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 SydneyObserver

# Sydney Observer



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## From the editor

As we go to print the remaining days of glistening sunshine look to be few and far between. The air has gained that all too familiar pre-winter crispness, marking the time to put away those gladiator sandals and pull out your cosiest knitwear. But, even though we have entered the cooler months it doesn't have to mean your fun-filled weekends are all over! This issue we've put together a Getaway Special (21-29) that is overflowing with ideas for short escapes from the Sydney rat race. Together with the Escarpment Group we are excitedly offering our readers with the chance to win a mid-week stay in the beautiful Blue Mountains (6).

To tie in with your getaway planning we've also curated the ultimate travel kit that'll cover your wardrobe and beauty essentials. And, if fashion is your native language head to our profile (12-14) on our very own Aussie fashion moguls, Thessy Kouzoukas and Yiota Karalouka, who went from sewing in their bathroom to showing at New York Fashion Week.

Enjoy the issue!

*Sabrina*

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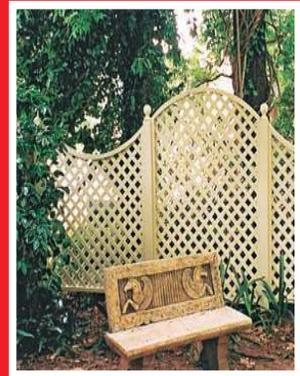
If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published and go in the running for our monthly giveaway in the next issue of the magazine.

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# SNIPPETS

Rima Martens

## HOMEOWNER HERITAGE GRANTS

In order to encourage the maintenance of heritage homes famous to the Ku-ring-gai area, the local government will be offering homeowners funding for repairs and conservation projects. The grant could be used for projects of up to \$5000 and intend on keeping Ku-ring-gai homes, that are often more expensive to maintain due to heritage regulations, in beautiful condition. Repairs eligible include the replacement of roof slates or tiles, conserving original fireplaces or repairing decorative ceilings. The grants can be applied for until May 30 and will be provided throughout 2016-2017 on an annual basis.

[kmc.nsw.gov.au/heritagehomegrants](http://kmc.nsw.gov.au/heritagehomegrants)



## SYDNEY WRITER'S FESTIVAL

In celebration of the Sydney's Writers' Festival, on May 16-22, The Concourse, Chatswood will be holding an exciting series of events. With a program spanning from May 18-20, the event is an annual attraction for all Sydneysiders. Designed to incorporate leading contemporary fiction and non-fiction writers to discuss topics within their expertise, as well as world renowned public intellectuals, journalists and scientists, the festival aims to discuss big picture ideas and issues relevant to all forms of writing. The event will feature Magda Szubanski on her autobiography 'Reckoning', Ye Xin on his novel 'Educated Youth' and Stuart Kells discussing his family's publishing powerhouse Penguin and the Lane Brothers.

[swf.org.au](http://swf.org.au)

## KU-RING-GAI'S GOT TALENT

On Friday May 13, Ku-ring-gai will be holding their very own 'Ku-ring-gai's Got Talent'. The exciting competition is open to 12-24 year old youth to perform on stage and boast their hidden talents. Heats will be held for two weeks, where friends and family are invited to watch and give support to the acts they love most. Talents may range from singing, drama, comedy, musicianship to any other passion they believe worthy of the stage.

Not only will the competition demonstrate the capabilities of Ku-ring-gai's youth, but it aims to encourage teens to pursue their skills and enjoy their passions.

Judged by a series of entertainment professionals including David Taylor, Christina Constantini, Costa Lambris and Phillip de Villiers, the two weeks of heats will conclude with a Grand Final come May 27. The winner is set to receive a \$1000 cash prize. With many other prizes to be won, the event offers a fun experience for all.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)



# ROSEVILLE BRIDGE

## TURNS 50



**LAST MONTH SAW** the Roseville Bridge celebrate a proud 50 years of connecting the Northern Beaches with the rest of Sydney. Today over 65 000 cars use the crossing daily – a vast jump from the 20 000 motorists when it was originally constructed. In 1966, the bridge received a \$4.4 million upgrade from the former structure – that’s a \$50 million dollar facelift by today’s standards.

Standing 17 metres above Middle Harbour and stretching 377 metres long, the Roseville Bridge was given well wishes by local member for Davidson, Jonathan O’Dea. Mr O’Dea noted the commitment to preserving the scenic spot’s natural vegetation in building the bridge in 1966.

*“On the south side of the bridge, the final metre of vegetation was done by hand to avoid disturbance to the natural vegetation.”*

Records from the time show the design of the bridge was to integrate seamlessly into the particularly scenic location. Aiming to blend the steep slopes of the Middle Harbour shore with a 1960’s aesthetic that fit within the natural environment.

The current Roseville Bridge was not the first in the area, and is actually known as the new Roseville Bridge. The original structure was built in 1924 before being replaced with the today’s Bridge; a modernised, larger structure with six additional lanes to account for future traffic growth. The old structure was the site of much discussion as to whether it should be demolished or kept, but in 1974 it was eradicated.

The opening of the new bridge in 1966 was officiated by then Premier Robert Askin and met with volumes of community support for keeping the peninsula connected.

Mr O’Dea added his thanks,

*“I wish the bridge a very happy 50th birthday and thank all involved in ensuring it continues to serve the community safely.”*



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# VIVID SYDNEY SWITCHES ON

Emily McDonagh

**SYDNEY WILL BE** glowing for 23 nights, as the harbourside spectacular Vivid is welcomed back. This year the festival of lights, sounds and ideas will be expanding, taking over Taronga Zoo, The Galleries and The Royal Botanic Gardens in addition to lighting up Chatswood, Central Park, Circular Quay, Darling Harbour and Martin Place.

Illuminating the sails of the Sydney Opera House this year will be an indigenous visual feature Songlines, exploring the spiritual connection between indigenous astronomy and the land and seas.

Start the Vivid Light Walk at Circular Quay and stroll along the light sculptures and installations as they take over the streets around the foreshore, until The Rocks. Scattered along this walk is The Light Rocket, a fifteen metre rocket with a kaleidoscopic view from inside, the Wormhole Galaxy, a live pinball experience and much more. The light installations focus on participation and change with interaction, so take the family and immerse yourselves!

The Royal Botanic Gardens will host The Cathedral of Light, a 70 metre long light tunnel shining in the

style of a historic church. Meanwhile over at Taronga Zoo, there will be an illuminated animal paradise focusing on protected species from Australia and Asia.

These giant creatures are set to be the most advanced light work ever featured by Vivid.

All in town for Vivid Festival, Bjork, New Order and Bon Iver will also be performing their popular hits. It's time to explore the creative extravaganza and see Sydney gleaming at her very best!

*Vivid Sydney runs 27 May – 18 June.  
vivid Sydney.com*

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# RAISING HOPE FOR UGANDAN CHILDREN



Alex Dalland

**TRISHELLE SAYUUNI'S DESIRE** for making change began with her first time doing volunteer work in Uganda after the end of a sporting tour. It didn't take her long to fall in love with the African nation, despite a nightmare experience on her first day.

"I was not kidnapped as such," she reflects, "but held up at gunpoint in the car, while my driver was forced to get out and participate in the riots or they said that they would drag me out of the car and make a spectacle of me.

"That was my first 7 hours spent in Uganda."

Since that day in 2009, and following the creation of her charity '100% Hope' five years ago, Trishelle's original project has transformed into a five acre plot of land with plans to build a medical clinic, a school and develop farmland and sustainable micro-businesses in Uganda. This year,

100% Hope has already built a new set of Kindergarten to Year 2 classrooms, with plans to raise more funds through a tour of Australian schools – including Sydney's own Lindfield Public School.

"I think 100% Hope has been so successful because we have an amazing volunteer board in Australia and our key focus is on training and empowering local people, not just a white woman coming in and doing her thing. I believe that we've been successful in gaining new partners and supporters over the past 3 years because we ensure that 100% of the money goes to Uganda and is allocated and used for the purposes specified," she says.

Trishelle is currently in Australia until the end of May with her Ugandan husband Fred, her young family and the choir. They will be travelling to local schools and performing for audiences in order to raise funds for a new school

Trishelle is building in Uganda.

"It has been a dream of mine to tour a children's choir since I first heard Ugandan children singing in 2009. It is amazing to be seeing this dream become a reality," she says.

As part of this tour, the 100% Hope Children's Choir will perform at Lindfield Public School on Tuesday May 24, in an evening performance open to all members of the public.

"It's a real gift to have this genuine experience of Uganda come directly to us," Convenor of the Lindfield Public School Parents and Citizens Association Social Justice Committee Nadja Leffler says.

"At Lindfield Public School, we have a parent committee which works to empower our kids to care for kids in need. [This visit] brings the need, and the joy, of sharing alive for our kids."



# THESSY & YIOTA

Sabrina Muysken

## BUILDING A DIGITAL EMPIRE

The fashion industry has fundamentally changed since the birth of social media. In fact, the introduction of these monolithic marketing tools has altered our business doctrines altogether. Take Thessy Kouzoukas and Yiota Karalouka for example: two Aussie mates who created a blog with the view to starting an online fashion label. Today the fashionable pair run global e-commerce juggernaut Sabo Skirt, a brand with 1.5 million Instagram followers ready to click and purchase whatever item they post next.

It is difficult to comprehend that merely a couple of years ago, the duo were operating what has become their empire out of an empty bathroom. Before the days of posts, snaps and tweets, this kind of instant success would have been unimaginable – let alone feasible. That is not to say anyone with a clever business idea and a smartphone can expect the same kind of imminent glory. Shaping a start-up company into a conglomerate within the current global market takes a certain technological finesse. Something that appears to come naturally to Thessy and Yiota.

Speaking to Sydney Observer the stylish twosome dished on their entrepreneurial success, e-business secrets and what it takes to make it big in the digital age.

### How did Sabo Skirt start out?

SS: We started Sabo Skirt as a blog and we almost immediately received an overwhelming response from followers wanting to know where they could purchase the outfits we were wearing – not just one item, the whole thing. That was an indication early on that our followers loved our clothing and style.

As business majors at university, we couldn't help but see the opportunity before our eyes and decided to make these outfits available for purchase from our own online store. Once we decided on the idea, we started saving, researching and planning everything that we could.



### How did you harness social media to build your brand?

SS: When you're on social media, you're competing with billions of people around the world and people get easily bored in the digital space. So in order to build a social media following, you need to make your voice heard, which means uploading a constant stream of new and original content, all in your own, unique tone. It needs to look effortless – although behind the scenes it's everything but. Our go-to social media platforms are Instagram, Facebook and Twitter.

Social media is also a great tool for engaging your community, so it's really important to listen to what they have to say. We have been able to engage with our fans and their feedback is valuable to us when we design our clothes and prints. The other great thing about social media is that the sky is the limit – you can reach people from all over the world. Social media has made Sabo Skirt a global business and half of our fans and customers are based overseas.

We definitely owe our success to our dedicated and passionate followers, who have become our customers. We try to stay connected with them by replying to tweets, Instagram comments and Facebook messages every hour of the day. We're constantly screening our comments and checking out our hashtag #saboskirt to see our customers rocking our clothes. That's what social media is all about – engagement.

### What is the secret behind your Instagram success?

SS: We've been particularly successful on Instagram, which has worked well for us since we can share images of pieces from our colourful collection. Confidence is key! So make sure you feel confident with what you're wearing, which means knowing what works best for your body. Don't wear a dress that's two sizes too small, two sizes too big or an outfit too risqué for your liking. If you feel awkward that will shine through.

### What is life like as an entrepreneur?

SS: Being able to go to work with your best friend every day is a dream in itself.



Not only do we get to spend every day together, we also get to work alongside an amazing group of people. Owning our own business has also been quite challenging, particularly in regards to time management and developing our own internal processes. The hours are extremely long, which means that we have had to pull back on our social lives.

### What is your biggest highlight so far?

SS: The original launch of our exclusive Sabo Skirt label has been our greatest achievement so far. Our two

ranges for David Jones have also been a massive highlight for us both.

### Any advice for those starting out?

SS: We always encourage people wanting to start their own business to plan! The more planning and research that you have in place the more prepared you are for anything that comes your way. ○

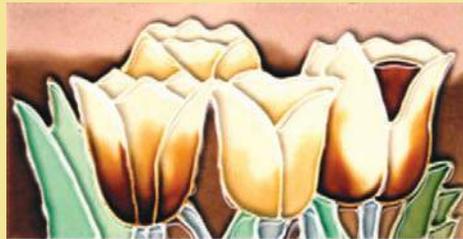
Sabo Skirt has recently launched their new sister label Sabo Luxe and Sport Luxe. [saboskirt.com](http://saboskirt.com)

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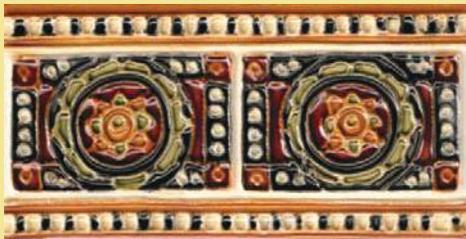


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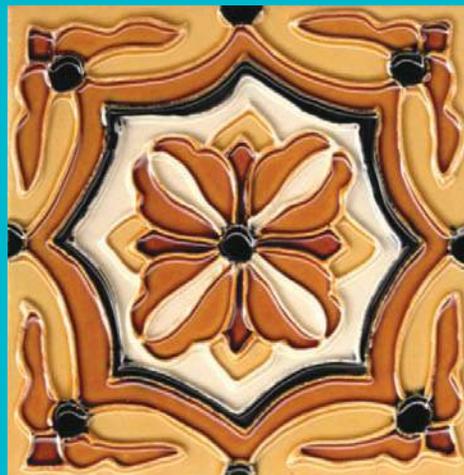
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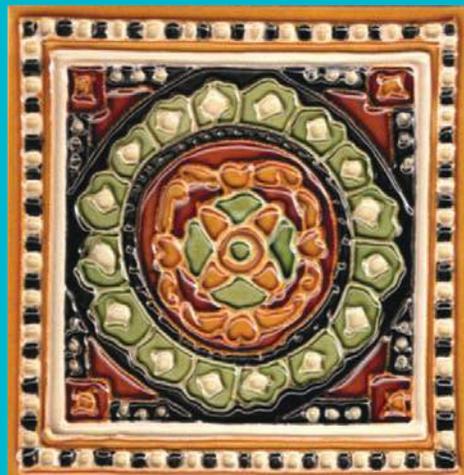


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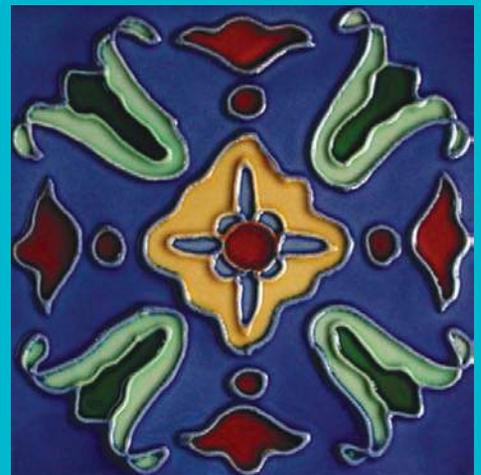


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# Teaching toddlers

Stephanie Stefanovic

**E**VERY YEAR, THOUSANDS of Australian children are enrolled into preschools and day care centres. With the cost of sending a child to one of these facilities being surprisingly high, some parents question whether or not this expenditure is worth it.

Out of all Australian states and territories, NSW has the most expensive hourly preschool fees, with 32 per cent of our preschools charging five dollars or more per hour. Therefore, it is no surprise the NSW also has the lowest preschool attendance in the country.

So the question is posed, is preschool worth the money?

The wide majority of experts say yes. Researchers at the Telethon Kids Institute recently found that children who did not attend some form of preschool or day care were more than twice as likely to struggle with basic skills such as literacy, numeracy and communication once they reached kindergarten.

"So many of the factors affecting the success of a child's formal education start well before formal schooling," says Professor Fiona Stanley, staff member at the Institute and Professor of Paediatrics and Child Health at the University of Western Australia.

However, there is definitely an emphasis on the quality of preschool education as one of the factors determining

whether it is worth the cost.

According to the Murdoch Children's Research Centre, if the quality of the education is high, the fees are worth the investment as they will lead to positive cognitive development and learning from a young age. This is thought to adequately equip children for their future studies, work and personal relationships. Similar sentiments are echoed by most other child development researchers.

Unfortunately, the E4Kids study (conducted by QUT and UoM) determined that the standard of teaching and other services in Australian preschools is "very poor". This is based on observations of four year-old preschool students twice per year, for four years, however the researchers did state that the poor teaching standards did not necessarily affect the development of childrens' social skills.

Nevertheless, the poor standard of education at many preschools combined with their high fees puts NSW preschool enrolment in jeopardy, and causes parents to consider other child care alternatives. If these factors do not change in the coming years, it is likely that we will see a rise in the number of children enrolled in family day care centres, as well as the increased use of grandparents or other family members as carers during the working week.



# Roseville Humanitarian Student

**ATTENDING ROSEVILLE COLLEGE** is the very impressive Jasmine Cochrane, a year 7 Student with an empathetic heart and lots of motivation to create positive change. This year, Jasmine spoke at the 2016 Young Leaders Day in Perth on May 17 as part of her involvement with the Kids Give charity. At the annual event, Jasmine campaigned for Alopecia awareness, a cause which she is actively raising funds for.

At the event, Jasmine gained the opportunity to meet with many primary school aged children to inspire them with encouraging stories of her own charity work.

*"I got involved in Kids Give because I wanted to make a difference. Now, I also hope to encourage other kids to take action to help others, too," says Jasmine.*

Some of the causes Jasmine has fundraised for include children's education in Bangladesh, Ebola medication and protective clothes, brumby horse rescue, Nepal earthquake recovery efforts, and child labour.

"Knowing that you don't have to be an adult to make a difference in the world means a lot to me."

Holding the goal of spearheading a fundraising campaign every holidays, Jasmine's next event is set on raising much needed awareness about Alopecia, which a friend's sister suffers from.

"A few friends and I will donate our hair to make wigs for children with Alopecia, and we want to hold a cake stall too. Our campaign has been launched (and will last three months) on Kids Give – and yes we'd love community support!"

[kidsgive.com.au/campaigns/kids-with-alopecia](http://kidsgive.com.au/campaigns/kids-with-alopecia)



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## COLLEGE NEWS

### CELEBRATING 108 YEARS

Mrs Megan Krimmer, Principal, says the College community is very proud of its school's history and its century old tradition of achievement, especially academic. "Ours is a great school," says one girl, with a smile and a cupcake.



### STARTING KINDERGARTEN AT ROSEVILLE

Enrolment applications for girls starting Kindergarten in 2017 and 2019 are now available (Kindergarten 2018 is fully enrolled). With limited places available in Years 1 and 2, the College encourages parents to apply early.

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# PUBLIC or PRIVATE EDUCATION

Which one is right for your child?

Emily McDonagh

## WHETHER THE LOCAL

primary school or the nearest independent school awaits, each child's needs are profoundly different and this is why the public versus private education debate remains so heated.

In recent years there has been a community shift towards private education, with Sydney public schools now serving a minority of Year 12 students. Yet, do the fees actually afford your child a better education and happier school experience?

Australia currently ranks 19th in the world when evaluating literacy, maths and science skills. Schools which offer a higher standard of education, for this reason, are high on the priority list for parents. For a nominal fee and waitlist duration, private schools offer a wealth of opportunities, expansive extra curricular options and an often large cohort of students. However, recent research from The University of Canberra suggests that beyond the HSC, private school education does not provide a higher chance of securing full time employment or an elevated salary. Rather, the number of books

children read indicates success in long-term learning.

Many parents reject the private education system, choosing to supplement public school education with private tuition and extra-curricular activities. Year 11 Turramurra High School Student Midori Sugiyama is an example of this, taking part in soccer, taekwondo and private tuition outside of school.

"I applied to selective schools, and looked into private schools locally but decided to stay close to home at Turramurra. I'm really involved at school as a prefect and through Bendigo Bank as a Youth Observer. I think it's how much you apply yourself, no matter the school."

Beyond academic success, it is perhaps the private school education's focus on ethos, values and community culture that appeals most to parents.

Robyn Charlton, a boarding mistress at Abbotsleigh Girls School in Wahroonga agrees. "We provide the girls the best facilities, teaching

and atmosphere to achieve and be the best they can be. This is fostered through warm pastoral care and a focus on instilling values – academic success comes naturally when young women thrive in this environment. Boarding is often the only option for rural students to get a high level of education, if they stayed local to them it would be up to four hours travel a day – incredibly draining."

The availability of choice is paramount to finding education that suits each individual child. Only half of high income earners in Australia send their children to independent schools, findings from The Independent Schools of Australia review add.

The North Shore area is fortunate to offer a range of public and private institutions available to allow each child to find their ideal learning environment.



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[www.riverview.nsw.edu.au](http://www.riverview.nsw.edu.au)

# LANGUAGE LEARNING



Alex Dalland

**AS PART OF** the Turnbull government's expansion of the Early Languages Learning Australia (ELLA) programme, 300 new preschools – including schools in Waitara and Pymble – will be trialling app-based language learning.

"Following the successful trial among 41 preschools last year, the Turnbull Government is significantly expanding the programme this year meaning more than 300 services will be taking part, including Twinkle Tots Cottage [in Waitara] and Pinjarra Pre-School [in Pymble]," Member for Bradfield Paul Fletcher said in a recent media statement.

"The ELLA programme is a great opportunity for our pre-schoolers to make an early start on becoming

familiar with another language and I commend the two local providers for committing to the programme and giving our children this opportunity."

With the growing integration of tablet computers and laptops into classroom learning, mobile-based apps are fast becoming a way for students young and old to take charge of their own learning. Language apps like Duolingo and Babbel dominate Apple and Google download charts and introduce a new and, it is sometimes claimed, a more intuitive method of learning languages for both adults and children.

The expansion of the ELLA trial programme from the original 41 schools to what will soon be 300 preschools across the country comes

after Deloitte Access Economics released a report illustrating the successes of the programme.

"The evaluation of last year's pilot in 41 pre-schools highlighted that the app is driving an active interest amongst children in the culture of the language they're learning," Minister for Education Simon Birmingham says.

*"Not only are students benefitting, but Deloitte found the app has helped 70 per cent of educators in the pilot programme feel more confident incorporating languages into their lessons."*

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All proceeds go to local community groups



# TAX PLANNING with Peter Vickers

CHARTERED  
ACCOUNTANT

**END OF FINANCIAL** year is the time for a final review of your tax affairs and to commence your tax planning for the new financial year ahead. No longer is it acceptable to do last minute tax manipulation when preparing your income tax returns after years end. Tax and the flow of tax payments need planning well in advance so they do not appear as deliberate actions to avoid tax. It is also a good time to review your financial objectives and challenges and ensure you understand the tax implications of key business decisions under consideration.

With two months to go, there is still time to implement strategies before June 30 to reduce tax exposure. It is time to do your financial housekeeping:

- Bad debts must be written off or you can't claim deductions.
- Obsolete stock must be disposed of as is worthless plant and equipment.
- Investments that are showing a loss and no longer form part of your investment strategy should be scrapped so that you can offset the loss against any realised capital gains.

There is also a nice bonus for small businesses besides having a slightly lower tax rate. If a small business purchases a depreciable asset for less than \$20 000 it can be written off this year instead of being depreciated over its useful life. We do not recommend spending up to this amount on an asset unless it is genuinely required by your business as there is a list of qualifying conditions. The ATO have made it clear that they will be monitoring the use of this concession to ensure that the write off rules are being adhered to.

Superannuation has some serious planning issues. In order to get a tax deduction for a contribution either for yourself or an employer for their team, the contribution must be received by the super fund by June 30.

Remember some financial institutions takes couple of days to get the money to a recipient.

If you are in pension phase then there are also timing issues. A minimum pension payment must be made each year. If you are in a Transition to Retirement pension, then you must not exceed the maximum. Care must also be taken to ensure that you do not exceed either the concessional (tax deductible) or non-concessional (non-deductible) contribution caps.

June 30, 2016 is also the deadline to fix issue with art work and collectables in a Self-Managed Super Fund.

*Please note these tips do not take into account your financial objectives, financial situation or particular needs. Talk to us or your financial advisor before you act.*

[vickersgroup.com.au](http://vickersgroup.com.au)



# Getaway & Recharge

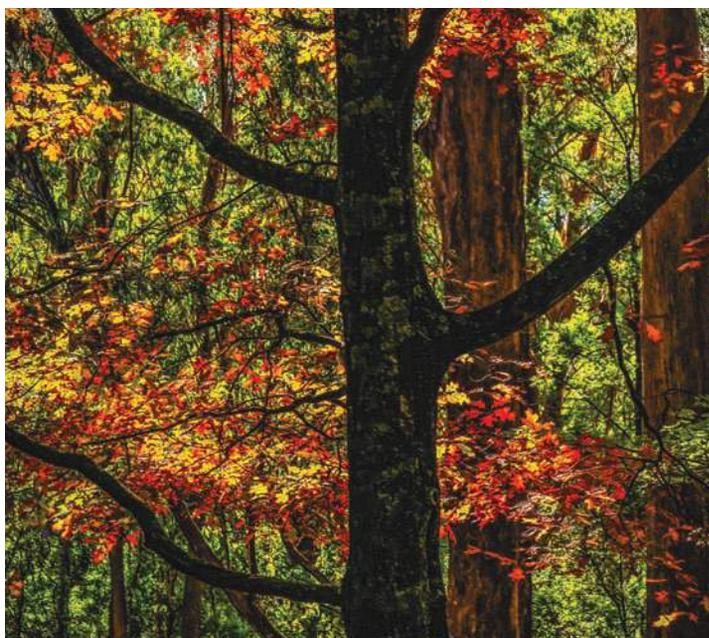
# Blue Mountains Escape



**CRISP MOUNTAIN AIR**, breathtaking views, toasty fires, fine food and a chance of snow – experience a rejuvenating autumn or winter escape in the Blue Mountains with an exciting round of regional activities by day and the warmth of a luxury hotel by night.

Visitors can browse the boutiques of Leura and Wentworth Falls, eclectic shops of Katoomba and antique stores of Blackheath, wander the exquisite heritage garden and art deco building of Everglades Historic House & Gardens and visit one of many art galleries throughout the area such as Lost Bear Gallery in Katoomba.

Forage for mushrooms in the state forests around Oberon, visit a fine example of colonial Australia at Hartley Historic Site and Blue Mountains Botanic Garden at Mt Tomah.



Explore the sumptuous refurbishment of the Hydro Majestic Hotel, with exotically-named spaces like Cat's Alley and Salon du The, discover some saucy secrets on a history tour and recharge with a delicate traditional or eastern high tea repose in the elegant Wintergarden Restaurant or the more casual Boiler House Café.

Take a gulp of fresh Greater Blue Mountains World Heritage Area air on a brisk walk along one of more than 400 tracks or from one of the many lookouts over the 1 million square hectares of Australia's most accessible wilderness.

Just 90 minutes from the North Shore, time your winter escape in the Blue Mountains with a regional festival or event such as Leura Harvest Festival on May 1 where you can roam dozens of stalls stocked with seasonal food and sharing expertise on all things fresh, regional and sustainable; watch the popular chook show; and listen to chefs talk about mouth watering food.

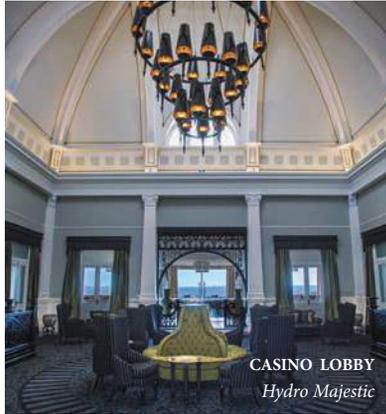
*Explore* [leuravillage.com.au](http://leuravillage.com.au)

*Continued on page 24...*

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Hydro Majestic



**CATS ALLEY**  
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Lilianfels Resort and Spa



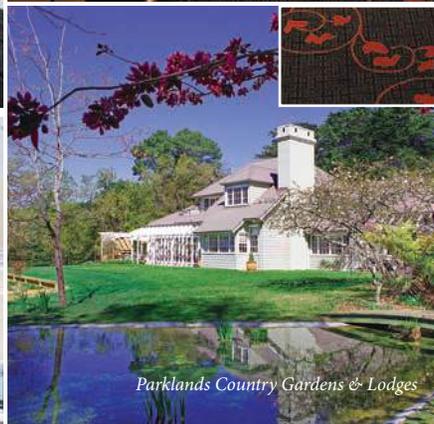
Hydro Majestic



**DARLEYS**  
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*Brigitte Grant Photography*



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# Winter Escape

**CELEBRATE THE WINTER** solstice with the annual Winter Magic Festival on June 18. Join colourful artists, musicians, dancers, drummers and choirs in Katoomba and be sure to catch the costumed community parade.

That night, don your most elegant masquerade ball attire and immerse yourself in an opulent fantasy world of art fit for royalty, fine food and classical music when the Hydro Majestic revives traditions of the grand concert halls of Europe with its Majestic Winter Ball.

Peruse the exquisite artworks of Warwick Fuller while sipping cocktails and nibbling canapes as he talks about his time as official tour artist to the Prince of Wales and Duchess of Cornwall during their visit to Australia in November.

After a two-course dinner created by award-winning chefs and featuring regional produce, The Metropolitan Orchestra will deliver the second ever performance of Australian composer Sean O'Boyle's new rhapsody on a theme of Mendelssohn, followed by Strauss' Horn Concerto No 1, Beethoven's arousing Coriolan Overture and Mendelssohn's Symphony No 4.

The Hydro Majestic (the original Blue Mountains party palace) will join other quality grand hotels of the region The Carrington Hotel (the first resort-style hotel in Australia's first tourist destination) and the Mountain Heritage Resort & Spa Retreat (the traditional home of Yulefest in the area) to celebrate Yulefest throughout July with high tea and special degustation menus each Friday and Saturday.

Relive the essence of the early 20th century and characters like Dame Nellie Melba when the stars of Australian opera and chamber music enchant visitors at the Hydro Majestic Opera Festival for three performances on October 1-2. After days of invigorating activity, retreat to the warmth, heritage and indulgence of a luxury Escarpment Group hotel – Lillianfels Resort & Spa, Echoes Boutique Hotel, Parklands Country Gardens & Lodges and the Hydro Majestic Hotel.

Succumb to pampering with a special spa package at Lillianfels Resort & Spa, indulge in the grand tradition of high tea in the plush surrounds of the lounge and taste the sublime flavours of the region at the hatted Darleys Restaurant.



*Explore* [wintermagic.com.au](http://wintermagic.com.au) and [hydromajestic.com.au](http://hydromajestic.com.au)  
Go to [escarpmentgroup.com.au](http://escarpmentgroup.com.au) or phone (02) 4780 1200 for more information about accommodation packages, dining options and bookings.

*Photos: David Hill, Deep Hill Media*

# Leura House

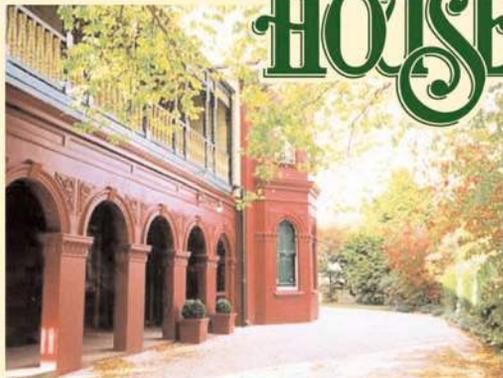
**LEURA HOUSE IS** a majestic Federation Mansion sitting on the highest point of Leura. Built in the 1880's, it had a commanding 360 degree view as you were able to see Sydney and past Bowral. What is remarkable is that it was built before Leura itself was planned, making it the very first house in the area. It was the first with electricity, a telephone and telegram services. Even the street would have become the main street had it not been too steep.

Today Leura House runs as the largest B&B in Leura. Situated on the quiet side of town it is only a 5 minute walk to the station and Leura Village.

*As an offer to our readers if you call us and mention this article, we can offer you a 10% discount on our normal rates. So please give us a call on (02) 4784 2035 and book your stay!*

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4 Star Deluxe B&B  
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## LEURA HOUSE

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Built on Leura's highest point and surrounded by English gardens, Leura House is located close to all the famous tourist attractions and is only metres to Leura Village! A cosy 3 bedroom cottage that sleeps 6 is also available.



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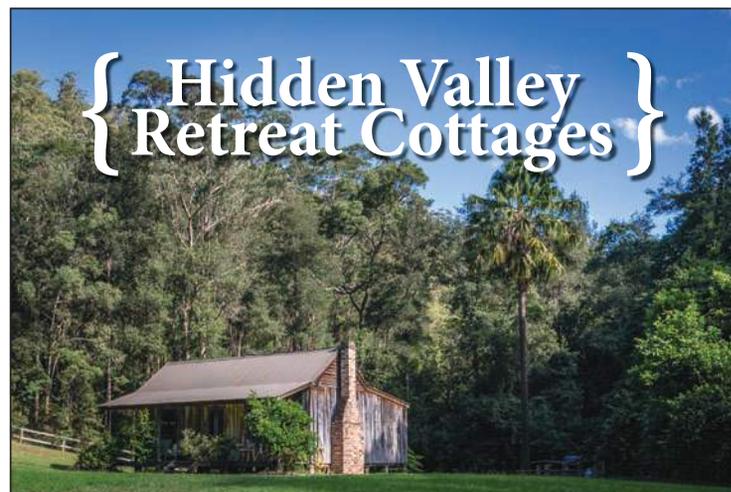
# Hidden Valley



**KEEPING TO ITS** name, Hidden Valley is NSW's best kept secret. A beautiful paradise hidden from the world, the valley is the perfect environment for anyone looking to rest in the natural peace and tranquillity of the rain forest. A weekend spent listening to the birds and running waters of natural brooks is the ultimate rejuvenation for those looking to escape the city bustle.

Hidden Valley Retreat Cottages are famous for offering just this, with accommodation that is private, secluded and fully self contained. Think mornings spent relaxing on your own veranda taking in the natural beauty of the bushland and wilderness that abounds you and evenings sipping fine wine and sitting by an open fire listening to music. With no neighbours for miles, this is the peaceful getaway you deserve!

*Explore* [hiddenvalleypretreat.com.au](http://hiddenvalleypretreat.com.au)

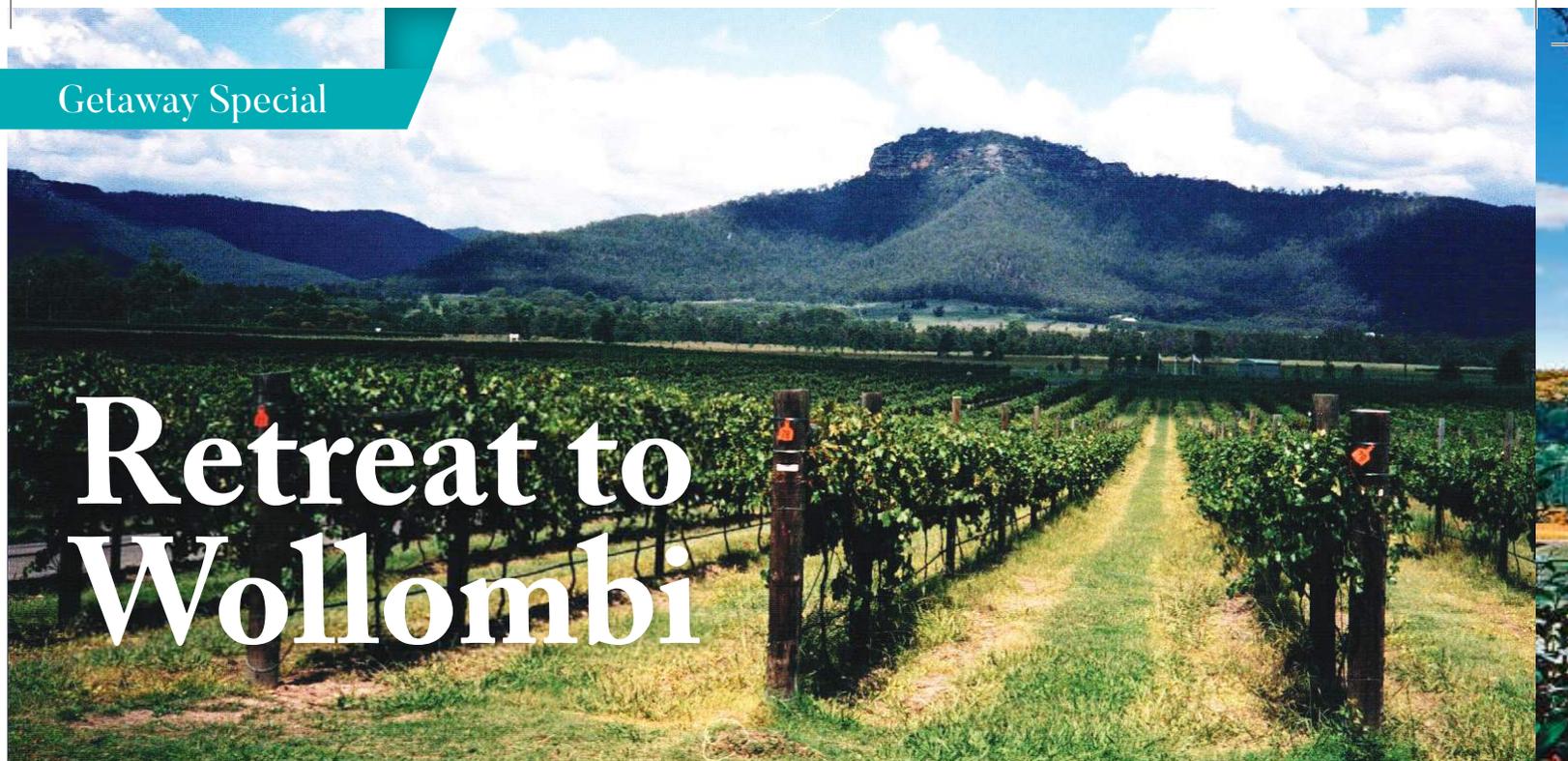


- Rustic, secluded, self-contained two-bedroom log cabins with open fireplaces
- Set amongst 40-acres of pristine bushland in the foothills of the Blue Mountains
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[www.hiddenvalleypretreat.com.au](http://www.hiddenvalleypretreat.com.au)





# Retreat to Wollombi

**IF YOU'RE LOOKING** for an escape from fast-paced city living, Wollombi is the perfect place for you to take some time out and slow your brakes. A picturesque small town just two hours from Sydney, Wollombi is a part of the Hunter Valley region. This destination is the ideal place to relax and completely immerse yourself in history, culture and so much more.

'Wollombi' is an Aboriginal word that can be translated to 'meeting place of waters' and speaks of the natural beauty this area holds. The regional area is home to an abundance of native wildlife as it is bordered by the World Heritage listed Yengo National Park on the West. Kangaroos, Wallabies, Wombats and Kookaburras can be spotted and heard by the creeks. To the east lies Watagans National Park and Olney State Forests.

The town has an authentic Australian rustic charm with 19th century sandstone buildings, timber cottages and large country estates with open fields and spectacular views. Wollombi's rich history can be explored in places such as Endeavour Museum and The Convict Trail.

While famous for its natural romance and plethora of fine dining and wineries for a romantic couple's getaway, it also holds a strong appeal for a whole family vacation. Bushwalks, bike rides, visits to the Kooland Astronomical

Observatory or the Cultural Centre that holds the works of the highly regarded valley artists are but a few of the interesting activities available in the region.

Art-lovers are in luck as Wollombi is a hub for art of all kinds. Local performance arts range from comedy and theatre acts to fire-twirling and magic shows. And as far as visual arts go, the area plays host to quite a number of exhibitions, where you can see paintings, sculptures, textiles, and photography, just to name a few.

The area is also blessed with deep Aboriginal history as it features Indigenous sites engraved with rock carvings and cave paintings, illustrating the spiritual ties the Aboriginal people share with the area. Be sure not to miss Mt Yengo, which is an important cultural site for Indigenous Australians where visitors can partake in guided tours and even attend cultural awareness training.

And of course, don't forget to explore the amazing vineyards of Wollombi Valley. The majority of the vineyards and wineries in the area are small, boutique operations run by owner-operators, which means that the grapes are hand-picked and wines are made in small quantities, resulting in rare and high-quality wines. If you're interested in culture and living the good life, consider Wollombi in the Hunter Valley for your next getaway.





# Applegums Cottage



**APPLEGUMS COTTAGE, HUNTER VALLEY** is only two kilometres from the town's historic centre, and offers guests a peaceful place to kick back in Wollombi. The family and pet-friendly cottage is set on 20 acres of equestrian land, making it the ultimate place to get away from it all.

A stylish modern cottage built in traditional colonial style, Applegums offers a beautiful outlook, easy access, two bedrooms and a fully equipped kitchen. And, for those pet-loving guests you are welcome to bring your pooch, cat or even horse as all pets are welcome by prior arrangement.

With breakfast supplies already included, you'll surely have everything you need to enjoy a peaceful few nights away in this special location. Whether it be relaxing on the deck and enjoying the views, talking a walk through nearby bush trails or keeping cosy in front of the woodburner in winter with one of the local wines, Applegums provides a perfect escape.

*Explore* [huntermvalleypetfriendly.com.au](http://huntermvalleypetfriendly.com.au)

## Applegums Hunter Valley

- *Pet-friendly self-contained cottage*
- *Stunning views*
- *Stylish accommodation*
- *Canine and feline friends very welcome*

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Mention Sydney Observer to receive a 10% discount on your booking



# Tourist Drive 33

**IF YOU'RE PLANNING** on visiting Wollombi why not take the scenic route? Tourist Drive 33 is the road less travelled as it wraps along the Great North Road or Convict trail and through the beautiful NSW countryside. The total drive length is 114kms and while it may not be the most direct route to your destination it is a definite must if you're longing to see more than just the freeway when driving to your destination.

Travelling through the very heart of rural and wine country, the drive takes in one of the important links in the NSW road system – the Great North Road. Built by convict labour between 1826 and 1836, the road was the original connection between Sydney, Newcastle and the Upper Hunter Valley. It is well worth your while to pull over mid journey, stretch your legs and observe some of the sandstone colverts and historical signage markers built by convicts.

## On the Way:

- Wollombi village
- Valle Laguna Accommodation
- Hunter Wine Country
- Applegums Accommodation
- Australian Walkabout Wildlife Park
- Local grown fruit and vegetable roadside stalls
- Gypsy Willows Luxury Accommodation

Explore [touristdrive33.com.au](http://touristdrive33.com.au) or [facebook.com/TouristDrive33](https://facebook.com/TouristDrive33)

# Valle Laguna

IT MAY ONLY be a 90 minute drive from Sydney, but once there you'll feel like you are a million miles away! Nestled on 100 acres, Valle Laguna is a beautifully appointed architecturally designed 2 bedroom villa that showcases the very best of modern country living.

To fully experience the stunning farm, take a walk along one of their well maintained walking trails where you'll spot kangaroos, wallabies, wombat and native bird life all in abundance.

With a full sized kitchen that makes cooking a breeze, a sun soaked deck with sweeping views across the valley and a wood fireplace, Valle Laguna provides everything you could possibly want to relax and unwind!

*Explore* [vallelaguna.com.au](http://vallelaguna.com.au)



## Valle Laguna

### Modern Country Living at its best.

Architecturally designed 2-bedroom villa overlooking a picturesque valley.

- Open living area with leather lounges & wood fireplace.
- Full sized kitchen complete with gas stove/oven, dishwasher & microwave.
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[enquiries@vallelaguna.com.au](mailto:enquiries@vallelaguna.com.au)



# Gypsy Willows

A LUXURY HOLIDAY house just 3 kilometres from the historic village of Wollombi, in the NSW Hunter Valley, Gypsy Willows is less than two hours drive from Sydney. Just imagine, within a couple hours you too could be relaxing with family or friends on your very own private 20-acre property.

With three ensuite bedrooms, wood fire, air-conditioning, full kitchen, BBQ and beautiful views, all you need is a few clothes and you are set for the ultimate revitalising getaway. This holiday home is the only way to enjoy the stunning views of Narone Creek valley!

*Explore* [gypsywillows.com.au](http://gypsywillows.com.au)



## GYPSY WILLOWS LUXURY ACCOMMODATION

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3kms from the historic village of Wollombi in the scenic Wollombi Valley.

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# CHATTING WITH TINARA

*Alex Dalland catches up with Tinara Eagles, former St Ives-based tutor and State Manager for NumberWorks'nWords on the joys of teaching and how students can learn their most important lessons.*

## What is an ordinary working day like for you?

"Now that I have the position of State Manager, my role has changed somewhat as I am involved with training other NumberWorks'nWords Managers and Franchisees, as well as enjoying working with our students at our centre in St Ives. I have an amazing team of young and enthusiastic tutors who work under the meticulous guidance of my fabulous manager Annalese Smith and assistant manager James Sidaway. They love what they do and bring such a brilliant energy to the role and for this I am very grateful."

## What made you decide to start tutoring kids?

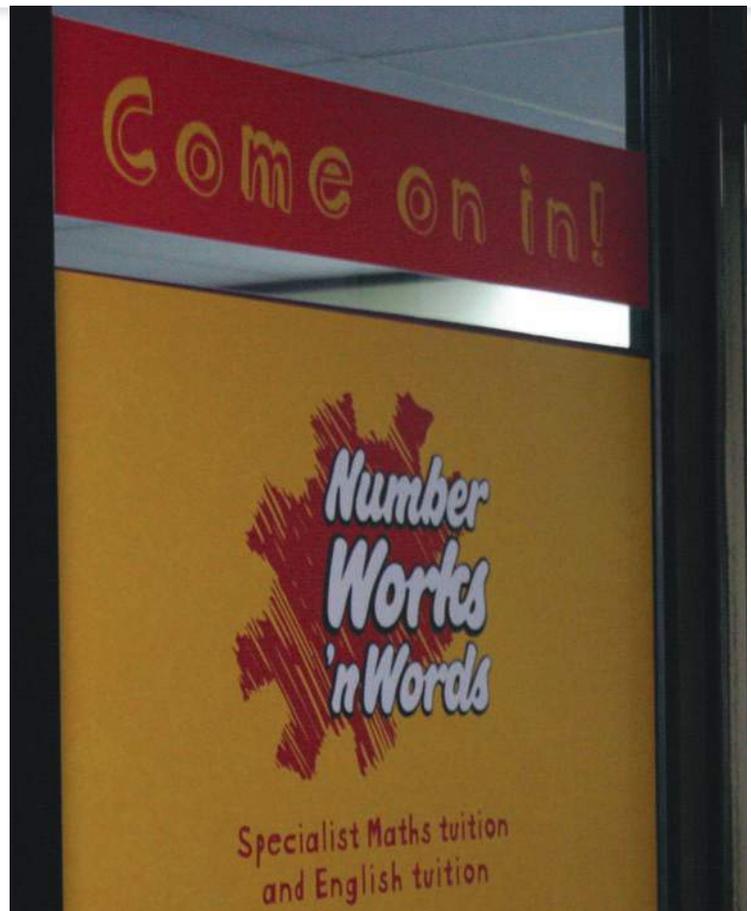
"I get a real kick out of helping children and love the

one-on-one nature of tutoring. Our teachers do a wonderful job teaching our kids in schools, but there will always be students that need a little more individualised help as they go through school. I love being a positive influence in their lives, as well as helping to overcome any problems that they might have with their Maths or English. It is so nice to see students, as a result of having some lessons with us, achieve things like move up a level at school, master new concepts, become faster with homework and begin to read for pleasure."

## What is the most rewarding part?

## And what is the most challenging part of the job?

"The most rewarding part is the positive change that you see with children's attitudes to Maths and English. We have had some new students that have come in reluctantly for the first time, being dragged along by mum or dad, and these same students are giving us 'high fives' and smiling shortly after they experience the NumberWorks'nWords program."



I love it when a child's confidence improves. It doesn't matter if it is for remedial or extension work, it always warms the heart to see. The most challenging, and fun, part of the job is the teaching! You want to make sure that every student always has a fabulous lesson and there is never an end to how much you can do for them. The tricky part is dealing with students with different learning styles and different personalities. This being so, our fantastic software, reward systems and bubbly tutors create a winning combination that works."

**What are the most common misconceptions students have about tutoring?**

"Some students think that tutoring is just going to be boring and tedious work. I love it when they walk into the vibrant, energetic and fun atmosphere of the centre and realise that this is not the case at all. Our program makes Math and English fun, and this is how it should be. There is a lot of brain science evidence to support that when we are

having fun and our brains are in a happy state we are more likely to be able to learn as opposed to the opposite when we are stressed and our brains are in a 'fight or flight' mode. It is really lovely to see their approach change and how they smile while they are learning."

**Favourite place to eat on the North Shore?**

"I can't say that I frequent this place often but when I am lucky enough to escape and be spoilt, the Berowra Waters Inn would be my pick. Such a lovely setting and it feels like an adventure getting there when you jump in the boat. The food was amazing the last time I was there with John for our 10 year wedding anniversary.

**What is the North Shore's best kept secret?**

I really love getting a group of friends and heading to Shelly Beach, Manly. A great spot for the kids to swim, kick back and relax with a picnic."

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# Obtaining Quick Approvals and Plans for Renovations and Designs

Eli Gescheit, *Urban Planner at Navon Solutions*

The most common question I receive from clients is: "Why is my DA taking so long to be approved?" Unfortunately, this is not such an easy question to respond to, because there are so many variables involved with the DA assessment process that make it difficult to give an exact timeframe. However, I believe there are ways in which you can improve the timeframes for your DA.

## Council Timeframes

First, let's explore why DAs take so long. Experiencing delays in the Council DA assessment process is like trying to drive through Sydney in peak hour traffic – it has become an expected part of our lives. According to the latest statistics released by the NSW Department of Planning and Environment, it took an average of 71 days for Councils to assess DAs. Another alarming statistic is that for 17 Councils, they took on average more than 100 days to determine a DA.

Council's requested further information from 36.5 per cent of DAs and it took an average of 52 days for applicants to submit the additional information.

## How Can We Assist?

With all of our projects, in addition to reviewing the relevant State and Council planning controls associated with the proposal, we look at whether the site is affected by any constraints, such as stormwater or sewer pipes, trees and steep slopes. These types of constraints can significantly impact on the overall design, which is why we address all of the potential issues before the project commences.

Another common issue with DAs is the ability of the neighbours to object to the proposal. Objections received from the neighbours can significantly increase the time it takes Council to assess the DA and can often lead to design changes being requested by Council.



## Tips for DAs

Here are some useful tips for your residential project:

- Source the right consultant team, such as an architect and urban planner
- Where your proposal does not comply, ensure it can be appropriately justified as to why Council should support it
- Speak with your neighbours prior to lodging the DA
- The design should consider your neighbour's houses, such as including privacy screens and window locations
- Ensure the documentation submitted to Council is accurate
- Keep in close contact with the Council assessment officer
- Be patient, it will be worth it in the end!

# OFFICE FURNITURE

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# HEALTH CORNER

Rima Martens

## DNA FITNESS

Scientists have found that certain genes can mean that individuals are predisposed to burn or gain fat with particular kinds of food and exercise, through reading DNA to discover genetic fitness profiles. By swabbing the inside of your cheek, a genetic test will read a minimum of 20 genes that program the way your body processes foods and responds to exercise. As it is based on the individuals biochemistry, reports show some great results with clientele being informed of their extra sensitivity to carbohydrates, for example, or their ability to train well in endurance sports.

## CREATIVE BRAIN

Recent studies suggest that using both the left and right side of the brain promotes healthy aging. Research by the Department of Psychology in the University of Wisconsin revealed that creative activity has a strong relationship with resilience, having a neuroprotective effect on older adults. This shows that creative engagement strengthens social networks and increases a persons sense of control, which is a benefit to mental health and will defy some of the psychosocial challenges of ageing.

## FERMENTED FOOD

Fermented food is beloved by health gurus for its provision of beneficial bacteria, adding healthy microbes to the gut. Fermented foods, such as yoghurt, sauerkraut, salami, kombucha tea and miso soup, are thought to improve your immune system, resolve chronic fatigue and relieve digestive problems. The process of fermentation happens over time as carbohydrates are converted to alcohols, carbon dioxide and organic acids. However, the 'healthy' label might not apply to all delicacies in the group— chocolate, beer, wine and cheese are all fermented foods as well!

# Sugar Tax

Rima Martens

**IT IS NOT** a new phenomenon for governments to impose higher taxes on goods that are considered a luxury or are detrimental to your health. Australia has a long and very much complained about history of imposing higher taxation on the consumption of alcohol, making us one of the most expensive countries to consume alcohol in. It is then, in light of the UK's recent changes to soft drink taxation, foreseeable that Australia may one day similarly tax the health villain 'sugar' as well.

Recently, in the UK they have introduced a sugar tax on soft drinks for the purpose of improving children's

health. This will mean that drinks with more than eight grams of sugar per 100 milliliters will be taxed at a higher rate than drinks with less than five grams of sugar per 100 milliliters. Put that into practise by looking at the contents of your average soft drink and it's easy to see that this will be a profitable tax.

For example, the typical can of Coca-Cola has over 11 grams of sugar in the same measurement or rather 38 grams in the entire can. The tax will raise more than the pound equivalent of \$1 billion AUD, which the UK government plans to use for sport and fitness programs aimed at children.

Many Australians are calling for a similar, if not stronger tax to be imposed here in Australia. Surveys have revealed that many people believe it should also be imposed upon other drinks (not just soft drink) and even foods.

A study done by the Obesity Policy Coalition surveyed 1200 Australians and found that 85 per cent would support sugar tax revenue being introduced as anti-obesity measures. As a country where obesity rates are climbing faster than any other country in the world, a sugar tax may be a necessity in order to ensure future generations will be fit and healthy.

# Big Fat Truth

Emily McDonagh

**FAT WAS ONCE** relegated as an untouchable food group. It was scorned as a notorious diet detractor and isolated for being nutritionally undesirable. Since then, 'low-fat' has become a proliferated diet term that appeals to our programmed repulsion upon hearing the F word. However, the truth is not that simple. Fat comes in a variety of different forms, many of which are not only healthy but recommended.

In the 90s, upon the advice of nutritionists all fat was expelled from the diet indiscriminately, and yet this shift did not bring us closer to better health. The fact is our bodies need fat, we depend on it as a major source of energy, it ensures the absorption of nutrients and it is essential to build cell membranes, blood clotting, muscles

movement and reducing inflammation.

All fats have a similar molecular structure, but what differentiates the good from the bad is the size, length and complexity of the molecular chains they are made of. Good fats are monounsaturated and polyunsaturated fats and the bad include trans fats, which are produced on an industrial scale; saturated fats fall in between these divisions.

Good Fats can be found in lean meat, avocados, nuts, seeds, green leafy vegetables, legumes, tuna, salmon and mackerel. Omega 6 rich fats can be found in vegetable oils such as peanut, sunflower, canola and soy; which work to regulate cholesterol and protect against heart disease.

Fats to minimise intake of include those found in full fat dairy products,

palm oil, commercially made biscuits, chips, energy bars, takeaway foods, margarine and ready meals. These bad trans fats contribute to insulin resistance and heighten your risk of developing diabetes.

Nutritionist Lisa Snowdon of Vibrant Nutrition notes also "All fats, bad or good, have 9 calories per gram. So even though omega 3 fish oil and olive oil are great for your heart and trans fat isn't, each fat gram adds the same amount of calories."

There is no specific dietary recommendation for fat intake, but nutritionists suggest aiming for 30 per cent of your daily calories. For someone consuming 2000 calories a day that equates to half an avocado, a glass of low-fat milk or a handful of almonds.





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# AUSTRALIA'S BIGGEST MORNING TEA

Alex Dalland

**E**VERY YEAR FOR the past nine years, John and Angela Calabrese have helped fight cancer in their own way, by baking biscotti.

"[We ask] our committee members and other Italian ladies in our church to bake home-made Italian biscotti, which we then package and sell after all masses at St Kevin's Church on the weekend prior to the dinner dance," John says.

The four course meal and night of dancing is the Italian Catholic Federation's own take on the Cancer Council's Biggest Morning Tea.

The event is not just a yearly routine for the couple from Collaroy, it is also an incredibly powerful fundraiser.

"We hold functions throughout the year to raise money for various charities, but this one for the NSW Cancer Council is our biggest," John says.

*"Last year we raised over \$10,000 and since we started in 2007, we have raised almost \$59,000. I do not know of any family who has not been touched by cancer and so we hope that by raising money for research and to help sufferers we are helping in some small way to eradicate it."*

Thursday May 26 is the official date of Australia's Biggest

Morning Tea, an event set up by the Cancer Council which has since grown into one of its largest and most successful fundraisers – raising over four and a half million dollars in NSW last year alone. The day encourages people to host a 'morning tea', whether a high tea, a dinner fundraiser or just a simple 'cuppa' and something to eat, while raising money at the same time.

"One Australian is diagnosed with cancer every five minutes, or the length of an average tea break. In the Northern Sydney region alone, it is predicted that in 2016 over five thousand people will be diagnosed with cancer, with 1500 deaths expected," Regional Manager of the Cancer Council Lauren McAlister says.

"A third of all cancer can be prevented by leading a healthy lifestyle. Quit smoking, be sun smart, exercise and maintain a healthy weight, eat healthily, limit alcohol and get checked regularly."

*The Italian Catholic Federation's dinner dance takes place at 6:30pm on May 7 in St Kevin's Church Hall, 57 Oaks Ave, Dee Why.*

1300 65 65 85  
[biggestmorningtea.com.au](http://biggestmorningtea.com.au)

# Fight Hearing Loss

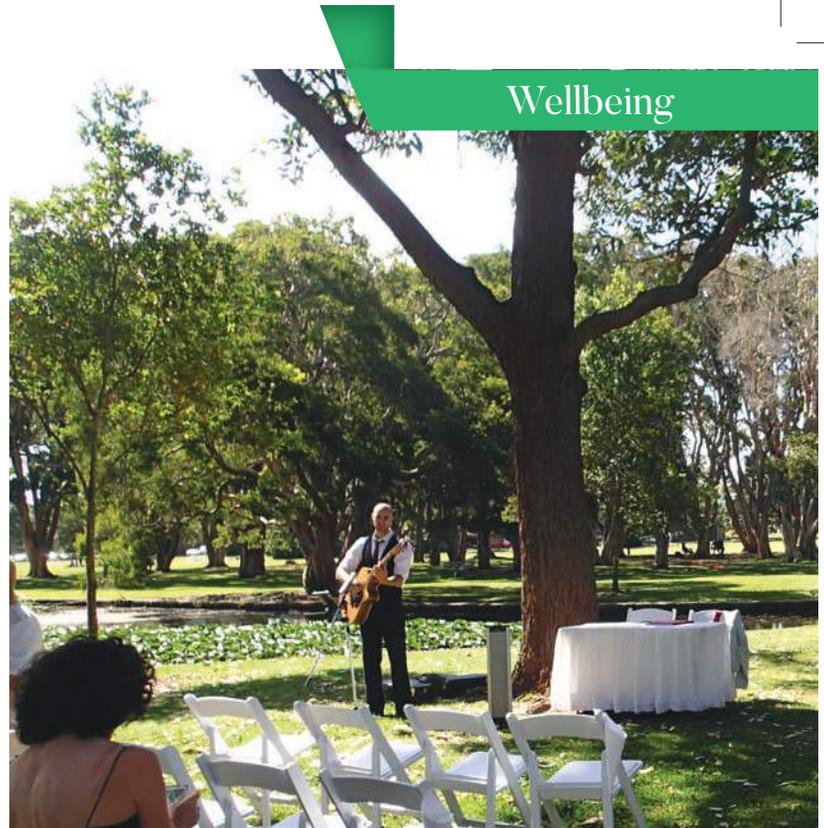
**HEARING LOSS MAY** not be life threatening, but it definitely impacts on quality of life.

The most common consequence of loss of hearing is not being able to understand speech because there is too much background noise. This can lead to withdrawal from social activities and conversation.

There are numerous aspects in daily living that can be improved with a little technology.

Printacall has for over 30 years assisted individuals with overcoming some of the difficulties associated with hearing loss. They provide simple solutions to everyday situations like hearing the door bell, the telephone, a baby crying, a smoke alarm and an alarm clock. They have equipment that can assist with general conversation and also lecture style situations or television listening, overcoming issues such as distance and reverberation and delivering greater clarity of sound.

Common areas in retirement villages, churches, theatres, school halls and museums alike suffer from acoustic problems and organisations often opt to install Hearing



Loops or FM systems to overcome these issues. Printacall is a leading Australian specialist in the design and installation of these audio systems in new and old buildings.

Soundfield systems are being installed in schools across Australia to improve classroom acoustics and have been achieving a positive educational impact for all students. Printacall plays an important role proving trials and advising schools on appropriate Soundfield systems. Sporting organisations and wedding celebrants are also now discovering the joys of a reliable and affordable PA system.

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## THE GAG REFLEX & DENTISTRY

Dr Ian Sweeney

**T**HERE ARE MANY patients with a hyperactive gag reflex who fear a trip to the dentist because of the unpleasant experience associated with gagging. For these patients, having a basic clean or intra-oral x-rays taken can be especially traumatic. People who have a severe gag reflex can often find it impossible to clean their own teeth adequately.

The gag reflex is a protective mechanism designed to prevent something blocking the throat by pushing it back up to protect the airway.

There is no clear reason why some patients have a hyperactive gag reflex while others do not. It is thought to be a combination of anatomical factors, constricted airways, and possibly psychological



and anxiety related phenomenon. It may be due to a feeling of panic, or a sensation that there is some threat to a patient's breathing. People who have experienced a near drowning or suffocation often feel their gag reflex was heightened following the event.

There have been many different methods of treatment tried over the years to help reduce the effects of a severe gag reflex during a dental visit.

### Techniques that may help include:

- *Topical or local anaesthetics such as throat sprays with a numbing action.*
- *Salt placed on the back of the tongue (thought to have limited success by some patients).*
- *Distraction by the patient including; focusing on a pleasant event while taking deep breaths through the nose, listening to music, anything to take their mind off what is happening.*
- *Sedation or even general anaesthesia in extreme situations.*

By far the most predictable method for providing dental treatment for a patient with a hyperactive gag reflex is with the aid of some sedation. Sedation using 'happy gas' or 'intravenous sedation' are the types most commonly used. Conscious sedation involves the administration of some sedative agents that relax the patient enough to by-pass the gag reflex. The patient is always conscious (as opposed to being unconscious in a hospital for a general anaesthetic). When administered in an accredited dental facility, the procedure can be most rewarding for the patient and dentist alike.

If you suffer from a bad gag reflex in the dentist's chair, the most important thing to remember is that you are not alone. Patients who have avoided dental treatment for many years are now able to be successfully treated, without being made to feel uncomfortable. Please discuss your treatment options with a dentist.

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

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# STYLISH TRAVELLER

Sabrina Muysken

When done right, packing for a mini-break or getaway doesn't have to render you unstylish. The trick is to choose key pieces that easily work back with one another and can be dressed up or down to suit any occasion.



**Rodney Clark** Bubble Knit Vest, \$130.  
Rodney Clark, Gordon Centre.  
rodneyclark.com



**Rodney Clark** Stripe Florence Knit Sweater, \$120.  
Rodney Clark, Gordon Centre.  
rodneyclark.com



**Rodney Clark** Border Print Shirt, \$110.  
Rodney Clark, Gordon Centre.  
rodneyclark.com



**Superga** 2750 Raffia Sneakers, \$139.95.  
Designer Forum, St. Ives.  
designerforum.com.au



**Sol Sana** Melody Navy Boots, \$219.95.  
Designer Forum, St. Ives.  
designerforum.com.au



**Dylan Kain** The LSC Silver Stars Bag, \$390.  
Designer Forum, St. Ives.  
designerforum.com.au



**Camilla** Fanciful Round Neck Scoop Back One Piece, \$299. Designer Forum, St. Ives. [designerforum.com.au](http://designerforum.com.au)

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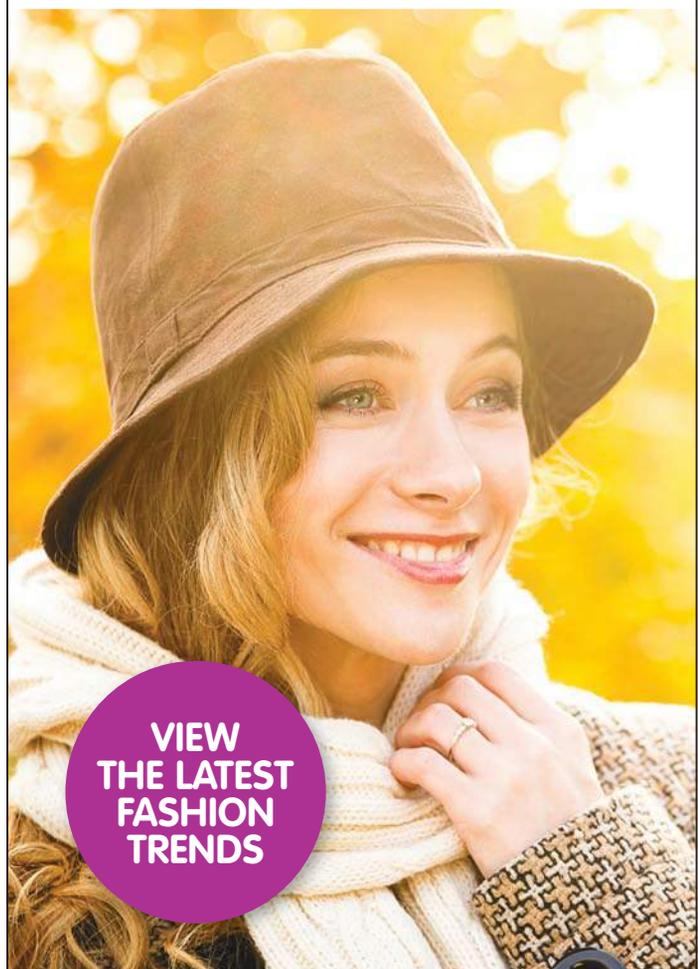
Presented by Tracy Moore, fashion stylist from Lifestyle Looks.

Plus, we will be hosting *Australia's Biggest Morning Tea* to raise funds for Cancer Council.

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Sabrina Muysken

skin

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**The Body Shop Vitamin E Skincare Starter Kit**, \$29.95. Kit includes: Cream Cleanser, Hydrating Toner, Moisture Cream & Nourishing Night Cream. [thebodyshop.com.au](http://thebodyshop.com.au)

Combined Sunscreen & Lipbalm



This nifty product provides both UVA and UVB protection for the face whilst doubling up with a vitamin E lipbalm in the lid.

**ModelCo Daily Face Mattifying Sunscreen and Lipbalm SPF50+**, \$25. [modelcocosmetics.com](http://modelcocosmetics.com)

# hair



## 2 in 1 Shampoo & Conditioner

With Pro-vitamin B5, this product will nourish your hair from the roots to the ends. **Naturalium Nourishing Shampoo and Conditioner in Green Apple**, \$9.99. [naturalium.com](http://naturalium.com)

# makeup

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**Inika's Certified Organic Liquid Foundation with Hyaluronic Acid**, \$65. [inika.com.au](http://inika.com.au)



## Lip to Cheek

A lip and cheek tint all in one! This versatile compact gives to perfect flush of colour, just dab on lips and swipe across cheeks for a rosy look that will last all day.

**Inika Certified Organic Lip & Cheek Creme in 'Rosehip'**, \$39. [inika.com.au](http://inika.com.au)

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**ModelCo Lash & Line Superlash Mascara + Liquid Liner**, \$24. [modelcocosmetics.com](http://modelcocosmetics.com)

# Low-Fat CHOCOLATE CAKE

## Ingredients:

### Cake

60g low-fat margarine  
1 cup brown sugar  
1 tsp vanilla essence  
2 eggs  
1 ¼ cups low fat yoghurt  
1 ½ cups self-raising flour  
½ cup cocoa  
½ tsp bicarbonate soda

### Icing (Optional)

2 cups icing sugar  
2 tbsp cocoa  
4 tbsp skim milk

## Method:

1. Mix margarine, sugar and vanilla in a bowl.
2. Add eggs and then yoghurt slowly until combined.
3. In a separate bowl mix flour, bicarbonate soda and cocoa powder.
4. Combine the two mixtures gently and pour into a cake tin.
5. Bake for approximately 40 minutes before checking.
6. Once ready, leave to cool in pan for 5-10 minutes.
7. For the icing, in a small bowl combine all ingredients and beat until smooth.
8. Smooth icing over cake once it is cool.
9. Serve and enjoy!



Preparation time: 25 mins  
Cooking time: 40-45 mins  
Serves: 8-10

# MAY HOT SPOTS

## Taste of Manly

Come May 28-29, Manly, famous for holding one of Sydney's most beautiful beaches will be hosting a food and wine festival, with a focus on sustainability. It looks to be a beautiful two days, beginning at 11:30am and continuing up until 5:00pm along the Corso. What better way to spend a weekend than being the judge of a whole range of local craft beers and sampling the delicious food from a wide range of stalls. All whilst enjoying the beautiful view of the beach! This year will mark it's 30th year, with each year being bigger than the last it is now one of the major events on Sydney's Food and Wine calendar. It's one not to be missed!

[manly.nsw.gov.au](http://manly.nsw.gov.au)

## Sydney Curry Festival

Held locally at the St Ives Showgrounds, this year on May 14, the Sydney Curry Festival will boast an array of exotic and aromatic curries to enthrall the senses. Curry, being one of the most popular dishes eaten all around the world, will be celebrated along with the South and Southeast Asian culture from where it originated. Chefs from all over Sydney will be presenting their version of a curry with rumours of some innovative creations. There will be both food and wine tasting stalls, live cooking demonstrations, fireworks, an eating competition and entertainment suitable for the whole family.

[curryfestival.com.au](http://curryfestival.com.au)

## Hunters Hill Food and Wine Festival

The annual Hunters Hill Food and Wine festival will be held on Sunday May 1, exhibiting some local wines from Hunters Hill's best wineries. Held at Boronia Park oval, it is here that you can match your wine choice with gourmet dishes from local restaurants. From 11am-5pm you can enjoy live music as you peruse your way around the stalls and be delighted by the goodies. In the likely case you find yourself splashing out on the delicacies (tempting when they are all straight from the produce suppliers) there is no need to feel guilty as the festival is a community fundraiser and all the profits will be used for local projects.

[hhfoodwine.com](http://hhfoodwine.com)

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# HAVING PROBLEMS IN A RELATIONSHIP?

The difference between soul mates and twin souls.

*Kerrie Erwin*

**SOUL MATES HAVE** a different spiritual lineage to you. They come in to help you progress as a soul with your spiritual development. Once you have met your soul mate you usually have a very happy relationship based on trust, unconditional love and companionship. You both will harmonise and balance your energies and this will stimulate your growth as a spiritual being.

Case study: Susan and Mark have been married for almost 27 years and love each other deeply. While they are very different from one another, this seems to keep them together as they find it easy to communicate in a loving way, have great respect for each other's space, know that they are there for each other, and although they are often busy with their own interests they take the time to do things together.

Twin souls, on the other hand, have a completely different relationship to this vibration. People who are interested in meeting their twin soul should be aware that these types of relationships could be turbulent because of patterns established during previous incarnations, which need to be resolved. Twin soul relationships are generally very difficult as there is too much friction and similarity between the two that causes spiritual growth to stagnate. At the same time, they can also be very healing because working through the conflicts can bring unconditional love.

Isabella and Adam were madly, passionately in love and shared the same interests. Everything was fine except for Adam's commitment issues. It started off with him not being able to sleep in the same bed as her because of an important job the following day and continued with his complaining that her energy affected his sleeping patterns. Amongst other issues, when Isabella and Adam clashed it would take days to get over their terrible fights as both were so badly wounded they found it difficult to trust each other again. Every time the pair became more despondent and left feeling frustrated and angry much of the time, not able to make any type of commitment to one another. Despite



their deep love, the pair went their separate ways due to their misunderstandings. Two years later, after some time apart, they started up again and still to this day encounter the very same problems.

No matter which way you look at it, in my opinion, twin soul relationships are difficult. If you are able to work out your difference and spiritual contracts, good luck. I have been in a twin soul relationship and also found it difficult at the time. Even though we loved each other dearly, nothing ever worked out and it was just too hard to stay together.

An elderly and very wise psychic woman once gave me some very good advice - "If your amour isn't made out of steel, run the other way before you get too involved!"

Blessings,  
Kerrie  
[pureview.com.au](http://pureview.com.au)



# Readers' Questions

**Bonnie, February 1989**

*Does my mother have any message for me?*

I have a beautiful loving woman in the spirit world that comes in with a lot of love. I'm being told she had a strong connection to you and misses everyone. She has a soft, gentle energy and loves a good laugh and is telling me to keep things simple and not to take things too seriously. This year is really eventful for you as you are opening up spiritually to other possibilities and realities, if that makes sense, as you have been soul searching for a while. You often feel her around and know she is there by a certain feeling and smell and she talks to you through a photo you have of her. Sending you lots of love sweet girl.

*Thank you Kerrie.*

**Sally, November 1989**

*What does my career hold this year?*

I'm getting patience around you and I feel things will improve around the second part of the year with your work. There will be improvements, but it is up to you and you know what I mean, as you don't suffer fool gladly and will not normally hang around if things go bad or you are not promoted money wise. You have a fast mind and a strong intuition so you need to use this to help you in life. Hang in there, you will go places.

*Wow, that's quite relevant! Thanks Kerrie.*

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# WHAT'S ON MAY



## May 8

Mother's Day Classic

**Where:** The Domain, Art Gallery Rd Sydney

**Cost:** \$30-\$60 (Prices for walkers and runners vary)

**When:** 6am-12pm

**Contact:** 1300 762 241 or 03 9285 0600

## May 27-June 18

VIVID Festival

**Where:** Circular Quay, The Rocks, Taronga Zoo, Royal Botanic Gardens, Darling Harbour, Central Park, Chatswood and Martin Place

**Cost:** Free Installations & Ticketed Events

**When:** After Dark

**Contact:** [vivid Sydney.com](http://vivid Sydney.com)

## May 13-May 22

Pymont Food and Wine Festival

**Where:** Pirrama Park, Pymont Precinct

**Cost:** Free

**When:** 11am-Early Evening

**Contact:** [pymontfestival.com.au](http://pymontfestival.com.au)

## May 27-May 28

GABS Beer, Cider & Food Fest 2016

**Where:** Australian Technology Park

**Cost:** \$36

**When:** Friday 6.30pm-11.30pm & Saturday 12pm-11.30pm

**Contact:** [gabsfestival.com](http://gabsfestival.com)

## 16 May-22 May

Sydney Writers Festival

**Where:** Walsh Bay

**Cost:** Free and Ticketed Events

**Contact:** [swf.org.au](http://swf.org.au)

## May 26-May 29

Mind Body Spirit Festival

**Where:** Sydney Olympic Park

**Cost:** Adult \$20, Children under 14, Free

**When:** Thursday-Saturday 10-7pm, Sunday 10-6pm

**Contact:** [mbsfestival@eea.net.au](mailto:mbsfestival@eea.net.au)

## May 20-May 21

Mercedes Benz Fashion Weekend Edition

**Where:** Carriageworks, Eveleigh

**Cost:** \$50-\$150

**When:** 6pm-Late Friday & 3pm- Late Saturday

**Contact:** [mbfashionweekended.com.au](http://mbfashionweekended.com.au)

## May 29

Balmoral Burn

**Where:** Awaba St, Balmoral

**Cost:** Adults \$25 Children \$10

**When:** 8.45am-12pm

**Contact:** 9439 0511

**May 1**

**HUNTERS HILL FOOD AND WINE FESTIVAL**

**Where:** Boronia Park Oval, Hunters Hill  
**Cost:** Free  
**When:** 11am - 5pm  
**Contact:** hhfoodnwine@gmail.com

**May 15 - 16**

**NORTHERN BEACHES RETIREMENT VILLAGE EXPO**

**Where:** Bayview Golf Club, Mona Vale  
**Cost:** Free  
**When:** 10am - 3pm  
**Contact:** mail@dorsal.com.au

**May 14**

**THE CURRY FESTIVAL**

**Where:** St Ives Showground  
**Cost:** Adults \$18 & Children \$10  
**When:** 11am - 9pm  
**Contact:** info@curryfestival.com.au

**May 20**

**THE WESTSIDE VIBE**

**Where:** Dural Lane, Hornsby (Behind the Odeon Theatre)  
**Cost:** Free  
**When:** 4pm - 9pm  
**Contact:** hornsby.nsw.gov.au

**May 21 - 22**

**ST IVES SHOW**

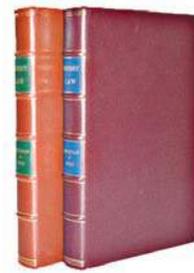
**Where:** St Ives Showground  
**Cost:** \$5  
**When:** 9am - 9pm Saturday & 9am - 4pm Sunday  
**Contact:** stivesshow.com.au

**May 28 - 29**

**TASTE OF MANLY**

**Where:** The Corso + Manly Beach  
**Cost:** Free  
**When:** 11.30am - 5pm  
**Contact:** 9976 1500

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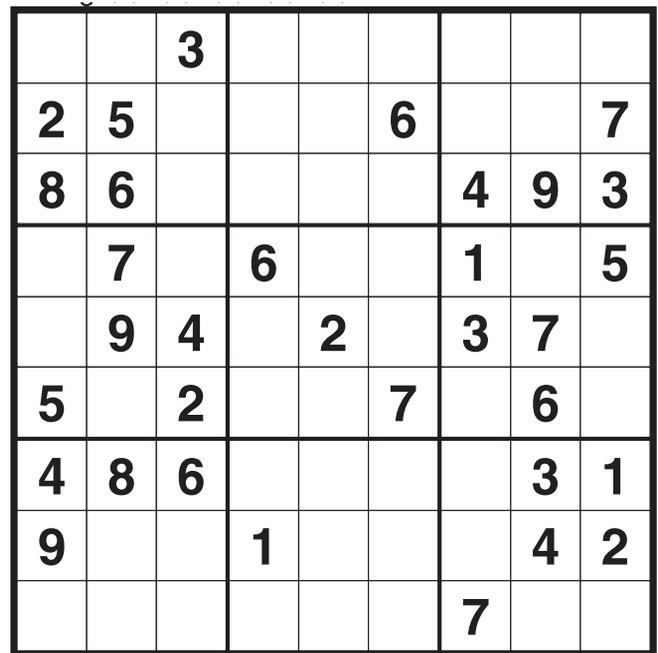
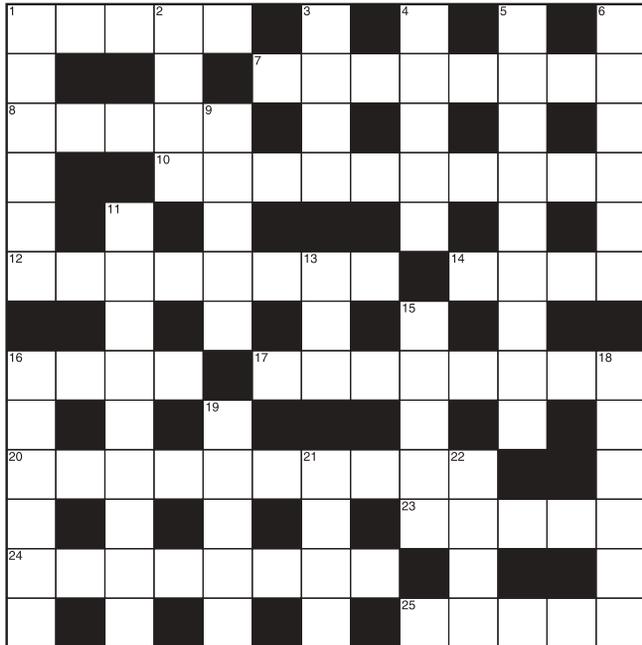
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# Puzzles

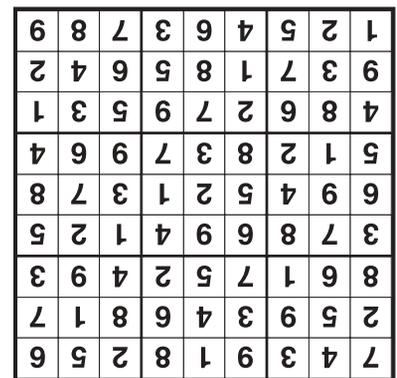
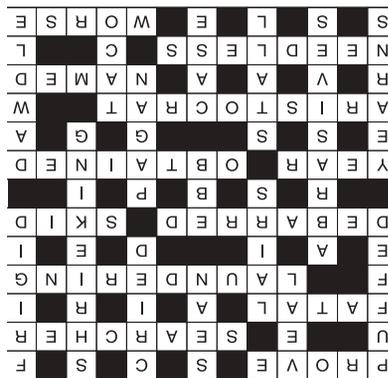


### ACROSS

1. Show to be true
7. Missing person's tracker
8. Lethal
10. Washing (clothes)
12. Prevented entry of
14. Slide
16. Annual period
17. Got
20. Nobleman
23. Nominated
24. Unnecessary
25. Not as good

### DOWN

1. Swollen, ... up
2. Calf meat
3. Actor, ... Penn
4. Wept
5. Screeching
6. Very cold
9. Animal dens
11. Polishing substances
13. Flow away
15. Infidel
16. Pines (for)
18. Lag behind
19. Stable compartment
21. Travel bag
22. Mexican snack




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