

Sydney Observer

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IN PRINT SINCE 1996



Catriona Wallace

BUSINESS
GURU AND AI
TRAILBLAZER

Aussie Travel
Destinations

Greek Street
in Roseville

Property
Staging Sells

Healthy Beauty

World's Best
Vineyards





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CRUNCHING THE NUMBERS ON RETIREMENT LIVING



Working out all of the costs of moving to, living in and leaving a retirement community can be really confusing. If you qualify for the Age Pension or a Home Care Package, understanding the impact on these can be totally overwhelming!

To assist Leisure Lea Gardens' clients to make an informed choice, we have implemented the Village Guru software, designed by Australia's 'Aged Care Guru', Rachel Lane. Rachel is a well-known speaker and her articles are published in major metropolitan newspapers and on various websites. She has co-authored a number of books with finance expert Noel Whittaker, including the best-seller *Aged Care, Who Cares?* and *Downsizing Made Simple*.

Rachel will be the guest speaker at our **Open Day on Thursday 10th August** and will help you gain a clearer picture of what moving into a retirement community costs. You will also have the opportunity to win one of her books in the lucky draw.

Where: Leisure Lea Gardens, 201-207 Epping Road, Marsfield.
When: Thursday 10th August 2023.
Time: 10am to 12 noon.
RSVP: Phone Linda Savige or Anna Ginters on (02) 8878 4903 or email sales@livingchoice.com.au by 4th August.

Complimentary Morning Tea
Display apartments open for viewing



From the Editor

Sydney Observers, the moment has arrived for another issue to come to life. As we find ourselves already in August, gazing towards the latter part of the year, I can't help but feel a sense of excitement in the wake of warmer days. But, until then, I'll be cherishing the cosy nights spent on the couch, wrapped in my woolly socks and hoodie, accompanied by a steaming bowl of Ramen.

In this issue, we catch up with Dr. Catriona Wallace, a trailblazer in Artificial Intelligence and the Metaverse, renowned for her exceptional intellect. As a leading female visionary, she has gained widespread recognition as the most influential woman in business and entrepreneurship. Besides her remarkable achievements, Dr. Wallace is a dedicated mother of five and a strong advocate for women. Known for pushing boundaries and breaking barriers, she has recently achieved another milestone by securing a coveted spot on the panel of Channel 10's upcoming season of *Shark Tank Australia*.

This month, explore the history of Swain Gardens, beauty with Lük Beautifuloods and the Barbie Pink fashion craze. With Father's Day just around the corner, we've also presented some thoughtful suggestions on how to make all the dads out there feel truly special.

Willow Berry



10

CONTENTS

6. Snippets

8. Local News

16. Profile

18. Education

22. Seniors

28. Home & Garden

32. Father's Day Special

36. Beauty & Wellbeing

40. Food & Wine

44. Travel

48. What's On

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BOOKING DEADLINE: 15th of the month

CONTACT: (02) 9884 8699

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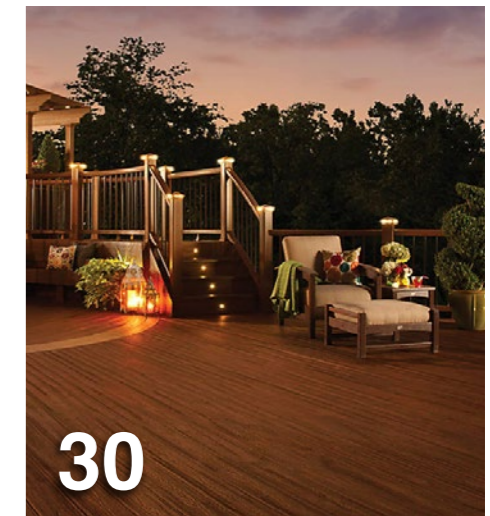
Chatswood	Lindfield	Roseville Chase	Wahroonga
East Killara	North Turramurra	South Turramurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrawee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby



06



13



30



18



27



44



Betting Self-exclusion Scheme Rollout

Coming next month, Australia will introduce the “BetStop” scheme, a groundbreaking register that empowers gamblers to self-exclude themselves from all online betting platforms across the entire country. This initiative comes nearly five years after the initial legislation was introduced to parliament.

The BetStop register will replace existing state and territory systems that have faced criticism for their ineffectiveness in covering all bookmakers. This nationwide self-exclusion service will be launched on August 21, under the guidance of the federal government.

BetStop is a user-friendly and cost-free platform designed to assist individuals in managing their gambling habits. It enables users to opt-out from all legally

operating online or phone betting operations in Australia through a simple and unified process.

Once a self-exclusion period is chosen, the registered wagering providers are legally required to decline any bets or refrain from opening new accounts for the individuals in question. Additionally, they are prohibited from sending direct marketing messages to those who have registered with BetStop, providing added protection.

Moreover, individuals utilising BetStop will have the option to designate up to five support persons who can help them in managing their self-exclusion period. Rest assured, all personal details of the users will be safeguarded to maintain privacy and confidentiality.

Unhappy Traders

The fate of Australian producers using terms like “prosecco” and “feta” hangs in the balance as trade talks with the European Union reach a critical juncture. These trade negotiations between Australia and Europe have been ongoing for five years.

Australian producers are seeking permission from Europe to continue using specific names for their products. However, the European Union is cautious about the agricultural imports Australia wishes to send to the EU as part of the trade deal.

According to a former top EU official, both Australia and Europe will likely need to make concessions on contentious names like “Prosecco” and “feta” if they want to realise a comprehensive trade deal, which could potentially be valued at almost \$100 billion.

Despite earlier expectations of a quick resolution, the negotiations between Australia and the EU have been protracted and continue to require careful consideration and compromise from both parties.



ICC Announces Equal Gender Prize Money

In a groundbreaking move, the International Cricket Council (ICC) has officially declared equal prize money for men’s and women’s teams participating in ICC events. This momentous decision was reached during the ICC Annual Conference, held in Durban, South Africa, and marks a significant milestone in the ICC’s pursuit of prize money parity by 2030, surpassing their previously set timeline.

Under this new policy, teams finishing in similar positions at comparable events will now receive equal prize money. Additionally, the amount awarded for winning a match at these events will be the same for both men’s and women’s teams.

Notably, the prize money for the ICC Women’s T20 World Cup in 2020 and 2023 saw a substantial increase, with the winners receiving \$1 million and the runners-up receiving \$500,000. This amount was five times higher than what was offered in 2018.

Moreover, the prize money for the upcoming ICC Women’s Cricket World Cup has been raised to \$3.5 million, a significant increase from the \$2 million awarded for winning the 2017 edition held in England. These changes reflect the ICC’s commitment to promoting gender equality and recognising the achievements of women in the sport.

Caged Eggs Phase-out

After a meeting among Australia’s agriculture ministers, the decision to phase out battery eggs has been delegated to state and territory governments. This follows the endorsement of an updated version of the Australian Animal Welfare Standards and Guidelines for Poultry, which was the outcome of an independent review panel’s assessment last year.

Federal Agriculture Minister, Murray Watt, has confirmed that the poultry industry will adopt new standards aimed at eliminating battery eggs by 2036. However, the implementation timeline is now subject to the discretion of each state and territory.

The NSW government, being the most populous state with a substantial poultry industry, has expressed its commitment to proceed with its own timeline for the phase-out of battery eggs. They stress the importance of consulting with producers before finalising any specific timelines.



QLD is the Last State to Ban Phones in Schools

Queensland has recently joined other states in prohibiting the use of mobile phones in schools, making it the last state to do so. This new policy applies to all school hours, from the first bell to the last, encompassing lunch and recess periods as well. It builds upon the previous measures taken by almost all state schools, which had already implemented some form of mobile phone restrictions.

In April, New South Wales (NSW) announced a similar ban for public secondary school students, scheduled to take effect from Term 4, 2023. This move aligns NSW high schools with the regulations in place in South Australia, the Northern Territory, Victoria, and Western Australia. Prior to this announcement, mobile phones were already banned in NSW public primary schools.

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Ku-ring-gai Council's Community Funding Announced

Ku-ring-gai Council has recently announced the allocation of nearly \$250,000 in funding to support a range of community-driven projects for the 2023-2024 period. The funding is aimed at promoting environmental initiatives, preserving local heritage, enhancing community arts, and facilitating various events.

The decision on funding distribution was made during the Council's meeting during July, following a thorough review of grant and sponsorship applications. In total, \$243,644 will be dispersed throughout the financial year to support several worthy causes.

A significant portion of the funding, amounting to \$100,000, has been allocated for community environmental and Net Zero projects through the Environmental Levy Grants program. This marks the 25th round of funding under Ku-ring-gai's environmental levy, which focuses on projects designed to protect and restore the natural environment and reduce greenhouse gas emissions.

Among the projects to be supported are the establishment of a bush tucker garden at Lindfield Public School, bushland restoration at Auluba Oval in Turramurra, and waste and recycling initiatives at various schools. Additionally, a series of events aimed at promoting solar energy uptake in Ku-ring-gai will also be funded.

Furthermore, 14 submissions for events and arts sponsorships have been approved for funding. Several exciting community events, such as the Wahroonga Food & Wine Festival, the Special Olympics Ku-ring-gai Fun Run, the Bare Creek Trail Run, Dogs in the Park, and the Ku-ring-gai Art Society annual art exhibition, will receive financial support.

Notably, organisations such as the Ku-ring-gai Philharmonic Orchestra and Marian Street Theatre for Young People will also benefit from the funding.

The Council has received 19 applications for heritage grants, and they have been carefully considered to allocate the available funding. A total of \$63,589 will be distributed among high priority, medium priority, and low priority heritage projects.



Wahroonga Food & Wine Festival and the restoration of bushland at Auluba Oval in Turramurra is two of the initiatives to be supported by the funding.

Examples of the projects that will receive support include tuckpointing of brick facades in Pymble and Roseville, timber cladding repair in St Ives, roof repairs and tiling in Pymble and Lindfield, as well as the restoration of distinctive curved windows at a Killara home and repairs to a decorative ceiling in a Gordon property.

Overall, this funding initiative underscores the Council's commitment to enhancing the community's well-being and preserving the natural and cultural heritage of the region.

Through these diverse projects and initiatives, Ku-ring-gai aims to foster a

sustainable and vibrant community for the benefit of its residents and visitors alike.

Mayor Jeff Pettett has said the Council will continue funding for projects and events that 'can demonstrate a real benefit to the local community'.

"The Council has done its best to divide up the funding in an equitable way so these worthwhile projects and groups can thrive and be successful."

For more details about the funding visit krq.nsw.gov.au/Council/Council-meetings.



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#VividSydney Blitzes Social Media

Vivid Sydney 2023 achieved its highest-ever visitation in its 13-year history, setting a new festival record for social media content using the #vidvivid hashtag. The festival reached over 649 million people, experiencing an impressive 84% year-on-year increase in social reach.

The most-shared light artwork on social media was Dark Spectrum, an immersive experience in Wynyard Tunnels, in collaboration with Vivid Sydney, Sony Music UK, Culture Creative, and Mandylights.

Vivid Sydney not only captured attention on social media but also attracted renowned celebrities, such as Emmy-award winning actress Jennifer Coolidge, BLACKPINK's Jisoo, and celebrity chef Nigella Lawson.

The festival's Vivid Fire Kitchen at The Cutaway in Barangaroo offered a unique food adventure, attracting 190,000 people, including renowned chefs Curtis Stone, Andy Allen, Darren Robertson, and Dan Hong, among others.

Vivid Sydney Festival Director Gill Minervini, has said the festival not only achieved record-breaking attendance but also garnered widespread global reach from the countless people who shared their captivating experiences at Vivid Sydney.

"Of the 3.28 million people who attended the festival, it was great to see so many people sharing their Vivid Sydney experiences on social media during the 23-nights and showcasing Sydney."



5 most shared projections/installations from Vivid Sydney 2023

- **Dark Spectrum:** A world-premiere activation that transformed the abandoned Wynyard Station train tunnels into a multi-sensory experience inspired by underground dancefloors. It offered eight rooms with a progressive color journey and stunning photo opportunities.
- **Written in the Stars:** The largest drone show in the Southern Hemisphere, drawing over 500,000 viewers to the seven shows and boosting festival attendance on quieter nights.
- **Lightscape:** A global sensation that has fascinated over 10 million people worldwide, taking visitors on a magical journey through light and sound in the Royal Botanic Garden Sydney.
- **Lighting of the Sails:** Life Enlivened (2023): A spectacular display showcasing the work of esteemed Australian artist John Olsen AO OBE on the Sydney Opera House.
- **Dandelion:** A 4,000kg steel recreation of a dandelion's wispy calyx with interactive hand sensors by Sydney public art collective Amigo & Amigo.

"We're so grateful to all our artists, performers, musicians, speakers and chefs. Without them our program would not be

anywhere near as successful, and we're so thrilled to be able to share this with millions from around the globe."

Council Asks for Feedback on Household Clean-up

Ku-ring-gai Council is seeking community feedback to determine the best approach for household clean-up collections, which are used by approximately 28,000 households to dispose of bulky waste, including furniture and small appliances.

Two options are being considered:

1. Move to a new system where each household can book four free clean-up collections annually, allowing households to select the dates.
2. Retain the existing system where each household can use the three Council-scheduled collection dates and book one free clean-up collection on a date chosen by the household.

Currently, there is no change to the existing collection system. If the Ku-ring-gai Council decides to adopt the new system, it will come into effect in March 2024.



For more information or to provide feedback, please visit Council's Have Your Say page (haveyoursaywilloughby.com.au) until Friday, August 11, 2023. Information and surveys are available in Chinese, simplified Chinese, Japanese, and Korean.

Helping Local Businesses

On Tuesday 25 July, local MP Matt Cross and NSW Liberal Leader Mark Speakman visited Goodfields Eatery in Lindfield. The pair discussed the economy, business and cost of living with owners George and Anthony. Mark Speakman also got a quick lesson in coffee making, showing off his 'barrist-a' skill set!

Matt Cross, MP, expressed that the visit provided a great opportunity for him and Mark Speakman to engage in meaningful discussions on important community issues.

"We believe the economy is central to everything, especially as cost of living pressures continue to rise," he said.

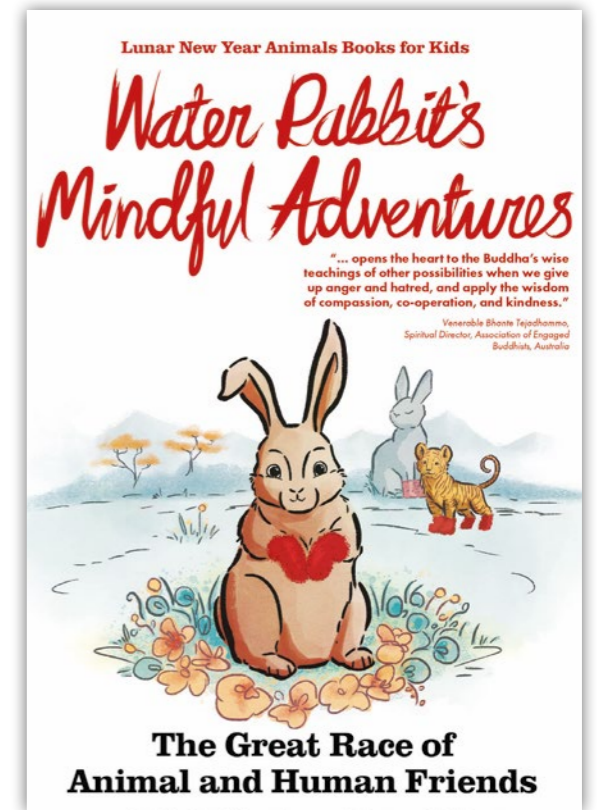
"It was valuable to listen firsthand to businesses, such as Goodfields Eatery. They gave us a valuable perspective and feedback that will help us when Parliament resumes."

"I encourage everyone in our local community to continue to support all of our local businesses."



Save the Date!

**Saturday, 9 Sept 2023, at 2pm,
Wahroonga Park, prepare yourself for the official launch of...**



By Belinda Siew Luan Khong, PHD.
Illustrated by Laura Stitzel.

Launched by the Hon. Tim James MP,
Member for Willoughby.

Author Signing

Mindful Parenting Q&A

Kids Storytime

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at Novella Fine Books, Wahroonga



The host, Scott Thomson, and the crowd of the Wednesday Night Trivia at Turramurra Bowling Club.

Get Involved at Local Trivia Nights

Spending a delightful weeknight playing trivia with your nearest and dearest is an experience that's hard not to love. Trivia nights bring friends, family, or coworkers together, forming teams that compete to answer questions and earn points.

Questions revolve around exciting themes, offer enticing prizes, and players are welcome to enjoy delicious food and drinks. In recent years, pub trivia has experienced remarkable popularity in Australia.

Beyond the fun and socialising, there's an incredible benefit to attending these trivia nights as they've been recognised for promoting enhanced brain health. Research indicates that adults who regularly engage in intellectually and socially stimulating activities tend to exhibit higher cognitive function compared to those who don't.

By answering questions and retaining information, you effectively exercise your mind, expanding your intelligence and bolstering your mental capabilities.

It's not surprising that the social element is a driving force behind people's enthusiasm for trivia nights. Working together as a team, brainstorming creative team names, and enjoying the camaraderie only enhances the overall experience.

Wednesday Night Trivia at Turramurra Bowling Club shines brightly in the local trivia scene. Since January, the delightful host, Scott Thomson, has been leading this engaging event that has experienced



a remarkable surge in popularity, with the number of players doubling this year.

"We now have over 160 people coming to the show each week because it really is the most fun you can have on a Wednesday Night in Sydney," he says.

So, beyond being a fun-filled evening, pub trivia nights offer a rewarding way to keep your mind sharp, foster social connections, and create lasting memories with your loved ones.

If you would like to put a trivia team together at Turramurra Bowling Club (2-10 people per team), call (02) 9144-2800 or go to www.clubturramurra.com.au to reserve your table.



Community Achievement Awards

Now an exceptional young individual, business, or organisation that deserves recognition? Perhaps it's time you enter them into the prestigious Community Achievement Awards!

Since its inception in 2002, the Community Achievement Awards have been dedicated to fostering, appreciating, and celebrating the invaluable contributions of individuals, communities, and businesses throughout NSW and The ACT.

These prestigious awards aim to recognise and reward their outstanding success and accomplishments, ultimately enhancing the well-being and prosperity of NSW and The ACT, making it a better place for all.

Nominations are now open in various categories, and winners will receive fantastic prizes worth over \$1,800, including a \$500 Bartercard Travel Voucher, a complimentary 12-month membership to The Career College with coaching sessions valued at \$594, a Reflections Holiday Parks Gift Voucher worth \$750, and another \$500 Bartercard Travel Voucher, along with a trophy.

Additionally, the winners will be featured in a congratulatory TV Ad broadcasted on 7NEWS. All nominees and finalists will receive a letter of congratulations and a certificate of encouragement for their remarkable achievements.

Entering the Awards is absolutely free and can be done easily online through the nomination portal. If you want to recognise someone but lack the time, no worries! Simply refer them by completing a quick form, and they'll be contacted to assist in the completion of the nominations process. It's as simple as that!

Nominations close on Thursday, 24 August. Visit awardsaustralia.com.



Chatswood by Candlelight

Forever, the world's leading platform for live-entertainment discovery, is joining forces with the Willoughby City Council to present a captivating series of Candlelight Concerts at The Concourse from August 17th to 19th, 2023.

Under the gentle radiance of countless twinkling candles, this enchanting Candlelight Concert series forms an integral part of Willoughby City Council's esteemed cultural program, Chatswood Culture Bites. This initiative boasts a diverse range of engaging activities, events, exhibitions, and live music performances. The Concourse, an exquisitely designed venue, will provide a picturesque setting for this magical 90-minute experience, designed to captivate music enthusiasts of all tastes.

Prepare to be enthralled by the mesmerising melodies of exceptionally talented musicians during each concert, featuring renowned artists like classical flautist Jane Rutter, operatic bass-baritone Teddy Tahu Rhodes, the captivating CINTA band, the Candlelight String Ensemble featuring Ash Quartet, and many more. Whether you cherish classical music or seek soul-stirring entertainment, this concert series promises to captivate guests of all generations.

Adding to the enchantment of the event, the path from Chatswood Station to The Concourse will be adorned with stunning candle installations, creating a captivating and magical journey for attendees. The Chatswood Mall Market will also be in full swing on Thursday, Friday, and Saturday nights during the concert series, treating visitors to a vibrant, multicultural food bazaar, brimming with diverse culinary delights from around the world.

Candlelight Concerts have mesmerised audiences in over 100 cities globally, including Paris, New York, and Madrid. These original musical performances aim to democratise access to culture, allowing people worldwide to revel in live candlelit concerts performed by local musicians in breathtaking locations.

The best part? Admission to this extraordinary Candlelight Concert series at The Concourse is entirely free for all. Each concert will commence promptly at 6:00 pm, but early arrival is advised to secure a favourable spot. Attendees are welcome to bring low-back chairs and their favourite food and drinks for a truly personalised and immersive experience.

PROGRAM

THURSDAY, 17 AUGUST, 2023

Musicians: Jane Rutter and Teddy Tahu Rhodes
Time: 6:00pm
Theme: Classics
Duration: 120 minutes

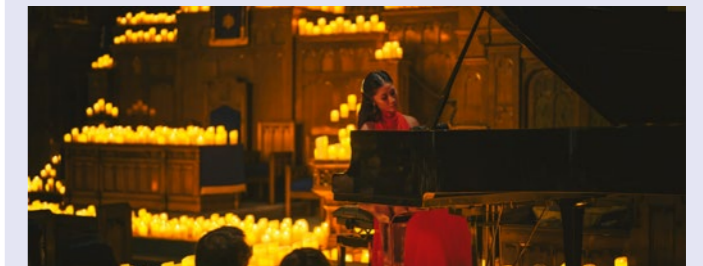
FRIDAY, 18 AUGUST, 2023

Musicians: CINTA Band
Time: 6:00pm
Theme: Candlelight Jazz: Women of Soul ft. Nina Simone, Amy Winehouse, Aretha Franklin
Duration: 120 minutes

SATURDAY, 19 AUGUST, 2023

Musicians: Candlelight String Ensemble ft. Ash Quartet
Time: 6:00pm
Theme: Candlelight: Movie Soundtracks Featuring Joe Hisaishi & Hans Zimmer
Duration: 120 minutes

For more information visit www.culturebites.net.au



Dance Party with DJ Sue

Come along for music, dancing and fun for over 55s. DJ Sue will play all your favourite requests when St Ives Community Centre becomes our local dance hall for the evening. You can sit back and watch the action or join in and get your moves on. Bring a grandchild if they're game. Light refreshments will be available to keep your energy up.

Tuesday 24 October
3.30pm - 7pm

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

Enquiries: **Community Services** Ku-ring-gai Council
9424 0836 or email rhall@krg.nsw.gov.au



Greek Street Comes to Roseville

Treat you and the family this September at Roseville Pacific Highway shops, as they welcome *My Big Fat Greek Wedding 3* to cinemas.

Come along as several diverse local businesses come together to create a sensory experience, paying homage to the depth of Greek culture. With a range of Greek-inspired products and events, this collaborative effort is a heartfelt tribute to the spirit of unity, creativity, family, and fun.

Slowbreads: Savouring the Essence of Greek Breads and Cakes

Immerse yourself in the inviting aroma of freshly baked breads and pastries, evoking memories of a quaint Greek bakery nestled in a charming corner of Greece. Slowbreads, renowned for their artisanal craftsmanship, will take you on a journey to the heart of Greek culture with their sumptuous offerings. From mouthwatering Greek cakes to savoury delights like Ladenia, it will be a delightful feast for your taste buds.

Pizza Olla: A Fusion of Greek Delights

Pizza Olla's menu exudes the essence of Greece, offering a fabulous array of flavours. Imagine savouring the richness of Greek pizzas topped with creamy feta, sun-kissed olives, and aromatic oregano. Accompanying these culinary delights, are vibrant Greek salads brimming with the freshest produce, while a selection of tantalising Greek pastries will leave your taste buds satisfied after every bite.

Roseville Cinema: A Heartwarming Movie Night for All

As the eagerly awaited *My Big Fat Greek*



Wedding 3 graces the screen, Roseville Cinema extends a warm invitation to embrace the love, laughter, and cultural richness that has captivated audiences worldwide. As a crucial part of this collaborative campaign, Roseville Cinema joins forces with Slowbreads and Pizza Olla for an unforgettable opening night. This special event not only celebrates Greek culture but also serves as an opportunity to give back to the community. A portion of the proceeds will be donated to the local charity KYDS, based in Lindfield, offering essential mental health support to young adults.

The I Am Project Australia: Embracing Greek Creativity

The I Am Project Australia embraces the spirit of Greece's rich artistic

heritage through its beauty and wellness products and workshops. Bright yellows and Aegean blues feature in some of the project's most popular products, such as candles and artisan soaps, evoking the essence of Greek beauty. The workshops provide participants with an immersive experience, allowing them to delve into the beauty of Greek traditions and artistic expressions, creating a truly enriching journey.

On behalf of The I Am Project Australia, Spokesperson Keisha Cheung has said, "The goal of the campaign is for us to bring business to the precinct after a very difficult COVID-19 period."

"We are going to work together to create a connected community, gaining the attention and attraction of customers to this strip as a place to eat, shop and socialise."

This collaborative campaign is more than just a combination of products and events; it is a heartfelt tribute to the essence of Greek unity and community spirit. Inspired by the heartwarming movie, the campaign beautifully showcases the harmony of diverse cultures coming together. It highlights the values of shared traditions, mutual support, and the joy of giving back to those in need.

So, let's raise our glasses in a toast to the beauty of Greek heritage and the power of collaboration, united in the spirit of *My Big Fat Greek Wedding 3*. Opa!

Visit krg.nsw.gov.au for more information.



"This August you have an excuse to indulge, as each sweet treat can make a real difference to the lives of every animal coming into our care every single day", said RSPCA NSW Community Fundraising Manager, Ben Wilhelm.

"Every dollar raised this Cupcake Day will have an immediate positive impact on animal welfare and could also win you some delightful prizes. Honestly, it's a win-win with sprinkles on top!"

So, preheat those ovens and head over to rspcacupcakeday.com.au to kickstart your Cupcake Day event.

RSPCA Cupcake Day

It's time to whip up some delicious treats and make a positive impact on animals in need. Get ready to unleash your baking skills for a great cause and fight animal cruelty with RSPCA's Cupcake Day, making a sweet return this August!

With close to 100,000 animals seeking help from the RSPCA each year, your participation can make a significant difference. Sign up to be part of the 'amazing paws' team through the RSPCA Cupcake Day website and host your very own Cupcake Day event anytime in August. You have the flexibility to organise the event at your home, school, or workplace, allowing you to whip up a delightful spread of treats for a worthy cause.

Whether you're crafting delectable doughnuts, mouthwatering lamingtons, tempting brownies, or classic cupcakes, the funds raised during your Cupcake Day event will play a crucial role in rescuing, rehabilitating, and rehoming vulnerable animals all across the country.

Claiming Notional Estate

by Wal Abramowicz

When you die, your assets are given to the people you have named in your will. You cannot give assets like superannuation and jointly-owned property away in your will. In NSW, a Supreme Court Judge can order these sorts of assets to become part of your estate. This is called notional estate.

Recently in the Supreme Court of NSW, two stepchildren, Justin and Alicia, made a claim against their stepmother. The stepmother and the stepchildren's father jointly-owned a property and a bank account. The property and bank account became the stepmother's when their father died.

Making a claim for notional estate in NSW must be done within a year of death. The Court may accept reasons for lateness under special circumstances. Justin claimed two years after his father's death. His reasons for claiming late were:

1. He did not know he could make a claim
2. He did not seek legal advice
3. He was trying to negotiate with the stepmother.

Alicia claimed two years and six months after her father's death. Her reasons for claiming late were:

1. She did not know she could make a claim until she was aware of her brother's claim
2. The stepmother refused to provide the deceased's will

When giving evidence, Justin and Alicia were untruthful. Justin claimed the stepmother would not allow visits to the deceased and she would not communicate with him. However, the Court found the stepmother provided updates to Justin when the deceased was unwell. The stepmother kept in touch with Justin after the deceased death and sent money to his children.

Alicia claimed the stepmother refused to provide the deceased's will. The Court found two emails sent by Alicia to the stepmother. The first email requested the will. The second email thanked and acknowledged she had received the will. When these emails were given to the Court, Alicia claimed her email was hacked.

The stepmother was truthful. The Court doubted the evidence of the stepchildren and decided none of their reasons were special circumstances.

When designating assets to be notional estate, the Court must be careful. The Court must ensure that it will not interfere with reasonable expectations of the parties. The Court noted both stepchildren were wealthy and the stepmother had a happy marriage with their father. The stepmother submitted if Justin and Alicia's claims were successful, she would have to relocate and sell the property. She submitted this was unreasonable and unexpected given her age. The Court accepted the stepmother's submissions and dismissed both stepchildren's claims. The Judge ordered each party to pay their own legal costs.

Fox & Staniland Lawyers have a team of lawyers with extensive experience in making notional estate claims on behalf of claimants, defending notional estate claims on behalf of estates, and acting for clients in all aspects of contested estate litigation.

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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CATRIONA WALLACE

Business Guru and AI Trailblazer

by Willow Berry

With her exceptional intellect, Dr. Catriona Wallace stands in a league of her own, earning renown for her unparalleled expertise in Artificial Intelligence and the Metaverse. As a prominent female visionary, she has garnered widespread acclaim as the most influential woman in business and entrepreneurship.

Beyond her achievements, Dr. Wallace is a champion of women, devoted mother of five, and boundary pusher. She firmly believes in forging new paths, defying odds, and breaking barriers. Recently, her exceptional endeavours have landed her a coveted spot on the panel of Channel 10's upcoming season of *Shark Tank Australia*.

For young Catriona, growing up in a family with a strong entrepreneurial background made her decision to pursue a self-employed, entrepreneurial career path a natural and expected choice. Alongside their own entrepreneurial endeavours, her family instilled in her the values of philanthropy and community service.



"My primary passion lies in promoting diversity and inclusion, which is a significant factor in the ventures I seek to invest in."

Business guru, Catriona Wallace.

Dr. Wallace completed a PhD at the Australian Graduate School of Management, focusing on the role of technology in replacing human leaders. This background in technology and society laid the foundation for her venture into AI entrepreneurship.

"I was among the first AI entrepreneurs in Australia, founding Flamingo AI in 2013, one of the world's initial virtual assistant companies."

"Initially, I started in Australia, but the lack of venture capital for women and AI led me to set up the business in New York, where I ran it until 2020, dividing my time between New York and Sydney," tells *Sydney Observer*.

"After selling the company, I delved into responsible tech and AI, eventually leading to the founding of the Responsible Metaverse Alliance last year."

Dr. Wallace is not only an entrepreneur and Chair of a venture capital fund for AI but also serves as a Professor at the University of New South Wales. She travels globally, sharing her expertise on AI, the metaverse, and the importance of ethics and responsible technology.

Amidst all the time spent abroad, Newport Beach is where Dr. Wallace calls home.

"I find living up on the Northern Beaches is like a spiritual sanctuary for me."

"The North Shore provides solace away from the hustle and bustle of Sydney and New York, as well as the fast-paced worlds of investment and entrepreneurship."

Heading into the Australian *Shark Tank*, Dr. Wallace is bringing a wealth of experience.

She's faced both successes and failures, granting her valuable insights and wisdom.

"When I was first starting out, there were not a lot of investors who were used to investing in women led businesses. I got some very strange things said to me, one of the great stories, or not so great stories, was for Flamingo AI."

"I had gone to pitch to some investors in Melbourne, all of whom were male, and they were deciding on whether they would invest into the business. They ended up offering a million dollars into the business. But, with one condition... I must take my nose ring out. They explained that they didn't believe their clients could relate to a female CEO who wore a nose ring."

"I declined their offer, and the next day I went out and bought an even bigger nose ring. Things like that, and the challenges I faced as a female entrepreneur in technology, have shaped who I am in the industry," says Dr Wallace

"My primary passion lies in promoting diversity and inclusion, which is a significant factor in the ventures I seek to invest in. I prioritise diversity within teams, embracing various perspectives. Neurodiversity and inclusivity is a core value for me."

"I'm deeply interested in the environmental impact and social purpose of the ventures presented to me. These aspects set my investment criteria apart from my fellow sharks, as I believe that businesses should

contribute positively to both society and the planet."

"For Australian entrepreneurs, my best advice is to be bold and think beyond local boundaries. I encourage them to have a global mindset from the very beginning."

"Rejection is an inevitable part of the entrepreneurial journey, but I firmly believe that the right mindset and perseverance will turn "no" into a stepping stone toward success."

Dr. Catriona Wallace has joined the likes of Davie Fogarty, Jane Lu, Sabri Suby and Robert Herjavec, for this year's pitching feeding-frenzy in the *Shark Tank*.

"The thing that I was surprised about was that it was super fun. Because in the investment world, it's often quite serious. There's not a lot of fun. But the five of us sharks had a great relationship."

"We had a lot of banter, which I think is a nice Australian spin on the *Shark Tank* franchise. We all got on well, but we were still competitive."

"It was a really great experience being with the other sharks, though, I will have to say that I don't personally identify as a shark. I am more of a dolphin."

Catch the all new season of *Shark Tank Australia* when it airs on Channel 10 and 10 play!

Australian-Chinese Psychologist Turns Author

by Willow Berry

For many years, Dr. Belinda Khong has been a dedicated psychologist in Wahroonga. Recently, she has ventured into writing a series of children's books that promote positive values and important psychosocial themes for families and kids.

The series, titled *Lunar New Year Animals Adventures for Kids*, offers captivating tales centred around the Lunar New Year and various Chinese zodiac animals. Each book in the series contains informative notes about the Lunar New Year and delves into the personality traits of individuals born in a particular zodiac year.

"In my line of work, I frequently interact with many children, and I have a strong desire to make a positive impact on their lives. This passion has led me to write books specifically designed to help children develop deepening levels of psychosocial skills essential to their overall development and wellbeing," says Dr Khong.

"As a psychologist specialising in helping parents learn mindful parenting skills, I have taken the knowledge I've acquired and channelled it into the stories contained within my books, which are inspired by the therapeutic work I do with families and children."

"My motivation for the series is conveyed through the protagonist of each Chinese zodiac animal. This approach ensures that children can relate to the characters and their struggles, feeling less isolated in their own challenges."

"By witnessing the Tiger or other animals facing similar issues, young readers won't feel alone in dealing with their problems."

The first book *Am I a Tiger...? A mindful water tiger cub's journey of love, friendship, and self-discovery* was published in 2022 and was officially launched in October by Paul Fletcher, Federal Member for Bradfield. The book received a glowing endorsement from acclaimed actress Michelle Yeoh, who won the best actress academy award in 2022 and has been well-received, garnering popularity both in Australia and overseas.

"I've moved from actually seeing individual clients to trying to see a community. My whole intention with the Tiger book, which I released last year, was to explore self-



Dr Belinda Khong at the Berkelouw Am I a Tiger book signing, last year.



Psychologist and author, Dr Belinda Khong.

"My hope, my real dream is that if there are such inspiring stories, it will result in the children walking in the park, instead of walking to my consultation room in future."

Dr Belinda Khong

development, self-understanding, self-acceptance, and embracing differences."

Following the success of the tiger book, Dr. Khong has now penned the second animal zodiac book, celebrating the year of the rabbit in 2023. The book, titled *Water Rabbit Mindful Adventures: The Great Race of Animal and Human Friends*, continues the Lunar New Year Animal Books for Kids series.

This enchanting tale revolves around Mei-Mei, the water rabbit, and her adventures alongside her zodiac animal friends. They encounter challenges when humans threaten their carrot farm and a statue dedicated to Mei-Mei's cousin. Throughout the story, the animals and humans learn to collaborate, working together to restore the statue and build carrot aeroplanes to raise funds for charity. The book beautifully integrates Eastern and Western wisdom, presenting an inspiring narrative filled with delightful illustrations, humorous poems, and unique animal characters.

Water Rabbit Mindful Adventures serves as a wonderful guide for kids, imparting valuable lessons on mindful leadership, cooperation, communication, charity, friendship, and creative conflict resolution.

The rabbit book is set to be officially launched at Wahroonga Park on Saturday, 9 September 2023, at 2 pm, by the MP Tim James, Member for Willoughby. The event promises to be a delightful celebration of this remarkable literary creation.

Dr. Khong's mission in her work is to provide parents with experiential guides that facilitate conversations about mental health and mindfulness with their children. Through her books, she aims to instil positive values, blending Eastern and Western wisdom to offer a holistic approach to personal growth and well-being.

"My hope, my real dream is that if there are such inspiring stories, it will result in the children walking in the park, instead of walking to my consultation room in future."

For more about her work: <https://www.belindakhong.com>.

Overcoming Pessimism and Uncertainty

by Russell Bailey

Recently, the University of Melbourne released research on how attitudes of senior school students may impact their futures. This was their conclusion: 'pessimism and uncertainty define what it means to be young in the 2020s.'

That's sad. Because if a young person's life is marked by pessimism and uncertainty, then that young person isn't likely to step forward and do anything worthwhile. Think about it, Drama Club and musical concerts at school would never happen if the performers were crippled by pessimism and uncertainty. Students would never achieve high standards of excellence if there's nothing to look forward to.

In my school, if our Year 10 students were pessimistic and uncertain, they would

never have raised over \$30,000 this year for a good cause at really enjoyable community events that they organised.

The truth is, of course, as we all know, there are reasons for young people to feel pessimistic and uncertain, such as: climate change, war, interest rates, cost of living, broken families, mental health worries, and domestic violence.

So how do students rise above pessimism? How do they move beyond uncertainty? This is really important for young people if they are to step forward with confidence into their futures.

The University of Melbourne researchers have suggested that schools should create a strong culture of inclusion, belonging and meaningful learning towards wellbeing. It seems important that parents and teachers consider what this might look like in your school.

Here is my suggestion. In my school I begin with the premise that hope overcomes pessimism and faith overcomes uncertainty. We teach our students that our world was created with a purpose and each of them were too created with purpose. Furthermore, we can rely on the certainty of truth as a guide to life, including the repeated promise that God's love will never fail.

In my school, doctrine gives a reason to work through contemporary challenges toward a hopeful future. How will your school turn the tide towards hope and certainty in Australia's next generation?



Russell Bailey, Headmaster of Redeemer Baptist School.



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Library Launches After-school Club

Discover new worlds and embark on exciting adventures at the State Library of NSW's innovative creative community, Atlas.

Launched on 11 July, Atlas is a haven for curious kids, fostering discovery, creativity, and a love for art, writing, and reading, along with special events and activities.

According to NSW State Librarian John Vallance: "Curious minds are always at home in libraries. Kids hate being patronised and told what to think. What better way of encouraging them than to give them a safe place where they can let loose their imaginations and learn."

Supported by the Jibb Foundation, Atlas offers a free junior membership program for 5 to 15-year-olds, comprising three clubs: Art Club, Young Writers Club, and Book Lovers Club.

"Atlas has been designed to get even more young people across the state and beyond drawing, writing, thinking, exploring, building, crafting and playing through fun and interactive online sessions, led by specialist Library staff, with special guest appearances by authors and illustrators," says Dr Vallance.

Each club holds regular sessions during the school term from 4 pm to 5 pm, allowing members to participate as much



Supported by the Jibb Foundation, Atlas offers a free junior membership program for 5 to 15-year-olds.

or as little as they wish. Additionally, a dedicated website provides extra activities for young members to enjoy at their convenience. Exclusive member-

only events, both online and at the Library, will offer unique experiences tailored just for them.

"If you're a budding artist or historian, an enthusiastic reader or someone who loves to write stories, Atlas is for you," says Pauline Fitzgerald, head of the Library's Learning team.

Atlas ensures a safe environment within e-Safety protocols, and all new members require parental or guardian registration. Join Atlas at: atlas.sl.nsw.gov.au.

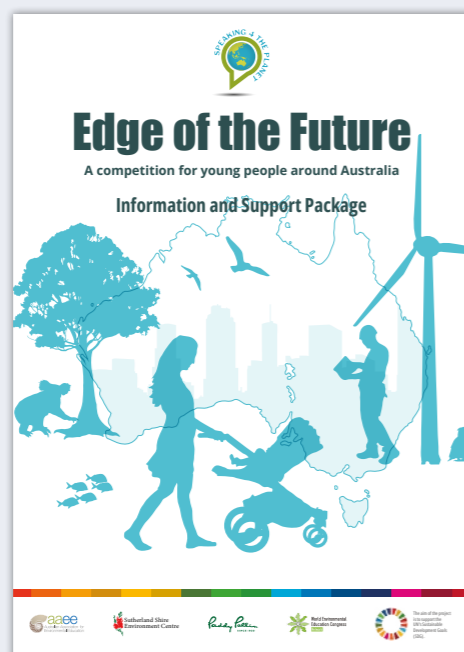
Speaking 4 the Planet Opens Subscription

by Frederico Carvalho

Until 18 August, high school students from Ku-ring-gai and Parramatta Council are invited to enter the cultural competition Speaking 4 the Planet Australia 2023. This year's theme of the competition is 'Edge of the Future,' and participation is both online and free.

Winners will have the opportunity to present to the Ku-ring-gai Council Mayor and Councillors, with their artworks and writings displayed in our local libraries. Additionally, they will win prizes for their schools, including gifts and treats from The Source Book Foods, vouchers from Tree Tops Adventure St. Ives, Net Zero Books, and environmentally-aware gift vouchers.

To participate, students must answer the question, 'How can we reach Net Zero together to create a more sustainable



community in Ku-ring-gai?' The response can be in the form of a video speech, a piece of prose, a visual artwork, or a video performing an original poem. The material should be submitted via the Speaking 4 the Planet website (speaking4thepoint.org.au/australia-2023-edge-of-the-future).

2022 COMPETITION

Looking back at the 2022 competition, the theme 'Only One Earth' highlighted the possibilities of shifting towards more sustainable and greener lifestyles. It saw significant interest with numerous subscriptions from all around NSW.

For more information about the competition, you can download the competition information and support package from the Ku-ring-gai Council website (www.krg.nsw.gov.au) or visit speaking4thepoint.org.au and navigate to the 'Current Events' menu.

Swain Gardens

by Judith Godden

Books and gardens: they do go together. Both take hard work to produce, but give immense pleasure. It is fitting that the history of two delightful public gardens is intertwined with a Sydney bookshop.

One of these gardens is Everglades at Leura in the Blue Mountains. It is a terraced cold-climate garden spread over 5.2 hectares. Much of its current design dates from the 1930s and 1940s when noted landscape gardener Paul Sorensen designed both house and garden. Around 1959, Killara resident Arthur (Mick) Swain bought Everglades through his city bookshop, Swain and Co. Then another city bookshop, Angus & Robertson, bought Swain and Co. With Mick's help, the National Trust bought Everglades in 1966. It remains in the Trust's care and is open to the public.

The second garden is Swain Gardens at 77 Stanhope Road, Killara. With the sale of his bookshop and Everglades, Mick Swain focused on his home garden. He expanded the garden into the gully behind his house and up the other side so that it spread over 3.4 hectares. This expansion occurred primarily in the 1940s-60s with the help of expert gardeners and Lebanese-Australian stone masons.

Swain Gardens' similarity to Everglades can be seen in the terraces, the curved sandstone walls, and the focus on cold climate bushes, notably camellias, azaleas and rhododendrons. While the Gardens have an all-seasons appeal, and the autumn foliage is delightful, they are at their best in spring when its bushes are in flower. One of the stone bridges in the lower garden is of special interest as some of its blocks came from Sydney's historic Tank Stream, unearthed during excavations when building Swain and Co's bookshop.

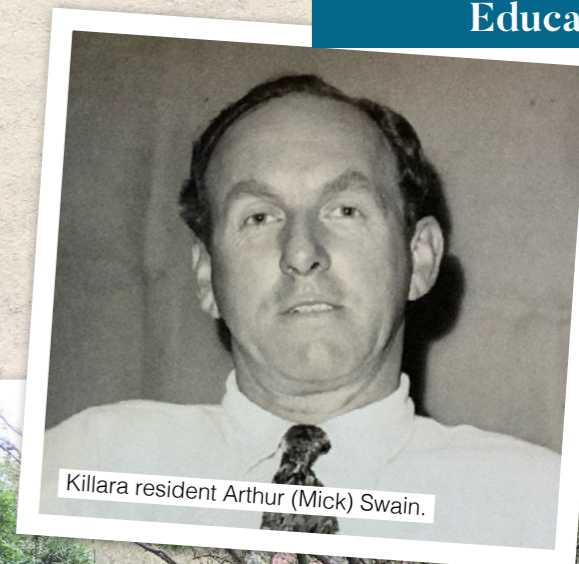
Mick Swain died in 1973, leaving his Gardens to the National Trust, along with two houses. Personal networks had a role in his decision, notably his family's friendship with the Wyatt family. Annie Wyatt advocated a range of social, cultural and environmental reforms and, amongst other things, was a founder of the first National Trust in Australia. Annie's son Ivor shared her commitment to the National Trust, including as President during 1969-73.

In 1979-80 the Gardens were transferred to Ku-ring-gai Council on condition that they would be permanently maintained as a public park or reserve. Consequently, entry to this beautiful garden is free. Not all councillors welcomed the acquisition especially as only one of the houses Mick Swain left to the Trust came with it. As the Gardens were very neglected, volunteers swung into action to help restore it. Today the Friends of Swain Gardens continue this essential work.

Ku-ring-gai Council formed the Swain Gardens Advisory Committee consisting of councillors and residents. When you visit the Gardens, you can see memorial plaques to two women who chaired the Committee: Mary Haynes and Heather Pittar. You can also see where the local Lions Club took an active interest, including planting rhododendrons.

If you prefer native flora, there are two bushland reserves adjoining Swain Gardens. The first, the Swain Reserve, was created in 1960 after Mick Swain discovered that the St Ives Development Company had bought the land to build houses. Through Swain & Co., Mick donated money which enabled the National Trust to buy the land for a reserve. Swain Reserve was transferred to Ku-ring-gai Council in 1998.

The second reserve, the Wombin Reserve, was created in 1963 from a donation of land by Ernest Bryce. Like the Swains and



Killara resident Arthur (Mick) Swain.



Swain Gardens and Wombin Reserve.

Wyatts, he was heavily involved in environmental matters. He donated the land to be a much-needed sanctuary for native birds and animals. Later, another local resident, Brian Harper, and the State Government donated parcels of land to substantially increase the size of the reserve.

Mick Swain was a keen photographer, and it is fitting that today Swain Gardens are a favourite place for wedding photos. It is also an ideal place for picnics but, most of all, a place to stop and appreciate how lucky we are that Mick Swain wanted to share his beloved gardens with the community.

Acknowledgment: Swain Gardens Landscape Master Plan, Ku-ring-gai Council (2008); Trish Thomson and Lorna Watt, 'Swain Gardens', The Historian, Ku-ring-gai Historical Society, 2016; Joy Bryan.

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.



Leisure Lea Gardens has its own on-site dining room.

Understanding the Costs of Retirement Living

Deciding whether to move into a retirement community is one of the most important decisions in one's life – there are costs to consider when you move in, while you live there and when you leave.

To assist people to make an informed choice, Living Choice has implemented the Village Guru software across all of its villages, including Leisure Lea Gardens in Marsfield, to remove the confusion by crunching the numbers for their clients.

Designed by Australia's 'Aged Care Guru', Rachel Lane, the Village Guru software provides a Village Essentials Report to help retiree, and their families, gain a clear picture of what moving into a retirement community will cost.

Rachel is a well-known speaker and her articles are published in major metropolitan newspapers and on downsizing.com.au. She has co-authored a number of books with finance expert Noel Whittaker, including the best-seller *Aged Care, Who Cares?* and *Downsizing Made Simple*. In 2021, with a desire to help people overcome the financial confusion associated with downsizing to a retirement community, she developed the Village Guru software.

Rachel will be a guest speaker at the Leisure Lea Gardens Open Day which



Author and speaker, Rachel Lane of Aged Care Gurus.

will be held on Thursday 10 August from 10am to 12 noon. Complimentary Morning Tea will be served and there will be tours of the apartments available.

To book for this free event, phone Linda or Anna at (02) 8878 4903 or email sales@livingchoice.com.au by 4 August. Further details are available on the Events page of the Living Choice website www.livingchoice.com.au.



Free Flu Vaccine for those aged 65+

by Willow Berry

As the cold and flu season edges towards its close, it's important we don't become complacent with our flu vaccines. Recent data reveals that during a two-week period in June more than 9,000 people in NSW were diagnosed with influenza, and there has been an increase in the number of individuals presenting to NSW emergency departments since June with influenza-like illness.

The concerns regarding influenza continued into July after the tragic deaths of two girls who contracted influenza B. The heartbreaking incidents have triggered calls for more urgency around flu vaccination, emphasising that it is never too late to get vaccinated for the flu this season.

NSW Health has stressed the importance of people aged 65 and over to book their free influenza (flu) vaccine through their GP or local pharmacy. This extension comes amid concerns of moderate levels of influenza transmission within NSW communities.

NSW Chief Health Officer, Dr. Kerry Chant, emphasises that while everyone aged six months or older is recommended to get their flu vaccine as soon as possible, it is particularly important for priority groups, such as people aged 65 and over, to ensure they are vaccinated against influenza.

"Older people are at higher risk of suffering severe illness from influenza, so I would remind people of the importance of getting vaccinated this winter because doing so will reduce your likelihood of catching influenza, but will also lower your chances of needing to be hospitalised if you do get it."

Visit your local pharmacy where a pharmacist can administer your flu shot. Head to the NSW Government website (www.nsw.gov.au/health/influenza) where more information on influenza can be found.

Giving In-demand Carers the Edge

by Matt Oliver

A new immersive learning centre is extending carers beyond the classroom, putting them into simulated environments that provide more specialised care to help Australians age at home.

With features including simulated living room and bathroom amenities, in-home care provider Home Instead's State Training Centre of Excellence in Thornleigh is the third state-based academy to open in Australia this year. This will provide training for CAREGivers across the wider Sydney area.

The focus is very much on learning through real-world scenarios.

"With this centre, we're enhancing classroom-based training to also meet the challenge within the sector to provide a qualified, capable and enthusiastic workforce to assist our community's seniors," Home Instead Academy Manager, Steph Dickinson said.

"Through our academies, we have the capacity to give our CAREGivers insight into the reality of their role, real-life situations and the everyday experiences of their clients. This includes wearing textured gloves to reduce sensation and wearing earplugs with a radio playing in the background to replicate poor hearing.

"Our trusted trainers empower our CAREGivers with the hands-on skills and knowledge to deliver personalised care to our clients from the moment they walk into their home," Steph said.

Home Instead has also tailored the training in response to the growing incidence of age-related illnesses such as Parkinson's Disease, which statistics say affects one in every 308 Australians; and dementia, the



second leading cause of death in Australia, affecting more than 400,000 Australians.

Steph said they were excited to open the New South Wales Home Instead Academy State Training Centre of Excellence, with the first cohort of trainees already enhancing their skills on site. "It's expected 1000 trainees will complete training at the centre this year, providing 26,000 additional hours of elderly care to those in need."

Home Instead Thornleigh Business Operations Manager, Matt Crossley said "We know that more and more Australians are wanting to age in their own homes, with their families, their pets, and among their treasured possessions and memories, so we are dedicated to making this happen."

Matt said research showed in-home aged care was the preferred option for care for older Australians.

"The Aged Care Royal Commission report found 80% of older Australians want to stay at home and receive in-home care if they need support. We are dedicated to providing training to our carers so seniors can receive quality, person-centred care, to allow them to keep their independence as long as possible."

The event was attended by Julian Leaser MP, Federal Member for Berowra who said: "It was fantastic to attend the opening of the Home Instead training academy at Thornleigh. It is clear that the Home Instead team have a real passion for providing innovative, immersive training for in-home caregivers. I congratulate Home Instead for bringing this important training facility to NSW."

The other training centres are located in Brisbane and Melbourne.



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Secrets for a Better Night's Sleep

by Rejimon Punchayil

“Investing in a new bed or upgrade may not always be feasible,” a concerned reader shared with me in response to my article in July. The good news is that you can improve and enhance your existing bed without breaking the bank. Let's explore these secret tips.

Raising the Bed Height: Take care of your precious joints by using bed raisers to increase the height of your bed frame. This simple adjustment eases the burden of getting in and out of bed, ensuring comfort and independence.

Bed Rails for Safety and Peace of Mind: For an added sense of security, install bed rails to provide support and stability. They are especially valuable if you are at risk of falls.

Head Elevation for Soothing Sleep: If reflux causes discomfort, take control of your rest by elevating the head of your bed using bed risers or blocks. By gently raising your upper body, you can find relief from the discomfort of stomach acid, allowing you to dream peacefully.

Mattress Toppers: Embrace the nurturing cushioning and comfort of a mattress topper. Options like memory foam or latex



Bed rails can give you more security, providing support and stability.

can alleviate pressure points and enhance overall support.

Pillow Upgrades: Don't underestimate the importance of a good pillow. Choose one that enhances your sleeping posture and minimises discomfort. Contour pillows or body pillows can provide added support.

Remember, regular maintenance is crucial. Flip and rotate your mattress regularly for even wear, and keep your

bed clean using vacuuming and mattress sanitising products.

While these tips enhance comfort and support, they may not address all underlying issues. Seek the guidance of healthcare professionals or compassionate occupational therapists who understand the unique needs of an older woman.

By embracing these tips, you can transform your sleep experience without a substantial financial commitment. Quality sleep is an act of self-care, essential for nurturing your mind, body, and spirit. Explore these options and surrender to the joy of waking up refreshed and rejuvenated. If you wish to embark on this sleep transformation journey, visit comfortdiscovered.com, where you will find a team of caring experts eager to help you create your blissful sleep sanctuary.



Ease the burden of getting out of bed with elephant feet bed raisers.



Savouring the Future

by Dr Sue Ferguson

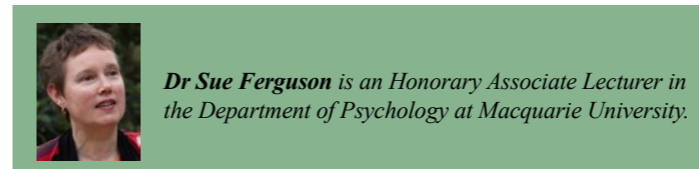
It's easy to get caught up in negative thoughts about things going on now, or in the past. One way to deal with this, and to boost your mood, is to anticipate the good times to come. This is also known as savouring the future. Numerous studies suggest that having something to look forward to boosts your mood and lowers your stress.

Step one is to plan and organise your life so that you do have good things ahead. I find, particularly when I'm feeling a bit down, that texting a friend to organise a catch-up for a week's time (give or take), then means I have something to look forward to all week. For something bigger, try visualising a trip you have planned (even if it's months away), search for information on where you are going, talk to friends about it, picture yourself there and how much you will be enjoying it. Even just noticing that the weather is going to be fine tomorrow, so planning a sunny walk alone can help.

Then the next step is creating a detailed mental picture of a positive anticipated event (which must be realistic and achievable), incorporating remembered or anticipated sights, sounds, physical sensations, thoughts and emotions you will encounter and move through the event in your imagination. You can also create and mentally rehearse preferred outcomes. Also, acknowledge the actions you will need to attain these positive outcomes. These characteristics of anticipation are implicated in planning, goal-directed behaviour, emotional regulation, and decision-making.

However, be careful what you are thinking during anticipation, as one experiment found the use of dampening appraisals (e.g. thinking 'this is too good to last', or 'I don't deserve this') led to a reduction in happiness and an increase in sadness.

Remember you are the future beneficiary of your thoughts, emotions and actions.



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



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The Village Chef at your Service

by Willow Berry

The Village Chef, an extension of Meals on Wheels, specialises in delivering traditional Australian home-cooked meals to thousands of individuals residing in the Northern Sydney region.

Prior to last year, the organisation operated as the Meals on Wheels service for the Ku-Ring-Gai and Hornsby council areas. In January, they expanded their service to include the Northern Beaches. And with the addition of services expanding to Northern Beaches, discussions about a name change arose.

In March, after conducting consultations and assessments, they ultimately chose to rebrand as "The Village Chef." The Village Chef now manages services over nearly all of Northern Sydney, except for the lower North Shore.

The organisation primarily serves seniors and older individuals who are part of the CHSP (Commonwealth Home Support Programme), a government funding scheme aimed at enabling people to continue living in their own homes for a longer period.

Among the various supports covered by the CHSP, meal deliveries are included and subsidised. As a result, the organisation steps in to provide subsidised meals to eligible individuals who are part of the CHSP program.

The Village Chef offers a diverse range of meals, with their most popular category being the main meals. Their menu boasts around 50 different main meal options, carefully designed to be not only delicious, but also in accordance with the national meal guidelines.

Village Chef General Manager, Alex Kane, says that the service works to ensure seniors receive the right nutrients to promote good health and wellbeing.

"The main meals are primarily protein-based and rich in nutrients to support overall health and longevity. Despite the focus on nutrition, our organisation takes pride in creating restaurant-quality meals that cater to the discerning taste buds of our customers."

"In our kitchen, we are fortunate to have a dedicated chef who has been part of our team for 20 years. He takes great pride in crafting a healthy and diverse menu for our customers. One of the favourites among our patrons is the delicious roast dishes, which are expertly paired with fresh vegetables, roasted vegetables, rice, or pasta. Our chef meticulously ensures that each meal is a



Tony Lyons has been the Head Chef of The Village for over 20 years.

balanced mix of various nutrients and food groups, promoting a well-rounded and satisfying dining experience."

All the meals are delivered by dedicated volunteers, while the staff operate from three different locations, situated in Turrumurra, Hornsby, and Mona Vale. Their primary mission is to provide not only tasty and nutritious meals but also a meaningful social connection to individuals in the comfort of their homes. Beyond simply delivering the meals, the volunteers

The organisation primarily serves seniors and older individuals who are part of the Commonwealth Home Support Programme.

play a crucial role in establishing a genuine bond with the recipients.

When they arrive at the recipients' homes, they don't just leave the meals at the door and depart; instead, they take the time to knock on the door and engage in friendly conversations. This gesture serves as an informal welfare check, ensuring the wellbeing of the recipients and offering companionship to those who may be lonely and lacking social interactions.

"The clients greatly appreciate these interactions and find comfort in the presence and kindness of the volunteers, who, in turn, also derive satisfaction from making a positive impact in their community," Kane adds.

For more information visit villagechef.com.au.

Photos: villagechef.com.au

When a Bear Wore No Pants

by Margaret Simpson

Did you grow up watching *Here's Humphrey* on TV? He was a shaggy brown bear in a straw boater hat, tartan waistcoat and oversized yellow bow tie, but sans trousers, who loved dancing and honey.

The show was set in a magic forest where Humphrey lived in his tree house. As he never spoke, but mimed everything, he was assisted by another presenter who interpreted his adventures. Humphrey continued a long line of mute children's characters including Andy Pandy, Sooty, Woodstock from *Peanuts*, Tom and Jerry, the Pink Panther, Fat Cat, Wile E. Coyote and the Road Runner.

Humphrey's appeal to pre-school children was based on him being like a curious, accident prone 4-year-old who never grew up. As its early theme song said: "What a funny old fellow is Humphrey. He gets in all manner of strife".

The show was first produced in the Adelaide studios of NWS-9 in 1965, before going national in 1967. The part of Humphrey was a well-kept secret. It was originally played by Edwin Duryea, (c.1930-2009) an actor, singer and dancer ironically nick-named Ted. Duryea's character was initially called Bear Bear but named Humphrey in 1965 after an on-air competition. This made him Humphrey Bear Bear, subsequently abbreviated to Humphrey B. Bear.

Humphrey merchandising was extensive. There were Humphrey soft toys, puppets,



Here's Humphrey was first produced in the Adelaide studios of NWS-9 in 1965, before going national in 1967. The part of Humphrey, for a long time, was a well-kept secret.

books, records, jigsaws, clocks, paint sets, mugs and bowls, plaster moulding kits, socks, T-shirts and even the night light shown here.

In 2003 Humphrey became a National Trust icon of South Australia along with pie floaters, Penfolds Grange Hermitage and Goyder's Line. In the same year the National Museum of Australia in Canberra acquired his honeypot, yellow bowtie, tartan vest, straw hat, joggers and striped nightcap.

It's claimed *Here's Humphrey* was one of the world's longest running children's TV shows.



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Property Staging Sells

by Willow Berry

In the midst of a challenging and uncertain economy, one powerful strategy stands out for property owners looking to sell their homes – property staging. Staging your property can make all the difference in attracting potential buyers and securing a successful sale.

Kellie Richardson, one of Australia's leading property and staging stylists, emphasises that property staging has emerged as the primary and powerful sales tool for property owners navigating the current challenging real estate market.

In 2020, Richardson won the global CEO Excellence award for 'Best Property Styling and Interior Design Business'. Her business, Kurved by Design, provides a range of home design services. The company umbrella comprises five different companies: interior design, property staging, retail furniture and homewares, property maintenance and its interior design academy.

The current real estate market is facing low stock levels with many property owners holding back due to uncertainty around interest rate rises. Those properties that are listed are being sold rapidly, often within two weeks. Richardson, attests that property staging has become the key to success for property owners in this challenging market.

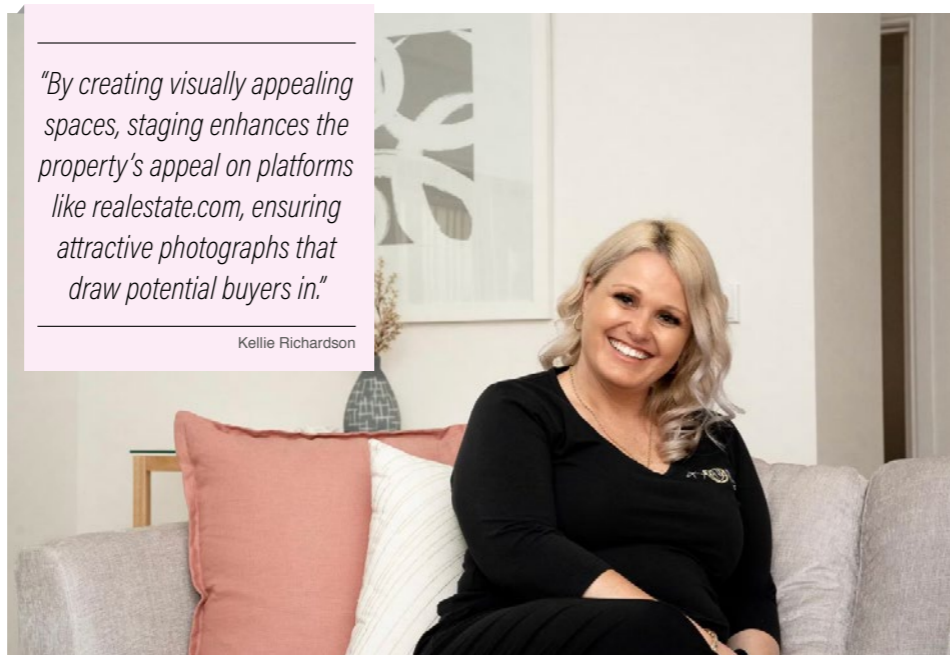
"Staging focuses on targeting potential buyers emotionally and also based on their specific needs and preferences." She says.

"By creating visually appealing spaces, staging enhances the property's appeal on platforms like realestate.com, ensuring attractive photographs that draw potential buyers in."

"The goal is to help buyers envision themselves living in the house and creating a connection that motivates them to take action."

Staging companies play a crucial role in transforming properties and increasing their market value, with recent data finding that stagings have a significant impact and easily increase property value by at least 15%.

In her property staging approach, Richardson doesn't solely rely on emotional appeal; she takes into account the demographics of potential buyers. Whether it's a first-time homebuyer, a second homebuyer, or someone



"By creating visually appealing spaces, staging enhances the property's appeal on platforms like realestate.com, ensuring attractive photographs that draw potential buyers in."

Kellie Richardson

downsizing, the staging is catered to their specific preferences.

She pays close attention to colours, lighting, and spatial arrangements to optimise the property's potential. Moreover, functionality plays a vital role in her staging process, ensuring that the space not only looks appealing but also serves practical purposes for potential buyers.

"Our staged properties tend to sell faster, spending less time on the market. The art of property staging is that seeing becomes believing, that strong connection drives buyers to make a purchase."

"Regarding design trends, there is a diversity of styles, with younger

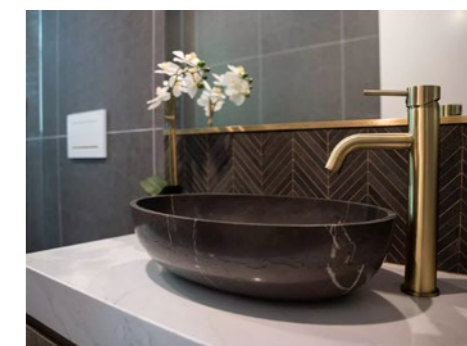
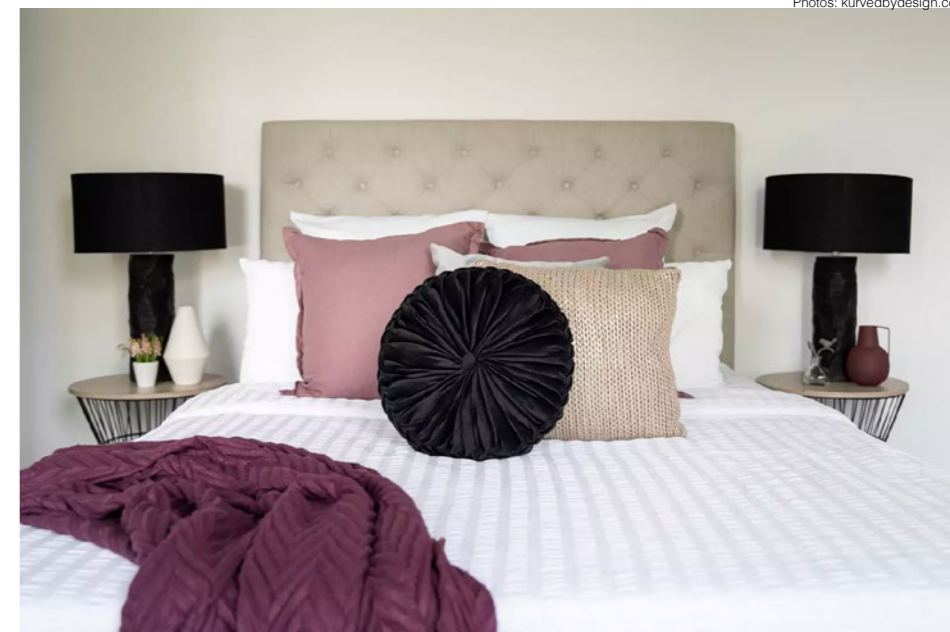
generations leaning towards Scandinavian and Bohemian aesthetics, favouring light woods and colours."

"Older generations often prefer a more sophisticated and contemporary scheme, incorporating blacks, marbles, and blues with light woods. In any case, staging aims to elevate the property's appeal and create a lasting impression on potential buyers."

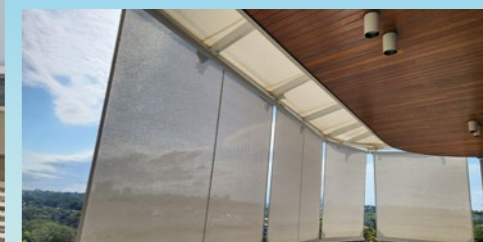
While some property owners may consider DIY staging, it is important to understand that professional staging makes a significant difference. The expertise and attention to detail provided by staging professionals ensure a distinct and appealing presentation, setting the property apart from others on the market.

Staging specialists like Richardson work closely with clients, offering personalised and friendly service throughout the selling journey. They guide clients through the process, assisting with full or partial staging to accommodate individual needs and budget.

To find the right staging company, property owners are encouraged to research their options, review past work, and ensure a strong personal connection with the company. Staging not only boosts a property's appeal but also offers a valuable investment opportunity, ensuring a quicker return on investment for property sellers.



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Katherine O'Malley/Trex.com

Composite Decking Season!

by Willow Berry

When the weather cools down, homeowners tend to seek refuge indoors, leaving their decks to endure the cold season. However, with a few straightforward adjustments, you can maximise the potential of your deck and relish the benefits of outdoor living, no matter the time of year.

The value of spending quality time with loved ones is focal point for home entertainment. As we eagerly anticipate the peak season of outdoor living, there is a noticeable surge in momentum and demand for transforming outdoor spaces into both functional and stylish extensions of our homes.

Vice President of Marketing and ESG Development for Trex Composite Decking Company, Leslie Adkins, believes fall and winter are great times to tackle a deck project. "Today's time-stretched consumers are increasingly opting for lower-maintenance materials that deliver on performance and sustainability," she says.

"A big advantage of waiting until the off-season is contractor focus and availability. Rather than being one of many projects a contractor is juggling, you can be one of the few, which often translates into greater attention to quality and better customer service."

After consulting the specialists at Trex Decking we've gathered their range of expert tips on how to optimise an outdoor space.

DECIDE ON DECKING

Consider what decking material will be the best match for your home and lifestyle. While traditional timber decks require seasonal maintenance and protection from the elements, high-performance, timber-alternative composite decking, such as Trex®, is resistant to fading, staining, scratching and mould. The only cleaning required is a simple soap-and-water scrub—so while others are busy prepping their decks for hibernation, you can continue to enjoy your outdoor living space.



au.trex.com

ADD A FIRE TABLE

Who doesn't love to gather around a warm and welcoming fire? In addition to adding ambiance to an outdoor space, a gas fire pit table is a perfect way to create a cozy and comfortable atmosphere on your deck well into winter.

DECORATE WITH WARMING ACCENTS

Plush pillows, decorative blankets and outdoor rugs not only add to the overall comfort of your deck, but also create a softer, more inviting environment. The better decorated your deck, the more joy you will get out of using the space. Try layering pillows and blankets with a variety of colours, patterns and textures to add dimension to your outdoor living area – and provide something to snuggle up in on chilly evenings.

ADD LIGHTING

When the seasons change, the days get shorter. Don't let seasonal darkness deter you from enjoying your outdoor oasis. Try adding lighting to your deck, like Trex Deck Lighting, to provide a soft, long-lasting glow that transforms your deck from a dull environment into a warm, welcoming space.

CREATE AN OUTDOOR ROOM

Just like the inside of your home, you can establish separate outdoor areas for

relaxing, cooking, dining and socialising. A pergola is perfect for creating the look and feel of an "outdoor room," serving to frame a space while adding a distinct, architectural element. Incorporate traditional interior accents like plush furnishings, accent pillows, throw blankets and an area rug – all weather-resistant, of course – to create an inviting and comfortable outdoor haven no matter the season.

GO GREEN

Put your green thumb to use by starting a vegetable garden or sprucing up your backyard with new plants and seasonal flowers. If you're looking to create privacy, a popular and eco-friendly solution is to build a vertical garden that can shield you from neighbours while surrounding your outdoor space with flowers and fresh herbs. Planter boxes for a "living wall" are relatively easy to build. If your skills are more advanced, consider adding a drip irrigation system so you don't have to worry about watering.

LIVEN WITH LATTICE

For a clever – and easy – design trick that adds both personal style and functionality to any outdoor space, consider incorporating lattice. Perfect for enhancing privacy or hiding unsightly views such as garbage cans and lawn equipment, lattice is durable, lightweight and easy to install.

Preparing for Spring

by Tayla Foster

As we begin to bid farewell to the chilly months, the anticipation of spring fills the air with excitement. It's the perfect time to revitalise your home garden and embrace the freshness of the season. Explore the following trends that are poised to blossom this Spring.



Andreas M/Unsplash

Oversized Plants

Leave an unforgettable impression on your guests this Spring by showcasing the grandeur of an oversized plant—a true botanical masterpiece that is guaranteed to leave everyone in awe. A large statement plant is the perfect way to complete your outdoor look. The larger the plant, the easier it is to care for, and the more cost effective when it comes to the longevity of its plant life cycle.



Edible arrangement

The grow-your-own movement is continually on the rise, with more and more people planting fruits, vegetables and herbs, among their flowers for both decadence and practicality. Whether you garden on a balcony, here in the city or on a large property, an assortment of edible ornamentals is easily accessible and economically friendly. So why not add colour and flavour to your home garden?



Sculptural steps

Transform your garden into a captivating botanical oasis by adding sculpted steps and immerse yourself in its mesmerising beauty within the comfort of your own home. Infuse your outdoor space with an aura of class and elegance through the artful creation of these magnificent stairways. The industrial cubic styled steps challenge the rustic contemporary craze, introducing a more revolutionised landscape. To enhance the look, you might even want to try adding a touch of paint.



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5 Beautiful Spots to Go on Father's Day

by Frederico Carvalho

As everyone is playing around with artificial intelligence, for the Father's Day we decide to ask ChatGPT to recommend 10 beautiful places to go with family, but the AI does not know the North Shore like the locals. So, we filter the suggestions and include others, offering you some great experiences you can share with your father and extended family! Get your folks together and choose the one that suits you best.

2 Lindfield and Wahroonga Village

Discover the charm of Lindfield and Wahroonga Village. Wander quaint streets lined with boutique stores and antique shops. Delight in a leisurely brunch or coffee at one of the cozy cafes. Enjoy the peaceful ambiance of local parks for a tranquil Father's Day.



Lindfield Village Green.

4 Ku-ring-gai Wildflower Garden

If nature is in your blood, explore the flora and fauna at Ku-ring-gai Wildflower Garden. Meander along walking trails, surrounded by diverse native Australian plants and wildlife. Take in the scents and colours of the wildflowers for a memorable and educational experience.



3 Ku-ring-gai Chase National Park

Treat your family to the breathtaking views of Ku-ring-gai Chase National Park. Enjoy bird watching and exquisite botanicals while you walk and learn about the local Indigenous Heritage. And make sure you visit the iconic Barrenjoey Lighthouse! With a bounty of options, you'll create lasting memories in a truly unforgettable Father's Day.



5 Lane Cove National Park

Immerse yourselves in nature at Lane Cove National Park. Explore picturesque walking trails through lush bushland and along the serene river. Set up a picnic by the water's edge, use the BBQ facilities, and enjoy quality family time surrounded by the park's natural beauty.



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Superdad Gift Guide



A beautiful drawing from the kids | \$0

There is a thing no money can buy: the love between a dad and his family. Nothing found in a store will compare to a drawing representing how much a kid admires their dad. Give it a try and you will see a big smile from a happy father.



Deuter Race X 12L Bike Backpack | \$139.95

If your dad is an enthusiastic biker (or even if he's not so enthusiastic), this gift can serve as motivation to keep on track with his exercises. The backpack from Deuter is functional, lightweight, and well-ventilated.

www.wildearth.com.au



Billabong Charcoal Portable Kettle | \$49.95

Perfect for anyone who likes the taste of a perfect charcoal BBQ, kettle BBQ's are made for every backyard and patio, or to take on a road trip with family and friends.

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ClassBento Workshop | \$ may vary

OK, we try, but there are so many workshop classes that we left that to you. Choose one — or more — that suit your dad best and make the old man happy, discovering his new talent.

www.classbento.com.au



Garmin fenix® 6X Pro Sports Watch | \$687

If your dad enjoys challenging himself during sports activities, this might be the perfect gift for him. A comprehensive water-resistant smartwatch with GPS, Wi-Fi, 32 GB of internal memory, and much more.

www.jbhifi.com.au



Cheese and Wine Hamper | \$115

Ever heard the saying "the way to a man's heart is through his stomach"? Gourmet Basket's wine and cheese hampers offer a variety of flavours for dad to indulge in on his special day.

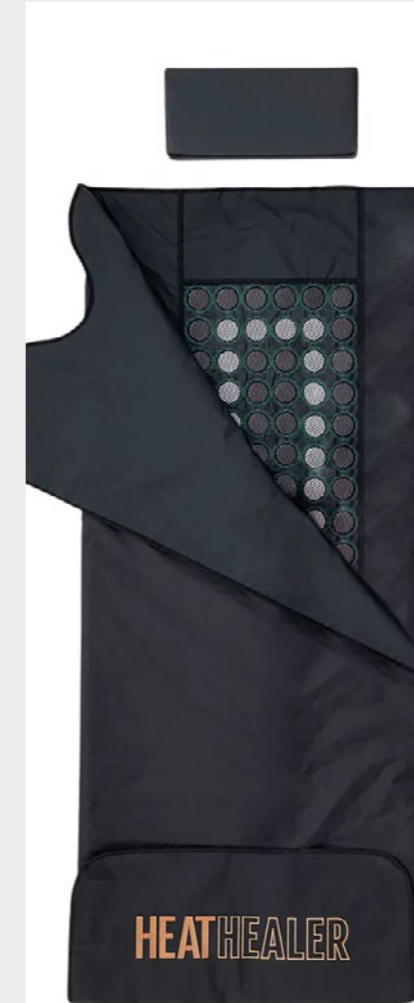
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HEAT HEALER | Infrared Sauna Blanket | RRP \$798.00

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GLASSHOUSE FRAGRANCES | Last Run in Aspen 380g Candle | RRP \$59.95

Warm and alluring, Pear, Raspberry and Saffron are balanced with notes of Amber, delicate Wildflowers and intoxicating Woods. It's a transportive scent that captures the spirit of a luxurious chalet on the mountainside.



GLASSHOUSE FRAGRANCES | Fireside in Queenstown 380g Candle | RRP \$59.95

This scent originally launched in July 2020, as an exclusive candle for New Zealand customers however it quickly became the fastest selling limited edition candle ever on their online store. Due to its overwhelming success, the brand has relaunched it within this Winter Duo collection.



GLASSHOUSE FRAGRANCES | Car Diffuser - Lost In Amalfi | RRP \$49.95

This car diffuser will fill your vehicle with fragrance. With a simple twist it will disperse the refreshing fragrance of Sea Mist with notes of Freesia and Thyme. Boasting both form and function, they radiate the perfect amount of scent for an elevated driving experience.

Barbie Pink

by Natalie Mark (Celebrity Fashion Stylist, @nataliemarkstylist)

Get ready to embrace the colour of the year, as Barbie Pink takes centre stage! The enchanting and undeniably feminine aesthetic of Barbiecore, inspired by our cherished doll, Barbie, continues to mesmerise fashion enthusiasts with its irresistible appeal. As the reigning hue of the season, Barbie Pink is poised to dominate store displays, so let's flaunt it and I want to show you my top Barbie Pink must-haves for the season.



Champion pink sweatpants | \$64.99
So cosy, you'll want to live in them!



Skims pink lounge dress | \$152
It is giving us effortlessly glamorous, loungewear vibes! This pink is so flattering on, with its silky smooth feel, and ultra comfy fit.



Barefoot Dreams Barbie robe | \$248.85
The ultimate robe for this Winter! Wear it around the house and feel like a Barbie every day in this fun snuggly robe.

Rat & Boa silk slip dress | \$235
Simply stunning with its plunging neckline and leg split. Own the room as you gracefully enter, exuding both style and fun.



O.P.I (Red Heart) Barbie Collection | \$11.49 (un)
With fun names like "Feel the Magic", "Hi Ken", "Best Day Ever", "My Job is Beach" and more, who wouldn't want to try all of these spectacular colours? They come in a number of pretty pink shades, from clear glitter tones, metallic blues and bright yellows.



Stila Stay All Day, muted liquid eyeliner | \$25.00
This cotton candy coloured eyeliner is too fun to pass on!

Lük Beautifood: Delicious Inside and Out

by Willow Berry

Soft focus skin with a natural radiance is a prominent trend in the beauty world. Epitomised by the likes of Bella Hadid and Hailey Bieber, this beauty trend is all about accentuating your authentic, natural features.

The desire to showcase authentic features drove the need for products that not only enhance your appearance, but also nourish your skin. In 2012, Cindy Lüken introduced Lük Beautifood, a brand featuring a range of lip nourishing products crafted without harmful ingredients commonly found in traditional lipsticks. As a food scientist with a passion for creating healthy products, she aimed to infuse makeup with the nutrient-rich goodness of food ingredients to care for the skin while adding colour.

The brand's philosophy, "delicious inside and out," reflected Cindy's vision of providing makeup that not only beautified but also nurtured the wearer. She wanted to introduce a new approach to beauty, emphasising natural beauty enhancement and promoting self-confidence with just a touch of makeup.

Cindy spent a decade focused on her lip nourish products, delivering a luxurious multisensory experience upon application with delightful scents and flavours.

"Initially, the focus was on creating a beautiful experience with a single lipstick, a truly multisensory delight. Upon application, it evoked a sense of divinity, leaving the wearer feeling indulged. The texture felt divine, the aroma was heavenly, and even the taste was delightful," she says. "The inclusion of a magnetic case added an extra sense of pampering and support, leaving customers feeling spoiled."

As the lip nourish line gained popularity, Cindy expanded the range to offer 14 shades, allowing women to explore and enjoy various colours while cherishing the nourishing benefits. Shades like Rose Lime and Tea Rose became favourites among customers, enhancing their natural beauty and providing a healthy glow.

"I'm a food scientist and nutritionist by trade. As you explore our brand, you'll notice that we don't emphasise heavy makeup application. We believe in the simplicity of our products. Our goal is to provide straightforward and user-friendly products that anyone can enjoy effortlessly." As the brand began to progress, Cindy looked to introduce other products, including the lipstick crayon, which is an eco-luxury makeup.

The lipstick crayon is made of wood and does not use any animal-derived ingredients. It offers full coverage in various nude and neutral shades to suit different skin tones.

Additionally, she created the "instant glow complexion balm," a versatile product acting as a skin tint and tinted moisturiser, leaving the skin dewy and refined.

Her latest creation, the "lash nourish mascara," is a 100% natural and breathable mascara free of synthetic ingredients. It includes lash-loving actives and separates each lash for a natural look. The mascara uses bamboo as a natural fibre and is easily removable without the need for a cleanser.

The range, consisting of lip crayon, complexion balm, and lash nourish mascara, is designed to be a simple yet effective makeup routine for customers who prefer a minimalistic approach to makeup. "These products uplift and make customers feel good about themselves without overwhelming their beauty routine."

Throughout her journey, Cindy Lüken remains committed to her brand's mission of delivering beautiful products that prioritise both health and style, setting her makeup line apart from conventional options in the market.

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Five Dental Urban Myths

by Dr Ian Sweeney

For everything we do, there is an “urban myth” or “old wives’ tale”, telling us how we should be completing the task. Dentistry is no different. So, how do these preconceptions affect dentistry?

1. FLOSSING MAKES MY GUMS BLEED

A healthy gum will not bleed. A bleeding gum is generally a sign of infection or inflammation, generally due to plaque or calculus build up beneath the gum line. Flossing will help to remove bacteria between teeth. If you floss regularly and your gums still bleed, you should consult your dentist and have a professional clean.

2. HARD BRUSHES WORK BETTER

Hard or extra hard toothbrushes are far more likely to be responsible for toothbrush abrasion. A hard toothbrush will wear away tooth enamel over time. Hard brushes may also increase the rate of gum recession, resulting in longer more sensitive teeth. A soft or extra soft toothbrush, and proper brushing technique is always the preferred option.

3. YOU CAN'T SEE YOUR DENTIST WHEN YOU ARE PREGNANT

Pregnancy is a time of great hormonal

changes that may affect the gum health, resulting in inflammation/redness and swelling. This is quite common, however should be monitored by a dentist. Regular dental check-ups are recommended throughout pregnancy. Toward the final stages of pregnancy, lying flat may be uncomfortable for some women, however most dental chairs allow for a more elevated position that is comfortable for patient and dentist alike.

4. I LOST THE CALCIUM FROM MY TEETH DURING PREGNANCY

Teeth, once formed, are susceptible to tooth decay from acid attack caused by plaque build-up, however the calcium in a tooth will not be “leached” out during pregnancy.

5. ALCOHOL MOUTHWASHES WORK BETTER

Although both are effective in reducing plaque and gingivitis, Alcohol containing mouth washes have been shown to induce a greater degree of cellular damage in the mouth, potentially leading to mouth cancer, particularly when used with other risk factors such as smoking or alcohol.

Should you have any questions regarding your teeth or the rest of your mouth, you should seek the advice of your local dentist.



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

Essano's New Hair Care Range

Essano has recently launched a brand new haircare range known as Exper+ise! This innovative collection revolves around the core concept of skinification, recognising that a healthy scalp is the key to achieving strong, lustrous hair.

The launch comprises four distinct 3-step regimes, each carefully crafted with potent skincare actives, including hyaluronic acid, vitamin B5, AHAs, and biotin, offering targeted solutions for optimal scalp and hair health at a remarkably affordable price.

Each regime consists of three essential steps: a shampoo, conditioner, and treatment, all reasonably priced at RRP \$29.99 each.

The range includes the following formulations:

Hydration + Shine: This regime is enriched with hyaluronic acid and vitamin B5 to strengthen, hydrate, and nourish the hair.

Growth + Volume: Formulated with caffeine, tripeptides, and biotin, this regime aims to improve scalp circulation and enhance hair strength and volume.

Strength + Repair: With ceramides, peptides-oligopeptides, and an amino acid complex, this regime helps repair damage, strengthen hair cuticles, and create a protective seal on the hair.

Detox + Exfoliate: Designed with niacinamide and AHAs, this regime gently exfoliates the scalp and unclogs hair follicles for a revitalised feeling.

The Exper+ise hair care range is available online (essano.com.au), and in-store at Coles, Chemist Warehouse, and Priceline, making it easily accessible to consumers seeking effective and affordable hair care solutions.



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Penfold

penfolds.com

World's Best Vineyards 2023

by Willow Berry

In the enchanting backdrop of Rioja, an exclusive event for 125 VIPs unfolded to unveil this year's most coveted wine destinations in The World's Best Vineyards 2023. This extensive and prestigious list celebrated the crème de la crème of wine tourism, showcasing the finest and most diverse vineyards across the globe. The renowned Top 50 list is meticulously compiled from a vast pool of nominations by an esteemed global academy of voters.

To ensure comprehensive coverage, the awards are divided into distinct geographical regions, each overseen by a distinguished expert acting as the Academy Chair. Within their respective regions, each Academy Chair handpicks 36 wine and travel connoisseurs as part of the Voting Academy. Each esteemed member of this panel is entrusted with the responsibility to cast their votes for 7 vineyards.

Notably, there exists no predetermined checklist or predefined list of criteria from which to choose. Instead, each vote serves as a valuable nomination for a vineyard experience that is open to the public and deemed truly exceptional by the voters, representing the best in the world. The process ensures that the final list reflects a diverse array of outstanding vineyard experiences, all of which have been passionately recommended by the experts in the field.

Catena Zapata, hailing from Argentina, claimed the coveted top spot on the list, securing the title of the overall South American vineyard winner and gaining global recognition.

In an impressive second place, Rioja's Bodegas de los Herederos del Marqués de Riscal, with its futuristic architecture and stunning setting, also earned the distinction of being named the top vineyard in Europe, highlighting its exceptional wine tourism experience.

Chilean vineyard VIK made a remarkable ascent, claiming the third spot, while Creation in South Africa secured the fourth position and was rightfully crowned the overall African winner, showcasing the richness of wine tourism experiences on the continent.

This extraordinary event celebrated the passion, dedication, and innovation that each of these vineyards brings to the world

henschke.com.au



Henschke



d'Arenberg

facebook.com/darenbergwine



of wine, leaving the esteemed attendees in awe of the diverse and extraordinary tapestry of wine destinations across the globe.

THREE BEST IN AUSTRALIA

Australia proudly secured three vineyards in the prestigious top 50 list.

17th - d'Arenberg, South Australia

Coming in at an impressive 17th place, the d'Arenberg vineyard is recognised as a standout in the wine world, with its modernist Cube, unique wine names, and Singapore Circus restaurant. The family-run winery upholds traditional practices, producing high-quality wines with distinct personalities. A visit includes experiences like the Blending Bench and the panoramic views from the Cube. Dine at d'Arry's Verandah Restaurant, pairing exquisite dishes with d'Arenberg wines for an exceptional experience.

26th - Henschke, South Australia

Henschke in Eden Valley is home to cherished vineyards like Hill of Grace and Mount Edelstone. The fifth and sixth generations of winemakers produce exceptional Shiraz and Rieslings, focusing on single site expressions that honour the land and its heritage. A visit to Henschke offers intimate tastings and exclusive experiences like the 'Hill of Grace Experience.' With minimal intervention, their wines exude freshness and subtlety, combining Old World techniques with New World finesse. Henschke's legacy of winemaking mastery is revered among Australia's First Families of Wine.

44th - Penfolds Magill Estate, South Australia

Penfolds, a giant in Australian wine since 1844, is famed for its iconic 'Grange' blend. The historic Magill Estate, dating back to the 19th century, remains a treasure with its Shiraz-focused vineyard. The 'Ultimate Penfolds Experience' offers a journey through their rich history, cellar, and a private tasting. Continually innovating, Penfolds ventures into exciting collaborations and 'Superblends,' making it a powerhouse in the wine world.



Viral TikTok Recipes Tried and Tested

All of our Sydney Observer team members are massive foodies – no doubt about it. Lately, a lot of us have been getting dinner inspiration from social media app TikTok, where the pros share their tips and tricks. Here's our favourite viral recipes that are delightfully delicious.

Green Goddess Salad (serves 4)

- 1 small head of green cabbage
- A small bunch of spring onions
- Half a cucumber.
- 1 cup basil leaves.
- 1 cup fresh spinach.
- 2 garlic cloves.
- 2 lemons juiced.
- 1/4 cup olive oil.
- 1/4 unsalted cashews.
- 2 tsp. rice wine vinegar.

1. Blend together the basil, spinach, garlic cloves, lemon juice, olive oil, cashews and rice wine vinegar in a blender or food processor. This will be the salad's dressing.
2. Add the dressing to a large bowl. Next, finely chop the green cabbage, spring onions and cucumber and add this to the bowl. Mix together, season to taste. Seriously delicious, and would be great with added chunks of avocado too or eaten with corn chips.

Sweet potato brownies

- 1 cup cooked sweet potato.
- 1 cup almond butter.
- 1/2 cup maple syrup.
- 1/3 cup cocoa powder.
- Chocolate chips optional.



Trying the FAMOUS Feta Pasta

@likecashew/TikTok



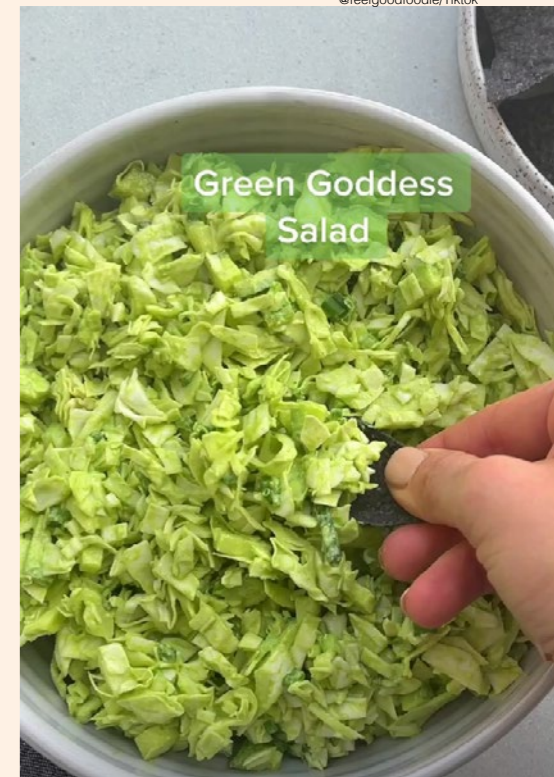
Make Sweet Potato Brownies With Me

@jesaphinelee/TikTok

1. Cook your sweet potato accordingly, as long as you are left with one cup of cooked sweet potato to use. No skins, just the inside of the potato.
2. In a bowl, mix together the sweet potato, almond butter, maple syrup, cocoa powder and chocolate chips if desired. Add to a brownie tray that is lined with baking paper.
3. Put the tray in the oven for 180°C and cook for 18 minutes, checking often from the 12-minute mark. It tastes great and you wouldn't know it's been made with sweet potato!

Baked feta pasta

- (serves 4)
- One block of Aussie feta.
- Two punnets of tomatoes of your choice.
- 1 tbs. olive oil.
- 1 garlic clove.



Green Goddess Salad

@feelgoodfoodie/TikTok

- Small bunch of basil.
- Cooked pasta of your choice.

1. In a small tray, place your block of feta in the centre, add in the tomatoes around the feta, and drizzle all in olive oil. Bake in the oven for 200°C for 30 minutes or until the feta is golden and the tomatoes are cooked. Halfway in the cooking process, add in the diced garlic and chopped basil to the tray.
2. Take the tray out of the oven once ready and mix it all together.
3. Cook your pasta accordingly, reserving 1/2 a cup of pasta water before draining.
4. In the tray, add back in your pasta, the reserved pasta water, mix and season to taste. Garnish with extra basil.



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A Feast Fit for a King

by Hollie Jones

Baked Lamb Shanks, served with Saffron Rice, Salad-e Shirazi and Za'atar Labneh Balls. What better way to celebrate the fathers in our lives than by sharing a warming Winter feast!

Bringing together the flavours of the Middle East and moreish melt in your mouth lamb shanks, this dinner is sure to delight. The feast will take around 4 to 5 hours to create in total, however it's not at all labour intensive and the flavour pay off is well and truly worth it.

I've enjoyed variations of this meal with my father and I'm sure he will testify to its deliciousness! Warm, unctuous stew, buttery fragrant rice, creamy feta like cheese and a zesty, bright and crunchy salad; this spread has it all.

Pair this with my recipe for Persian Love Cake and you've got yourself a winner! See *Sydney Observer* November 2022 — available online at www.sydneyobserver.com/so-magazine

Lamb Shanks

Ingredients

- 4 lamb shanks (about 1.2kg in total)
- 2tbs EVOO
- 2tbs harissa
- 1 large yellow or brown onion, sliced
- 8 garlic cloves, chopped (or 8 tsp minced garlic)
- 3 cups water
- 3 cups chicken stock
- ½ bunch parsley, chopped
- 2 medium tomatoes, chopped
- 1tsp turmeric
- 1 tsp salt
- ¼ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp saffron threads

Method

1. Rub shanks with salt and pepper.
2. Heat 1 tbsp oil in an oven safe pot over medium high heat and brown shanks on all sides before removing from pot to rest.
3. Discard the excess oil and clean your pot if there's any blackened residue.
4. Add 1 tbsp oil and cook onion, parsley, harissa paste and garlic for approx 2 mins, or until onion is translucent and softened, then stir in the turmeric, cardamom, nutmeg, cinnamon, tomatoes, and salt.



5. Cook for a few minutes to combine, then add chicken broth and stir well.
6. Add your shanks back to the pot, then add water as needed so the shanks are fully covered, but no more than 3 cups.
7. Bring to the boil, then turn heat down and simmer, very gently for approx 2.5 hours, turning every 30 minutes, until meat is very tender and falling off the bone.
8. Then, carefully remove meat from liquid and place into a bowl and cover.
9. Back to our broth! We want to boil gently for 30 – 45 min until reduced by half, then add saffron and simmer a further 10 – 15 min until reduced to 500 ml / 2 cups.
10. Now, return meat to pot to gently reheat for a few minutes, turning and basting the meat with the liquid to keep it moist. Serve with rice, salad and labneh balls

Saffron Rice

Ingredients

- 2 cups basmati rice
- 3 cups chicken broth
- 50g butter
- 2tbs EVOO
- 1tsp ground cumin
- ¼ tsp saffron threads

Method

1. Combine all ingredients in a pot, stir and bring to the boil.
2. Cover and turn down to a gentle simmer for 12 minutes or until all water has evaporated and small holes are seen on the top of the rice.
3. Remove from heat and leave covered to stand for 10 minutes, then fluff with a fork.

Salad-e Shirazi

Ingredients

- 3 Lebanese cucumbers, diced
- ½ red onion, diced
- 2 tbs chopped parsley
- 1tbs chopped mint
- 2 medium tomatoes chopped
- 3tbs EVOO
- ½ cup fresh lime juice
- ½ cup pomegranate arils
- Cracked pepper and salt to taste

Method

1. In a salad bowl, combine ½ tsp salt and ½ tsp pepper with lime juice, oil and herbs.
2. Combine all vegetables.
3. Taste and adjust seasoning with salt and lime juice as needed.
4. This salad should be bright, crunchy and tart, a nice counterpoint for rich, buttery rice and unctuous stews. Serve slightly chilled.

Labneh Balls

Ingredients

- 500g natural full fat Greek yoghurt
- 1tbs good quality salt
- Za'atar - approx ½ cup for rolling balls in
- EVOO (for preserving)

Method

1. Combine yoghurt and salt and mix well.
2. Line a colander with chux, muslin cloth or 5 layers of paper towels. Then place a colander on top of a pot or large bowl.
3. Pour yoghurt into the colander and top with more chux, then use a bowl on top to press down and encourage liquid to drain out.
4. Leave for a few hours or overnight (minimum 4 hours) until yoghurt has drained all liquid and is now a hard paste.
5. Roll into balls, roll balls in labne and place in a dish of EVOO.
6. Balls will keep in the fridge for up to 2 weeks as long as they are completely submerged in oil.



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

Birthday Bash Hotspots

by Tayla Foster

There is no denying that August is the prime month for an extraordinary birthday extravaganza, as asserted by none other than yours truly—an August-born individual. But I say with even more certainty that North Sydney has the most divine and riveting locations for your next birthday bash. Allow me to present my carefully curated selection of venues that boast the best combo of fun, food and wine!



Green Moustache Garden Rooftop Bar and Restaurant

This is the perfect location for a stylish night out with that special someone, a fun night out with the girls or even a delectable family dinner. The conveniently located rooftop bar and restaurant offers original house cocktails, robust wine and modern global cuisine. It's the perfect location for a fun night out on the town.



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Cork & Chroma St Leonards

Hone in on your artistic skills or laugh at your lack of creative flare, accompanied by a bottle of wine. This stunning venue, located in St Leonards, provides the basics on how to paint with acrylic on canvas, led by an experienced team of artists for three hours of wine-filled bliss.



Holey Moley Chatswood

If you want to feel like a kid again in a setting that provides delicious beverages and boundless entertainment, look no further than Holey Moley. Putt your stuff at the Chatswood centre and enjoy a ridiculously fun time to celebrate your most recent lap around the sun.



Living It Up in a Former Prison

by Andrew Mevissen

For 146 years, when the bleak bluestone walls of Melbourne's Pentridge Prison fortified one of the most notorious and feared jails in Australian history, inmates were desperate to escape the place. Today, 26 years after its closure, people are instead clamouring to check in to Pentridge following a startling \$1 billion transformation that turned a stark place of brutality and misery into a vibrant urban hub and lifestyle precinct.

From 1851 to 1997, Pentridge was Victoria's main prison, housing a who's who of Australia's criminal world from bushranger Ned Kelly and gangster Squizzy Taylor to celebrity mobster Chopper Read, and the infamous Ronald Ryan who murdered a prison officer during a failed escape from Pentridge and was subsequently hanged there in 1867, making him the last person to be executed in Australia.

The former jail's imposing, neo-Gothic walls still border the area but Pentridge has cast off the shackles of its shadowy past and opened the walls to a luxury new hotel, starring a gourmet restaurant, swish wine bar, bustling craft brewery, a cinema complex and a supermarket. Certainly hard to comprehend for former inmates visiting today. A local Indigenous elder has even conducted a cleansing ceremony on the site earlier this year to rid it of negative energy.

The stunning redevelopment of the historic site seems incongruous but the juxtaposition of dark heritage and contemporary indulgence has proven very effective and popular. The once impenetrable doors of Pentridge have now been unshackled for all those who seek relaxation, pampering and connection, in a place once infamous for the opposite.



At the heart of this new hip-fab urban sanctuary in the suburb of Coburg, just 8km North of the Melbourne CBD, is the shiny, 18-storey-high Adina Apartment Hotel Pentridge Melbourne, a deluxe, intrigue-filled hotel like no other in Australia where doing time today is a veritable pleasure and not a punishment.

The gleaming, new, five-star, all-glass, 106-room Adina Pentridge has been deliberately designed to contrast and complement the austere prison setting and is one of just 40 prison hotel conversions worldwide.

The luxe hotel shares the former B Division jail wing with an elegant, gourmet

restaurant, North & Common, and a decadent wine bar, Olivine. And soon to open is The Interlude, an indulgent, 19-suite 'experience-led urban retreat' where guests will stay in lavishly transformed prison cells with exclusive access to an underground, candlelit relaxation pool and sunset cocktails in the former exercise yards outside.

We stayed in an upper-level, spacious, two-bedroom apartment with a generous lounge, 55-inch LCD TV on which we watched the movie, 'Chopper' about the celebrity criminal's time in Pentridge, a dining space, plush beds, USB charging points, two bathrooms, luxuriant tub, fully



equipped kitchen and laundry, espresso coffee machine, locally made chocolate, chips, wine and vast vistas over the jail site and across Melbourne.

Before dinner we indulged in cocktails at the Olivine Wine Bar adjacent to the Adina. Here, prison cells have been transformed into a swish lounge bar where we grazed on rock oysters with peach mignonette dressing, house-made chicken liver parfait with muscat and brown butter tuile and Japanese scallop tarts with a yuzu emulsion. All mouth-watering.

The palate tantalisation segued next door at the North & Common restaurant.

Once a jail mess hall, the airy space is now a sophisticated dining room boasting an innovative, produce-driven menu brimming with flavour, providence and quality such as the citrus cured cobia, spanner crab risoni and salted cashew praline with banana and coconut that I enjoyed, along with premium Victorian wines.

The next day, we visited the on-site art gallery showcasing local artists and creative depictions of Pentridge and then joined one of the new daily tours of the heritage-listed prison. The gripping but confronting tours of H (nicknamed 'Hell') and B Divisions, with their gloomy cells and rock-breaking yards, shine a light on the jail's darkest times. It's certainly a sobering experience, offset afterwards by a visit to the new Brewdog Pentridge craft brewery next door which offers a mind-boggling array of boutique ales and cocktails as well as burgers, loaded fries, spicy chicken wings and pizzas.

We didn't have time to ride the Adina's complimentary bikes on the cycle track along neighbouring Merri Creek, but there's clearly a lot to experiences to be had at Pentridge in its new 21st Century



guide. The whole complex is a destination in itself, offering powerful and unique encounters. A short break here is far from an ordinary hotel stay. And unlike former inmates, you'll want to stay instead of leave.

Adina Apartment Hotel Pentridge Melbourne
Rooms from \$207 per night.
www.adinahotels.com/en/apartments/pentridge-melbourne
Ph: 03 9100 9100.

The writer was a guest of TFE Hotels and the Adina Pentridge



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The Wild West: Our Guide to the Coral Coast Highway

by Hugo Mathers

With 12,500 kilometres of coastline and around 3,500 beaches, there aren't many places on the planet that can beat Western Australia for sprawling sandy shores and rugged ocean vistas.

There are plenty of well-trodden paths through Australia's largest state, too. A road trip through the Kimberley will take you to the north-eastern corner of W.A. between the towns of Broome and Kununurra on the border of the Northern Territory. Or you can venture south from Perth to the Margaret River and as far as Albany on the south-western tip of Australia.

But the ultimate W.A. bucket list item remains the 1,200-kilometre road trip between state capital, Perth, and the Ningaloo Reef, also known as the Coral Coast Highway. The journey takes travellers through some of the country's most spectacular national parks, pristine isolated beaches, and active ocean life, with dolphins, dugongs and whale sharks just some of the stunning species you're likely to spot on your way.

Many Sydneysiders bypass the road trip entirely. Exmouth has a nearby airport, Learmonth, which means you can fly straight to the Ningaloo Reef surrounds via a connection at Perth. But, if you want to experience the full spectrum of W.A.'s wild wonders, a roundtrip from Perth to Exmouth via camper-van is the only way to go.

The road is straight up and down, straddling the turquoise Indian Ocean on one side, and the rugged red-dirt outback on the other. It's your choice which stop-offs to make on the way up, and which ones to leave for the return leg. Our itinerary makes sure the 13-hour-total drive is split up into manageable chunks, and

A lifeguard tower at Champion Bay in Geraldton



A short queue outside Blow Holes Tuckerbox near Quobba Station



A wild kangaroo and her joey greet guests at Bullara Station Stay.

that there are no whole-day slogs behind the wheel.

ITINERARY

Perth to Nambung National Park (~2 hours)

The first major landmark as you start your journey north from Perth is Nambung National Park, famed for its sand dunes and mysterious pointed rock formations for which it earned the name Pinnacles Desert. These natural limestone towers were thought to have formed between 25,000 and 30,000 years ago, but scientists are still unsure exactly how they were created. You can drive through a 4.5km trail that winds around these beautiful and fascinating structures.

Stay: Nambung Station Stay is a great spot that features basic amenities and prized proximity to the pinnacles.

www.nambungstation.com.au

Nambung National Park to Hutt Lagoon (~4 hours)

Drive four hours north via Indian Ocean Drive and you'll reach Hutt Lagoon, one of W.A.'s most stunning pink lakes. Covering around 70 square kilometres, the lagoon's pink hue is created by carotenoid-producing algae, Dunaliella salina, which is also used as a



The rugged sandstone cliffs at Kalbarri National Park

food-colouring agent.

Stay: Port Gregory is a tiny fishing village located near the mouth of the Hutt River. You can stay at the Port Gregory Caravan Park, a short walk from the lagoon's pink waters, offering free Wi-Fi and an onsite shop.

portgregorycaravanpark.com.au

Hutt Lagoon to Kalbarri National Park (~1 hour)

A short drive up the coast from Hutt Lagoon is the sleepy fishing town of Kalbarri. Take the road inland for the famous Kalbarri National Park, boasting rugged sandstone cliffs and vast canyon views over the Murchison River. The most famous attraction is known as Nature's Window, a natural hoop-shaped rock formation that frames the 100-metre-high view of the gorge.

Stay: There are no camping spots in Kalbarri National Park, so we recommend stopping in for a few hours before journeying on up the coast.

Kalbarri National Park to Quobba (~5 hours)

The Quobba Coast is located just south of the Ningaloo Coast World Heritage Area. Make sure you stop off at Carnarvon for food and fuel on the way because this is one of the most isolated areas on the whole trip. Known for its fishing, walking and snorkelling, this thin strip of land stretches out for 160 kilometres between Lake Macleod and the Indian Ocean. There's no shortage of wildlife here, so expect to see roaming herds of wild goats, leatherback turtles bobbing in the ocean, and humpback whales breaching over the waves.

Stay: Quobba Station Stay is a family-run livestock station, and the most westerly one in Australia. With camping spots that look directly out over the water, this is the best place for a true outback experience.

<https://www.quobba.com.au>

Quobba to Exmouth (~4 hours)

The final destination: Exmouth is a small resort town and gateway to the UNESCO World Heritage listed Ningaloo Marine Park. The most popular activity here is snorkelling with the biggest fish on the planet, the colossal but elusive whale shark. While you're out on your excursion in the world's largest fringing reef, don't be



Campers on the Quobba Coast watch the sun set over the Indian Ocean



Driving through the Pinnacles Desert at Nambung National Park



Hutt Lagoon sporting its famous pink hue

surprised to see (depending on the season) humpbacks, orcas, sea turtles, sea snakes, manta rays and jellyfish, as well as around 500 species of fish and over 200 varieties of coral. From here you can also take a hike around Cape Range National Park, or have a beach day at the immaculate Coral Bay or secluded Turquoise Bay.

Stay: Bullara Station Stay is an hour's drive south from Exmouth but worth the commute out. The working cattle station

features spacious bush camping spots, with evening entertainment, fresh morning scones, and loads of daytime bush walks and activities on the property.

www.bullarastation.com.au

Exmouth to Shark Bay (~6 hours)

Out on the most westerly point of Australia, the UNESCO World Heritage site of Shark Bay is known for its dugong (or "sea cow") population, the wild dolphin hang-out of Monkey Mia, and stromatolites – living fossils that are among Earth's oldest lifeforms, dating back 3 billion years. The remote Shell Beach is also a quiet place to relax, its white sand has been made from crushed cockle shells stacked nearly 10 metres thick.

Stay: Hamelin Station Stay is located on a picturesque wildlife reserve, in strolling distance of stromatolites, and boasts unrivalled views of the night sky.

<https://www.hamelinstationstay.com.au>

Shark Bay to Geraldton (~4 hours)

End your trip with a return to home comforts at Geraldton. A perfectly placed

stop-off between Shark Bay and Perth, this small seaside city is gaining popularity as a relaxing beachy escape. The city centre is bustling with cafes, street art and galleries, and for those still seeking a bit of adventure, you can snorkel off the nearby Abrolhos Islands or take the Yamaji Drive Trail which joins up 14 local heritage sites.

Stay: There are fewer options for rustic station stays in the city, but no shortage of places to leave your camper for the night. Try WikiCamps Australia for nearby spots.

<https://www.wikicamps.com.au>

Geraldton to Perth (~4 hours)

If you have a few hours to spare before dropping off your camper, take a trip into Perth for stroll around its soft-sand beaches, scenic parks and numerous cultural attractions. You can also visit the koalas at Yancheep National Park, just north of the city, for a final wildlife encounter before flying back to the east coast.



Kaleidoscope

Kaleidoscope is a breathtaking crystal wonderland, that's sure to captivate visitors as they immerse themselves in a symphony of colours beneath the night sky. This larger-than-life rendition of a seemingly simple optical device transports you into an ever-changing realm of illusions. Crafted by the creative genius behind House of Mirrors and 1000 Doors, Keith Courtney, *Kaleidoscope* invites the daring and curious to venture into an extraordinary realm, offering a fresh and unique space for exploration, contemplation, and boundless dreaming.

When: Until 10 September
Where: Powerhouse Museum, Ultimo
Cost: From \$15
Information: kaleidoscopebykeithcourtney.com/sydney.

Willoughby Symphony Orchestra: The Last Night of the Proms

Experience the thrilling Last Night of the Proms at The Concourse on 12 and 13 August. Led by conductor Sam Weller, the Willoughby Symphony Orchestra and Choir will perform iconic pieces like Pomp and Circumstance March No.1, Jerusalem, and Rule, Britannia! Bring your flags and noisemakers to join in the excitement of this unforgettable concert. Sing along to beloved classics and orchestral favourites. It's the ultimate musical celebration you won't want to miss.



When: 12 & 13 August.
Where: The Concourse, Concert Hall.
Cost: Adult \$57; Concession \$52; Youth \$26.00 Child \$15.30.
Information: willoughbysymphony.com.au.

St Ives Orchid Fair

A must for any orchid enthusiast, from those with an emerging interest to the most experienced growers, or anyone who simply wants to enjoy the beauty of one of the most admired flower forms there is. One hall will burst to life with the finest varieties of flowering orchids, while the other will guide you on everything you need to grow orchids; pots, mounts, hangers, fertilisers and more...

When: 18-20 August, 9am-4pm (18 and 19) and 9am-3pm (20).
Where: St Ives Showground, 450 Mona Vale Road, St Ives.
Cost: Adults \$8, Children under 18 free, Bus concession \$6, unlimited free parking.
Information: Garrie Bromley, 0425 336 049, info@stivesorchidfair.com.



Sydney Cat Lovers and Dog Lovers Festivals

Get ready, Sydney! The Cat Lovers Festival is making its grand debut on 26 and 27 August for the very first time. But that's not all! The Dog Lovers Festival is also returning to Sydney Showgrounds with a fresh new festival look right next door, all happening on the same weekend! Sydneysiders are in for an unforgettable experience as over 800 dogs and 200 cats come together, creating a pet-lover's paradise. Prepare to be inspired, educated, and entertained at two of the world's largest pet-dedicated events. It's a weekend that's sure to leave a paw-print on your heart.

When: 26 & 27 August.
Where: Sydney Showgrounds, Sydney Olympic Park.
Cost: From \$20.
Information: dogloversfestival.com.au and catloversfestival.com.au.

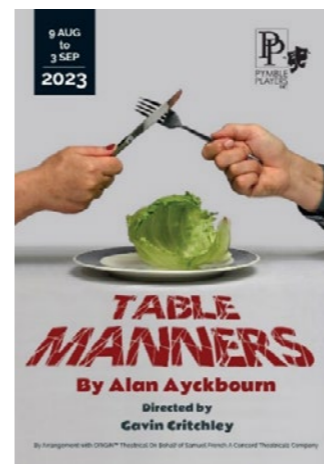


Table Manners

Prepare for laughter and chaos as Pymble Players present *Table Manners*, a delightful British comedy by Alan Ayckbourn, directed by Gavin Crichtley. The play revolves around Annie, who plans a secret weekend getaway with her sister Ruth's husband, Norman. Meanwhile, Reg and Sarah are tasked with caring for their mother and the house, unaware of the true circumstances. Get ready for a dysfunctional family gathering filled with confusion, hilarious misinterpretations, and plenty of mayhem! Just remember, there might not be much food on the table, but there will be an abundance of laughter!

When: Until 3 September.
Where: Pymble Players Theatre.
Cost: From \$25.
Information: pymbleplayers.com.au.



The History of Deafness

Jessica Kirkness will visit Gordon Library for Library up late on Wednesday 16 August. She has traversed the boundary between Deaf and hearing cultures all her life. Her memoir, *The House With All The Lights On*, tells the story of her grandparents who grew up deaf in a hearing world, and weaves in her own experience as a hearing child in a family that often struggled to navigate their elders' difference. Jessica is a writer and researcher who lives in Sydney, on Cammeraygal land. Her work has been published in *Meanjin* and *The Conversation*, among other outlets.

When: 16 August.
Where: Gordon Library, 799 Pacific Hwy, Gordon, 2072.
Cost: Free, booking is essential.
Information: 02 9424 0120, libraryevents@krg.nsw.gov.au.



Natasha, Pierre & The Great Comet of 1812

The Tony Award-winning show, *Natasha, Pierre & The Great Comet of 1812*, has landed in Australia. This form-defying "electro-pop opera" is inspired by a scandalous slice of Tolstoy's *War and Peace*. Follow Natasha's passionate affair with Anatole, and Pierre's quest for meaning. The talented Grace Driscoll portrays Natasha, while Zoy Frangos embodies Pierre and Jules Pendrith captivates as Anatole. With a blend of folk, indie-rock, electro-pop, and techno, this production breaks boundaries. Experience this groundbreaking show while it's still here and witness the magic firsthand.

When: Until 20 August.
Where: Eternity Playhouse, Darlinghurst.
Cost: From \$79.
Information: darlinghursttheatre.com/thegreatcomet.



What Government Rebates and Vouchers Apply to You?

The NSW government is helping reduce the cost of living with more than 70 rebates and vouchers. This program is to help NSW residents find and access many government resources available to you across various government agencies. Come along to a free information session with the Savings Finder, to help you learn which NSW Government rebates and vouchers are relevant to you.

When: 31 August, 2pm.
Where: St Ives Library, 166 Mona Vale Road, St Ives, 2074.
Cost: Free.
Information: 02 9424 0120, libraryevents@krg.nsw.gov.au.

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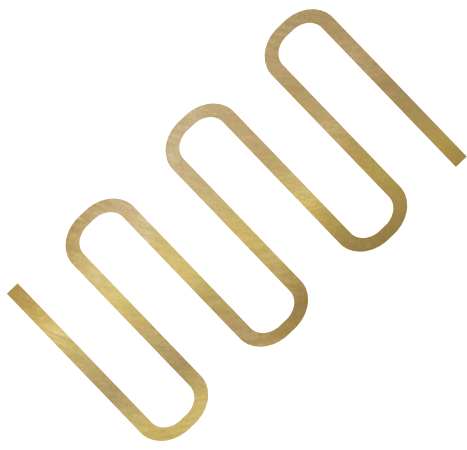
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