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 Sydney Observer

Sydney Observer



**AUTUMN
HOME
TRENDS**

*THE SYDNEY
COMEDY
FESTIVAL*

*MOTHER'S DAY
GIFT GUIDE*

**MOUNTAINEERING
WITH: STEVE PLAIN**



**MATT OKINE &
ALICE FRASER**

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FROM THE EDITOR

We're now past Easter and are headed straight towards the school holidays, which means you'll need to be all caught up on all the latest education news (16-21).




This month is also special in that we have not only one, but three profiles of some very interesting people. To celebrate the upcoming Sydney Comedy Festival kicking off at the end of April, *Sydney Observer* chatted with some of Australia's leading comedians, Matt Okine (10-12) and Alice Fraser (14-15). Both explain how their two very distinct styles of stand-up can communicate the deeper issues of life and being human. In our special travel feature this month we also chatted to Steve Plain, currently mountaineering his way to Everest (44-45).

We've also jam-packed this issue with plenty of Beauty and Fashion essentials (34-37) and home interior inspiration for the Autumn season (39).

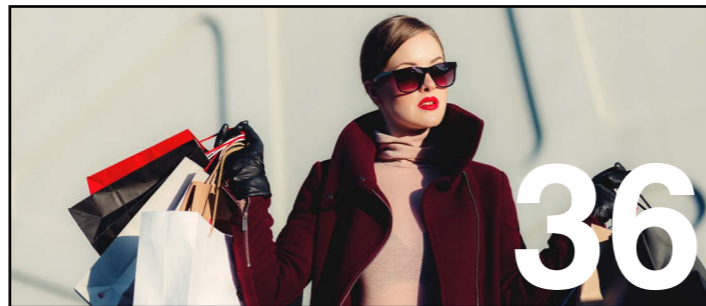
Happy holidays!



Hanna

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Community unites to clean up Gordon

Local businesses and the public have been encouraged by Ku-ring-gai Council to assist in the clean up of Gordon town centre.

The Litter Free Gordon campaign to reduce litter has achieved mass success, with recent upgrades to bin facilities and the removal of graffiti. This campaign has been met with gratitude from locals, with improvements to the cleanliness of the suburb and local business owners promoting a sense of civic pride in the Gordon community.

The Litter Free Ku-ring-gai program has also been successful for the five suburb centres of Wahroonga, Turramurra, St Ives, Lindfield and Roseville, which have shown a significant 90 per cent reduction in litter counts in recent years.

kmc.nsw.gov.au

Call for heritage hedge to be saved

Last month, Friends of Ku-ring-gai Environment (FOKE) set about taking cuttings from a rare heritage sasanqua camellia hedge at Gordon Station that has been earmarked for removal. A site meeting was held to discuss the proposals, and in attendance were representatives from FOKE, the Ku-ring-gai Council, Sydney Trains and the NSW Heritage Office.

“It was pleasing to hear the strong assurances given by Sydney Trains to protect the State Heritage values of Gordon Railway Station and its garden,” said President of FOKE Mrs Kathy Cowley.

“However it remains perplexing why this hedge can’t be replanted? This hedge is too important for us to lose.”

In the meantime, FOKE will be caring for their cuttings of the rare hedge, and preparing for its upcoming event to celebrate the Australian Heritage Festival at the Gordon Station garden walk on Saturday 19 May.

foke.org.au

Delight for local gardeners

The Hornsby Shire Council ran its latest Native Plant Giveaway this March, giving away four free native plants to ratepayers throughout the Hornsby Shire Suburbs. The program is in place to encourage not only native planting within the community, but to further sustain the ecosystem within the Bushland Shire.

Those who collected their free native plants have shared in the benefit, as according to the Council’s Community Nursery, native plants are better suited to the local soil type and require less water than introduced plants.

The next Native Plant Giveaway will be held Sunday 3 June.

hornsby.nsw.gov.au/npg

Willoughby Seniors Festival set to entertain

Coming this April is the Willoughby Seniors Festival, where local residents aged 55 and over are invited to experience the free or specially discounted entertainment and events. This year’s programme includes performances from Seniors Comedy Night and the Seniors Variety Concert, as well as a range of workshops, art exhibitions and free exercise sessions.

“The Willoughby Seniors Festival programme demonstrates our diverse community and the active involvement of the many wonderful community groups and organisations we have,” said Willoughby Mayor, Gail Giles-Gidney.

For a copy of the 2018 Willoughby Seniors Festival programme head to the Council’s Libraries, Service Centre’s or visit willoughby.nsw.gov.au for more information.

GIVEAWAYS



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HOW TO ENTER

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

PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

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NEW RETIREMENT HOME FOR CRANBROOK CARE



Alan Jones

Broadcaster Alan Jones has officially launched Cranbrook Care's brand new retirement village and aged care residence at Bella Vista in Sydney's Hills District.

"As a multi-award winning leader in aged care, Cranbrook Care is proud to be setting new benchmarks in independent seniors living with the official opening of Cranbrook Residences in Bella Vista, and adjacent aged care residence Bella Vista Gardens in the heart of the Hills," said Cranbrook Care CEO Kerry Mann.

Over 5.5 million baby boomers are coming up to their 70s, with the demand for retirement villages and aged care facilities on the rise. Over the next 20 years, the number of Australians aged 65 and over are estimated to hit 66.5 million, making this demand even stronger.

Many of these baby boomers are financially stable, making the demand not just for retirement village options,

but for those that offer exceptional services as well. For those looking for a more luxurious lifestyle, Cranbrook Care and its special guest Alan Jones, have officially opened two new properties.

"Today's retirees, post war children who have worked hard all their lives, are now looking to enjoy their retirement. The lifestyle facilities at Cranbrook Residences and adjacent Bella Vista Gardens present many opportunities for the residents to live life to the fullest in their later years, as they deserve," said Alan.

"Although we offer the highest level of luxury living at Bella Vista, when it comes to evaluating downsizing options, it's also important to look beyond the residence itself," Kerry agreed.

"Those choosing to join a retirement living community or aged care residence will want to investigate the features and finishes of their new accommodation, but they should also thoroughly research the lifestyle facilities available on-site, as well as services on offer in the local area."

bellavistagardens.com.au



Cranbrook management team and Alan Jones



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ANZAC DAY 2018: A MESSAGE FROM PAUL FLETCHER



Paul Fletcher MP,
 Federal Member for Bradfield and
 Minister for Urban Infrastructure and Cities



THE EXPERIENCE OF A LIFETIME

Isabella Ross

For three outstanding young women, who each spent a year in another country as part of the Rotary Youth Exchange Program, Ngaire, Winnie and Laura all agree that their time as exchange students changed their lives. Within the year, each of them had experienced a culture unique to their own, became fluent in a new language and established friendships that would last a lifetime.

"Rotary is an organisation which aims to change the world one person at a time. I believe that's exactly what Youth Exchange does, by actively encouraging diversity, education and the promotion of peace," said Ngaire who was sponsored by the Rotary Club of West Pennant Hills & Cherrybrook to go on exchange.

"We now feel empowered to achieve so much more," said Laura who accredited this ambition as a result of being exposed to the different styles of international schooling, as well as developing a deeper understanding of other cultures.

Sue Rice from the Rotary Club of Turramurra encourages students interested in exchange to consider joining Rotary Youth, with the program open to students currently in Year 9 or 10 for a one-year term exchange in 2019.

rotariyyouthexchange.net.au

This year we are marking one hundred years since the end of the First World War. It is hard to imagine the enormous burden which the First World War imposed on a young nation – and the sense of relief that must have flooded over Australians at the end of the war, combined with the grief at the loss of so many during the conflict and sorrow at the heavy burden to be carried for the rest of their lives by those injured physically or mentally during the war.

So profound was the impact of the First World War on Australia that one hundred years later we still gather in large numbers around our nation to reflect on the mateship, loyalty, courage, endurance, selflessness and commitment shown by citizens of a young nation. Many at the time must have wondered if the sacrifice and loss was worthwhile. As we look back with the perspective of one hundred years, we are able to see how much we owe to the Australians of a century ago – because without their efforts, and those of successive generations of Australians defending our nation, we would not have today's democratic, free and prosperous Australia.

As we commemorate this ANZAC day, I encourage you to reflect on those who have served our nation, in the First World War, in the Second World War and in the other conflicts our nation has faced. May I also encourage you to listen to the stories of our veterans, which remind us of so many extraordinary deeds performed by so many ordinary Australians.



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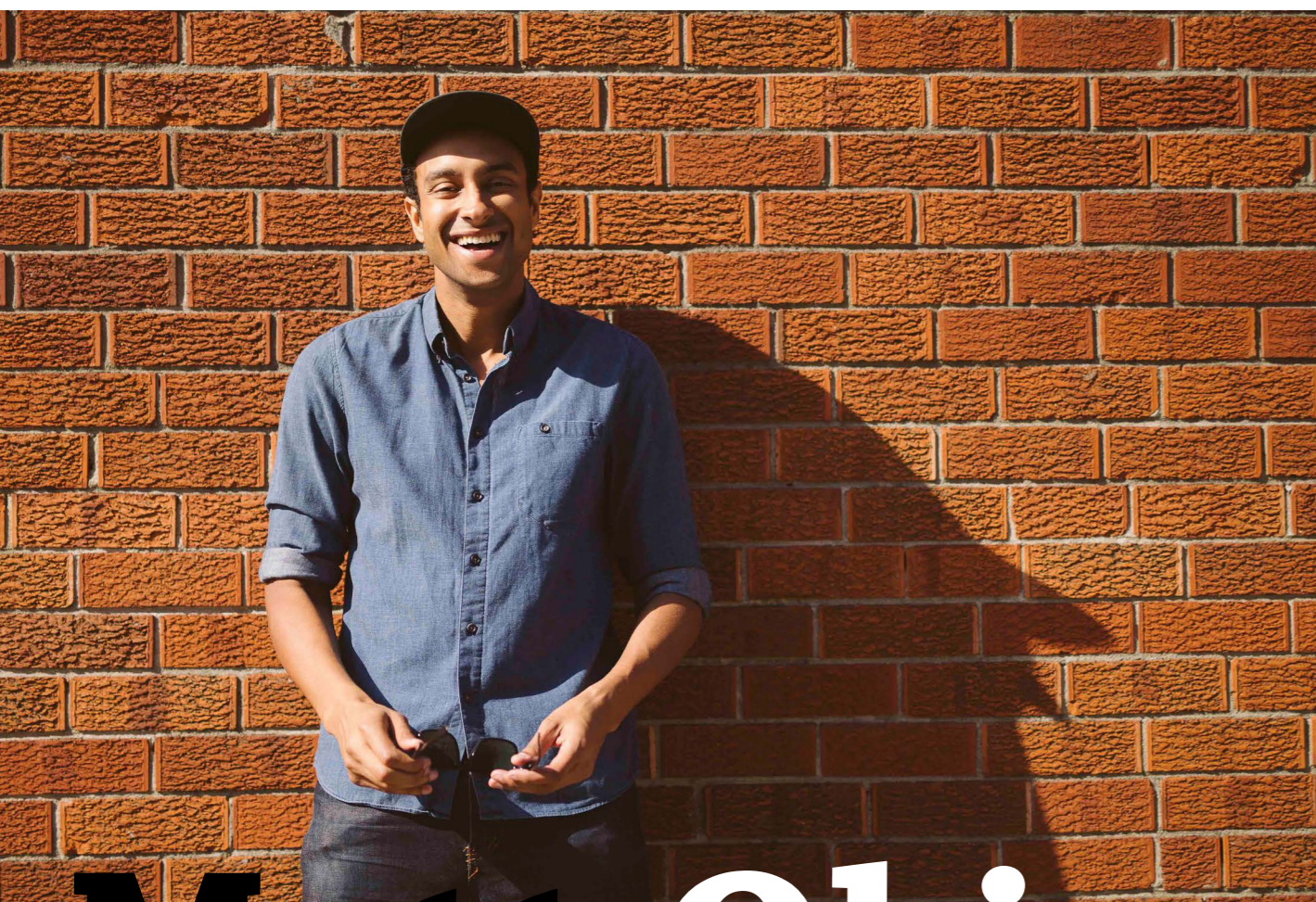
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Matt Okine

Hanna Moore

Having relocated to Sydney from Brisbane in his early 20s, the multi-talented Matt Okine has continued to make a name for himself throughout the national and international comedy scene. Matt had a breakthrough season in 2012 with his debut comedy show *Being Black N Chicken N Shit* selling-out all season, winning the 'Best Newcomer' award at the Melbourne International Comedy Festival as well as taking on a season at the Soho Theatre in London's West End.

Matt was also taking the Triple J airwaves by storm throughout his run as breakfast host of *Matt & Alex* until 2016, but alongside the early morning rises, Matt was consistently working on an impressive repertoire of sharp, honest and observational humour.

Coming off the back of this impressive list of accomplishments and his very own TV show, *The Other Guy*, Matt had a chat with *Sydney Observer* while on tour for his new comedy show *The Hat Game*, which he will be performing at Sydney's Comedy Festival this year.

"I'm so happy with the show at the moment, I feel like it's one of the best shows I've written in years," Matt explains.

"It's the first time I've been able to dedicate so much time to stand-up since I started radio.

"I think there's some elements that even people who have seen me over the past few years are going to be a little bit surprised by some of the paths that I go down.

"It's exciting to me, to be able to say things on stage that I've never really been able to say before, it's embracing that risk-taking factor of why I got into stand-up in the first place."

A stint as a government broadcaster may have been restrictive to the comedy that Matt enjoyed performing "people give us a hard-time for being 'left-wing', but they don't realise that you have to balance everything you say out." But it was the unnerving, and often downright cruel intentions of those who listen in and comment that can be particularly debilitating for a comedian in a space that is so subjective.

"You don't want to give the haters oxygen, haters rely on your energy to survive and the more you ignore them, the quicker their fire flames out.

"The problem with comedy is that everyone thinks they're funny, and everyone thinks their humour is the right sense of humour and if you don't match their humour then you're the problem."

After hanging up his broadcast headphones, Matt threw himself into producing and starring in his own TV show, *The Other Guy*, a comedy drawn from semi-biographical experiences of untangling a multi-year relationship and the hilarious and often extremely silly adventures of a group of 20-something kids trying to figure it all out.

"It was a really exciting thing to turn a stage show into a TV show, and it has honestly been a dream."

Nothing is set in stone regarding a second season of the show, but Matt is hopeful that the characters we came to love in season one will see significant growth, which ideally means "getting out of the crusty lives that they live."

Coming from a background in university theatre studies, what was Matt's favourite part about the whole experience?

"Just actually acting!"

"For the most part since I graduated, at most you might act a total of five days a year, so being able to be there every single day, and every single scene, and being part of a team that really understands the characters, that was incredible," Matt recalls.

Indeed, it was this rocky start in acting that drove Matt towards stand-up in the first place. "Aside from just loving it as an artform," a desire for bigger roles drove Matt

"It was a really exciting thing to turn a stage show into a TV show, and it has honestly been a dream."

to stand up in front of a crowd every night and make jokes. "I wanted audiences to see me," Matt admits.

"At the time all I was really doing was auditioning as the black guy in a TV show, or the best friend of the lead role, you're always periphery characters.

"And certainly at the time that was what was really going on in Australia and I really wanted to present myself as a leading figure within that world.

"I figured if people weren't going to cast me in shows as just an Aussie guy, without me having to put on some ridiculous African accent, then I better get out there and get on stage and show people who I am."



“Being able to be there every single day, and every single scene, and being part of a team that really understands the characters, that was incredible.”



“It’s really easy to get anxious about constantly needing to work when you’re a creative or a freelancer.”

In the early days of Matt’s stand-up career, a number of hard lessons had to be learnt. The importance of understanding how much work goes into freelancing as a comedian cannot be underestimated. It was during a time where Matt was touring with renowned US comedian Tig Notara when that message became very clear.

“I asked, ‘why do you keep getting up? Don’t you think everyone has seen you and knows who you are?’, and she [Notaro] said ‘Yeah, but I can always get better.’

“I was at a stage where I had just been doing the same thing over and over again for so long that I forgot I could get better,” Matt explains.

Plagued by a drive to be constantly working from fear of the possibility of not having any work is a notorious problem for freelancers or creatives, regardless of what sector they’re in. Matt began to show signs of the pressure when filming *The Other Guy* and the work started to pile up.

“I was just saying ‘yes’ to everything, no matter how much work I had going on.

“It’s really easy to get anxious about constantly needing to work when you’re a creative or a freelancer.

“You have that paranoia that has been instilled that you never know when the next job is coming, you never know when the next dollar is coming in, you’re terrified that one day it’s all going to dry-up,” Matt explains.

So how does Matt remain balanced now? “I’ve got to remember at this stage of my life, that it probably will all dry up, but for now, I’ve got enough water in the reservoir to go a few more years, so I can take it easy.

“I’m trying to focus on one thing, and one thing only.”

*Matt will be performing **The Hat Game** on Friday, 11 May at Enmore Theatre for the Sydney Comedy Festival.*

sydneycomedyfest.com.au

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Alice Fraser

Hanna Moore

The sharp-witted, intelligent and often silly humour of comedian Alice Fraser is a stark contrast to the eloquent and thoughtful Alice who sat down with *Sydney Observer* to chat about *Ethos*, *Tea with Alice* and making people think about the challenging questions of existence with humour.

Ethos, Alice explains, is a double-act comedy performance where Alice tries to communicate to a robot what it is to be human. This unique take on stand-up can be attributed to Alice's experiences of her initial foray into the sketch and improvised comedy scene, where working with other people is paramount.

"When I started doing stand-up in New York on my own, I missed that.

"As you get older it gets harder to organise rehearsals, and I thought it would be an interesting proposition if I could do a double-act with artificial intelligence," Alice explains.

"It's another area where it's quite male-dominated, and people don't expect you to be interested in it as a woman, robotics and artificial intelligence, and I thought why not? Why not unpack that a little."

Much of Alice's previous work has touched on entering areas that are male-dominated, namely stand-up comedy itself, but Alice is remarkable in the sense that this notion can be communicated without politicising the point.

"I think there is nothing more powerful than making somebody laugh, and nothing more likely to open their mind than to do it in a way that is fun for them.

"Nobody likes being lectured to, we live in a world now where sides are getting drawn and people are just shouting at each other, and very few people's minds actually change from being shouted at.

"There's a lot of room for that in the media at the moment, and I think people want to make it 'this side versus that side', you very rarely hear someone on the television say, 'oh, I hadn't actually thought about it that way.'"

Alice consistently works towards making spaces for this kind of conversation within comedy, whether that be through stand-up or through the podcast *Tea with Alice*, or through the many other mediums Alice can translate herself across.

"That's my thing, I like to talk to people. I particularly like to talk to people about difficult ideas.

"My Masters was in Rhetoric, the idea of persuasion and persuasive speech and narrative rhetoric, so I like being able to turn my hand to different styles of writing, to different voices, to different ways on addressing the same problem and how you connect to people."

"It's another area where it's quite male-dominated, and people don't expect you to be interested in it as a woman, robotics and artificial intelligence, and I thought why not?"

Alongside her Masters, Alice also has a background in the corporate world with time spent working for an investment bank and a brief stint with Allens & Linklaters, Alice's formative years in comedy came from wanting more. The root of comedy is so often born from a place of tragedy or unhappiness; but the allure of not being a natural comedian drew Alice to wanting to be better at something that she had absolutely no clue how to do.

"I wasn't getting paid very much and I was quite depressed, but doing comedy at night was simultaneously finding out I wasn't ever really going to be happy in a corporate job, and also finding out that I could actually do this, and get better at it,

"I would wonder if I could get good at something I'm not good at, because I was always scared of failing, and comedy needs you to fail, you have to fail all the time to get anywhere in comedy I think."

The notion of comedy in unhappiness is nothing new, many comedians play off their own personal lives as a hilarious take on the state of human existence. This can be a means of both connecting to an audience, but also communicating simply not understanding why life is the way it is by laughing at it in the face of deep unflinching tragedy.

"That's my thing, I like to talk to people. I particularly like to talk to people about difficult ideas."

"I think my most difficult show was *Savage*, which was written during my mother's final illness, and that was so horrible, so appallingly sad every day and just having a show, and having something I could do.

"The worst thing about death and suffering is when you're helpless in that, having something you can do, no matter how small or trivial, it just made me feel useful," Alice recalls.

"The number of people who come up to you after shows like that who have similar stories, and being able to really connect with them and make them feel better, or more heard, or more represented is a huge thing."

This kind of approach to comedy is not for everyone - "I find I tend to get five star reviews, or one star reviews, people either love it or they *hate* it!" But for those who do enjoy comedy that makes you think, Alice has struck a chord few have been able to do before.

"For some people, it's not what they go to comedy for, they just go for some fun laughs, and there is absolutely space for that. I admire comedians so much for doing that.

"I think the thing that inspires me is seeing people do the thing they do incredibly well, I've always found it really empowering."

Alice will be performing *Ethos* on 3-6 May at the Enmore Theatre for the Sydney Comedy Festival.

sydneycomedyfest.com.au

Alice Fraser
Ethos

★★★★★
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★★★★★
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★★★★★
"INNATELY, INESCAPABLY FUNNY. ALICE FRASER IS A STAR" HERALD SUN





LESS FACBOOK, MORE FACE-TO-FACE TIME

Vicki Waters, Principal of Pymble Ladies College



When was the last time you saw your teenager without a mobile phone? Come to think of it, when was the last time you went anywhere without yours?

Mobile phones are essential to our beings and to our days, whether they are spent at home, at work or at school. Somehow, they have become

non-negotiable parts of life and now it seems like we can't live without them.

Not so at Pymble Ladies College. This year we introduced a new mobile phone policy for Middle and Upper School students (Years 7 to 10). Between 8.15am and 3.15pm, mobiles must remain in lockers. However, if it is essential for students to check a message or make a call, they can use their phones briefly at the office during recess and lunch. Teachers may also give permission for students to use their phones for a learning activity and, when this occurs, teachers will supervise the use and return of phones to the lockers.

In changing our approach to mobile phone usage, we have considered a range of issues while keeping the girls' education strongly at the centre. Our aim is for our girls to be more mindful about how relationships are nurtured through face-to-face interaction, to deepen their social skills by being present with

others and the environment, and to experience the school day with less distraction to their brains and their bodies.

This policy has been guided by parent and teacher feedback, our observations of the students' mobile phone usage and from discussions with the Student Representative Council. It was interesting to note that our Senior School girls in Years 11 and 12 use their phones with much less intensity than Middle and Upper School girls. Seniors are much more likely to be chatting face-to-face with others around them and phones are visibly less present. It is our hope that the new policy will create a similar effect in the Middle and Upper Schools.

At home, we encourage families to identify their own habits around mobile phone use. Do you have a rule about no phones at the dinner table, or that phones don't belong in bedrooms and must be charged somewhere neutral, such as the kitchen?

Do parents have expectations about children responding to messages during the school day – and vice versa? There is great value in discussing what it feels like to receive messages and calls when you are in the middle of a task, and what it feels like to be able to complete a task uninterrupted! Share your observations around your own phone usage and how you've noticed it impacts you – your sleep, posture and distractibility. Start the conversation about the guidelines your family can introduce this year to make mobile communication more sustainable.



GREEN LIGHT FOR RYDE EDUCATION PRECINCT

Antonia Mangos

Minister for Finance, Services and Property and Member for Ryde, Victor Dominello, has confirmed the Education Precinct for more open space in Ryde. The NSW Government has acquired 3.3 hectares of land at Meadowbank TAFE for the construction of the precinct that will also see the relocation of Meadowbank Public School.

"As more and more families call Ryde home, it is critical that we deliver on the necessary amenities including open space," Mr Dominello said.

Minister for Education, Rob Stokes, said that the new education precinct is one of more than 120 projects to be funded by the NSW Government over the next four years.

The precinct is set to accommodate up to 1000 primary school students and will further cater for the needs of local students in the future. However, the construction is set to interfere with

Meadowbank TAFE, but the institution will operate as usual.

The site is also set to relocate Meadowbank Public School to create the opportunity for new open space and the building of a new primary school. Meadowbank Public School has also seen an influx in enrolment and the education precinct will also foresee the implementation of new demountables, to account for the increase in need for classrooms in the meantime.

In the last issue of the school's newsletter, there was information for 'Traffic and Parking Issues' that will affect the school with an official website for parents to have their say on the impending changes.

Construction for the precinct is due to start later this year to be completed by 2021.

schoolinfrastructure.nsw.gov.au

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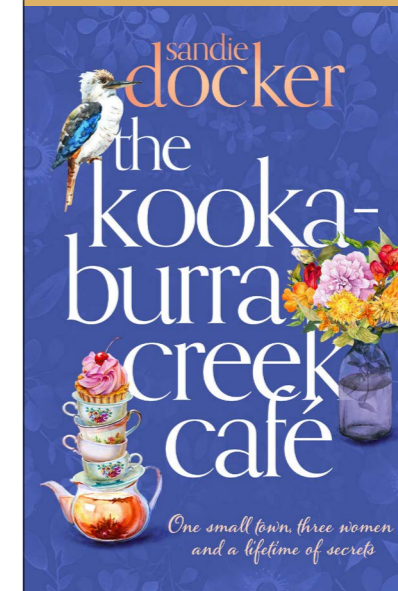
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Sandie Docker

on her new book
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PACKSY A BOON FOR INTERNATIONAL STUDENTS

Hanna Moore

In light of last month's ASEAN summit, a networking breakfast conducted by the NSW Department of Industry highlighted an entrepreneurial venture from international students at Macquarie University.

Packsy is a welcome pack of essential items designed to help international students moving to Australia for tertiary study adjust to their new home. The initiative was built by students, who took time and significant manual research to create a service that is personal, localised and understanding of the needs of international students.

"In our team we have lots of international students, so it's really essential that we have that kind of mentality, we've all been through your struggles so we know exactly what you need on your arrival in an overseas country," said Edwin Do, Strategic Marketing Executive for Packsy.

"When we came up with the pack ideas, we sat through four weeks of 280 interviews with students around the world, and we had to add so many local items to the packs to make sure that everyone has something they want to have," echoed Rita Do, Co-founder of Packsy.

So much of what sets Packsy apart, and perhaps what won these students the opportunity to work in Macquarie University's Incubator program, is the attention to detail that comes with localising the products so they appeal to a wide international market. Through networking with students and agencies in India, China, Korea and South East Asia, it became clear there are key differences in the use of everyday items.

"So an Indian student may use a plastic mug in the bathroom, and with the chopsticks that come in our packs, everyone uses a different kind of chopstick, so we have to import that

from different countries so that when they get the pair of chopsticks it's what they're used to using," Rita explains.

"It's little things like that that make the packs feel like a second home compared to a standard Western pack that they might get."

The process to get Packsy off the ground wasn't an easy one, a laborious task of manually sourcing out the community research to ensure the products would be effective takes its toll on the entrepreneurs not only adjusting to living in a new country, but also studying and working part-time jobs.

"The journey has been incredibly difficult to be honest, because we're students, we don't have the experience, we don't have the networks, we don't have the capital to fund it, so we've been bootstrapping a lot of things and asking for help from everyone we meet," said Rita.

"As a new start-up company, we are filling a social gap, so basically when we address that there is a problem in society, other partners who have the same interests are all happy to join us in our venture," Edwin explained.

"On an ongoing basis, the [Macquarie University] Incubator also gave us a networking space and a community, and being in that space where people are so motivated and so hardworking really kept us going," Rita added.

The team at Packsy are hoping to expand their product for the next intake of university students this coming July, with further expansion detailed in a solid 10-year plan to ensure that the current state of international student community services continues to improve in the future.

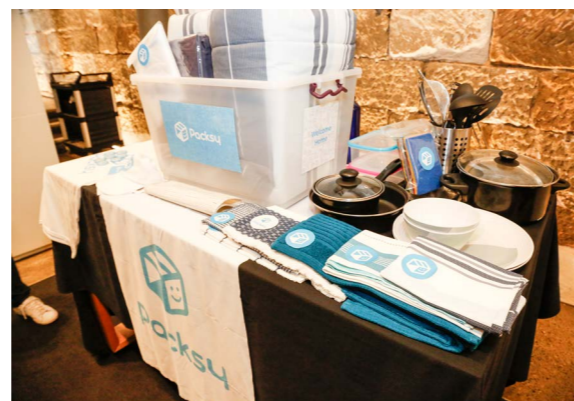
packsy.com.au
industry.nsw.gov.au



Edwin Do and Rita Do (L to R)



Minister for Trade and Industry Niall Blair with Rita, Edwin and Packsy Creative Specialist Danny Trinh (L to R)



ROSEVILLE'S NEW HEAD OF JUNIOR SCHOOL

One of Roseville College's passionate educators and leadership role models in girls' education, Mrs Abi Woldhuis, has been appointed as Head of Junior School. Since her start in 2011, Mrs Woldhuis has proven her commitment to the College through professional conduct and her value of each student's educational experience.



Mrs Woldhuis' consistent effort to the betterment of the College include overseeing Teaching and Learning Innovation and as a member of the team that achieved International Baccalaureate Primary Years Program accreditation for Roseville College Junior School in 2015. In 2016 Mrs Woldhuis was named as 'ICTE Educator of the Year' and additionally contributed to the formation of the College's Strategic Direction 2018-2020, demonstrating her dedication to the development of the College and the education of its students.

"Roseville College is a learning environment where

qualities such as leadership, innovation and enrichment are vital for our staff and the girls they influence...Mrs Woldhuis' strength and example in leading education and innovation, with the care for each girl at the centre, is outstanding," said Roseville College Principal, Ms Deb Magill.

In 2017, Mrs Woldhuis was appointed Head of Professional Growth before becoming Acting Head of Junior School upon the resignation of Mrs Tanya Vaughan, effective December 2017. Now Mrs Woldhuis continues to make her everlasting contribution towards the values and ethos of Roseville College as Head of Junior School.



At Roseville College, where every girl in Kindergarten to Year 12 is known and valued, students engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best.

In 2018, we celebrate 110 Years of realising purpose in the lives of young Australian women. Roseville College ranks among NSW's best in HSC achievement and delivers world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9-10.

Celebrating
110
years 1908-2018

PERSONALISED TOURS

The College's 10th Principal, Ms Deb Magill, welcomes families with daughters to visit our campus for a personalised tour with our Registrar. Tours, by appointment and held weekdays during term time, are tailored to your daughter's specific needs and interests. Please contact:

Roseville College | An Anglican School for Girls
27 Bancroft Avenue, Roseville
Registrar 02 9884 1109
E registrar@roseville.nsw.edu.au

Roseville College is a school within the Anglican Schools Corporation

www.rosevillecollege.com

EDUCATION NEWS

Isabella Ross & Antonia Mangos

NAPLAN success for Hornsby North Public School

The Secretary of the NSW Department of Education, Mark Scott has congratulated Hornsby North Public School for achieving success in its latest NAPLAN results.

“Congratulations to all the teachers for their commitment to their students. We can learn so much from these schools about how they achieved these impressive gains so that other schools can benefit from their success,” said Mr Scott.

The local school is among 39 NSW public schools that have been distinguished as having significant student learning growth, with students who progressed from Year 3 to Year 5 and from Year 7 to Year 9 between 2015 and 2017 scoring noticeably above the average percentile in reading and numeracy.

New program to support Aboriginal children in early childhood

The NSW Government announced a \$2.7 million mental health program trial designed to support Aboriginal children in their early learning environment. The aim of this tailored *GOT IT! Getting on Track in Time* program is to ensure Indigenous children can connect with their cultural identity and develop strong social relationships within the wider community.

“We’ve adapted the current *GOT IT!* Program so it specifically nurtures the mental, social and emotion wellbeing of Aboriginal children aged four to eight years,” said Minister for Health Tanya Davies.

South Western Sydney Aboriginal children and their families will be the first to benefit from the trial, with a future possible rollout of the program across NSW if successful.

health.nsw.gov.au/mentalhealth

Students set to get creative these school holidays

Local libraries at Gordon, Lindfield, and Turramurra will open their doors to children aged 5- 12 for some exciting entertainment these April school holidays.

Gordon is where the fun starts, with the library offering tabletop war game *Kings of War* between 10am to 12pm on April 17. On April 19, Gordon will be showcasing all things *Peter Rabbit* for the little ones. Family favourite movie *Treasure Planet* will then be screened at Gordon library on April 20 where all families are welcome to attend.

All three libraries will also be holding craft sessions, as well as Kitchen Science where children can explore some safe, hands-on scientific experiments.

All activities cost \$5 per child, and bookings are essential.

kmc.nsw.gov.au/library

Support for the Arts in Western Sydney

A \$1 million fund to support three programs for emerging artists across Western Sydney was announced to provide opportunities for artists and organisations across the region.

“I’ve seen firsthand the depth of talent in Western Sydney arts, screen, and culture – this funding will help drive forward artistic endeavour in the West,” said Don Harwin, Minister for the Arts.

The three programs are *Making Spaces*, *Strategic Opportunities* and a new program, *Emerging Organisations Program* which is part of the NSW Government’s dedication of \$7.5 million to local arts organisations.

Applications are now open. For further information, eligibility, guidelines and criteria, visit:

www.create.nsw.gov.au



STUDENTS MARCH AGAINST UNIVERSITY CUTS

Brooke Fryer

Australian students walked in protest on March 21 against the Federal Government’s decision to cut \$2.2 billion in Commonwealth grants funding from higher education.

Protests erupted around the country, with students asking for an end to funding cuts, no changes to the HECS-HELP repayment threshold or lifetime debt cap and free education. The National Union of Students (NUS) organised this National Day of Action for university students to have their voices heard in response to the changes.

Many students are outraged by the governments choice to invest more of this money into military spending rather than education, and ‘Books not Bombs’ was a prominent slogan at the nationwide protest.

“Students are furious about what’s happening to higher education in Australia,” said NUS Education Officer Con Karavias. “These cuts come in a context where many universities around the country are already threadbare.”

Over the next two years, the Federal government will freeze the amount it puts into higher education before moving to a competitive system in 2020. Universities have been urged to lower their profligate advertising throughout this two-year freeze. This freeze has prompted universities to cut their number of student intake and these changes will also require students to start repaying their HECS-HELP loans when they hit a salary threshold of \$45,000 a year instead of \$52,000.

Dr. Leanne Holt, Director of Indigenous Strategy at Macquarie University has said this cut may allow universities to freeze numbers of not only domestic students, but also Indigenous students.

“These last couple of years there has been a big push nationally for universities to step up and increase their intake of Indigenous students as well as increasing retention and success. Last year, Universities Australia launched an Indigenous Strategy, which had pretty ambitious targets for universities to meet as far as attracting Aboriginal students.

“This freeze puts up extra challenges to make this happen,” says Dr. Leanne.

According to Dr. Leanne, from the national body’s perspective and with the support of Universities Australia, they are calling on the Minister of Education, Simon Birmingham to unfreeze these places so universities aren’t forced to limit their intake of students in the future.



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REMEMBERING ON ANZAC DAY

Jonathan O’Dea, Member for Davidson

ANZAC Day provides the nation with an opportunity to pause and reflect on the past, present and future.

Some freedoms we enjoy today have been protected at great cost. Many people lost their lives or were injured physically, mentally or emotionally in war. Others were left carrying a burden of great loss due to loved ones never returning from active service or returning permanently affected.

Over 3,000 Australian Defence Force personnel continue to protect our national interests, serving in 12 current operations within Australia and overseas.

The Presiding Officers of NSW Parliament continue to formally

acknowledge the 100th anniversary of World War I by making statements each sitting week from 2014 to 2018 that highlight relevant historic events.

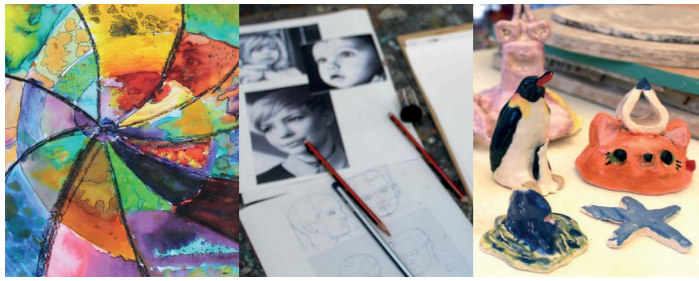
As we approach the 100th anniversary of the end of World War I, in which the ANZAC legend was born, I encourage you to attend one of the many ANZAC Day services on Wednesday, 25 April 2018. They include the Roseville RSL Sub- Branch’s 5.00am Dawn Service (adjacent to Roseville Memorial Club) as well as the ANZAC Commemoration Service, organised by the Lions Club of St Ives, from 10.30am at the St Ives War Memorial (corner of Mona Vale and Rosedale Roads).

Lest we forget.



Ku-ring-gai **artcentre** ROSEVILLE


Autumn Holiday Program 2018
 Monday 16 April - Friday 27 April



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kmc.nsw.gov.au/artcentre

 **Jonathan O’Dea**
 Member for Davidson



ANZAC DAY MESSAGE

Member for Davidson Jonathan O’Dea thanks those who have served our country and encourages support for the following activities:

Roseville RSL Sub Branch’s Commemorative Service

Wednesday 25 April 5am
 Roseville Memorial Park
 (adjacent to the Roseville Club, 64 Pacific Highway)

Lions Club of St Ives ANZAC Commemorative Service,
 10.30am, St Ives War Memorial (cnr Mona Vale and Rosedale Roads)

Lest we forget

Suite 8A, 12-18 Tryon Road, Lindfield NSW 2070
 Phone: 9880 7400 Fax: 9880 7488
 Email: davidson@parliament.nsw.gov.au
www.jonathanodea.com.au

Authorised by Jonathan O’Dea MP using parliamentary entitlements

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facebook.com/TwilightAgedCare
www.twilight.org.au



MOTHER'S DAY GIFT GUIDE

Mother's Day is fast approaching, and this year lets steer away from traditional bath salts and candles and get mum something extra special.

Engraved Jewellery

Purchase mum something that shows, and says, just how much you love her with a piece of jewellery marked with your name, initials or simply the words, I love you. Many stores such as Michael Hill and Prouds have Mother's Day specials. After purchasing the perfect piece, seek out an engraver found at any shopping centre who will neatly engrave your chosen words for as little as \$20.



Sunglasses

Sticks & Sparrow statement sunglasses with an Ivory Tortoise acetate frame and signature bamboo temples. This frame is also available in Black for a strong striking look.

\$200 Available from **Cable Melbourne**, Level 2 St Ives Shopping Village



Hampers

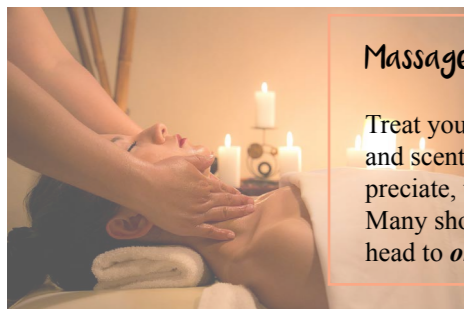
Hampers are a great gift to give as they come with not one but multiple gifts in one. From wine to chocolate to lotions, hampers are a great way to show your gratitude and to celebrate with mum this Mother's Day. Gift Australia has a bunch of hampers on show for shoppers to browse through and select the one best tailored to their mum.

giftaustralia.com.au



Massage Voucher

Treat your mum with a gift that will have her falling asleep to the sound of classical music and scents that will engulf her senses. A massage voucher is something any mum can appreciate, with packages ranging from quick 20-minute treatment to as long as 1.5 hours. Many shopping centres have massage parlours, but if you want a quick online purchase head to orientalspa.com.au.



The PALINKROME Dreamscape Robe

This is the ultimate statement piece. Made from floral-geo print on luxurious satin, this piece is designed with a kimono silhouette and satin waist tie.

\$189.95 Available from **Elleran Lingerie St Ives**, Level 1 St Ives Shopping Village



AUSTRALIAN WOMEN WORKING HARD FOR THE MONEY

Antonia Mangos

Gender equality in the Australian workforce has become a central issue in recent years, with concerns such as the pay gap and gendered representation being key areas of discussion. This issue has caught the attention of the nation as there appears to be a progression of female empowerment in the Australian workforce.

In light of Women's History Month and International Women's Day, the NSW Government released data detailing the progression of women in the workforce from 1973 to 2017. Such data reveals the increase in representation for women in a number of industries, including a 28.6 per cent share in 2017 for women as Chief Executives and General Managers as opposed to a 12.7 per cent share in 1987. Further, such statistics showcase increases in higher education, with women making up 57 per cent of postgraduate completions in NSW institutions in 2016. Other industries and occupations have seen a rise in female employment figures,

the most significant in areas of legal, social and welfare professions, sales representatives and agents, labourers and the largest increase in design, engineering, science and transport professionals.

Yet, despite this increasing representation across a number of occupations and industries, data released by the Workplace Gender Equality Agency has dug deeper into the issues still facing Australian women in the workforce. The data revealed women still earn on average \$253.70 per week less than men working on a full-time basis, meaning women earn 85 cents to every man's dollar. Additionally, female representation on management boards remains static, with only 24.9 per cent of female representatives and few management teams reporting pay equity metrics to their boards.

Moreover, the Human Rights Commission has illustrated that despite the greater expansion of women into the workforce since the 1970s, discrimination against

women during pregnancy, parental leave or on return to work is still prominent. Around 1 in 2 women face discrimination, and 1 in 5 indicated they had been made redundant, restructured, dismissed or their contracts had not been renewed as shown by research from February 2018, putting into question how much has actually changed in Australia's workplace environment.

This is not to say that women have not made any changes to the Australian workforce. Feminist movements, individual initiatives and changes to educational institutions have enabled women to take control of their career prospects, which has motioned for change. This means women are taking a more productive and involved role in their careers and workplace, though there is still room for improvement to ensure greater gender equality for all people in Australia.

women.nsw.gov.au

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THE BIG STAKES OF GAMBLING ADDICTION

Isabella Ross

It is no secret that a significant proportion of Australians struggle with gambling addiction, with our nation having one of the highest rates of gambling across the globe. With over 80 per cent of Australian adults engaging in gambling of some kind, the popular pastime has led to a surge in debt throughout households.

The NSW Government has announced a range of proposed changes to better protect communities at risk to problem gambling. The proposed changes include a cap on the number of gaming machines allowed in high-risk areas and new measures to target potential harm in more localised areas. These propositions came after Liquor & Gaming NSW reviewed the Local Assessment Scheme, which classifies all areas within NSW based on the risk of introducing additional gaming machines into the particular electorate. The Sydney electorates found to be at risk of gambling-related harm included Fairfield, Penrith, Liverpool and Bankstown; areas that all share the highest crime rates recorded in the Sydney metropolitan.

This cap on gaming machines comes as Australian gambling losses hit an all-time high, with punters losing approximately \$24

billion each year. Minister for Racing, Paul Toole spoke of the government's aim to reduce gambling-related debt, "local community caps are part of a package of reforms that represent the most significant changes to gambling regulation in NSW for a decade."

Yet it is definite that gambling has become a major public health issue, with the negative effects of the addiction being felt throughout the country. A study conducted by beyondblue discovered that problem gamblers were approximately 18 times more likely to experience severe psychological distress and twice as likely to be depressed than those without a gambling addiction.

However there is hope for those struggling with gambling addiction, as a report published by Financial Counselling Australia found that after financial counselling, 87 per cent of clientele had an improved financial position. With continual government funding and legislation, it is hopeful that Australia will no longer have one of the highest rates of gambling addiction.

For help or information call the Gambler's Help Line 1800 858 858 or visit gamblinghelp.nsw.gov.au.



FESTIVAL ON THE GREEN 2018

On Sunday 6 May from 10am to 4pm, the Festival on the Green will be themed *HeroFest* with attendees invited to bring out their inner hero or villain. Superheroes will be roaming the park fighting crime and protecting the public throughout the day, as well as the Nickelodeon Teenage Mutant Ninja Turtles performing a live show on the main stage.

Young comic fans will get a chance to dress up as their favourite character for a day to win a prize, meet with heroes including Superman, Wonder Woman, Spiderman and Batman!

The festival will also have the usual line up of fabulous community performers, food and general market stalls, rides and much more.

Attractions include

- Nickelodeon Teenage Mutant Ninja Turtles Show
- Superhero Meet & Greet
- Batman
- Superhero craft workshop
- 9D Cinema
- Face painters
- Dress up Competition
- Animal Farm



Community Noticeboard

8 April
Lindfield Rotary Fun Run

Where: Roseville Oval
Cost: From \$25
When: 7.30am-11am
Contact: joyjoy@optusnet.com.au

13 April
Discability Spooky Social

Where: St Ives Community Hall
Cost: \$5 per person
When: 5.30pm-10.30pm
Contact: youth@kmc.nsw.gov.au

14 April
Hawkesbury Saltmarsh Boat Trip

Where: TBA
Cost: Free
When: 8.45am-1.30pm
Contact: (02) 9847 6832

19 April
Creatives Connect

Where: Manly Art Gallery & Museum
Cost: \$10 for members/\$15 for non-members
When: 6pm-8pm
Contact: (02) 9976 1421

25 April
ANZAC Day 2018

Where: Manly War Memorial
Cost: Free
When: 4.25am-1pm
Contact: (02) 9942 2603

26 April
Film Screening 'The True Cost'

Where: Zenith Theatre, Roseville
Cost: \$5 per person
When: 7pm-9pm
Contact: Allports@kmc.nsw.gov.au



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TOOTH LOSS: WHAT COMES NEXT?

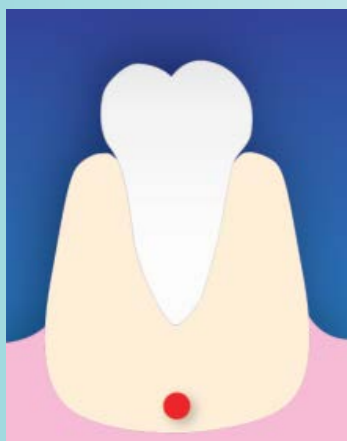


Figure 1

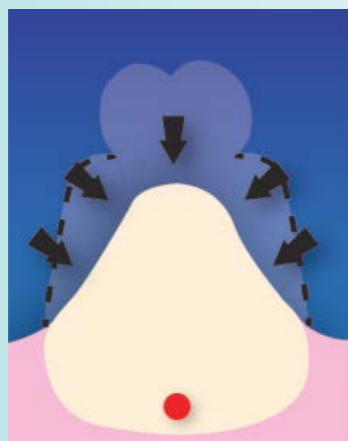


Figure 2

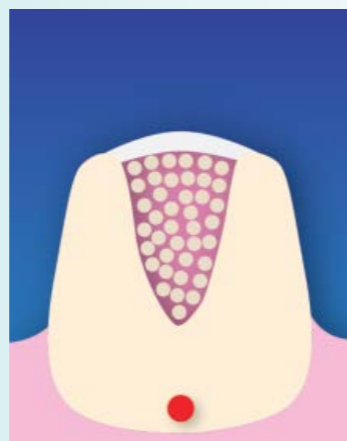


Figure 3



Figure 4



Dr Ian Sweeney

northsidedental.com.au

The effect of losing a tooth has many far reaching consequences. Research has shown that up to 30 per cent of the volume of supporting bone may be lost within the first 3-4 months following the extraction of a tooth.

Teeth are supported by bone. Once a tooth is lost, the supporting bone will shrink as the extraction socket heals and remodels. As the bone shrinks, the amount of gum overlying the bone also shrinks, potentially affecting the smile (Figure 2).

A loss of supporting bone and gum may be compensated for if the final outcome is the construction of a denture. However, if a patient does not wish to wear a denture, the issue of tissue loss needs to be addressed (Figure 3).

Prior to a tooth being removed thought must be given to what will replace the missing tooth. If a patient does not wish to wear a denture to replace the missing tooth, a procedure known as 'ridge preservation' may be performed.

Ridge preservation involves packing the extraction socket with

a bio-compatible material that will help to maintain as much bone volume as possible. A protective membrane may also be placed to cover the material, prior to suturing the gum. The socket is then left for a number of months while the bio-compatible material either becomes replaced by new bone or becomes incorporated into the new bone that forms.

Following a suitable healing time, dental implants may then be placed into the new bone. The use of ridge preservation and dental implants allows the lost tooth to be replaced without interfering with any of the surrounding teeth.

Occasionally it is possible to place an implant at the time of tooth extraction; however this depends on many factors. In these cases, ridge preservation will not be required; however initial planning still remains the key to long term functional and aesthetic success.

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

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BETTER BALANCE WITH BALLET

Hanna Moore

Veronique Price, dancing since the age of three and an avid wellbeing and fitness enthusiast started the Lindfield-based Dancing for Wellbeing just over a year ago. In the time since its inception, the Better Balance 55+ classes teaches older residents of the Ku-ring-gai area vital skills in balance and flexibility through ballet.

As a sport that typically involves the kind of physical exertion that can be difficult to replicate with age, Veronique offers an alternative that places importance on non-competitive gentle practice and what's called 'dynamic stretching', a method that incorporates movement into the stretches themselves, to entice people from all physical backgrounds.

"I emphasise the use of feet, because I have found it to be really important in balancing, and in fall-prevention," Veronique explains.

"It's a classical ballet class, so we do all the ballet exercises that kids learn all the

way up to professional level to go through a set, albeit at a very slow, gentle rate, in this age group I don't do any turns or any jumps."

And it's worked, in the time since classes started, Veronique has been surprised by the amount of people who have showed up to every class, and the improvements her students have made for their own physical and mental wellbeing.

"A lot of people after 4-5 classes really felt it had helped with their flexibility and developing their balance and ability to weight-transfer between two feet.

"Because they have to remember the step sequence, there's a mental challenge as well, so I usually do a series of 4-5 classes where we repeat the same exercise every time to that people can remember the sequence."

It's also just a wonderful opportunity to socialise with people from a diverse range of backgrounds, experience learning a

new skill and to get further involved in the local community.

"I'm very blessed to have some really lovely ladies in my class, and they're all very supportive, and because it's a small class I can give individual attention and correction, and so everyone is very patient with that."

Veronique will be offering free classes on 6 and 13 April through the Ku-ring-gai Seniors Festival.

You can find them on Facebook as Dancing for Wellbeing.



THE IMPORTANCE OF IMMUNIZATION

Isabella Ross

Across the globe, nearly 19.5 million infants continue to miss out on basic vaccines, leaving them vulnerable to diseases such as diphtheria, measles and polio. According to the World Health Organisation, immunization prevents approximately 2 to 3 million deaths each year, however if the coverage of global vaccination was to improve, then a further 1.5 million deaths could be prevented.

Of the 19.5 million children without life-saving immunization, it has been discovered that 60 per cent of them live in 10 particular countries, namely Angola, the Democratic Republic of Congo, Ethiopia, India, Indonesia, Iraq, Nigeria, Pakistan, the Philippines and Ukraine.

World Immunization Week (24 April – 30 April) encourages people from all backgrounds to further their efforts in the worldwide campaign of increasing the coverage of vaccines. Partnering with the World Health Organisation, this week-long public health campaign has achieved great success in recent years, with approximately 86 per cent of children across the globe in 2016 having access to necessary vaccines.

Yet it is evident that the 14 per cent of children who are not immunized continue to be at significant risk of dying as a result of a vaccine-preventable disease. As part of its 2018 campaign, the World Health Organisation aims to highlight the importance of immunization, through its initiation of the Global Vaccine Action Plan.

Contrary to popular belief, immunization is an issue that relates to the health of all countries. In Australia the proportion of children who are fully immunized continues to grow, however the percentage of immunized children is below the national target of 95 per cent.

The report released by the Australian Institute of Health and Welfare revealed 93 per cent of Australian five year olds were fully immunized in 2015-2016. In recent years, the Victorian Government has introduced various initiatives to ensure the safety of children across the state. It has been enforced that in order to enrol your child into a Victorian Primary School, an immunization status certificate will need to be shown.

Therefore, campaigns like World Immunization Week are fundamental to ensure that every individual realises the importance of vaccination as an exceedingly cost effective and prosperous health intervention.

who.int/campaigns/immunization-week

HEALTH CORNER

Antonia Mangos



Gut Health

The functioning and wellbeing of our 'gut' has been a central focus for health and wellbeing for years, however the latest research has shown the role that fungi plays in our gut health, meaning we will be able to optimise our gut health in new ways by creating a support environment for microbes. Through the rising intake of kombucha and other probiotic products, gut health is for anyone who wants to be in control of their mental health, weight, mood, digestive system and general physical wellbeing.



Collagen

It's something we all have, but what we want to get more of. Collagen is the most abundant protein in our bodies, found in our muscles, bones, skin, blood vessels, digestive system and tendons. It gives strength and elasticity to our skin, replacing dead skin cells, it is the 'glue' which holds our joints together and is now one of the cleanest type of protein powders on the shelf. As we age, our natural production of collagen slows, and now supplements are available that can also aid in our gut health, for skincare, anti-ageing, our immune system and many other things. Collagen, and collagen related products, can be found at your local chemist, pharmacy or even online.



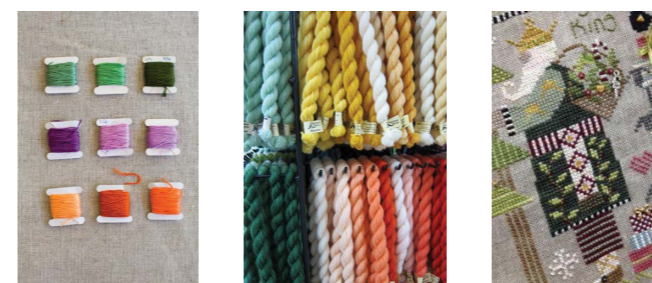
Intermittent Fasting

Much like the paleo diet, intermittent fasting is a 'diet' designed to mimic the eating patterns of our ancestors. Its benefits don't just link to weight loss but also better blood sugar balance, decreased inflammation and increased cognitive function by simply breaking up your eating patterns throughout the day. The method involves splitting the day or week into 'eating' and 'fasting' periods, with a number of popular methods as to how this can be done. This involves the most popular method, the 16/8 method, which involves fasting for 16 hours and restricting your eating to 8 hours in the day.



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SPEAK EVEN IF YOUR VOICE SHAKES

Isabella Ross

Last month, March 16 marked the 8th National Day of Action against Bullying and Violence, which saw approximately 3000 schools across Australia participate by taking a stance against bullying in and outside the playground. In the last year, one in four of 14-25 year olds had reported being bullied; a worrying statistic given that suicide has become the leading cause of death amongst young Australians. On this National Day of Action, several initiatives took place to spread awareness of bullying, anxiety, depression and youth suicide.

On the eve of the National Day of Action against Bullying and Violence, Channel 10's *The Project*, aired a powerful message against bullying by using some of the most influential people in the world. Celebrities, including popstar Liam Payne,

Instagrammer Tammy Hembrow, sports star Jonathan Thurston and Hollywood A-lister Margot Robbie, delivered the resonating phrase "speak, even if your voice shakes," which was left behind on a sketch by 14-year-old Dolly Everett, who took her own life earlier this year after relentless online bullying.

Recent statistics from the Australian Communications and Media Authority have revealed the dark side of social media, reporting that one in five children from the ages of 14 to 15 have been cyber bullied. The Office of the eSafety Commissioner also commemorated the National Day of Action against Bullying and Violence by offering free virtual classrooms in schools to help combat cyber bullying.

"We know that cyberbullying is often an extension of bullying in the schoolyard, so we need to work at altering these behaviours online as well," said eSafety Commissioner Julie Inman Grant. The virtual classrooms aim to empower students to identify what they can do as bystanders to prevent online bullying.

"Today is the perfect day for parents to have the conversation with their children. Let them know you will be there to support and guide them if they encounter online abuse," said Julie.

If you or someone you know is experiencing bullying, visit esafety.gov.au or lifeline.org.au for more information and advice.

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MILAN TELFORD, CEO, on 9476 3161 EXT 6
Christophorus House Retirement Village, 396 – 398 Peats Ferry Rd., HORNSBY

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FACIAL OILS FOR BETTER SKINCARE

Hanna Moore



WHAT ARE FACIAL OILS?

Facial oils include any fragrant plant oil, non-fragrant plant oil or synthetic oil. Many brands incorporate one or more of these oils into their skincare products, namely moisturisers, serums or even a concentrated version of the oil itself. This can aid the skin's natural oil regeneration and hydration process as a part of an everyday skincare routine.

Oils such as coconut, argan and jojoba are very common with their ability to blend with other botanical oils for a range of effects. Other popular choices include lavender, sunflower, marula, rosehip and the list goes on. Each with their own unique ability to provide hydration and balance for the skin, however, many fragrant oils such as lavender and rosemary do have the potential to aggravate the skin, so be sure to chat to an expert to make sure you're getting the right kind of oils for your skin type and sensitivity.

WHO CAN USE FACIAL OILS?

Can those of us with oily to combination skin really use oils in our everyday skin routine? Well, yes. Not only are oils incredibly moisturising, but balancing them with a regular skincare routine can actually help your skin maintain a healthy amount of oil production, meaning it won't make your skin oilier at all.

The real benefactor of incorporating facial oils into a skincare routine however, are those with dry and ageing skin, particularly during the colder months. According to Priceline Beauty School, facial oils mimic the skin's natural sebum production process, and as we get older that process slows down, leaving the skin quite dehydrated. Oils are incredibly hydrating, but shouldn't be used in place of your regular moisturiser, adding oils as another step to your routine is key.

WHAT ARE THE BENEFITS OF FACIAL OILS?

According to Paula's Choice, an Australian skincare company, plant oils are rich in antioxidants, but on their own often lack the ingredients added to many skincare products that are great for skin-restoration such as retinol or peptides. So the inclusion of an oil shouldn't replace your regular moisturisers or serums, but will aid the process of replenishing the skin emollients.

Along with antioxidants, many facial oils also contain omega acids, vitamins and minerals that can help repair the skin's barrier function, that is, keeping the skin free from dehydration and other environmental stressors.

CLEANSER



FRESH – Seaberry Skin Nutrition Cleansing Oil, \$60

Oils can be a great way to remove make-up at the end of the day, Fresh's cleansing oil uses fatty omega acids and a blend of nourishing oils that works to cleanse and remove make-up without leaving the skin feeling stripped back.

sephora.com.au

BRIGHTENING



EDIBLE BEAUTY – & Snowflower Illuminating Face Oil, \$62

The power of botanical beauty has been harvested for this 100 per cent organic facial oil that uses ingredients such as sunflower seed oil, Kakadu plum and vitamin C to boost collagen production and brighten complexion. Jojoba seed oil and banksia seed oil also work in conjunction to reduce inflammation and encourage skin suppleness.

sephora.com.au

MOISTURISE



TARTE – Maracuja Oil, \$22

Maracuja oil works to replenish the skin with its blend of seed acids and fatty acids. Perfect for its anti-aging properties, it evens-out skin tone with the addition of Vitamin C creating a brighter complexion without the addition of parabens or sulfates.

sephora.com.au



MUKTI Organics – Antioxidant Facial Oil Omega 3-6-9, \$59.95

This certified organic facial oil boasts the addition of 15 cold-pressed nut and seed oils that provide an excellent antioxidant boost in combination with the addition of omega 3, 6 and 9 acids. This combination provides a perfect addition to your moisturiser with its super hydrating formula and anti-ageing properties.

muktiorganics.com

OVERNIGHT



CAUDALIE – VineActiv Overnight Detox Night Oil, \$65

Working as an overnight treatment, a combination of plant-based oils such as almond, carrot and sunflower seed oils works to create a brighter, healthier complexion. Suitable for all skin-types this oil also addresses damage from pollutants and environmental stressors, as well as supporting natural cell-renewal.

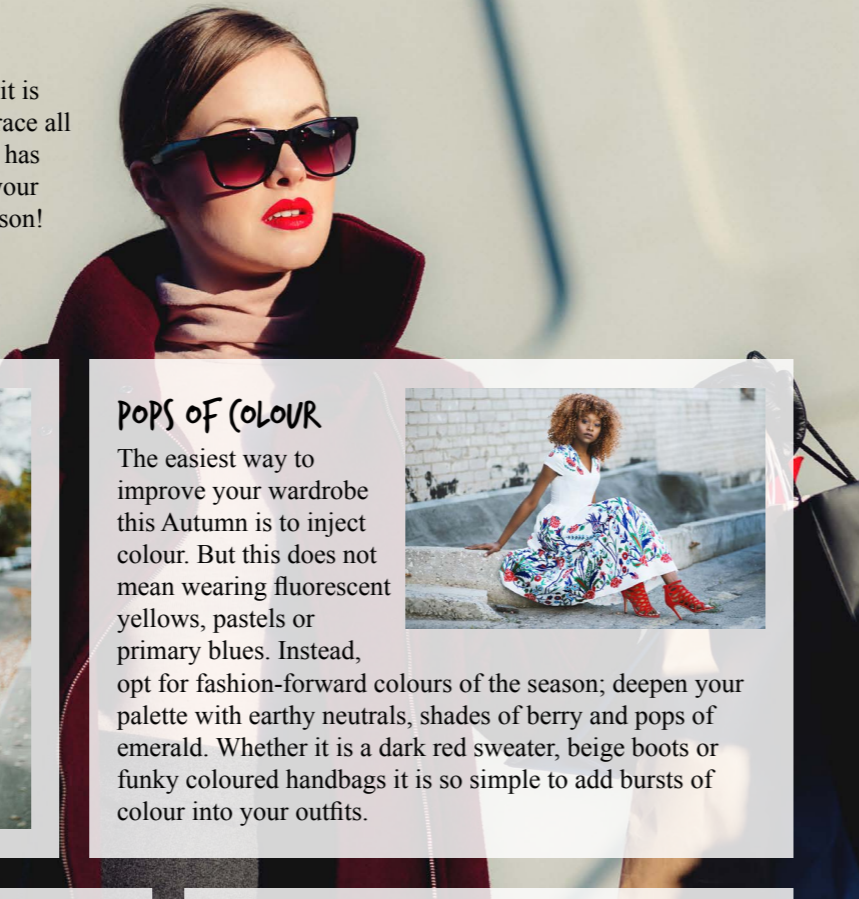
sephora.com.au



A GUIDE TO AUTUMN FASHION

Isabella Ross

Now that Autumn has officially arrived, it is time to revamp the wardrobe and embrace all the new fashion trends that this season has to offer. By incorporating stylistic guides into your outfit, you will be set for a fashion-forward season!



TRENDY TRENCH COATS

Trench Coats are the perfect way to add elegance to your outfit while also being practical in keeping comfortably warm. With plenty of fabrics trending this season, including the quintessential beige, soft grey and edgy plaid, there is a style for every person to enjoy.



POPS OF COLOUR

The easiest way to improve your wardrobe this Autumn is to inject colour. But this does not mean wearing fluorescent yellows, pastels or primary blues. Instead, opt for fashion-forward colours of the season; deepen your palette with earthy neutrals, shades of berry and pops of emerald. Whether it is a dark red sweater, beige boots or funky coloured handbags it is so simple to add bursts of colour into your outfits.



EMBRACE DIFFERENT TEXTURED PIECES

With the weather set to get breezy in Autumn, it is certain that most of us will be rugging up to escape the cool temperatures. Yet it is important to note that you can still have a highly fashionable ensemble but be cosy and comfortable, just by adding textured pieces that create more interest. Faux fur coats, woollen sweaters and suede boots are perfect starting points to elevate your seasonal style.



FASHION-FORWARD FOOTWEAR

Boots are the go-to shoes this Autumn, whether it be knee high boots, open toe, or the classic ankle style. With suede fabric in fashion this season, aim to choose boots of a neutral shade so that they coordinate with your wardrobe effortlessly.



THE PERFECT AUTUMN ACCESSORIES

A simple way to compliment Autumn trends is to accessorise. Nail polish is one of the more inexpensive ways you can style a fashionable outfit; match the colour of your nails to a certain piece you are wearing to strengthen your look. Scarves are also great to accessorise with, as they lengthen the body to give a slimline silhouette. Earrings are another way to spice up an outfit; coloured tassels continue to be popular within the fashion realm.



EMBROIDERED FASHION

Funky fabrics are here to stay this season, with a frenzy of embroidered fabrics elevating any outfit. With a naturally feminine look, the intricate detail of embroidery strikes new standards by capturing the eye and interest of all. Floral stitching is the dominant feature of this trend.



BEAUTY CORNER

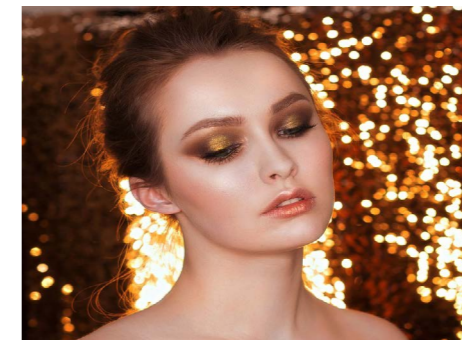
Brooke Fryer



Bold Lips

People have long been afraid of bold lip colours until now. Lipsticks, glosses and liners are making their way through the makeup industry thanks to Kylie Jenner and leading makeup artists such as Charlotte Tilbury. Now bold lip colours are an essential step to a complete makeup and beauty routine whether this be a casual day time look or for an evening out.

Why you'll love it: Embracing a bright lip in fierce red or pink tones gives the person behind them confidence and an attitude to fit the look.



Contouring

Botox is out and contouring is in thanks to the magic of makeup. People around the globe are using contouring more and more to add a natural-looking bronzed glow and to re-sculpt the face without paying the big dollars. Contouring can transform the face from a thinner nose to a shortened forehead. It's all in the art of precision and detail.

Why you'll love it: Change up the face and add definition without breaking the bank, then take it all off at night to the natural beauty self.



Argan Oil

For those who suffer from dry or dull skin, argan oil is a product that needs to be included into an everyday routine. Not only does it soak into the skin to moisturise but they contain all the vitamins that protect and repair the skin.

Why you'll love it: Argan oil gives a beautiful glow to the face, giving the skin a healthy, natural look all year-round.

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THE BIG SUPERS VERSUS THE LOCAL UNDERDOGS

Antonia Mangos

In Australia, the battle between the two biggest supermarkets has taken centre stage and as a result, this puts a strain on local retailers, families and farmers as well as the environment. Supermarket Free Month is an initiative formed in South Australia in 2012 by a small group of people headed by Lucy Chan, and has been campaigning for more people to ditch the 'Big Supers' of the grocery world and to start "putting our money where our mouth is."

According to the Supermarket Currency report from Roy Morgan Research in 2017, Australians spent \$90.3 billion on groceries. Of this amount, 68.9 per cent is spent at Coles and Woolworths combined, with 13.2 per cent spent at Aldi and 9.3

per cent at IGA, leaving just 8.6 per cent to local grocers, retailers and producers. The Supermarket Free Month Challenge, starting in April, is set to shift this imbalance and give more to our local communities.

This movement is not only to help put money in the pockets of our local producers and sellers but also has a number of benefits including fresh local produce in your food, saving on your carbon footprint by not buying food that has been transported all over the country, and the easy and friendly experience of shopping in your local area.

The initiative offers a number of tips for getting into the habit of ditching the

Big Supers, such as going out to farmers markets, getting to know your local butcher and bakers or even growing your own produce at home to ensure you're getting more dollar value out of your food. The group says, although the initiative sounds like you may end up spending more money, it is in fact guaranteed that you will save, due to the high quality of the freshly picked produce and buying great local bulk boxes of produce, as well as buying cheap seasonal produce.

So, maybe it's time to switch from the big red and green and try picking out your own reds and greens with your local producers and sellers this April.

supermarketfree.com.au



UNDERSTANDING A MINIMALIST LIFESTYLE

Brooke Fryer

Many believe that minimalism means sacrificing objects that the modern world is offering, but this is not the case. It pertains to having a lifestyle that encompasses what means the most to you and what your values are.

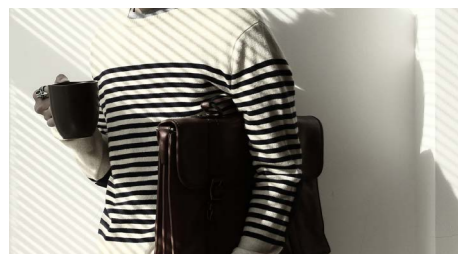
Minimalism is a unique term and means something different to each person that chooses to live a lifestyle with less possessions and clutter. The average minimalist chooses to live a life of purpose rather than to work for more money so as to buy more possessions,

that is, the most common way to define minimalism is to simply live with less.

Empty rooms that previously belonged to children who have left the nest, or a room that is no longer a study tend to be rooms filled with clutter and junk. These rooms can be a good starting point for a new minimalist lifestyle. The amount of 'stuff' that is kept throughout the de-cluttering is up to the individual.

Many people are choosing minimalism not only to clear away old bedrooms, but to have a healthier lifestyle.

Minimalism comes with many health benefits, such as clearing away clutter to leave room for more emotional energy. This is beneficial as clutter and mess is no longer clogging the mind, allowing people to breathe easier and live a little more stress-free.



Minimalism tips

- Reduce the amount of 'knick-knacks' that are within the home. This can be done by going through draws that haven't been open for years and evaluating whether these things are worth keeping through categorising their importance.
- Wearing clothes until they can no longer be worn or repaired. This makes life easier as recycling clothes allows the mind to not worry about keeping up with every new trend.
- Eating what's in the fridge and cupboard before re-stocking not only saves money but also saves time. Minimalists tend to stick to their favourite meals without having to worry about the stress of learning new recipes every week. Try cooking in bulk with three different meals on-the-go each week for dinner.
- Signing up for a library card instead of buying new books means you'll actually read them, and it will prevent the bookshelf piling up with books you may not even really enjoy.

AUTUMN HOME TRENDS

Isabella Ross

Layer textures

Bringing back nature is central this autumn, with organic textures being a fundamental component of this rustic style. Implementing textured contrasts are on the agenda, as overly-coordinated materials make the space look artificially staged and run the risk of muting personality. The aim of layering various textures is to invite a natural ambience back into your interior space. Adding textures such as linen cushions, dark wooden floors, reclaimed accessories and woollen rugs will elevate the design of your home.



Darken your palette



Autumn sees a shift from the heat hazed tropical tones and airy pastels to a richer palette oozing with earthy neutrals and shades of berry. Think of deep plums, warm beige, wine and neutral grey—instead of orange and mission brown. By darkening

tones the interior will become a space of comforting warmth in the lead up to the cooler weather. Due to its versatility, rich tones are predicted to be visible across 2018 interior themes, including rustic and industrial design styles. This trend can be incorporated into your interior through feature walls, bed linen and small-upholstered items such as chairs.

Invite greenery into the home

Autumn is the time to embrace the natural style once more; with indoor plants resurging in popularity due to the calming presence greenery has on an interior space. By placing a tall potted plant in the corner of any room, the space will soften and instill a lush feeling of serenity. Pairing any plant with a contrasting pot creates interest, so aim to incorporate textured accessories to coordinate with other autumn trends. Succulents, leafy ferns and plum coloured cordylines give a pop of colour to any interior.



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APRIL HOT SPOTS

Antonia Mangos

5 April Singles Wine Tasting & Networking

Do you have a love of wine and are looking for someone to share that love with? The Singles Wine Tasting at One Willoughby Bar in Crows Nest might just be what you're looking for. The event is for all singles between the ages of 30 to 45 where you will be able to sip on seven different wines with matching canapes, and learn all about wine and food pairings in a private boutique. The event is hosted by a fine wine expert from Audrey Wilkinson Wine Club and is an exclusive event for a meet and greet with 40 other singles. The event will be held from 7pm to 10pm, with tickets starting from \$64.

encounterdating.com.au

7 April Behind the Scenes Produce Market Tour for Seniors

As part of North Sydney Council's Seniors Week celebrations, a free behind the scenes tour of Northside Produce market is happening this April. Famous food consultant and advocate, Tawnya Bahr, is hosting this insider look to meet growers and celebrate fresh produce. A range of recipe ideas, tastings and the opportunity to stock up on freshly grown ingredients will be taking place from 7.30am to 8.30am. For other members of the public, the markets will open from 9am and full access to the markets and produce are as normal. However due to it being a free event, bookings are required to guarantee spots for the limited spaces available.

northsydneycentre.com.au

7 April The Makers and Shakers Market

Showcasing some of the inner west's best gourmet foods, the Makers and Shakers Market focuses on everything homeware and lifestyle to deliver the best quality in all your dining and food experience. The market is held in Melbourne, Adelaide and Canberra and is coming to Marrickville Townhall, bringing with it some tasty treats such as speciality coffee, toasted sandwiches, donuts and many more. The market also caters for gluten free, vegan and vegetarian food options, with ticket prices just at \$2 for adults. The market will be on from 10am to 3pm.

themakersandshakers.com

15 April Gauchito Gil's Malbec Day

Want a taste that transports you to the vineyards of Argentina without leaving Sydney? Gauchito Gil's Malbec Day is coming to Eveleigh's Workshop Carriageworks to showcase Argentina's most famous grape, with over 90 samples of Malbec from Argentina, France and even Australia. The event also includes empanadas, tango dancing and ales to bring more of that Argentinian culture to Sydney. Ticket pricing includes all wine tasting with no need for tokens and a Plumm Vintage A wine glass to taste from and keep. The event runs from 1pm to 6pm on Sunday 15 April and tickets start from \$53.

gauchitogil.com.au

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MAKES ITS MARK IN ROSEVILLE

Brooke Fryer



Opened in August of last year, Rachel and Chris Lafazanis turned an old fish'n'chips shop into a beautifully crafted cafe with interior tailored specifically to suit the lifestyle of Sydney's North Shore. Cafe Nate is renowned for its self-brewed coffee and impressive cafe food, this family environment welcomes guests from all corners of the North Shore and beyond.

After working for years outdoors, Chris was diagnosed with skin cancer. Since having the melanoma removed, Chris decided it was time for a lifestyle change, and then came the commencement of an 18 month-long renovation project from which Cafe Nate was born.

"The dream was born out of health, it was a health and lifestyle decision to open this cafe. I started looking for work indoors, so when this shop became available I was able to work indoors and still be my own boss," says Chris.

The couple never had experience working in cafes, but with Rachel having had experience in hospitality and Chris in retail, together they had what they needed to start their very own business.

Working in a dynamic environment, the couple have made a lot of bold decisions. From putting power points into the walls to a water filtration system located underneath the shop allowing for filtered water both in their coffee, tea and cooking, the couple are doing what they can to make the cafe as unique as possible.

"We are fresh, clean and indulgent. No chlorine, chloride or fluorine goes into our food or waters," says Chris.

From fresh food being brought in by farmers and local

producers to gluten free and vegetarian options, the cafe offers a flexible menu for guests with dietary requirements and a fully functioning kitchen, with plans to produce more vegan options in their near future.

Rachel has also had her hand in making their very own décor, including the wooden frames that hold beautiful paintings. Not only is there now free Wi-Fi for guests, but kids are able to enjoy a box of toys and a soon-to-be outdoor area to play while parents can enjoy a selection of teas or restaurant quality food.

"We wanted to create an environment and style which you enjoy being in, it's a classic style, and we plan to do more," says Rachel.

The cafe also has wheel chair access, space to move around and bright surroundings allowing for people of all ages to enjoy the homely environment and friendly staff.

With goals of extending their hours to nights and Sundays in the near future, visitors are currently able to enjoy the cafe from 6am-4pm on Monday through to Friday and 7am-3pm on Saturdays.

This month, Cafe Nate will be introducing a High Tea offered to a minimum of 4 people and a max of 8 at just \$25 a head. The High Tea offers bottomless tea, finger sandwiches, scones with cream and jam as well as sweets. Guests are also able to book a function if they are purchasing food, making the cafe a great place to celebrate a birthday or set up a corporate meeting.

You can visit the website at cafenate.com.au or call (02) 9415 4842 for bookings.

COOKIE DOH CO. RECIPES

To celebrate two new flavours, Cookie Doh Co. have released two new recipes to get the most of your tub of edible cookie dough goodness.

RASBERRY & WHITE CHOCOLATE BUTTERFLY CUPCAKES

INGREDIENTS

250g Cookie Doh Co. Raspberry & White Chocolate dough, 115g Caster Sugar, 115g Butter, 2 Eggs, 115g Self-Raising Flour, 1/2 Cup Fresh or Frozen Berries

- Preheat the oven to 180°C and line a muffin tray with patty pans.
- Cream the butter and sugar together. Add the eggs and mix until combined.
- Gradually add the flour and mix.
- Fill the patty pans halfway and place them in the oven for 15-20 minutes or until they spring back to your touch.
- Once cooled, use a teaspoon to scoop out the centre from the top of the cupcake and cut the scooped component in half. Add a spoon of Raspberry and White Chocolate cookie dough into the body of the cupcake and place the removed sponge on top like wings.
- In a saucepan, heat the fresh/frozen berries and mash until a sauce is formed. Drizzle on top and enjoy!



COOKIES & CREAM SWISS ROLL

INGREDIENTS

250g Cookie Doh Co. Cookies & Cream dough, 125g Caster Sugar, 4 Eggs, 75g Plain Flour, 1 tsp of Vanilla Essence, Icing Sugar

- Preheat the oven to 180°C and line a 24cm x 30cm tray with baking paper.
- Combine the egg yolks, sugar and vanilla and beat with an electric beater.
- In a separate bowl, beat the egg whites until soft peaks form and then fold into the yolk mixture.
- Add sifted flour and fold to combine.
- Pour into pan and bake for 15 minutes (or until cooked). Remove from oven and cover with baking paper and damp tea towel.
- Allow to rest for 30 minutes.
- Dust a piece of baking paper with icing sugar and place cake on top. Spread Cookies and Cream cookie dough over the sponge and then roll tightly.
- Keep covered with baking paper, seam side down and allow to sit for 30 minutes in the refrigerator before enjoying.



www.cookiekoh.co



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ON TOP OF THE WORLD WITH STEVE PLAIN



“There’s a lot of interest around what we’re doing, and it’s nice to be able to share and hear other people’s stories who have gone through similar things.”

Hanna Moore

It was when Steve Plain was lying in a hospital bed with a broken neck after being thrown around Cottesloe beach in Western Australia on that fateful day in 2014 that the idea for *Project 7in4* was born.

Steve spoke to *Sydney Observer* having recently returned from the summit of Kilimanjaro and on the eve of his fifth climb to the summit of Elbrus in Europe. Steve spoke about the project and overcoming insurmountable obstacles to ultimately give back to those who helped him during a dark time.

“For me, I was just very determined to achieve what I wanted to do, I think the time in hospital and the feeling of being so helpless and so vulnerable, I just really hated that. So that gave me an added drive to try and get back to the health and fitness that I was after,” Steve explains.

Only 11 months after his injury, Steve was doing a practice climb on Mount Aspiring in New Zealand, and with a long history of being an active adventure lover and fitness fanatic meant the drive to overcome was always there.

“I initially wasn’t planning on doing it in the four months, but then I started planning, and got into the training and the time from which I was targeting just got lower and lower.”

The insurmountable task of summiting seven mountains in a period of four months would seem an impossible task for many of us. For Steve however, planning one step at-a-time and simply taking life day-by-day is an important part of maintaining such dedication.

“I initially wasn’t planning on doing it in the four months, but then I started planning, and got into the training and the time from which I was targeting just got lower and lower. So I thought I might as well have a go at the record as well.

“Initially, even from the days in the hospital, it was always ‘okay, focus on initial rehab, and then getting back into training, and then the first climb,’ and then I really just focus climb by climb,” Steve explains.

“It’s probably only been the last six months of last year that I started really focussing on preparing and planning for the seven summits project,” Steve adds.

Despite the immense physical and mental strength required for such a logistical task, the ultimate goal of this endeavour is to give back to a number of charities that have had an enormous impact on Steve’s worldview following his accident.

It was the work of two Surf Life Savers that happened to be on duty on that day in 2014 that Steven can thank today for his recovery.

“We tend to take for granted how great the beaches are in Australia, and there’s a lot of volunteer work

behind that to keep it safe, so I’m trying to raise awareness and funds for Surf Life Saving WA.”

It was also a period of time that saw a mental dawning of the significant lack of funding for research into spinal injuries and subsequent cures in Australia.

“I was incredibly lucky that the damage to my spinal cord did actually heal by itself to the point that I was able to regain full mobility.

“And for a lot of people with paralysis, they’re not so lucky, and it’s at that point that I came across SpinalCure Australia, who are funding research into a cure for paralysis, with an aim of having people up out of wheelchairs by next year,” says Steve.

On the eve of Everest, the highest summit elevated at 8848m, Steve is both excited and nervous for such a feat. However, having done a practice run on Lohtse, which shares a base with Everest just last year, Steve still manages to take it all in stride.

“[Lohtse] actually uses Everest’s base camp and shares 80 per cent of the route of Everest, so when I was climbing that last year I was actually climbing with the Everest climbers and when they went up the route, Lohtse

turns right, and Everest turns left.

“Last year I turned right, this year I’ll turn left,” Steve muses.

At the present, Steve is facing the daunting task of summiting two mountains in Europe and North America during the peak of Winter.

“There’s really no way to prepare for it, but just to get there and suffer,” Steve laughs.

“We’ve allowed a lot more time in the schedule compared to what you’d normally be doing in a normal climbing season, so we can account for bad weather.”

Steve’s involvement in *Project 7in4* has been largely community-focussed, with beginnings in the climbing community through connections forged by equipment needs, and an increasingly present online following that got the word out to bigger audiences in Sydney.

“There’s a lot of interest around what we’re doing, and it’s nice to be able to share and hear other people’s stories who have gone through similar things.”

Follow Steve’s journey to Everest and learn more about the fundraising work with Turramurra Rotary, Surf Life Saving WA and SpinalCure Australia at project7in4.com.

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March 23 – April 3

The Sydney Royal Easter Show

- 📍 Sydney Olympic Park
- 🕒 9am – 9:30pm
- 💰 \$42.50 at the gate Adult / \$26.50 at the gate Child
- 🌐 eastershow.com.au

March 11 – June 11

21st Biennale of Sydney Art Exhibition

- 📍 Museum of Contemporary Art
- 🕒 Mon, Tues, Thurs to Sun 10am – 5pm. Wed 10am – 9pm
- 💰 Free
- 🌐 mca.com.au/artists-works/exhibitions/21st-biennale-of-sydney/

Until May 6

MAMMA MIA! The Musical

- 📍 Capitol Theatre, Sydney
- 🕒 1pm, 2pm, 6:30pm or 8pm
- 💰 Various Costs
- 🌐 mammamiathemusical.com.au

April 1 – April 30

Glebe Markets

- 📍 Glebe Public School
- 🕒 Every Saturday 10am – 4pm
- 💰 Free
- 🌐 glebemarkets.com.au

April 1 – April 30

Sea Life Aquarium Penguin Experience

- 📍 Darling Harbour, Sydney
- 🕒 1:30pm and 3:30pm
- 💰 \$119 Adult
- 🌐 sydneyaquarium.com.au/tickets/penguin-passport/

April 1 – April 30

Luna Park Rooftop Cinema

- 📍 Luna Park Sydney
- 🕒 Doors open at 6pm, starts 6:30pm
- 💰 Various Costs
- 🌐 rooftopcinemasydny.com

April 8

Sydney Colorfest

- 📍 St Ives Showgrounds
- 🕒 11am – 4pm
- 💰 \$30 per person
- 🌐 colorfest.com.au

April 17

Make a Bag and Save the Ocean

- 📍 Centennial Park, Sydney
- 🕒 10am-12pm
- 💰 \$20 per person
- 🌐 centennialparklands.com.au/whatson/

April 20 and April 22

The Greatest Showman Sing A Long

- 📍 The Hayden Orpheum, Cremorne
- 🕒 Various times
- 💰 \$23 per person
- 🌐 orpheum.com.au

April 24

Sydney Comedy Festival Gala

- 📍 Enmore Theatre
- 🕒 7:30pm
- 💰 \$69.95 – \$79.95 per person
- 🌐 enmoretheatre.com.au/events

April 25

ANZAC Day Breakfast

- 📍 Opera Bar at Lower Concourse Level of Sydney Opera House
- 🕒 9am
- 💰 Various costs
- 🌐 operabar.com.au

April 25

ANZAC Day March

- 📍 Elizabeth Street, Sydney CBD
- 🕒 9am – 1pm
- 💰 Free
- 🌐 www.rslnsw.org.au/commemoration/anzac/

APRIL HOROSCOPES



Glenne Clifford, Astrologer
facebook.com/astroangelinsights

Aries

(March 21-April 20)

With Mars in your work zone stay focused on your goals as they are likely to succeed now. Make yourself a priority this month; reflect on what you want and the changes you would like to make. With Venus in your money sector splurge a little and buy something nice for yourself.

Cancer

(June 23-July 23)

Saturn in your love zone can see restructuring around relationships, either a deeper commitment or opportunity to address problem areas. Mars heats up this sector adding some fireworks and passion that may result in conflict, remember to fight fair. The new Moon on the 16th is great to set intentions around career and personal ambitions.

Libra

(September 24 – October 23)

Home renovations and projects may finally progress this month, with more motivation to complete tasks. Possible intense encounters with family members or flatmates towards the end of the month, take caution and think before you act. Watch for misunderstandings in key relationships, take extra time to listen and clearly explain your point of view.

Capricorn

(December 22 – January 20)

Saturn first entered your sign in December which has likely seen you working hard, and with Mars joining him intensity may increase around your desire to take action and fulfil dreams. The new Moon on the 16th can be ideal to set some intentions around making changes in your family and home environment.

Taurus

(April 21-May 21)

Relationships have been a strong theme over the last couple of months, likely resulting in happiness and opportunities coming through a partner. This month the attention will be on you, as Venus enters your sign, making others admire your style and charm.

Leo

(July 24- August 23)

Make health a priority this month, take action around improving your diet, exercise and getting enough rest. You may question your faith and beliefs prompting you to explore the deeper meaning of life. Your reputation will speak for itself this month; others will value your loyalty, natural leadership and passionate attitude.

Scorpio

(October 24 – November 22)

Take time this month to reflect on your recent successes relating to growth and new opportunities. This is a nice month for bringing love, harmony and balance into key relationships. Plan a weekend away or just spend time connecting.

Aquarius

(January 21 – February 19)

No doubt about it, Aquarians are unique and original thinkers. In the first half of the month you may be required to think carefully about how you express yourself as your words may be misinterpreted by others. Beautifying your home and buying luxury items for the home or family members can bring comfort and joy.

Gemini

(May 22 – June 22)

Solitude may be important this month in order to recharge your batteries. Take the opportunity to retreat, journal, meditate, and escape from your daily life. Your thoughts may drift to friendships from your past, this can be an ideal time to make contact or make amends.

Virgo

(August 24-September 23)

Commitment and dedication for creative pursuits will be fast paced this month, helping you to move forward with your passions. The opening of Pandora's Box may reveal treasures around intimacy and sexual connection and open the dark recesses of your mind to clear out old toxic patterns in these areas.

Sagittarius

(November 23 – December 21)

Your ruling planet Jupiter is in your spiritual zone, you may find a deeper meaning of life through metaphysical subjects or finding a spiritual teacher. This month may see you take charge around finances and curb any excess spending. This can be an ideal time to make a spreadsheet of earnings and spending.

Pisces

(February 20 – March 20)

This month may see you reassessing finances so you're able to afford upcoming travel and adventures. Your social calendar may prove to be more exciting this month. Pace yourself in your commitment to social events, as you may find yourself feeling stressed or overwhelmed.

INTERPRETING DREAMS



Kerrie Erwin,
Psychic and Medium

Everybody dreams, either in black or white or color. Our dreams can be vivid, are from the subconscious mind, vary in length, content and this simple information can be an incredible experience, to say the least, as it can help us understand what is going on in our daily lives.

Dreams can also solve problems in our lives by processing emotions and incorporating important memories we store in our subconscious mind. Unfortunately if you are not aware of the process of how to actually remember dreams, you can easily forget, so it is a good idea to make a conscious effort to ask your guide or angel helpers to help you remember everything and write it down before you step out of bed.

Dreaming is a process in our minds, which can reflect the day, what we are going through on an emotional level, or memories from the past and hints towards our future. It also holds the answers to all the problems we are going through in our lives. It is also the key to our own subconscious

mind, which has all the answers to our own intuition.

For our loved ones in the spirit world, it is also a way to relay their messages of love. I don't know how many times I have heard people say how they have dreamt of their loved one and the messages they have received.

Dreams can also be life changing, especially when they are so vivid and you can remember every little detail. Sometimes, they are hard to shake off as it feels like it really happened. If by any chance you have prophetic or what you feel is a nightmare, or dreams you can't handle then always ask spirit to take them away, because spirit never gives you a gift you can't handle.

When you have a nightmare it is also good to make sure you have fresh air in your room and to give it a good sage out to clear away any negative clutter or bad energy, as it can become toxic and build up over time. It is also a good thing to allow sunshine and light into your room of a daytime as

the universal Chi energy will be healthier and cleaner.

HOW TO REMEMBER YOUR DREAMS

I always tell my family, friends and clients to get a dream book, and a pen, and place it next to the bed. Once you have done this all you have to do is remember to write everything down before you even put your feet on the floor in the morning.

I also suggest to ask your loving guides and angels to help you remember your dreams before you go to sleep, as often dreams can give you a good idea of what is going on in your life for your emotional, mental, spiritual and psychical health.

Once you learn to write everything down you will see patterns and stories that are very similar to each other. If it is too difficult to work it out, get yourself a good dream decoder book to help work out what some of the symbols mean.

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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