

# Sydney Observer

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IN PRINT SINCE 1996

**COMFORT IS OUT  
GLAMOUR IS BACK**

**SNOOZE FOR SUMPTUOUS SKIN**

**MOTHER'S DAY SPECIAL**

**PHOBIAS AND HOW TO HELP**

**JUMPING INTO JAPANDI**

**WHAT TO KNOW ABOUT "VAPING"**

Sports Superstar

**Ellie**

**COLE**





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From the Editor

Welcome to *Sydney Observer's* April Issue! This has always been one of my favourite months, mainly due to the fact that I get to consume copious amounts of chocolate.



Prior to the pandemic rocking all our worlds, I was running around like chicken without a head. The lockdowns taught me to stop, slow down and be present. To consider what is priority and what can wait.

Now that things are starting to feel a little more, 'normal', whatever normal means, I have caught myself mid-morph and prevented the chicken taking over again just in time. As a dear friend often says to me, 'it's not a race.' I hope you are taking things deliciously slow and if you are in a race, be sure that it's your own that you are running in.

Our profile this month is powerful Paralympian Ellie Cole, discussing her passion in helping others that are living with disability and who she really is behind the sports that she is so famous for. Our two features, celebrating Mother's Day and Anzac Day will also be a delight, plus articles from regular contributors, five minutes with Melissa Leong and more!

Read about how stress can ruin your hair, and the psychology behind nesting, discover our top pics for non-alcoholic beverages and so much more this month.

This issue will be my last with *Sydney Observer*. It has been an absolute delight to be Editor here and I look forward to handing over to someone fabulous, who is just as passionate about the publication. Enjoy the April Issue and I wish everyone a prosperous and healthy rest of the year.

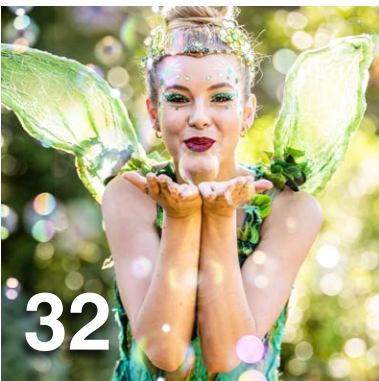
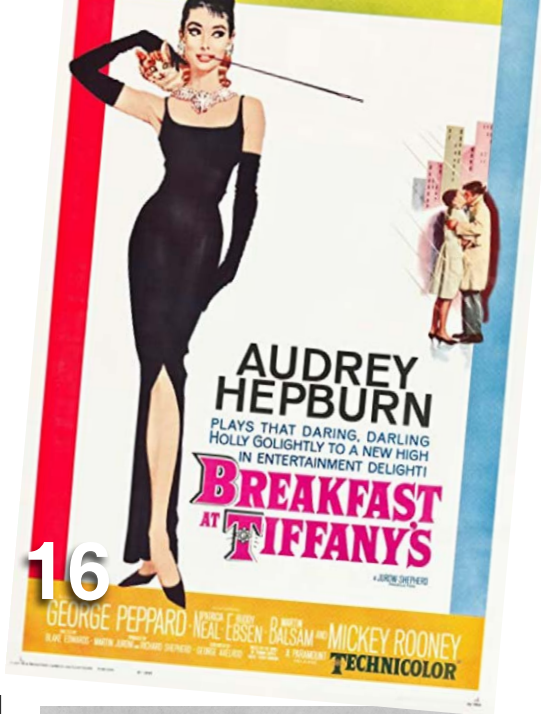
Jodie Wolf

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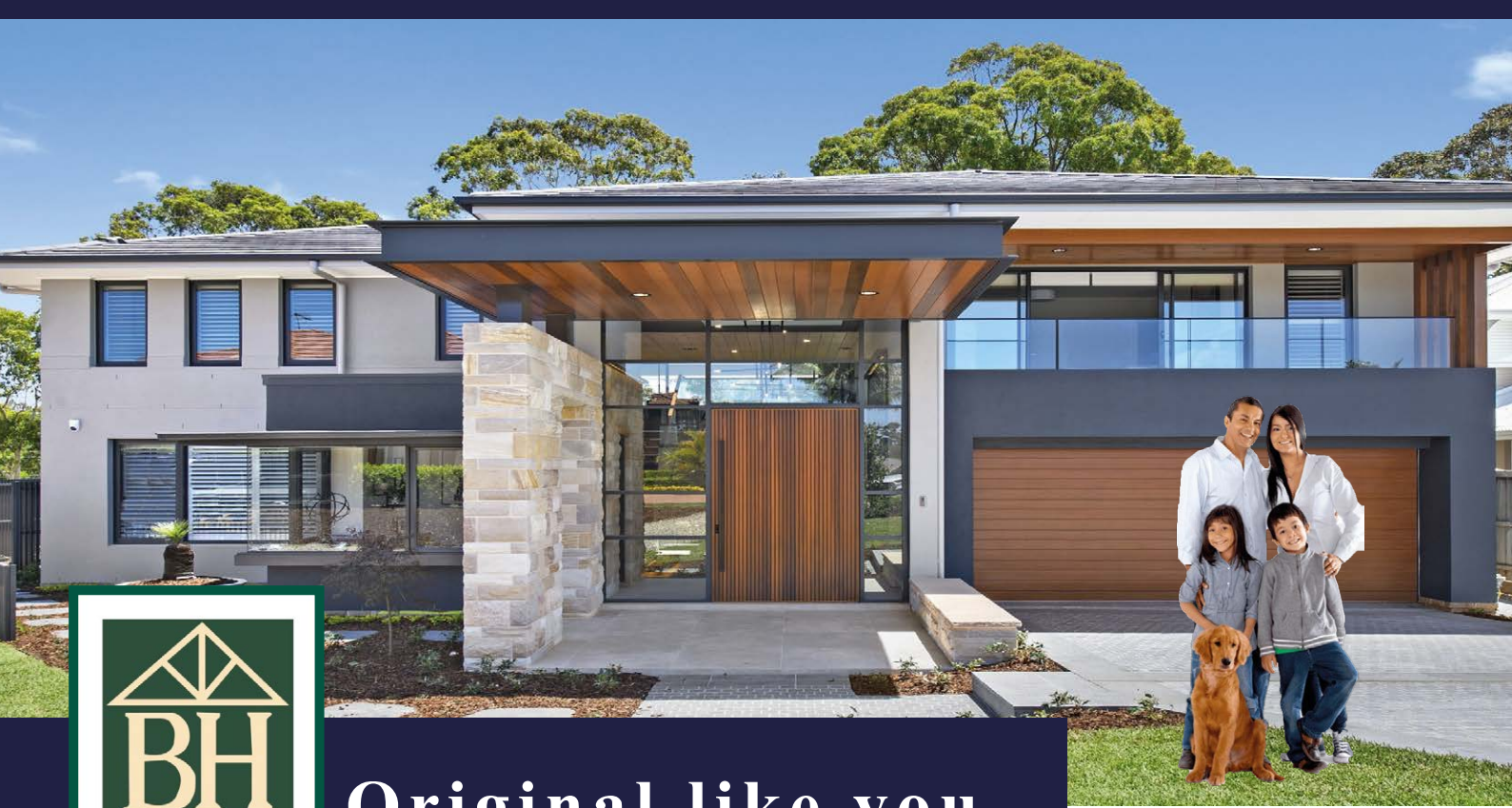


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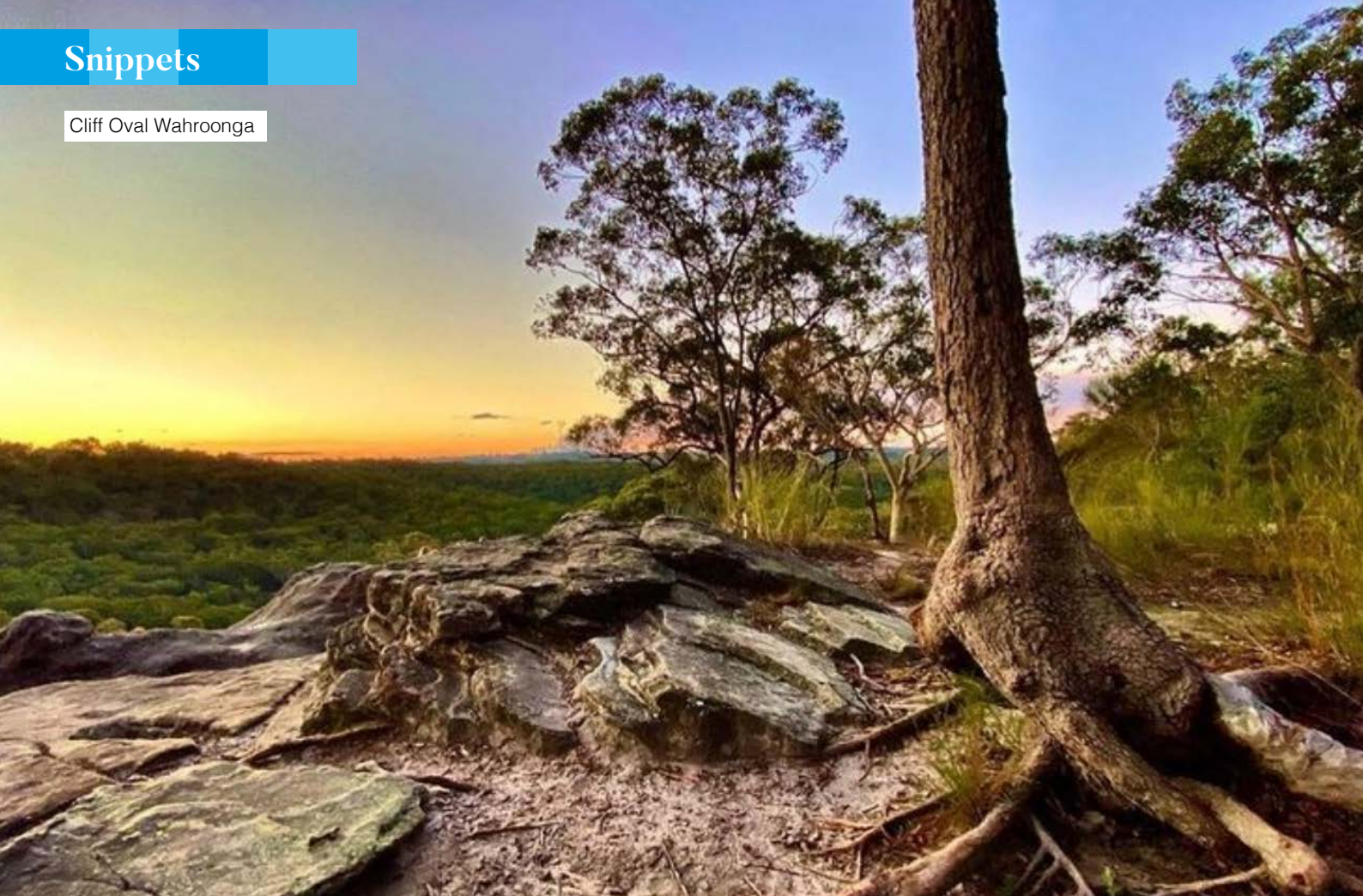
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## Hop Along to the Sydney Show

Whether it's a bunny hopping competition, thrill seeking carnival rides, cuddling a piglet, checking out the stage show acts, indulging in a showbag or two, or trying your luck at the games, there truly is something for everyone. Entry to the show includes access to a wide range of attractions and activities including the daily animal nursery, the bunny hopping competition on Easter Sunday, daily stage show performances, and the Dogs in the Park and Greyhound Adoption Day. New this year and included in the entry fee is the action-packed motorcycle and bike show, featuring spectacular moves and gravity defying action.

**Where:** Entertainment Quarter, Moore Park.  
**When:** 9 April- 25 April.

For more information and to purchase tickets please visit:  
[www.sydnefamilyshow.com.au](http://www.sydnefamilyshow.com.au).

## Creating a Verge Garden

In order to attract bees and native animals, Ku-ring-gai Council is encouraging residents to turn nature strips into verge gardens. The Council adopted an Urban Forest Policy last year which provides an action plan to protect the tree canopy and promote biodiversity in the local area.

They are producing guidelines for local residents on how to create verge

gardens on public land such as nature strips. The guidelines recommend a mix of native trees, shrubs, grasses and ground covers well suited to local conditions and reaching a height of below one metre.

Mayor Jeff Pettett said residents could get advice from the Council's sustainability team and the Council website about creating a verge garden.

## Anzac Day Commemoration

St Ives Lions Club is again organising, on behalf of the local community, an Anzac Day commemoration. Seating and shade shelters will be available as well as a public address system. Parking is available behind the shops on the Eastern side of Mona Vale Road, in St Ives ShoppingVillage and the car park on the Western side on Mona Vale Road opposite the Stanley Street intersection.

**When:** 25 April at 10.30 am.  
**Where:** St Ives War Memorial, on the triangular piece of land on the corner of Mona Vale Road, Rosedale Road and Porters Lane.



redcross.org.au

## Flood Recovery Donations

The Ku-ring-gai Council has decided to donate \$5000 to three charities; GIVIT, the Salvation Army and the Australian Red Cross in response to the NSW floods.

Mayor Jeff Pettett acknowledged that Ku-ring-gai had been spared from the worst effects of the flooding, but said there had been many people in Western Sydney and Northern NSW who have suffered greatly, including losing their lives to the worst floods in living memory.

"There are some heartbreaking stories emerging of uninhabitable homes, businesses destroyed and personal possessions lost forever," he said.

Mayor Pettett thanked those in the Ku-ring-gai community for coordinating practical help such as food deliveries and replacement household goods.

"The scale of this disaster means a huge rebuilding effort is required and I am very pleased to see members of our community offering their help."



earthday.org

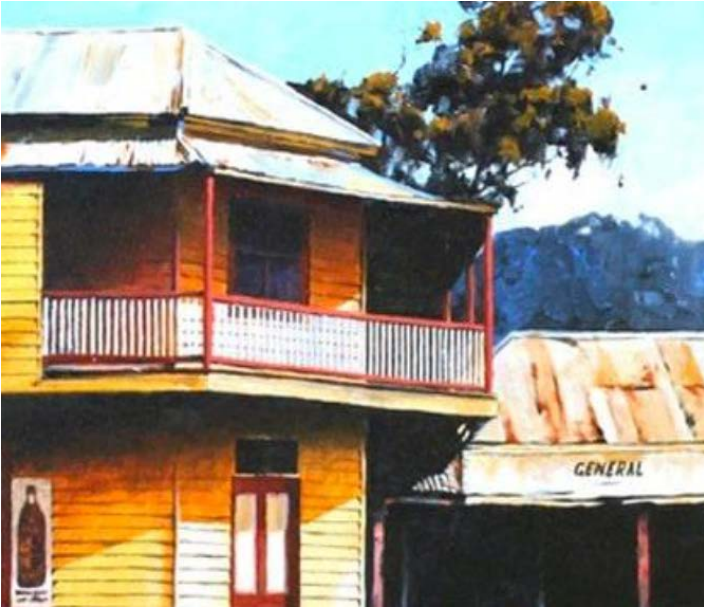
## Earth Day 2022

"This is the moment to change it all — the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, and our livelihoods." #InvestInOurPlanet

The theme for Earth day 2022 is, 'Invest In Our Planet,' and falls on 22 April.

To find out more about what you can do to get involved visit  
[www.earthday.org](http://www.earthday.org).

mosmanartgallery.org.au



## Mosman Art Society: Future Perfect

Members of the Mosman Art Society bring you, *Future Perfect*, an exhibition featuring new works that look beyond today's challenges and towards a potentially brighter tomorrow.

**When:** Saturday 2 April - Sunday 1 May  
**Where:** Gallery 1, Level 1, Mosman Art Gallery

Visit [mosmanartgallery.org.au](http://mosmanartgallery.org.au) for further details.





# Sydneysiders Choosing to Cycle

Jodie Wolf

A recent survey conducted by Transport for NSW reveals that the way people are choosing to travel in Sydney has changed, with people preferring to walk or ride a bicycle to get around.

The statistics revealed that 13% of all surveyed (equivalent to more than half a million Sydneysiders) have used a bicycle on their everyday short trips over the past three months. Nearly 20% of bike riders say they are using their bike more often compared to the same time last year and riding is most popular amongst Millennials, with one in five cyclists between the age of 25 and 40.

Northern Beaches resident, Dan Vickers said that he started cycling more during the pandemic to get to work in the city from where he lives.

“Not only was I was dealing with the usual worries of the pandemic, but my partner was overseas, and we didn’t know when we would next be able to see each other. On the way, I noticed how therapeutic riding my bike was,” he said.

“It really helped me feel more positive and get some exercise I was surprised how much



Dan Vickers personal archive

I liked this mode of transport and would recommend it to anyone thinking about giving it a go.”

The survey discovered that 45% of bike riders said that this form of travel helps to relax them, relieve stress and improves their mental wellbeing. 33% said that cycling is an easier way to get more regular exercise, and another 33% said that it’s a good way to explore their local area.

According to data from online marketplace, eBay Australia, sales of cycling items reached their peak in 2021 during August at the height of the NSW lockdown, with three cycling items sold every minute.

The electric bicycle market in Australia has also increased, with statistics from Bicycle

Industries Australia showing sales have increased by 456% from 2017 to 2020.

NSW Minister for Infrastructure, Cities and Active Transport Rob Stokes says that funding on offer to councils and agencies for new walking and cycling paths has been doubled to \$110 million.

“New South Wales is a remarkable place to ride,” he said.

“One of the positive outcomes of the pandemic has been our willingness and our enthusiasm to get out and explore our local neighbourhoods and environments on bicycles.

“An active lifestyle is the answer to so many of the modern maladies we face as a society. Making it easier and safer for people to walk and ride will make us live longer, healthier and freer.”

In response to COVID-19, Transport for NSW has rolled out more than 28 kilometres of additional cycleways across Greater Sydney.

To find out more about the new cycleways and footpaths visit [www.transport.nsw.gov.au/projects/programs/walking-and-cycling-program](http://www.transport.nsw.gov.au/projects/programs/walking-and-cycling-program).

# Facing the Future

By Jonathan O’Dea, Member for Davidson.

The major events of recent times, including bushfires, floods and the COVID-19 pandemic, have been challenging for the entire community. There are also growing concerns about the impacts of climate change. Many of us have spent long periods in lockdown or COVID isolation and have had more time to consider what is really important to us as individuals, to our families and to our wider community.

Australians are, often known for their informality and carefree attitude of ‘she’ll be right mate.’ However, recent times have shown that life can be complex and difficult. People are increasingly interested in the kind of life and community we are shaping to produce both prosperity and happiness.

This month, on Anzac Day, we commemorate the service and sacrifice of servicemen and women and reflect on the values they fought for in defence of Australia. Many died on the battlefield or succumbed to physical and mental injury after the guns were silent. The combatants, their communities and their families were forever changed. It is hard for us now to appreciate the far-reaching effects of so many young lives lost or deeply impacted by the experience of war.

The pandemic and the increasing seriousness of natural disasters in Australia provide a taste of that uncertainty faced by our World War ancestors. Happily, the community I serve has been overwhelmingly positive in addressing these unusual circumstances.



Many people have rallied to assist the less fortunate impacted by recent events as well as to address the challenges we face in the future. Lest We Forget

# Online tips to prevent yourself from crimes

By Cr Simon Lennon

Neighbourhood Watch has evolved since its formation in the 1980s, adjusting to changes around us, taking advantage of new technologies. It continues to evolve. In place of newsletters delivered to people’s homes and local shops, and sometimes in addition to those newsletters, Neighbourhood Watch NSW operates a website called *Watch Out!* It includes a myriad of pages and links warning people about crimes they are increasingly likely to encounter.

Much as technologies and Neighbourhood Watch have evolved, so have the crimes that criminals commit: the crimes in which you could be a victim. On the *Watch Out!* website, are numerous pages and links concerned with fraud, identity theft and internet safety.

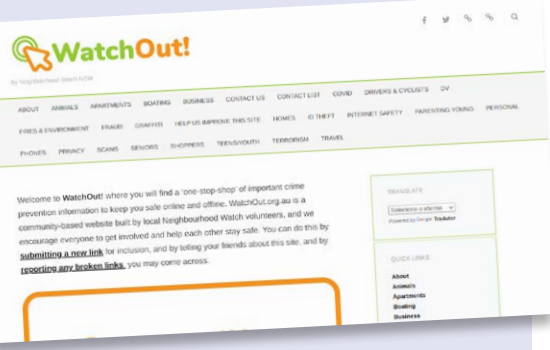
There’s more than enough information there to while away a cooling autumn afternoon.

Some of it might save you a lot of money, time, or aggravation.

Also new are the media that criminals can use to trick good and trusting people out of their money. The scams can come from a stranger in the street but also from a knock on the front door, telephone call, email, or a website. Scams are not new. Their frequency is. Scams and subsequent frauds are the most increasing crimes across New South Wales and our Ku-ring-gai and Hornsby police command area.

The volunteers of Neighbourhood Watch in Ku-ring-gai and Hornsby developed the *Watch Out!* website in response to victims of crime lamenting, ‘If only I had known...’ How many people have now escaped crime by reading the warnings on the *Watch Out!* website?

The site became so popular that in 2021, Neighbourhood Watch NSW took over the



site from Neighbourhood Watch in Ku-ring-gai and Hornsby. It was another good idea coming out of the North Shore of Sydney benefiting the rest of Sydney and the rest of New South Wales.

Inquiries about the *Watch Out!* website or about Neighbourhood Watch through Hornsby and Ku-ring-gai may be sent by email to Julia Eagles or Simon Lennon [atnhwkuringgaihornsby@gmail.com](mailto:atnhwkuringgaihornsby@gmail.com) or visit [watchout.org.au](http://watchout.org.au) to discover more.

# More Free Trees? You Better Be-leaf It!

Residents in the Davidson electorate and across Greater Sydney will be able to claim a free tree for their backyards as part of the NSW Government’s popular Free Tree Giveaway kicking off today. Member for Davidson, Jonathan O’Dea said the program will offer thousands of trees to claim during autumn and spring. “This year’s trees include native varieties as well as citrus and flowering trees which will provide shade and privacy for years to come,” Mr O’Dea said.

Department of Planning and Environment Executive Director Steve Hartley said more than 25,000 trees are being offered across Greater Sydney’s 33 council areas. “Trees improve our quality of life, increasing air quality and shade,” Mr Hartley said. “We received an overwhelming response to our giveaway in the first two years – running out of trees in just days – with more than 45,000 already planted in Greater Sydney backyards as part of this program.”

The program is part of the NSW Premier’s Priority of Greening our City, which aims to plant one million trees in Greater Sydney by the end of 2022. Applications are online and your local Bunnings store will be in contact when trees are ready to be collected and planted.

For a list of eligible suburbs and Bunnings Warehouse stores participating in the 2022 free tree giveaway visit [dpie.nsw.gov.au/free-tree](http://dpie.nsw.gov.au/free-tree) and to register a tree visit [dpie.nsw.gov.au/register-your-tree](http://dpie.nsw.gov.au/register-your-tree).

If residents are unable to claim a tree this time, more trees will be made available during autumn and spring. To be notified when the next giveaway is open please visit [www.dpie.nsw.gov.au/free-tree](http://www.dpie.nsw.gov.au/free-tree) and register your interest.



**Jonathan O’Dea MP**  
Member for Davidson

**As your local member in the New South Wales Parliament, it is my pleasure to serve you and our community.**

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The best way to contact me to bring anything to my attention is to email [Davidson@parliament.nsw.gov.au](mailto:Davidson@parliament.nsw.gov.au)

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Authorised by Jonathan O’Dea MP. Funded using parliamentary entitlements.



## LOCAL HISTORY

## Honouring a Digger

David Wilkins OAM

As Anzac Day approaches it is appropriate to remember all those Australians who served in wars. This however is to honour one of the most decorated Ku-ring-gai veterans from World War I, Arthur Wheen, who was awarded three Military Medals (MM) for bravery in battle.

An admiring fellow Digger summed up one aspect of this courageous and gallant soldier, “Arthur Wheen was the quietest and gamest man in the old 54<sup>th</sup> Battalion. Never saw a Digger with less regard for high explosives than Arthur Wheen. To see him quietly strolling along to repair broken telephone lines always created the impression that he was off to meet his best girl.”

A resident at Norton Lees in Kelburn Road, Roseville, and with an educational background of excellence at Gordon Public School and Sydney Boys' High, Wheen attended Teachers' College (Blackfriars) in 1915 and simultaneously studied arts at the University of Sydney, where he was also a member of the University Scouts (militia).

At age 18 he enlisted in the AIF and embarked for Egypt where he joined the 54<sup>th</sup> Infantry Battalion as a signaller. They deployed to France to be immediately involved in the disastrous Battle of Fromelles, where his gallantry under fire led to his first MM:

“At PETILLON on 19/20<sup>th</sup> July 1916, Private Wheen, a signaller [in] Battalion Headquarters showed conspicuous bravery in laying and repairing under fire the telephone line across ‘No Man's Land’. Both NCOs of this Section were casualties, and Private Wheen attempted repeatedly to get telephone communication between Battalion Headquarters [newly located] in the German trenches and Brigade Headquarters. He repeatedly crossed and recrossed ‘No Man's Land’ under heavy fire endeavouring to establish communication. On the night of the 20<sup>th</sup>, he volunteered to go into ‘No Man's Land’ in search of wounded and showed very fine spirit in bringing in wounded under machine gun and rifle fire.”

The following year in March, with 54<sup>th</sup> Battalion further south in the Somme Valley, Signaller Wheen was again decorated. As part of the leading patrol across No Man's Land towards the Hindenburg Line, he maintained communications throughout the battalion by working tirelessly to mend lines and construct new ones while under heavy enemy artillery and mortar fire.

By September his unit was in the Ypres sector of Belgium, where during the Battle of Polygon Wood, Wheen was wounded and evacuated for a month. Promoted to Corporal Signaller, he re-joined his unit north of Villers-Bretonneux during the 1918 German Spring offensive.

The British units guarding the town on 54<sup>th</sup>'s southern flank gave way, relinquishing the town, and exposing the Australians who had to defend furiously. During this German attack on 24-25 April, Corporal Wheen “maintained communication throughout the whole period at great personal risk and self-sacrifice under intense artillery and machine-gun barrages. Although the majority of the Battalion signallers had become casualties, [he] maintained the lines alone under extremely difficult circumstances.” Although he was recommended for the higher Distinguished Conduct Medal, Corporal Wheen was decorated with his third MM.

In May 1918 Wheen was commissioned in the field and promoted to 2<sup>nd</sup> Lieutenant and then to Lieutenant three months later.



Lieutenant Arthur Wheen (1897-1971).

In September following the Australian capture of Péronne, Wheen was severely wounded in his left shoulder and chest from a German aircraft machine gun. As he was evacuated, he instructed, “Tell them I'm sorry I couldn't see the job through.” Unable to return to the battlefield, he was invalided to Australia.

Wheen became a Rhodes scholar and a highly gifted linguist, famous for his translation into English of the German novel by Remarque, ‘All Quiet on the Western Front.’

This article has been sourced from ‘Rallying The Troops: a World War I Commemoration’ (Volume IV). The celebrated four-volume series by Ku-ring-gai Historical Society commemorates the almost 1800 men and women associated with Ku-ring-gai who served in The Great War.

Until 30<sup>th</sup> April 2022, this award-winning series is available at specially reduced prices as a special ANZAC Day offer.

For full details, see [www.khs.org.au/rallying-the-troops](http://www.khs.org.au/rallying-the-troops).

The **Ku-ring-gai Historical Society's** activities can be found on its website, [www.khs.org.au](http://www.khs.org.au).

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

Tanya Crothers



maggiebeer.com.au

## Maggie Beer's Anzac Biscuits

## Ingredients (Makes 12)

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup shredded coconut
- 3/4 cup brown sugar firmly packed
- 1 lemon zested
- 125g butter melted
- 2 tbspn golden syrup
- 2 tbspn Verjuice
- 1/2 tspn bicarbonate of soda

## Method

1. Preheat oven to 160°C.
2. Mix the flour, rolled oats, coconut, brown sugar, and lemon zest in a medium bowl.
3. In a small saucepan, melt butter with golden syrup and Verjuice. Once the butter has melted bring the mixture to a simmer before adding the bicarb soda. Stir to completely dissolve.
4. Add the hot butter and sugar mix to the dry ingredients and fold through.
5. Roll mixture into even-sized balls and place onto a lined baking tray, leaving 2-3cm between each biscuit. Using your fingers, squash to flatten slightly.
6. Place into preheated oven and bake for 18-20 minutes, or until golden brown.
7. Remove from the oven, allow to cool slightly, then transfer to a wire rack to cool completely.

Find this recipe and more at [www.maggiebeer.com.au](http://www.maggiebeer.com.au).



## The Ode

First published in 1914, by *The Times*, one of the most familiar poems of all time is entitled; *For the Fallen* and was written by the English poet, Laurence Binyon during World War I. It is tradition each year at the Anzac Day ceremony, for a chosen speaker to recite the fourth stanza of the poem, or as it is known to be called, *The Ode*.

Those who are present repeat the final words, ‘we will remember them’ and end with, ‘Lest We Forget’ when the reading has finished. ‘Lest We Forget’ are three words that are often used in war remembrance services and are taken from Rudyard Kipling's poem, *Recessional* which was written for Queen Victoria's Jubilee and first published in 1897.

## For the Fallen

BY LAURENCE BINYON

With proud thanksgiving, a mother for her children,  
England mourns for her dead across the sea.  
Flesh of her flesh they were, spirit of her spirit,  
Fallen in the cause of the free.

Solemn the drums thrill; Death august and royal  
Sings sorrow up into immortal spheres,  
There is music in the midst of desolation  
And a glory that shines upon our tears.

They went with songs to the battle, they were young,  
Straight of limb, true of eye, steady and aglow.  
They were staunch to the end against odds uncounted;  
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.

They mingle not with their laughing comrades again;  
They sit no more at familiar tables of home;  
They have no lot in our labour of the day-time;  
They sleep beyond England's foam.

But where our desires are and our hopes profound,  
Felt as a well-spring that is hidden from sight,  
To the innermost heart of their own land they are known  
As the stars are known to the Night;

As the stars that shall be bright when we are dust,  
Moving in marches upon the heavenly plain;  
As the stars that are starry in the time of our darkness,  
To the end, to the end, they remain.



# Ellie Cole

## An Unstoppable Force

*Ellie Cole has grown to be one of Australia's most successful triple Paralympians. Sydney Observer caught up with Ellie to discuss her journey to date and how important the need is to raise awareness around disability.*

### Jodie Wolf

**E**llie Cole, 30, originally hails from the Mornington Peninsula but now lives on the Upper North Shore of Sydney. I presume that a week in the life of a full-time athlete must be pretty full on. She tells me that this week has been mainly training in the pool and gym, as well as a little work with some of the brands that she proudly represents.

It has been quite the journey for Ellie Cole. At just three years old her right leg was

amputated due to a life-threatening sarcoma cancer. She says of that time, "I don't have any memories however I am absolutely petrified of any hospital procedure, so I suppose there is still some trauma there within my body."

According to the International Paralympic Committee, eight weeks post-operation her instructors told her mother that she wouldn't be able to swim in a straight line for a year. She did it in two weeks.

"I don't think the operation had an effect on my mindset," she says, "It was more so the stigma

that surrounded disability as a young child. It was always implied during my childhood that I would struggle through life. I am lucky to have such a supportive family that encouraged me to fight the bias and find my own way."

Whilst some of us struggle in life to find one thing that we excel at, Ellie was particularly gifted at two! Both basketball and swimming have seen her wowing the crowds.

"Swimming was chosen for me as a form of physical rehabilitation a few weeks after my amputation. It's a sport that I am able to

*"I want those living with a disability to have the same opportunities that I have been fortunate enough to come across through sport."*

Ellie Cole

participate in where I am not limited to the capabilities of a prosthetic limb. I was drawn to the team environment of basketball. As a swimmer, I certainly suffer from 'black line fever' most of my days. All senses need to be firing with basketball and being dependent on a team is what really enticed me into playing."

I ponder on who Miss Cole is when she is not competing, winning and being all famous. She says, "You would have to ask my friends and family!" She describes herself as, 'ordinarily normal outside of playing sport,' and enjoys the, 'simple things.'

"Spending time with my family, walking my dogs, trying new recipes in the kitchen or advocating for people with disabilities. I am able to separate my sporting life to my personal life quite well which is why I think longevity in sport has been possible," Ellie notes.

There are many brands that Ellie ambassadors for, but one that she is particularly passionate about is the #WeThe15, sport's biggest ever human rights movement.

### Diving Deeper

#### Favourite life quote or tip?

'Insanity is doing the same thing over and over again and expecting different results.'

(Albert Einstein)

#### The one person guaranteed to make you smile?

Bronte Campbell – she is a ray of sunshine.

#### Your favourite venue to eat at on the North Shore?

Hakata Maru in Chatswood. Ramen!

#### Basketball or swimming?

Swimming will always have my heart.

#### Your proudest moment to date is...

Carrying the flag for Australia in Tokyo.

#### Sunset or rise and with whom?

Sunset on my family farm in country Victoria.

Ellie says that it has a 'mission to put disability at the heart of the inclusion agenda.'

"The name represents the 15% of people who live in the world. In Australia, 20% of people live with a disability," she says.

"#WeThe15 brings together the biggest coalition of international organisations in global history to raise awareness and change attitudes around disability. I want those living with a disability to have the same opportunities that I have been fortunate enough to come across through sport."

With a fantastic list of achievements to her name so far, the future is looking bright for Cole and there are many opportunities that she is currently exploring. She says, "I am very passionate about disability and am currently working with a few organisations across Australia to change policies and improve the social barriers that prevent a person with a disability from fulfilling their potential."

She also plans to take a, 'very big holiday after the Commonwealth Games.'

"My dad is currently contracting out of Darwin and I am a sucker for a road trip. I also enjoy being outdoors and haven't travelled through New Zealand yet so would love to check that out!"

I ask her where she is putting all her medals? Surely, she'll run out of room soon? "Just under my bed," she states.

"I am waiting for a day when I am able to purchase a house in Sydney. I am very aware this may never happen with the current house prices, but I will be very proud to hang my 17 Paralympic medals up in a house one day."

You can continue to follow Ellie's journey via her Instagram @elliecoleswim or her website [elliecole.com.au](http://elliecole.com.au).

Steve Bacon / Women's Health



Delly Carr



Frederick McHenry / Harpers Bazaar, Hong Kong





# Phobias and How to Help

Sarah Wainwright

Many children’s fears are natural and they tend to develop and disappear at specific ages, for example, fear of the dark, typically they grow out of it. However, sometimes children experience intense fear that does not pass with time and it begins to affect the child’s development and daily functioning. This may be a phobia, a type of anxiety, where there is an intense fear of a specific situation or object, that in reality, poses little to no actual danger. Common phobias in children include a phobia of snakes, spiders and insects (Dr Woodcock. E., 2020).

Phobias generally cause a child (or adult) to experience symptoms associated with anxiety, such as feeling dizzy, light-headed, a racing heart, trembling, chest tightness, feeling sick, tightness in the throat and dry mouth, freezing, running away, clinging to someone, avoiding those situations, and screaming and crying (Dr Woodcock. E., 2020).

Experienced local environmental educator, Steve Cross from ‘Bugs About’, shares with us how he overcame his fear of spiders and snakes. Steve works with spiders and loves snakes; going to schools, birthday parties and events, teaching children and adults about bugs.

Steve explains, “I was once scared of spiders and snakes. How did I get over my fear? I learnt about these animals. I talked to experts and I observed the animals’ behaviours. I learnt they were not dirty, slimy, gross or ‘out to get me’. I learnt about safety around them and the importance of them in the environment.”

Steve adds, “We can develop a fear of animals from a previous bad experience, false information or from seeing someone else react negatively towards animals, such as parents or older siblings for example. Once we learn to appreciate animals, our curiosity and wonder can override our fear.”

For parents and caregivers, Steve advises, “It’s important to look at your own behaviours and attitudes towards the animals that the children may have a fear of. Have they learnt to fear the animals from things we have done or not done? What actions or attitudes can we change about how we react to help the children overcome their fears?”

### How to Help

Education

Learn about anxiety and phobias. Provide a label and name what is happening, consider factors that might be maintaining the child's fears and worries, and what can be done to break the cycle.

Emotion Coaching

Talk openly about anxiety and other feelings, helping children understand their emotions.

Behaviours

Reduce unwanted behaviours and reinforce wanted behaviours with 'effort' praise and rewards. This encourages coping and brave behaviours reinforces coping efforts and 'facing fear' goals. Parents who remain calm and patient, and model coping behaviours are leading by example.

Challenge negative thoughts and negative self-talk

Identify and challenge worries and negative thoughts that are increasing the fear of bugs or spiders, asking for the evidence and the likelihood of it happening.

Gradual Exposure

The most important part when overcoming any phobia is to gradually face fear in a step-by-step approach. When small, achievable goals are set, children learn to sit with their anxiety and cope with it. Professional help is advisable.

(Dr Smolyansky, B.H., 2021)

For any fear or worry that is getting in the way of a child's development, socialisation or seriously impinging on family life, please see your GP.

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

# Success From Schooling

Russell Bailey, Headmaster, Redeemer Baptist School

If you’d like a good story to read during the Easter break, I recommend that you pick up Dr Andrew Browning’s recently published autobiography ‘A Doctor in Africa’. It’s about an Australian gynaecological surgeon who aced his academics through school and university – and then threw caution to the wind, helping women in Africa who couldn’t afford medical care.

Why do I refer to this story? It’s to remind us of the potential of school children. We want them to ace their academics, to do as well as they possibly can. But here’s another vision of success which is just as important: students who are inspired to overcome obstacles as they employ the excellence in their learning toward improving the lives of others in need of relief from poverty and suffering.

At my school, we identify the highest example of success in the life of Jesus Christ. In this season of the year the global community celebrates the climax of Jesus’ selfless ministry as he gave himself to all humanity, rich and poor, at their point of need – healing the sick, forgiving those who had done wrong, feeding the hungry, rescuing from danger, promising eternal life. And Jesus gave this command to his disciples: ‘love one another as I have loved you’. The 2022 Young Australian of the Year, Dr Daniel Nour, was inspired by Jesus’ example when he set up Street Side Clinics in his commitment ‘to making a real difference to the lives of many Australians’.

There’s success! Doing the best that you can do in your study and vocation, then looking out for someone who needs help



Dr Daniel Nour, was inspired by Jesus, when he set up Street Side clinics.

and figuring out how you can do it; working together to make a difference in society. I believe that if we point our children towards achieving this success, then we will have given them a goal worth striving toward and laid a foundation for a better future society with many personal good news stories to share about what has been done to help our neighbours, near and far, in their point of need.

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Antonio Rajaratnam (HSC 2020) with Headmaster Russell Bailey being awarded the 2021 Parramatta City Junior Citizen of the Year Award from the Mayor

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# You Can't Beat the Classics

Jodie Wolf

If there's one thing that the lockdowns did for us, it was to renew our love of fine films and television. Whilst flicking through the various platforms, sometimes desperate for entertainment, we stumbled upon some classic magic.

We picked out five of our favourite movies we fell in love with all over again. Find a sliver of time this coming weekend to put your feet up, pop some corn and take a trip down memory lane with some of these golden oldies.

## Casablanca

1944

**Famous Quote:** 'We'll always have Paris' (Rick Blane)  
**Where to Watch:** Amazon Prime



## The Million Pound Note

1954

**Famous Quote:** 'My friend you shouldn't judge a stranger by the clothes he wears.' (Henry)  
**Where to Watch:** YouTube

## Some Like it Hot

1959

**Famous Quote:** 'It's not how long you wait, it's who you're waiting for.' (Joe/Josephine)  
**Where to Watch:** Apple TV

## Breakfast at Tiffany's

1962

**Famous Quote:** 'I'm like cat here, a no-name slob. We belong to nobody, and nobody belongs to us. We don't even belong to each other.' (Holly Golightly)  
**Where to Watch:** Amazon Prime

## From Russia with Love

1963

**Famous Quote:** 'Red wine with fish. Well, that should have told me something.' (James Bond)  
**Where to Watch:** Stan



## Carry on Camping

1969

**Famous Quote:** 'So's Christmas but you won't find me stuffing your turkey.' (Doctor Kenneth Soaper)  
**Where to Watch:** YouTube



# “We Wanted to be Annie Oakley”

Margaret Simpson

Growing up in the '50s and '60s playing cowboys and Indians was one of our favourite pastimes. Its immense popularity was fed by our insatiable viewing appetite for American Westerns on TV and at the pictures including *Rawhide*, *Wyatt Earp*, *Gunsmoke*, *Bonanza* and *The Rifleman*.

The Sydney toy manufacturer, A.L. Lindsay and Co., under Phil and Hilarie Lindsay, created and captured the kids' dress-up market. Hilarie made sure girls were catered for too. Outfits were produced both for aspiring cowboys and cowgirls, Indian braves and Indian squaws, Batman and Batgirl, Tarzan and Jane, Robin Hood and Maid Marian, Superman and Wonder Woman, and doctors and nurses.

However, by far the most popular dress-up costume for girls was Annie Oakley. The real-life Annie Oakley (Phoebe Anne Oakley Mozee 1860-1926) was an American trick-shooter and star of *Buffalo Bill's Wild West* shows. She was immortalised by the musical, *Annie Get Your Gun*, which was made in the mid-1950s in Australia and ran from 1947 until 1963. We all watched re-runs of the *Annie Oakley* TV show, starring Gail Davis, who rode a horse called Target and wore her red hair in plaits.

Lindsay's Annie Oakley outfit had a fringed skirt and waistcoat decorated with pressed-tin sheriff badges. The gun holster was set with red plastic jewels and the raffia hat even came with red plaits attached.

Many of the Lindsay firm's Western costumes were manufactured under licence from large US motion picture companies including Walt Disney and Warner Brothers. The Lindsays advertised widely on Australian TV, their Leichhardt factory was referred to as the Lindsay Ranch and regular fancy dress parades for children in Lindsay costumes were held at Smoky Dawson's Ranch at Ingleside. Lindsay cowboy and Indian outfits, tents, toy guns and holsters all helped make the American Wild West part of Australian childhood history.

Simpson family personal collection



Image is for illustrative purposes only.

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# Ageing Gratefully

A new study conducted by UNSW psychologist Susanne Schweizer and colleagues from the University of Cambridge, has discovered that in older age we get better at regulating our emotions and responding more positively.

The study, published in the Journal of Neuroscience, exposed 249 participants aged 18 to 88 to a series of film clips that ranged in emotional valence. Participants were asked to watch the clips and allow any emotional response to arise naturally or, during half of the negative clips, actively reduce any unwanted or distressing negative emotions through a reframing of the negative content.

The researchers found that, with increasing age, participants reacted more positively to both emotional and neutral stimuli and were better able to positively reframe a negative experience into a positive one.

"So, we're seeing an increase in positive emotionality with age," explains Dr Susanne Schweizer, UNSW Science co-author of the study.

"These data correspond quite neatly to the 'Socioemotional Selectivity Theory' of ageing. This theory states that, as we age, we become more adept at navigating our social environment, carrying a broader psychological toolkit, or simply rearranging our lives to minimise drama," says Dr Schweizer.



## Compression Socks, are they for me?

Rejimon Punchayil

The discomfort of the legs, like leg pain, heaviness, and/or leg tiredness, as well as swollen feet and ankles, can be the first signs of venous disorder. Medical compression can help. Medical compression therapy applies a type of elastic device on limbs or other body parts to exert controlled pressure on them. Thereby, the device squeezes the vein walls together and improves the circulatory rate. Medical compression also helps with the reduction of oedema and recreates conditions beneficial for the healing of chronic inflammatory disorders.

By compressing the limbs or other body regions, the medical compression device squeezes the vein walls together, thereby improving overall circulation and supporting blood flow back towards the heart.

In addition, it helps to reduce swelling and the formation of oedema. Medical compression provides significant relief of leg aching, pain, the feeling of swelling and heaviness, and other venous and lymphatic symptoms. Do consult your GP or Medical Specialist before you decide to use a compression garment. Make sure you get it from a trained provider who can measure you correctly and supply as per your prescription.

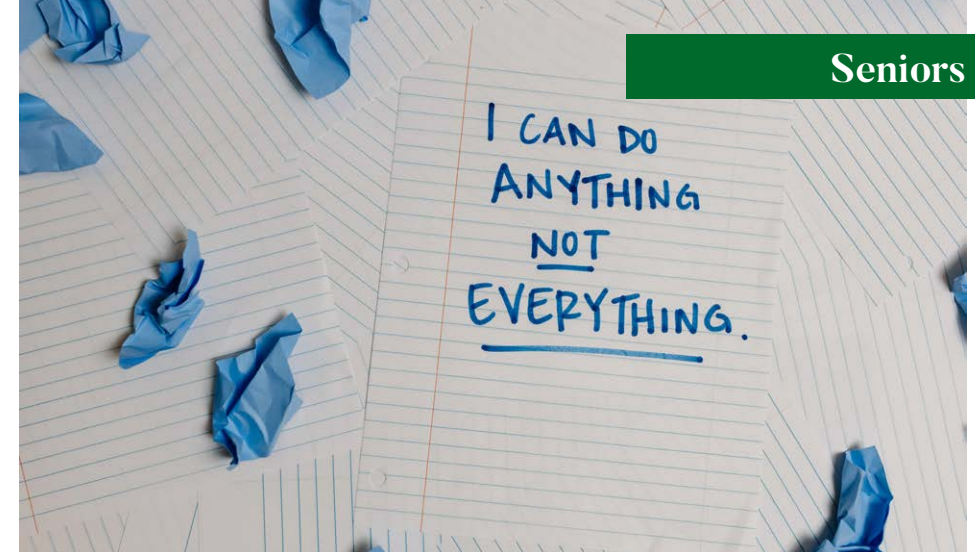
# Feeling Stretched?

Dr Sue Ferguson

If you're feeling stretched, with too much to do and not enough energy, then this might be useful for you. *The Model of Selective Optimization with Compensation* (SOC) argues that resources (such as health, energy, money, social support, and optimism) may allow older adults to achieve wellbeing, with the use of three strategies.

The process begins with selecting appropriate goals and activities (which also involves letting go of some goals). Next, optimize your energy and other resources (by building them up and using them sparingly). Then compensation is used, which involves finding new ways to achieve otherwise unattainable goals.

Research shows that these SOC strategies help maintain older adults' wellbeing, particularly in those with limited resources (such as poorer health, or less money). Research has also found that SOC strategies are helpful in coping with chronic illnesses, increased disability, or memory problems, and can even be helpful in relationships.



## How can I make use of the SOC method?

### Selection

Decide which goals and tasks you can delegate, and which can just be dropped. Of those left, choose to concentrate your energy on a few things that are important to you.

'Use it or lose it', as the common saying goes, - but be selective with which resources you use, in what areas, and how you go about it.

These processes allow us to maintain normal activities by focusing on fewer goals and adapting the ways we deal with changes in our lives.

### Optimization

Take rest breaks as needed (even a siesta). To maintain good social relationships try giving someone you care about a call.

### Compensation

Use reading glasses, hearing aids or a walking stick when needed. Write lists to assist your memory. Ask for help when something has become too much for you.



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



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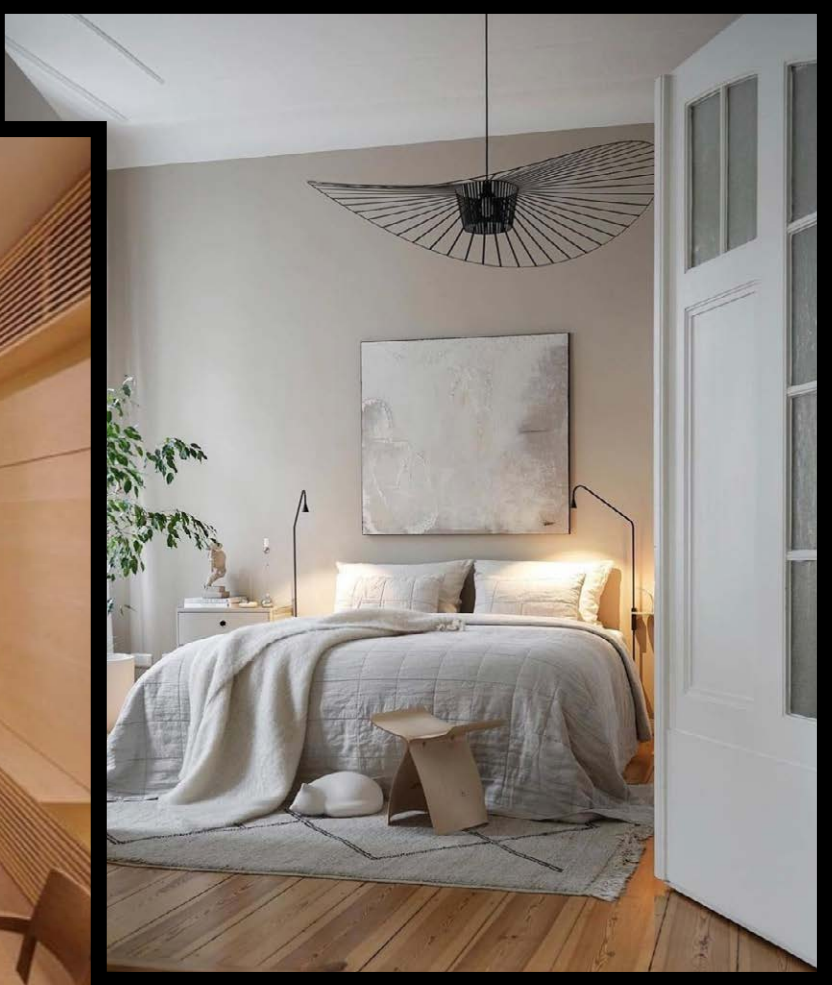
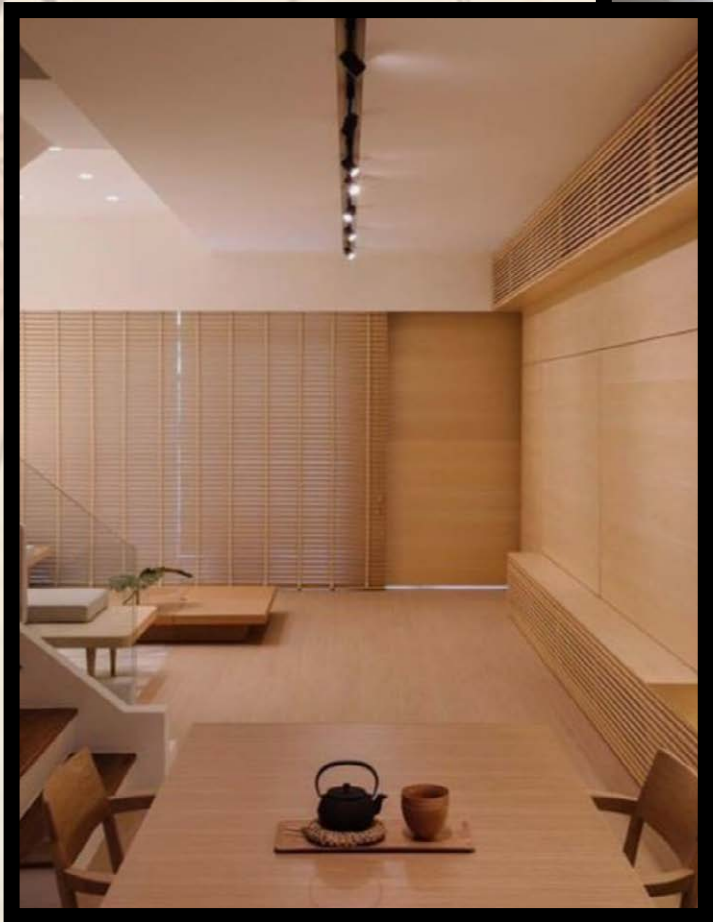
# Jumping into Japandi

Jodie Wolf

What do you get when you cross Scandinavian practicality with Japanese minimalism? Japandi of course! If you haven't yet explored this latest interior trend, fear not, for introducing this new style into your own home is easy.

First port of call is to declutter. Think clean, open spaces and lines. You want to ignite a feeling of happiness whenever you enter a room, so lose anything that doesn't bring you joy. Incorporate light wood, plants, natural materials and fabrics. Use low lighting, add bamboo and lower furniture.

This trend is all about combining functionality with visually pleasing pieces, keeping the energy of your home flowing with simplicity and the whisper of peace that hangs within a space ever-present. Once you have adopted a less is more environment, there may be no going back.



Instagram @archieandbeyond

Instagram @Japandi\_interior

# Safety in the Nest

Jodie Wolf

When you think of the word nesting, your mind may immediately conjure up an image of a heavily pregnant woman, manically hoovering or a parent deciding that a clear out of the garage is in order and everyone's old everything is to be parted with.

The fact is, it's not just parents that experience a psychological urge to nest, it comes to all of us because it is linked to control.

According to Ben R. Meagher and his paper, *Ecologizing Social Psychology: The Physical Environment as a Necessary Constituent of Social Processes*, he believes that territory is not only an extremely familiar space to its occupier, it is also central to one's self-concept.

"As a consequence, residents may alter, design, and personalize this environment in ways that reflect clear psychological motivations for identity, control, and intimacy," he says.

"Ultimately, ownership over and use of one's home environment will lead to a physical milieu that guides personality development, supports certain patterns of interactions with visitors, and either enhances or reduces their connection/commitment to partners."

He goes on to summarize that an individual's sense of self and psychological wellbeing within social domains is interwoven with this particular, physical space.

The same concept could be said to ring true in times of turmoil when a crisis arises, or a time of change is upon us. Who hasn't transformed a room in a home post-breakup? Maybe you redecorated after losing a loved one? Change within our home environment can be great for the spirit, sometimes giving us a new burst of energy or zest for life.

The height of the pandemic saw so many of us having to swiftly switch routines and work from home, our homes becoming our workspaces overnight.

Medical practitioner and lifestyle medicine physician, Jenny Brockis, says that it is important to create a place of safety.

"There's a big difference between how we manage our mindset when operating in an environment that is calm, stable and predictable," she states.

Others may not realise they are nesting but find themselves blitzing their entire home whenever they are feeling stressed or anxious. There is evidence to support the idea that repetitive behaviours such as dishwashing, tidying or cleaning, reduce these feelings.

According to the research recorded in, *Social Cognitive and Affective Neuroscience*, Volume 10, Issue 5, there are, 'prominent theories spanning clinical, social and developmental psychology suggesting that people are motivated to see the world as a sensible, orderly place.'

They go on to say that the assumptions suggest that randomness is strongly disliked by human beings because we associate it with unpredictability. Upon completion of their studies, they found that the results supported the idea that, 'randomness is unsettling because it implies that the world is unpredictable.'

If we are lucky, our home is where we feel love, familiarity and safety. However, you nest in the place you choose to rest, so be sure to create a welcoming environment, where it always feels like a sanctuary for you to return to.

After all, as Dorothy famously said as she clicked those ruby slippers, 'there's no place like home. There's no place like home. There's no place like home.'





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# When the Rain Stops

Alan Toner

Recently, when the rain subsided and a blue sky would appear, I'd put my boots on and swiftly make my way to Car-rang-gel of North Head in Manly. Why? Well, to see the beautiful heathland wildflowers of course.

What makes the flora in this area so unique? These plants are typically short in stature, have shallow roots, narrow and small leaves, grow in nutrient-poor soil and can withstand a belting from strong winds and downpours. These plants on Car-rang-gel are commonly known as the Eastern Suburb Banksia Scrub (ESBS). Sadly, the ESBS is said to have been reduced right down to only 3% of its pre-European settlement size within Sydney Harbour due. As a result, the ESBS is recognised as a critically endangered ecological community.

So, what endangered plants will you see flowering here at the moment? On a recent walking tour, we spotted several unique heathland wildflowers. One of these was the Dog Rose (*Bauera rubioides*). This little

gem has small pink rose-like flowers at the end of each stalk. And something unusual about the Dog Rose is that the flowers hang upside down.

Another one that was surprisingly everywhere was the Lance-leaf Geebung (*Persoonia lanceolata*). This plant is a sticky shrub that can grow more than two metres in height, has bright green leaves that feel like leather to touch but also has the most gorgeous tiny yellow flowers hidden among the foliage. Lastly, we also got to see so many clusters of the Hairy Beard-heath (*Leucopogon microphyllus*) which has on full display its five fluffy white petals on each 'incy' little flower.

Where you have so many uncommon heathland plants, you are sure to find unusual animals too. A huge highlight walking in the ESBS is having a chance encounter with some of Sydney's most rare and endangered animals.

Living among this heathland are Spiny Anteaters (*Tachyglossus aculeatus*) or echidnas as well as the Long-nosed

Bandicoots (*Perameles nasuta*). The tell-tale that an echidna is around is the rustling of leaves or what it can sound like is someone walking through long grass. With a little bit of a look around, you'll find an echidna busily waddling about scooping up ants as it goes.

Bandicoots are nocturnal and are rarely sighted during the daytime. They live in small camouflaged shelters within the soil and forage for bugs and fungi living in the surrounding area. Bandicoots don't travel far from their shelters and where you see deep conical holes in the ground, there is a good chance you are very close to one.

So next time there is a gap in the wet weather, perhaps you and your family can discover the unique heathland of Car-rang-gel. Who knows, you might get to spot a Dog Rose flower or maybe an echidna munching on unsuspecting ants in the heath.

Alan Toner is the owner and founder of Sydney Harbour EcoWalks Tours. Visit [www.ecowalktours.com.au](http://www.ecowalktours.com.au)

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# Super Mother's Day

The Women in Super Mother's Day Classic will bring the community together in true fashion for the 25<sup>th</sup> anniversary of this great Australian event on Sunday, 8 May, 2022.

Tens of thousands of people will unite for the Mother's Day Classic to celebrate and honour those affected by breast cancer and raise vital funds for research. There will be up to 70 event locations nationwide where supporters can walk, run or jog for the cause on Mother's Day.

Zara Lawless, Mother's Day Classic CEO, believes that the MDC community should be very proud of this milestone, which marks 25 years of impact.

"The MDC has grown quite literally from a walk in the park to an iconic event in the Australian calendar," she said.

"Since it all began in 1998, the Mother's Day Classic Foundation has donated nearly \$40 million to the National Breast Cancer Foundation (NBCF) to fund life-saving breast cancer research."

This year, there will be the buzz of the event village, live entertainment, music, and food stalls to enjoy throughout the morning. If



you prefer staying local, there is an option to walk or run at one of the many local events that will be held across Australia on Mother's Day. Or, if you can't join your community on Mother's Day, you can personalise an event day to create your very own MDC experience by taking part on a different day or time.

Participants staying local will receive a commemorative medallion at the finish line, have access to downloadable race bibs and tribute cards, as well as access to the online fundraising dashboard and fitness tracker.

This year, the Mother's Day Classic and Sport Australia are excited to announce they have come together to launch a community program called 'MDC Move'. It can be tough to find the time and motivation to get

moving – so this free program is available to all Australian's to help shake things up and make you a Mover.

Ms Lawless, said, "The Mother's Day Classic Foundation is thrilled to be partnering with Sport Australia to run a free, six-week communications campaign focused on increasing the physical activity of Australian women and girls preparing for the iconic Mother's Day Classic."

Almost 1.5 million Australians have participated in the Mother's Day Classic over the past 24 years, making it Australia's largest fun run and walk for breast cancer research.

To find out more or register online for the 2022 Mother's Day Classic visit [mothersdayclassic.com.au](https://mothersdayclassic.com.au).

# Mother's Day Gift Ideas

## Charbonnel et Walker Milk Marc de Champagne Truffles

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Indulge your Mum this Mother's day, with an exquisite box of treats. These decadant delights contain a mixture of marc de champagne and milk chocolate, definitely not for sharing.



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Jacqui Lewis, Arran Russell – Thomson & Hudson

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Jacqui Lewis, founder of multiple businesses, has lived with anxiety and stress and through the art of meditation found her way back to herself. Now she teaches others how to ground and reflect on happiness and relationships. This book will teach you how to audit, edit and refine your home, improve a creative flow and encourage you to step into the person you want to be.

## Time for Tea

We have found five delicious venues to treat your Mother this year. Say I love you, with a nice, cuppa tea. Not just any old tea though, a High one of course.



## Gunners Barracks

**Where:** Mosman  
**Cost:** Traditional High Tea starts at \$65.00 PP  
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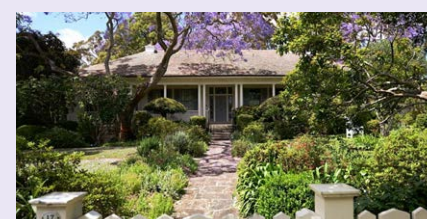
## Burnt Orange

**Where:** Mosman  
**Cost:** \$55.00  
[www.burntorange.com.au/high-tea](https://www.burntorange.com.au/high-tea)



## Mother's Day High Tea at San Martin

**Where:** Akuna Bay  
**Cost:** \$80.00  
[www.eventbrite.com.au](https://www.eventbrite.com.au)



## Mother's Day Tea at Eryldene

**Where:** Gordon  
**Cost:** \$15.00 - \$40.00  
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# Snooze for Sumptuous Skin

Jodie Wolf

When someone tells you that they must catch up on their beauty sleep, they are not wrong. Sleeping well means vibrant, healthy skin and not enough sleep will result in your body's largest organ becoming dehydrated, dull, with pronounced wrinkles and fine lines.

According to a study conducted by the researcher, John Axelsson, they found that 'sleep-deprived people appeared less healthy and less attractive when compared to how they looked when they were rested.'

Sullen looking skin and eyes that appear puffy, normally indicate that your skin is in a pro-inflammatory state. This occurs when your cortisol levels (the stress hormone), are elevated when your body is lacking in sleep.

Arabella Preston, co-founder of Votary London states that skin does its most effective renewal at night and when bare of makeup, SPF and out of sunlight, this is the best time to get actives onto your skin and working efficiently.

"We all know how our skin looks when we've not had enough sleep - dull, dry and lacking any radiance or glow. A retinoid and a rich mask will plump, hydrate and smooth your skin as you sleep, working to boost and accelerate your skin's natural renewal process," she said.

"Really take the time to clean your skin. Always double cleanse in the evening with a cleansing oil, to get skin properly clean but without stripping it dry. Then use a serum like with skin smoothing and firming peptides, follow with a night oil for a retinoid boost and finish with an intense overnight mask to cocoon and protect your skin while you sleep."

You can help your skin to increase the benefits of a good night's sleep in your own home. Here are some of our favourite finds to help you restore your skin, whilst you rest.



## Clark's Botanicals Retinol Rescue Overnight Cream

RRP \$150

This dream cream contains high potency retinol, colloidal oatmeal to soothe and calm, plus balancing red clover flower to even out your skin's texture.



## Votary London Intense Night Kit

RRP \$256

Treat yourself or a loved one to this lavish gift pack containing five, exquisite, night-time essentials for dull, dry or mature skin types.



## Tata Harper Boosted Contouring Eye Balm

RRP \$235

Target sagging skin and undereye bags to restore a youthfully firm, lifted look. Including sources to depuff and minimize the look of wrinkles, this is the perfect balm to wear weightlessly at night.

## Neal's Yard Rejuvenating Frankincense Facial Oil 30ml

RRP \$60.00

Replenish your skin's natural moisture levels, while helping protect it from future moisture loss with this blend of toning frankincense and organic omega-rich botanical oils. It also claims to reduce fine lines and wrinkles.



# Homemade Bath Melts

These bath melts give you a nourishing alternative to conventional moisturisers, and they smell divine. You'll get ten bath melts from this recipe, so if you prefer less, then just halve the amounts.

There are two variations for scent with this recipe. You can either go with a rose-vanilla scent or opt for the sensitive skin alternative with lavender and oats.

- 2 tablespoons dried rose petals
- 1 vanilla bean (chopped into small sections)
- ½ cup shea butter
- 2 drops rose essential oil

**SENSITIVE OR IRRITATED SKIN OPTION**  
Substitute the rose petals with lavender flowers and the vanilla bean with 1 tablespoon of rolled (porridge) oats and use the lavender essential oil instead.

**To make:**  
Grind the rose petals and vanilla bean together in a mortar and pestle to create a fine powder. Alternatively, you could use a coffee grinder.

Melt the shea butter in a saucepan over a very low heat while stirring in the rose and vanilla powder.

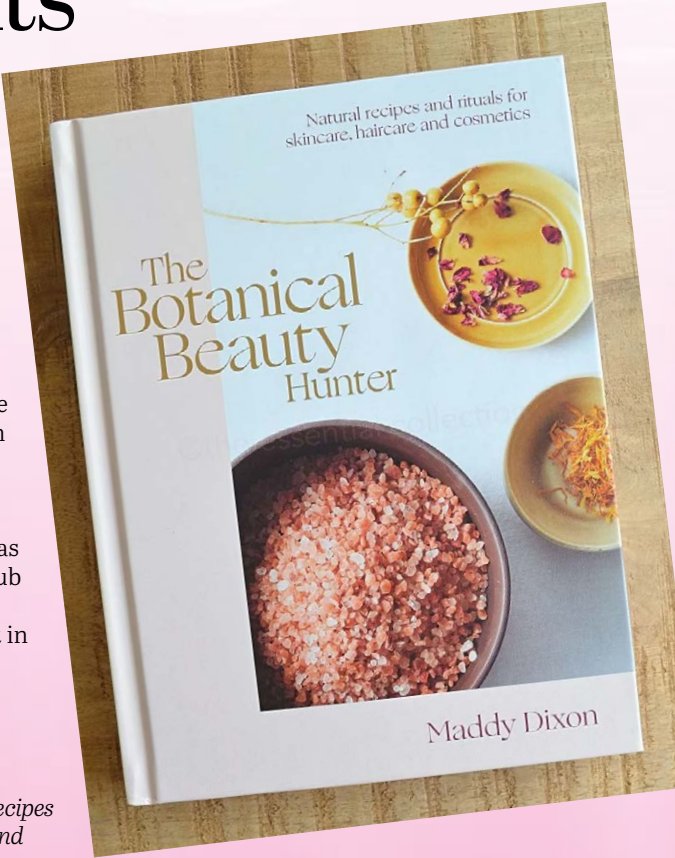
Remove from the heat as soon as it's melted and combined and stir in the rose essential oil.

Pour into small silicone moulds and let them set in the fridge or freezer. Once set, remove from the moulds and store in a container in your fridge.

**To use:**  
Place one bath melt in the water as the tub is filling up. Feel free to rub the bath melt over your body if it hasn't melted by the time you get in the bath.

Use as often as you'd like.

*This creation was taken from The Botanical Beauty Hunter, Natural Recipes and Rituals for Skincare, Haircare and Cosmetics, by Maddy Dixon.*



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# Stop Stress Ruining Your Hair

Christa Nicola

The last thing we need when feeling stressed is hair fall. Our bodies work in mysterious ways and protect all our vital organs during challenging times. That means your skin, hair, and nails will be bearing the brunt. Is there anything more stressful than seeing a big pile of hair after showering or brushing? We wanted to know why hair falls when stressed and what can be done to prevent it.

Oatley's hair loss clinic has been treating hair loss for the last 20 years. *Sydney Observer* spoke to Trichologist Anthony Pearce about why hair falls during stress and how to treat it. "Human hair follicles are one of the most metabolically active tissues due to continuous cycles of stem cell regeneration throughout life. Unlike dogs or other animals' humans don't undergo distinct moults across the seasons; rather, each hair follicle independently cycles between growth, rest and regrowth—these phases driven by hair follicle stem cells," he said.

Medical researchers at Harvard University, USA, found that persistent physiological stress can induce inactivity in follicle stem cells to prolong the resting phase, so new hair growth is not initiated. That means your hair will fall normally, but new hair will not continue to grow. So how can we stop stress ruining our hair and causing even more stress?

Mr Pearce believes preventing hair loss can be very difficult, but keeping yourself resilient can help. "Essentially, hair loss can't be prevented because stress and stressful events are part of life and mostly beyond our control. However, if you maintain a good degree of fitness and ensure essential metabolic factors like nutrients, thyroid function and sleep, it takes more to rock the boat and result in hair shed."

He suggests taking a step back from your stress and checking your vitamin levels to ensure no other underlying conditions.

"Remove yourself from the situation or resolve if possible. Women should check their iron stores, Vitamin D, Iodine and Zinc to ensure they are optimal range."

## Dare to Bare

How clean is your skin? Introducing an ultra-soft, hygienic silicone facial device proven to deliver a deeper cleanse than you would get from simply removing your makeup. Rather than simply cleansing the top layer of skin, Go Bare's Facial Cleansing Brush clears out pores and removes any dirt, makeup or residue that's often left behind after a traditional cleanse.

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## Go Bare's Facial Cleansing Brush

RRP \$89.00

[www.gobare.com.au](http://www.gobare.com.au)



## Comfort is Out Glamour is Back

Christa Nicola

If there is one thing we unanimously agreed on during the height of COVID-19 and the lockdowns, it was comfort clothing. Comfort has been paramount over the last two years, and designers all jumped on the bandwagon in creating activewear and loungewear to accommodate us. We wanted to look good for Zoom meetings but still, be comfortable. But now? Things are changing, and we have never been more ready for it.

We did some digging to find out why comfort clothing is taking a back seat. Donny Galella is a fashion stylist and style expert, and *Sydney Observer* had the opportunity to get his insight into why things are shifting.

"After almost two years, we are seeing a trend in moving away from COVID dressing, and designers are embracing glamour again, bold colours and a sense of moving forward," he told *Sydney Observer*.

Donny thinks the way we shop has changed, and we now want more versatility from our wardrobe.

"We want clothes that we can work from home in, go out in and dress up a bit. Over the last two years, rib-knit dresses have been popular because they are comfy yet versatile. Wear them at home for work or wear them to dinner on the weekend. A nice shirt dress in a soft jersey fabric will get you from day to night, work from home.

"We are thinking more about our wardrobe purchases and how we can get more wear out of them."

The designers are noticing a difference too. A shop assistant from Aje at Chatswood Chase said everyone is buying more dressy clothing now that social events are back on.

"I think now people want to dress up. So many weddings have been postponed, and now they are back on, so everyone is buying really glamorous dresses," she said.

"We aren't getting that many people buying activewear. I have been seeing a trend of people buying dresses with dramatic sleeves and frills. People are like, I've been in lockdown so long I want to treat myself."

Aje breathless frill sleeve mini dress available at David Jones \$425.

Scanlan Theodore silk tie front shirt \$400.

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# What to Know about "Vaping"

Dr Ian Sweeney

Most people are aware that smoking is bad for their general health, potentially causing many medical problems and, in some cases leading to fatal diseases. However, many people do not seem to realise that smoking may also lead to dental disease including gum disease, dental decay and in more severe cases mouth and throat cancers.

Electronic cigarettes, although now illegal in Australia, are still available via the internet and are still popular amongst a certain percentage of the population.

Electronic cigarettes or vaping devices are electronic battery-powered smoking devices that have cartridges filled with a liquid that usually contains nicotine, flavourings and chemicals. The liquid is heated into a vapour, which is then inhaled by the person using the device.

E-cigarettes are generally marketed as a less harmful alternative for tobacco smokers to consume nicotine. They have also been used as an aid to stop smoking tobacco-related products, although evidence of their effectiveness in smoking cessation shows mixed results in the literature.

Vaping is a relatively new phenomenon, however health officials are already

reporting serious lung damage in people who use vaping devices. Many of the liquids used in vaping devices are chemicals that may be harmful.

Depending on the liquid used in vaping devices, the aerosol may produce nicotine, flavourings, metal particles such as tin and lead that can be deeply inhaled into the lungs. Some liquids have been shown to contain Polycyclic aromatic hydrocarbons, which are the carcinogens found in cigarettes, Benzaldehyde which has been linked to lung irritation and other chemicals commonly used in disinfectants and pesticides.

It is believed that due to social media marketing and the names of some of the flavours such as Berry Bash, Caramel Tobacco, Peach Green Tea, Gummi Bear, to name a few, vaping has become popular in some teen groups, with some estimations suggesting numbers as high as one in six teenagers have tried vaping.

A study in the US showed that teenagers who tried vaping were almost twice as likely to take up cigarette smoking as those who did not try vaping. These figures are alarming as nicotine is highly addictive and has been shown to slow brain development in children and teenagers. Side effects of nicotine include memory loss, difficulty in concentrating, lack of self-control, lack of attention and mood swings.

Oral diseases including dental decay, periodontal disease and the increased risk of oral cancers have been associated with vaporised cigarette users. A recent study of over 4000 participants showed E-smokers were more likely to have untreated dental decay present. Taste loss, a phenomenon called "vape tongue" has been reported in several patients. Effects on the immunological system and delayed healing have also been reported in patients using E-cigarettes.

In a policy statement on community oral health, The Australian Dental Association states that "E-cigarettes may cause serious harm or injury and should not be used."



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

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# Wild Without Alcohol

Non-alcoholic beverages are proving to be popular this year with several retailers now offering a delightful array of alcohol-free drinks to enjoy at your events, minus the hangover.

Whether you are currently detoxing or are you have cut the alcohol completely, we have found four of the best non-alcoholic drinks for you to sample this coming season. Enjoy.

## Edenvale Rosé

**\$9.95**  
This de-alcoholised Rosé is as refreshing as it is sweet. Exquisite berry fruit flavours with suggestions of rose petals and redcurrants, this is a classic non-alcoholic tipple. [www.SansDrinks.com.au](http://www.SansDrinks.com.au)



## Ara Zero Marlborough Sauvignon Blanc NV 0% Alcohol

**\$16.99**  
Delightfully crisp and dry, this wine is a tropical combination of blackcurrant, grapefruit, pineapple and passionfruit with a hint of fresh herbs weaving their way thorough. [www.winesellersdirect.com.au](http://www.winesellersdirect.com.au)

## Thompson & Scott Noughty

**\$26.95**  
A Chardonnay with a rich flavour and only 2.9g of sugar per 100ml. Noughty alcohol-free organic vegan sparkling is the perfect way to stay hangover-free which season you're celebrating. [www.LuxeDrinks.com.au](http://www.LuxeDrinks.com.au)



# Five Minutes with a Food Connoisseur

Jodie Wolf

When it comes to the food industry in Australia, Melissa Leong has done it all. With fingers in many pies, she is a food and travel writer, food media consultant, radio broadcaster, television presenter, MC and cookbook editor. *Sydney Observer* managed to grab an interview with the legendary Melissa Leong ahead of her latest venture, *MasterChef Australia: Fans & Favourites*.

**What are your thoughts around people wanting to break into the food industry these days? I can imagine it's highly competitive?**  
The hospitality industry IS a really competitive place, but it is also a place that welcomes people from everywhere, with a shared love of good food and drink, community and hard work. I think the principles are the same for any industry when you start out – listen, take on critical feedback with grace, work your ass off!

**Have you always been passionate about food and are you as passionate about food at home or do you prefer someone else to do all the cooking?**  
I am Singaporean Chinese by blood, so food is part of my DNA. I love cooking as much as eating out, I think it's important to take



pleasure in both... well it's certainly critical for me.

**What does food mean to you? You obviously love your work, why did you choose your career, or did it choose you?**  
Food is central to my life in so many ways, not in the least, my livelihood for the past nearly two decades. It chose me, and I can safely say I wholeheartedly accepted!

**Do you often have friends and family asking for advice around cooking?**  
I am asked for cooking tips or tips on where to eat out by friends, strangers. I take it as a compliment that there's something they think I can contribute to in their lives.

**What will you be cooking this Easter weekend or what would you cook if you were hosting an Easter themed event?**  
I think entertaining, no matter the occasion, is about ease, hospitality and abundance. A slow cooked joint of meat, like a slow cooked lamb shoulder, rubbed in harissa, yoghurt and Baharat, served with vibrant side dishes is always a winner.

**What's in store for Melissa for the rest of 2022? Anything our readers will be keen to look out for?**  
There are a few projects kicking around that you'll hear about in due course.

**Three top tips for home cooking you wish you'd learnt earlier?**  
A consistent soft-boiled egg is as easy as a lowering an egg into water on a rolling boil and lifting it out in six to seven minutes.

Don't over-extend when you are entertaining. People want to spend time with you, not see you stress out.

Always read the recipe more than once. It is there for a reason.

You can follow Melissa via Instagram @fooderati or visit her website at [www.fooderati.com.au](http://www.fooderati.com.au).





## Tinkerbell and the Dream Fairies

April School Holidays are here again, and Tinkerbell is off on a magical quest to find her wings with the fairies from *A Midsummer Night's Dream*. The audience is invited to dress up and join in the fun! Come along to this enchanting world of song and dance, dressed as something magical.

**When:** Saturday 9 April – Sunday 24 April  
**Time:** Various.  
**Where:** The Royal Botanic Garden Sydney  
**Cost:** \$25  
[www.shakespeareaustralia.com.au](http://www.shakespeareaustralia.com.au)

## Edward the Emu

A charming imagining of two delightful picture books, *Edward the Emu* and *Edwina the Emu*, brought to life by the award-winning creative team from Monkey Baa Theatre Company.

**Date:** It runs from 9 April – 23 April 2022  
**Time:** 10.30 pm and 12  
**Where:** The Sydney Opera  
**Cost:** From \$29.00  
[www.sydneyoperahouse.com](http://www.sydneyoperahouse.com)

## The Everly Brothers and The Rock n Roll Legends of the '50s and '60s

For Rock n Roll fans everywhere, this is for you! Let the Williams Brothers take you back in time and bring to life some of the classics. Supported by their multi-award-winning band The Shy Guys, this show is sure to have you singing along in no time.

**When:** 22 April 2022  
**Time:** 8.00 pm  
**Where:** Glen Street Theatre  
**Cost:** \$69.90  
[mpv.tickets.com](http://mpv.tickets.com)

## Zumba Classes

A class for all levels, this low impact workout will aid toning and balance. Sessions also aim to increase confidence and co-ordination. A workout or a party? You decide.

**Date:** Wednesday's throughout April 2022  
**Time:** 10.30 am – 11.30 am  
**Where:** St Ives Community Centre  
**Cost:** \$15.00  
[www.krg.nsw.gov.au](http://www.krg.nsw.gov.au)

## SYDNEY COMEDY FESTIVAL GALA

### Sydney Comedy Festival Gala 2022

Sydney's biggest month of comedy returns, and this extravaganza features a superb line-up of the Festival's funniest international stars, Australian legends and up and coming faces.

**When:** Wednesday 27 April 2022  
**Time:** 9.30 am  
**Where:** 409 Victoria Avenue, Chatswood  
**Cost:** \$69.90  
[www.theconcourse.com.au](http://www.theconcourse.com.au)



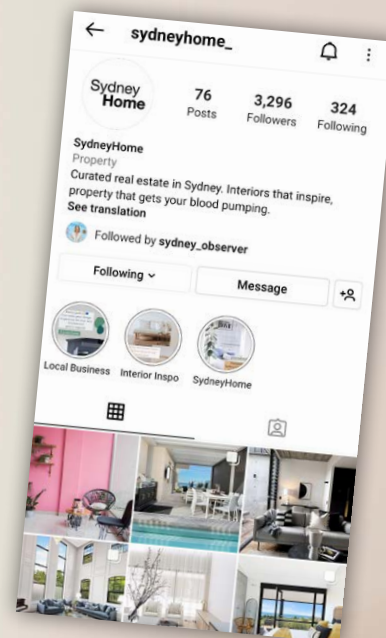
## Hornsby Organic Food Market

A community market where the choice is vast! Whether it's food, fashion, plants or something for the home, you will find something wonderful at this eco-friendly market.

**When:** Various dates in April  
**Time:** 8.00 am – 2.30 pm  
**Where:** Hornsby Mall, Florence Street and Hunter Street.  
**Cost:** Free  
[www.organicfoodmarkets.com.au](http://www.organicfoodmarkets.com.au)

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# Fairy Garden

Kerrie Erwin

Having a fairy garden is a wonderful way for children and the child within us to attract beautiful energy. Not only is it mystical but decorative and can feel very healing as well, as it is the perfect place to visit when feeling down in the dumps.

If you don't have a garden and live in a flat or smaller space, you can create a fairy garden pot, which is just as effective. This is a very creative way to build a small space on a veranda or near a window and you can have all sorts of bits and pieces in your pot, so long as it is not cluttered and looks good. By creating a space in your garden, nature or pot you will always attract positive energy from the elemental kingdom that will be happy to look after your home and bring you harmonious energy.

First off, you need the right spot for your fairy garden and remember you can use a large pot on your balcony if you are living in a unit. It needs to be quiet and if possible near water, like a fishpond, or water feature. A birdbath, or pool is great as fairies or 'undines' love to be near water. In the surrounding trees, I place wind chimes, as this is an invitation to invite the 'sylph' or air spirits in, plus lots of butterflies and various types of birds.

Some people may also like to have little lights, and this can look very beautiful and charming, especially at night and children love this. Around the garden I have a few statues of fairies, unicorns, gnomes, devas, elves and little house, welcoming everyone to feel free to visit the fairy garden whenever they feel down, or need inspiration in their lives.

When visitors or children come, I ask them to be quiet and respect the space as it is an invitation to another world and don't be surprised if your dogs or cats like to spend most of their time lounging around there because without a doubt, they will love the energy.

Blessings, Kerrie.



Kerrie Erwin is a Psychic and Medium. Get in touch with Kerrie via [www.pureview.com.au](http://www.pureview.com.au) or [kerriejean888@gmail.com](mailto:kerriejean888@gmail.com).

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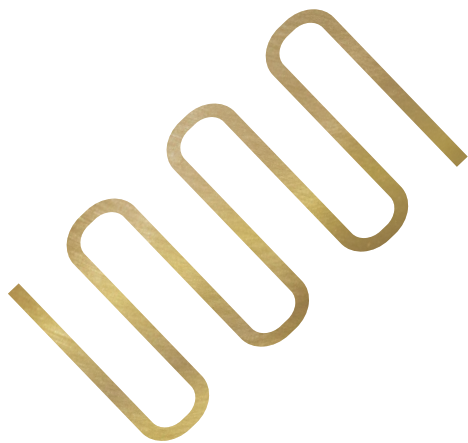
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