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THE ANGELS
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Local Author

AMANDA
HAMPSON

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FROM THE EDITOR




Welcome to another issue! This month we are chatting with local author Amanda Hampson on her latest novel *The Yellow Villa*. Having grown up in New Zealand and lived in the UK for a number of years, Amanda now calls Sydney's Northern Beaches home. However, *The Yellow Villa*, among many of Amanda's books, explore the great unknown that comes with travelling to a foreign country. Learn more about Amanda, her characters and their inexplicable sense of wanderlust on pages (10-12).



This issue also explores the ongoing call for a NAPLAN review (16), how the most recent ABS findings illustrate a picture of Ku-ring-gai as of the present day (7 & 18) and the 'slow clothing' movement with Jane Milburn (34), in time for her upcoming workshop with the Ku-ring-gai council.

Don't forget to head to our website (sydneyobserver.com) to sign up for our new weekly e-newsletter, delivered every Monday with a fresh overview of local happenings.

Hanna

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SNIPPETS

Isabella Ross, Antonia Mangos and Brooke Fryer

Ku-ring-gai Philharmonic Orchestra children's concert



Emily McKnight (pictured) will present the event

Young children and their families are invited to the Ku-ring-gai Philharmonic Orchestra kid's concert, *Magical Musical Mayhem* on 27 May. This hour-long concert is a great way to introduce kids under the age of 10 and their respective families to a world of engaging classical music. The fun-filled afternoon of musical entertainment is set to capture the imagination of children, allowing the audience to interact with the musicians and enjoy some of the most beloved orchestral works by famous composers. Aiming

to inspire a love for music, this concert is the perfect opportunity for the whole family to come together and enjoy musical masterpieces and well-known children's favourites.

kpo.org.au

Roadworks on Lady Game Drive



Work has begun to install a hard shoulder and safety barrier to Lady Game Drive after an audit and numerous accidents which have occurred over the past two years.

Roadworks will be conducted between 10pm and 5am at night and 10am to 3pm during the day to ensure limited effects during busy traffic periods.

Improvements are also being made to the roadway slope along the section of Lady Game Drive between the Blackbutt Creek and De Burgh Road and the trees will be removed to allow space for a safety barrier between Blackbutt Creek and De Burgh Road.

The road is set to be resurfaced and there will be installations for additional drainage pits and pipelines to divert runoff during wet weather which has been the main issue in previous accidents.

Work is expected to be completed by the end of June but drivers are being encouraged to use alternative routes while construction is underway.

kmc.nsw.gov.au

Council to host annual Sports Forum



The Ku-ring-gai council will host its annual Sports Forum on 21 May, with a panel discussion set to take place on issues and projects affecting local sports associations within the Ku-ring-gai area. Discussion will focus on the proposal to turn three public tennis courts in Turramurra, Lindfield and Waroonga into multi-use courts for netball and basketball training, along with tennis.

Mayor Jennifer Anderson said the aim of the Forum is to give local sporting groups the opportunity to discuss issues face-to-face with senior council staff.

"I encourage sporting associations and Ku-ring-gai residents with an interest in sport to come and express their views and issues affecting them."

kmc.nsw.gov.au

Grace Cossington Smith Gallery presents

An Empire of Things



The Grace Cossington Smith Gallery announces its *An Empire of Things* exhibition showcasing some of Australia's finest artists of the still life genre.

The exhibition is set to run from 19 April to 26 May 2018 featuring artists like Tony Albert, Vivian Cooper and Phil Drummond who respond to ideas about still life from environmental degradation to the prevalent

influence of technology on everyday life.

The event is curated by Lisa Jones and Mary Faith and includes a Meet the Artist afternoon tea from 2-4pm on Saturday 5 May with Dr Christopher Allen, an art critic, historian and educator.

gcsgallery.com.au

NSW Senior Card Member benefits



Seniors across the State are set to benefit from the NSW Government partnering up with the short-term holiday letting platform Airbnb.

As part of the NSW Seniors Festival celebrations, Minister for Ageing Tanya Davies announced an Australian-first program where NSW Senior Cardholders will receive a \$100 cash reward when they sign up as an Airbnb host and attend a booking of three or more nights.

Senior Cardholders will also be eligible for \$20 Airbnb credit when they book as guest for the first time via the website.

To help NSW seniors gain access to the rewards on offer, free digital literacy workshops will take place in Manly, Parramatta, Liverpool, Penrith, Orange and the South Coast.

The pilot program will be evaluated with a view to form a 12-month partnership that is set to offer more benefits for NSW Senior Card holders.

seniorcard.nsw.gov.au

Small Businesses take over the North Shore



Craig Laundy, 'Paul' the turtle, Dr James Thompson, owner of Turramurra Veterinary Hospital, and Paul Fletcher MP.

In early April, 60 small business owners attended the Bradfield Small Business Forum with Craig Laundy, Minister for Small and Family Business, the Workplace and Deregulation.

"It was terrific to see such a dedicated bunch of people getting together to talk about the future of small business," Mr. Laundy said.

The forum gave business owners the chance to speak with Mr. Laundy about the challenges they face, and hear how the Turnbull Government can better assist them through new legislation and policies.

"This was a great opportunity for business owners in Bradfield to share their experiences, to discuss the challenges they face and to present their ideas for how the Turnbull Government can continue to make it easier for small and family businesses in Australia," said Federal Member for Bradfield and Minister for Urban Infrastructure and Cities, Paul Fletcher.

paulfletcher.com.au



ABS FINDINGS SHOW STRENGTH FOR KU-RING-GAI

Brooke Fryer

The Australia Bureau of Statistics (ABS) has revealed that the Ku-ring-gai population are the most advantaged local government in Australia as well as the fastest changing.

The Ku-ring-gai area took first place on The ABS' Index of Relative Socio-Economic Advantage and Disadvantage (IRSAD). This index determines advantage and disadvantage areas by ranking local governments by relative socio-economic advantage and disadvantage.

The key markets which the IRSAD is based on include employment, income and level of education derived from the 2016 Census data. The Index also takes into account access to material and social resources as well as the ability to participate within the community.

Ku-ring-gai was followed by Mosman, Woollahra in Sydney's Eastern Suburbs and Cottesloe in Perth as the top four advantaged places in Australia.

Mayor Jennifer Anderson of the Ku-ring-gai council has responded to the findings stating that even though the report shows the Ku-ring-gai area as the most privileged, the council still has work to do.

"The 2016 Census data also shows that we have far higher proportions of the very young and the very old and these age groups are set to increase in the next 20 to 30 years."

Mayor Anderson has also said that the council has long term goals in place to respond to the changing population which includes multi-million dollar redevelopments of major centers in Lindfield, Turramurra and Gordon.

On the other end of the spectrum, the most disadvantaged places in Australia included Cherbourg in Queensland and West Daly and Belyuen in the Northern Territory.

Deputy director of the Social Policy Research Centre at University of NSW, Kylie Valentine, says that this index is important to understanding where the most disadvantage places are and how to distribute resources to these areas.

The data from the IRSAD also showed that the government often fails to address the structural drivers of poverty purely because there are no opportunities for locals in the less advantaged communities to obtain employment, training or education.

kmc.nsw.gov.au

PROJECT PACIFIC HIGHWAY TO TACKLE TRAFFIC CONGESTION

Brooke Fryer

Travelling along the Pacific Highway may just become easier with the NSW Government's investigation into upgrades that will help prevent significant traffic congestion.

The Pacific Highway is home to many schools, office buildings, shops and garages, making the road at peak traffic time very difficult for regular commuting. The NSW Government has recognised these concerns with the \$300 million Urban Roads Pinch Point Program.

"This announcement is welcome news for the many residents who travel along the Pacific Highway every day for work and school pick-ups and drop-offs," Paul Fletcher, Federal Member for Bradfield and Minister for Urban Infrastructure and Cities said.

"Many residents would agree that a serious examination of the congestion on major and arterial roads in Bradfield is long overdue."

The improvements will reduce congestion by allowing commuters to move freely through intersections. Improving traffic flow onto Mona Vale Road by preventing Southbound queuing on the Pacific Highway at the left turn onto Mona Vale Road, whilst also improving the overall safety of North and East bound travellers turning East onto Mona Vale Road.

Sydney drivers can spend up to four days per year in traffic, and improvements on one of the North Shore's most used road has locals excited.

"Traffic affects my day-to-day by increasing my time on the road by up to 20 minutes. It's an inconvenience and has caused a lot of delays and inaccuracy with the public transport timetables," says daily commuter Sasha Thariani.

"The new improvements will hopefully mean better systems, more regular transport vehicles on the road, lessened wait times and an easier commute for people that live in the outer suburbs of Sydney's CBD."

Work commenced 7 March and will take approximately 14 weeks to complete, excluding public holidays. Working zones will have temporary traffic changes to help allow a safe environment as lane closures may be required. Consider extra travel time within this period.

rms.nsw.gov.au

FAST FACTS

The main areas to be examined along the Pacific Highway are:

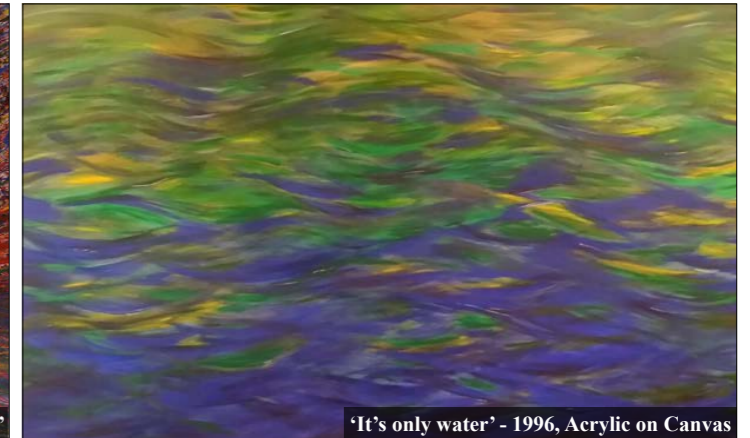
- Pacific Highway between Ray Street and Ku-ring-gai Avenue, Turramurra
- Pacific Highway at Finlay Road, Warrawee and Turramurra
- Pacific Highway and Fox Valley Road, Wahroonga and Warrawee
- Pacific Highway at Coonanbarra Road and Redleaf Avenue, Wahroonga.

LOCAL BUSINESS OWNER RECEIVES ARTIST RESIDENCY

Hanna Moore



'What is your Impact?'



'It's only water' - 1996, Acrylic on Canvas

Joe Bollen encapsulates the free-thinking and charismatic drive of an artist who knows how to translate across a large number of mediums. Residents of Turramurra may know Joe as the owner of local business My Framer, but Joe has also recently been selected to attend a two-week residency at the Chateau Orquevaux in Champagne Ardenne, France for fine art this June.

A lifelong resident of Ku-ring-gai, Joe has had a colourful life and career, ranging from fine artist to accomplished graphic designer and vexillologist. You could look to many corporate designs across Sydney and know that Joe was a part of the design process. Even the 2000 Sydney Olympics came to fruition with the help of Joe's work in creating a flags manual still used to this day.

"I've done everything in terms of visual communication, I've done ice sculptures in freezers to backdrops in plays," Joe recalls.

Having worked in visual communication since 'cut and paste' was physically cutting and pasting designs, Joe has retained a remarkable confidence, never wavering on his ability to speak his mind and know his price.

"Never undersell yourself, because the minute you do that then you always come in at that level."

Indeed, Joe's ability to translate across so many different mediums has enabled him to build a reputation across many fields. It could also perhaps be attributable to the businesses success in the local area.

"I say 'live locally, buy locally'. Support your people, and that's the beauty of this [My Framer], I've been here 16 years and its people in the district who come to me and support me."

Joe walks through his studio and explains how he was presented with a current client's case, a series of classic Australian photos that have succumbed to 'foxing' – a deterioration process that causes the paper to brown, and mildew. Joe explains how he was able to use techniques he has learned in the trade to restore the images, frame them with an artist's eye, and can even work with clients in hanging pieces in the home.

"It's about providing a service, but at all levels. I'm not a retired accountant who bought a framing business, I'm an artist who owns the framing business."

Despite the fact that Joe's life is constantly in motion, he continues to retain a creative's spirit in the need to be constantly working – once even having worked 70 days in a row in preparation for the Olympics. But in doing so, Joe has a great balancer in his love of surfing, and this is commonly represented in his fine art pieces.

"Surfing is the greatest leveller, once you walk into the sea and when you come out, it's like you're renewed."

Joe's work can be viewed on his Instagram page [@joebollenartist](https://www.instagram.com/joebollenartist).

My Framer is located at 6/1269 Pacific Highway, Turramurra.



'The Promised Land' - Acrylic on Canvas

COMMUNITY NOTICEBOARD

Peppa Pigs Surprise Live

When: 3 May
Where: Sydney Opera House
Cost: From \$44.90
Contact: peppapigliveaus.com

Charity Trivia Night Supporting Studio ARTES

When: 4 May
Where: 37 Alexandria Parade, Waitara
Cost: Free
Contact: hornsbydistrictrotary.org

Hunters Hill Food and Wine Festival

When: 6 May
Where: Bornia Park Oval
Cost: Free
Contact: hhfoodnwine.com

Steve Edmunds Band

When: 11 May
Where: The Hornsby Inn
Cost: Free
Contact: stevedmondsband.com

Lifeline Being Mums Support Group

When: 11, 18, 25 May
Where: Mona Vale Memorial Hall
Cost: Free
Contact: 8287 1158 or Refer to your GP

Bradfield Bark

When: 27 May
Where: Bradfield Park, Milson Point
Cost: Free
Contact: northsydney.nsw.gov.au



AMANDA HAMPSON

WRITER OF WANDERLUST

Hanna Moore

Originally hailing from rural New Zealand, Amanda Hampson was determined to be a writer at a young age. Currently residing in Sydney's Northern Beaches, Amanda still travels far and wide researching her successful novels. On the eve of the release of *The Yellow Villa*, Amanda reflects on the novel, her writing process and what's next.

What inspired the story of *The Yellow Villa*, and how did you devise the two couples and their individual characteristics? What made you want to explore their story?

The seed of the idea came from friends describing the situation of some acquaintances. The husband was a restaurant critic and had become an obnoxious alcoholic. With friends and family offended and increasingly estranged, the wife (an aspiring/unsuccessful actress) decided they should move to France.

This immediately struck me as a perfect domestic storm. Take a relationship already under pressure and isolate it in a foreign culture – it can only implode.

From there, the obvious dramatic extrapolation was – what if this couple had been involved in something that meant they couldn't go back? And they couldn't move forward either?

So Dominic and Susannah Harrington were conceived. Londoners in their late sixties, they are both computer illiterate and thus marooned in the 20th century. They have exiled themselves in France to escape a scandal in London.

Like many baby-boomers (I speak as one of them) they have lived the good life never thinking it would end and, when we meet them, are in the grip of a financial crisis; both suffering 'torschlusspanik' (gate-shut

panic: fear that time is running out to do something worthwhile). Their relationship looks fine on the surface but behind the scenes they can barely tolerate each other.

As a counter to the Harringtons are the characters of Mia and Ben Tinker, a younger couple in their late 30s. Creative and adaptable, they are part of the new breed of 'digital nomads' who are location independent and part of the new world order. They share a more modern, equal, partnership but their relationship has been dealt a (potentially fatal) blow by the discovery that they will never be able to conceive a child.

Having endured five years of infertility myself, I have a very strong idea of what the spectre of a life without children looks like; simply devastating. It's not until you're in this position that you realise that, although we have control over many things in our lives, this is not one of them.

Susannah and Dominic's journey is to escape each other. Mia and Ben's journey is to find their way back to each other.

How did you come away with the conclusion of Ben and Mia's marriage, did you consider changing it?

I never know what will befall my characters at the outset, I have to allow them to develop on the page and then follow their natural direction. I wasn't sure where things would go with Mia and Ben, but when Ben came home drunk and dirty and Mia, instead of telling him off, made him a cup of tea - I knew they would be okay.

This story is set in a contemporary time and showed how many older people are disenfranchised with modern technology, what purpose did this inclusion serve to the story?

When I was doing the research in France, I was asked to give a workshop to about a dozen older British expats and, during this, I offered some suggestions as to how to set up files when you start a project the size of a book. Afterwards one of them took me aside and said, with a smile: 'You're assuming they all have computers but they don't.'

So, imagine living in a foreign country without the window to the world and the easy communication that the internet offers and, imagine that everyone else does have this facility - and you have another layer of isolation. It was so interesting to explore this idea and realise how disenfranchised older people can become without modern technology. And such a contrast to the younger generation who take it all for granted.

It is interesting how the younger generation (Mia and Ben) seem so collected when it comes to financial matters, but the baby boomers (Dominic and Susannah)

haven't quite got it together. Was that contrast done on purpose? Why?

This is very much what I'm seeing with my generation (I'm right in the middle of the baby boomers) we were the golden post-war children who enjoyed the boom times and accidental affluence. We had free education, affordable housing, jobs were plentiful - and many of us squandered our good fortune thinking it would last forever. In fact, we're sometimes referred to as the 'Optimistic Generation' because we believe life will just keep getting better. Unfortunately, also known as the 'Bottle and Bong Generation' because we don't cope when things don't go so well!

The Millennials don't all have it together but they don't have the same sense of entitlement, they know it's tough to get work and buying property (something we took for granted) will be a huge struggle. They are more careful and less wasteful.

Your stories are often woven into international backgrounds, what is it about the allure of international travel that adds so much to the atmosphere of your work?

I find it interesting in a creative sense to explore other places and I love to take readers on that journey to aspirational locations that stimulate the imagination. It's not gratuitous - the location can only serve as a background that adds flavour and contributes to the narrative and development of the relationships.

Is any other part of the story inspired by your own life?

I wouldn't say exactly inspired by my life but obviously everything that touches you has the potential to play a part. I've migrated twice (to UK and Australia) and have lived in France for a month at a time on a few occasions. So those experiences help me empathise with characters trying to navigate resettling in a new place - where things that you take for granted at home can become incredibly difficult.

Can you elaborate a little bit about your writing process?

Initially it's like some kind of torture because you're finding your way into the story and it's exhausting but I'm a believer in the 500 words a day discipline. I will do more if it's going well but sometimes I'm struggling at 498 and cannot think of two words in the English language to get to the goal.

Little by little it becomes more comfortable and I end up with a rough draft. Then I go back over it dozens of times, whittling it down to the essentials to tell the story in a fluid way without any excess words and ensuring that the 'stage management' is accurate so the reader can effortlessly imagine each scene unfolding.



Have you always wanted to be a writer?

I grew up on a farm in New Zealand without television. The big event of our week was going to town to the public library and books and writing became central to my life and I was determined to be a writer from an early age.

How did you get started in the industry?

I wrote articles on spec for magazines and submitted them for a few years, then moved on to writing a non-fiction book. I submitted this to a publisher and they picked it up straight away. So I realised that the key to getting published was to make sure the manuscript was absolutely as good as you could get it.

I worked on my first novel *The Olive Sisters* for five years and revised it perhaps hundred times. I asked an editor friend to look at it and she did a line edit of a few pages, so then I emulated what she had done. When I felt there was nothing more to do, I sent it to an author I knew and he put it forward to Penguin - and within a couple of months I had an offer of publication.

You're currently in Europe researching your next book, how is that going?

The next book is called *Sixty Summers* and I thought I would be in Europe in the Spring but then the 'Beast from the East' intervened and I've had freezing weather and snow everywhere I've been. You can see my journey here: www.sixtysummers.net

How much research do you undertake before you start writing?

I generally get started and write the first few chapters so I have a sense of where it's going and what's required - then I set off to the location and start to gather material. Some

of this is just wandering around taking pictures and getting a sense of the place and different locations (like a location scout for a movie) but, for example for *The French Perfumer* there was a lot of reading to do to understand how things worked in France during and after the war.

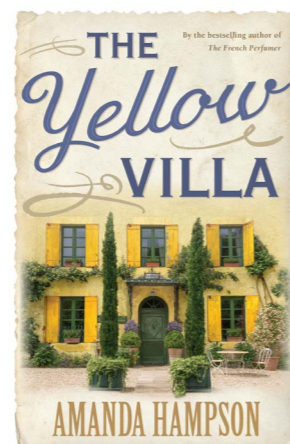
What are you most excited for readers to enjoy about *The Yellow Villa*?

I like to start off with a nice easy ride, and then like the proverbial roller-coaster, we have some surprising dips and peaks and then things really start moving rapidly with twists and turns that make it hard to put down (I hope).

There's also a lot of humour in the book. I'm a fan of subtle character-driven humour that doesn't necessarily flag itself but gives the observant reader the odd snort.

Can you give us any hints about the new release, *Sixty Summers*?

A domestic drama that plays out at home and abroad about friendship, love and life.



Amanda's latest book, *The Yellow Villa* is on sale now.
penguinrandomhouse.com.au
amandahampson.com.au



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UNIVERSITY OPEN DAYS 2018

As many students get closer to the HSC, it comes time to decide whether university is the right choice. Luckily, most universities offer Open Days throughout the year to help budding tertiary students explore their options for this next exciting phase of life. Check out if any are happening near you soon:

Saturday, 18 August

Le Cordon Bleu Sydney

Where: Ryde, NSW

When: 10am -2pm

Contact: cordonbleu.edu

Saturday, 18 August

Macquarie University

Where: North Ryde, NSW

When: 10am – 4pm

Contact: openday.mq.edu.au

Sunday, 19 August

Western Sydney University

Where: Penrith, NSW

When: TBD

Contact: westernsydney.edu.au/openday

Saturday, 25 August

University of Technology Sydney

Where: Broadway, Ultimo

When: 9am -4pm

Contact: openday.uts.edu.au

Saturday, 25 August

The University of Sydney

Where: Camperdown, NSW

When: 9am -4pm

Contact: openday.sydney.edu.au

Saturday, 25 August

The University of Notre Dame

Where: St Benedict's Church Courtyard,
Chippendale

When: 9am-3pm

Contact: notredame.edu.au

Saturday, 1 September

Australian Catholic University –
North Sydney Campus

Where: Edward Street, North Sydney

When: 9am-2pm

Contact: acu.edu.au

Saturday, 1 September

The University of New South Wales

Where: Kensington, NSW

When: TBD

Contact: futurestudents.nsw.edu.au/openday

THE CONSEQUENCE OF UNIVERSITY FUNDING CUTS

Isabella Ross

Tertiary education has played a critical role in national prosperity in Australia, as university degrees have become a fundamental prerequisite for the vast majority of career opportunities. Adding approximately \$140 billion to the Australian economy in 2014, university education has a myriad of benefits. Yet in December last year, the Government announced at the Mid-Year Economic and Fiscal Outlook that controversial saving measures of \$2.2 billion would be made to improve its budget position. However this saving would come at the expense of universities, with the cuts set to cap university funds and place a two-year freeze on the Commonwealth Grants Scheme that such a large proportion of students rely on. Set to take place in mid-2018, Students will have to start paying back their loans once they earn \$45,000 a year - \$7,000 less than the current threshold of \$52,000. With tuition fees set to rise to unprecedented heights, the question remains; how significantly will this affect students?

Earlier this month, a report conducted by the Mitchell Institute found that a major objective in government policy should be to ensure that tertiary education participation increases rather than declines. Yet these cuts to funding may coerce universities to cut the number of student intake.

Former chief Executive of Universities Australia, Belinda Robinson, spoke of the consequential risk that this freeze on university funding will have on the nation's future labour market.

“If the number of skilled graduates that Australia is educating starts to fall, the portion of our citizens with a university qualification will begin to fall. But the number of jobs that need to be filled by skilled graduates is tipped to keep going.”

University lecturer Dr. Sue Ferguson also commented on these findings, saying the funding cuts will have varying impacts depending on the specific university.

“Chances are this will lead to increased class sizes and universities might be unable to employ some of our PhD students who usually would get casual work teaching or marking.”

It is pivotal that policymakers strive to keep the door open for opportunity and consider ending the university funding freeze, in particular to encourage students from low socio-economic, regional and Indigenous backgrounds to pursue higher education in the future.



Learning Festival

An Open Day for Kindergarten to Year 12

Saturday 26 May, 12 - 4pm

All visitors welcome
Visitors' reception at Bancroft Avenue
Featuring student performances and exhibits
*Exhibitions, Showcases
Recitals, Performances
STEAM Project Fair
Cafes, food and activities*

**Main Entrance, Bancroft Avenue, Roseville
Junior School, Victoria Street, Roseville**

**Enquiries: 02 9884 1100
www.rosevillecollege.com**

Celebrating
110
years 1908-2018

Roseville College is an Anglican School for Girls in Kindergarten to Year 12 where each girl is known and valued. In 2018, we celebrate 110 Years of realising purpose in the lives of young Australian women.

The 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.

www.rosevillecollege.com

Roseville College is a school within The Anglican Schools Corporation

SYD0850518



NAPLAN IS IT WORTH IT?

Isabella Ross

Once again it is that time of year that kids and their families dread; NAPLAN. Yet the National Assessment Program has come under scrutiny recently, with data suggesting the testing does more harm than good within school communities. First implemented in 2008, it has become questionable as to whether the program continues to serve its purpose 10 years later.

The national body, the Australian Curriculum Assessment and Reporting Authority (ACARA), that designs NAPLAN on behalf of the government, says the tests are a diagnostic tool for schools to see how children are developing in the fundamentals of reading, writing and arithmetic. The tests are designed to be neither a pass nor fail, but rather assist in directing resources to students who need extra guidance. Yet the recent debacle over the contentious plan to associate Year 9 NAPLAN results with qualifying for the HSC has brought into question why the program has changed in

its original purpose. Earlier this year, Education Minister Rob Stokes, announced that the results for Year 9 NAPLAN tests would no longer be linked to HSC minimum standards, and the news brought relief to students affected by the unnecessary stress.

“NAPLAN should be a simple check-up, not a high stakes test,” admitted Stokes.

“Allowing students to demonstrate the HSC minimum standard early with their Year 9 NAPLAN scores inadvertently transformed NAPLAN into a high stakes test.”

With this controversy in mind, there has been growing pressure within the last month for an overhaul of the NAPLAN system, with Victoria, New South Wales and South Australia leading the charge for reviews into the education system. Writing Assessment expert Les Perelman, who conducted a recent report of NAPLAN

commissioned by the NSW Teachers Federation, labelled the program as “defective in its design and execution.”

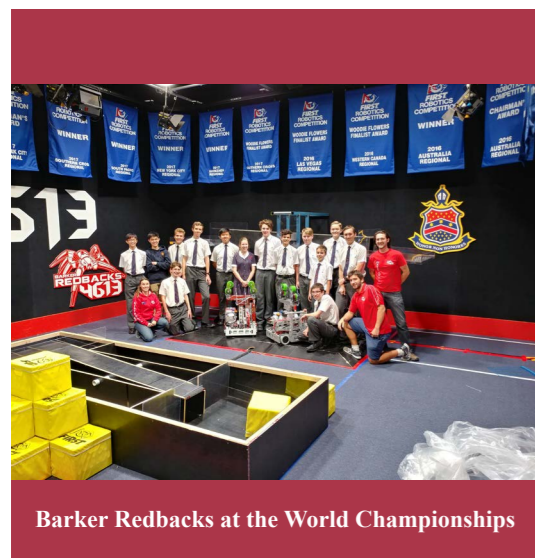
“The NAPLAN essay fails to be a valid measure of any serious formulation of writing ability, especially within the context of its current uses,” said Perelman.

The findings from Perelman’s report have further revealed the detrimental state NAPLAN is in, according to President of the NSW Teachers Federation, Maurie Mulheron.

“This provides overwhelming evidence that the existing NAPLAN testing regime is harming our students.”

It is safe to say that a comprehensive review of NAPLAN is vital to ensure the program becomes conducive to improved learning, student wellbeing and teacher morale. But until then, students will have to strive ahead and continue their studies for the upcoming tests this Month.

BARKER COLLEGE RECEIVES RECOGNITION ON WORLD STAGE



Barker Redbacks at the World Championships

Barker College’s Redback robotics team have placed third in their division and secured the Excellence in Engineering Award at the *FIRST* World Championships in Houston, Texas.

The latest success follows the Redback’s receiving the Industrial Design Award at the Southern Cross Regional competition in March this year.

This year’s *FIRST* Power UP competition, the world’s largest celebration of science, technology, engineering and math (STEM), challenged students to design a robot to pick up bright yel-

low power cubes and place them on a ‘Switch’ and a ‘Scale’.

“This year, we designed a compact, modular robot which was suitable for travel, fast and efficient off and on the field. We produced a lighter robot, also keeping travel in mind, as well as a compatible system for the robot to have fast repairs between matches,” Robotics Co-ordinator, Lael Grant explained.

“To receive the Excellence in Engineering Award at the World Championships is fitting recognition for the amazing work by our dedicated students over the past few months.”



COMMUNITY PLAY SCHOOL

Antonia Mangos

NSW Government schools are set to open their playgrounds for public use during the school holidays following an initiative during the last summer holidays that was largely successful.

The *Share Our Space* Program is now part of a \$30 million package to secure planned open spaces and build more than 200 new and improved playgrounds for the public and schools to use.

More than 80 public schools opened the doors to their playground during the school holidays all across NSW including St Ives Park Public School, Asquith Boys High School and Melrose Park Public School.

NSW Premier Gladys Berejiklian and Education Minister Rob Stokes launched an extension of the program for families

and community members to use this valuable open space.

Yet issues surrounding areas of vandalism, damage to property and other security risks by opening up these spaces to the public do arise. Such concerns were raised in the pilot launch of the *Share Our Space* Program where participating schools received \$15,000 to help upgrade facilities and cover the cost of any damage or vandalism. Additionally, at most of the schools involved in the program private companies were responsible for security, which was covered in the grant.

Now, participating schools will only receive a \$5,000 grant which will be used to upgrade facilities. This decrease in grant funding is largely due to the increasing number of schools taking part in the program yet questions about

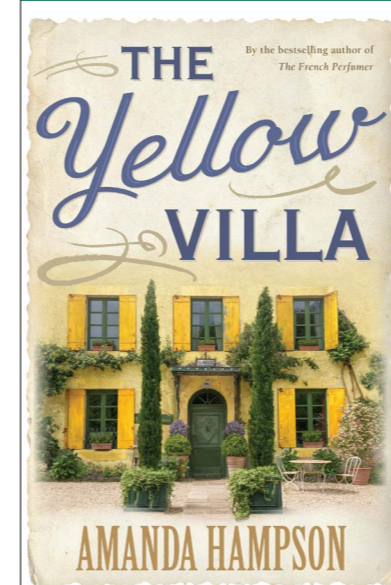
security, vandalism and general liability are still present.

However considering these risks and the extension from the initial pilot program, the success of the initiative means there is possibly more benefits than setbacks. Moreover, due to more schools getting involved in the program, there seems to be a positive influence in sharing these open spaces.

“We learned a lot from the pilot program —kids don’t want to be stuck indoors during the holidays and communities respected and welcomed having access to their outdoor facilities,” Stokes said.

For a list of participating schools visit:

schoolinfrastructure.nsw.gov.au
education.nsw.gov.au



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WILL CENSUS DATA AFFECT REAL ESTATE IN KU-RING-GAI?

Isabella Ross

There is no doubt that the basis of real estate within the Ku-ring-gai area has transformed in recent years with an increase in housing and market demand. The question is now whether newfound Census findings will affect the availability and profitability of property within the local community.

According to new Census data released by the Australian Bureau of Statistics (ABS), Ku-ring-gai residents in Sydney's upper north shore are the most socioeconomically advantaged in Australia. The data saw Ku-ring-gai followed by Mosman and Woollahra labelled the most advantaged areas, with the top 10 all recorded to be either in Sydney's northern or eastern suburbs or coastal Perth.

Discussing the ABS data released, Mayor Jennifer Anderson said that the

statistics reveal the Ku-ring-gai precinct as not just one of the most advantaged within the country, but also one of the most rapidly changing.

"Around 40 per cent of our residents are migrants and many of these are non-English speaking, needing our help to build their lives here. Furthermore, providing facilities and services for those aged over 80 and under 30 is at the forefront of our strategic planning."

Hence, there is no surprise that the Ku-ring-gai real estate market has been abundant, with an increase in sale prices by \$100,000 since the end of last year according to Chadwick Real Estate data.

Managing Director and Principal of Your Real Estate in Roseville, Michael Dempsey, spoke of the positive impact

that these findings will have on the community.

"Ku-ring-gai generally has been one of the top areas for 50-70 years in Sydney, and this will help identify it to people outside that this is a great area to live."

However, Dempsey anticipates that house prices will not change dramatically as a result.

"House prices will probably remain static. While it won't necessarily boost rates to make it higher, it will definitely help to sustain the current price."

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CHALLENGES FACING SMALL BUSINESSES

Isabella Ross

Roundtable discussions have been an integral component of sharing varying interpretations in the banking realm, and last month's roundtable hosted by the Reserve Bank of Australia was no different. The discussion centralised on the issues facing Australia's small businesses today when trying to borrow or receive loans from the bank. The importance of small businesses on economic growth and innovation is pivotal; therefore this roundtable conversation was necessary to ensure the future success of the nation's marketplace.

With representatives from the Australian Banking Association (ABA), the Council of Small Business Australia and ANZ, small business owners had the first hand opportunity to share their perspective on the financial needs of entrepreneurs in the

industry. Former Queensland Premier and CEO of the ABA, Anna Bligh, stressed the significance of this meeting as an important step in sustaining the relationship between the big banks and small businesses.

"Small business is the engine room of the Australian economy. Banks are working hard to better understand the needs of business, their challenges and how they can work with them to achieve their goals," Bligh stated.

"It was very pleasing to see the desire of all participants to deliver benefits to small business owners and finance community alike," echoed Chairman of the Council of Small Business Australia Mark McKenzie.

With small business in Australia account-

ing for approximately 40 per cent of all occupations, the roundtable demonstrated the prior inability for banks to assist in the financial difficulties for those striving to start or grow in their business.

The financial challenges when lending from banks is a reality known all too well for several small businesses. Finding the money for start-ups, the burden of the loan application process along with the heavy reliance on secured lending all contribute to the increasing frustration felt by small business owners who have been rejected by the banking corporations. Hence, it is the intent for roundtables to ultimately support this growing industry and aid small business owners financially so that commerce can prosper within the Australian economic market.

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FACE TO FACE WITH DAVE GLEESON

Hanna Moore

It's been four decades since the release of the seminal album from The Angels, but *Face to Face* continues to resonate with audiences, spawning tracks that continue to dominate the Australian music scene throughout the generations.

Currently fronting the band we all know and love, Dave Gleeson is taking The Angels on tour to celebrate the iconic album 40 years on.

"I've been listening to *Face to Face* since I was 10 years old, so to be able to get up on stage with John and Rick Brewster, who wrote most of the songs, and to continue the legacy they've created is a real thrill," Dave says

With beginnings in the pub rock scene of the 70s and 80s fronting Newcastle band The Screaming Jets, Dave was caught in the middle of a live music whirlwind that saw the likes of Midnight Oil and Cold Chisel emerging on the scene. It was hard for a 16-year-old Dave to resist the allure of the life of a musician.

"It was a magical time for Australian music, there were so many great bands on the road.

"I loved everything about it, I was still in high school when I started off in a band."

Attending the Catholic all-boys school saw Dave involved in everything from Rugby to Church groups, but by night the band were packing up music equipment and engrossed in stories from



weary roadies about life on the road. Markedly different from Dave's original plan to become a police officer like his brother, music became a full-time passion.

"It had me at hello. I definitely took a very different path once I got to 16, much to my parent's delight!"

By January 1989, with Gleeson on lead vocals, The Screaming Jets were born. By the end of that year they had played over 200 shows and were receiving enormous amounts of support from the live music scene. The ability for the young band to establish itself with a loyal fan-base helped to pave the way for a number of supporting act slots, which included supporting The Angels. However, Dave notes that for many bands nowadays, the atmosphere is very different.

"For young bands it's much harder to find venues, or get big support slots, it's much harder for younger bands to get in front of people."

Indeed, the introduction of poker machines in pubs and clubs saw many venues that used to support local up-and-coming bands replaced. Combined with lock-out laws, many bands across Australia have seen a significant decline in the lively atmosphere of the pub rock scene.

It was late 2011, when Dave had extended his hand to broadcast hosting a show with the Triple M network that the first album written by The Angels called *Take it to The Streets* was recorded. By August 2012, it became the first album released by The

Angels in 14 years. The album showcased the talents of the new line-up and their drive to perform not only the songs everyone loves, but the music that they can't keep within.

"As much fun as it is to play a gig and have everyone know the words to the songs, you never want to stop creating.

"It made us more invested in the records, being able to record with musical heroes, all of it. It was a really exciting time," Dave explains.

Given the band has now been together for some time, taking *Face to Face* on tour will prove to be an easy task for the boys.

"Mostly everyone's on the same page, especially nowadays, we all get on like a house on fire!

"The crowds have grown over the last seven years to be fantastic. The loyalty that The Angels generated with their crowds, we got to see it first hand with the Jets when we first supported them.

"That's what we try to bring to the shows now is that energy, that Doc [Neeson] was full of, the music just gets up your backside and off you go!" Dave laughs.

The Angels will be taking the Face to Face tour throughout NSW in 2018, for information on tour dates and tickets, head to

oztix.com.au

theangels.com.au

SYDNEY OBSERVER REVIEWS:

Love Simon: **FILM**
a refreshingly sweet rom com

Isabella Ross

With its sheer warmth, honesty and sentiment, the recently released film *Love Simon* has won the hearts of many. Labelled a sociological milestone, the film centralises on closeted-gay protagonist, Simon, and his journey of self-identity and first love that is humanly tender. The film has completely transformed the rom com genre and become a modernised classic for a new generation. The film urges its audience to reflect on how far society has come, as in a previous time *Love Simon* would have faced significant scrutiny for showcasing diversity in mainstream Hollywood cinema. Innovatively poignant, *Love Simon* solidifies that everyone deserves a love story.

Hidden Figures **FILM**

Brooke Fryer

Hidden Figures is a film based on a true story following the work of three brainy ladies hired by NASA to help put a man on the moon. The movie sees moments of triumph and moments of hardship for the three women of colour, as we see them working in a separate wing and using separate toilets as we go back in time to the 1960s. Two women prove to be leading mathematicians and Mary Jackson becomes the first female engineer at NASA by the end of the film, ultimately inspiring viewers and making this a feel-good movie for the whole family.

Black Panther **FILM**

Antonia Mangos

The hype around *Black Panther* certainly does not disappoint. Even if you are unaware of the Marvel Universe, the movie is one that can be enjoyed without any previous knowledge with an easy to follow storyline. The all-star cast delivers some great performances and gives much needed diversity in empowering women and people of colour. The story itself is set in future utopian version of Africa, now under the name Wakanda, and deals with central issues about power and government all while maintaining a light-heartedness throughout a heroic story.

My Kitchen Rules: **TELEVISION**
knives sharpened as drama ignites

Isabella Ross

My Kitchen Rules has become a family favourite in modern Australian households, yet this year's instalment has revealed the dark side of reality television. With insults being hurled and knives sharpened, it was clear that MKR has now set the juvenile standard for reality television in 2018; fat shame and ridicule one another's appearance and intellect for audience ratings. This brings to question whether MKR, a primetime slotted program that now incites such dramatic negativity, is appropriate for children to be viewing. It's safe to say that *My Kitchen Rules* has left a sour taste.

The Little Coffee Shop of Kabul **NOVEL**

Brooke Fryer

An insightful and enchanting novel that takes readers inside the lives of five different women from various cultural backgrounds living in Kabul, Afghanistan. This is the story of a remarkable coffee shop set in the heart of Kabul where we see women escaping the frantic streets to meet and enjoy each other's company. As the book carries on, we see bonds that develop though secrets and similar passions. The coffee shop was opened up by an America lady, Sunny, who found herself in Kabul because of love. The author, Deborah Rodriguez, has given a war-torn city life and a sense of huminisation through her well thought out characters and attention to detail.

*The Subtle Art of Not Giving a F**** **NOVEL**

Antonia Mangos

This self-help book has received a lot of attention in the press and it is clear why. Author Mark Manson's counter-intuitive approach to living your best life gives some real and follow-able advice that tells real truths about how we view our lives and create general negativity and disappointment in that we need to change. The easy readable writing style of Manson makes it almost seem like a conversation with the author himself and will leave you laughing and thinking about your decisions and approach to living.

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KU-RING-GAI HORTICULTURAL SOCIETY CELEBRATES 85TH ANNIVERSARY

Formed for horticultural enthusiasts in Wahroonga before the second world war, the Society, now encompassing all areas of Ku-ring-gai, is still going strong in supporting the long-running hobby group loved by locals.

President of the Ku-ring-gai Horticultural Society (KHS) Doreen Clark, along with other avid members will be celebrating the upcoming anniversary this month, special in its own sense given it's outside the round-number anniversaries commonly celebrated by the Society.

"When it came to 85 years, we thought we'd celebrate by making it a club matter," says Doreen.

"We're going to try and imitate some features of the meetings from the 'olden days'. Because in the olden days [1933-1945] they had entertainment, so we've updated this and we're going to have some video clips take place of the musical entertainment."

Each monthly meeting features a 'show bench' for members to display their recent horticultural successes. This year, the anniversary in May will be switching it up and providing 'display tables' instead. Aided by volunteers the display tables will provide the opportunity for all members to engage in the horticultural works of others by bringing in their own materials.

What makes KHS unique is its approach in appreciating the work of others. The Society encourages ability and imagination in presenting, rather than a focus on serious competition, making it accessible to anyone who appreciates the art of gardening.

"Enthusiasm is there in great quantity, and people are by-and-large cooperative and friendly. I don't think I've ever come across a group of people who were so openly friendly and helpful," says Doreen.

Taking their skills on the road in its 85th year, KHS will be offering members the opportunity to go on three field trips, two of which will be overnight.

"The aim is to show people gardens that they wouldn't ordinarily get to themselves."

Having explored the Autumn colours of Mt Wilson just last month, the Society will be heading to Canberra next. Members have the opportunity to see the spectacular Tulip Tops and Perennial Hill, developed by Julie and Craig Hulbert, on their way. Later this year, the Society will be treated to the Crookwell Garden Festival to round-off another successful year of horticultural fun.

The Ku-ring-gai Horticultural Society meetings are held on the first Tuesday of every month at St Ives Village Hall, Memorial Avenue, St Ives at 7:30pm.

khsgardenclub.org.au



ESTHER SOMERVILLE OFFICIALLY OPENS AFTER RENOVATIONS

On Monday 23 April 2018, roughly 70 guests attended the official opening of the renovated Esther Somerville facility in Wahroonga.

Over the past few years the residential aged care industry has changed dramatically. Residents and families expect more from aged care facilities with very few people prepared or interested in shared facilities.

Compared to the many new facilities around the Wahroonga area, Esther Somerville had aged and was no longer attractive to new residents. It became very difficult to fill empty beds and with government funding becoming more and more stringent an upgrade was necessary.

Esther Somerville was originally built in 1987 on the hospital model: three single bed rooms, 10 two-bed rooms and a four-bed ward with shared bathrooms. Expectations are often for single rooms with ensuite bathrooms. However, there are still some people who like to share as being in a room on your own can be very lonely.

The Aged Care board approved the plans for a full renovation at a cost of \$3.5 million and the project took just over a year to complete.

Pastor Michael Worker and Alister Henskens MP for Ku-ring-gai unveiled the plaque.

The special guests who attended included: - Pastor Terry Johnson, Pastor Michael Worker, Mr Alister Henskens – MP for Ku-ring-gai, The Hon Phillip Ruddock – Mayor for Hornsby, Mrs Heather Sperring – great great granddaughter of Esther Somerville, Aged Care Board of Directors and Brian Swanepoel – Managing Director of Adventist Aged Care.

After the official opening guests enjoyed some refreshments and were taken on guided tours through the facility and gardens.

aacsyd.org.au



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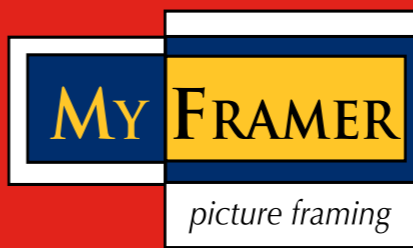
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VEGANISM AND PREGNANCY, IS IT SAFE?

Brooke Fryer

Vegan and vegetarian diets are on a stable rise. Many people are choosing a plant-based diet to help prevent chronic-illnesses and to help their long-term health by lowering their risk of getting diabetes, among other diseases.

During pregnancy, vegan diets are becoming quite popular with women choosing the option to stay healthy not just for themselves, but for their baby too. And professionals say, it is healthy to be a vegan whilst pregnant if it is done sensibly.

A study conducted by The Farm has shown that women are able to have a vegan diet whilst still maintaining good health and meeting the needs of you and the baby.

A plant-based diet is safe if the mum-to-be is getting the appropriate amount of protein, iron, zinc and calcium. The best way to make sure of this is to have a

weekly meal plan which can include wholegrains for zinc, soy foods, nuts and seeds for protein, pasta, tofu and leafy greens for iron and fruit juice, beans and vegetables for calcium.

Vegan Australia has said that a plant-based diet may help illnesses that could be presented with a non-plant based diet such as excess weight gain, blood sugar issues and constipation.

“The Australian Dietary Guidelines state that vegan diets are healthy and nutritionally adequate for all stages of life,” Greg from Vegan Australian says.

There are no case-studies to prove that a vegan diet does not hold all the protein, calcium, iron and other nutrients that the body needs. There has also never been a study to prove that plant-based diets are dangerous for children and pregnant women if carried out correctly, according to dietitian Robyn Chuter.

Although this kind of diet, if carried out correctly, does contain all the necessary components of a healthy diet, many women do choose to take supplements as well. Greg from Vegan Australia says that all vegans should take a B12 supplement, whether pregnant or not.

Each trimester needs a different kind a calorie intake. During the first trimester, no extra calories are needed. During the second trimester an extra 340 calories each day is crucial for a healthy pregnancy and baby. An additional 452 calories are needed per day during the third trimester whilst still eating foods that cover all the nutrients needed, yet are not excessive in calories.

Pregnancy doesn't necessarily mean having to re-consider a vegan or vegetarian-based diet, with plenty of vegan schnitzels and faux meat options, women are still able to cure their cravings without turning back on plant-based eating.



NATIONAL PALLIATIVE CARE WEEK

Antonia Mangos

National Palliative Care Week is raising awareness this month, with this year's theme being *What matters most?* when it comes to the nation's end-of-life sector.

This is an annual event supported by the Department of Health to foster understanding about Australia's palliative care community. This year's event is set to address the need for Australians to plan ahead for their end-of-life care and generating greater discussion and understanding about what is available for those who are in need.

These initiatives are particularly useful for creating awareness around these social concerns and Australia's national health

standards. Along with National Palliative Care Week, other linked programs include Dying to Know Day that centres on death literacy by getting involved in end-of-life care and having conversations about the difficult subject of death. The concept of 'death literacy' is a term that came from researchers at Western Sydney University.

In relation to National Palliative Care Week, specialists from the North Shore University Health System Palliative Care Service are available at the request of attending physicians. Serious illness can pose many challenges for patients and their families including pain and other symptoms but through discussing and becoming more aware of palliative care options, this will assist the lifestyle of

individuals and their families who may be affected. This Palliative Care Service supports all patients at varying stages and works closely with the North Shore's Home and Hospice Services when appropriate.

National Palliative Care Week is running from 20-26 May 2018 with a number of events planned to create a more interactive understanding of palliative care. Such events include forums, conferences and fundraisers held in Brisbane and Canberra throughout the week. Additionally, there are other events that will take place in NSW and other states to ensure greater inclusion and understanding of these issues to in-turn warrant better death literacy.

palliativecare.org.au/national-palliative-care-week
northshore.org/palliative-care

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DENTISTRY A SEASONAL DILEMMA

The beginning of the second school term generally marks an increase in the number of dental “accidents”. Winter sports are typically contact sports and as such the risk of tooth trauma increases.

There is no better way to avoid dental injury than by wearing a well-fitting mouthguard. Professionally made mouthguards fit the mouth precisely as they are ‘made to measure’ and are therefore generally far more comfortable than a ‘heat and bite’ across the counter type of mouthguard. Custom made mouthguards vary depending on the age of the wearer and the sport being played. The difference is the number of laminated layers added to help dissipate the force of the impact.

In the event of a tooth being knocked out, the immediate first aid is to soak the tooth

in milk. If milk is not available, wrapping the tooth in plastic with some of the patient’s saliva will help prevent the tooth from drying out. Immediate dental care is required to reimplant and splint the tooth. Teeth that have been knocked out can generally be saved, however they will require further treatment. If the tooth is reimplanted quickly, the patient will avoid the inconvenience of wearing a denture to replace the missing tooth.

Sports drinks during training may also be problematic. Sports drinks are often recommended following periods of excessive exercise. From a dental point of view, excessive exercise causes dehydration and reduction of salivary flow. Saliva in the mouth works as a natural buffer, neutralising acid. As most sports drinks are both sweet and acidic, by consuming them while in a dehydrated state we increase the risks of both tooth

erosion and decay. Drinking water or rinsing with water prior to consuming sports drinks will lessen the effect of the acidic nature of the sports drink.

Damage caused by erosion and decay may require extensive dental rehabilitation to restore normal tooth function and aesthetics.

Preventive measures and early diagnosis by your dentist will, as always, help to minimise damage of dental disease.



Dr Ian Sweeney
northsidedental.com.au

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

HEALTH CORNER

Isabella Ross



The controversial cure for gut trouble

Thousands across Australia previously suffering from chronic bowel problems such as Crohn’s disease, IBS and colitis could be given a new lease on life thanks to the human stool. Gastroenterologist, Professor Thomas Borody, has pioneered the life changing treatment FMT (Faecal Microbiota Transplantation) at his Five Dock clinic for digestive diseases. Squeamishly controversial, donor human stool is injected into a patient’s colon. With the treatment having such a high success rate, Westmead and St Vincent’s Hospital are establishing permanent programs for faecal matter transplantations.

centrefordigestivediseases.com/cdd-fmt-protocol/



Sugar Detoxing

With plenty of health warnings regarding the negative effects of sugar, detoxing from the sweet additive is only now starting to trend. Reasons to curb sugar include the association between excessive sugar and cancer risk, the addictive nature of it and that you may gain a few kilos from indulging in too many sugary foods. Sugar detoxing is being taken more seriously, as previously a five-day fad cleanse was deemed suitable, whereas now the diet is being adopted as a permanent lifestyle change.



Vitamin Drips

Infusing vitamins and minerals straight into your bloodstream via an IV drip has become a popular trend visible on social media. Wellness centres across Sydney offer the somewhat pricey treatment, where a specific set of vitamins are injected via a transfusion needle into your arm. For individuals who have little time to spare to go to the gym and can afford this procedure, vitamin drips can be a way to maximise on your body’s health. The question is whether drinking a green smoothie or receiving a vitamin drip is really the best way to boost your immunity.

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AGED CARE REFORM PROMISES SAFER FACILITIES

Brooke Fryer

The Federal Government is introducing significant aged care quality reforms which will see Australians in the aged care system better cared for by raising the benchmark in which retirement homes must meet.

Minister for Aged Care, Ken Wyatt said that the current aged care framework is fragmented and does not adequately provide the assurance the community expects.

The Independent Aged Care Quality and Safety Commission will give seniors and their families the confidence they need when choosing a home as well as bringing together aged care regulation, compliance and complaints handling.

“This announcement is a significant reform in raising the bar on quality aged care and sends a strong message to Australians that quality aged care is a top priority for the Turnbull Government,” said Member for Bradfield and Minister for Urban Infrastructure and Cities Paul Fletcher.

The establishment of this new commission comes after the response to the Carnell-Peterson review looking into the failures of the South Australia’s Oakden Older Persons Mental Health Service.

The Oakden Nursing home saw ten years of abuse and neglect. The neglectful treatment became a public concern last year when one patient, Bob Spriggs, spoke out about the way he was treated. Spriggs was given 10 times the amount of medication he was supposed to take leaving him with unexplained bruises before his death. Reports say he could have overdosed up to three times during his stay.

“The new Independent Aged Care Quality and Safety Commission will give the more than 1.3 million Australians in Commonwealth aged care support and their families peace of mind that they will receive safe, quality care,” Minister Wyatt said.

“We recognise that the vast majority of providers give consistent, quality care to their residents. But, as we have seen, there can be failures. We must ensure that disasters like Oakden are never repeated.”

The new commission will start from 1 January 2019 bringing together the functions of the Australian Aged Care Quality Agency, the Aged Care Complaints Commissioner and the aged care regulatory functions of the Department of Health.

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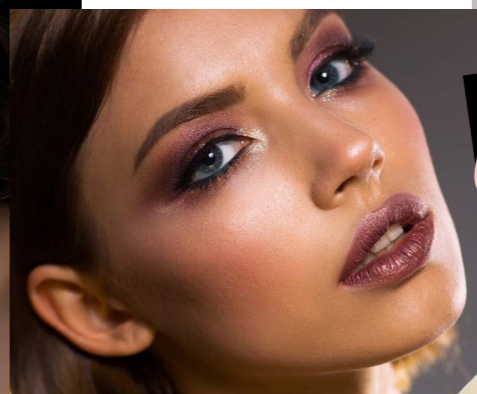
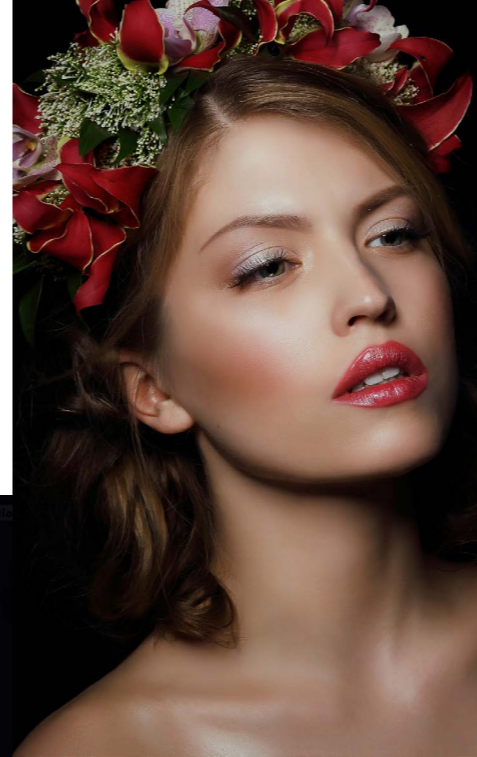
www.kellysofficefurniture.com.au

BEAUTY TREND ALERT

A pop of colour on the lips has continued to be an unwavering beauty trend over the years, the ability to dress up any outfit with a quick swipe of a lipstick bullet cannot be understated. Stick to warm berry and red tones for the upcoming cooler seasons to make a statement and help beat the winter blues.



BRIGHT LIPS



GLOW GIRL

Despite the cooler weather, glowing skin is always in style. This can range from a subtle cheek highlight to a full body shimmer depending on your preference. The emphasis on incorporating glow onto the body has taken off in the mainstream with a variety of options in formula to suit all skin types and tones.



LUSH

Shimmy Shimmy – Shimmer Bar, \$10.95/30g

Made from Fair Trade shea and cocoa butter, this shimmery delight leaves the skin feeling soft and supple with a long-lasting glow.

au.lush.com

RAWW

Coconut Kiss Lipstick in Bruised Blackberry, \$24.99

Made with more than 95 per cent natural ingredients, this lipstick gives a rich colour choice with a dewy finish similar to a lip balm. Made with ingredients boasting superfood properties including kakadu plum, coconut oil and chia seeds, this nourishing formula is a must-have for those dry winter days.

rawwcosmetics.com



INIKA

Certified Organic Vegan Lipstick in Cherry Blossom, \$39.00

A lovely, creamy formula made with natural shea butter and jojoba oil that helps to keep moisture throughout the day, making this a very wearable and stylish choice. These lipsticks are also 100 per cent certified vegan, helping to keep honesty in the beauty industry.

inikaorganic.com



LONG LASHES



We've waved a not-so-sorry goodbye to clumpy, thick lashes and have embraced a more natural spidery lash look. Keeping the eyes looking bright and youthful without overwhelming the face, this look is a return to a classic way of framing the face.

LUSH

Eye's Right Mascara, \$19.95

This completely vegan mascara made with a locally sourced wheatgrass infusion with vitamins A, C and E helps to strengthen the lashes. A blend of carnauba and Japan waxes gives high gloss and shine with buildable, high-coverage qualities.

au.lush.com



INIKA

Long Lash Vegan Mascara, \$45.00

Made with a smooth texture for clump-free, long lashes and 100 per cent plant derived, natural ingredients with mineral pigments for rich colour payoff and a buildable, yet gentle formula. The brush head also works to allow the perfect amount of mascara to be applied every time, one coat for length and two coats for volume.

inikaorganic.com





Slow Clothing

Finding meaning
in what we wear

Jane Milburn

SLOWING DOWN

It was 2013 when **Jane Milburn** took the leap into the slow clothing journey, transforming her wardrobe into a space for more integrated thought into daily living. In doing this, Jane has created a movement for more social consciousness in transforming the way we present ourselves to challenge the fashion mainstream.

Hanna Moore

The term 'slow clothing' can mean any number of techniques and ways of living that incorporate sustainable and mindful clothing that is good for us and good for the planet.

"It can mean buying more carefully, and more quality clothes that are going to last you for longer, and sometimes it can mean being more engaged and working with what already exists in the world and recreating that and putting your own energy and effort into it to make it your own," Jane, slow clothing advocate and *Textile Beat* creator, explains.

Indeed, individual autonomy is a huge part of the slow clothing movement. The ability to mend and upcycle your clothes is a means of resisting the fast-moving and often unforgivable mainstream fashion industry. This is resistance not only for the sake of vanity, but also in the wake of pressing ethical issues arising from fast fashion culture including exploitation and massive amounts of waste and pollution.

Jane attributes the growth of incorporating natural fibres into her own wardrobe to the growing body of research that has shown how synthetics – essentially plastic in being derived from petroleum – is shedding micro-plastic particles into the ecosystem. Aside from the obvious environmental impacts reducing the intake of synthetics would have, the fact that natural fibres are also typically more comfortable and long-lasting comparable to synthetics is

worth thinking about - "I love the feel of natural fibres, the problem with synthetics is that they don't breathe the same way," Jane says.

For many people in the fast-fashion grind, the convenience and affordability of shopping generic brands is an alluring enterprise. For Jane however, this is part of the slow clothing mission, the importance of still being mindful in how you shop regardless of the convenience.

"We still need to think even if we're busy, it's purchasing in thoughtful ways rather than just purchasing because it's on sale.

"It's actually buying for the long term, and that really means setting fashion trends off to one side and just buying timeless investment pieces," Jane argues.

Ultimately the slow clothing mission is part of a greater method of living more slowly and allowing yourself to be mindful when engaging in daily tasks, which can be done through anything from food to clothing.

"It fits into a bigger picture of slow living and reducing our waste and our material load on the world.

"There's no harm in thinking more – you can always take similar actions. But we've really got to appreciate that a life made easy for us on the back of a life that's very difficult for a lot of people that are making

the clothes isn't healthy really."

For Jane, the future of slow clothing means shifting from engaging in fast-fashion to greater wellbeing. In doing so, supporting local makers and natural fibres is essential to creating a space where people can think critically about what they wear, and having that be acceptable on an individual level. The importance of making this accessible for the individual is also a great way in which Jane has transformed the slow clothing movement. Stressing the usability and satisfaction of learning simple hand-stitching techniques to mend and upcycle clothing is key to Jane's mission.

"Once you learn some basic skills, and it's not a big mountain to you it's actually quite easy to do some hand-stitching, it doesn't need to be that time-consuming," says Jane.

"It feels good to fix things, because when you're fixing that your kind of mending your own life as well in the autonomy that comes with that.

"It doesn't need to be perfect, in fact it's more interesting when it is imperfect."

Jane will be presenting a workshop on up-cycling your clothes at Turramurra Library on 19 May, to sign up for the waiting list contact sustainability@kmc.nsw.gov.au.

textilebeat.com



ARE RETAILERS LOSING THE ONLINE SHOPPING RACE?

Isabella Ross

Commerce and consumption on the internet has diversified as a result of technological innovation in recent years, with Australian shoppers growing accustomed to the ease of purchasing online. However this shift to the online market has severely impacted Australia's retail sector, with both small and big business experiencing loss in revenue and the threat of in-store job terminations.

From finding inexpensive deals, to avoiding the in-store crowds, online shopping has boomed in Australia with the NAB Online Retail Sales Index estimating that the nation's digital retail market was worth \$22.74 billion in mid 2017. With the vast majority of retailers going online, small businesses have been coerced to adapt to the consumer demand for ecommerce to ensure increased profits are achieved.

Australian retailer JB HI-FI has demonstrated that it is possible for business to continue to grow within an online market sphere. In their half-year 2018 results, the company saw a significant surge in profit as online sales grew by 40.6 per cent to \$119.3 million. Chief Executive Officer, Richard Murray, accounted the sales as in direct association with JB HI-FI's continual improvement of online offers,

"We are pleased to have delivered record sales and earnings, both on a statutory and underlying basis," Mr Murray said.

Yet department stores like Myer and David Jones have failed to reflect the evolving landscape of trade business, and as a result have experienced significant losses within the last decade. Executive Chairman of Myer Holdings Limited, Garry

Hounsell, spoke of the disappointment associated with the department store's decline in sales and first-half loss of more than \$476 million earlier this year.

"We are impatient for a turnaround in the Company's performance and the Board has determined that it is in the interests of all shareholders for there to be a fresh approach to drive our future direction."

Whether you prefer the physicality of shopping in-store, or the convenience of purchasing online it is definite that there are countless opportunities for consumers to marvel in retail delight. Therefore it remains the question as to whether it is the responsibility of the retailer to respond to these consumer trends to ensure their business does not become lost in the ever-evolving online marketplace.

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FASHION TO BEAT THE WINTER BLUES

Brooke Fryer & Antonia Mangos

DENIM ON DENIM

They say trends have a habit of circling back every few decades. First, we saw curly hair come back into the scene followed by bold coloured lipsticks and ripped jeans. Now we are seeing double denim make its return into the world of fashion. Denim jackets and jeans are a match this winter, and fashion icons are saying that if you aren't doubling up by now then you need to be. Even better than denim is baggy denim, oversized jackets and wide legged jeans are sweeping in and ruling out tight fitted clothes.



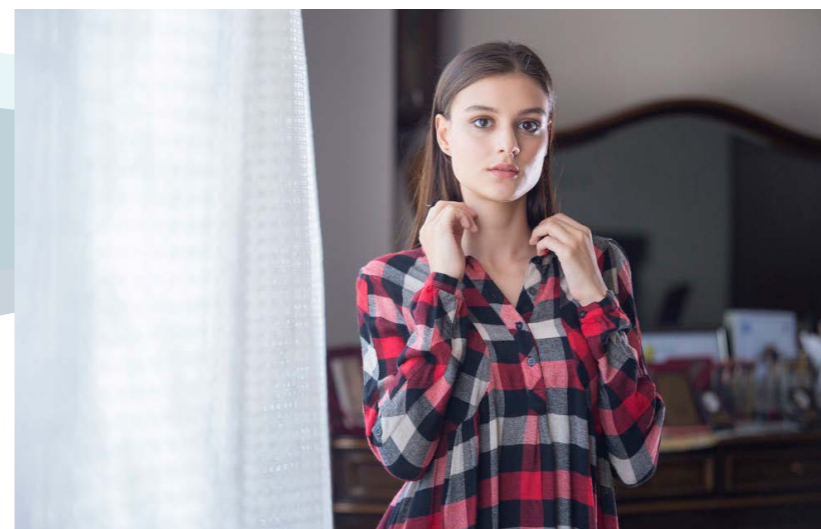
SILK SLIP DRESSES

Talking about old trends making a comeback, this is another wardrobe must have re-appearing from the 80s. The silk fabric has long been associated with a nightgown, but now fashion is taking a page out of the 80s rule book in making silk dresses a fashion statement that has shown many people wearing silk all year round. The silky soft fabric falls nicely around the body and can be dressed up with heels or dressed down with sandals. This piece can be coupled with an overcoat or leather jacket, making it a perfect outfit for winter.



HEELED BOOTS

Boots have always been a winter essential, but now they have become a statement piece. Stiletto boots are by far this year's leading trend as fashion icons are pairing them with jeans, dresses and skirts showcasing how such a classic style can make an outfit look extremely versatile. Classic black is still the leading shade of choice, however white stiletto boots are on the rise. Bold colours such as red are also following close behind, as this year's colour pop is not only found in lipstick choice but through the shoes we wear too.



CHECK PRINT

Plaid is in this season it seems, with various celebrities and fashion icons who have been seen wearing this vintage print. This trend has been creeping in since late 2017 and is now a hot new style this winter/spring season. The print brings a sense of sophistication in its minimalist style and can be made to wear as a skirt, shirt, pants, bag, and just about anything else. This particular fashion trend brings back a classic look with a 1990s flair which can fit just about every occasion within your wardrobe.

OVER-THE-TOP EARRINGS

Statement earrings are an upcoming and ongoing trend that is scatching a lot of attention in fashion. The trend started with simply accessorising with hoops and has now transformed into sporting more eclectic styles of earrings that make a statement all on their own. This fashion season is about bringing back old styles and modernising them, such as the over-the-top earring trend that was once big in the 1980s, with bold earring choices assisting in piecing together an outfit.



VINTAGE FLORALS

Everything that is old is new again this fashion season, particularly when it comes to florals. This season a bouquet of vintage floral prints are all the rage, spotted on dresses, skirts and shirts. The floral print works in every setting, from spring and summer party dresses to office and work wear, the soft sophistication and versatility of vintage florals is a must this season.



THE CLASSIC TEE

A good quality t-shirt is the ultimate in utility, staying in style every season. The ability to layer, add and accessorise a classic t-shirt cannot be underestimated. Even better when they're ethically made, Bon Label emphasises the importance of less is more with their sustainably produced and quality essentials.



bonlabel.com.au

TIPS FOR THE ULTIMATE HOME OFFICE

Isabella Ross

Working from home has numerous advantages, including flexible hours, no commute labour and more time to spend with the family. Yet, by not having a dedicated office to work from, the boundaries between home and work life can blur, impacting significantly on your performance ability. Here are some tips and tricks to create a more comfortable space that encourages productivity, focus and your creative juices to flow!

Let there be light

Studies have shown that a well-illuminated workspace can impact on creativity and learning, so capitalise on the benefits of natural light in your home office. If possible in your workspace, embrace your windows as this can create a balanced ambience and boost a positive mood. Decorating your space with lamps is also a great tip, as it is an aesthetic feature that is primarily functional.

Get the desk of your dreams

If working primarily from your home office, investing in a comfortable desk and accompanying chair that you love is integral. In the workforce, the vast majority of office time is spent sitting at your desk so consider health and posture when purchasing your furniture. The sit and stand style of desk has increased in popularity recently due to their height adjustability.

Embrace creativity

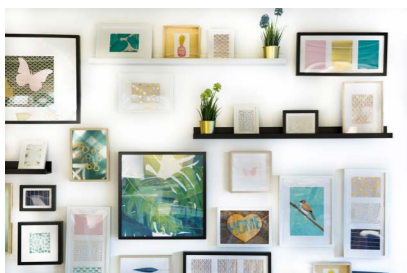
When designing the workspace, opt for colours that compliment each other rather than busy patterns that are distracting. Cool colour schemes are ideal for creating a calm and cohesive environment, such as blue and green shades, which can be associated with performance enhancing properties. Having a pale grey feature wall, sand-coloured wooden desk, blue statement chair and leafy green plants is one way to achieve this style.

Organise and function

Regardless of your chosen occupational field, organisation epitomises success for those working at home. Labelling, filing, creating functional storage and using the right home office equipment will all translate to an efficient space that meets all of your needs. To sort out the dreaded paperwork, magazine holders, filing cabinets or small trays can keep your work area neat and add a pop of colour too.

Make it personal

Having the luxury of working from home, you have the ability to personalise your office as you please. Design an inviting and intimate space by adding framed pictures, a favourite artwork or anything that expresses who you are as an individual. Since your home office is your own private space, make sure to give it the star treatment.



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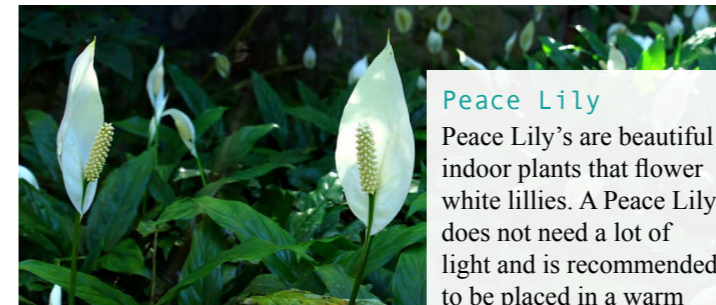
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INDOOR PLANTS A GUIDE TO MAINTENANCE

Brooke Fryer

Homes with large yards to create backyard retreats tend to lack indoor plants, as they simply do not need a second outlet to the art of gardening. Gardening for apartment owners, however, is difficult and often cannot be done at all. Apartment owners are often compelled to find an alternative way to grow plants and bring greenery throughout the home. Indoor plants are a great way to bring a botanical burst to a small space. If looked after correctly, they can flourish just as well as they would have outside.



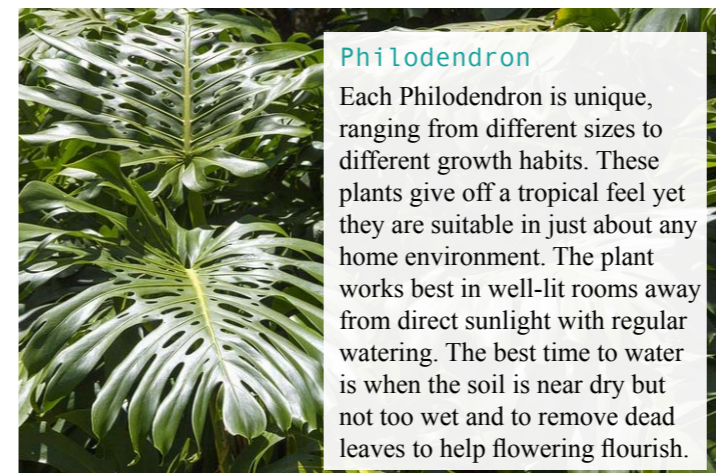
Peace Lily

Peace Lily's are beautiful indoor plants that flower white lillies. A Peace Lily does not need a lot of light and is recommended to be placed in a warm

spot away from direct sunlight. This plant does need daily attention, with frequent watering to keep the soil moist at all times. The plant must be sitting in a pot, with twisted roots cut away before filling the pot with potting mix and soil. To keep the plant healthy, picking off dead leaves and making sure dust doesn't collect onto the leaves by wiping with a damp cloth every few days will keep it in top shape.

Devils Ivy

Experts say that this plant is the best indoor plant to have around the house. This is a plant that offers the owners some creativity as it can be hung in baskets and placed in any pot of any shape. Devils Ivy can also be placed in light or dimly-lit rooms, and doesn't need your attention all day, with owners able to get away with watering the plant every few days. If the plants soil is moist experts recommend to leave it until the soil dries before watering again.



Philodendron

Each Philodendron is unique, ranging from different sizes to different growth habits. These plants give off a tropical feel yet they are suitable in just about any home environment. The plant works best in well-lit rooms away from direct sunlight with regular watering. The best time to water is when the soil is near dry but not too wet and to remove dead leaves to help flowering flourish.



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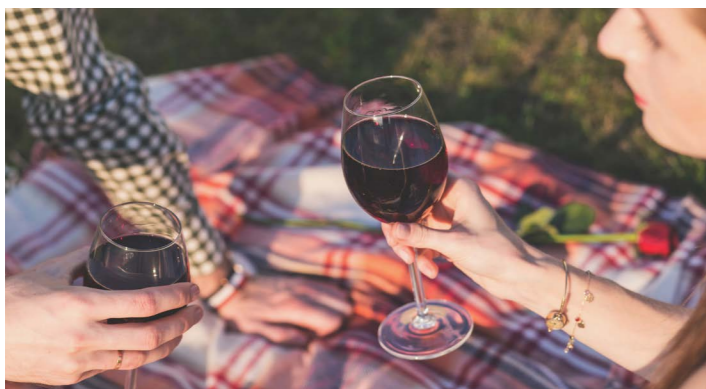


The much anticipated Hunter Valley Wine and Food Festival is back and now spanning a two month period which showcases the region's diverse wine and food culture throughout May and June. There are opportunities to wine and dine with leading winemakers and chefs, take part in interactive culinary classes and a relaxing experience in the peaceful plains of the Hunter Valley. With such a large line-up of events from cheese and wine matching to cocktail masterclasses and even film festivals, this is a perfect way to cure your winter blues. Bookings are essential.

winecountry.com.au/events/wine-and-food-festival

13-27 May

Pymont Wine, Food and Art Festival



The popular Pymont Festival is back with a 15 day program which couples the country charm of the Mudgee region and the hype of Pymont's urban precinct. The event includes a surplus of wine dinners and tastings, photographic exhibitions and art displays that are designed for the whole family to enjoy. There will be live music, local artists, rides and children's entertainment along with 100 stalls for wine makers and food tasters. There are a number of packages with prices starting at \$20.

pymontfestival.com.au

12 May

Pink and Gold Champagne Breakfast



Champagne for breakfast? Yes please! Hosted by El Vino, wine tasters will aim to introduce people to unique wines from Australia and around the world, this event couples the sweet taste of champagne with your breakfast at Fonomo in Surry Hills. Tickets are \$145 which includes a \$20 El Vino gift voucher to use on any Champagne tasted at the event. So why not spoil yourself to a champagne breakfast, it's five o'clock somewhere right?

elvino.com.au/collections/current-events/products/pink-gold-champagne-breakfast

27 May

Annanroma Food, Beer and Wine Festival



Annanroma is returning to the Australian Botanic Garden at Mount Annan, showcasing the most popular food, beer and wine in the Macarthur region. The event even has a 'Kid's Zone' with food, entertainment and fun for the kids to enjoy too. The Macarthur region remains one of the last 'food bowl' areas close to the CBD and Annanroma is set to support the local industries that supply fresh produce to the Sydney market and a variety of cultures in the food scene on offer for guests to enjoy. The event is free, with some paid experiences on offer.

australianbotanicgarden.com.au/What-s-On/AnnanROMA-Food-and-Wine-Festivalchampagne-breakfast

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INGREDIENTS

- 8 cups self-raising flour
- 1 teaspoon salt
- 500ml cream
- 750-800ml milk
- Melted butter



SHOW SCONES

Mrs Pat Punch, Chairman of the Show Catering Committee of the CWA of Victoria.

METHOD

1. Preheat oven to 250°C and grease baking trays.
2. Add the cream to the sifted flour and salt with enough milk to mix a soft dough. Roll out and cut into a decent size. Bake for 10 to 15 minutes.
3. When cooked, brush tops and bottoms with melted butter. It removes the flour and helps to keep them nice and soft.



INGREDIENTS

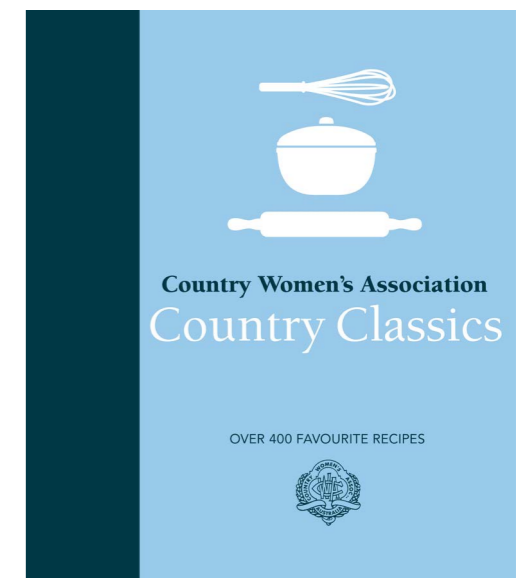
- 1 tablespoon oil
- 1 small onion, chopped
- 1 small potato, grated
- 1 tablespoon cornflour
- 600ml chicken stock
- 250g cooked chicken
- 1 x 130g can mushrooms in butter sauce
- A little lemon juice
- Salt and pepper to taste
- 1 egg, beaten
- 2 tablespoons cream
- 2 sheets puff pastry

CHICKEN PIE

Licia Lawford, Frankston, VIC.

METHOD

1. Preheat oven to 210°C.
2. Heat oil and cook onion and potato. Add cornflour and cook for a few more minutes. Remove from heat and add chicken stock. Return to heat and stir until mixture thickens.
3. Add chicken, mushrooms, lemon juice and salt and pepper. Mix egg with cream, then add to chicken mixture.
4. Line a deep 20cm pie dish with one sheet of pastry. Fill with mixture. Wet pastry edges and cover with remaining pastry sheet. Trim and seal edges. Glaze top with a little milk. Make a slit in the top of pastry to allow steam to escape.
5. Bake for about 30 minutes, until pastry is crisp and golden. It's also very nice cold.



Country Women's Association Country Classics (Penguin RRP \$45) is available now.

penguinrandomhouse.com.au



Jervis Bay



Mornington Peninsula



Whitsunday Islands

A GUIDE TO AUSTRALIA'S OCEANIC DELIGHTS

Isabella Ross

With countless beaches and exotic reefs to explore across the Australian coast, there is no question that we are home to some of the world's best coastal and oceanic delights. By exploring all that our country's coast has to offer it is definite that all Australians should consider a holiday at home.

Jervis Bay

Located in the Shoalhaven region of NSW and a three-hour drive South of Sydney, Jervis Bay is an oceanic bay that has some of the most majestic beaches along the east coast of Australia. Hyams Beach is the most popular attraction and the best place to stay, with its clear turquoise waters and stretch of powder-fine white sand.

There is a range of accommodation options suited to every budget, from old-style beach cottages and cabins to lavish beach-front holiday homes and boutique B&Bs. During your stay head to the Huskisson Hotel, that serves modern pub delights as well as offering pristine coastal views of the bay. The unspoiled ocean beaches and secret coves are idyllic for swimming and snorkelling as the Shoalhaven region is teeming with native wildlife including kangaroos along the hinterland and resident dolphins in the water all year round.

Mornington Peninsula

Just two hours away from Melbourne CBD, the Mornington Peninsula is a coastal wonderland; with magical snorkelling areas, natural hot springs and breathtaking views of Victoria's coastline. The best way to explore the Peninsula is by taking a drive along the scenic route, which offers plenty of photographic opportunities for the keen traveller.

Start by driving along the Dromana coastline that boasts the iconic bathing boxes, and stop at the seaside village of Sorrento filled with quaint cafes and boutiques. The Summit of Arthur's Seat is next, with the gondola ride a must-do as it showcases the best panoramic views of the Peninsula at only \$11- \$24 for tickets. The final stop on your scenic drive is the town of Portsea, with its stunning beaches that border along Port Phillip Bay, home to bottlenose dolphins and Australian fur seals.

Whitsunday Islands

The stunning Whitsunday Islands are an idyllic place to stay, as they are located in the heart of the Great Barrier Reef in Queensland. The Whitsundays offer marvellous oceanic delights; no matter what your budget consists of. For an indulgent tropical experience you can stay at the opulent five star Hayman Island Resort, or for a cheaper alternative filled with exotic reef life and relaxation head to the family-friendly islands of Day Dream or Hamilton.

As many tourists have come to know, there is plenty to do for all ages and interests while on your Whitsunday adventure. Relax with a cocktail and enjoy the local seafood, or swim in the crystal blue waters that surround all the islands. For a more adventurous experience, hire a jetski or paddleboard, or go snorkelling amongst the abundant marine life and island's fringing reefs.

WHAT'S ON MAY

Until 10 May

Double Bay Organic Markets

- 📍 Double Bay
- 🕒 9am-2pm
- 💰 Free
- 🌐 organicfoodmarkets.com.au

13-17 May

Mercedes-Benz Fashion Week Australia

- 📍 245 Wilson Street, Eveleigh
- 🕒 Various times
- 💰 From \$80
- 🌐 mbfashionweek.com/Australia

Starts 25 May

Vivid Sydney

- 📍 Sydney CBD
- 🕒 6pm-1:30am
- 💰 Free
- 🌐 vividssydney.com

Starts 29 May

James Cameron – Challenging the Deep

- 📍 2 Murray Street, Darling Harbour
- 🕒 Various times
- 💰 Free - \$79
- 🌐 anmm.gov.au/jamescameron

Until 1 June

Learn to Juggle

- 📍 Centennial Park
- 🕒 Various times
- 💰 \$40
- 🌐 classbento.com.au/fun-juggling-workshop

Until 11 June

Biennale of Sydney

- 📍 City Centre
- 🕒 Various times
- 💰 Free
- 🌐 biennaleofsydney.art

Throughout May

Chinatown Night Market

- 📍 Chinatown
- 🕒 4pm-11pm
- 💰 Free
- 🌐 chinatownmarkets.com.au

Until 30 June

Aboriginal Heritage Tour

- 📍 City centre
- 🕒 Various times
- 💰 \$41
- 🌐 programs.info@bgcp.nsw.gov.au

Until 6 August

Museum of Magic

- 📍 Darlinghurst
- 🕒 Various times
- 💰 From \$27.38
- 🌐 sydney museums.com.au

Until 1 October

Learn Japanese Calligraphy

- 📍 Chatswood
- 🕒 Various times
- 💰 \$50
- 🌐 classbento.com.au/shodo-japanese-calligraphy-workshop

Until 8 November

Make Your Own Tea Pot

- 📍 Bundeena
- 🕒 10am-1pm
- 💰 \$129
- 🌐 classbento.com.au/make-your-own-teapot-workshop

Until 21 December

High Tea at NSW Parliament

- 📍 City Centre
- 🕒 From 12pm
- 💰 (02) 9230-2924 For Price and Bookings
- 🌐 parliamentarycatering.com.au

MAY HOROSCOPES



Glenne Clifford, Astrologer
facebook.com/astroangelinsights

Taurus

(April 21-May 21)

This can be a wake up call as Uranus; the planet of change enters your sign for the first time in over 80 years. This can see Taureans reinvent themselves from appearance, relationships, career or any other aspect of their life that is inauthentic or has become too restrictive.

Gemini

(May 22 – June 22)

With a strong line up of planets in your spiritual sector, you may begin new spiritual practice or seek a unique spiritual teacher in order to learn something you have never encountered before. Venus in your sign can assist in updating your style and appearance.

Cancer

(June 23-July 23)

You will crave more excitement in your relationships, an ideal time to plan an adventure from the 14th - 18th. Friendships and group activities can play an important role in bringing you joy and pleasure this month. Career can seem more stable from May-November with the planet of change Uranus moving out of this zone.

Leo

(July 24- August 23)

Career is at a yearly peak with the Sun and Mercury in your work zone and with Uranus set to enter from May 16 - November 7. This may have you seeking more freedom in your work, which can bring about excitement and radical breakthroughs in your career such as self-employment, new work routines or a new job.

Virgo

(August 24-September 23)

A fresh exciting perspective can reveal itself on the 13th relating to joint finances and intimate relationships. The New Moon on the 15th is great for setting intentions around travel. The entrance of Uranus can increase your desire to explore new and exotic places in the future.

Libra

(September 24 – October 23)

Pleasure can be derived from gaining knowledge through books or formal study. This is a nice period to plan some travel or immerse yourself in an activity that brings you joy. Relationships can prove to be unpredictable but can also bring some exciting changes from May 16 -November 7.

Scorpio

(October 24 – November 22)

This month Scorpios are likely to be voicing their truth, expression can be more spontaneous and unpredictable from the 14th -18th. The New Moon on the 15th is ideal to set intentions around relationships. Uranus also enters this zone which can bring surprising changes and news ways of doing things in your relationships.

Sagittarius

(November 23 – December 21)

The Full Moon in your sign on the 30th can assist in the release of anything that no longer serves you. There may be some unexpected sources of income resulting from a hobby or passion from the 14th -18th. Your daily routines and health can undergo a shakeup from May 16 – November 7.

Capricorn

(December 22 – January 20)

Unexpected events can arise around home and family from the 14th-18th. The planet of chaos and change enters your 5th house of children and pleasure. This can result in unpredictable events with children and redefining what makes you happy from May 16 -November 7.

Aquarius

(January 21 – February 19)

You will be motivated to make yourself a priority when Mars enters your sign on the 17th. Home and family are about to get a real wake up call. This can assist the release of family drama and the creation of an authentic home environment that reflects everyone's needs from May 16- November 7.

Pisces

(February 20 – March 20)

Uranus, the planet of change will enter your communication zone from May 16 -November 7, this can see a change in the way you express yourself. Travel can prove to be more unpredictable needing you to allow for adjustments. Relationships with siblings can undergo some surprising changes.

Aries

(March 21-April 20)

There could be some exciting and unexpected developments around career from the 14th- 18th. Uranus heads into your money sector from May 16 -November 7 which can help liberate you financially or see you becoming self-employed. Look for a brilliant money making idea on the 13th.

SETTING BOUNDARIES



Kerrie Erwin,
Psychic and Medium

Setting up boundaries in life is an integral part of our development as a soul in our early years. Boundaries form the foundation of our lives and a key part of the road map to a good and stress-free life. To have a happy life is essential and boundaries are a tool and skill for healthy relationships throughout our lives.

Boundaries are basically simple guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them. When someone, for example a work colleague, boss, friend, family member, spouse or neighbour, behaves in a way that makes us feel uncomfortable, compromised or stressed it is up to us to respond in the correct way when someone oversteps these limits.

Boundaries are actually a life skill, which are built out of our belief system, opinions, attitudes, past experiences and social learning. They teach us to have a voice and set distances from overbearing and insensitive individuals that are happy to invade our space and press our buttons for their own benefit, making us feel spiritually, emotionally, mentally and psychologically overwhelmed, unprotected and energetically drained. Never be afraid to say no to any situation you may find yourself in when you feel you are being compromised and have the courage to walk away from toxic people, offensive behaviour and people that do not have your best interests at heart.

TIPS FOR SETTING BOUNDARIES

1 Always trust your feelings and honour what you know to be real, as trusting and tuning into your feelings and emotions is the key to your own sacred and inner wisdom. For example fear, not feeling appreciated, anxiety, resentment, disappointment and anger are just a few emotions we often feel when we are compromised or not feeling protected in any given situation. Always ask yourself, why am I feeling these emotions?

2 Learn your own limits, what feels right and what does not. Always honour your own feelings or gut instincts, or how you feel in your body, as they are always true. Feeling guilty comes from someone or somebody imposing his or her own expectations, views or values onto us.

3 Have the confidence to speak up and be heard. Often we make the mistake of being silent, tense and not having the courage to speak up, but if the bad behaviour continues it is often a good idea to be direct. Learn to give an opinion about what you feel is important to you, as we are all different. For example, "I don't give you permission to speak to me in this way." The person may not like it but once stated gently they can become aware they are acting out of line or disrespectfully.

4 Never allow people to think you owe them something. It is better to speak your piece than feel guilty, drained or taken advantage of. Remember, healthy boundaries are a sign of self-respect and self-love.

5 If you are having problems with boundaries that are important to you, join a group of like-minded people that you can share your interests with, seek counselling or other forms of support for yourself and your wellbeing.

6 Keep a diary of how far you have come. Often when you read back you will see how your life has changed and how confident you have become. Boundaries are an art, but they're very easy to learn. Once you learn to say no, the rest is easy.

7 Learn to meditate or join a spiritual group with like-minded people. Often when we take the time to go within we are able to tap into our own higher self, soul and intuition. The soul has the memories of every lifetime we have ever lived and has the answers to any problems in life. Once we learn to tap into this we also learn about the afterlife and the guides, spiritual helpers and angels that come with that reality to help us.

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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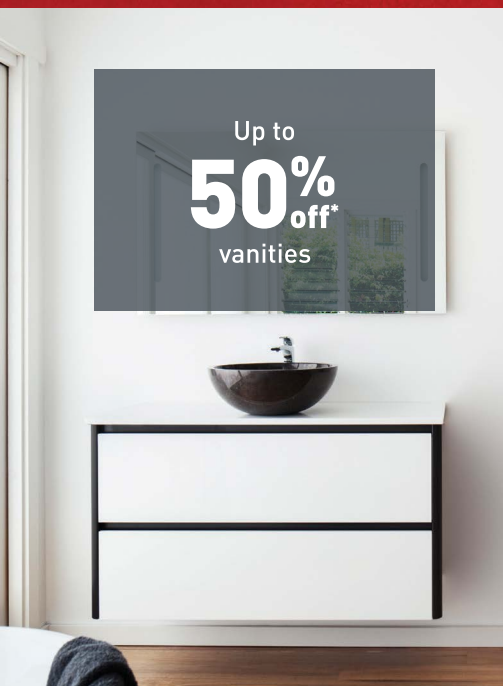
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