

Sydney Observer

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IN PRINT SINCE 1996

**CHRISTMAS
GIFT IDEAS**

Chatting with Tim Minchin

**Persian Love
Cake Recipe**

What to Do for Your Hair

Australian Sporting Great

**Lauren
Jackson**



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From the Editor

A happy and warm November to you all!

With Christmas fast approaching, *Sydney Observer* has you covered with an array of different gift ideas that are sure to put a smile on the faces of your loved ones.

Sydney Observer caught up with basketball legend Lauren Jackson for our profile this month. After her much anticipated return to basketball, *Sydney Observer* spoke to Lauren about all things off the basketball court. One of the greatest Australian sportswomen talked of the importance of family and getting to know herself as more than a basketball player.

We also spoke with the hilarious Tim Minchin. Tim is performing a concert show at the Sydney Opera House this month in what will undoubtedly be a spectacle of music, comedy, theatre, and a host of other talents Tim has in his performance arsenal.

We address the discomfort around inheritance, cover the fundamentals of mulching, and learn about a local legend with the Ku-ring-gai Historical Society.

Enjoy our November issue!

Jay Houhlias

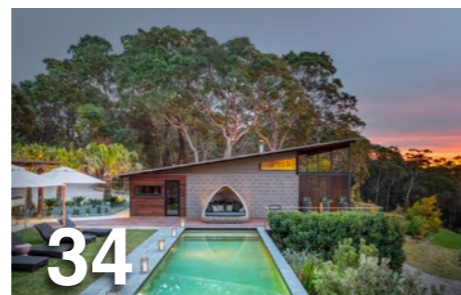
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CONTENTS

- | | |
|------------------------|----------------------|
| 6. Snippets | 24. Gift Guide |
| 8. Local News | 27. Local Business |
| 14. Profile | 28. Food & Wine |
| 16. Education | 31. What's On |
| 18. Seniors | 34. Jay's Adventures |
| 22. Beauty & Wellbeing | |



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Australian World Champions

The Australian Steelers are the new world champions of wheelchair rugby. The Steelers defeated the United States 58-55 in a classic world championship final to win the gold medal in Vejle, Denmark.

After winning their first world championship in Denmark in 2014, their new gold medal will help to ease the pain still felt by the Steelers after their loss in the 2018 World Championship final by one-goal in Sydney, and after they missed a medal at last year's Paralympic Games in Tokyo.

Congratulations to our Steelers!



Greens Fight to End Forest Logging

The petition to end public native forest logging was launched by NSW Young Greens Indigenous Officer Takesa Frank and the Nature Conservation Council. It received more than 21,000 signatures which forced the Parliament to a debate.

Greens spokesperson for the environment and agriculture Sue Higginson MLC said, "Tens of thousands of people from across the state have come together to call for an end to public native forest logging... The government has made no plans to transition out of this destructive industry and into sustainable plantations in the full knowledge that communities and workers will be left behind by their policies."

"So much of our public native forest estate has been impacted by drought, fires and floods. We need to change our perception of native forests to recognise them as a vitally important line of defence against both the climate and the extinction crisis, but this senseless government is determined to destroy them."

National Digital Health Action Plan

Digital health is transforming the way patients manage their health and experience healthcare. The Capability Action Plan (CAP) is designed to support Australia's health workforce to continue to develop the skills they need to deliver the best care for Australians in an increasingly digital world.

The CAP is a collaboration between the Australian Digital Health Agency and the Australasian Institute of Digital Health (AIDH). They will work together over the next two years to support healthcare workers to deliver virtual and connected care to Australians by equipping them with the tools and capabilities that they need to operate as effectively as possible.

The plan can be found at digitalhealth.gov.au/about-us/strategies-and-plans.



Tackling Kidney Disease

Kidney disease is one of Australia's biggest killers. On average, 63 people die with it every day – more than breast cancer, prostate cancer and road accidents. The impact of kidney disease on First Nations Australians is significant - compared with the non-Indigenous population where kidney disease affects 1 in 10. First Nations Australians are twice as likely to develop kidney disease and nearly four times more likely to die with it.

For the past four years, Kidney Health Australia has been developing recommendations for culturally safe kidney care for First Nations Australians. These recommendations include addressing institutional racism, highlighting transportation and accommodation needs, and emphasising the role of community and family involvement in the delivery of healthcare for First Nations Australians.

The full guidelines are available online www.carriguide.org.

Australia Voted N°1 Wellness Destination

Australia has been ranked as the most desirable wellness tourism destination in the world by industry tourism leaders globally as part of the Global Wellness Institute's (GWI) Wellness Tourism Initiative's new survey.

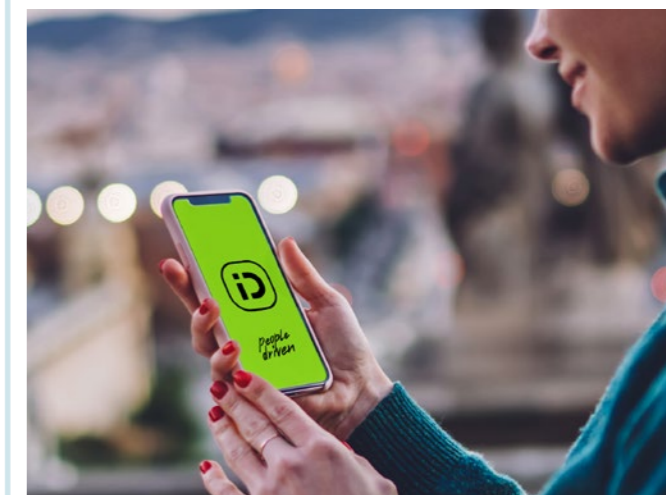
The survey showed that 39% of respondents voted for Australia, beating Thailand at 38%, with Indonesia placed third with 32%.

With fresh, healthy and locally grown food, pristine nature and wildlife, refreshing spas and springs, sustainable practices, award winning accommodation and venues and local cultural connection, Australia ticks all of the boxes when it comes to what's important for travellers selecting a wellness tourism destination.

Motoring Jargon Decoded

Taking your vehicle to the mechanic is stressful, particularly if you know nothing about mechanics. [StressFreeCarRental.com](https://www.stressfreecarrental.com) have compiled a list of some of the need-to-know terms to help drivers understand their motor vehicles.

- **ABS:** Anti-Lock Braking System – the system that takes control of your brakes when it senses that your wheels may lock up and cause skidding.
- **Cam belt:** A rubber belt that controls the timing of certain aspects of a car's engine.
- **Chassis:** The base frame or carriage of a car, consisting of the frame on which the body is mounted.
- **Fan Belt:** The fan belt uses the engine to drive things such as the alternator and water pumps.
- **Suspension:** A complicated spring setup at each corner of the car that allows the wheels to move independently of the chassis, reacting to bumps and unevenness in the road.
- **Tread:** The patterns cut into the rubber on car tyres.



inDrive Arrives!

Looking for an alternative transport method?

inDrive has over 150 million downloads in 47 countries and is revolutionising the rideshare experience through its unique model - allowing riders and drivers to negotiate fares. Instead of manipulating prices, inDrive aims to bring transparency and fairness through its process.

The model allows riders to set a suggested fare for the route, then negotiate with the driver to reach an agreed amount. The minimum ride starts from \$20, and the longer the distance the better the price.



Ku-ring-gai Women's Forum

The keynote speaker is journalist, author and broadcaster Tracey Spicer, who will discuss the importance of encouraging women to develop and have a voice for their experiences.

Tracey will be joined by Dr Jacqueline Mackaway from Macquarie University and student Ivana Lam from Killara High School on a panel discussing contemporary women's issues in Australia. This a free event; bookings are essential at www.krg.nsw.gov.au/womensforum

Light refreshments will be served.

Monday 7 November 2022 6pm - 7.30pm
Roseville Golf Club 4 Links Avenue Roseville

Enquiries: Community Services Ku-ring-gai Council
 9424 0829 or email houseas@krg.nsw.gov.au





Willoughby Saves Using Solar

Willoughby residents are saving thousands of dollars off their power bills thanks to a Council scheme helping residents access solar panels.

Willoughby Council's Solar Bulk Buy program is one of a suite of measures to help our community reduce greenhouse gas emissions by 50% before 2028 and achieve net zero emissions by 2040 or sooner.

Over the last 14 months, Willoughby residents have installed 69 rooftop systems using the Council's Solar Power Bulk Buy program.

One of these residents is Naremburn local Leo Panaych, who is on track to save \$5,000 per year on his power bills. Mr Panaych said there were a number of reasons to embrace solar energy.

"Firstly, there is the financial benefit and lower power bills. Secondly, there is a positive environmental impact due to lower carbon-based energy utilisation," he said.

"Importantly it will help reduce your power bills, especially in the current environment where prices are going up. In the future, once the installation is paid off, you will see even greater savings. In the long-term it will certainly help us with our goal of moving to net zero emissions."

Under the program, Council has partnered with a reputable solar power supplier to provide residents with renewable energy at a preferential price. Willoughby Mayor Tanya Taylor stated that during the financial year 2021-22, the percentage of Willoughby's homes with rooftop solar rose from 16.9% to 17.9%.

Ways to reduce your energy costs

- Know how much you use. Use this energy usage calculator to compare how much energy you use compared to other similar households in your area.
- Buy energy efficient appliances. Energy efficient appliances may cost more to buy but they save money in the long run as they cost less to run. When you buy a new appliance, use the energy rating label to compare models and choose one that suits your needs, saves energy and saves money.
- Electrify your home. You can save money through efficiency upgrades and electrification. Consider switching to reverse cycle air conditioning, a heat pump hot water system, an induction cook top, and other household energy efficiency products, as well as adding insulation.
- Have you considered a solar PV system? Council offers a Solar Bulk Buy program so residents can buy quality products at a special Willoughby City Council price.

Willoughby residents seeking to reduce energy expenses can access more tips on www.willoughby.nsw.gov.au/Environment/Sustainable-Living.

Solar My School

Ku-ring-gai Council is looking for more local schools to join the Solar My School program. The Council-run initiative is helping local schools reduce energy bills and cut emissions with solar power.

Founded in 2016 by Waverley, Woollahra, and Randwick Councils to support solar in schools, Ku-ring-gai joined the program in 2019. Since then, nine local schools have benefitted from being part of Solar My School.

With an average payback of less than three years, schools installing solar power systems can save on energy bills and lower their greenhouse gas emissions.

The Mayor Jeff Pettett added that Solar My School was in line with the Council's commitment to helping the community achieve net zero emissions by 2040.

For more information on the program visit krg.nsw.gov.au/smartschools.



solarmyschool.org.au

Ku-ring-gai Keeps Australia Beautiful

Our local Ku-ring-gai area has won in the 2022 Keep Australia Beautiful Awards. The Keep Australia Beautiful NSW 2022 Sustainable Cities Awards were presented to 'celebrate and reward the sustainability initiatives of NSW metropolitan councils, businesses, and community groups'.

The Council's Heritage Festival, Gai-mariagal Festival events, and its Junior Rangers program have all been recognised.

The Heritage Festival and its events celebrating Indigenous culture through the Gai-mariagal Festival won this year's Heritage and Culture Award. The festival took place between April and May and featured guided tours, open homes, an architectural drawing workshop, talks and exhibitions on Ku-ring-gai's unique history.

The Council's Gai-mariagal Festival events in June and July were recognised for their innovative way of presenting Indigenous heritage. This festival is an annual event acknowledging and celebrating Indigenous culture in northern Sydney. Highlights included the Warakirri Dining Experience at the Ku-ring-gai Wildflower Garden, immersing guests in traditional food, music and cultural rituals as well as a free screening of the film Song Keepers, telling the inspiring story of an Aboriginal women's choir and their first tour of Germany.

The Ku-ring-gai Wildflower Garden's Junior Rangers program was also highly commended. Junior Rangers are taught bush survival

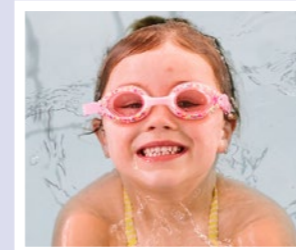


skills and hands-on environmental education activities designed for primary school aged children.

Well done to everyone a part of those events and festivals!

Summer Sport in Willoughby

With summer sport registrations now open, Willoughby families are encouraged to take advantage of the Active Kids and First Lap Voucher programs. These programs help kids keep healthy and having fun without breaking the family budget.



School-enrolled children in NSW can access two \$100 Active Kids vouchers each year towards the cost of sport and active recreation fees. The First Lap program provides families of eligible NSW children aged 3-6, not enrolled in school, with one \$100 voucher to offset the costs of swimming lessons.

Minister for Sport Alister Henskens said the NSW Government continues to invest in local communities to help young families stay active and healthy. "Whether it's dancing, cricket or learning how to swim, our Active Kids and First Lap vouchers make it easier for young kids all over NSW to have access to even more ways to stay happy and healthy."

More information on Active Kids and First Lap can be found at www.sport.nsw.gov.au.



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Blue Plaque for Davidson

One of Australia's most celebrated authors, Ethel Turner, has been honoured with the Davidson Electorate's first ever Blue Plaque.

The Blue Plaque was installed at Woodlands, number 1 Werona Ave, Killara. This was the house where Ethel Turner wrote one of her most well-known novels – the beloved children's book *Seven Little Australians*.

Member for Davidson Jonathan O'Dea said, "Ethel's contribution to Australian literature is immeasurable and her legacy continues to this day, with *Seven Little Australians* the only Australian children's

book to have remained continuously in print since its publication in 1894."

"Ethel has an interesting connection to another woman honoured by a NSW Blue Plaque. The first publication of an illustration by May Gibbs was on the cover of one of Ethel Turner's books."

The NSW Blue Plaques program provides an opportunity for communities to learn about their local heritage. 21 Blue Plaque recipients have been named, with more nominations coming in later this year.

For more information, visit www.blueplaques.nsw.gov.au.



New Police Recruits on the Beat

In 2019, the NSW Government announced the delivery of 1,500 additional police positions over four years. All of these positions have now been allocated and will be filled by the end of the financial year.

Eight new probationary constables commenced their duties in the local North Shore Police Area Command after attesting at a formal ceremony at the Goulburn Police Academy during October. Class 355 is made up of 145 recruits. Among these recruits are 94 men and 51 women from various backgrounds and regions across the state and country.

Member for Willoughby Tim James personally welcomed the new police officers to the Willoughby area today at Chatswood Police Station. "I congratulate the new recruits and wish them rewarding careers serving our local community and keeping us safe. It was a delight to meet this impressive group of new officers and lend my support to their roles in our community."

We all wish these new recruits the best of luck in keeping our community safe and thriving.



Member for Willoughby Tim James meets the new recruits at Chatswood Police Station.

Chatswood RSL Funding StreetWork

Local charity StreetWork understands that teenage years can be difficult, confusing, and for some, even life threatening. Their organisation focuses on 11 - 18-year olds that struggle with mental health, substance misuse, social isolation, school or work absenteeism, youth crime and youth homelessness. However, there is some light at the end of the tunnel.

Through the ClubGRANTS scheme, StreetWork has received \$25,000 in funding from Chatswood RSL.

The funding will allow vulnerable young people living in the local community 500 additional mentor sessions with an experienced StreetWork caseworker. Mentor sessions often lie at the heart of early intervention/prevention programs because they have a high success rate.

"Giving back to the community is a huge part of who we are as a club, and we're proud that this ClubGRANTS funding helps groups like this continue to do the great work that they do," said Tony Snowsill, CEO of Chatswood RSL Club.

Clubs across the state have provided more than \$1 billion in funding, making it one of the largest and most effective grants programs in Australia.

The ClubGRANTS program is made possible through the support of ClubsNSW, the NSW Government, and local clubs. Further details about ClubGRANTS can be found at www.clubgrants.com.au.



Tree Planting Funding

Almost \$10 million will be made available to councils across Greater Sydney to help supercharge tree-planting efforts.

The funding from the NSW Government, which all 33 Greater Sydney councils can apply for, will go towards buying and delivering new trees and green cover, as well as equipment like mulch and stakes. The Greening our City program will deliver more green, open and public space, as well as increase tree canopy across Greater Sydney.

Minister for Planning and Minister for Homes Anthony Roberts said; "We are set to hit our one million tree goal ahead of schedule, and that incredible effort has proven the enthusiasm of our communities to work together and get planting for the benefit of all... This latest round of funding will help keep that momentum going as we continue to ensure Greater Sydney is cooler, greener and continues to be a great place to live for years to come."

The funding will be administered by Local Government NSW and the Department of Planning and Environment, and all Greater Sydney Councils are encouraged to apply by 21 November.

More information on www.dpie.nsw.gov.au/greeningourcitygrants.



Olive McIntosh

A local legend

Judith Godden

When she retired and sold her hospital in 1961, she was a celebrity. She was Matron Olive McIntosh of *Dalcross Private Hospital*, Killara. Her hospital was one of many small private hospitals then on the North Shore, but she had made it special.

Olive McIntosh was born in 1890, one of the 11 surviving children of Pymble pioneer orchardists Susan and Edwin McIntosh. The family was close-knit and proud of their Scottish heritage, naming their home *Dalcross* after the McIntosh clan's castle in Scotland.

With 11 children to support, the McIntosh girls and boys had to earn their living. During World War I, Olive trained as a midwife at the Royal Hospital for Women, Paddington. After the year's training, she registered as a midwife in January 1915.

At the time, middle class women gave birth in a private hospital or at home. Olive McIntosh began her career attending home births. It was before cars were common, so she had to use a pony trap to get to her patients. Imagine having to wait until the midwife caught her horse, hitched it to the carriage, and began a slow journey to the labouring woman. It was even slower at night when streetlights were few, the roads were rougher, and she had just a swinging lantern to light the way.

In 1919, despite the flu pandemic and with her father's financial support, Olive McIntosh opened *Dalcross Private Hospital*. It was near Pymble railway station, at 8 Station Street. As it was licensed as a medical and surgical (as well as lying-in - maternity) hospital, she could not manage alone. Her business partner was Linda Oldfield, the sister of celebrated test cricketer Bert Oldfield. Linda Oldfield had trained in midwifery at the Royal Women's Hospital a year before Olive McIntosh, qualifying in 1914. Crucially, she was also a general nurse and had gained experience the hard way, serving as a nurse overseas during World War I.

Under the management of Olive McIntosh and, for the next decade, Linda Oldfield, *Dalcross* thrived. In 1922, they moved their hospital into larger premises, taking over another private hospital at 28 Stanhope (then Springdale) Road, Killara and renaming it *Dalcross*. There the hospital is still, though it has since changed owners and functions numerous times.

By the time Olive McIntosh retired in 1961, she was one of Sydney's legendary matrons. She was so well-known that not just the local newspapers, but the *Australian Women's Weekly* reported on her farewell party. Such status was not easily won. She needed both considerable skill and a reassuring manner to earn such admiration from her patients and respect from the doctors.

By the late 1940s, the era of giving birth in small private hospitals was largely over. Like other private hospitals, *Dalcross* focused on its role as a surgical and medical hospital. As a midwife/matron, Olive McIntosh's role was mainly managerial.

An important part of *Dalcross's* success was due to Matron McIntosh's people skills. She was reported saying that 'loving kindness' was the best thing. One aspect of her kindness was that she lent her cottage at Pearl Beach to poorer patients who needed somewhere to convalesce. Her kindness was also appreciated by



A young Olive McIntosh.

her staff, and, at a time of full employment, she retained highly skilled staff who stayed for decades. It was little wonder that around 500 people attended her retirement party.

Like many women of her generation, Olive McIntosh never married. She found fulfilment as a midwife and hospital manager, had warm friendships, and stayed close to her large family including 65 nieces and nephews. She died in 1977. You can see her gravestone in St John's Cemetery, Gordon, with its inscription 'She gave of herself'.

For more on Olive McIntosh and other outstanding women, read *Women of Ku-ring-gai* (Ku-ring-gai Historical Society, 1999). You can find out more about past people, events and buildings at the Ku-ring-gai Historical Society in Gordon. We are a friendly society with extensive resources you can use. We hold regular meetings with informative talks and a Family History course begins in February. For more information, see www.khs.org.au.

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

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

Estate Disputes and Estrangement

Wal Abramowicz

It is not uncommon for a parent who has fallen out from one of their children to give them nothing in their will. It is wise for parents in this situation to leave a written statement, kept together with their will, explaining the reasons why no provision has been made.

Even if there is no provision in the will, and the written explanation explains the reasons, it is still possible in NSW for an estranged child to make a challenge to their parent's will. This challenge can seek an order from the Court for provision to be made for them.

This right is provided for under the Succession Act 2006. The Supreme Court of NSW has the power to change a deceased person's will in certain circumstances. A child can make a claim where adequate provision for their proper maintenance, education or advancement in life has not been made by the will of the deceased.

The Courts have held that estrangement alone is not a determinative factor against the making of an order for provision in favour of a child from their estranged

parent's estate. It is a factor to be taken into account, but it is not determinative.

The Supreme Court of NSW deals with adult child estrangement cases in estate disputes on a regular basis. There is no hard and fast rule as to how these claims will be determined – the outcome will depend on the unique facts of each particular case.

However, there are a number of factors that the Court will take into consideration which are likely to have a bearing on whether or not an estranged adult child will be successful in their claim, including:

1. Which party was the instigator of the estrangement.
2. The circumstances of the estrangement, including whether it is the product of callousness or hostility.
3. The conduct of both parties in perpetuating the estrangement.
4. Whether there has been any attempt at reconciliation, and if so, by whom.
5. The length of the estrangement.

Whilst the cases show that the Courts expect a relatively high standard of forgiveness of a deceased parent in favour

of an estranged child, this is not always the case. For example, in the 2020 case of *Behrens v Behrens*, an estranged adult son was unsuccessful in his claim for provision from the estate of his late mother. In that case there had been a very long (25 year) estrangement between the mother and son, together with a history of violence by the son towards family members. In those circumstances, the Court held that the deceased was under no obligation to provide for her son, who was also ordered to pay the legal costs of the estate as a result of his unsuccessful claim.

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For nearly 50 years Fox & Staniland Lawyers have been delivering pre-eminent legal services to Sydney's North Shore. We have grown to become a Sydney city alternative with one of the largest practices north of the harbour.

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At Home with Lauren Jackson

Jay Houhlias

Into retirement, out of retirement, back into retirement once again, and now back at home. No matter where she is, Lauren Jackson is always moving. The past few years for Lauren have come with numerous changes and challenges. The four-time Women's National Basketball League MVP is now onto the next challenge, her hardest one yet; she says leading the kids is definitely harder than leading the Australian Opals.

“**B**eing a mum is being present 24 hours a day when they need you, and you have all the responsibility. But being part of a national team like the Opals, everyone is accountable for their own behaviour. It's a different kind of leadership.”

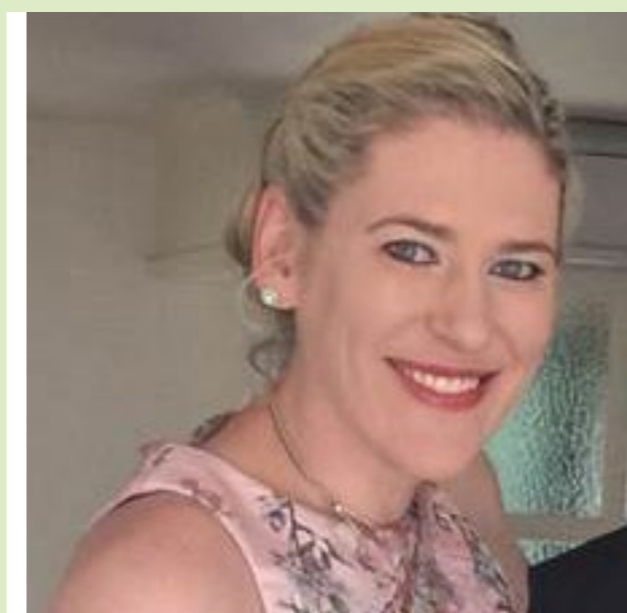
These days, Lauren says her life is 'just regular'. This is something many of us might find hard to believe. Even if you aren't familiar with basketball, everyone can recall the London 2012 Olympics where Lauren led Australia in the opening ceremony as flag bearer.

“I get up, make breakfast, get my kids to school, go to the gym, get to work, pick the kids up, make dinner, go to bed.”

But there is no shortage of meaning and substance in her life. She has immense gratitude for what she gets to live now, every day. Lauren's passion for basketball will always be part of her. “I'm a bit of a competitive beast, so when I'm playing on the court I kind of zone out and just play basketball. Off the court I'm just regular Lauren... I've got to make the kids dinner, get their lunches sorted for school, and then the school run.”

Does Lauren's competitiveness still seep into everyday life? “Absolutely,” she laughs. She loves watching her kids play sport, and sometimes it will come out when she is challenged by other parents. But Lauren is mainly concerned with supporting her kids. “I'm not very vocal, I'll just sit there and support, just like my parents used to do with me. I'll support whatever they want to do. It will be a sad day when my kids beat me on the basketball court, but that won't happen for a while!”

“The last eight years when I retired and had kids were actually the best years of my life. I loved it. I've loved getting to know myself as a mother and not a basketball player; the novelty of it, living day to day without having to trouble myself. It's just been really beautiful.”



High performing athletes lead very different lives. For many years, Lauren trained and performed at the pinnacle of competitive sport. Now she is focusing more on holistic and sustainable health, both for herself and her children.

“When I was a professional athlete, there wasn't a huge focus on nutrition. A lot of the times I would just train, and then go home and rest, or go to physio if I had it, but I didn't do too much else... I've got a lot more to juggle now than I used to have. It is a more holistic approach, and I've got to be a lot more sensitive to how I treat my body, what I can and can't do. Sleep is a big one, getting enough, and good quality... When I started training again, I wanted to get fit and healthy for the kids. There will be a much more concerted effort on my part to stay active and healthy.”

After her return to play for Australia in the world cup this year, Lauren is looking forward to some time to herself. Although, Lauren's definition of 'time to herself' might mean something different. One of the greatest players in women's basketball history considers a day with nothing to do a 'hypothetical'; there will always be something to do, whether it's work with Basketball Australia or taking care of her kids. As she put it, “I don't think I'll ever have a day off”. However, Lauren Jackson seems completely content with this.

Post HSC: What Do I Do?

Pamela Rontziokos

For two years, it's non-stop exams, assignments, extra study, and stress about the HSC final exams. And then, all of a sudden, on a Tuesday afternoon at 3pm, you finish. 13 years of school done. Your last HSC exam flies by and as you walk out of the exam hall, the realisation that you'll never have to worry about the ATAR again is the best feeling. But then you think: What do I do now? Schoolies!

While schoolies is the cherry on the cake for any high school experience, if you are seeking some insight or advice as to what to do in the time between finishing your last exam and receiving your marks, read on.

Billie Stefanou, 19, a 2020 graduate says, "Enjoy the sun, hang out with friends and family. Catch up on sleep and walk the dog!". She says, looking back, it was "the best time of her life. Your whole high school experience, you have pressure from your parents and from universities to get a certain score. Your future is in the hands of one mark, so it is nice to let go of it and know there is nothing you can do about it until December," Billie says.

HSC induced stress is real issue which affects all year 12 cohorts. A study in 2015 by the UNSW School of Education confirmed that year 12 can be extremely stressful for high school students.

"Finally, being released from the chains of HSC exams is like a tonne of bricks being



lifted off your shoulders.... You have so much free time, most of us finally get a job, experience 'the real world' without school and make some money," Billie said.

So, post HSC is the one time of your life where you can twiddle your fingers and be in limbo, with no judgment from

anyone. You can enjoy a couple weeks of saying "I just graduated" and experience no stress until university, tafe, or whatever else you plan to pursue begins in the new year!

This period of time is unique, precious, and you'll never experience it again – soak it in!

Before and After School Care Boosts

Thanks to two new grant programs, working families in Davidson are receiving more support with quality before and after school care.

The NSW Government has committed \$7.8 million to establish the grants which will encourage providers to offer new, inclusive, and sustainable services. These grants are:

New Innovation Grants – offering up to \$60,000 to stimulate innovation in the sector and help ensure before and after school services support more NSW families, including students with additional needs.

New Development Grants – offering up to \$80,000 for staff training and professional

development, and marketing to increase take up and promote attractive programs for students.

Minister for Education and Early Learning Sarah Mitchell said it was important to support working families and give them the option of accessing a quality before and after school service.

"I encourage BASC services across NSW to apply for these grants, which are a unique opportunity to deliver new and innovative educational activities with community partnerships, and to look at upskilling their staff.

Applications for round one for both grant programs will close on 2 December 2022.



Ku-ring-gai Supporting our Students



Year 12 students have a lot on their plate. Thankfully, Gordon Library is offering chill out zones, workshops on managing stress, free food and extended HSC study times.

From 1 November, the Council will host a six-week program of stress busting workshops for HSC students struggling to manage anxiety over their exams.

The free workshops are being presented by counsellors from Relationships Australia. They will provide tips on managing anxiety and stress in relation to HSC study.

For downtime between study periods, HSC students are being welcomed at the youth centre with snacks, games, table tennis and pool.

During October, the Council also ran a free barista training course for young people, who then served over 100 coffees to HSC students studying at Gordon Library.

For more information, call the library on 9424 0120. Gordon Library and AWOL youth centre are located at 799 Pacific Highway Gordon.

Young Achiever Awards

There is some great news for our great young readers - nominations for the 2023 Young Achiever Awards are now open! No achievement is too big or too small for the Young Achiever Awards.

The Young Achiever Awards "acknowledge, encourage and most importantly promote the positive achievements of all young people throughout Australia up to and including 29 years of age as of 31st December each year."

It is free to enter and very easy to do. If you think you know someone who deserves a nomination, head to awardsaustralia.com/youngachieverawards. From there, select your state and follow the prompts.

Media releases are sent out for every nominee that enters. This increases promotion for that nominee. If the nominee becomes a semi-finalist or a finalist, Awards Australia will promote them on their social media pages and additional media releases will be sent to their local papers. Everyone who is entered in the awards receives a certificate of achievement. Winners will be taking home some great prizes including a trophy.

These awards are a fantastic leg up for young people wanting to get a kick start in their careers or add to their list of qualifications.



Kokoda Residences' Magnificent Opening Ceremony

Wednesday 19 October was a significant date for Kokoda Residences' 150 invited guests who witnessed the NSW Governor, Her Excellency Margaret Beazley AC KC, formally open the new retirement community of apartments in Waitara, Sydney's upper North Shore.

Vasey Communities' Chairman, Kate Gunton, reflected on the project's vision and background along with insights into the history of the organisation itself. Graham Hooper, Vasey Communities' CEO, followed this with details about Kokoda Residences' architectural vision, the design features that make the apartments and facilities so age friendly, the distinct quality of the build, and the significant naming of the key community spaces. Margaret Beazley along with Kate Gunton then unveiled the plaque to officially open Kokoda Residences as the Patron of Vasey Communities.

The opening ceremony date of this retirement community coincided with the 125th birthday of Vasey Communities' inspirational Founder Mrs Jessie Vasey. This made the location of the ceremony in Kokoda Residences' community lounge, 'Jessie's Place', a poignant and inspirational choice.

The following day, Margaret Beazley and Mr Wilson were taken on a formal tour of Kokoda Residences by Ms Gunton, accompanied by Mr Hooper and Colonel Schollum, while the guests enjoyed canapes and cupcakes made specially to celebrate Jessie Vasey's 125th birthday.



Kate Gunton, Chairman of Vasey Communities (left) and Her Excellency, the Honourable Margaret Beazley AC KC, Governor of New South Wales (right), unveiling the plaque to officially open Kokoda Residences.

Interested parties wanting a tour through the display apartments and new community facilities are encouraged to call Kokoda Residences on 02 9299 3953 or visit www.kokodaresidences.com.au.



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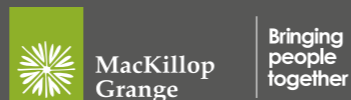
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Talking Inheritance

Australia is in the midst of the biggest intergenerational wealth transfer in history. Baby boomers are set to hand over \$3.5 trillion to the next generation. New research commissioned by financial educator and communicator Vanessa Stoykov reveals 42% of Australians are yet to have important conversations with their loved ones about inheritance, despite 74% saying these conversations are necessary.

The data analysed over 1,000 Australians, male and female, in February 2022, with ages ranging from 18 – 62+. The main conclusion drawn was the compelling need for Australians to be confident and comfortable having conversations with family about money.

20% of people are not sure how to begin the discussion with their loved ones. However, almost half the participants believe that having the conversation about a legacy before a person passes away will cause less conflict in the long haul.

Ms Stoykov says, "The time is now for Australians to become more financially literate and break down unhelpful beliefs about money and talking about it. This is about equipping ourselves with financial skills and independence."

"It can be tricky to navigate difficult conversations around money, but everyone needs to have a dialogue with their partners, parents, children and grandchildren. This is not just about whether someone is leaving money, but also the financial legacy that you pass on to your children. Talking openly to them is a legacy and gift in itself."

The research also shows Australians value a partner who is responsible with money, with 25% believing their partner being irresponsible with money is the second biggest deal breaker after infidelity.

The data also shows that for many Australians, money is an important factor in their relationship. 45% of people believe the thought of living a lesser lifestyle is the main factor in staying together.

It is no secret that money has the potential to cause rifts in relationships, whether they be with family or significant others. It appears now the way to deal with this is to normalise practical conversations around money, hopefully leading to more practical decisions.



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Australians Want Awareness for Ageism

According to a landmark national polling commissioned for the nation's second Ageism Awareness Day, seven in ten older Australians believe ageism against older people is a serious problem, but those in their 50s and 60s are significantly more likely to hold this view than those in their 80s and 90s.

The research took a sample of 1042 Australians over the age of 50 to examine attitudes to, and experiences of, ageism. Unlike most national polling, this research conducted for EveryAGE Counts by RedBridge Group, segmented older Australians into 50s, 60s, 70s, 80s and 90+. It found a strong majority of older Australians want the government to invest in a national awareness campaign about ageism and its effects.

Some other key findings were 68% of all over-50s agree 'ageism against older people is a serious problem in Australia', 74% of all over-50s believe Australia is 'not doing enough to raise awareness of ageism and fight against it', and 58% of over-50s want 'a government campaign to raise awareness about ageism and its effects'.

Dr Marlene Krasovitsky, who heads Australia's national campaign against ageism - EveryAGE Counts - said the results were startling.

"The fact seven out of ten Australians consider ageism to be a serious problem should make us all sit up and take notice."

"The way most polling has traditionally lumped 'older Australians' together into one monolithic group is ageist in and of itself. What this new research shows is that attitudes to ageism and experiences of ageism vary significantly across a very diverse 'over-50' group.

"By zooming in on different age brackets among older Australians we find that ageism affects people in different ways."



The Language of Gifts

Rejimon Punchayil

One of the best things about the Christmas season – besides food and fun – is the opportunity to catch up with family and friends. The next best thing is the exchanging of gifts. It's unfortunate that for some, the joyful act of selecting and giving gifts has become a very stressful chore. What matters most is the thought that you communicate through your gifts to your loved ones.

When you have older family members visiting for this Christmas, ensure that the experience is least inconvenient for you as well as your guests. Reviewing the accessibility of the venue for a person with a physical challenge is a great place to start. Consider keeping a height adjustable chair or an aid at the toilet.

If you plan to buy a gift for a senior person, consider items that ameliorate physical independence, mobility, or the self-esteem of the recipient. There are a lot of simple gift ideas that suit every budget. A pair of non-slip socks, a long handled shoehorn, or a pick-up-reacher could make a simple and cost effective gift.

You can gift independence and respect by understanding the need and finding a solution that will fulfil a need of the recipient. Mobility scooters, rise recliners and electric beds are some lifestyle gifts that enhance independence. Get away from the crowd and hassle of parking.

Plan ahead and visit your specialist retailer. Head to comfortdiscovered.com or their store with exclusive parking for Christmas shopping this year! Gift independence and wrap a helpful solution this Christmas.

When Minis were Scandalous

Margaret Simpson

This 1960s mini dress in the window of a Gordon 'op' shop would these days not even turn a head. But back in the sixties, it was very different.

The mini was invented by French fashion designer, André Courrèges, but spearheaded in London in 1964 by Mary Quant who named it after her BMC Mini. America was delighted, but on the continent, they were shocked.

Insular Australia was a bit slower to react, but we were rivetted when a young English model named Jean Shrimpton appeared on Derby Day at Melbourne's Flemington Racecourse in 1965. She stunned the nation's conservative socialite matrons by wearing a white sleeveless shift-like dress with a hemline 10 centimetres above the knee. Not what we'd now consider a mini at all. What's more, she wasn't wearing stockings, a hat, or gloves! Media controversy raged both for and against it.

With the mini, the emphasis was on bright colours like sunny yellows and pea greens. Colours rarely seen together like red and yellow or blue and green were purposely used to draw attention to the garment and disturb the status quo. A densely woven fabric such as gabardine helped maintain the mini



dress's trim tailored look, and it was often worn with calf-length white plastic boots - a look which became the international uniform for fashion conscious young women of the mid-1960s.

The fashion world watched and wondered as the mini, not only rose further up the leg, but edged closer towards indecency with cut-out sections and see-through and plastic fabrics used. In 1967, Rachel Welch's wedding dress caused a stir, being a sleeveless, lace, see-through mini.

Despite predictions that the mini wouldn't last, it was taken up around the world, helped by the publicity it received from Jean Shrimpton's outing to the Melbourne races, and has since stayed for decades.



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Developments in Brain Cancer Drug

An estimated 300,000 people were diagnosed with a primary brain tumour in 2020 worldwide, with very little hope of an effective treatment.

A drug being trialled for advanced solid tumours has passed the first phase of testing. This raises hopes for an effective new brain cancer treatment.

The first phase of testing involved patients with glioblastoma – the most aggressive form of brain cancer, as well as cervical, colon, gastrointestinal, pancreatic and uterine cancers.

University of South Australia professor Shudong Wang and Adelaide biotech company Aucentra Therapeutics are now recruiting up to 50 glioblastoma patients for the second phase, trialling the drug Auceliciclib.

“Phase one usually takes up to two years if there are any safety concerns with a new drug, but we didn’t experience any issues with Auceliciclib, which is very encouraging,” Prof Wang says.

The second phase, in combination with the chemotherapy drug Temozolomide, will be focused on glioblastoma patients, whose life expectancy is very limited, with a survival time of just 12-18 months after diagnosis.

“Despite surgery, chemotherapy and radiotherapy, glioblastoma is an incurable

cancer. One reason is due to late diagnosis where the tumour has already spread in a way that makes surgical removal very difficult,” Prof Wang says.

“Also, there are very few existing drugs that can cross the blood-brain barrier. The brain does an excellent job of protecting its most vital organ from toxins and pathogens. The downside is that it keeps out vital medication.”

Auceliciclib has demonstrated in pre-clinical models that it can cross the blood-brain barrier. This makes it an ideal drug for brain cancer. Its benefits, in layman’s terms, are twofold; It is more target-specific (reaching cancer cells more effectively), and it is less toxic.

If the drug proves successful in the clinical trial, it will also be an important breakthrough for brain tumours metastasized from other cancers including breast and lung.

“Aucentra Therapeutics has played a critical role in raising the capital needed to undertake the clinical trials, but we need a lot more support,” says Prof Wang.

Clinical trials are currently being undertaken in Sydney (as well as Adelaide and Melbourne). For more information on eligibility for the clinical trials, visit <https://www.aucentra.com>.

Caring for the Skin You’re In

World Skin Health Day fell on 14 October. The Australasian College of Dermatologists (ACD) in partnership with Speak My Language (Disability) is launching a set of podcasts aimed at providing Australians from culturally and linguistically diverse backgrounds with more equitable access to healthcare.

The podcasts, titled *Caring for the Skin You’re In*, were recorded in eight different languages and feature dermatologists from culturally and linguistically diverse backgrounds discussing the impact skin, hair and nail conditions can have, and how to access help for these conditions.

The podcasts aim to improve access to information by providing an easily accessible resource. It features interviews with dermatologists in eight languages including English, Cantonese, Korean, Spanish, Hindi, Arabic, Turkish and Persian.

“For culturally and linguistically diverse communities, accessing appropriate health care information and resources can be challenging. It is important for all Australians to be able to access information and support services in order to make informed decisions about their health,” ACD President Dr Clare Tait says.

The podcasts also recognise that cultural perceptions of a condition can impact the way someone experiences living with a skin, hair or nail condition, and whether or not they seek medical treatment.

“My family and friends didn’t think it was a big deal and said it’s because I ate something or because I am doing carpet cleaning ... people tell you things that make you feel bad, like you have to stay clean, and I felt like I had to justify myself. I am clean, I’m a clean person.” Shahbaaz Khan, who lives with psoriasis, said “seeing a dermatologist...she understands what I’m going through and how to help, it felt like light at the end of the tunnel.”

For more information on World Skin Health Day and the podcasts, visit the ACD website www.dermcoll.edu.au/world-skin-health-day-2022.



Happy Gas for Dental Anxiety

Dr Ian Sweeney

Dental anxiety remains extremely prevalent within the community. Fortunately, there are many techniques available to help make dental visits more pleasant. One of the simplest of these is the use of ‘happy gas’.

‘Happy gas’ or ‘nitrous oxide’ has been used successfully in dentistry to relieve anxiety for over 100 years. Nitrous oxide is an odourless clear gas that is safe for use in both children and adults. The gas is delivered to the patient via a small mask that fits snugly over the nose. Nitrous oxide is delivered in combination with oxygen through machines that are calibrated to always maintain safe levels of oxygen. Oxygen levels are always between 30% - 100%.

The euphoric effects of nitrous oxide wear off within minutes of the nitrous oxide gas being stopped, making it easily reversible and very safe.

Nitrous oxide is an anxiolytic (reduces anxiety), so it is helpful for nervous or

fearful patients to overcome an anxious moment. Patients generally feel relaxed, making it also useful for patients who experience an overdeveloped gag reflex.

The use of nitrous oxide for children’s dentistry can be a wonderful help when treating very young or fearful children. Its use often makes a difficult procedure easy for all concerned. Children become slightly ‘removed’ from the procedure for a very short period of time, often long enough for the dental procedure to finish before the child has realised anything has been done.

As the effects wear off very quickly, nitrous oxide does not affect an adult’s

ability to drive following a dental visit. Occasionally a child may feel a bit lightheaded following a procedure with nitrous oxide, so it is always recommended children refrain from riding bikes or scooters for an hour or so.

Should a patient’s fear or the type of procedure required demand more anxiety control, intravenous sedation of general anaesthetic may be recommended.

If you have a dental fear or phobia, it is important to remember you are not alone and there are techniques available to help you overcome your fear.



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

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. www.northsidedental.com.au

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A beauty treatment voucher can be exactly what your mum needs to feel renewed.

Gift Inspiration for Mum and Dad

Pamela Rontziokos

Christmas is a time for holidaying, family, and gift giving. It is when we finally get to recharge with everyone we love and indulge in sweets without the guilt. But there is one undeniable pressure that always stresses us - what gifts are we going to get!?

A great way to figure out the best present for someone is by answering the following two questions: 'What do they want?' 'What do they need?' Also consider their hobbies or comments they have made about something they want.

Once you've figured that out, you can start hunting for the gift. However, even knowing what they want and what they need and turning that into a gift can be hard. Many of us will end up getting stuck, frustrated, or worried.

We get fixated on questions like: Will they like it? Is this good enough?

Sydney Observer is here to help! Check out these different and quirky gift ideas. They are not your usual earrings for mum and cooler cover for dad - chances are you have already given that. They lean towards the personal and sentimental side.

Use these ideas as a start off point or add on to the gift you are giving.

FOR MUM

Personalised Portrait

This is a sentimental gift and something



A team jersey for dad. Case closed!

that mum can put on her bed side table or around the house. There are many personalised services. Hop on social media or online. This gift is reasonably priced and is a cute keep sake.

Custom Face Socks

A great gift if you want to stir a laugh! You can put her face on it, or yours! Either way, this gift will definitely be remembered - and it is useful too!

Personalised Mummy Book

Write a story that only you and your family can relate to. This gift is suitable for young families or even families with older children. It is wholesome and fun.

Gift Vouchers

For a massage, pedicure, manicure, the hairdressers, or her favourite shop, this

gift will always win. Who doesn't want a free massage or pedicure? Plus, it will encourage her to pamper herself.

FOR DAD

Fluffy Soft Robe

Every man is a sucker for a comfy robe. Check out *K-mart* or *Peter Alexander* pyjamas for the best quality.

AirTag

If your dad is forgetful or into gadgets, this one is for him. He can add it to his keys, wallet, phone - anything!

Personalised BBQ Tools

You can write fun messages like "You're flippin cool dad".

Team Jersey

NRL, AFL, or soccer, your dad will be ecstatic to have his own jersey.

If you are still stumped about getting something for mum and dad, consider something for both of them! This could be something like a trip away for the weekend, or an activity they can do together.

They can go somewhere within NSW, interstate, Sydney City or even international. For an activity - book the Sydney Harbour bridge climb, sky diving, hot air balloon ride, Sydney helicopter scenic flight or canyoning in the Blue Mountains.

Gifts don't always have to be tangible. They can be an experience too!

Scented Gifts

A change in season means a change of fragrance. As it warms up, think floral, fruity, bright and light scents that remind you of long days in the sunshine.

LAGO Eau de Parfum Natural | RRP \$210.00

Think coastal green scents, aquatic and floral notes, this salty sea spray is grounded in its powerful base of Indian sandalwood, sustainably farmed in North Western Australia.

Notes: Indian sandalwood, Bergamot, Cedarwood, Patchouli, Geranium, Coriander, Clary sage, Lavender, Myrrh, Vetiver, Cardamom, Ylang ylang, Frangipani absolute, Tree moss absolute.



Recreation Beauty Call Me Venus EDP | RRP \$109.00

Light and lovely, this whirlwind of rose with cassis, geranium and neroli, winding down with orris, is for those who like their roses freshly picked. Straight out of the garden with visions of soft breezes and blowing petals. For those who want to create their own scent-filled destiny. Believe in the beauty of roses while revelling in the ultimate twist on the glorious bloom.

Notes: Top: Cassis, lemon, peach | Heart: Rose, geranium, clary sage, neroli | Base: Orris, Cedarwood



GLASSHOUSE FRAGRANCES Sunsets in Capri 100ml EDP | RRP \$139

First launched as a limited edition offering back in 2019, the Sunsets in Capri collection was so popular it was added to GLASSHOUSE FRAGRANCES core collection. A beautiful, fresh Spring scent to set the scene for the magical moment the sun kisses the sea. Perfumer Steven Claisse is available for expert commentary.



Hats for Christmas

Riverina Hat | \$120 RRP (Limited Edition)

Celebrating the beauty of beach and bush culture, ooGee has taken the traditional surf-hat and adapted its shape into a flat-brim, stockman style for both men and women.

Free of fancy embellishments and trims, this limited edition summer style in the shade 'sand' is made of natural, breathable fibres that provide comfortable all-day wear and UPF50+ sun protection. Handcrafted at their West Gosford facility, the hat includes ooGee's innovative ComfyFit internal headband for a unique and custom fit.

Available in sizes M/L (58cm) and L/XL (60cm)



Margaret River Hat | \$120 RRP (Limited Edition)

Sporting a wide 10.5cm brim and an adjusting toggle chin strap, the Margaret River by ooGee is a reimagining of Australia's traditional and popular surf-hat style. Lightweight and durable, the comfortable design is made from breathable, natural fibres and is available in the shades 'sand' and 'earth'. Strictly launched as a limited edition summer style, the locally made and handcrafted head piece offers UPF50+ sun protection and is fitted with the brand's discreet ComfyFit internal headband for a truly customised wear.

Available in sizes M/L (58cm) and L/XL (60cm)

oogee.com.au

Long Lasting Cookware

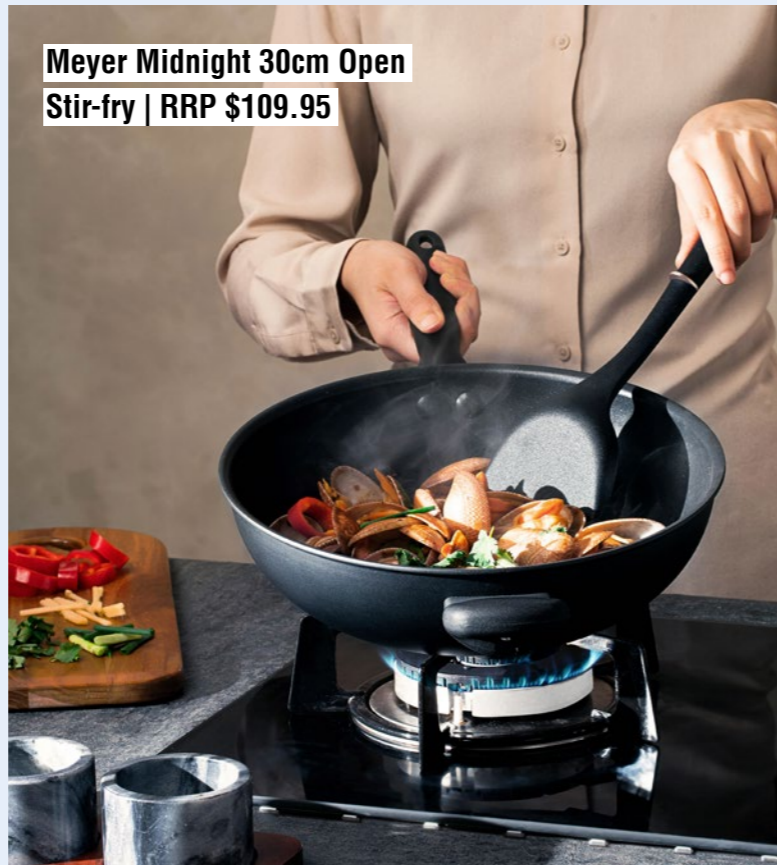
Sadly, all non-stick surfaces wear off over time. Midnight Series, a new cookware collection in Meyer Labs' repertoire, is here to change that. The new series is so durable you won't have to think about a replacement for quite some time.

What makes the Midnight Series special is its upgraded durability and non-stick performance. Engineered to last, the collection is made with innovative technology where regular aluminium is transformed into a material called black alumite. This is twice as hard as stainless steel, and it is this which boosts the lifespan of non-stick surfaces by reinforcing the bonding, making it last 19 times longer than regular non-stick pans.

Dressed in matte black, from the base, rims, flame guard to the handle, Midnight Series adds a modern, sleek look to the everyday kitchen. Its design features include a flared rim design for easy pouring, comfortable, stay-cool handle, and break resistant stackable glass lids, while its fully protected surface and base prevents corrosion and stains, keeping cookware pieces newer for longer.

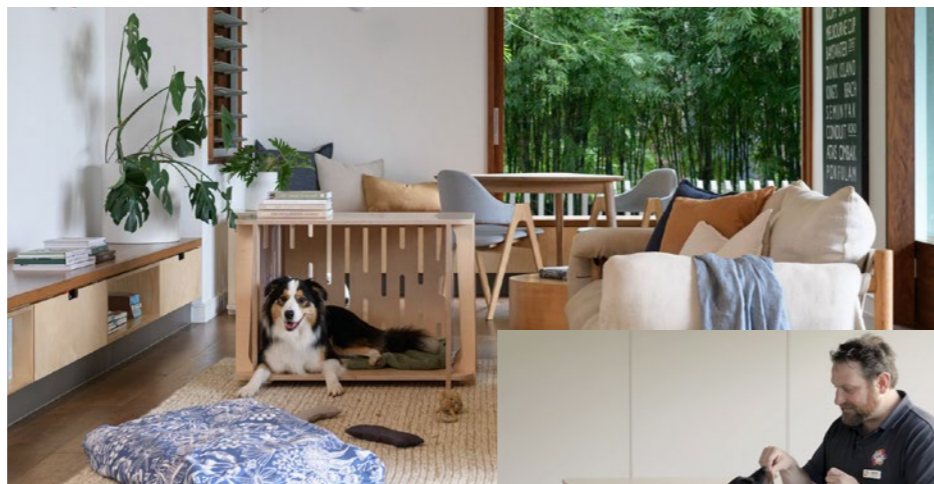
The items in the Midnight Series are induction friendly, dishwasher safe, and oven safe up to 350°F / 180°C. Kitchen essentials such as frypans, saucepans, stockpots, and chefs' pans in different sizes can be found in the collection.

The Midnight Series could make the perfect Christmas gift for cooking enthusiasts or inspire cooking amateurs to get in the kitchen and start creating!



Let's Not Forget Our Dogs!

Anxiety in pets has increased since the pandemic, and dog trainers are advocating crates as a comforting and safe space for training puppies. But not everyone feels comfortable putting their dogs in a crate. The Paws Room is an eco-friendly furniture collection helping Aussie dogs to feel happy and safe at home in style.



With social responsibility also key to the business, The Paws Room has partnered with national charity Happy Paws Happy Hearts, which rehabilitates animals and people through programs in animal shelters and wildlife sanctuaries nationwide. The Paws Room donates a percentage of profits and pet furniture to support HPHH programs and help educate pet owners about crate training. Dog trainer Justin Palazzo-Orr provides some tips for crate training, particularly when using a Paws Room product.

- Do not leave your dog in a crate for a long period of time as it can become distressing for them.
- Never use the crate as a form of punishment – remember, it's a safe place for your dog.

- The crate should be big enough for your dog to stand, sit, lie down and turn around in as well as a bit of space on either side of them.
- Don't put your dog in with a collar or leash as it can get caught on the bars and cause strangulation.

For more information, visit www.thepawsroom.com.au.



Dog trainer Justin Palazzo-Orr in a crate training session.

Uniform Exchange



The Uniform Exchange has a shop front in Pymble that looks after 10 schools on the North Shore as well as an online marketplace catering for all other schools Australia wide.

As a mother of 3 boys, Sue saw firsthand how many uniforms were needed and the amount of waste which occurs through children growing, seasons changing, and her children's different sports and interests. On the back of a huge demand for great quality second hand uniforms and text books, Sue developed her business model which is geared around encouraging her customers to 're-think' before buying new, as well as the cost and huge environmental and sustainable benefits of 're-using' second hand goods.

The Pymble shop is open 6 days a week at 993 Pacific Highway and stocks well over 10,000 good quality used uniforms and text books for the following schools: Abbotsleigh; Brigidine College; Barker; Knox; Loreto Normanhurst; NBCS; Pymble Ladies College; Ravenswood; Roseville College; The Kings School; St Leos.

The online site www.theuniformexchange.com.au is the biggest free community site specifically designed for parents to buy and sell anything needed for school. It has over 9500 schools listed and is absolutely free to list, look, and buy.

Having spent over 36 years in South Africa where very little is wasted, Sue has a policy of "nothing goes in the bin", so she and her staff make sure every unusable or out of date is relocated overseas to underprivileged children in disadvantaged countries. To date, over 75,000 uniforms and textbooks have been sent to 15 different countries.

Sue and The Uniform Exchange have previously won the prestigious Sustainability Champion NSW Green Globe Award and The Australia Day Award for Outstanding Service to the Community. In 2021 they won The Better Business and People's Choice Award.

Good Food - Good Gift

Food is the universal currency of love. For Christmas this year, consider taking out those you love for some communal feasting!

Restaurant & Catering Australia has announced the winners of the 2022 NSW Restaurant & Catering HOSTPLUS Awards for Excellence. These awards recognise hospitality operators who consistently provide exceptional service and demonstrate culinary excellence in their fields.

If you can, get down to some of these places of business. See what you think. They could be a fantastic surprise present for a loved one, or the perfect start or finish to a day well spent with family. There is something here for everyone. These lists include finalists and the winners in each category.

Check out some of the restaurants

BREAKFAST RESTAURANT

Sponsored by Gallagher

- Café 424, ULTIMO
- Café Bondi, BONDI
- Café Patina, WAHROONGA
- Caffeine Cartel, SYDNEY
- Charlie and Franks, NORTH SYDNEY
- Charlie and Franks, ST LEONARDS
- WINNER - Corretto, DEE WHY
- Jardin St James, SYDNEY
- Ruby Lane, MANLY
- Sokyo, PYRMONT

CHINESE RESTAURANT

Sponsored by Menulog

- Chefs Gallery, SYDNEY
- Haidilao Hot Pot, CHATSWOOD
- Lucky Chungs, BANKSTOWN
- WINNER - Mr. Wong, SYDNEY
- Sergeant Lok, THE ROCKS
- The Century, PYRMONT
- The Eight, HAYMARKET
- XOPP by Golden Century, HAYMARKET
- Zilver Restaurant, HAYMARKET

CAFÉ DINING

Sponsored by Foodie Coaches

- Café 424, ULTIMO
- Café Bondi, BONDI
- Café Patina, WAHROONGA
- Charlie and Franks, ST LEONARDS
- WINNER - Charlie and Franks, NORTH SYDNEY
- Lime and Coconut Café, WINDSOR
- Next Door, CRONULLA
- Ruby at the Beach, MONA VALE
- The Palace, SYDNEY
- Zuccheri Caffè Bar, ARTARMON

GREEK RESTAURANT

Sponsored by Gallagher

- WINNER - JAAKS Restaurant and Bar, KYLE BAY
- Koutouki, LEICHARDT
- The Apollo, ELIZABETH BAY

INDIAN RESTAURANT

Sponsored by Now Book It

- WINNER - Delhi 'O' Delhi, NEWTOWN
- Foreign Return, SYDNEY
- Lal Qila, SYDNEY
- The Muglan, SYDNEY
- The Roy Café & Indian Dining, COLLAROY
- Urban Tadka, TERREY HILLS

ITALIAN RESTAURANT - FORMAL

Sponsored by Salena Estate

- Cucinetta Sydney, WOOLWICH
- Noi, PETERSHAM
- Olio, CHIPPENDALE
- WINNER - Ormeeggio at The Spit, MOSMAN
- Otto Ristorante, WOOLLOOMOOLOO
- Pilu, FRESHWATER
- The Restaurant Pendolino, SYDNEY

THAI RESTAURANT

Sponsored by Uber Eats

- Alphabet St., CRONULLA
- WINNER - Betel Leaf @ Bathers' Pavilion, MOSMAN
- Thai Garden House Restaurant, NORTH PARRAMATTA
- Thai Rock, POTTS POINT

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3 Healthy Recipes for Spotty Ripe Bananas

Pamela Rontziokos

It's happened to all of us - we bought a bunch of bananas but forgot all about them. Now they sit in the fruit bowl super spotty, or maybe they are leaning towards the black side. But don't worry, you can still use them!

Instead of making banana bread, make the yummiest banana pancakes, banana peanut butter oat bars, or banana brownies. Free from caster sugar and dairy butter - you have to try these recipes. They make for a sweet breakfast, a snack in the lunchbox, the sugar hit you need before you exercise, or even a healthy dessert.



1. Banana Pancakes

Prep Time: 3 mins | Cooking time: 5 mins

This recipe makes a small batch (4 pancakes) so add more ingredients accordingly. It is also crazy simple. Get creative with toppings for extra flavour.

Ingredients

- 1 ripe banana
- 1 egg
- ½ self-raising flour
- ½ cup of coconut flour
- ½ teaspoon of baking powder
- 1 cup of milk
- Toppings: peanut butter, blueberries, strawberries, yoghurt, honey

Method

1. Mash the banana in a bowl.
2. Add the egg and milk and stir until combined.
3. Add flour and baking powder.
4. Pour pancake mixture to desired size on a warm pan.
5. Cook at medium heat until it bubbles, then flip. Cook until the other side is golden brown.
6. Decorate with peanut butter, blue berries, strawberries, yoghurt, and honey.

2. Banana Peanut Butter Oat Bars

Prep Time: 5 mins | Cooking Time: 33 mins

Ingredients

- 2 cups of oats
- ½ cup of peanut butter
- 3 ripe bananas
- ¼ coconut sugar
- 1 tsp vanilla
- 1 tsp baking powder
- 1 cup dairy free chocolate chips

Method:

1. Pre-heat the oven to 180 degrees Celsius and line a baking tin with baking paper and pour mixture in.
2. Pour the oats and peanut butter in a bowl.
3. On a chopping board, mash up the bananas and then add to oat and peanut butter mixture.
4. Add coconut sugar, vanilla, baking powder and chocolate chips.
5. Mix together until evenly combined.
6. Decorate with extra choc chips.
7. Bake for 33 minutes or until golden brown.

3. Healthy Banana Brownies

Ingredients

- 2 ripe bananas
- 7 medjool dates (soaked in hot water for 10 minutes and mashed)
- 1 egg
- 1 cup of oat flour
- 1/3 cup of cocoa flour
- 1/3 cup of almond butter
- Protein power (optional)
- 1tsp of vanilla extract
- 1tsp baking powder
- Pinch of salt
- 1 and ¼ milk
- 1/3 cup of dark chocolate chips

Method

1. Preheat the oven to 180 degrees.
2. Line a baking tin, preferably square, with baking paper.
3. Boil water in a kettle. Place dates in a bowl and pour boiling water until dates are covered. Leave for 10 minutes. Once soft, mash together.
4. In a large bowl, mash the banana, dates, eggs, almond butter and vanilla extract together.
5. Add oat flour, cocoa powder, baking soda and salt.
6. Slowly add oat milk until the consistency is the perfect balance of thick and smooth. Gently fold through the chocolate chips.
7. Pour into baking tin. Cook for 30 mins.
8. Allow to cool and chop into desired shape and size!



The Soft Veggie Pasta

Cooking Time: 60 minutes

Pamela Rontziokos

If there are some old veggies sitting in your fridge on the brink of death, save them! Bring the vegetables' flavour to life by using this recipe.

According to the Australian Government Department of Agriculture, Water and the Environment, 7.6 million tonnes of food across Australia is wasted annually. This costs the Australian economy \$36.6 billion each year.

This recipe is helping solve this problem as you'll make a warm hearty pasta with the veggies you would have tossed in the bin.

They are also great for kids who refuse to eat their vegetables (between us, they are fooled thinking it is sauce). The recipe is nutritious, holding a balance of carbs and vegetables which will keep you satisfied for hours.

Topped with cheese and a slice of bread, this veggie sauce pasta will become a weekly favourite.



Ingredients

There are no serving amounts for the ingredients, and no restrictions on what you can put in the sauce. Here, you can add as much as you would like and place in whatever leftovers you have. Even if you have one carrot, throw it in!

- Red onions
- Cauliflower
- Carrot
- Zucchini
- Tomato
- Mushrooms
- Olive oil
- Salt
- Pepper
- Oregano
- Coconut milk (or coconut cream)
- Penne pasta

Method

1. Preheat the oven to 180 degrees.
2. Line a tray with baking paper.
3. Cut vegetables evenly and spread across the tray. Drizzle olive oil on top. Season with salt, pepper and oregano.
4. Cook in the oven for 30 - 40 minutes until the veggies are soft.
5. Meanwhile, in a pot, boil water until it bubbles. Place pasta and cook to desired texture - soft or al dente.
6. Once the vegetables are soft, place in a food processor (or Nutribullet), add coconut milk and blend together until smooth.
7. Pour veggie sauce onto pasta and mix together.
8. Grate desired cheese, add a slice of bread and serve.

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Sous le Soleil

Sunday 4 December from 9 am

Hollie's Persian Love Cake

Hollie Jones

Do you have good taste? As in, good tastebuds? Studies show a decrease in taste is an inevitable part of ageing and taste, like smell, is closely linked to emotions. Experts say that learning to truly experience your food joyfully can enhance the taste and enjoyment of food. So, without further ado, I present a cake to fall in love with.

This rose hued pistachio cake is light, fragrant and bursting with intriguing Middle Eastern accents. Persian sweets are known for their sweet, tart, floral, and fruity notes and with hints of cardamom, almond, rose and lemon; this showstopper of a cake is sure to be one of your favourites.

Decorate with dried rose petals, crushed pistachios, shavings of white chocolate and our standout ingredient – *pashmak* – a soft, delicate, finely spun Persian fairy floss. You can create a masterpiece with one layer or opt for a multi layered cake with the addition of a smooth vanilla bean and cardamom cream between layers.

Create this on a Saturday afternoon and your home will be filled with intoxicating notes of rose, lemon and vanilla. A cake to win hearts, as enchanting to look at as it is to eat!

Ingredients

CAKE

- 1/2 cup salted butter, room temperature
- 3 tablespoons vegetable oil
- 2 large eggs, room temperature
- 1 cup caster sugar
- 1 teaspoon lemon zest (about 1 lemon)
- 2 teaspoons lemon juice (about 1 lemon)
- 1 1/2 tablespoons rose water
- 1 tablespoon almond extract
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- 1/2 cup almond meal
- 1/2 cup ground pistachios
- 2 teaspoons ground cardamom
- 1 teaspoon baking powder
- 3/4 teaspoon salt

ICING

- 1 1/2 cups powdered sugar
- 1 tablespoon rose water
- 1 1/2 tablespoons milk
- Rose food colouring
- Cream Filling (if making a layered cake)
- 250 ml thickened cream
- 1 teaspoon vanilla bean paste
- 1/2 teaspoon cardamom (optional)
- 1 tablespoon instant vanilla pudding

DECORATING

- Chopped and ground pistachios
- White chocolate
- Rose petals
- White and black sesame seeds (optional)
- Pariya pashmak – available at selected Woolworths

Method

To create, begin by whipping your butter and sugar together on high speed until butter becomes pale and fluffy - about 3 minutes. This ensures a light fluffy cake. Rushing this step will result in a dense cake.

Then, add your eggs one by one, ensuring each egg is fully incorporated before adding the next. Once eggs are combined, add your vegetable oil, again drizzling in slowly. Add your lemon juice, lemon zest, almond extract, rosewater, and vanilla extract.

Now add the dry ingredients — flour, almond flour, ground pistachios, cardamom, baking powder, and salt. Gently fold until batter is combined. Butter and line your cake pans and pour your batter in. If you're creating a one layer cake, it will take around 40 minutes to bake. If you're creating a layered cake, check after 20 minutes and bake in 5-minute increments. You'll know your love cake is ready when it's golden on top and a knife inserted into the middle comes out clean.



Making the glaze — while your cake is cooling, combine 1 1/2 cups powdered sugar, 1 tablespoon rose water, 1 1/2 tablespoons milk and a drop of rose-coloured food colouring. Stir until thick and spreadable.

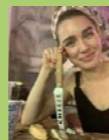
Making the cream filling – beat your cream, vanilla bean paste and cardamom on high until almost whipped. Add your pudding mix and whip until stiff peaks form.

Now it's time to release your inner artist and decorate your creation!

One Layer Cake – flip your cake upside down so that you are decorating the flat bottom. Spread your rose glaze over your cooled cake and sprinkle on your decorations of choice.

Multi Layered Cake – grab your icing spatula and turn table. Dollop a small amount of cream on your cake board and place the first layer, spread with cream. Cover your whole cake in a light layer of cream and refrigerate for 15 minutes. Then, as above, drizzle on your rose glaze, arrange your decorations, and you're ready to eat!

Serve chilled with a warm beverage, afternoon sun and great friends.



Hollie is a proud mother of two and has owned and managed cafes and restaurants for over ten years. Find out more about her recipes at: Instagram @hollie_and_lola

Chatting With Tim Minchin

Jay Houhlias

This November, Australian musician, writer, actor, songwriter, and comic returns to the Opera House for what will be, as Tim Minchin might say, a 'super tight' set of brilliant songs from his storied career featuring his 8-piece band.

The Forecourt Concert Series will run in Sydney from 10 to 19 November. The Sydney Opera House will present a special outdoor concert series including two free concerts as part of its year-long 50th anniversary celebrations.

Sydney Observer caught up with Tim for a chat. We covered a myriad of topics and probably could have covered a myriad more; life, love, the lack thereof, the past, present, and future – just the usual. All of this and more before Tim had his morning coffee. Of course, we expected nothing less from such a diverse, articulate, and talented individual.

"I think the main thing laughter does is disarm you. Laughter can make you very open, and it can allow you to deliver messages that aren't necessarily funny... You can help the audience laugh at things that are painful, which is one of the roles of comedy that I think is very important. We run the risk of losing this art because of the internet – everything is taken out of the context. If you wrote some of my lyrics down in the newspaper, which people have (deliberately to criticise me), it can look really bad. Comedy, satire, and laughing at the things we find painful is an artform that takes many years of craft and practice."



"If you get people in a space, gain their trust, and help them understand your moral position, and then you make them laugh, you find you can discuss topics that are taboo, or sexually explicit, or hypercritical of otherwise uncriticisable institutions or people. It sugars the pill, that's the short answer."

Sydney Observer asked Tim about emotions, themes, lyrics, and ideas, and how he connects this with music.

"In terms of my work, apropos because my singing voice isn't super beautiful... at times I have been an ok vocalist. But I have absolutely no doubt I can inspire emotion with my voice."

"The stories I'm telling have truth in them, whether they're comedic or not. There is an honesty to them and an emotional relatability to them, my instrument is an honest instrument – my singing voice is my story telling (I think). That's a good example of the difference craft and authenticity."

"I definitely in the past have used tricksiness... I've got chops and can show off, but actually, this is not the main game... Technique can be art when you don't know what you're trying to say. Then you've

got jazz, where chops and soul in good jazz players meet in the most extraordinary way. The technical proficiency and understanding of harmony is beyond what most people understand even exists."

Tim will be playing on 12 November. For more information on the show, visit www.sydneyoperahouse.com/events.html.

"Irony, my god! Humans invented irony, and it's the most wonderful thing. It helped people laugh in the face of despair; it helped young men in the trenches in WW1. It's an incredible tool."

Tim Minchin

A few tips to ensure success

1. Buy bright green raw pistachios – roasted pistachios are easy to find and work beautifully. However, their raw counterparts inject a fantastic pop of vibrancy not only to the cake itself, but also for decorating.
2. Grind your pistachios in a food processor – whole or roughly chopped are perfect for decorating – but not for the sponge of our perfectly moist cake.
3. Line your cake tins – this will ensure crisp edges which is perfect if you're creating a layered cake.
4. Cool and flip your cake upside down to ensure a perfectly flat top for decorating.
5. Ensure your icing is thick and spreadable in consistency – a light icing will make your cake soggy.

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All you need to do to be eligible for our Sydneysiders cashback reward is to:

- Live in the Greater Sydney postcode area.
- Book a day climb online at bridgeclimb.com.
- Climb before the end of November.
- Be 16 years of age, or older (adult climber).
- Tick all other general health & safety requirements.

When: Every day, 9am to 3pm until Wednesday 30 November.
Where: BridgeClimb Sydney, 3 Cumberland Street, The Rocks NSW 2000.
Cost: Adult tickets from \$308.
Contact: www.bridgeclimb.com or phone 1300 90 80 57.



Developing Sydney: 1900-1920

The exhibition showcases photographs commissioned by Sydney Municipal Council from 1900 to 1920. The City Building Surveyor's Department used photography to document the city's profound transformation in the first two decades of the 20th century. These photos capture the largely working class neighbourhoods and people being displaced by commercial and government redevelopment. The City Building Surveyor's Condemnation and Demolition Books is a key photographic collection held in the City Archives comprising almost 5000 photographs and associated glass plate negatives.

When: Weekdays 10am – 6pm, weekends 11am – 4pm, until Sunday 27 November.
Where: Customs House Library, 31 Alfred Street, Sydney NSW 2000.
Cost: Free.
Contact: www.cityofsydney.nsw.gov.au or phone 02 9242 8551.



Food Safari

Sue from Taytas Lebanese Kitchen will take us on a food tour of western Sydney, including the Cheese Factory, Peasanella at Marrickville, Little Portugal at Petersham, and other tasting stops before lunch at a Lebanese restaurant in Bankstown. The final stop will be a Lebanese sweet shop on the way home.

When: Wednesday 30 November 2022 | 9am – 4pm.
Where: Marian Street Theatre car park, 2 Marian Street, Killara 2071.
Cost: \$85.
Contact: Ku-ring-gai Seniors events 02 9424 0836, rhall@krg.nsw.gov.au.

Monet and Moscato Class

Meet like-minded creatives and play with colour at Monet and Moscato's paint and sip class in Crows Nest!

In this beginner-friendly class, you'll learn how to paint a colourful artwork with guidance from a friendly expert. Sip on a glass of vino and discover new techniques that you never knew before! Take the time in this class to find your unique artistic style and make your masterpiece one-of-a-kind.

Spend some quality time with your loved ones and reconnect to your creativity in a fun and relaxed environment! You'll finish this class feeling fulfilled and proud of the art piece you've made in just a few short hours.

When: Tuesday 15 November until Tuesday 22 November, 8pm to 10:30pm.
Where: 75 Willoughby Rd, Crows Nest NSW 2065.
Cost: Adult: \$69.
Contact: Classbento at classbento.com.au.

Conversation With Richard Fidler

Writer-broadcaster Richard Fidler is the author of the bestselling books *The Golden Maze* and *Ghost Empire*. Richard presents 'Conversations', an in-depth, up-close-and-personal interview program. Join to discuss his latest deep-dive, *The Book of Roads & Kingdoms*. In it, Richard unpacks the story of the medieval wanderers who travelled out to the edges of the known world during Islam's fabled Golden Age; an era when the caliphs of Baghdad presided over a dominion greater than the Roman Empire at its peak, stretching from North Africa to India.

When: Friday 18 November 2022, 6:30pm – 7:30pm.
Where: Gordon Library, 799 Pacific Hwy, Gordon 2072.
Cost: Free.
Contact: Ku-ring-gai Library 02 9424 0120, libraryevents@krg.nsw.gov.au.



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Into the Blue

Jay Houhlias

It's often said that people take better care of their pets than they do of themselves. My weekend away at *Spicers Sangnoma* turned this notion on its head. I was treated, and indeed I treated myself, to a pure Jay weekend of luxury laden antics. My weekend at *Spicers* included meals, drinks, and a massage treatment.

Spicers Sangnoma is buried deep amongst the heights of Bowen Mountain in the Blue Mountains. I arrived and felt instantly relaxed, like someone had put a spell on me. I was led into the dining area for lunch, which was a delicious, steamed salmon. After lunch I was prepped with a jasmine tea for my massage. I was taken to a tranquil space which featured a small waterfall and a warm tent. As soon as I lay down on the massage bed, I sunk into it. Considering my body's wonderful ability to produce tight muscle knots, I was well prepared for a painful hour. However, my masseuse Kristie's calm voice combined with her cathartic and soothing movements actually made me fall asleep. When it was over, she asked me how it was. I said that I'd fallen asleep. Yes, that happens, she said, that happens to most people.

I then retreated to my room very slowly. I was walking loosely, and I attributed this to my

newfound relaxedness after my massage. I sat down and lit a fire in the open fireplace and watched *Top Gun*. But not even Tom Cruise and high-speed fighter planes could snap me out of my Zen state.

I was then treated to a wine tasting where one of the staff, Brendon, educated me on a variety of wines, some local and others from France. I learnt that in France, you are more severely punished for lying on the label of a bottle of wine than you are for robbing a bank. French wine makers must be extremely diligent and detailed in their labelling processes. If there are any inconsistencies, wine makers are stripped of their rights to ever produce and sell wines. When I tasted the wines, I concluded these rigorous standards were worth it. The French have their priorities in check.

Before dinner I made myself a salt bath. The bathroom had a secluded view of the forest, and it began to rain. The pellets hit the ceiling, making that lovely rhythmic sound. As it rained, I felt incredibly adventurous for coming out and braving the weather that weekend. *The rain won't stop me*, I said as I sat in my luxury salt bath reading my book. Deep down however, I knew that whatever the conditions, *Spicers* would always make me feel comfortable. Perhaps I wasn't so adventurous after all.

The food at *Sangnoma* is heavily plant based. This is homage to the beautiful natural surroundings. All the ingredients for the meals are sourced from local farmers in the Hawksbury region. Produce is seasonal, and the menu changes accordingly (approx. every 3 months). Dinner was a delightful explosion of subtle flavours: onion, potatoes, crispy kale, and juicy pork.

In the morning I swanned up to the lounge room where I took coffee overlooking the rest of Sydney. You can see all the way to the high rises of the CBD from that view. I pretended to work away on my laptop, but I mostly just enjoyed the coffee and the view. After breakfast I indulged in a sauna, the perfect activity post meal - and even the sauna had a view!

Then it was time to leave. I took one last look at the rest of Sydney. Better go join it again, I thought. It took me an extra thirty minutes to drive home than it did on the way there. At first, I couldn't figure out why this was, but then it hit me. I was driving slower, like a man who'd just had a weekend away, with nowhere to be. If I ever need some more Jay time, I know exactly where to go.

For more information and to book, visit <https://spicersretreats.com/retreats/spicers-sangnoma-retreat/>.



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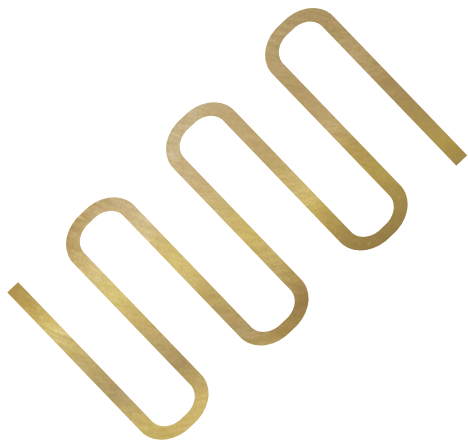
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