

JULY 2017 - FREE

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Sydney Observer

**School
Holidays
Guide**

**BEAT THE
WINTER
BLUES**

NETIQUETTE
rules of online
communication

**TOP 4
FOOD & WINE
HOTSPOTS**

JADE HAMEISTER
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FROM THE EDITOR

Happy July to all of our readers!

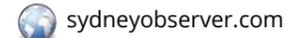
This month the *Sydney Observer* team are finding it hard to believe that we are already in the midst of Winter's chilly throes, yet here we are. And whilst our colder seasons are certainly much meeker than neighbouring climates, it is still all too easy to be affected by the sudden drop in temperature. If this sounds like you, flick to our Wellbeing section where you'll find the perfect pick-me-up remedies to Beat The Winter Blues (30-31).



To inspire you to trek beyond your cosy home this July, we've interviewed the inspirational Jade Hameister. In case you didn't catch her interviews with *The Project* and *The Women's Weekly*, or her TED talks in Sydney, Brisbane and Melbourne late last year, Jade is the incredible Aussie teenager who is taking on an almighty Polar Quest (20-22).

If you're simply after some much-needed winter pampering, take a look at our Beauty pages where we unveil the most luxurious treatments and where to get them (40-45).

Stay warm!



Sabrina



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Letters

• Thank you for a great monthly magazine. I really enjoy the blend of thought provoking articles mixed with regular advice on health and wellbeing, and up-to-date information as to what is happening in and around our community. Keep up the good work in the vibrant and free monthly publication!

- Brian, St Ives.

• Loved Sydney Observer's June issue – especially the piece on Rachael Finch and the fantastic design throughout. Looking forward to reading July already.

- Gabby, Killara.



Giveaways



ANDALOU DEEP WRINKLE DERMAL FILLER

This is the ultimate natural alternative to injectable cosmetics! If you have deep or fine lines, simply apply this anti-aging hero twice daily to clean skin and watch as it works miracles. The product uses plant stem cells, resveratrol, goji glycopeptide and cupuaca butter to firm your skin the natural way.

One Andalou Deep Wrinkle Dermal Filler to be won.

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One Full of Grace Facial Serum to be won.



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One Ayesha Fresh Face Mask to be won.



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Aidan Wondracz and Hanna Moore



Artists Re-purpose Waste in Creative Art Displays

The Re-imagine Art Exhibition returns to Wallarobba Art and Cultural Centre for its annual exhibition. This year, contestants were faced with the challenge of making artworks out of waste.

"It's interesting to see how a simple household item can be transformed into a work of art and avoid ending up in landfill," says Steve Russell, Hornsby Shire Mayor.

Hornsby Shire supports recycling and re-using items to reduce landfill, jointly co-hosting the competition with Cleanaway.

"The exhibition hopes to raise awareness of how residents can reuse and recycle their waste."

No doubt, the additional prize money of \$10 000 did its part in encouraging contestants.

The winner was announced on June 2, with Sandra Wilson taking out first prize with her work, 'Keys to knowledge'.



Ku-ring-gai Council offers first aid training

Ku-ring-gai Council is encouraging teens and young adults to take part in a first aid course this month.

The one-day course is open to anyone between the ages of 12-24 years.

The workshops will provide essential advice on life-saving across a broad range of hypothetical situations. At the end of the course, students will receive a Nationally Recognised Statement of Attainment in HLTAID003 Provide First Aid—a glowing addition to the resume.

The course will be held at Gordon Library on 12 July, between 9am to 4:30pm. Lessons cost \$90, which includes lunch.

For enquiries contact Ku-ring-gai Council on 9424 0981 or head to the website, kmc.nsw.gov.au



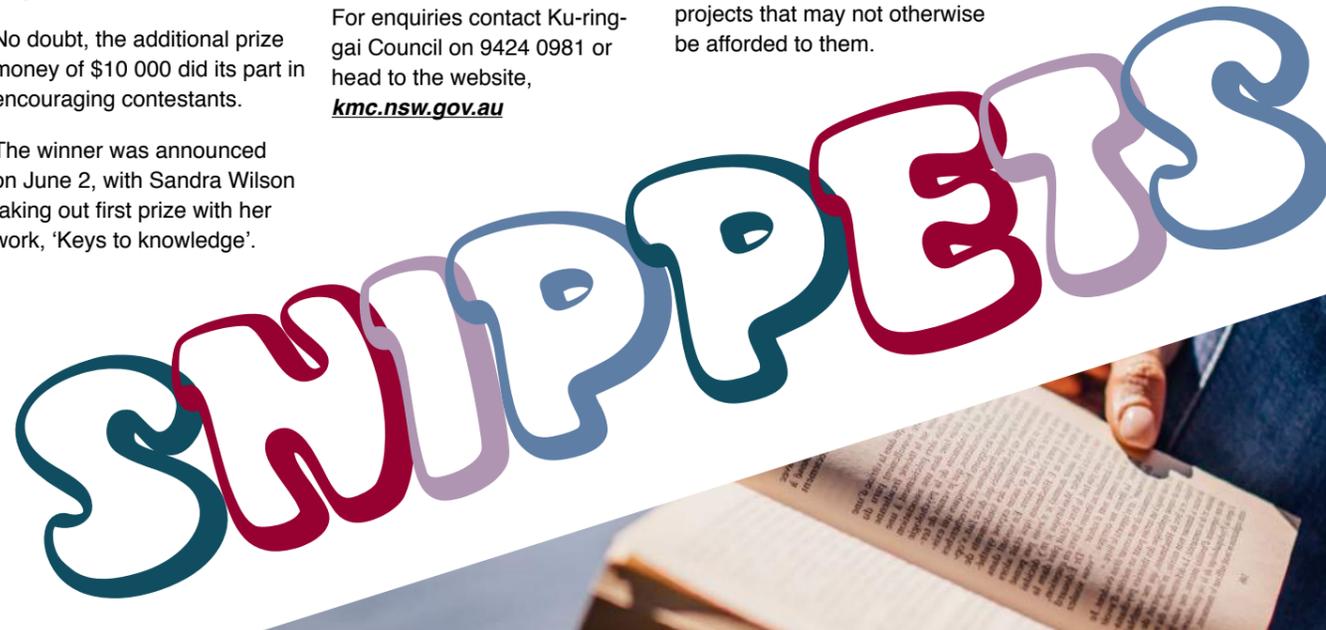
Applications Open for Community Grants

Ku-ring-gai council has invited community groups to apply for grants to fund arts and cultural activities and projects. Applications for grants up to \$5000 allow community groups to access greater resources and opportunities to showcase the community's abilities. Those who are eligible fall within three categories: small equipment needs, community development programs and arts & cultural programs. In the past, previous applicants have been able to offer cooking classes for widowers, provide teaching aids for English language classes and establish community projects for greater Aboriginal cultural awareness. These grants have been proposed to allow smaller community groups to establish projects that may not otherwise be afforded to them.



Ku-ring-gai Family Day Care Educators Wanted

Family day care educators have long been a quality source of care for children aged between six weeks and five years during weekday business hours. Ku-ring-gai council is currently offering training services and ongoing support to those who wish to become educators. With the right training educators can earn between \$70 000 to \$120 000 a year and establish a fulfilling career within a distinguished family day care scheme. Educators are required to obtain a Certificate III in childcare from an accredited provider and work within the federal government's National Quality framework to become self-employed professionals.



JEANS FOR GENES DENIM DINNER

Hanna Moore

This July the Children's Medical Research Institute (CMRI), in collaboration with Jeans for Genes Australia, will be holding their annual fundraising gala to support research into genetic diseases.

The Children's Medical Research Institute (CMRI) is a non-for-profit organisation dedicated to advancing research into preventing and treating the underlying causes of genetic diseases, cancer, epilepsy and birth defects in children.

Each year, the 'Jeans for Genes' campaign sets aside one day to fundraise for the CMRI by uniting Australians to wear denim, purchase merchandise and donate money to support genetic research. So far, this campaign has raised over \$60 million since its beginning in 1994. This has gone on to aid in a number of achievements in research conducted by the CMRI. This year Jeans for Genes Day will be held on 4 August and to set off the campaign this year, the annual fundraising gala will be held on 15 July.

These two organisations will be pulling out all the stops for this year's annual fundraising event. Formerly known as the 'Jeans for Genes Excellence Ball', this year it will be known as the 'Jeans for Genes Denim Dinner'. In taking on this new title, it will also be taking on a new look, bringing in a number of celebrity appearances, including TV personalities Kylie Gillies and Larry Emdur to host the event. Pyrmont's The Star Sydney will be brimming with lavish entertainment from dancefloor action to Broadway performances. The event will also be holding a live auction hosted by Scott Gibbons to sell a variety of memorabilia and experiences, with every dollar made during this event donated to CMRI.

The event will begin with drinks and canapes on arrival at 6.30pm, followed by a 7.30pm start and concluding at 11.30pm. Individual tickets for the Jeans for Genes Denim Dinner are \$350 and a table of ten is \$3150. Attire is fittingly described as 'black tie with a touch of denim'.



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 **Transport Roads & Maritime Services**

Road closure
McCarrs Creek Road at Ku-ring-gai Chase National Park, Church Point

Roads and Maritime Services will carry out essential slope maintenance work on McCarrs Creek Road, 900 metres west of McCarrs Creek Reserve, Church Point.

McCarrs Creek Road will be closed for up to **20 day shifts** and up to **six night shifts** with no access between Chiltern Trail and McCarrs Creek Reserve BBQ point between **Wednesday 14 June to Friday 25 August**. The day road closure times will be between **10am and 3pm** and the night road closure times will be between **8pm and 5am** from Monday to Friday. The road will be open with temporary traffic controls outside these times.

Variable message signs have been installed along the detour route to update motorists with specific dates for upcoming closures.

Motorists will need to divert onto Mona Vale Road at Terrey Hills and Pittwater Road in Mona Vale to access Church Point. The detour will add up to 30 minutes to travel times.

We apologise for any inconvenience and appreciate your patience during this essential maintenance work.

For more information contact DownerMouchel on 1800 332 660 (toll free). Outside business hours contact the Transport Management Centre on 131 700. For latest traffic updates visit livetraffic.com.

A07122R



AUSTRALIA'S EARLY CHILDHOOD EDUCATION

Tina Wu

With last month's release of the Early Childhood Education and Care's (ECEC) *Starting Strong 2017* report, it is clear that there is much Australia can do to increase access to early childhood education.

The report, released by the Organisation for Economic Cooperation and Development (OECD), collects data about early childhood education from participating countries. The resulting comparisons have shown that enrolment in early childhood education programs has generally increased throughout the world.

The cognitive, developmental and social benefits of early childcare have been paramount in the OECD's findings. According to the Programme for International Student Assessment (PISA) in 2015, children who attended early childhood education for at least two years outperform their peers by the time they are 15 years old. ECEC programs lay the base for lifelong learning, helping to reduce poverty and increase social mobility over generations.

It is not only children who reap the benefits of early childhood education. Mothers who send their children to early childcare programs will also be free to

work, potentially increasing the number of women in the workforce.

Alarming, the OECD has found that only 0.8 per cent of OECD countries' GDP is spent on ECEC, highlighting an area of deficiency for governments worldwide. In Australia, less than 25 per cent of early childhood funding comes from public expenditure, lagging behind European countries such as Finland, Norway and Sweden, where more than 90 per cent comes from public expenditure.

Many European countries have also implemented positive reforms to their ECEC systems. According to the report, "fees are calculated according to income, with low-income families paying nothing, while the costs for more affluent parents are capped" in Sweden.

This raises questions about equity in accessing the ECEC in Australia, particularly for Indigenous and immigrant children. The *Closing the Gap* Report 2015 revealed that early childhood targets for Indigenous children were not met.

"In 2013, 85 per cent of Indigenous four-year-olds in remote communities were enrolled compared to the benchmark of 95 per cent," the report writes, potentially

damaging for the future academic life of Indigenous children.

"Indigenous students who had attended preschool for more than one year scored, on average, 69 points higher academically (in the Programme for International Student Assessments) than Indigenous students who had not attended preschool at all."

However, all is not lost. Australia's implementation of the National Partnership Agreement on Universal Access to Early Childhood Education has lifted enrolments of four-year olds in pre-school from 53 per cent in 2005 to 85 per cent in 2014.

Quality rating services such as the National Quality Framework by the Australian Children's Education & Care Quality Authority are also coming into prominence, with 88 per cent of children's education and care services agreeing to be rated under this standard.

As the OECD report shows, it is important to consider the issues that are currently prevalent in Australia's policies for early childcare, as well as its successes that should be continued and improved.

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What age can my son enter the school?
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Roseville College Student Challenges the Odds



Roseville College is showcasing its sporting excellence with Year 6 student Erin Masters setting off to represent the College and NSW at the Pan Pacific Championships after a series of personal best times at the PSSA Championships in Homebush.

After overcoming a great number of odds, Erin is a true example

of resilience to her peers and her community. Erin suffered a stroke at 13-months which resulted in hemiplegia that limits the movements of Erin's left-hand side. Showing a strong level of maturity and empathy for her age, Erin acknowledged the personal sense of strength required to overcome not only your own worst critic, but those who are stuck in the mindset that disability means giving up.

"In spite of the visible 'disabilities', I know the other swimmers in the pool aren't only focused on competing against me. We are all competing with our own thoughts: the things doctors have said to us, our feelings, our pain and the wrong-belief that, 'I shouldn't even try'," says Erin.

With a character she credits to a nurturing school and home environment, Erin tackles any challenge presented to her, and it's doubtful the Pan Pacific Championships will be any different given her previous success in the pool.

Looking to the future, Erin aims to build a bridge between two passions. An interest in health and medicine and an obvious passion for the pool is evident in Erin's list of future aspirations. These include competing at the Paralympics and a career in obstetrics, a branch of medicine concerned with childbirth and midwifery. It is evident in such choices that Erin wishes to use her experiences to help others and challenge preconceived notions of disability.

Erin says, "I have learnt that no one should be made to feel embarrassed for, or ashamed of, who they are. Everyone is equal and has value, and everyone can make a difference."



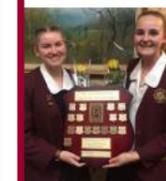
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AT ROSEVILLE COLLEGE THIS MONTH



Roseville College Year 12 Music Captain and music scholar, Wenny Qu, won the Annual Rotary Club Gordon Waterhouse Memorial Music Scholarship in June. Wenny (left, and above with pianist Simon Tedeschi), is the School's 5th winner since 2011.



Roseville College Year 11 student, Emily Dawson (right, pictured with joint runner-up Caroline Wentworth), won the Pat Fisher Best Speaker Award at the Zonta International Young Women in Public Affairs (YWPA) Awards in June.

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DO SMARTPHONES STUNT GROWTH?

Olivia Solon doesn't believe parents should be overly worried about the time their children are spending in front of screens.

Many parents are worried about their child's obsession with screens. They want to know which activities are best, and how much time spent on screens is too much. It has been six years since the launch of the iPad and, with it, the rebirth of tablet computers. The academic research simply hasn't been able to catch up, which means it's hard to know the long-term impact on young brains of being exposed to tablets and smartphones.

The concern among some experts is that these devices, if used in particular ways, could be changing children's brains for the worse – potentially affecting their attention, motor control, language skills and eyesight, especially in under-fives, for whom so much brain development is taking place.

Technology companies and app developers are throwing their marketing

protest at the problem, slapping words like 'educational' and 'e-learning' on their products, often without any scientific basis. So what are parents to do?

People have always feared new media. Almost 2500 years ago Socrates was decrying the spread of written language, arguing that it would erode memory and knowledge. In the 15th century it was the printing press that brought about moral panic. Benedictine monks, who profited from hand-copying reading materials, petitioned against the mechanised printers, saying: "They shamelessly print at negligible cost, material which may, alas, inflame impressionable youths."

Few technologies, however, have invaded our lives – and those of our children – as stealthily as the mobile computer, most commonly the smartphone or tablet. These devices are the right size for little hands to handle them, and the

touchscreens easy for tiny fingers to manipulate. Plus there's so much you can do on these devices: watch videos, play games, draw pictures and talk to relatives thousands of miles away.

What we don't yet fully understand is how much value there is to the tactile element of touching interactive screens, something that requires a connection between the eyes, fingers and brain, and that passive viewing lacks. Does manipulating a digital object on screen enhance the learning process and make it easier to transfer knowledge into the physical world? And can understanding this mechanism help us develop better digital learning tools?

Regardless of our feelings towards tablets and smartphones, these devices are here to stay. So how do we get the most out of them? Thanks to some 100 years of research into how children learn, we can make educated guesses about what sort of

interactions, in what sort of circumstances, are best.

Devices such as tablets and smartphones can make the most impact in lower-income households. In these households, people tend to have less access to developmental resources – such as music lessons, extra tuition or just extra hours of social interaction – and so spend more time with digital media. Provided the content is high-quality, tablets and smartphones can have a big impact.

Although we are still in the early days



of understanding the impact that mobile computers are having on young children, most child experts agree that device use is just one part of a rich diet of activities, particularly for under-threes, who seem to struggle to learn from screens.

Interactive, creative touchscreen experiences should be preferred over passion TV-like viewing. Parents should take educational claims from app developers with a hefty pinch of salt.

Where possible, a device should be used as a tool to enhance interactions with the child, whether that's as a

launchpad for discussion ("What's the cow doing over there?" "What sound does the duck make?") or as a way to inspire education conversations that spill into the rest of the day, as appears to happen with BedTime Math.

Instead of banning devices, we should be demanding better apps built on solid research. For children aged between three and five, it's entirely possible that a well-designed app can help improve vocabulary and basic math skills.

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FOCUS ON: NSW PUBLIC SCHOOL EDUCATION

The annual NSW Education Week is set to run from Monday 31 July to Friday 4 August, 2017. This year's theme of 'I Learn, We Learn' will underpin the week long display showcasing our state's public education system.

The week will see schools all around NSW invite parents, grandparents and community members into their classrooms to share in the success of students, teachers and support staff. It is a fantastic yearly opportunity that works to highlight the achievements of all schools and, most importantly, celebrate its students.

With a focus on NSW public schools, the week will showcase how public education provides students with the opportunity

to shape their future, regardless of their background, in an emotionally, physically and academically supportive environment.

Whilst NSW public schools continue to offer world-class education, they still face a significant issue in need of urgent attention – growing demand for enrolment. However, this is something the State Government is committed to addressing.

Recently, the NSW Government publicly announced its \$4.2 billion commitment from 2017-18 to 2020-21 on capital expenditure for surging enrolment. This is a sizable increase on last year's capital program of \$2.6 billion from 2016-17 to 2019-20.

More than 120 new school and major upgrade projects are promised to start within the next two financial years in direct response to the unprecedented forecast enrolment growth of 164 000 more students in government schools by 2031.

"The NSW Government is responding to this once-in-a-generation spike in student enrolments by delivering the school infrastructure to meet the needs of current and future students," says Premier Gladys Berejiklian.

The 2017-18 Budget will also provide \$1.2 billion in funding support for non-government schools, including increasing the Building Grants Assistance Scheme to support enrolment growth.

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THIRD TIME WINNERS

St Leo's Catholic College from Wahroonga took out the top prize for the third year running at the annual Battle of the Chefs competition.

St Peter's Catholic College in Tuggerah came second with Mater Maria Catholic College from Warriewood rounding out the top three.

Seven secondary schools from across the Diocese took part in the competition, which was held at St Peter's.

"The standard of our students is continually lifting each year, resulting in all schools performing to a very high level," says Phil Cox, Education Officer, Secondary Vocational Learning and Curriculum.

Teams of six students took part from each school, comprising three Year Twelve students to prepare the meal, and three Year Eleven students to watch and help clean up. Competitors had just ninety minutes to prepare, cook and plate up one main meal and one entree or dessert, with judging criteria including personal presentation, hygiene, technical skills, work flow, and final product.

The competition was judged by Dimitri Aronis and Sandra Stowe from Ourimbah TAFE and Karl Kard, head chef and owner of The Edge Bar Café in Tuggerah. The judges commended the standard of work displayed by each school team, as well as the students' professional approach to teamwork.

"We were really fortunate to have such highly qualified chefs give their time and expertise," says Mr Cox.

Mr Cox also thanked Simone Peat at St Peter's Catholic College and the VET team for all their hard work on the day, as well as their organisation behind the scenes.



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DISCOVER WHAT A CATHOLIC EDUCATION CAN OFFER YOUR CHILD

1-2-3 Magic

More than 50 parents attended a course at St Martin's Catholic School at Davidson recently to participate in the 1-2-3 Magic parenting program which course facilitator Jeanie McDonnell ran over three weeks in the school library.

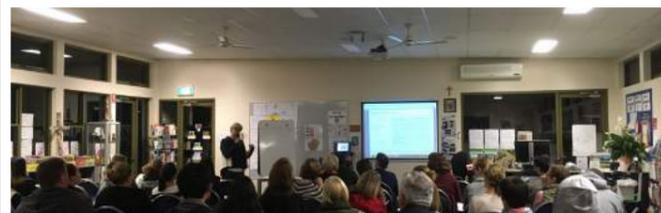
The 1-2-3 Magic and Emotion Coaching program teaches parents and caregivers of children under 12 how to deal with difficult behaviour by using an easy signalling system to provide discipline and structure. The signalling system requires the parent to use less emotion in their engagement, which encourages the development of children's ability to self-regulate their behaviour and emotions.

School Principal, Helen Leigh commented, "What a great response to "123 Magic". We can all use a few more parenting ideas. While three weeks was a big commitment, it allowed time to try out ideas, talk to others about strategies and bring questions to the next week's session."

The course received positive feedback from the parents, who praised the relevance of the content and said that the strategies were likely to be very useful.

"It was simple and easy to follow and has made a difference in my approach," says Susanne Bragge, a parent and teacher, "The course was engaging and so informative. It showed me that I have options to manage children and build positive relationships with them."

Kate Miller agreed, "The Emotional Coaching component of the course was a highlight as it challenged my current parenting ideas and introduced me to far more effective ways of communicating with my children and providing them with the skills needed to identify and manage their own emotions, feelings and behaviour."



Making the wrong, right – what can we do for students at school?

Have you heard about the STEM girls selected by STANSW to represent Australia at the Intel ISEF in Los Angeles this year? They achieved 1st, 3rd and 4th in the world! But their research wasn't just adding random bits of knowledge. Macinley Butson's (Illawarra Grammar) copper shield is for women receiving radiation treatment. And Mary-Anne Poyitt's (Redeemer Baptist) research on a riparian corridor is to help ecologists revive plants near creeks. Putting something that's wrong, right. That drives these young scientists to know more.

We live in a world with wonderful opportunities to experience beauty through culture and travel. But even then, sometimes we're reminded of what's so wrong in this world. Like tourists on London bridge suddenly gripped by fear or terrifying fire in a tall block of London flats.

We all have times when we just want the wrongs to be made right! And school students need to know that it's worth making an effort to put right what's been wrong. That's what scientists, doctors, teachers, politicians and friends all try to do. That's what students can do when they reach out to help others in need.

But is there a bigger picture that schools could be providing students that could give substance for hope that what's wrong could be made right? Perhaps that is an important contribution of religious education in schools. Indeed, the ancient Hebrew name for the person who would make all the wrongs right is Messiah, which means 'the anointed one'. The Greek name Jesus Christ means 'the anointed one who will save'. Jesus' words recorded in the Bible can change the way students respond to difficult situations

in life and give them hope to try to effect change.

Last week, I got a telephone call from a past student with a very disadvantaged background who had been caught on the wrong side of the law not long after finishing school. Back then, everything was wrong in life. But our teachers continued to help because we all believed that the wrong could be put right. Last week I was told that this student had just completed a second university degree and also landed a really good job with this university training. The wrongs were being made right!

Let's work together to give substance and opportunity for our students to contribute, in their local and global contexts, to wrongs being made right.

redeemer.nsw.edu.au



REDEEMER BAPTIST SCHOOL

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**30th August
31st August
2nd September**

7pm, Sargood Hall

Enjoy the classic tale of Eliza Doolittle's transformation in this new adaptation!

FOR MORE INFORMATION AND BOOKING DETAILS CONTACT OUR SCHOOL OFFICE 9630 6311

ENROLMENT ENQUIRIES

2 Masons Drive
North Parramatta NSW 2151

Email: redeemer@ozemail.com.au
Web: www.redeemer.nsw.edu.au

Phone: (02) 9630 6311
Fax: (02) 9683 5338



'SEUSSICAL' THE MUSICAL TOURS SYDNEY

This month, the fantastical *Seussical* the musical is coming to wow North Shore audiences. Produced by the LOUD Theatre Company, the debut performance is set to entertain local theatre-goers with a spectacular opening at The Concourse Chatswood, July 21-22. The musical will follow up with performances at the Glen Street Theatre in Belrose and the Roslyn Packer Theatre in August and September respectively.

Attending families are set to be enthralled by the magical story inspired by the much-loved books of Dr Seuss. Tony winner Lynn Ahrens and Stephen Flaherty have brought to life many favourite Dr Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, Mayzie LaBird and Jojo – a little boy with a big imagination.

The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust that contains the Whos, a community of tiny people. Horton faces the double challenge of protecting the Whos, while also guarding an abandoned egg left in his care by the irresponsible Mayzie LaBird. Although Horton faces ridicule and danger, the timid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community emerge triumphant.

The latest *Seussical* production to immerse Sydney will also see students taken to new heights. The city's first touring musical theatre group stars some of our most exciting local, young talent. LOUD Principal and show Director, Sophia Holland, says the theatre group provides an opportunity for school-aged performers to get a taste of real, live musical theatre on the big stage.



"Our touring group bridges the gap between school performance and professional musical theatres," she says.

"There are lots of touring vocal ensembles and dance troupes out there, but this is the first touring combined schools musical theatre company in Sydney."

A school teacher and choreographer with a love of musical theatre, Sophia recognised an obvious gap between kids performing in school plays and professional theatre.

"The initiative provides our performing arts students a chance to experience the industry and do what they love.

"We are working closely with schools and, as well as our public shows, will play to

more than 500 students from 100 schools across Sydney."

Sophia says, as well as vocalists, dancers and actors, the show also provides opportunities for members of the orchestra, makeup, costuming, stage hands and tech crew. Each will have the opportunity to work with professionals in the industry providing invaluable mentorship.

"I am passionate about supporting students in all facets of the performing arts and helping them to achieve their dreams," she says.

If you're a lover of theatre, a Dr Seuss fanatic or simply after an enjoyable outing, *Seussical* is a performance not to be

missed. And who knows, you might very well be watching some of our future Aussie stars in the making!

Show Dates:

• *The Concourse Chatswood*, July 21 at 7pm, July 22 at 2pm & 7pm

theconcourse.com.au

• *Glen Street Theatre Belrose*, August 4 at 7pm, August 5 at 2pm & 7pm

glenstreet.com.au

• *Roslyn Packer Theatre Walsh Bay*, September 1 at 7pm, September 2 at 2pm & 7pm

roslynpackertheatre.com.au

St Ives Medieval Faire

PROUDLY PRESENTED BY KU-RING-GAI COUNCIL

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ACTIVITIES FOR EVERYONE

TREE TOP ADVENTURE PARK – THE HILLS

A recreation activity in the beautiful Sydney tree tops that everyone in the family will enjoy! From sliding down flying foxes to moving from tree to tree on suspension bridges, this exciting adventure has it all. The sensational experience is carried out at the participant's own pace with each course designed with varying levels of difficulty – from children over three years old, through to easy, medium and 'adventure lover'. Plus the park is eco-friendly as it aims for minimal environmental impact on the forest. A truly fantastic way to discover the Great Australian Outdoors!

treetops.com.au



MANLY SEA LIFE SANCTUARY

Let your family be inspired by the remarkable conservation efforts undertaken at Manly SEA LIFE Sanctuary aquarium. A day visit here will see you learning more about their breed, rescue and protect program, as the local aquarium passionately advocates wildlife protection. Visitors will also have a chance to interact with a wide variety of marine life, as well as experience Penguin Cove, where you can discover a colony of Manly's iconic little penguins.

manlysealifesanctuary.com.au

MADAME TUSSAUDS SYDNEY – DARLING HARBOUR

Experience the glamorous world of fame and celebrities at Madame Tussauds Sydney. You can take a picture with Aussie icons like Megan Gale or pose in the oval office with the former president of the United States, Barack Obama. Visitors are also able to explore the new sports zone where they can challenge Yao Ming to a game of basketball or step onto the cricket pitch with Sachin Tendulkar.

madametussauds.com.au



BE 'SEEDSATIONAL' IN THE NORTH SHORE

On Saturday July 8, Lane Cove Market Square will be hosting music and games for North Shore kids. The Yummy Times Group has teamed up with Lane Cove businesses, Dymocks, McGrath and Lodge Tapas to spread the 'Seedsational' message of healthy and sustainable living to our community. Attending the event will be their beloved mascot 'Yummie' who has recently been visiting local schools with books and healthy snacks for kids. There will also be prizes to be won including restaurant vouchers, book vouchers, food hampers, kitchen gear and much, much more!

yummytimesgroup.com.au



WAY OUT WEST (WOW) FESTIVAL FOR CHILDREN

Grab the kids from July 12-15 and get amongst the spectacular Casula Powerhouse for four days of free workshops and performances for kids up to 12 years old. This truly exciting event is Sydney's only contemporary arts festival designed for children and their families. The seventh annual event is set to include entertaining circus acts, crafts, Japanese animation and so much more! With *Playschool* star Jay Laga'aia in attendance as well as other exciting young talent, your children will be in absolute awe!

wayoutwestfestival.com.au



DISNEY ON ICE PRESENTS FROZEN

It's time to relive the magic of Anna and Elsa with the incredible Disney On Ice production of *Frozen*. The most popular Disney story in recent times, *Frozen*, will be brought to life by 39 world-class ice skaters, more than 100 costumes and all of your favourite characters as well as some new faces. Singing all the classics including 'Let it Go', this is an experience your children will not forget!

qudosbankarena.com.au



MEDIEVAL FEAST ADDED TO FAIRE ATTRACTIONS

Hanna Moore

As September inches closer, the St. Ives Medieval Faire is just around the corner. On the weekend of the 24-25 September, the St. Ives showground will be transformed into an interactive medieval playground. This year, it has also been announced that the Faire has added an enormous Medieval Feast to its growing attractions list.

The Faire, now in its fourth year, celebrates medieval history through a number of activities. This includes a jousting tournament, and being the only festival in Australia that holds the solid lance joust event, it's certainly not worth missing. There are still plenty of other options however, from wandering the Medieval village and markets, to practising

some archery and even a costume competition for those who love a dress up party. There's also plenty of options for the kids with dance lessons, crafts, and workshops in puppetry and juggling.

To top it all off, for the first time ever, the Faire will be hosting a Medieval Feast in the form of an enormous banquet sidelined by live performances. The feast will take place at the Dalmatia Club in Terrey Hills from 7pm on Friday 22 September. This feast will be a prelude to the main event and will bring plenty of excitement for the days of adventure to follow that weekend.

The feast includes several courses of authentic food with a modern twist, specially brewed drinks from a stock of

special release medieval beer, as well as live entertainment from fire twirlers and medieval music.

Booking is essential to securing a place in the Keep. Early bird tickets can be purchased up until the 31 July with prices ranging from \$80 for adults and \$40 for children. The second round of tickets will be available from 1 August to 11 September with prices coming in at \$90 for Adults and \$40 for children. Tables for larger groups can also be booked with tickets for a table of 10 ranging from \$720-\$800. The venue is also offering free parking as well as a free shuttle bus service.

kmc.nsw.gov.au



LOUD Theatre Co. Presents

Seussical

Music by **STEPHEN FLAHERTY** Lyrics by **LYNN AHRENS**

Book by LYNN AHRENS and STEPHEN FLAHERTY
Co-conceived by LYNN AHRENS, STEPHEN FLAHERTY and ERIC IDLE
Based on the Works of DR. SEUSS
Licensed exclusively by Music Theatre International (Australasia)
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A zany and colourful family musical

Come and see The Cat in The Hat, Horton, Jojo and all your Dr. Seuss favourites in this heart-warming production by LOUD Theatre Co.



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THE CONCOURSE CHATSWOOD
TIX: theconcourse.com

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GLEN STREET THEATRE BELROSE
TIX: www.glenstreet.com.au

SEPT 1&2
ROSLYN PACKER THEATRE WALSH BAY
TIX: www.roslynpackertheatre.com.au

JADE HAMEISTER

TREKKING THE WAY FOR YOUNG AUSSIES



Sabrina Muysken talks with Australian Geographic's 2016 Young Adventurer of the Year about the importance of tackling climate change, shifting the focus from appearances to bravery, and her incredible quest to become the youngest person in the world to complete the Polar Hat Trick.

On the outside Jade Hameister appears just your average year 10 student, who still has no idea what she wants to do when she finishes school. She cites spending time with family and friends, playing with her dog Ava and indulging in caramel slice as some of her favourite pastimes. But beneath the surface, Jade has a deep-rooted passion for exploring this world that has seen her gain experience and understanding far beyond her short years.

From being awarded the title of Australian Geographic's 2016 Young Adventurer of the Year through her powerful activism in combating climate change to leading her very own TED talks on empowering young women, her journey so far has been nothing short of inspirational. Simply put, Jade is one remarkable Aussie teenager. Although, this deep-rooted zest for life is somewhat unsurprising. With a father, Paul Hameister, who was the 12th Australian to climb the Seven Summits (including Mount Everest), Jade's adventurous enthusiasm is undoubtedly inherited.

"I was born into a very adventurous family. I grew up in a house where my dad climbed the seven summits, including to the top of Mt Everest when I was 11, and as a family we always did little adventures every year, like Mt Kosciuszko... We have also travelled around the world a lot as I've been growing up – this is where my love for adventure really began," reflects Jade.

When she was just 12 years of age, budding adventurer Jade followed in the footsteps of her father and completed the trek to Everest Base Camp. It was an experience that Jade says she'll never forget.

"Everest Base Camp was amazing! It was so good to go back with the family in 2013 to see where dad had been a couple years prior. We were trekking as part of an expedition aiming to reach the summit with friends of dad's, and there were some pretty amazing people travelling in that group."

It was during this trip that Jade became inspired by the courage of two women she had befriended – one who had previously skied to the South Pole solo and the other who had been the first woman to summit Everest without supplemental oxygen.

"I got to know and spend a lot of time with an Icelandic lady called Villa who had skied to the South Pole solo the year before and she shared with me her stories from that expedition. Hearing how amazing the whole thing sounded inspired me to start thinking about my own polar journeys."

This inspiration led Jade to undertake her very own pursuit, 'Jade's Polar Quest'. Otherwise known as the Polar Hat Trick, the quest consists of three difficult journeys around the globe. The first Jade completed in April 2016 – skiing 150km over 11 days to reach the North Pole. The second she accomplished just last month – skiing 550km over 27 days across Greenland. The third Jade will take on this coming December – a mammoth 40 day, 640km journey from the coast of Antarctica to the South Pole. And in case her quest wasn't difficult enough, during all of the expeditions Jade is required to pull a sled containing all of her food and gear that measures 60-100kg in weight. From sleeping in tents in remote locations to battling extreme weather conditions and environments, Jade continues to take it all in her stride, smashing world records and remaining extraordinarily modest as she goes.

"If successful, I will be the youngest person to both Poles and to complete the Polar Hat Trick, the youngest to the North Pole, youngest woman across Greenland and youngest person to the South Pole. I will also be the first Australian woman ever from coast to Pole unsupported and unassisted," Jade acknowledges.

"But these records were not the reason I wanted to do the trips. In fact, I only found out about some of them recently!"

Beyond the demanding physical journey, the expeditions have so far exposed Jade to a rare, first-hand insight into the alarming reality of the world's currently dilapidated environment. Ever since, using her new-found public platform, the enlightened youth has been active in raising awareness of the severe impacts of climate change.

“My message for all young people would be to focus on being brave, not on trying to be perfect.”

“I feel very privileged to have the opportunity to be probably the only representative of my generation to have first-hand experience of earth’s three key polar regions. But I also feel a responsibility to raise awareness of the impacts of global warming on these beautiful and fragile parts of our planet.”

In late 2016 and early 2017, she delivered a series of TED Talks to a combined live audience of over 12 000 students at ImagiNATION in Sydney, Melbourne and Brisbane. She covered not only the topic of climate change but advocated for the empowerment of young women. This can be achievement, she believes, by shifting the focus for young women from how they appear to the possibilities of what they can do.

“I think it’s really important to try and shift the focus for young women from how we appear to the possibilities of what we can do. If by doing something that I love – adventure, I can inspire other young women to do what they love and chase their dream that would be awesome.

“I am conscious with my social media accounts not to focus on posting pretty pictures of me. I hope the theme of my posts is more about me actually doing things, regardless of how I appear.”

In the presentation Jade also discussed her concept of #BraveNotPerfect that encourages young people to choose bravery over perfection. She enthuses that by being courageous we acknowledge that we are imperfect and that we will make mistakes, but we try anyway.

“My message for all young people would be to focus on being brave, not on trying to be perfect. When we try and be perfect, we worry about looking silly and it stops us from trying. When we are brave, we know we may fail but we try anyway. I had only ever skied once before attempting the North Pole!”

Despite her eventful journey so far, the sixteen year old is still uncertain of what her future holds. So long as she is actively working towards positive change in the world, she says she’ll be happy.

“I don’t know exactly what I want to do when I finish school. But I want to keep traveling, doing adventures and hopefully making a positive difference for the empowerment of young women and for the future of our planet.”

jadehameister.com



TRENDING NOW: Fidget Spinners – Just another fad?

Aidan Wondracz

Fidget Spinners are currently taking youth across the world by storm. With an incredibly plain design, the product consists of two or three prongs with a circular centre pad. The user merely holds the centre pad whilst the toy continuously spins. The point of the Fidget Spinner is simple: to de-stress the user. The product is being touted by many as one of the greatest gifts to mental wellbeing, however, is this simple toy really all that?

Contrary to what toy companies might say, Fidget Spinners do not draw their roots from science. In fact, Catherine Hettinger, a Florida-born inventor, patented the device as a promotion of peace. Maybe that explains the uncanny resemblance the device has with the universal peace sign.

More than a decade ago, Hettinger conceived the idea during a visit to her sister in Israel. After witnessing children throw stones at police officers on the street, a thought struck her – what if the children had something calming to play

with instead? The first draft conceptualised the design as a soft rock, at least these would bounce off the officers.

Unfortunately for Hettinger, the product failed to make a dent in the toy market. Under financial strain, the struggling inventor relinquished the patent rights in 2005 for just \$400 (US). Multinational toy company Hasbro was quick to take up the rights, and is currently the legal rights holder of the now multi-million dollar toy.

It’s not a bad profit, considering that the toy only gained traction early this year after a series of YouTube videos featured children doing tricks with the toys went viral. At the same time, stories of special-needs children benefiting from the spinning devices cropped up on online media. Children with autism, ADHD, ADD, and anxiety were suddenly concentrating during class time. Almost overnight, the toy was promoted to miracle status.

Scientific research supports the claim that special-needs children work more

effectively when they are left to fidget. Wiggling in a chair or shaking a leg under the table may stimulate underused parts of the brain, such as the dorsolateral prefrontal cortex, that is responsible for attention, planning, and impulse control. But many scientists are sceptical of the powers of the Fidget Spinner because the physical movements are diverted through the device.

So, if you’re thinking about jumping on the fad bandwagon in a bid to ease your stress levels, take a moment to consider whether or not the effects of the Fidget Spinner are just a temporary placebo.

spintoys.com.au



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NETIQUETTE

Sabrina Muysken explores the importance of online decorum.

What does your online communication style say about you? Do you consider how a recipient or recipients may digest your words before you press Enter? Or have you never really given the potential impact of your digital footprint much thought?

According to recent studies, the way you compose an email, tweet, iMessage or Facebook post will directly affect how others perceive you. So if online decorum is a concept that has so far alluded you, it might be worth reconsidering your electronic approach.

In an age of all things digital it is increasingly important to understand what constitutes acceptable social and professional online behaviour, as indeterminate as that definition may be. With its ubiquitous presence in our globalised world, online communication has generated a sizable market for the 'Online Etiquette Guide'. Unfortunately, this means that the varying rules and guidelines on offer are often hazy and contradictory at best.

In 2003, Dr Jo Mackiewicz conducted a study into the varying opinions on digital conduct. She concluded that although there seems to be a unified understanding of how to convey content via digital platforms, personal addressing and signing off remained areas of ambiguity.

"The results show that five of the eight rules are emerging as standard practice

but that rules relating to greetings and farewells in emails, emoticons, and abbreviations are not yet standardised," says Dr Mackiewicz.

Unlike face-to-face social interactions, a key danger with online communication is that tone can be easily misinterpreted. There's no contest that caps lock has become the modern way of voiceless shouting or that the line 'Nice to E-meet you' has eclipsed the original handshake, however, there is an air of uncertainty surrounding how to effectively convey your manner of speaking without using any sound. This is undoubtedly one of the main reasons why emoticons have ingratiated themselves as a prominent element in online communications.

Used in the correct context, the input of a simple smiley face is enough to turn a message from appearing aloof to friendly. Used in the wrong context, this seemingly harmless addition could leave the recipient feeling uncomfortable. Therefore the trick to effective online communication is understanding when and how to express yourself and, most importantly, that this usually depends entirely on your relationship with the recipient.

Above all, it is crucial to acknowledge that communication is a two-way street. Just as with in-person communication, how someone receives your message is of equal importance to the original intent the message was delivered with. When you take into consideration your

relationship with the recipient and you compose your message accordingly this will dramatically reduce your potential for causing miscommunication or, even worse, offence.

When in doubt always 'speak' online the way you would actually do so in-person. If you wouldn't walk up to someone and start talking to them without addressing them appropriately or introducing yourself first then apply those same manners when conversing online. Remember, it's all about the context!

THINGS TO CONSIDER:

• **Do I always need to say 'Hi' and 'Bye'?** – There is vast disagreement about whether openings and closings in emails are needed. However, as a rule to follow always use an opening and closing when in the early stages of establishing a relationship with the recipient. Unless your addressing a higher authority, after that it is up to personal preference.

• **Manners versus efficiency** – A common theme emerging over that past few years is EOM (End Of Message). It is a way of writing short, concise emails that will save time and increase efficiency. Although proven to be effective, EOM is somewhat controversial as it can put you at risk of coming across as rude. When using this style we suggest inserting simple additions such as explanation marks or friendly terminology to ensure your message is not misconstrued.

STAMP DUTY CHANGES

Sabrina Muysken

NSW Premier Gladys Berejikian has recently announced housing affordability reforms that are effective from July 1. But what exactly do these reforms mean? And will they have any real impact on Sydney's rising property market?

Under the new package, first home buyers will receive a leg up into the property market with more than \$1 billion of stamp duty concessions and measures set to help level the playing field against investors. Most notably, first home buyers of both existing and new property developments costing up to \$650 000 will now be exempt from paying stamp duty altogether. Further, buyers of first homes worth up to \$800 000 will also receive sizable stamp duty discounts.

These changes have been estimated to offer first home buyers in NSW savings of up to \$25 000 each – a sizable figure. However, it still remains to be seen whether these savings are achievable or if they will ultimately end up in the pockets of sellers. Regardless, at the very least the reforms will allow for first home buyers to compete better with investors.

In the same package Ms Berejikian also announced a set back for prospective home owners as the eligibility criteria for the previous \$10 000 first home owner grant will be tightened. The grant will remain in place for those building a first home worth up to \$750 000, however, the eligibility cap for purchasing a new home will drop to \$600 000.

The housing affordability reforms come as

Ms Berejikian's first response to Sydney's growing property issues, something she committed herself to tackling when she took over the premiership reigns. To assist the funding of the package, the stamp duty surcharge placed on foreign investments will be doubled to 8 per cent. The land tax surcharge will also be lifted from 0.75 to 2 per cent.

"Today our response is about first home buyers," Ms Berejikian said back in May, "It is about getting people into the market. That is what we are solving for today."

So far the reforms have received mixed reviews. Opposition Leader Luke Foley has deemed the plan as a "missed opportunity" in regards to reducing overall housing prices.



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HEALTH CORNER

Aidan Wondracz

Relieve Carpal Tunnel Syndrome Pains

A new study in the journal, *Brain*, suggests that acupuncture may have some healing benefits for treating Carpal Tunnel Syndrome (CTS). Sufferers of the syndrome experience a feeling of numbness, tingling, or pain in the hand because of a squeezed nerve or wrist. People aged between 40-50 are more likely to experience this feeling of discomfort compared to any other age group. If left untreated, the pain may develop into rheumatoid arthritis. Researchers from Massachusetts General Hospital conducted a trial, combining acupuncture with electric stimulation. Eighty people with mild CTS were drawn together as test subjects. The result? The patients experienced immediate improvement in pain and numbness. What's more is that they experienced gradual improvement in functionality in the following three months.

Perfect Diet Debunked

Recent studies have revealed that there is no, 'one glove fits all' solution to losing weight. Frank Sacks, professor of Cardiovascular Disease Prevention at the Harvard T.H. Chan School of Public Health, has been studying weight-loss trends for many years. His conclusion? The effectiveness of a diet, from low-fat, to detox, to paleo, depends on individual responses. The Bariatric Medical Institute in Ottawa has taken this philosophy to heart, and experienced glowing results. All of their clients begin on the same six-month diet and exercise. Afterwards, physicians encourage them to diverge from the program. Through trial and error, they find what health-routine works best for their patient. For instance, they may begin on a Weight Watcher's diet, see no results, and switch to a personalised diet at the institute. So if you're not seeing the results you want from your diet, maybe it's time you made the switch and consulted a dietician.

Avoid Cold & Flu Season

With winter settling in and Sydney experiencing some of its coldest nights in decades, now is the best time to be thinking about how to avoid the common cold. And, a simple diet may be the better alternative to popping cold medicine on the daily. First off, monitor your intake of Vitamin D. If your levels are low, you are 40 per cent more likely to come down with the flu. So stock up on fatty fish such as tuna or salmon, cheese, egg yolks, or milk — there's nothing like a hot cup of tea during winter! Secondly, boost your glutathione productivity. This is a compound in your body that helps the immune system kill any lurking viruses. Eat more avocados, squash, tomatoes, and sulphur-rich vegetables like onion, parsley, or garlic. Lastly, get a good night's rest. Sleeping for less than seven hours in one go can increase your likelihood of contracting the flu threefold. Make sure you get your eight hours or more of shut-eye.

GEN Y WOMEN DEEMED 'MOST PESSIMISTIC'

Sabrina Muysken

It's official, Aussie women aged 18-35 are the most unhappy bunch. A recent study by Australian Unity reported that 43 per cent of all females are viewing the glass as half empty, with Gen Y females being deemed the most pessimistic of them all. Female Baby Boomers are the most optimistic at 64 per cent followed by Gen X females at 57 per cent.

The release of the survey coincides with Australian Unity's announcement of a new partnership with The Resilience Project, a national organisation teaching Australians positive health strategies. In keeping with Australian Unity's recent findings, The Resilience Project's Founder, Hugh Van Cuylenburg, has also identified Gen Y as the most concerning demographic to target. He highlights self-imposed pressure as a key contributing factor in the generation's failure to find happiness.

"I'm not surprised the research identified Gen Y as the least optimistic generation compared to Gen X and Baby Boomers," says Hugh, "I've delivered programs in more than 400 schools around Australia and have seen first-hand the growing levels of anxiety and depression in young people."

The research also found there to be one million more optimistic men than women, with Male Baby Boomers being recorded as the most positive. In a gender comparison, every generation of females appears to be less optimistic than their male counterparts. This is thought to be because women are increasingly too hard on themselves.

"One in two Gen Y females are pessimistic about their mental health... It's evident women set themselves much higher standards than men. I see this

every day in schools, workplaces and sporting clubs I work with. When women don't reach these standards they're hard on themselves and this is clearly impacting on their levels of optimism."

The Australian Unity Optimism Study cited "good health and enjoyment of life" as the most influential factors in achieving optimism and revealed "Australian politics and global issues" as playing only a minor role.

Aside from the obvious side effects, an optimistic outlook can also play an integral role in physical health as there have been many links found between poor mental health and disease.

"An optimist is less likely to die from infection, cancer, heart disease, stroke and respiratory disease. Optimists are also likely to enjoy better levels of mental health. Science shows optimists are significantly more successful than pessimists in aversive events and when unforeseen circumstances get in the way achieving important life-goals," says Laura Jennings, Australian Unity spokesperson.

However, those wanting to change their outlook and see the glass as 'half full' needn't worry as optimism can be learned.

"The good news is, anyone can rewire their brain to scan the world for the positive," says Hugh.

A key practice The Resilience Project, and many other mental health initiatives, advocate is the use of a gratitude journal. It has been proven that by adopting the simple routine of jotting down a few things you are grateful each day can dramatically improve your overall outlook, make you more appreciative of what you do have and alleviate yourself of any self-imposed pressures.

For more on The Resilience Project visit theresilienceproject.com.au

Better Hearing at AUDIOHEALTH

Over twenty years ago, the Magee family opened their first custom designed hearing clinic, benefiting the local community with access to state of the art hearing devices at very affordable prices.

"Being an independent clinic, we focus on accessing the latest technology — regardless of the brand," explains Aaron Magee, Director of the Gordon based family Practice, "which ensures our clients have choice and access to the best products on the market. If it means an investigative trip overseas, we are up for it, researching, educating, upskilling on new software to program the devices is par for the course if we are to excel in providing outstanding hearing results. On occasions, we have been the first clinic in Australia to launch some of these products, this is something we have always been passionate about."

With literally thousands of ears of experience behind them, the Magee family have been involved in hearing care for three generations. With the utmost level of involvement, AUDIOHEALTH offers unparalleled commitment to provide clients

with more than just a service.

"Hearing loss impacts on so many aspects of a person's life that being treated with care and consideration is of paramount importance," says Aaron.

"Our clinicians take a genuine interest in each individual's specific needs and strive to offer tailor-made solutions. The latest state of the art equipment is used to ensure accurate testing, precise programming and detailed medical reporting.

"We have recently extended this care to actively participate in the Starkey Foundation, a not-for-profit organisation aimed to fit one million people in third world countries with free hearing devices before the end of the decade. Our Director, Joanna Magee, helped fit 620 children in Indonesia at the end of last year and is planning more trips this year. Please consider donating your old hearing aids to this wonderful cause that helps children, their families and their communities.

"At home, we continue to bring you the latest hearing technology with the new

SoundLens Synergy, the world's first and smallest IIC* invisible when worn hearing device, smaller than a jelly bean and hidden completely in the ear canal with a quad core processor that works 5 times faster than previous micro-chips and we have just launched the world's smallest rechargeable RIC hearing device, being rechargeable this has done away with the need to change batteries so no more fiddling, just pop into the ear and go and very eco-friendly. Further progress has been made in addressing tinnitus, that annoying ringing people get in their ears or head when no external sound is present. Most new hearing devices come equipped with a tinnitus masker which offers relief to those who find this sound interfering with their lives."

If you feel you may have a hearing loss and would like to trial any of these innovative new devices, make a booking at the Gordon clinic on 94181622. You've nothing to lose but your hearing loss and a whole new world of sound to gain!

audiohealth.com.au



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MENS ORAL HEALTH

June 12-17 marked Men's Health Week, a time to reflect and promote the health and wellbeing of the male members of our families.



Dr Ian Sweeney

Why is Oral Health Important for Men?

Men are less likely than women to take care of their physical health and, according to a number of studies; their oral health is equally ignored.

Good oral health has been linked with longevity. Men are less likely than women to seek preventive dental care and often neglect their oral health for years, visiting a dentist only when a problem arises. When it comes to oral health, statistics show that the average man brushes his teeth 1.9 times a day and will lose 5.4 teeth by age 72. If he smokes, he can plan on losing 12 teeth by age 72. Men are also more likely to develop oral and throat cancer and periodontal (gum) disease.

Why is periodontal disease a problem?

Periodontal disease results from the build up of plaque, which hardens to form calculus. Calculus builds up around teeth in a similar way that barnacles build up on a boat. The calculus irritates the gums causing the breakdown of the fibers that anchor the gums to the teeth. Researchers have found a connection between gum disease and cardiovascular disease, which can place people at risk for heart attacks and strokes. The following symptoms are signs of gum disease:

- Bleeding gums during brushing

- Red, swollen or tender gums
- Persistent bad breath
- Loose or separating teeth

Do you take medications?

Since men are more likely to suffer from heart attacks, they also are more likely to be on medications that can cause dry mouth. Saliva is a natural buffer to the effects of acid produced by bacteria in the mouth. If you take medication for the heart or blood pressure, or if you take antidepressants, your salivary flow could be inhibited, increasing the risk for cavities.

Do you use tobacco?

If you smoke, you have a greater risk for gum disease and oral cancer. Men are affected twice as often as women, and 95 per cent of oral cancers occur in those over 40 years of age.

The most frequent oral cancer sites are the tongue, the floor of the mouth, soft palate tissues in back of the tongue, lips and gums. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, irreparable facial and oral disfigurement following surgery and even death.

Do you play sports?

If you participate in sports, you have a greater potential for trauma to your mouth and teeth. If you play contact sports, such as football, soccer, basketball and even baseball, it is important to use a mouthguard, which is a flexible appliance

made of plastic that protects teeth from trauma.

Taking Care of your teeth

To take better care of your oral health, it is important to floss daily, brush your teeth with fluoride toothpaste twice daily and visit your dentist at least twice a year for cleanings. General tips for improved oral hygiene include:

- Use a soft-bristled toothbrush to reach every surface of each tooth.
- Replace your toothbrush every three months or after you've been sick.
- Choose a toothpaste with fluoride. This can reduce tooth decay by as much as 40 per cent.
- Brush properly. To clean the outside surfaces of your teeth, position the brush at a 45-degree angle where your gums and teeth meet. Gently move the brush in a circular motion using short, gentle strokes. To clean the inside surfaces of the upper and lower front teeth, hold the brush vertically. Make several gentle strokes over each tooth and its surrounding gum tissue.
- Spend at least three minutes brushing.
- Floss properly. Gently insert floss between teeth using a back-and-forth motion. Do not force the floss or snap it into place. Curve the floss into a C-shape against one tooth and then the other.

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

northsidedental.com.au

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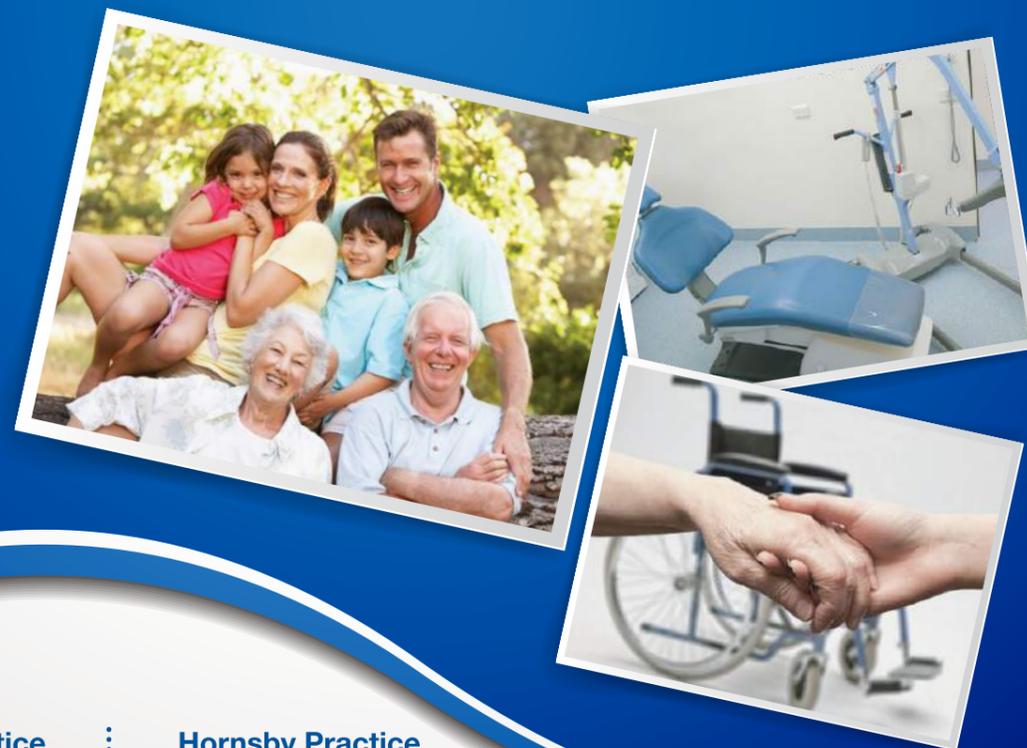
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WINTER HEALTH

Sabrina Muysken

When temperatures plummet, air-cons are recycling heat and windows rarely open, bacteria and viruses begin to thrive. And if your immune system isn't functioning at an optimal level, you are increasingly likely to contract the latest bug travelling around the North Shore. However, there are a few simple measures you can take to stop any winter flus or colds in their tracks.

GET YOUR FLU INJECTION

Despite popular belief, July is actually not too late to get the flu shot. In fact, many general practitioners advise getting the flu shot right up until early spring. The influenza vaccination reportedly reduces the risk of flu illness by as much as 60 per cent within the general population – we like those odds! Better yet, if you still manage to get sick, the injection can substantially decrease the severity and side effects of the illness.



SLEEP IT OFF

Sleep is one of the most important factors in regulating our immune system. Poor sleep has been proven to decrease white blood cells, which help fight infection. As such, a lack of sleep can severely impact our ability to fight off colds and flus. If you are finding it hard to drift off to sleep at night it could be worthwhile to create a 'bedtime ritual'. Simple acts such as listening to soft music, enjoying a hot bath, turning off technology or dimming the lights for half an hour before bed can work to considerably relax you. By creating this regular routine each night signals to your brain that it is time to rest and recharge, boosting the release of melatonin in the brain.



UP THE HYGIENE

Washing your hands might seem like a chore at times but it is a proven preventative measure against colds and flus. In a study undertaken by the Naval Health Research Centre in San Diego there was found to be a 45 per cent decrease in respiratory illness amongst the subject group who had washed their hands at least five times a day. Therefore it is important to integrate washing your hands frequently into your daily routine. We recommend purchasing a small hand sanitiser to use on-the-go.

KEEP MOVING

The weather might no longer be enticing but it is vital to not let your workout regimen drop off throughout the cooler months. Many studies have shown us that regular, moderate exercise can have a profound effect on our immune system's response to the common cold. A lead researcher from Appalachian State University, Professor David Nieman, conducted a study that found participants who went for a brisk walk five or more times a week had 40 per cent less sick days in the course of a year than those who didn't undertake exercise. However, it is important not to overdo it as well, overly strenuous exercise has also been found to weaken the immune system. Balance is key.



BOOST YOUR DIET

Consuming foods that are vitamin C rich will help boost your immune system and ward off sickness so incorporate lots of fruit and veggies, such as lemons, oranges and broccoli, into your regular shop. If you do feel any early signs or symptoms of the flu it's time to boost your zinc levels. Zinc helps prevent and greatly lessen the duration a cold lingers as it releases ions that stop any viruses from maturing and attaching themselves to your airways. Pumpkin seeds, dark chocolate, garlic and sesame seeds are all great additions to your diet that will increase your zinc levels.



BEAT THE WINTER BLUES

Liz Kraefft of Ku-ring-gai Yoga

Winter is here, and the colder weather affects our potential to stay energised and uplifted. We can feel inclined to stay inside wrapped up and, in some instances, dull, heavy and unmotivated.

The cold, damp and heavy energy of winter brings to the forefront conditions such as stiffness in the joints and arthritis, as well as irritability, lethargy and weight gain. Many people really do suffer during winter and indeed go into a kind of hibernation!

If you are susceptible to the 'winter blues' the first thing to consider is the colours that you wear. Why not move away from dark blues and blacks and start to incorporate some reds, oranges and purples to uplift the psychological 'drab'. Even a colourful scarf can lift your sagging mood.

Rather than overload on caffeine consider making a thermos of warming herbal teas that you can sip during the day. This will stoke the 'internal fire' and warm you from the inside out!

This is the time to prepare your warming soups, stews and drinks. Thick vegetable

WINTER WARMING RECIPE

Turmeric, Ginger and Almond

Milk Latte

1 ½ teaspoons ground turmeric

¾ teaspoon ground ginger

¼ teaspoon cinnamon

Pinch of nutmeg

soups with spices, pulses and herbs! There is joy to be found in winter so experiment and seek out recipes that are easy and delicious.

Some recommended warming spices

include cinnamon, ginger, black pepper, turmeric, chilli pepper, paprika and nutmeg.

Remember to move the body regularly. A brisk walk every day is a great and inexpensive way to get warm, take the stairs not the elevator, cycling, dancing (even in your own living room), warming Yoga poses or the Sun Salutation sequence will definitely warm your body and increase your heart rate. Take some time to sit in a warm place in the sunlight! Winter sunshine is so healing and energising.

Finally, a weekly ritual of a hot bath is not only warming to the body but relaxing to the mind. Light a candle, take time for yourself. Remember to oil your body to prevent dry skin and increase circulation.

Oh yes...Wear your thick socks too!

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NSW GOVERNMENT INVESTS \$100M INTO PALLIATIVE CARE

New South Wales is set to receive a \$100 million boost for palliative care. The record funding will be allocated over the next four years to support individuals suffering from terminal illness as well as their families.

The much needed budget allocation will include palliative care training for 300 nurses and allied health staff, and 300 scholarships for rural and regional staff to enhance palliative care skills. Health services will also benefit from an additional six palliative care specialists in rural and regional areas, two specialist positions to provide relief to other specialists in rural and regional areas and an additional 30 palliative care nurses providing care in hospitals, homes and nursing homes.

Palliative care provides essential care and support to people living with a terminal illness. It helps people feel in control of their situation and make decisions about their ongoing care. It allows patients to maintain their quality of life in a way that is meaningful to them.

Cancer Council NSW has welcomed the news after years of campaigning with its community of advocates in Sydney. Jessica Green, Community Engagement Manager at Cancer Council NSW's Metro Sydney office, says this is an excellent step forward as funding for palliative care in NSW is so desperately needed.

"We are thrilled to see the NSW Government taking action in this regard

and congratulate them on their positive funding commitment. This is a significant boost to palliative care funding, which will make a real difference to people's lives.

"When someone has a terminal illness, they deserve the best possible care and support, whenever and wherever it's needed. This is why improving access to palliative care in Sydney is a priority for Cancer Council NSW, and something we have been drawing to the government's attention for a number of years."

Those who are interested in joining NSW's community of advocates to help influence and change what politicians do about cancer are encouraged to visit www.canat.com.au

SLEEP AWARENESS WEEK

July 3-9 marks the Sleep Health Foundation's (SHF) annual Sleep Awareness Week for 2017. The health initiative aims to improve lives by promoting sleep and raising awareness of sleep disorders. The timing of the week is particularly suitable with a recent national sleep study revealing Australia to be in the grip of a sleep deprivation epidemic.

Research by the SHF has found 33 to 45 per cent of adults sleep either poorly or not long enough most nights, leaving them to face the new day with fatigue, irritability and other side effects of sleep deprivation. The study also shows alarmingly high rates of internet use just before bed, particularly among women, and carries admissions from one in five people that they've nodded off while driving.

"These worrying results just go to show that sleep is not the national health priority that it needs to be," says Dr David Hillman, a Director of the Sleep Health Foundation.

"Just like obesity, smoking, drinking too much and not exercising enough, sleep problems cause real harm in our community. It's high time we moved this issue off the backburner to the forefront of national thinking."

Although many of us recognise sleep as a fundamental contributor to our overall wellbeing, sleep is far too often neglected or de-

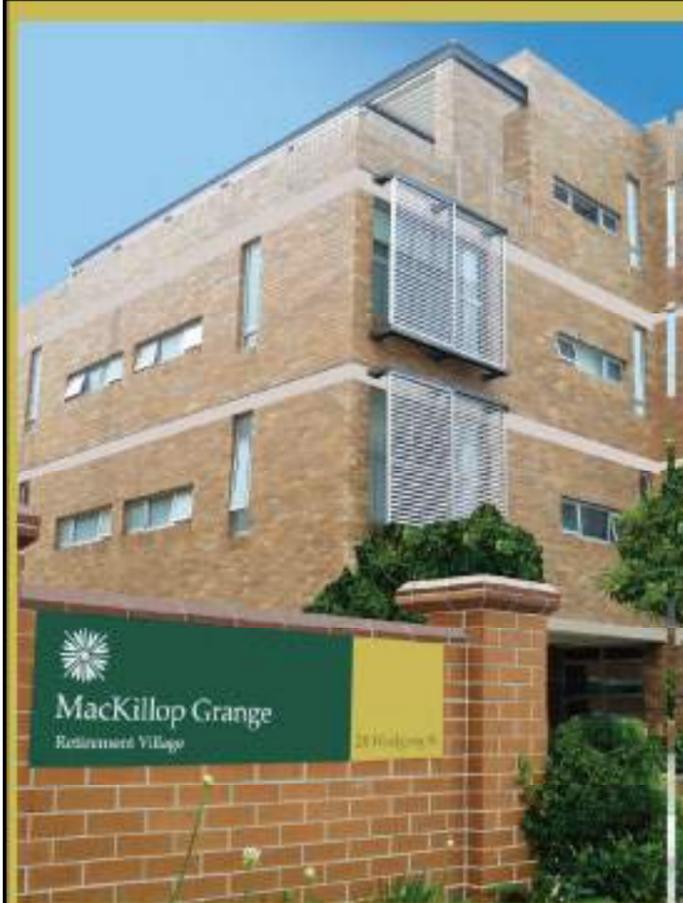
prioritised when managing other health concerns. In just five years, the SHF has endeavoured to correct this by establishing a dynamic presence and continuing to passionately spread their sleep health message.

Despite the obvious side effects of low energy and moodiness, sleep deprivation can also lead to a range of chronic health problems such as high blood pressure, diabetes, heart disease, and even stroke. It is therefore necessary to consider sleep just as vital as other preventative measures like regular exercise and a balanced diet.

Unfortunately, not everyone finds it so easy to get their recommended 7-9 hours of zzz's every night. For those who are actively trying but are struggling to get enough sleep, the SHF recommends developing 'good sleep habits'.

Many bedtime rituals can help you have a better night's sleep. The Sleep Health Foundation specifically advocate the following:

- Keep regular times for going to bed and getting up.
- Relax for an hour before going to bed.
- Avoid going to bed on a full or empty stomach.
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again.
- Keep distracting things out of the bedroom.
- Get some sunlight during the day.



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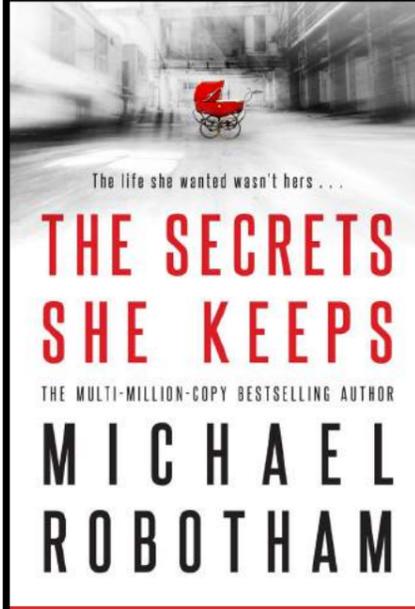
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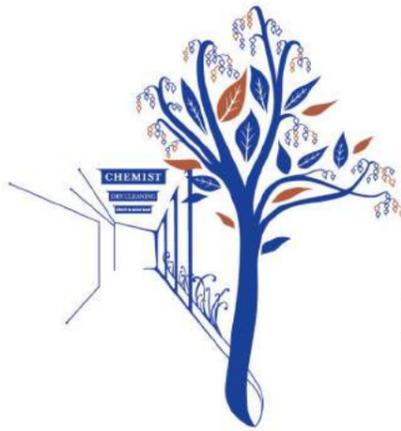



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At Last – An Architect Who Knows How to Get DAs Through Councils Quickly!

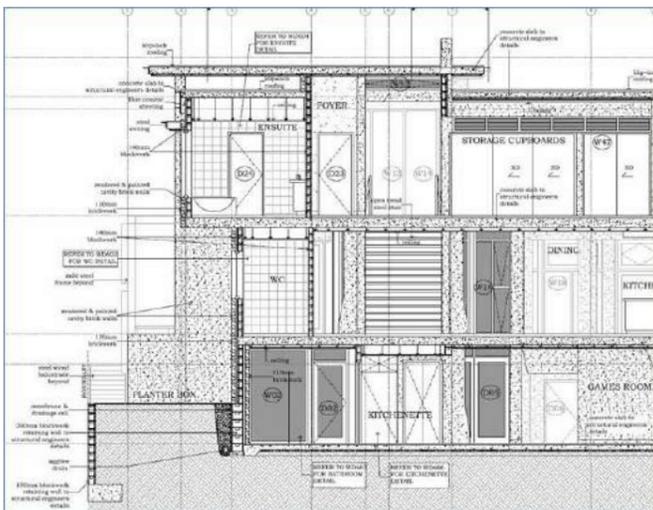
When going through the motions of building a new home, one of the most frustrating experiences is the long and tedious process of getting one's DA (Development Application) through the Council.

When it comes to red tape, nothing compares to the hoops one needs to jump through when getting a DA approval for home designs.

And if one's house design is a little outside the norm, the nightmare of Council approval becomes an even bigger speed hump.

So it's comforting to know that there is one architectural firm that services the Willoughby, Ku-ring-gai & Hornsby regions, that has a "proven system" of getting "fast" DA approvals.

Castlecrag based Mackenzie Architects International specialises in providing modern, distinctive, sustainable home designs – with principal, Dugald Mackenzie, boasting numerous industry awards & accolades over twenty years in the game.



Mackenzie says, "we appreciate that when someone wants to create a stylish home with a difference, they want an architect with experience, who can provide practical creativity and a design that's on time and on budget.

"We understand that there are concerns that a lot of today's modern architects are somewhat arty, but not realistic - and the frustrated client ends up waiting forever for designs - and then after a long, tedious design process, the DA takes forever to be approved by Council.



Dugald Mackenzie, Director of Mackenzie Architects

"We've heard so many horror stories from disgruntled people - so we go out of our way to ensure that we provide the perfect combination of practical creativity, contemporary design and speedy DA approvals."

No wonder the firm is in high demand when it comes to designing new homes – it delivers on ALL of the aspects that are most important to anyone wanting an architecturally designed home – creative design, incredibly reasonable fees, speedy time frame for plans & fast DA approval by the Council.

Given the bonuses such as the liaison with Council, the company promotes itself as a one-stop-shop.



Speed Is An Important Factor In Home Design

When asked about the importance of speed when designing a modern home, Mackenzie says, "we have to accept that in today's society, speed is everything.

One only has to look at the growth of takeaway foods, drive-through restaurants and online shopping to see that just about everyone wants everything quicker.

We believe that most architects are caught in a time warp and therefore continue to take a long time to produce sleek and modern home designs.

Whether that's because they don't have the in-house resources or perhaps they just haven't caught up with the times, I don't know.

But at Mackenzie Architects International, we have the luxury of multiple qualified experts with Bachelor Of Architecture degrees whose edict is to produce incredibly creative home designs in short time frames.



In other words, we know that in 2017, people want things done yesterday - and they want great value.

I liken the architectural industry to be somewhat like the taxi industry - many architects treat clients the same way they would have in the 1960s and 70s, resulting in a slow, tiresome procedure in terms of designing the client's dream home.

We like to think of ourselves as being "the Uber of the architectural industry" – a clever disruptor who provides next-generation, stunning home designs in short time frames and on-budget".

DA Approvals – Fast & Easy

It's not surprising that research shows that one of the most frustrating components of building an architecturally-designed home is the headache of getting the local council to approve the DA (Development Application).

The Council has veto rights over everything & can therefore take forever to approve DAs - and let's face it, Councils are a government entity – so speedy service is not exactly part of their DNA.

So that's where Mackenzie Architects International stands out from the crowd – the company has an impressive track-record of achieving fast Council approvals of DAs.

When asked how this is done, principle, Dugald Mackenzie, is understandably tight-lipped, keeping his cards close to his chest.

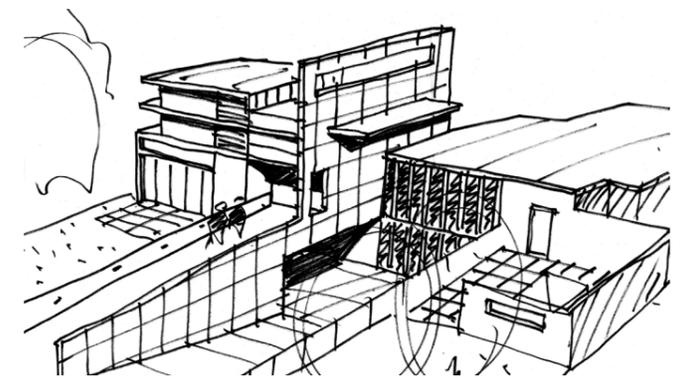
He responds, "we are very fortunate to have an excellent working-relationship with the Councils in Willoughby, Ku-ring-gai & Hornsby, having submitted countless DAs over the past twenty years.

"We know exactly what they expect and therefore we've developed a system that satisfies their requirements – which of

course results in gaining fast approvals – a bonus which all our clients enjoy."

Mackenzie Architects International has purposely nurtured relationships with local Councils, something which surprisingly, seems to be low priority for most other architects.

Mackenzie adds, "we see the fast-tracking of the DA approval



as being a unique wow factor that we deliver to our clients – we know exactly how to do it & therefore it is certainly one of the aspects of our wizardry that attracts clients.

"After all, no one wants to be blown away with a jaw-dropping designed home, only to be infuriated by the local Council holding up approval.

"We've had clients come to us after experiencing such nightmares years earlier – because they've heard of our expertise in this area."

Contact:
Mackenzie Architects International
4/3 The Postern, Castlecrag.
Phone: 9967 99 66
Email: info@maininternational.com.au
Website: www.maininternational.com.au

Get Ruthless With Roses

Susan Potthurst of Elegant Outdoors, Turramurra Garden Centre

In winter roses need a big prune to get good, solid new growth and encourage the bush to produce more blooms for you. Pruning is really important as it helps to reduce disease, encourages air circulation and lets in more light. Cutting back by 50 per cent is what's required – you've got to be cruel to be kind, it's all for the greater good!

Use sharp, clean secateurs and wear protective gloves to avoid getting scratched by thorns. Start right at the top of the bush and begin by thinning out crossing branches and spindly stems. Work your way down, opening up the centre of the bush and remove branches that are totally dead right down at stump level.

Look for outward facing buds and cut about one cm above them at a 45 degree angle, sloping away from the bud so that

moisture won't collect in the area where the bud forms onto the stem – this will help stop fungal disease. Completely remove any suckers from the root area below the graft.

Immediately after pruning, spray with Lime Sulphur while the plants have no leaves and are dormant – this is an essential step to control any potential pests and diseases. When you see the first new shoots appearing, apply Amgrow's Organix Harvest which provides natural plant nutrients, trace elements and growth stimulants. Apply this monthly thereafter. Once your rose bushes really start bursting into life, apply the organic pelleted complete fertiliser Sudden Impact For Roses, then reapply every two months until the end of autumn – you'll be rewarded time after time with magnificent blooms!

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JULY HOTSPOTS

Hanna Moore

Wine and Chocolate Pairing Classes

The Wine Society is offering classes on pairing wine with a variety of delicious cheeses all throughout July at the Vintec Tasting Room in Ultimo. The resident experts guide the class through an informative and interactive method of pairings. These classes include seven wine and cheese combinations over a relaxed two-hour session that creates a fun evening for wine and cheese lovers. The next session is being offered July 19 from 6:30 to 8:30pm and are priced at \$60 for members of the Wine Society and \$80 for non-members.



MCA Café Revamped

Until the end of July, the Museum of Contemporary Art (MCA) is showcasing a fusion of Australian and Algerian flavours with a new menu created by Fresh Catering and the MCA Café team to match the newly refurbished café. This new menu has been inspired and is best experienced in conjunction with the current exhibition by Attia. This exhibition explores the relationship between non-Western cultures and Europe after decolonisation. The MCA café is open all week from 10am to 4pm and is open late Wednesday nights.



High Tea at the Calyx

Enjoy a unique high tea experience overlooking the colourful All About Flowers exhibition at The Calyx with a selection of sweet and savoury options available to snack on. The guests are given a three-tiered platter with a number of delicious options paired with a choice of champagne or a selection of T2 teas. This experience is available on weekends up to 30 July. Prices start at \$65 per person and include access to the All About Flowers exhibition and spaces are limited so booking is essential.

Christmas in July Cruise

Captain Cook will be throwing a Christmas in July Lunch Cruise daily from the 22-30 July in Sydney's city centre. Enjoy the crisp cool Sydney breeze with a buffet lunch of hot roast turkey and pudding, and it wouldn't be an Australian Christmas without an abundance of seafood on offer also. Departing from Circular Quay Wharf at 12pm and returning approximately 2:20pm, the guest will also be shown the Harbour sights with guided commentary. Prices range from \$85 for adults and \$55 for children aged 4-15 years, the cruise also offers a bar package of \$19 per person.



DISCOVER SOUTH AFRICA



Hanna Moore

South Africa provides a fascinating mix of experiences for the eager traveller, from up-close wildlife adventures, to pristine coasts and thriving cities, this destination has it all. The high season (Nov-March) is generally the busiest time. However, for optimum wildlife watching conditions, and perhaps fewer tourists, the best time to go is from April-May and September-October. This is when the summer weather has begun to ease and the flights are often cheaper, with the most expensive being during peak period. It's also often cheaper to fly via Johannesburg when travelling anywhere else in South Africa.

TOP EXPERIENCES

Cape Town - If the gorgeous coastline is anything to go by, it's clear why Cape Town is often the number one on any list detailing the best of South Africa. With an abundance of restaurants and natural wonders extending beyond the coastline, the city offers a rare combination of sights that would give any traveller itchy feet. The most noteworthy destination experience is trekking to the top of the city-defining Table Mountain. For adrenaline seekers, Cape Xtreme also offer travellers the experience

of abseiling down the mountain starting from 130AUD (R1288).

Another must-do for anyone seeking the outdoors is to see the wildlife up-close. Kabura Travel & Tours offer a full day private tour of a wildlife safari from Cape Town. This tour gives travellers the opportunity to see the 'Big Five' of wildlife as well as the countryside bordering the city. From 487.91AUD (R4833.60) the 9-hour day includes lunch and stop at a winery for wine and cheese pairings as well as a private guide.

Johannesburg - The vibrant city of Johannesburg offers a glimpse into South African history as well as the growing future. First stop for anyone who wishes to delve deeper into the chilling political history is the Apartheid Museum. The museum explores the rise and fall of an era of great suffering and oppression through carefully orchestrated texts, audio and live accounts. It's an invaluable learning experience in understanding the past and present of South Africa.

If you're wanting to explore more of the emerging inner city treasures, the Maboneng Precinct is an urban

neighbourhood where one can enjoy a variety of live music, interesting eateries, arts and crafts, and unique stores. A walking tour of the Precinct exploring the arts and crafts markets can be purchased from 166AUD (R1644).

KwaZulu-Natal - Breaking free from the urban landscapes can be the best way to truly experience the beauty of South Africa. KwaZulu-Natal offers a charming rural atmosphere and picturesque countryside with rich historical roots in authentic local heritage. Starting in the city of Durban and extending into the province of KwaZulu-Natal, full day tours can be purchased 155AUD (R1535) from 1st Zulu Safaris. This includes experiences in witnessing and learning about the Zulu culture by visiting a local village and meeting with a the sangoma, or traditional healer and an experience traditional Zulu dancing.

Costs - The exchange rate in South Africa is 1 AUD to roughly 9.86 South African Rand (R). Depending on the kind of trip, budgets can average from a lower-end of around R1000 to the higher end of around R2000-2500. This would include accommodation, food, travel between destinations and admission to attractions.

COMBAT AGING THE NATURAL WAY



BOTOX: IS IT SAFE?

Sabrina Muysken



In a world where so much unnecessary focus is placed upon our appearance, it is becoming increasingly difficult not to let any of our natural signs of aging go by unnoticed, let alone untreated. Procedures using injectable fillers and botox are fast becoming normalised as a way to turn back the clock, and age-preventative, invasive treatments are now frequently being undertaken by young people in a bid to maintain their youth. Whilst it is undeniable that the idea of youthfully plump skin and a smooth face is appealing to most, the method of injecting toxins directly into our body's largest organ is somewhat concerning.

What actually is Botox?

At present, within Australia the most common procedure to fight wrinkles is the use of anti-wrinkle injections of botulinum

toxin. This is usually referred to as 'Botox', which is the most popular brand name. Botox was introduced into Australia for medical use in 1999 and became approved for cosmetic use in 2002. The product uses a purified form of botulinum toxin type A, which is a chemical toxin that is produced by Clostridium botulinum bacteria. It is considered safe to use as an injectable medicine on the basis that it is only used in small quantities and injected directly into specific sites. The way it works is by temporarily paralysing the muscles it is injected into and preventing the skin from moving or creasing. As movement is the primary cause for the formation of wrinkles and fine lines, the injectable leaves the skin with a smooth, unanimated appearance.

According to the medical journal Botulinum Neurotoxins (Montecucco C, 2005), "Botox prevents the release of the neurotransmitter acetylcholine from axon endings at the neuromuscular junction and thus causes flaccid paralysis."

What are the downsides?

Aside from the cost, Botox treatments can vary from \$200-\$800, there are a range of documented side effects that you need to take into consideration before going ahead with the procedure. Some of these may include drooping eyelids (caused

by the forehead muscles' inability to hold the eyes open), nausea, blurred vision, swelling, bruising, sensitivity to light, and even difficulty breathing and swallowing. However, as the treatment generally only lasts between 3-4 months these side effects are not permanent and likely to subside during that time.

The Verdict

Enlisting the help of injectable agents to stop or prevent the appearance of aging is an entirely personal decision. If you are inclined to try the procedure, it is vital to conduct your own independent research and be fully aware of the risks and side effects that are associated with it. It is also imperative that the clinic you visit has fully-trained medical professionals and are only using Australian approved injectable products.

For those who are unsure, it doesn't mean that your efforts to maintain your skin's youth have to stop here. There are a range natural, risk-free alternatives available for use. These products use scientifically tested plant based ingredients such as resveratrol and natural wrinkle fighters like hyaluronic acid to do the job instead.

Take a look at Sydney Observer's natural recommendations to combat aging. →



ANDALOU NATURALS DEEP WRINKLE DERMAL FILLER
Made from naturally derived ingredients like fruit stem cell complex, resveratrol CoQ10 and goji polypeptides, this is a breakthrough all-green product. It works to boost cell energy for dermal vitality, support essential building blocks, collagen and elastin, and reduce skin tension to visibly plump and smooth fine lines and wrinkles. Use it morning and night under your usual hydrating moisturiser for the best results.

\$19.95* from Unique Health Products, uhp.com.au



ZKIN ORGANICS LINE SMOOTHING SERUM
A fast working, face lifting, line smoothing natural alternative to Botox! It quickly delivers visible skin smoothing results through the use of effective ingredients like paracress extract. Extract of the paracress plant of Madagascar is clinically proven to smooth the appearance of expression. The product is gel based and rapidly absorbs, making it ideal for all skin types. Place underneath your usual moisturiser in the morning and night for best results.

\$59.95* from Zkin Organics, zkinorganics.com.au

THE BEAUTY CHEF COLLAGEN INNER BEAUTY BOOST

This nutritional concoction will work from the inside out to boost your skin's health. Made from organic, bio-fermented probiotic concentrate, it is specifically designed to increase the skin's production of collagen and promote a radiant, naturally plumped complexion. The blend contains Certified Organic maqui berry, acai, papaya, blueberry, goji-berry and pomegranate powders with grape-seed extract, zinc and vitamin C. For optimal results, combine 15ml with 200ml of filtered water and take daily.



\$69.95* from The Beauty Chef, thebeautychef.com.au



THE BEAUTY CHEF DREAM REPAIR CELLULAR SERUM
Containing more than 15 powerful ingredients, this serum offers a high level of antioxidant cellular repair as well as a boost to collagen production to give you smoother, healthier and more radiant skin. The blend of vitamin E analogous from camellia seed oil, provitamin A found in tomato fruit, sea buckthorn berry, and microalgae works to synergise higher levels of antioxidant activity than if the ingredients were used alone. Simply use 2-3 drops across your face each morning and night for a rejuvenated appearance.

\$39.95* from The Beauty Chef, thebeautychef.com.au

* Please note prices may vary

AGE DEFIANCE EYE SERUM

This is Mukti Organics' hero product from their renowned Age Defiance range. Clinical studies of twice a day treatment resulted with the severity of the wrinkles around the eyes decreasing up to 17 per cent in 15 days and 27 per cent in 30 days of treatment. This corrective formula combines specific peptides, antioxidants, native Australian extracts and vitamins for dramatically visible age reversal around the delicate eye area. It works to enhance skin elasticity and smoothness combating fine lines, puffiness and dark circles.

Purchase for \$89.21* at Mukti Organics, muktiorganics.com



FULL OF GRACE FACIAL SERUM

A deeply moisturising facial serum in solid form that glides on to leave skin feeling renewed without heaviness. LUSH Cosmetics have created a skin-feeding blend of oils and mixed with Portobello mushrooms for their skin-protecting vitamins and minerals.

Purchase for \$14.95* at LUSH Cosmetics, au.lush.com



MICRO DERMAL ROLLER

Rejuvenate and revitalise your skin with Mukti's customised dermal roller. It's an easy, at-home skin needling tool inspired by ancient acupuncture techniques. Rolling the device over the face as directed can improve collagen product, rejuvenate the skin and create a more vibrant complexion. It's also proven to be effective for uneven skin tone, fine lines and wrinkles.

Purchase for \$50.96* at Mukti Organics, muktiorganics.com



PRODUCTS WE LOVE

SACRED TRUTH FRESH FACE MASK

Revive your complexion with ginseng and ginkgo leaf to boost blood circulation, whilst honey, yoghurt and free range eggs leave skin soft and moisturised.

Purchase for \$13.95* at LUSH Cosmetics, au.lush.com



AYESHA FRESH FACE MASK

LUSH has used moisturising honey and fresh asparagus and kiwis in this brightening fresh face mask. Fuller's earth and witch hazel absorb dirt and oil, helping to tighten the skin, whilst elderflower vinegar and elderflower oils balance out skin tone.

Purchase for \$13.95* at LUSH Cosmetics, au.lush.com



AGE DEFIANCE VITAL C ELIXIR

This powerful elixir of youth works to fight against and prevent photo-aging. The botanical, plant based product contains knotgrass extract to specifically target infra red (IR) and thermal (heat) induced skin aging to protect the elastic fibres of the dermis from sun damage after repeated sun exposed. Apply twice daily for best results.

Purchase for \$93.46* at Mukti Organics, muktiorganics.com



* Prices are subject to change.

BEAUTY BUZZWORDS

Sabrina Muysken unveils 2017's biggest beauty trends



DERMAPLANNING: WHAT IS IT?

In case you haven't heard, Dermaplanning is taking the beauty industry by storm. The new skin treatment works to shave your face with a single blade. Yes, you read that right. Shave your face. The idea is actually quite simple – a trained professional gently glides a fine, single scalpel blade over your face. The results are incredible – smooth, exfoliated, hairless, bump-free skin. The downside is the procedure will set you back around \$100 for a session. But before you go dangerously shaving your own face to save money, it is important to note that the paid treatment uses professional grade blades, a specialised method that ensures the procedure is carried out in the safest manor possible and, most importantly, is done by a credentialed medical aesthetician.



MICROBLADING: BIG BROWS ARE STILL IN

The phrase 'On fleek' might have had its day but big, defined brows aren't going anywhere, and microblading is ensuring that they quite literally stay put. Microblading is a semi-permanent tattoo technique, commonly referred to as feathering, where fine strokes are made on the skin that look just like real hairs. If you've always struggled with achieving that ultimate full brow or you're still recovering from the 80s over plucked look, then microblading could be the answer for you. The results are surprisingly natural and last up to three years before beginning to fade. The process usually take around two hours to complete, is relatively painless and is incredibly meticulous as each individual stroke is drawn on one by one.



STROBING: CONTOURING IS SO 2016!

With devout followers like Kim Kardashian, it is not long before strobing becomes the biggest makeup trend this year. Essentially, the new beauty technique is the exact opposite of contouring. The make-up look involves giving your skin extra light, not shade, with highlighters and illuminators. The best bit is that unlike contouring strobing is unbelievably easy to do! Simply use light-reflective products on all the high points of your face such as your cheekbones, jawline and the bridge of your nose. Your face will instantly look brighter with a more chiselled appearance – no Instagram filter required!



MULTI-MASKING: WHEN MORE IS MORE

If you have combination skin or you are merely confused about which face mask to use then multi-masking is the beauty routine for you! The idea is actually quite simple and, frankly, we're surprised it has only just started trending now. Instead of applying just one face mask to your whole face, you apply multiple, with the idea that you choose different masks that are formulated to target a specific area. For example, if you're breaking out on your t-zone you might apply a clay mask there to absorb the excess oil and whilst that is setting you may also sweep a hydrating mask across your cheeks to plump up any dry areas. Gone are the days of 'one size fits all'!

BEAUTY TOOLS YOU NEED TO OWN

Sephora Collection Double-Ended Blemish Extractor

If you're no stranger to the occasional blemish then it might be time to invest into some skincare equipment to extract the blemish in the most hygienic way possible. This tool features a small loop for white heads and a flat side to extract blackheads. However, if you're a sufferer of deep, cystic pimples these should never be opened with an extractor. When dealing with deep acne, it is always best to visit a dermatologist.

\$15, sephora.com.au



Beauty Blender Original
Beauty Blender's are the must-have makeup applicator of the moment. The plush sponge material encourages even blending and easy application of primers, foundations, powders, cream blushes, and other complexion products. The egg-shape design makes it easy to seamlessly apply makeup to all parts of the face.

\$30, sephora.com.au



The Body Shop Facial Massager

This nifty facial massager stimulates blood flow and lymphatic drainage, leaving your skin feeling energised and looking radiant. Massage has been proven to improve skin tone and circulation, and to reduce puffiness and wrinkles.

\$49, thebodyshop.com.au



Inika Vegan Pro Kabuki Brush With Case

This award winning kabuki brush provides an even, airbrushed finish with every application. The thick and luxurious brush head delivers complete coverage and is soft and silky on the skin. The density of the brush ensures even coverage and with extremely soft and gentle bristles it won't irritate your skin either.

\$69, inikaorganic.com.au



The Body Shop Precision Eye Massager

Reduce the appearance of under eye bags by rolling this rollerball across your eye area. It has been designed to work in harmony with any eye cream of choice to ensure the cream gains full effect. Its targeted design helps you apply with the spatula end and massage with the single rollerball. Regular use has been proven to reduce the appearance of dark circles and fatigue.

\$39, thebodyshop.com.au



JULY

Until 2 July

Hot Brown Honey

Where: Sydney Opera House
Cost: \$45.90 - \$55.90
When: Everyday, 7-8pm
Contact: sydneyoperahouse.com

July 2

NAIDOC Blak Markets at Barangaroo Reserve

Where: Barangaroo Reserve
Cost: Free
When: Sunday, 11am
Contact: barangaroo_sydney

Until 10 July

Sneaky Streets and Hidden Treats: Scavenger Hunt

Where: Starting at the Customs House Entrance
Cost: \$25 per person
When: Everyday, 9am-4pm
Contact: urbanhunt.co

Until 16 July

The National 2017: New Australian Art

Where: Art Gallery of NSW, Art Gallery Road, Carriageworks and the Museum of Contemporary Art
Cost: Free
When: Everyday, 9am-6pm
Contact: the-national.com.au

Until 17 July

Spiders: Alive and Deadly

Where: Australian Museum
Cost: \$13 - \$22
When: Daily Event
Contact: australianmuseum.net.au

Until 22 July

Chamber Pot Opera

Where: Queen Victoria Building
Cost: \$24.70 - \$35
When: Times vary
Contact: trybooking.com

Until 23 July

Sand in the city

Where: Museum of Sydney
Cost: Free - \$12
When: Every day, 10am-5pm
Contact: sydneylivingmuseums.com.au

Until 30 July

The Dark Matters

Where: White Rabbit Gallery
Cost: Free
When: Everyday, 10am
Contact: whiterabbitcollection.org

Until 30 July

Art Heist Escape Room

Where: 404 New Canterbury Rd, Dulwich Hill
Cost: \$162 per person
When: Thursdays and Fridays, 5:30pm-8:30pm
Contact: artheist.com.au

Until 10 August

Double Bay Market

Where: Guilfoyle Avenue, Double Bay
Cost: Free
When: Thursdays, 9am-2pm
Contact: organicfoodmarkets.com.au

Until 12 August

Sip, Paint, Create

Where: Barrel Bar and Dining, Military Road, Cremorne
Cost: \$40 per person
When: Every Saturday
Contact: sleightofhandart.com

Until 30 March 2018

Chinatown Markets

Where: Dixon Street, Haymarket
Cost: Free
When: Fridays, 4pm-11pm
Contact: chinatownmarkets.com.au

Community Noticeboard

3 July

Animalia

Where: Ku-ring-gai Wildflower Garden, 420 Mona Vale Rd, St. Ives
Cost: \$57
When: 9-4pm
Contact: kmc.nsw.gov.au

4 July

'The French Perfumer' with Amanda Hampson

Where: Gordon Library, 799 Pacific Highway, Gordon
Cost: Free
When: 10-11:30am
Contact: gordon.library@kmc.nsw.gov.au

6 July

Holiday Storytime – Berowra

Where: Berowra Community Centre
Cost: \$2 per child, 18 months and over
When: 10:30am
Contact: hornsby.nsw.gov.au

7 July

Girls Night In!

Where: AWOL Youth Hub, 799 Pacific Highway, Gordon
Cost: \$5
When: 5-9pm
Contact: kmc.nsw.gov.au

12 July

Claymation Animation Workshop

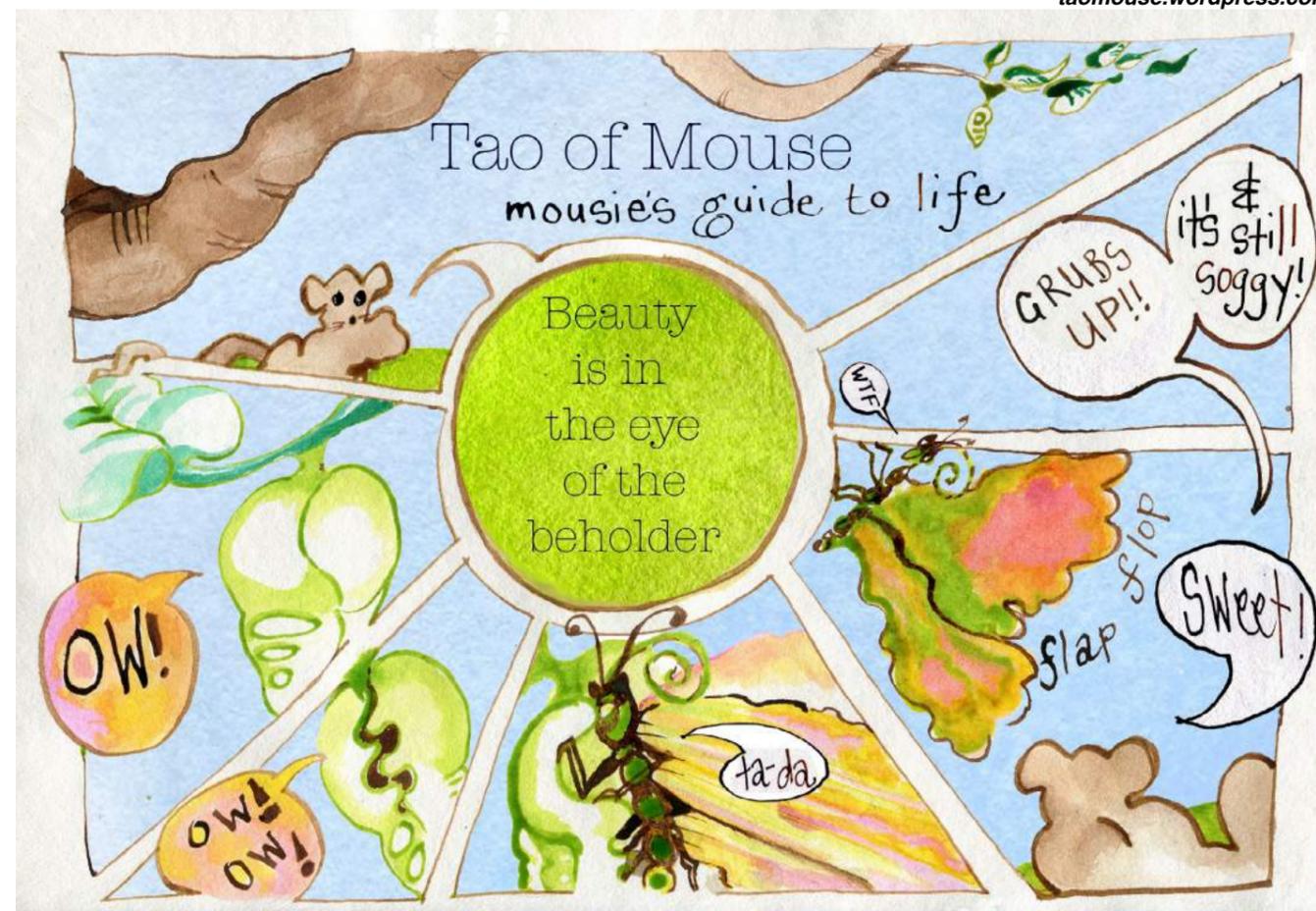
Where: St. Ives Library, 166 Mona Vale Road, St. Ives
Cost: \$5 per booking
When: 10-11am
Contact: kmc.nsw.gov.au

30 July

National Tree Planting Day 2017

Where: Loyal Henry Park, 49 Bromborough Rd, Roseville
Cost: Free
When: 10-1pm
Contact: kmc.nsw.gov.au

taomouse.wordpress.com





Kerrie Erwin, Psychic and Medium

AUTOMATIC WRITING

When information is obtained from the subconscious by spontaneous or involuntary writing, this is called 'automatic writing'. Initial efforts usually result in illegible and disorganised scribbling impossible to understand but with practice anything is possible.

As you develop your own psychic awareness, your skill will improve. It may take time, but remember patience is a virtue. When you first begin you may just get words before phrases and then sentences. You may even start with figures or symbols. Listen only to the loving and caring voice that you hear within your mind, as this is the energy and entities that come from the divine source or what we call the 'light'. Any thought or voice that sounds harsh, negative and angry, or comes with a 'not right energy or feel' needs to be sent back into the light and is not the energy we are looking for. Have patience and remember the old saying 'practice makes perfect'.

Years ago, while in meditation, I was able to draw a picture of my own spirit guide, White Feather, who gently spoke to me through my ear chakras. This was an incredible experience and I not only got to know and see what my guide looked like but also from that day forward, was able to develop a

loving and trusting friendship. Some of us may even go on to develop our writing to another level on the computer or even go on to do something more important, like helping find missing articles.

PREPARING FOR AUTOMATIC WRITING

Like everything when working with the spirit world, automatic writing requires time, patience, meditation and a safe serene atmosphere in which to work with. I always prepare and clear my space with white light, sage or incense burning to create the type of space I need.

- 1) Sit in a comfortable position where you will not be disturbed (your own sacred space would be ideal) and light a candle. Make sure you are sitting up as to keep your chakras in alignment, a good solid chair with a back is a good idea.
- 2) Bring down your protection of white light and wrap it all around you. Now centre yourself by breathing in and out, relaxing the whole body and emptying your mind of any clutter or worries from the day. Remember this is a special time for you, soon you will be able to hear words or have a feeling of words that you want to write down.

At the top of your paper, you may want to ask a question that you need help with.

- 3) Now close your eyes and meditate on the question in your mind's eye, holding your pen in your normal writing hand, or have your finger ready on the computer keys.

When you begin to get the information begin to write it down. If it is too fast ask your spirit guides to slow it down. Imagine that someone else is controlling your pen or even guiding your hand.

- 4) When you feel the session is finished, thank your spirit guide and angel helpers for their assistance. Now, close down by gently imagining all your chakras or energy centres like little lights that are turning off. When you have finished doing that, imagine yourself anchoring to mother earth and bring yourself back into the room.

You may not be successful the first few times, but like anything this process takes practice. Over time your pen will flow freely and you will be amazed at what you get. As you continue you will improve and begin to get words, messages and even stories.

Love and Blessings,
Kerrie Erwin

READER QUESTION

Q: Jenny, 1959 – Why am I SO drawn to the UK? I feel like I belong there somehow. I am Australian but lived there for 30 years. Now I'm back in Sydney, something keeps drawing me back, a strong pull. I would love to know why. It feels more than just because of friends.

A: I see you visiting there but not living. It was a large part of your life and is still very much a part of you, as you have left a large part of you there and need to call it back. You have also had past lives there. I feel Australia is where you will live and belong as it is easier. You need to cut the ties there and allow the new opportunities around you to come in and flow. Life is about reinvention and trying new things. It's all part of your journey.

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin



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