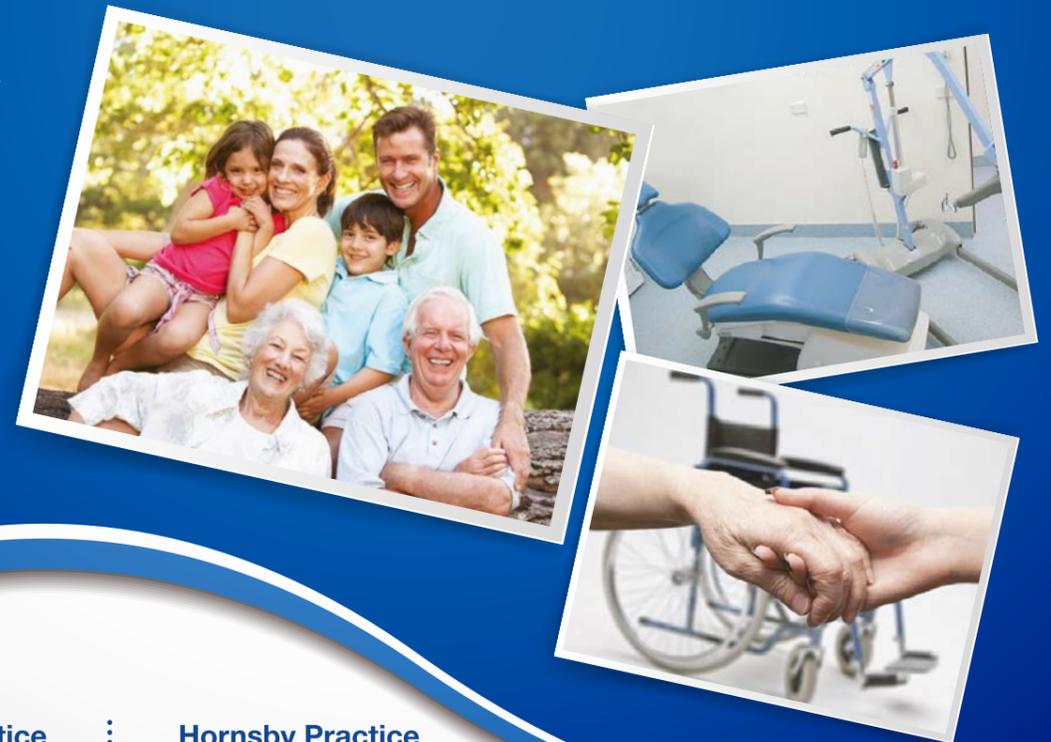
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Revamp your Accessories

Isabella Ross

Practising a bit of DIY is always a fun way to spend an afternoon. Many of us have DIY'ed our homes and gardens, but why not extend this to your closet – specifically your accessories! Wastage is something that significantly contributes to landfill, so repurposing has become a great way to showcase eco-consciousness. So, if you have some accessories that need a bit of TLC, now is the time to revamp them and put to good use.



Bags

This bag was a great find at a local antique and vintage store. The colour was striking, but personally not to my taste and looked a little dusty in some patches. I decided to keep the interior the pale green, along with the handle, just revamping the rest. First you need to use a leather stripper solution to ensure the bag's material will hold the new colour. Then, I used a smooth leather 'paint' otherwise known as Colour Change from my local Mister Minit. The leather crocodile textured fabric needed two coats, and once dried I used a leather protector spray to seal in the colour. Voila!

Jewellery

As seen in the before image, these faux silver earrings were past their used by date, having lost their shine and colour. Yet all it took to transform them was a bit of bronze spray paint and clear nail polish. Simply use some sticky tape to cover the hook, spray each earring, then dry and finish off with a quick lacquer using clear nail polish. This DIY is of course only suitable to those who do not have sensitive skin, although it is important to note the hook should not come into contact with the spray paint, therefore ensuring your piercings stay nice and clean.



Shoes

Once a pale pink, these suede shoes were in major need of a refresh. Using a fabric paint, I applied only one coat to the shoes, and this seemed to be sufficient. Afterwards, I sprayed a generous amount of Scotch Guard onto the shoes, given they are made of suede material.



Great Picnic Spots in Sydney

Eliza Cusack and Isabella Ross

With hot summer nights quickly approaching, a picnic with friends and a view is the perfect way to unwind. Sydney boasts some of the most beautiful picnic spot locations for your next weekend catch-up.



Wendy's Secret Garden

WENDY'S SECRET GARDEN

You will find the perfect romantic picnic spot at Wendy's Secret Garden in Lavender Bay. The story behind the gardens is beautiful and goes back to when Wendy and her renowned artist husband Brett Whitely lived in Lavender Bay from 1970-1990. After her husband's death in 1992, Wendy was grief stricken and began to clean up the mess of rubbish and overgrown plants at the foot of her house. Over many years Wendy created a whimsical garden filled with colour



Wahroonga Park

and beauty. Located just a 5-10-minute walk from Milsons Point station, the gardens are free and open to the public where you will find amazing spots for a picnic with a stunning view of the harbour.

WAHROONGA PARK

With gorgeous manicured gardens and a bustling main street just a short stroll away, Wahroonga Park is a lovely local spot to consider. Why not grab a coffee and bite to eat and have a picnic at the adjacent park – bliss! It's also a very family-friendly spot, with a fenced playground nearby. The rotunda is particularly beautiful to see, along with the rose garden which is currently in bloom. If you are celebrating a big birthday or celebration, you should also consider making a group booking for the rotunda with bookings open for up to 10 people.

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The Cost of Being Female

Eliza Cusack

Pink tax is a worldwide phenomenon that consists of identical products costing more money when they are marketed towards women. This practice is not technically illegal, meaning businesses and companies can use gender-based prices to increase their profits. Also known as the Gender Price Gap, there has never been a more important time to take a stand against this inequality.

It is already common knowledge that women in Australia earn approximately 14% less than men but we are also seeing that women are paying more at the shops as well. So, what are some examples of pink tax that you may see in everyday life? Razors, kids' toys and clothing items are some of the most prominent categories. GetUp! gives one example of Bic pens. The company released a collection called 'For Her' specifically for women, where the costs were higher than the other regular collections of pens.

WHAT WE CAN DO

The consumer group CHOICE gave the advice that it can be as simple as choosing to shop in the men's section instead and trying to avoid the 'pink-branded' products as a whole. GetUp! Australia has launched a campaign to target this Gender Price Gap and believe that the more people who sign up in support of the cause, the easier it will be to show both government and the big companies that the public wants this to end. Aside from signing up to support the campaign, one of the most important ways we can take a stand is to build up public pressure against businesses and corporations. If you see an example of the gender price gap, send an email to the brand or company and voice your concerns about the inequality. You can also send a photo to genderpricing@getup.org.au. Another great way to become involved with the movement is by using the [#genderpricegap](https://twitter.com/genderpricegap) on Twitter and Instagram to create a conversation about the movement and get the word out.

Wellness Corner

Isabella Ross



Sculpting with Gua Shas

Similar to jade rollers, the Gua Sha is another Ancient Chinese tradition. Using the heart-shaped massage tool, you can sculpt the skin to improve circulation and perform lymphatic drainage. By doing this, the skin will appear more 'sculpted' and firmer – something we all absolutely love! Made out of crystal, commonly jade or rose quartz, Gua Shas have catapulted in popularity, so why not give it a go yourself. Beauty stores like Mecca and Sephora sell these.

Niacinamide

A form of vitamin B3, niacinamide may have a complex name, but it is a reasonably easy ingredient, common in face serums, to get your head around. It is associated with healing and soothing properties, not to mention its hydration factor and capacity to assist in ageing and environmental damage. Sounds like a blessing! The Ordinary is a great inexpensive brand to consider for Niacinamide.



The CSIRO Diet

CSIRO Total Wellbeing Diet has been around for quite some time but continues to be a staple diet regime for many. Scientifically designed, the CSIRO diet plan is geared towards those aiming for fat loss, with meals centred around high protein and low GI as opposed to carbs. A more sustainable diet than many others, this one is designed to fit with a busy lifestyle, so the recipes and meal plans can flexibly suit family-oriented



Hornsby Organic Market

Gather at Hornsby Westfield to get your hands on some delicious, certified organic fresh food and gourmet produce. Artisan products are also available, including baked goods, chocolates and more.

When: 5 November
Time: 8am – 2:30pm
Cost: Free
Where: Hornsby Westfield, around the fountain
<http://bit.ly/hornsbyorganicmarket>

Face-to-Face Training on Zoom

Do you know how to use Zoom software for video conferencing? Do you wish to learn how to use it? Free training workshops are being offered in the form of small face-to-face groups.

When: Every Wednesday of the month
Time: 10am – 12pm
Cost: Free
Where: Gordon Library
<http://bit.ly/training-on-zoom>

Grow a Green Thumb

Try your hand at a variety of propagation techniques suitable for growing native plants and many others. A great way to pick up new skills for your garden and to become more familiar with our beautiful local native plants.

When: 7 November
Time: 9am – 12pm
Cost: Free
Where: Lane Cove Community Nursery
<http://bit.ly/growgreen-thumb>

Remembrance Day Service

Join Lane Cove Council to commemorate Remembrance Day. Due to COVID-19, this event will be held online for members of the public. Presented by Lane Cove RSL Sub Branch and Council.
When: 11 November
Time: 10:45am onwards

Cost: Free
Where: Via Lane Cove Council's Facebook <https://www.facebook.com/lanecovecouncil>



Ravaged Art Exhibition

An exhibition of ceramics by Marjatta Kaukomaa and Pamela Smith. These forms are a visual reminder that the process of ceramic creation is a complex interplay of heat, artistic eye and serendipity.

When: 11 – 29 November
Time: 10am – 4pm
Cost: Free
Where: Incinerator Art Space Willoughby
<https://www.willoughby.nsw.gov.au/Events/Ravaged>

Upcycling Furniture Webinar

Please join St Ives locals Fanny and Jemma from Shed Eleven, as they share their passion for upcycling furniture. During the one-hour webinar, Shed

Eleven will demonstrate how quick and easy it is to master this process.
When: 18 November
Time: 12pm – 1pm
Cost: Free
Where: Via Zoom
http://www.kmc.nsw.gov.au/Things-to-do/Events_activities/Whats_on/Upcycling_furniture_with_Shed_Eleven



Pippin the Musical

Full of extraordinary acrobatics, wondrous magical feats and soaring songs, *Pippin the Musical* is a Tony-Award winning production. It's a great chance for Sydneysiders to enjoy musical theatre once more.

When: 24 November onwards
Time: 7:30pm
Cost: Starting at \$69.90.
Where: Sydney Lyric Theatre
<https://pippinthemusical.com.au/>



Watercolour Sketching Workshop

Join professional artist Malcolm Carver in this fun and informative 2-day watercolour workshop at Ku-ring-gai Art Centre. Malcolm will inspire those wanting to use pencil, watercolour and pen to produce competent illustrations.
When: 28 November to 29 November
Time: 10am – 4:30pm
Cost: \$320 for the 2-day workshop
Where: Ku-ring-gai Art Centre Roseville
<http://bit.ly/watercoloursketch>

Ollie Ollerton on SAS and Break Point

Isabella Ross

SAS has been a rating bonanza in Australia, much to the delight of one of the Directing Staff (DS) Ollie Ollerton. Sydney Observer spoke with Ollie about his experience in the Special Forces, his PTSD and the meaning for him behind Break Point.

SAS has been on television screens since 2015 in the UK, with the same four British DS coming down under for the Australian format. “There’s a lot of passion and dedication that goes into that show, and it was an amazing collaboration between production, the DS and the recruits. As soon as the recruits turn up it’s a massive shock to them, because its survival from day one,” Ollie tells.

Production began just as COVID hit, the team’s original plan to film in New Zealand then changed to Aus in the Snowy Mountains region. “It’s the snow one day and the bush and the beach the next, it’s such a diverse landscape!” Given the DS are from the UK, there were minimal preconceived ideas of who the Aussie celebs were. “Regardless of who they are, they’re people to us. The beauty of not knowing a lot about the Aussie celebrities is that we treat it from a real organic view. Celebrities create a perception of who they want the public to see them for, the media then paints them in a certain way. So, you get this product that isn’t necessarily true. On SAS, the ego is dropped, they can’t plan the perfect outcome. We get to see who that person really is. We often uncover things that these people haven’t even told their best friends. There’s always one person in the recruits you can relate to. You start to absorb it, and it does take some processing, but there is the support there for both the recruits and DS.”

With both a business and a book titled ‘Break Point’, I was interested to see the meaning behind this for Ollie. “Break Point actually stems from when I was 10. I found myself in a chimp’s enclosure at the circus, and to cut a long story short I got attacked by a fully-grown chimp. It sat on my chest and my life was disappearing before me, so it was fight or flight. I knew if I didn’t do something I would die, and it was in



that moment that I plucked up the courage to retaliate. That is what Break Point is all about – pushing through the short-term discomfort for the long-term gain.”

It’s often not the physical scars that bring the most trauma, but the mental scars, Ollie notes. “There’s also a lot of depression and mental health issues between leaving the Special

Forces and where I am today. I locked it away as a self-preservation mechanism, but you have to address it. I want to keep sharing my story to help people through the same thing.” Author is another title Ollie can give himself, having written a myriad of books, including an upcoming fiction novel ‘Scar Tissue’ available from mid-November. “There’s no better platform than storytelling. Even though it is fiction, the storyline really mirrors my own experience in the Special Forces.”

“I had this sense of calling when I was 14. I had a troubled upbringing and was on a path of self-destruction. It was an unhealthy appetite for the military – I wanted to go to war, experience the danger. That’s certainly changed these days! I soon learnt it wasn’t where I wanted to be.” Making the transition from royal marines to special forces, Ollie still felt something was missing, until Grey Man came along. “With the organisation Grey Man, I rescued kids in Thailand from

prostitution and slavery. It was the most humbling thing I have ever done in my life. And I finally found my purpose and that was helping people less advantaged. I wasn’t paid for that work, I did it off my own back, I self-funded the operation. It came to an abrupt end after we did a massive bust, and the Thai government denied all knowledge of it. So, we had to escape out of Thailand and that’s when my life really started to fall apart.”

As we have sadly come to know all too well, with the rates of suicide and mental health among veterans, the transition from military to civilian life can be incredibly challenging. Ollie too struggled, self-medicating with alcohol. “It was a smokescreen of self-abuse. People can’t understand what you go through when you leave the military. You’ve lost your support network, the everyday framework and you have no structure and discipline. A lot of people are even going through that during COVID. But I pulled myself out of a very dark hole. I don’t drink anymore and that was the best thing I ever did. From there I got a call from my mate Foxy (one of the DS on SAS) and was approached by the production crew. Once I started to invest in myself, the return on my investment was massive. You get your mental health from your mental wealth.”

To keep up to date with Ollie see him on Instagram @ollie.ollerton and you can watch SAS Australia on Channel 7 on Mondays and Tuesdays at 7:30pm.

Ollie’s Favourite Things

Favourite pastime/hobby?

Skydiving and motorbikes. People often see relaxing as sitting on the sofa watching a film, but I find that really hard. I have to engage in active recovery, so when you skydive you can’t think of anything else.

A subject or cause you are passionate about?

People’s mental and physical

wellbeing.

The funniest thing you’ve read about yourself?

If you go onto Wikipedia it says I’m worth around \$65 million, which I wish was the case!

What do you do to de-stress and centre yourself?

Physical activity – doing something on a daily basis.

What are you most proud of?

Starting my business Break Point. (Running leadership and development courses for corporate and veterans) For me, success isn’t about money, it’s about happiness and the transition from ‘zero back to hero’ has been a big journey for me. I’ve invested a lot into this business so I’m really proud of that, and the fact it’s there to help other people.



Ultimate PIZZA TOPPING IDEAS

PIZZA, PIZZA, PIZZA! We all adore the Italian delicacy, known for its moreish flavour and convenience for group scenarios. Here is a collated list of some of the ultimate pizza toppings to try – whether you buy or make your own base, the toppings are where the real magic happens.



Iconic margherita pizza

Courtesy of Taste.com.au

Ingredients

- 6 tablespoons pizza sauce
- Basil leaves
- 4 bocconcini, sliced
- Grated parmesan
- 8 cherry tomatoes, halved
- Olive oil
- Sea salt and black pepper



Spread the pizza sauce over the base, leaving a 2cm border. Add the bocconcini, then scatter with parmesan and cherry tomatoes (cut side up). Drizzle with olive oil and bake until cheese has melted, and the pizza base is crisp and lightly golden around the edges. Add basil to garnish.

Goat's cheese, basil and vegetable

Courtesy of BBC Good Food

Ingredients

- 2 big handfuls of spinach
- 75g basil pesto
- 50g green and black olives, halved
- 50g sundried tomatoes, sliced
- 100g soft goat's cheese
- Sea salt and black pepper



Put spinach into a colander, pour over a kettle of boiling water to wilt, then squeeze out any excess water. Spread base of pizza with pesto. Top with the spinach, cheese, olives and tomatoes. Season, then bake.

Pancetta, mozzarella, chilli and tomato

Courtesy of Jamie Oliver

Ingredients

- 6 tablespoons of pizza sauce
- 50g mozzarella
- 1 fresh red chilli, finely sliced
- 4 to 5 slices smoked pancetta, thinly sliced
- Olive oil
- Sea salt and black pepper



Smear the tomato sauce evenly over the pizza base. Tear the mozzarella into pieces and do these over, then scatter over as much chilli as you like and season with salt and pepper. Lay the pancetta over the top so it will crisp up during cooking and the juices will cook into the pizza. Drizzle with extra virgin olive oil and cook until crisp and golden.



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PLENTY OF PARKING



Love

Kerrie Erwin

So many clients have come to me over the years, looking for love, an insight into will they ever find true love in a soulmate relationship and an explanation of sometimes confusing love experiences they have endured in their lives causing them great sadness and confusion. True love is the most powerful emotion a human being can experience, as it is so overwhelming, healing for the soul and a beautiful feeling to all our senses. Love makes the world go around and become a far happier place. It's very good for every living soul on our planet to experience true love on a psychical, mental, spiritual and emotional level.

Everybody deserves love, no matter what their belief, religion, background or gender. Love is something that is intangible, makes our soul sing, effortless and a true remedy for spiritual growth that gives us a feeling of great comfort, wholeness and belonging. It gives us purpose and spiritual faith to get over any

stumbling block we may come across in the journey of life. Not to mention it gives us the courage to live our highest potential! For people wanting to find love, one has to love themselves first and the rest will follow. Once you have an understanding of this there are so many ways to reach this goal, here are a few. Remember, always be open to new experiences.

- Affirmations – *'I am a beautiful person and I love you.'*
- Paying attention to your thought forms and beliefs as sometimes they are too negative.
- Practising tenderness, kindness and feeling grateful for everything you have in your life.
- A good diet and exercise.
- Letting the past go, forgiveness and moving on.
- Cutting off toxic people.
- Past life regression as often we have spiritual blocks.
- Visiting a good therapist.

LOVE AND BLESSINGS

www.pureview.com.au



Kerrie Erwin is a Psychic and Medium
pureview.com.au

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Explore Mighty Darwin

Isabella Ross

It's official – for the time being, Sydneysiders and NSW residents can now jump on a plane and head to the Northern Territory. In celebration of this exciting news, *Sydney Observer* has collated a guide on how to mark the mighty Darwin on your next interstate holiday.

BASK IN THE SUNSET

Darwin is renowned for its beautiful sunsets, with the sky a bold myriad of colours each night. An inexpensive way to admire the view is to take a picnic and sit on the grass area in front of Cullen Beach. There are also a few sunset dinner cruises that could take your fancy. One of my fondest memories is enjoying the glorious sunset at Mindil Beach Casino Resort, where for a small fee, patrons can enjoy the infinity pool and outdoor cocktail bar as the sun goes down.

CROCODILE TOURS

For a true-blue Darwin experience, you cannot miss out on seeing a giant croc or two! The Museum and Art Gallery of the Northern Territory has a ginormous crocodile on display, along with lots of other really interesting flora and fauna. A great way to explore Darwin and see crocodiles in their native environment is by doing a Jumping Crocodile Cruise. Sounds bizarre, but essentially you sit in



a boat and cruise along one of Darwin's rivers while the tour guide encourages the crocs to jump out of the water to catch a piece of meat on a stick. As long as all limbs are in the boat it is completely safe – and a delight to experience.

BREATHTAKING WATERHOLES

Most wouldn't consider Darwin for its swimming spots, especially given the threat of dangerous wildlife, however there are a

few spots where you can swim safely. The Buley Rockhole at Litchfield National Park is one sight to see. A multitude of cascading pools, the Buley Rockhole is a great place to visit, with crystal clear water – crocodile free! Just keep an eye on the Litchfield National Park's website for updates on monsoonal rains which may affect the opportunity to swim.

ADMIRE ABORIGINAL ART

Darwin is a big hub for Aboriginal art, so it makes sense that visitors should take the time to admire some of the many lovely galleries throughout the city. When purchasing art, it is important to know the gallery works directly with the artists – for a guide on purchasing Indigenous art read our July Issue Page 20 (<http://bit.ly/SydneyObserver-July2020>).



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