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 Sydney Observer

Sydney Observer



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GETAWAY**

**PLASTIC
BAG BAN**

MARVELLOUS
MALTA

PARENTING AND
'MENTAL LOAD'

GOOD CHEF

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FROM THE EDITOR

Hello again! Welcome to another issue of *Sydney Observer*, where we'll be bringing you all the latest in local news, education and a very special feature on the Blue Mountains.






This feature will dive into all the adventures (22) and natural wonders (24) you can explore to your hearts content. After a big day, you can check out all the great places to stay (26) and all the food and wine hotspots (28-29).

This issue we also have a chat to Rosie Mansfield, nutrition-fanatic and current host of popular cooking show *Good Chef Bad Chef* about her new cookbook and food 'hacking', a concept that makes convoluted language about food simple for busy people, which many of us are!

Stay warm!

Hanna

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North Turrumurra	St Ives Chase	

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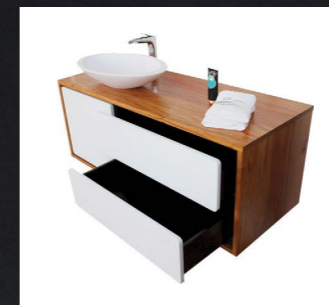
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SNIPPETS

Isabella Ross & Antonia Mangos

Success for East Lindfield day care centre

Ku-ring-gai Council's long day care centre, Thomas Carlyle Children's Centre, at East Lindfield has been rated as 'exceeding the national quality standards.' The report comes as part of the nationwide assessment into day care centres. Mayor Jennifer Anderson said that working parents keenly sought after the centre due to its impeccable standards. "Educators at the Centre work hard to ensure that children are cared for in a stimulating learning environment." The Centre provides childcare for up to 55 children during weekdays between 7:30am and 6pm. The Centre is currently full, however applications are still being accepted for a waiting list.

kmc.nsw.gov.au



Necessary upgrade for intersection at St Ives

A hazardous intersection in St Ives will be upgraded to ensure the number of deaths and serious injuries on our roads are minimised. Member for Davidson, Jonathan O'Dea announced \$307,000 of capital funding for safety improvements at the intersection of Mona Vale Road and Douglas Street. Twelve people were taken to hospital after being involved in accidents at this intersection between 2011 – 2016, along with 248 people being either killed or seriously injured on roads within the Davidson electorate. "This is a terrible statistic for our residents, and I want to see it reduce Towards Zero," said O'Dea.

jonathanodea.com.au



Exhibition of Seven Little Australians author Ethel Turner opens

Children's classic novel author and Ku-ring-gai resident, Ethel Turner's life story has been revealed in a new exhibition at Gordon Library.

The free exhibition will run until the end of July during the Library opening hours that gives a glimpse of life in Ku-ring-gai during the late nineteenth century as well as featuring historical images and other memorabilia of Turner's life and work.

Turner wrote Seven Little Australians in 1893 after relocating from Lindfield in 1891 and penned the idea for the novel in 1893 while living in her family home of Inglewood which is now part of Killara.

kmc.nsw.gov.au



McKell Park Upgrade

Easier access is guaranteed for McKell Park with the recent upgrade to the park's path and steps.

Previously the path, despite numerous repairs, had become unpleasant, with tree roots regularly lifted creating cracks and an uneven surface.

Hornsby Shire Council has invested more than \$120,000 to improve the safety and aesthetics of the track including widening the path to allow better access between the playground and upper parts of the park.

Hornsby Shire Mayor, Paul Ruddock said, "the upgrade gives the park a completely new look, while the quality materials and detailed workmanship will mean this track will outlive us all."

hornsby.nsw.gov.au



Lindfield Village Hub plans announced

The landmark Ku-ring-gai Council project called the Lindfield Village Hub will be located on the western side of Lindfield, with its centre in what is now the Woodford Lane public car park.

The Village Hub will deliver a mix of green open space and community buildings including a library and community centre, coupled with new housing, dining and retail outlets. Targeted for completion by 2023-2024, the Hub will be an enticing destination for people to live, socialise, eat out and shop.

A Council decision in June has paved the way to seek expressions of interest for the Hub from the property industry by October this year.

Mayor Jennifer Anderson said the Council had developed an overall concept back in 2014 – known as a masterplan – for the 1.3 hectare site.

"Starting in August we'll be revisiting that plan by talking to the community about what kind of buildings and spaces will meet their expectations."

"Even in four years we've seen a change in the population moving to Lindfield. There are more families with children, people relocating from the city and inner west and a significant number of young professionals and downsizers."

The Mayor said that there would be a variety of ways for people to connect with the Council on the next steps for the Hub.

"We are interested in people's ideas about the use of public space and what mix of businesses they would like to see there."

To find out more head to: kmc.nsw.gov.au/activatelindfield

CLEVER COOKING FOR BUSY PEOPLE.

FOOD HACKER

ROSIE MANSFIELD

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IHAPS: GOOD OR BAD?

Isabella Ross

In March of this year, Independent Hearing and Assessment Panels (IHAPs) became mandatory for councils within the Great Sydney Region. This resulted in councillors no longer being able to determine development applications within their local area. Instead, development application matters from \$5 million - \$30 million are now determined on the behalf of an IHAP- a panel of experts and community members who provide advice on planning matters.

However, this change has ultimately left many in the community wondering whether this initiative was worthwhile. Minister for Planning and Housing Anthony Roberts stressed that these IHAPs will lead to better local planning decisions.

“By making IHAPs mandatory, local councils will be able to focus on providing community services, strategic plans and development controls for their local area.”

This change in development application procedures has come at the expense of councillors, whose power has ultimately been reigned in. However, for the community this initiative can only be argued as a positive decision. As Minister for Local Government Gabrielle Upton pointed out, these IHAPs were designed to ultimately assist locals.

“Introducing IHAPs will provide additional safeguards, expertise and transparency into planning decisions. We expect these panels to give communities and ratepayers greater certainty about planning,” said Upton.

It is important to note that Wollongong and 15 Sydney metropolitan councils were already successful in using IHAPs on a voluntary basis. Unlike councillors whose expertise lies predominantly in politics, these panel members are required to be experts in one or more of the following fields- planning, architecture, heritage, the environment, urban design, economics, traffic and transport, law, engineering, tourism or government and public administration. With a greater breadth of knowledge and proficiency, these experts should therefore be fully viable to make such decisions.

“The calibre of experts that have been appointed has exceeded expectation. We look forward to seeing clear and strong results now that IHAPs have come into operation,” said Executive Director of Regions at the Department of Planning and Environment, Steve Murray.

The cost of these IHAPs has been a cause of concern within the community, with both Hornsby and Ku-ring-gai Council speaking against this initiative. Hornsby reported that the IHAP was set to cost ratepayers \$110, 000 a year, and Ku-ring-gai approximated between \$130,000 - \$150,000 annually.

However it is expected to decrease the number of appeals brought against the council, so as a result legal fees would be minimised long term.

With it only being four months since the IHAPs were introduced however, we will have to wait to uncover whether this initiative will be a success in the long term.



ACCESSIBILITY UPGRADES FOR ROSEVILLE STATION

Isabella Ross



In our June edition, *Sydney Observer* brought you the story regarding the need for several Ku-ring-gai train stations to be upgraded. We are delighted to announce that Roseville Station is one of the several stations expected to benefit from a \$133 million investment in the NSW government’s Transport Access Program. Set to commence next financial year, this initiative aims to target long-overdue accessibility upgrades for at least 11 stations across Sydney. Announcing the new initiative was NSW Premier Gladys Berejiklian.

“We are committed to making public transport accessible for customers with a disability, those who are less mobile and parents with prams.”

Member for Davidson, Jonathan O’Dea played an important role in this Transport Access Program, after more than

350 members of his local community signed his petition. As a result of extensive campaigning O’Dea spoke of his satisfaction in seeing Roseville train station included in the initiative.

“This exciting announcement means that planning for the installation of a new footbridge, two new lifts and improved lighting for Roseville Station will soon begin.”

However, O’Dea noted that improvement upgrades still need to be considered for Killara Station, vowing to continue to lobby for accessibility upgrades at local train stations. Out of the 307 suburban and intercity train networks, there are a total of 173 accessible stations. So even though these new upgrades are much needed for the local community, it is evident that more needs to be done to ensure all passengers can use public transport efficiently.

COMMUNITY NOTICEBOARD

Plastic Free July Workshop

When: 4 July
Where: Ryde Library
Cost: Free
Contact: ryde.nsw.gov.au

State of Origin Game 3 screening

When: 11 July
Where: Chatswood RSL
Cost: Free
Contact: chatswoodrsl.com.au/event

Holiday Storytime for kids

When: 13 July
Where: Berowra Community Centre
Cost: \$2 per child
Contact: hornsby.nsw.gov.au

Guided Bush Walk – NAIDOC Week

When: 14 July
Where: Glades Bay Reserve
Cost: Free
Contact: ryde.nsw.gov.au/Events

Roseville Chase Rotary Club Fun Run

When: 29 July
Where: Castle Cove Oval, Holly Street, Roseville Chase.
Cost: \$20 – \$30.
Contact: rosevillechasefunrun.strikingly.com

Tax Tips presented by ATO

When: 31 July
Where: Gordon Library
Cost: Free
Contact: kmc.nsw.gov.au/Things_to_do

Ku-ring-gai Council presents

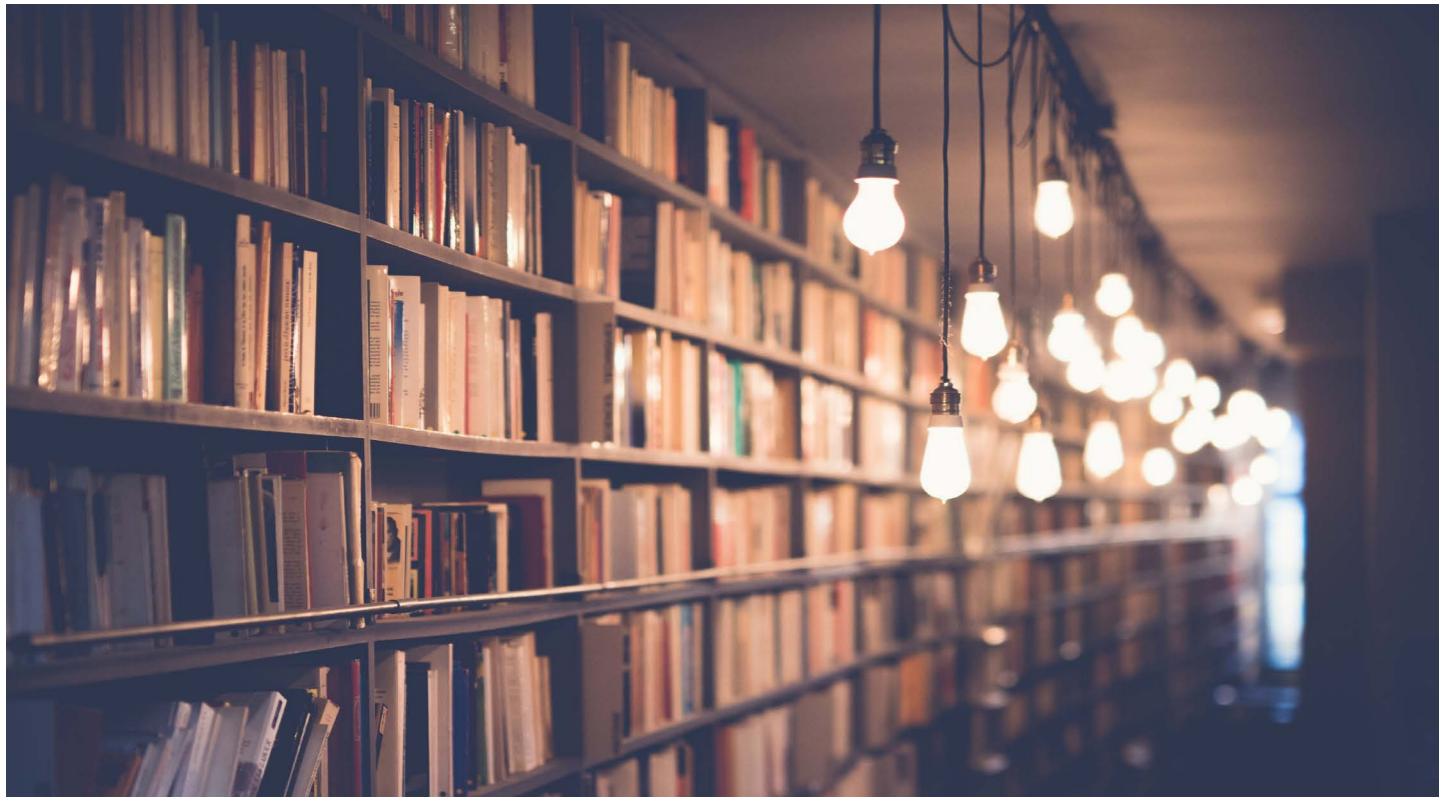
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FUNDING CUTS FOR LIBRARIES: THE IMPACT

Isabella Ross

In a controversial move that came to the disappointment of public libraries across the state, the NSW Government has decided to slash library funding by 18 per cent in the 2018-19 budget. Yet prior to this cut the NSW Government's contribution to public library funding was already at historic lows. Surprisingly, the state's percentage of contribution, 7.8 per cent, is the lowest of every state in Australia, being far behind Victoria's 18 per cent.

NSW Treasurer Dominic Perrottet argued that this year's budget is focused on strong financial management.

"This Budget showcases the rock-solid financial foundation our Government has built, and that makes it possible to put people first."

However, President of Local Government NSW, Cr Linda Scott described the NSW State Budget 2018-19 as a big letdown. "The so-called 'people's budget' is actually anything but. Our council-run libraries operate as important community and literacy hubs, both in rural and regional NSW and in metropolitan areas. With significant cuts to grants and subsidies for local infrastructure and services, I'm sure you'll agree this was a particularly disappointing budget for local government and communities."

These budget cuts came to the shock of the NSW Public Libraries Association (NSW PLA), a network of 368 public libraries across the state that foster collaboration and champion the public library cause for communities. President of the NSW PLA Cr Dallas Tout spoke of his discontent, stating that these budget cuts are a significant blow to library services that are so highly valued by locals.

"NSW public libraries receive over 35 million visits each year and these appalling funding cuts will result in shorter opening hours and cuts to programs that the community love, like the popular children's story times. For a government that claims to be committed to supporting education and improving children's literacy, this is a shameful act."

Within areas across the state, the vast majority of services within public libraries are used by individuals who are marginalised or from low socioeconomic backgrounds, including young families, refugees, migrants and older people. A major component of public library services has been its inclusion of diversity and technological facilities for those who either do not have access, or cannot afford it. There is no question that libraries within regional NSW are at a higher risk of not meeting the needs of its communities, due to the lack of amenities and community-minded programs available in areas far away from the metropolitan hub of the state.

Tout urged NSW Government to take these factors into consideration, to ensure the community is not further impacted upon in a negative manner.

"We call on the NSW Government not just to urgently reverse this decision, but to significantly increase funding to public libraries."

We need an urgent increase in funding and a commitment to a sustainable funding model to make sure our libraries can continue to provide the services the community needs and to build the libraries of the future."

PRICE'S PHARMACY CELEBRATES 60 YEARS

It was July 1958 when Ted Price and his family sought to occupy what is now familiarly known as Price's Pharmacy in West Pymble. Conveniently nestled in Phillip Mall, the location hasn't wavered in its 60 years of occupation, despite countless changes in the surrounds. From stores coming and going, to the total rejuvenation of the Macquarie Park region and the development of Macquarie University.

Ted Price, current sole proprietor of Price's Pharmacy, reflects on his beginnings in the industry. Recalling his attempt at a science degree to become a Geologist before settling on Pharmaceuticals, completing both a degree at Sydney University and an apprenticeship with his father Harold.

Despite the location surrounding Phillip Mall consistently changing since it was built back in 1957, Price notes the commonality amongst those who live in the community is the desire to stay. Price recalls the almost 'rural' nature of the area when he first moved, with many young families establishing themselves outside of the busy city. Now, Ku-ring-gai amasses a roughly 13.9 per cent population of mature adults, established with real estate and family and community connections that make it an irresistible place to settle.

Along this same vein, Price has remained the Pharmacy's longest-running delivery boy, aptly calling himself the "oldest delivery boy in Sydney." Having started out while attending Roseville Public School, Price still takes the time to reach out and have a chat to those he delivers medications to regularly. "It's not very efficient for time use, but it's a lot of fun," Price laughs. "It's all just part of what we've been for so many years."

Indeed, it's the personable and localised manner of so many businesses in this area that allows for owners to thrive and make long-lasting meaningful connections with the community. As such, many of the local keepers of the shops in Phillip Mall will be pulling together to celebrate the 60th anniversary of the opening of Price's Pharmacy.

The celebrations will include members from the surrounding shops, with cake and music and a visit from the Ku-ring-gai Mayor Jennifer Anderson as the Ku-ring-gai Rotary Club cooks up a sizzle.

You can join the celebrations on Saturday 28th July at Phillip Mall, West Pymble.

JOIN US FOR OUR 60TH ANNIVERSARY CELEBRATION DAY

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Rosie Mansfield

The TV Good Chef

Hanna Moore



A self-proclaimed food ‘hacker’, Rosie Mansfield is changing the way busy people approach food by making it realistic and simple. With the population growing slightly weary with a new health and fitness trend every minute, Rosie’s refreshing take on nutrition is best exhibited in her latest cookbook – filled with simple, easy-to-make recipes for everyone to enjoy.

Alongside this, Rosie is a host of the popular cooking show *Good Chef Bad Chef*, winning the hearts of all Australian living rooms. Currently a Manly local, Rosie chats with *Sydney Observer* about her food philosophy and the nuances of balancing a busy lifestyle with good, wholesome food.

Can you tell us a little bit about yourself?

I am a Brit that has resided in Sydney for 10 years now. I am a professional nutritionist and I have recently been cooking up a storm as the ‘Good Chef’ for Channel 10’s popular Australian television show *Good Chef Bad Chef*. My debut book *Food Hacker* launches this July. My philosophy of food hacking comes from my aim to be a very realistic nutritionist to support the everyday person to make better food choices. To ‘food hack’ is to simply break down complicated nutrition and recipes in order to improve the chances of compliance and to have a daily healthy eating habit that fits into your lifestyle.

What was the drive to become a nutritionist early on?

At 13 years old I lost my health and healed myself using food as medicine. I think once you have felt how it feels to be unwell there becomes an insatiable desire to prevent other people from ever feeling this. So when you witness first-hand the power of food, it very naturally became the vehicle to send my teachings.

In a world with an abundance of nutrition advice available (helpful or not), how do you provide advice that is both realistic, but also accurate?

I try to talk to as many different kinds of people as possible. The people I am trying to support are real people, so I regularly ask my social fans to submit questions that have been niggling them for a while and then it becomes a great indicator of areas people are getting confused and where I should put my research and energy. As a professional nutritionist I am trained to decipher complicated science and break it down for people to understand.

What is your philosophy for healthy eating?

Listen to your body is the main one, and it’s amazing how many people don’t. If you improve your consciousness of what you are actually eating it can sometimes be the only thing you need to win back control over your eating. Helped by tools like regular food and symptom diaries, the formula to why you may be feeling under the weather is staring right back at you. I also believe in three 80 per cent rules. One, going 80 per cent vegetarian is one of the simplest nutritional adjustments you can make to very easily lower the risk of preventable disease. Two, eat 80 per cent as healthy as possible and 20 per cent of the time indulge moderately. Third, eat until you are 80 per cent full.

How did ‘food hacking’ come about?

The art of hacking was born out of a need to simplify the complicated. When you use it for food, it’s a very digestible concept that doesn’t intimidate people and is achievable.



How do you work with people to ensure everyone’s eating plan is right for them?

Everyone is unique, so what works for some may not work for others. Regular maintenance online consults work like a treat to re-focus someone, but even just suggesting downloading my free food diary to stay on track can be an easy way to allow someone to grab back the control of their eating habits.

How did you land *Good Chef Bad Chef* and what do you love about it?

It’s a brilliant show that has something for absolutely everyone. The recipes swap between healthy and indulgent and the banter is as strong as Adrian’s views on Veganism! We have a lot of fun filming and that’s exactly what cooking should be about. I was a guest many times on Justine Schofield’s show *Everyday Gourmet* and a relationship struck up from there with Channel 10.

What do you hope people will get from your latest book?

I hope they realise convenient food doesn’t always have to arrive on a bicycle. My hacks and recipes use familiar ingredients with equipment we all know and like. You can cook my style of food in the smallest of kitchens and also not break the bank – it’s realistic.



You can grab a copy of Rosie’s new cookbook *Food Hacker: Clever Cooking For Busy People* in stores and online now.

penguinrandomhouse.com.au

rosiemansfield.com

Instagram: [@rosiemansfield](https://www.instagram.com/rosiemansfield)



A GROWTH MINDSET

Scott James, Headmaster, Knox Grammar School

One of the key concepts we teach our students at Knox is to view challenges with a 'growth mindset'. This is a teaching of Positive Psychology, the framework which underpins our pastoral care program at Knox.

The idea of the 'growth mindset' comes from Carol Dweck's book, *Mindset: The new psychology of success*. So, what actually is growth mindset?

While working as a young researcher, Dweck noticed that some children face challenges in a much more 'positive' way than others, instead of having tragic and catastrophic thoughts when faced with difficulties. Dweck coined the term 'fixed mindset' for children who shrink before obstacles, and 'growth mindset' for those who seek challenges and become even more engaged when faced with obstacles. Of course, these two mindsets apply to us all, and it is important to note that whereas we can't have a growth mindset in every area of our lives, we can certainly try to develop it.

People with a fixed mindset think that their characteristics are carved in stone and can never be changed. They firmly believe that intelligence, creativity, and personality are things we are born with and cannot be developed.

On the other hand, people with a growth mindset believe we can cultivate these characteristics through effort and that the process of cultivating them is more important than the actual outcome. People with a growth mindset see obstacles as opportunities to improve and learn, and by being faced with them and, generally something new, we get smarter.

In summary:

Those with a fixed mindset

- Avoid challenges due to fear of failure
- Give up easily
- See effort as temporary
- Get frustrated or ignores feedback or criticism
- Feel threatened by the success of others

Those with a growth mindset

- Embrace challenges
- Push through setbacks
- Believe that effort is most important
- Use feedback and criticism as a way to improve
- Are inspired by others
- Learn from the success of others

Dweck mentions how saying "not yet" to young people is a much better way to show them that even if they have difficulties overcoming something now, the time will come when they will succeed if they continue tackling the obstacle from different angles. The use of 'yet' shows that there is a learning curve, and points to the process, not the outcome.

Changing from a 'fixed' to a 'growth' mindset isn't easy but can help young people learn new skills in every area of their life.

As a rule for change, and this applies to all of us, become aware of your thoughts. When you have a 'fixed thought' realise that's not helping the situation. Instead of saying 'I'm no good at learning a language,' add the word 'yet' to the end of the sentence. This reminds you that you can be good at it – it will just take time and effort to grow.

THE HSC STRESS CRISIS

Isabella Ross

For every student and their parents, the word 'HSC' conjures stress, frustration and dread. The notion of a whole 13-year's worth of schooling being equated to a single number is a significant factor in the pressure Year 12 students face during their last year of high school. For many this time can be a taxing experience, and ultimately feel like a constant high-stress marathon. With studies showing the negative consequences of anxiety-related feelings and emotions, it is evident that more needs to be done to ensure our students are provided with extensive support.

A new report from the Mitchell Institute found that just one in four students are entering university undergraduate courses based on their ATAR. The Director of Mitchell Institute, Megan O'Connell argued that this finding should urge the government to review if this measuring system of academic merit is still relevant.

"The question parents, students and teachers should be asking is, if the ATAR doesn't matter for three quarters of undergraduate admissions, why is it treated as the most important outcome of 13 years of schooling?"

Within the last few months, there has been an array of conversations within the community questioning the relevance

of not only the ATAR, but furthermore the psychological harm that significant stress can cause. In response, the NSW government launched its first review of the school curriculum since 1989 with the aim of ensuring the education system prepares students in a modern-day context.

"The world has changed rapidly since the last comprehensive review in 1989 and we must ensure the curriculum is as strong as it can be," said NSW Premier Gladys Berejiklian.

Local 2017 HSC Student Rachael Hansen spoke with *Sydney Observer* about the significant stress she underwent during her final year.

"HSC was a really hard time for me. Other's expectations of me were far greater than my expectations of myself. It led to so many mental health issues but now I reflect on the HSC as a time that shaped me because it was far more than just an educational experience."

The statement, "you are more than your ATAR" may perhaps be perceived as a cliché but it is integral that students realise their own self worth. Ultimately it is up to the state's education institutions and government to ensure our current system is an appropriate way of measuring a student's academic ability without causing unnecessary stress and pressure.

MATHEMATICS MASTERCLASS WITH EDDIE WOO

Extension Mathematics students at Roseville College were treated to a MasterClass with educator Eddie Woo as part of the College's schoolwide Mathematics Fun Day.

Woo's online teaching forum misterwootube.com is a hit with the schooling community, with Woo dubbed 'Australia's Favourite Maths Teacher' for his work. With a contagious passion for his subject, Woo aims to inspire optimism and enthusiasm toward Mathematics, and with the NSW Premier's Prize for Innovation in Science and Mathematics Education (2015) and the Australia's Local Hero Award at the Australian of the Year Awards (2018) under his belt, Woo shows no signs of slowing down.

"Mathematics has its tendrils in every profession, in fact, increasingly so due to the use of data, analysis of patterns and trends, technology, and artificial intelligence," Woo said.

Woo's art of making Mathematics fun and accessible ultimately helps students with approaching mathematical challenges in both school and life, which connected well with the students of Roseville College.

The event was a collaboration between Roseville College's Learning Enrichment and Mathematics Department, also inviting senior students from Willoughby Girls High and St Ives High to participate in some of Woo's sessions.



Roseville College Senior Students (back L-R) Sasha Gassmann, Zoe Ingram and Fenna Kroon are joined by Chloe Wilson (Willoughby Girls High), and Michael Clayden and Lily Chadban (St Ives High, front L-R) for a MasterClass with Mr Eddie Woo at the school's Mathematics Fun Day.

HEAD OF BARKER COLLEGE AWARDED AM

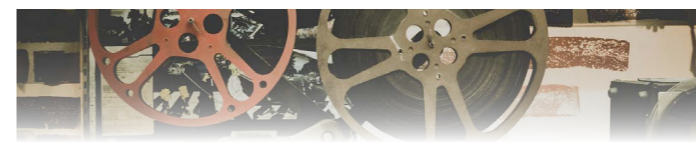
The Head of the prestigious Anglican school Barker College, Mr Phillip Heath, has been recognised in the Queen's Birthday Honour Awards. Heath's commitment to creating greater opportunities for Indigenous students has evidently made him a deserving recipient of the recognition. Awarded a member (AM) in the general division of the Order of Australia, this title is bestowed only to those who have contributed outstanding service to the greater good of the community. In 2016, Heath played an instrumental role in establishing the Darkinjung Barker campus for Indigenous students on the Central Coast. Furthermore, Heath has made it a priority to ensure this school focuses on the development of strong foundational skills in literacy and numeracy for Indigenous students from Kindergarten to Year 6. The Head of Barker College has also received numerous other awards for his dedication, including his appointment as an Honorary Fellow of the Teachers' Guild of New South Wales.



Mr Phillip Heath

"The award recognises Mr Heath's outstanding service to education both as a leader of individual schools and as an industry leader of various educational associations. Barker College is truly blessed to have a leader of Mr Heath's calibre leading the school," said Chair of the Barker College Council Mr Peter Berkley.

In the 2016 Census, strong improvements to the educational outcomes of Aboriginal and Torres Strait Islander students was apparent. The proportion of Indigenous people who had completed Year 12 or its equivalent rose by approximately 10 per cent from 2006 to 2016. With further initiative from others in the education field it is hoped that the gap between Indigenous and non-Indigenous students will continue to close.



COUNCIL VOTES TO REOPEN THE MARIAN STREET THEATRE

In a win for the local community and The Save Marian Street Theatre committee (SMST), the Ku-ring-gai Council have unanimously voted to upgrade the theatre with a fully costed funding model.

The SMST committee was formed two years ago by dedicated community members seeking to support the reopening of the cinema, which has a long history of supporting youth in Arts education. The committee's recommendation for the 'multi-purpose plan' has been taken on board by Council and will include multiple performing spaces, a Creative Learning Centre, a theatrical rigging system, new studios, offices and an additional lift access to the carpark.

Mayor Jennifer Anderson said that Council will be aiming to complete the project in three years time.

"We will be working with the committee as well as talking to residents and theatre experts about a plan that will ensure the theatre is upgraded and managed to a standard that meets community expectations," Anderson said.

kmc.nsw.gov.au



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PARENTAL INVOLVEMENT KEY TO SCHOOL SUCCESS

Antonia Mangos

The Department of Education's Centre for Education Statistics has identified five schools that have excelled in educational delivery who all share the same practices.

Lansvale Public School, Rooty Hill High School, Sefton High School, Taree West Public School and Woonona High School were all selected due to their implementation of the 14 elements underpinning the School Excellence Framework.

All of these schools shared the practices that provided students with additional learning support and involving parents in student learning as well as a strong emphasis on staff learning, development and evaluation to improve, and strong, effective principals.

However, the biggest factor of the research found that there was a strong emphasis on creating partnerships with parents in their child's learning.

Lansvale Public School principal Mark Diamond said that the school has worked on early intervention and preschool and playgroups to allow lifelong learning with parents. The school has also implemented parent-focused initiatives like PaTCH (parents as teachers and classroom helpers), where parents learn to assist children with literacy and numeracy.

The Department of Education and Training has found strong evidence linking parent engagement with improvements in academic achievements for all children and that learning at home is just as important in building children's confidence, motivation and capability.

The early the parent partnership with children is, the better the results for increasing an interest in learning. Additionally, by creating greater parental involvement, both parent and student are confident and understanding in their educational process.



CELEBRATE THE HORSES BIRTHDAY

Every year on August 1, Australia celebrates the 'Horses Birthday', which is the standardised birthday for all horses so to allow for standardisation in horse events and is also closely linked to breeding seasons. Glenworth Valley, Australia's largest outdoor activity centre and home to 250 horses set on 3,000 acres of Central Coast hinterland, will be celebrating the Horses Birthday with a weekend event this month.

From July 28-29, the Horses Birthday Festival will be putting on an extravagant

display including loads of horse related events like show jumping and barrel racing, workshops on how to care for a pony and demonstrations of horse shoeing. This year, the popular horse show featuring miniature horses Crunch and Lippy – who collectively have an enviable Instagram following of 226,000 – will be returning.

The Festival will also include a petting zoo, magic shows, face painting, jumping castle, arts and crafts and more to be announced in the lead up to the event. As for the big kids, mum and dad can still

enjoy the event with stacks of food and wine stalls, markets and live music.

Early-bird tickets for the event are priced at \$10 per person, with the prices rising to \$15 per person once this limited allocation has sold out, and children under 3 are free. The event will be running from 9am-4pm and free parking is available throughout.

For more information or to subscribe for more event updates, head to:

horsesbirthday.com.au



WEST PYMBLE BICENTENNIAL CLUB WINS ACCESSIBILITY AWARD

The West Pymble Bicentennial Club (WPBC) has won the Better Business Award 2018 for the Accessibility category in recognition of their actions to make their business more accessible for everyone in the local community.

The Awards ceremony, held last month at Chatswood Concourse, recognised the Club for its efforts to create a space that is accessible to all, leading the way into a more sustainable future.

The award was presented by Graeme Innes AM, former Disability

Discrimination Commissioner. Bernie Hobbs, ABC Science writer, broadcaster and host, the Master of Ceremonies for the evening also noted a number of initiatives that allowed access to the Club for the entire community. This included participation in the Ability Links/Better Business Partners Vision Friendly Business initiative which works to provide businesses with initiatives that are inclusive, and the popular Kookaburra Bistro menus now being available in large print and Braille.

Further, the Club's work with sporting and social activities in the area, using a

community grant provided by the Sydney Upper North Shore Special Olympics to purchase LED Bocce Ball, LED coloured, lighter balls suitable for people with disabilities, to provide weekly Bocce classes. The Club also offers bowling programs for juniors through to seniors, with varying specialised equipment to ensure that everyone can play. WPBC is also partnering with other disability groups and special needs schools to promote inclusion on school sports days.

wpbc.com.au

Sat 28 & Sun 29
July 2018
9am-4pm

Two Huge Days of Family Fun!

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Home to 250 horses, Glenworth Valley is throwing the Biggest Birthday Party ever with loads of free activities to delight the whole family!

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- Miniature Horse Show with Crunch & Lippy
- Lead Pony Rides
- Blacksmith Demonstration
- Petting Zoo
- Magic Shows
- Roving Reptiles
- Face Painting
- Laser Skirmish
- Jumping Castle
- Arts & Craft Kids Hub
- Rock Climbing Wall
- Bungy Trampoline*

Earlybird Tickets \$10
(Normally \$15)
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Kids under 3 free
Free Parking

Tickets at horsesbirthday.com.au

Schedule subject to change * Denotes premium activity at additional cost

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Winter in the Blue Mountains Special



ADVENTURE IN THE BLUE MOUNTAINS

Isabella Ross

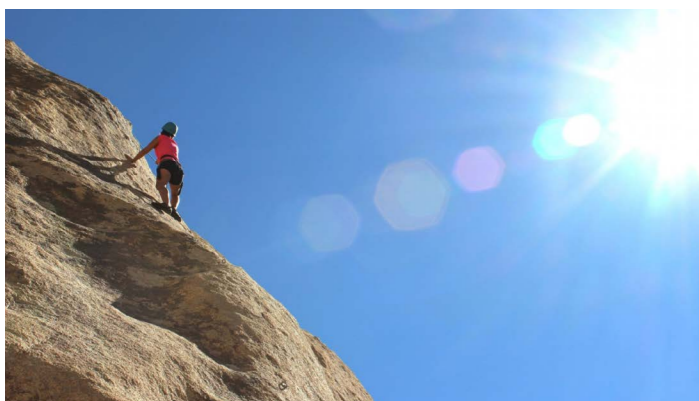
Adventuring in the Jenolan Caves



Regarded as the number one place in Australia for adventure caving, the Jenolan Caves is a great way to get the adrenaline pumping. With multiple tours to choose from, there is an adventure for all in the heart of the mountain. One on offer is the Plughole Adventure Tour, where first-timers and experienced cavers can explore through a series of climbs, squeezes and crawls. This experience is called the Plughole for a good reason; so those with claustrophobia may wish to sit this one out. The thrilling journey comes with highly qualified guides who will mentor you all the way along, making sure the adventure is completely safe.

jenolancaves.org.au/the-caves

Abseil down the plateaus and gorges



For a stunning view of the Blue Mountains, abseiling is the way to go! Experience the ultimate adrenaline rush with Sydney's highest rated adventure company Eagle Rock Adventures. The company offers three levels of experience for those wishing to abseil, to ensure no one has to miss out on this adventure in the deep valleys and rocky peaks. Being a great way to conquer your fears of heights, this altitude canyoning tour also provides a guide of the local Indigenous culture. With the advanced course showcasing magical views across the Three Sisters, Ruined Castle and more, this is an experience not to be missed.

eaglerockadventures.com.au

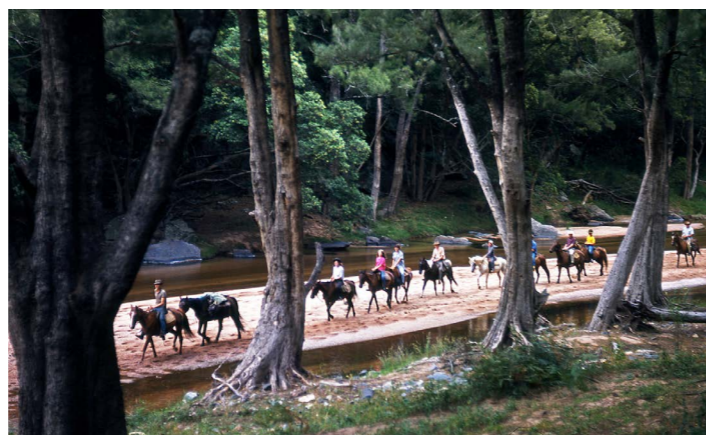
Whitewater raft in Penrith



If you are looking for some daredevil fun, look no further! Located at the foot of the Blue Mountains, the Penrith Whitewater Stadium is the only man-made river of its kind in the southern hemisphere. With 14,000 litres per second of raging whitewater flowing, this exciting ride is an adventure you will never forget. The course has been constructed to recreate the characteristics of the wild river, so don't be naïve about these rapids. For action-packed fun under the watchful eye of trained river guides, this exhilarating experience should not be missed.

penrithwhitewater.com.au

Ride horses on a wilderness tour



Set on an exclusive private estate in the heart of the Blue Mountains, Wilderness Lodge is the perfect place to soak up the outback serenity. Along the ride there is even the chance to get up close and friendly with a family of kangaroos in their natural habitat. With plenty of rides and durations to choose from there is a unique adventure for everyone to enjoy. Designed specifically for the thrill seeker there is the Cox's River Ride, where explorers can ride across the paddocks and through one of Australia's most beautiful rivers.

megalongcc.com.au

WINTER WONDERS AT BIRCHES OF LEURA

A beautiful winter garden. That's Birches of Leura nursery. It's winter in the Mountains – cold crisp days and chilly nights - but that doesn't mean your garden has to be dull and boring. Birches of Leura have gorgeous seasonal colour – cheerful pansies, violas and vibrant polyanthus – to fill those bare spots or create stunning pots overflowing with brilliant blooms. To brighten the inside of your home there are also fresh cut flowers, beautiful indoor plants and a large range of elegant gifts.

Of course, this winter is the time to buy deciduous trees and shrubs to fill your garden with breath-taking autumn colour or joyous spring blossoms. Birches of Leura have a large selection to choose from with lots of Japanese Cherry blossoms, including the famous trees that line the beautiful Leura Mall.

It's also the best time to plant roses and with plenty of bare-rooted plants available, all your favourites are there, from elegant David Austins to the lovely French Delbard varieties.

For the serious gardeners, a stunning range of Sproutwell Greenhouses are on offer, so come in and see the display. Delivery can be arranged anywhere in NSW or Victoria.

A great attraction to the nursery this winter is the new arrival of handmade Terracotta Pots from Tuscany, Italy. Hand-picked and frost resistant, each piece is a work of art that you won't be able to resist.

Come and browse to the soft music of fountains in a place of calm and serenity right in the middle of the village. The friendly qualified staff are always ready to help with all your gardening requirements, so come and enjoy good old-fashioned customer service with a smile! It all adds up to an extremely pleasant shopping experience.

Birches of Leura is conveniently located adjacent to the Leura car park off Megalong Street and is open 10am-5pm every day.

birchesofleura.com



Leura's Village Nursery

- Gorgeous Seasonal Colour -
- Large selection of shrubs, trees, herbs and cottage plants -
- Beautiful Gifts and Homewares with a Garden Theme -
- Qualified Horticulturists -

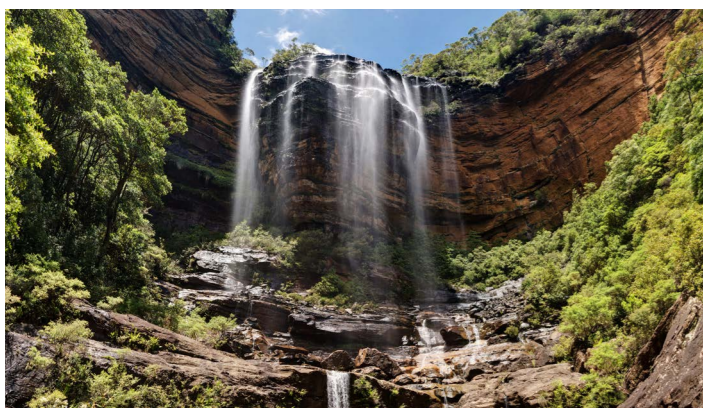
Come and enjoy our delightful garden in the Leura Carpark opposite Woolworths

2/156 Megalong St, Leura. Ph: 02 4784 3146
Open 10am-5pm Monday - Sunday.
www.birchesofleura.com.au

NATURAL WONDERS OF THE BLUE MOUNTAINS

Antonia Mangos

Wentworth Falls



A hidden treasure within the Blue Mountains National Park is this steep but short walk to the Wentworth Falls picnic area. This free 1.4-kilometre return track has great points of picturesque mountains of the Jamison and Wentworth lookouts and even the cliff-edge Fletchers lookout.

The walk is well worth the trek with a beautiful sight of the waterfall which cascades 100 metres to the valley floor.

The Jamison Creek then plunges into a shallow pool on one side and the Jamison Valley opens out on the other end and allows you to really experience the peaceful nature of the Blue Mountains.

Blue Mountains Botanic Garden



The Blue Mountain Botanic Garden in Mount Tomah is located in a World Heritage Area that showcases another part of the Blue Mountains natural wonders. The garden hosts around 21,000 plants of around 900 different species of a cool climate.

It is the perfect city escape and is only closed one day of the year, Christmas Day. It also has free entry, meaning your trip to the Blue Mountains will be all about soaking in the natural beauty of the region.

The garden covers around 252 hectares, with around 28 hectares open for public viewing where you can find plants from all over the world. There are also a number of tours and guided walks that allow you to learn and appreciate the awe of this site.

Echo Point



Another lookout of the glorious Blue Mountains, Echo Point oversees the traditional land of the Gundungurra and Darug people. The location of this point means it has panoramic views of the Jamison Valley and the Three Sisters.

It is a beautiful sight perfect for your holiday photos and allows you take in the cold fresh air of the mountains. It is also a gateway for many of the walks, including to the Three Sisters and even the Giant Stairway for experienced bush walkers.

Echo Point also connects to the Prince Henry Cliff walk and to the Leura Cascades that includes many scenic lookouts to truly experience the wonder of the Blue Mountains along the cliff edge.

Zig Zag Railway



This 19th Century Engineering Railway is now a renowned tourist site located at Clarence, 10 kilometres east of Lithgow.

The railway was built in the 1860s to transport people and produce from the western plains of NSW to Sydney but was replaced in 1910 by a 10-tunnel deviation.

The site offers a picnic ground with table settings and barbecue facilities after being declared a public reserve in 1881. It is the perfect historical tourist site with fine sandstone ridges, exotic rock formations and, mountain and views, with even the opportunity for bush walks from Clarence Station to Bottoms Point Station.

DIRECTOR'S INTRODUCTION TO THE LIGHT & SHADOW GALLERY

Peter White PhD, Owner/Manager, Max Dupain Exhibition Photography and Director, Light & Shadow Fine Art Gallery

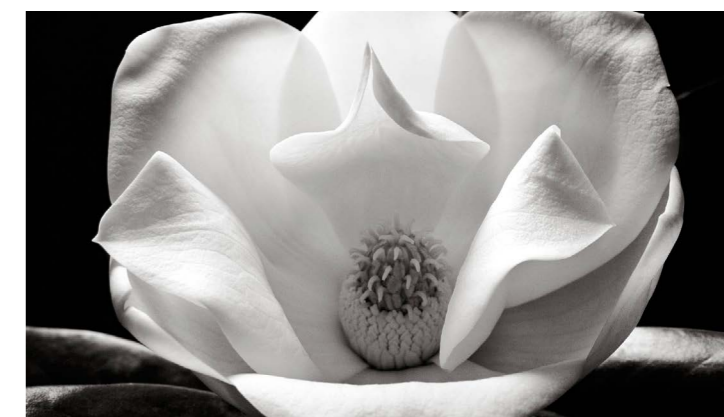
As Gallery Director my aim in exhibiting the best fine art photography is to increase appreciation of this art form. Well executed monochrome photography is inherently evocative with its delicate use of light and shadow to portray the subject in a way that reflects the photographers experience of it.

I established the Light & Shadow Gallery to exhibit the wonderful iconic images of Australia's greatest photographer, Max Dupain (1911-92). His work has influenced generations of photographers as well as the direction of photography in various genres. I knew him since the 1970s as a kid and would visit his studio where my mother worked. She ran his studio.

Dupain once said that modern photography must be more than a nice aesthetic experience that entertains. He wanted it to convey the essence of the subject in its real context, not manufactured. It must convey the feelings it evoked in the photographer and be sympathetic to the subject. He was technically brilliant as well as appreciative of the emotional effect of subjects.

The Gallery also exhibits local Blue Mountains photographers who are established and well regarded. I want to support photographers wishing to share their creativity with a public audience. I also have a collector's room that displays other iconic Australian photographers such as Cazneau, Macfarlane, Cotton and Browell. Along with signed Dupain vintage prints, I am proud of the collection that offers a historical perspective of Australian photography.

The Light & Shadow Gallery is one of very few private

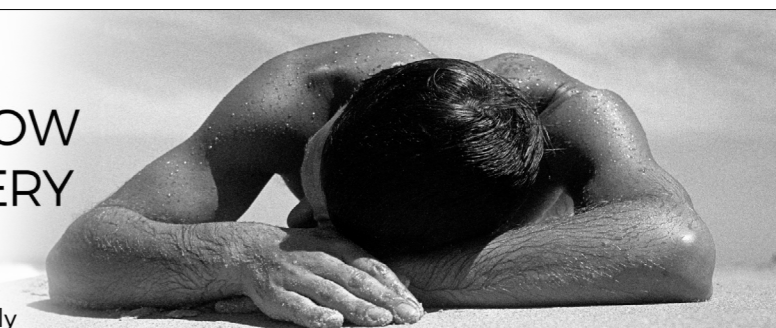


photographic galleries in NSW. It is a beautiful, friendly space in a lovely village within the World Heritage Blue Mountains. I welcome visitors to this special gallery to experience the evocative nature of beautiful black and white photography.

lightandshadowgallery.com.au



Light & Shadow Fine Art Gallery in Leura permanently exhibits the iconic photography of Max Dupain (1911-1992), Australia's most influential photographer. Dupain's fine art, Limited Edition hand prints and Vintage works are displayed. Other exhibitions include photographic, ceramic and engraving artwork. Open Wed-Sun 10-4pm



Light & Shadow Fine Art Gallery
19 Grose Street Leura (adjacent to Woolworths carpark)
P: 0425 300 568
E: info@lightandshadowgallery.com.au
www.lightandshadowgallery.com.au

ESCAPE TO SNOW-DUSTED LANDSCAPES THIS WINTER

The enchantment of opera performed within a legendary party palace, the decadence of Yulefest dining and the intimacy of crackling fireplaces all lies within a winter wonderland just 90 minutes from the North Shore.

There's even the possibility of snow-dusted landscapes when you indulge in a rejuvenating winter escape to the Blue Mountains.

After browsing the boutique shops of Leura and Wentworth Falls, the eclectic main strip of Katoomba and the antique bazaars of Blackheath, the exquisite heritage gardens around Leura and Mt Wilson and breathtaking clifftop views of vast mist-filled wilderness areas by day, retreat into the warmth of a boutique hotel for steaming drinks, fireside dining and warming entertainment.

Wandering sumptuously refurbished, exotically-named spaces like Cat's Alley and Salon du The on a guided history tour of the Hydro Majestic Hotel while listening to saucy tales of indiscretion on a luxurious scale works up an appetite sated by a traditional high tea repose featuring nostalgic flavours such as ginger, cranberry and roast pork in the elegant Wintergarden Restaurant overlooking the Megalong Valley.

Alternatively, sojourners can sink into the refined surrounds of the 5-star Lilianfels Resort & Spa lounge to nibble on delicate finger sandwiches, fluffy scones with homemade jam and fresh clotted cream, and a selection of Yulefest sweet treats beside a cosy fireplace.

The decadent Yulefest theme continues each Friday and Saturday throughout July in the former home of sixth Chief Justice of NSW Sir Frederick Darley on the Lilianfels property, as well as in the adjacent Echoes Restaurant and the Wintergarden Restaurant at department store doyenne Mark Foy's 'Palace in the wilderness', the Hydro Majestic.



Escarpment Group guest services manager Meagan Iervasi encourages guests to fully immerse themselves in the festive atmosphere by staying at least one night: "Yulefest in the Blue Mountains offers the European-style atmosphere people associate with Christmas – a chilly landscape outside and cosiness inside with roaring fires, hot food and drinks, traditional decorations and festive music, but without the stress and frosty relatives. Sometimes there's even snow."

Iervasi suggests timing a winter escape with an event such as a tour with an expert at Blue Mountains Botanic Garden, Mt Tomah, an exhibition at Blue Mountains Cultural Centre, a comedy show at a heritage hotel, a live band at a chic bar or *A Night in Vienna* performance during which visitors could plunge themselves into the opulent world of opera, fine food and classical music at the grandest of the grand hotels of the Blue Mountains.

Guests can relish the romance and nostalgia of Austria's golden age with a program of crowd favourites from the best Viennese waltzes, gorgeous Wienerlieder (Vienna songs) and operetta to the wild world of the 1920s and '30s Berlin cabaret with a splash of comedian harmonists on August 18.

Opera Australia, Oper Köln, Opéra Comique & Théâtre du Châtelet, Paris and English National Opera tenor Brad Cooper and Johann Strauss Ensemble Vienna leader, violinist Russell McGregor, will be joined by Austrian accordionist Pavel Singer.

The performance in the Wintergarden Restaurant at the Hydro Majestic will be matched with a five-course degustation dinner. Tickets are \$135 per person and bookings can be made at **(02) 4782 6885**.

escarpmentgroup.com.au

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www.parklands.com.au

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FOOD & WINE HOTSPOTS

Isabella Ross

Echoes Hotel, Katoomba



Boasting some of the most breathtaking panoramic views of the mountain ranges at Jamison Valley, Echoes Boutique Hotel and Restaurant oozes luxury. With a scenic attraction right at your doorstep, the fine dining restaurant and bar is the idyllic way to immerse yourself in the picturesque Blue Mountains. Renowned for its modern Australian menu with an Asian influence this dining hot spot is perfect for those seeking gourmet cuisine, exquisite service and world-class views. For those in search of the flowing vintage champagne and Australian wines, look no further than the Echoes Bar, which has “a cocktails at sunset” experience.

echoeshotel.com.au/dining/echoes-restaurant-bar

The Carrington, Katoomba



Being a premier destination itself, The Carrington is a historic hotel that offers elegance and charm. This newly restored venue has wowed locals and tourists alike, thanks to its opulent yet traditional European interior. A variety of dining options are available to guests including the Grand Dining Room for an A La Carte menu, or the Old City Bank Bar that offers live entertainment and a beer garden of boutique brews. Another favourite in The Carrington is Katoomba’s only cocktail bar, Champagne Charlies that promises to satisfy all. With views of the World Heritage Listed Blue Mountains and plush furnishings this hotel is a must-see!

thecarrington.com.au/dining-bars/

Leura Garage, Leura



Offering a seasonal menu, this quaint yet award-winning restaurant highlights some of the best freshly made local food and wine from the Blue Mountains region. Situated in the popular town of Leura this restaurant is perfect for eco-conscious customers, with the staff taking great care to make their venue environmentally friendly and reflect the desires of locals. Large sharing dishes include the Moroccan hot pot, Spanish seafood paella and barbecued beef ribs, as well as an extensive range of vegetarian options. With reasonable prices, mouth-watering share plates and a comforting atmosphere, the Leura Garage should be on every food lovers’ list.

leuragarage.com.au/food/

Cinnabar Kitchen, Blackheath



Marketed as a restaurant where you can ‘travel the world in one night’, Cinnabar Kitchen offers a plethora of exotic and multicultural cuisines. A venue of simplistic delight, the restaurant provides a warm and welcoming ambience. With mid-range pricing, this sophisticated yet casual dining kitchen is the perfect place to dine on a cold winters night in the Blue Mountains. The dessert menu in particular wows customers, including the gorgonzola dolce, tiramisu and lemon curd meringue. To our delight Cinnabar also has an extensive beverage list, with cocktail classics, hand crafted beers, French bubbles and local drops all on offer.

cinnabar.kitchen

WHAT'S ON

YULEFEST 2018



In what began as a small festival to celebrate Christmas in July over 20 years ago, Yulefest has grown to become the major seasonal event of the Blue Mountains region. The beauty of the Blue Mountains is its Northern Hemisphere style winters, with snow and gallons of egg nog and delicious food, it’s the perfect excuse to celebrate Christmas in July.

This year, Yulefest will be welcoming back *The Goon Show Live*, with various accommodation and dinner packages to enjoy the performance. Accommodation options are in abundance with the Blue Mountains Manor House, The Hydro Majestic and The Mountain Heritage among others to open their doors to guests from all over to join in the festivities.

For more information about events and special offers, head to yulefest.com

HARTLEY STORE'S MARKET DAY



This local market celebrates everything that is great about the Blue Mountains region, with local, fresh and organic produce, wines, preserves, honey and artwork, to share it with as many people as possible.

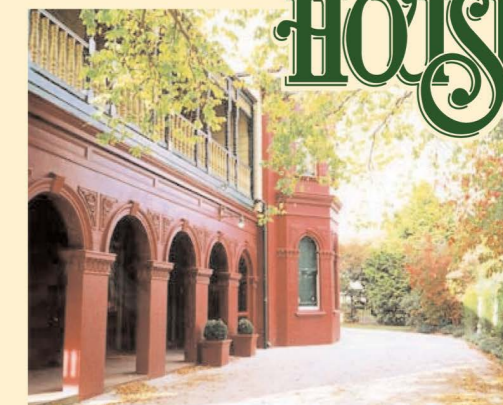
Held on the first and third Sunday of each month, this friendly local initiative is host to a number of stalls and gift options, and plenty to do for the kids – think jumping castles, fairy floss and snow cones - so it’s a hit for the whole family.

For more information about the market and stall options for the upcoming July dates, or to enquire about setting up your own stall on the day, head to hartleymarkets.com.au.



★★★★
4 Star Deluxe B&B
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Circa 1880

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Ph: (02) 4784 2035

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BAN THE BAG: AN UPDATE

Antonia Mangos

It's in the bag, or more specifically, it's in the plastic. In addition to the announcement by Coles and Woolworths to stop selling plastic bags, the retail giants have also announced to reduce plastic-wrapped produce following pressure from community members

Coles have promised to reduce the plastic wrapping on fruits and vegetables, as well as replace meat and poultry product packaging with recyclable and renewable materials. Coles aims to have all of its branded products recyclable by 2020. Woolworths has also said that it will stop selling plastic straws and will enter into a partnership with a food waste recycler by the end of the year. Whilst both stores have stopped the use of single-use plastic bags since July 1.

Such action from Coles and Woolworths is due to backlash from community members to stop the use of plastic and reduce the impact of pollution for the environment and the animals who are affected by this.

Greens NSW Marine spokesperson, Justin Field, has commented on the influence of such community campaigns and said it is time for Premier Gladys Berejiklian to act on these matters.

"The tide has turned and the community has rejected the wasteful consumption of unnecessary single-use plastics," Field said.

The City of Ryde has also done their part in helping this environmental change for the better. The Council has committed to a complete ban of single-use plastic drinking straws as well as phasing out other single-use plastics and unanimously resolved to ban and phase out balloons, plastic bottles and plastic cups in all Council related events.

Research by the Commonwealth Scientific and Industrial Research Organisation found that approximately three-quarters of the rubbish along the Australian coast is plastic, and that straws, plastic bags, bottles and balloons are particularly harmful to marine life.

City of Ryde Mayor, Clr Jerome Laxale said the initiative by the City of Ryde outline the Council's commitment to protecting Ryde's natural areas.

"The City of Ryde has worked very hard in encouraging the community to take measures to reduce waste and landfill, so it is only right that Council does everything it can in stamping out its use of single-use plastics." Clr Laxale said.

The City of Ryde is also implementing a waste education program to reduce single-use plastics in our community.

Meanwhile the NSW Government is lagging behind other states in legislating acts on plastic pollution. But there is hope through councils and the big supermarkets that are making effective changes to help the environment.

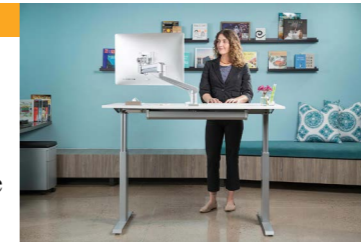
WELLNESS INTERIORS: THE NEXT BEST TREND

Isabella Ross

Echoing ideas of health and productivity there is no surprise that wellness interiors are gaining momentum. Unlike other temporary styling fads, the wellness interior is cementing itself into the design of spaces across cosmopolitan cities, with greenery and stand up desks becoming an increasing commonality in workplaces. Incorporating this new styling trend into your home doesn't have to break the bank, as it is possible to create a balanced interior on a multitude of budgets.

Focus on your health

A plethora of studies have shown that muscle pain can reduce through the periodic use of a standing desk. Sit and stand desks have become the driving force of positive wellbeing in the workplace and home. When a healthy mind, body and spirit are achieved, vast improvements to an individual's productivity and motivation can be seen. Although these desks' price range is in the hundreds, the purchase can ultimately be seen as an investment for your enduring health.

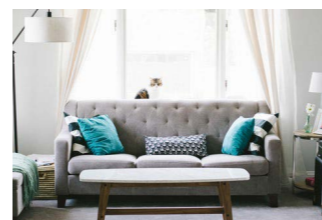


Bring the outside in

It is no secret that the purifying ambience of greenery provides a sense of tranquillity within a space. Injecting green into your home through purchasing a fern or bamboo palm is one of the cheapest ways to jump onto the wellness interior bandwagon. Another option is featuring furnishings that reflect a botanical style such as cushions or wall art. Not only will this natural serenity be aesthetically pleasing but also assist in creating a positive physical and mental wellbeing.

It's all in the architecture

If simple decorative changes aren't enough, there are several architectural features that can further ignite a wellness interior. Installing skylights is a great way to illuminate your interior and ultimately reduce lighting costs in the long term. Also conveying a fresh atmosphere, the use of natural materials such as timber and marble can become foundational features of a design and promote a relaxed environment.



The vitality of colour

When walking into a bright airy space in comparison to a dark dingy room it is evident that varying colours can reflect our mood and sense of energy. Infusing naturalistic tones like soft grey and blue to compliment white walls and wooden furnishings is one way to promote vitality in your space of wellness. This take on the trend will ultimately come down to an individual interpretation, so find a colour that best reflects a moment of happiness and tranquillity.



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JUST BREATHE

Fun Fact! The quality of your mind is related to the quality of your breath!

We spend a vast amount of our time feeling rushed, busy, anxious and stressed, so no wonder many of us are in constant state of feeling fragmented and overwhelmed.

When we run for the train or exercise vigorously our breathing rate increases. That's normal and to be expected. When we feel anxious, stressed and unhappy (and we may have not even left the house) our breathing is also rapid and accelerated and not smooth and long because we feel agitated. Our mind is absolutely not feeling calm or centred as we have lost control.

One of the many benefits of yoga, apart from the stereotypical body benefits (strength and flexibility), is that of creating a balanced state

of mind. Flattening out the peaks and troughs of the emotional roller coaster of life and finding more peaceful and calm ways of being.

How? There are many tools and breathing techniques but firstly we learn to practice mindfulness and breath awareness concentration as we take every class. The breathing changes, we watch it and observe how we feel as a result.

The busy mind will jump from thought to thought, which is not bad or wrong, but we cannot always be in that state of constant inner dialogue.

So, learn to use the breath and harness its potential to become more relaxed.

Cultivating an awareness of your breath is a powerful starting point to help you on your journey to finding peacefulness and clarity.

Liz Kraefft, Owner of Ku-ring-gai Yoga



Try this simple practice:

Sit, spine erect, feet on the floor, hand resting on your legs.

Notice the air in your nostrils as you breath in and out.

Be aware as the breath lengthens and softens as you take yourself away from your active state.

Notice how you feel after a short time in stillness, with your breath as the focus.

kuringgaiyoga.com.au



DIABETES AND DEPRESSION

Isabella Ross

This July, Diabetes Australia will be running their annual National Diabetes Week with the aim to raise awareness for both types of the disease. With approximately 50 per cent of people with diabetes thought to also struggle with mental illnesses such as depression or anxiety, this awareness week has significant purpose. Being the fastest growing chronic condition in the country, diabetes is a serious health epidemic that needs further attention and funding.

In a recent success for those suffering with the disease, this year's Federal Budget allocated more than \$25 million into diabetes funding. This included new medical research, improvements to education for pregnant women and subsidised insulin pumps for children with Type 1 Diabetes.

However, as CEO of Diabetes Australia Professor Greg Johnson

said, "we still don't see funding for evidence-based programs proven to help prevent Type 2 Diabetes."

This is worrying, considering that the Type 2 condition accounts for 85 per cent of cases. According to the Australian Institute of Health and Welfare, individuals with this type of the disease are also at higher risk of developing depression or anxiety disorders.

Dr Adriana Ventura, Research Fellow at the Australian Centre for Behavioural Research in Diabetes (ACBRD), noted how having both diabetes and mental health issues pose additional challenges.

"Living with diabetes can be difficult enough, experiencing anxiety as well adds to the burden. This can impact on both their medical outcomes and quality of life," said Dr Ventura.

In a bid to provide support for Type 2 Diabetes sufferers, the National

Diabetes Service Scheme recently published the Diabetes and Emotional Health Handbook, as a free health guide. Senior Research Fellow at the ACBRD, Dr Christel Hendriekx spoke of the importance of this handbook in providing effective strategies to reduce the burden of diabetes.

"This new resource helps health professionals to offer psychological care to people with diabetes experiencing anxiety or depression."

Through this month's celebration of National Diabetes Week, it is hoped that more empathy, awareness and support will be given to those struggling to cope with the emotional toll of Diabetes.

For support contact National Diabetes Service Scheme helpline **1300 136 588** or Lifeline on **13 11 14**

diabetesaustralia.com.au

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TWILIGHT
AGED CARE

THREE WINTER ESSENTIALS

Rejimon Ulahannan

This is the time to review your comfort in and around the home as we tend to spend more time indoors. The following are considered to be the most essential items for you this winter.



Have a good look at your bed and pillow. Are they providing you the support and comfort that you deserve during this season? An electric bed with a suitable mattress will make a huge difference to the way you get in and out of bed. There are electric beds that look elegant and can suit your own taste and décor of your bedroom. If you do not like the idea of an electric bed, have you considered just replacing your existing mattress with an electric mattress?



The second item is a Rise Recliner or a Lift Chair. It is important to know what to look for while selecting a Rise Recliner. For those who would like a comfortable place to sit and relax, to watch TV, use their Ipad or just to snooze, there are a lot of options. Consider the type of material, number of motors, lumbar support, head rest etc. before finalising your selection. Don't forget to try one out before you buy.



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CAN DIET AFFECT MENTAL HEALTH?

Isabella Ross

A recent study by Deakin University found evidence that a healthy diet can be a cost-effective treatment for depression. Building on the University's previous studies in this field, researchers worked with the Deakin Food & Mood Centre's SMILES trial to show how dietary changes could assist people with mental health issues.

Adjunct Senior Research Fellow at the University of South Australia, Dr Natalie Parletta, who has also published work in this field, has welcomed these new findings.

"It is high time that diet and lifestyle changes are considered at the forefront of treatment options for mental health. It makes sense that diet can impact mental health, because our brain needs nutrients and other dietary factors to work well."

However, this study ultimately poses the question – what is cost-effective? In Australia, individual income varies significantly, therefore interpretations

of what is relatively cheap can differ across socio-economic backgrounds.

When asked if it is realistic to suggest that the average person could afford a dietician, Dr Parletta noted that Medicare does offer a rebate for fees if your doctor advises you to see a nutrition expert. "If a patient is referred to a dietician by a GP, their visit will usually be covered by Medicare."

Both Deakin University and Dr Parletta's studies found that the healthy Mediterranean-style diet is particularly cost-effective, and is even more affordable than the typical Australian diet.

Dr Parletta encouraged people struggling with mental health issues to look into the research and adopt some of these diet-related strategies. "People of all ages and cooking abilities can easily adopt and enjoy Mediterranean style food. Some strategies include eating more vegetables, legumes, fruit, nuts, wholegrains and oily fish.

Using extra virgin olive oil for salads and cooking is good, but avoid highly processed foods, red meat, sugar and refined grains."

SMILES creator and Director of Deakin's Food and Mood Centre Professor, Felice Jacka did however stress that diet was not the only solution to depression, but could aid in overall wellbeing.

"Depression, like any other mental illness, has many causes and many drivers, but if we can identify things like diet that are relatively cost-effective to address, then that should be under-pinning all other strategies for prevention and treatment."

If you or someone you know is struggling with depression, please contact Lifeline on 13 11 14.



THE MENTAL LOAD

WHAT IT IS AND WHAT YOU CAN DO

Sarah Wainwright

The Mental Load is the relentless mental work, the organising and planning of family life, always having to remember; including a work load, domestic responsibilities, financial commitments and a relational load, namely doing the emotional heavy-lifting. As reported by *ABC Health News* and *SBS Life/Family*, the Mental Load is incessant and exhausting, it causes despair, and rests disproportionately on women.

The 2016 Census showed that Australian women are still shouldering the bulk of housework, spending on average 5-14 hours per week in unpaid domestic work, whereas men, on average, spend less than 5 hours a week on domestic work. However, this data does not capture the Mental Load—the additional time women spend organising domestic and child-oriented activities. Women adopt the Mental Load partly because women have been socialised to do

it. This means that for couples, men have more mental space to plan for work and more leisure time.

Speaking with Brooke Black, Senior HR Manager, she says that from a workplace perspective, the rise in flexible working, that is, the ability to take work home means that parents feel like they are always 'on'. This is a double-edged sword, as flexible working enables parents to maintain their careers but it contributes to the Mental Load, particularly for women, usually as the home project manager. Black shares how important it is to create space to turn 'off', set realistic expectations for deadlines, not to check work emails during family time, avoid always multi-tasking and be organised in planning the days and weeks for work and home. Black stresses how important discussing the Mental Load is with your partner and how they can take on more domestic responsibilities.

Tips for reducing the Mental Load

Identify and redistribute the Mental Load: Delegate more to partners and children. Step back and allow children to take more responsibility, allowing them to learn from the logical consequences of a decision or a mistake.

Lean-in to relationships: Speak up and reach out for help.

Exercise: For a break from the Mental Load, as well as for stress, mood and anxiety management.

Practice gratitude: It increases happiness, and reduces over-thinking and worry.

Find a way to take a break: This helps to determine which aspects of the Mental Load are imperative and which are superfluous.

Reduce expectations: Be more accepting and less judgemental of yourself and others, parents won't always have perfect houses or children!

Raise awareness: Use the language to spread the concept and pledge to do less!

Sarah Wainwright is a Sydney-based parenting expert who shares her experience and observations on Instagram, [_parentingtips_](#) for more information.

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Southern Cross Care's Marsfield home is unapologetically unlike other residential care homes. It's a place where every day is celebrated and wonderful moments are in abundant supply.

Marsfield Residential Aged Care is nestled in a quiet residential street alongside historic Curzon Hall. The view of the stately Grand Hall, rising up behind the tree-lined courtyard gardens is rather special.

As soon as you step foot into this modern home your senses are greeted with colour and laughter, and you immediately feel the warmth and kindness. According to



Manager Sue Daby, this home is a place where people come to live and enjoy their lives.

"So many treat aged care homes as places to die. We turn that notion on its head with a commitment to making everyday life-affirming and positive."

From the vibrant décor to the quiet, customised private suites and tranquil gardens this is clearly a community that celebrates the individuality of every person who chooses to live there.

"Every day you are acknowledged for who you are. Your choices and happiness are our complete focus. We are a tight-knit family, and our team builds loving friendships with residents and their families and friends. We make a conscious decision to hug people, to link arms and walk together and to make connections."

A unique way they encourage residents to continue their everyday activities is by the use of GPS trackers, the small, discreet devices allowing them to come and go



from the home as they like.

"Many of our residents' love spending time outside and going on walks. Especially those that came to our home from the local area, or the co-located retirement village and still like to walk the local paths. We can then see the path they are taking, keeping an eye on them and able to locate them if they do lose their way."

The home regularly hosts family days, featuring musicians, great food, children, and grandkids. "We always get such a good turn up. It's because people feel good coming here. They know their family member is getting all the attention and care they deserve. But it's not just special event days; it's like that every day - because every day counts".

To find out more and discover if this unique home is the one you've been looking for call **1800 958 001**.

sccliving.org.au

STEM CELLS IN SKINCARE

Isabella Ross

With anti-ageing being a never-ending battle, beauty fads and trends have swept the Internet and nudged their way into the lives of everyday people. Being consistently bombarded with myths about supposed miracle cosmetic and skincare products has coerced us to question if something is really as great as it is marketed to be. Stem cells have become a source of hope for many suffering from multiple diseases such as cancer and chronic conditions. However, the concern is that innovative scientific breakthroughs like plant stem cell regeneration will be exploited to market unproven remedies in the beauty industry.

For those with little scientific background or knowledge, stem cells may be a challenging concept. The growth and development of any organism, including plants, is served through stem cells that act as a

biological repair system. According to the National Stem Cell Foundation of Australia, different types of stem cells have different levels of regenerating potential. Plant stem cells have been found to contain powerful antioxidants and anti-inflammatory properties that can self-regenerate cells on the skin. Yet it remains questionable as to whether, once the stem cells are extracted, they will remain viable in a cream-like solution.

In a recent study, Dr Michael T. Longaker of Stanford University Medical Centre found that as a result of the commercialisation of stem cells as a beauty regime, the cosmetic industry has become "saturated with unsubstantiated and sometimes fraudulent claims that may place patients at risk."

With the cost of plant stem cell treatments within the Sydney

metropolitan area starting in the hundreds, it is evident that the recent announcement by the Government to regulate the therapies is a necessary decision.

"We are very pleased to see these changes announced. This will bring our industry in line with regulations and safeguard the vulnerable patient groups from unproven and potentially unsafe practices," said Program Leader of Stem Cells Australia, Professor Melissa Little.

With this in mind, if you are considering to take part in the individual battle against ageing it is best to stick with the scientifically credible research. So next time you see an eye-wateringly expensive plant stem cell cream on the shelf you will know what to do.

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ROOT CANAL TREATMENT

A tooth is made up of two parts; the crown is the enamel above the gum line, whilst the roots anchor the tooth into the bone. Inside the tooth is the dental pulp, which actually contains nerve tissue as well as a blood supply.

This nerve tissue or nerve may become infected due to decay, damage to the tooth, grinding or a history of large fillings. If the nerve dies, an abscess will form at the bottom of the tooth.

The most common complaint of a tooth abscess is severe pain and the inability to bite on the tooth. Symptoms may also include facial swelling, swollen gums, a recurring pimple on the gum, bad breath, darkening of the affected tooth and temperature sensitivity. Occasionally, a dead tooth may be detected during a routine examination without the patient ever being aware they had a problem.

Treatment options for a tooth abscess are to either extract the tooth completely or perform a Root Canal Therapy. Root

canal therapy involves removing the nerve tissue from the centre of the tooth, so that the tooth may be maintained. The nerve is removed via a small opening on the top of the tooth and medication is placed within the tooth to reduce any infection or inflammation. Once the inside of the tooth is totally disinfected, a filling material is placed that fills the inside of the roots that once contained the nerve.

Following completion of the root canal therapy, the appropriate restoration will be placed. This may be a simple filling, or in cases where lots of natural tooth structure is missing, a crown may be required to hold the tooth together. The end result should be a tooth that functions like any of your other teeth.

Occasionally, even the best root canal therapy may not be able to save a tooth. Tooth extraction, however, should be considered a last resort. Once a tooth has been removed, the bone that once supported the tooth will be lost (up to 40 per cent in the first three months post

extraction), the adjacent teeth will move and your bite will change.

In situations where there is not enough tooth structure left to restore, the best option may be to replace the tooth with a titanium screw called a dental implant. Dental implants are surgically positioned into the jaw bone to replace the natural tooth. The time to start planning dental implant treatment is ideally before the tooth is removed so as to minimise bone and gum loss.

Your dentist will be able to make the appropriate recommendations regarding what treatment is best for you.



Dr Ian Sweeney
northsidedental.com.au

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

HEALTH CORNER

Brooke Fryer & Isabella Ross



Digital Detox

Many people are choosing to open a book over switching on their phone. A digital detox is underway for the winter season as many Aussies are choosing to put their phone away for up to several hours before bedtime. The blue and green wave lengths that come from the light of a phone or laptop trick the brain into thinking it is daylight, which prevents the release of melatonin resulting in a restless night's sleep. Technology can also increase levels of anxiety and mood swings, and doctors are urging digital obsessed users to have a weekend detox, or to turn off all technology at night time.



Healthy and Functional Snacks

Healthy snacks aren't always what people think of when they hear the word snack, but many are ditching the chocolate and potato crisps and replacing them with protein bars and broccoli chips. Consumers are wanting more goodness and not just unnecessary calories, many opting for more protein and fibre. Snacking can be an important element of a balanced diet as it can provide energy throughout the day, but instead opt for healthier options such as fruits, protein bars and yoghurt.



Blood Donations

Taking care of others has always been at the forefront of our community, so it is no surprise that donating blood has remained an invaluable commonality. In Australia, one in three of us will need blood in their lifetime, with a significant portion of donations helping treat people with cancer and heart problems. 87-year-old John Harrison has given more than 175 blood donations in his time and therefore saved the lives of over 525 people, "My wife had mitral valve heart problems. Knowing she had to have blood most times after big operations I thought it was one way of giving back to others in need of it as well."

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JULY HOTSPOTS

Isabella Ross

3 July Delights of the Ionian Dinner



Following the sold-out success of the recent Cretan dinner, Alpha Restaurant will continue to host its dinner series throughout winter. This month's event, on Tuesday 3 July will be a delicious four-course menu paired with matching wines designed by the Executive Chef. The dishes of the Ionian Islands are influenced by the historic Venetian control of the region, and are a diverse blend of Italian and Greek cuisines. Set to sell out quickly, guests are urged to book promptly to ensure they don't miss out on this culinary experience.

alpharestaurant.com.au

28 July Aussie Night Markets



Located at Castle Hill Showground, this monthly market is a great way to get the family together and enjoy some delicious street food. Set to take place on Saturday 28 July, the market has a multicultural blend of food stalls, dedicated dessert section and live performances throughout the night. Regular popular stalls include the Burger Bar, the Churro Shack, Golden Gozleme and Torch Me Crème Brulee. With food, fun and entertainment for the whole family this is an event not to be missed.

marketsandfairs.com.au/Market

12-15 July Bastille Festival Sydney 2018



To celebrate Bastille Day, The Rocks and Circular Quay will be transformed into the annual Bastille Festival Sydney. Held over the Bastille Day weekend, from Thursday 12 July – Sunday 15 July, the Wine and Cheese Feast will take place. This masterclass will take you on a mouth-watering journey through France's best wine regions matched with authentic French cheeses. With the festival also hosting a craft beer garden and pop up Rosé Bar, this year's celebration is set to capture and hearts and stomachs of all French food and wine lovers!

bastillefestival.com.au/bastille-festival-in-the-rocks

Throughout July Ferris Wheel High Tea



Back by popular demand, The Deck Sydney has brought back Ferris Wheel High Tea at Luna Park. With the event running through all of July on every Saturday, this high tea experience is like no other. Guests will be able to enjoy a selection of canapés and bite-sized delights as well as a glass of Usher Tinkler Prosecco or fresh orange juice. With a one hour duration on the Ferris Wheel carriages, you are able to soak in the breath-taking view of Sydney Harbour and see Luna Park from new heights.

thedecksydney.com/whats-on/ferris-wheel-high-tea

Throughout July The Hacienda



Arguably one of the trendiest locations in Sydney at the moment, the Hacienda has become an iconic bar within the metropolitan hub of Sydney's Circular Quay. With a Cuban inspired menu and interior, this botanical oasis with opulent furnishings is the perfect place to enjoy with friends or see a breathtaking view of the Harbour Bridge. Known for its aesthetic rum cocktails this bar can be on the pricey side, so aim to visit The Hacienda for a special occasion, rather than a regular night out.

haciendasydney.com.au

Throughout July El Camino Cantina



Say Hola to a night of Texan-Mexican cuisine at the El Camino Cantina Restaurant and Bar. Famous for its giant sombreros and well-priced margaritas, as well as its sizzling fajitas and tacos, this venue is the perfect way for a foodie to spend a Friday night. With enough neon lights to light up the Las Vegas strip, this bar is the ultimate cohesion between food, cocktails and fun. Located in the bustling cobblestone streets of The Rocks, El Camino Cantina also has a range of weekly deals on offer including 'All you can eat tacos' on Fridays.

elcaminocantina.com.au

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SPICY PAD THAI



INGREDIENTS

- 100g wide rice noodles
- 2 tablespoons olive oil
- 2 carrots, spiralised
- 1 zucchini (courgette), spiralised
- 1 red capsicum (pepper), sliced
- ½ onion, sliced
- 2 spring onions, chopped
- ½ teaspoon dried chilli flakes
- 2 garlic cloves, crushed
- 1 egg, lightly beaten
- ½ cup (70g) peanuts, smashed
- 1 handful coriander leaves, chopped
- ½ lime for squeezing over

SAUCE

- 1 tablespoon coconut sugar
- 5 tablespoons soy sauce
- 2 teaspoons Sriracha (hot chilli sauce)
- 1 teaspoon finely grated fresh ginger

METHOD

1. Place the noodles into a heatproof bowl and cover with boiling water. Soak for 10 minutes.
2. To make the sauce, combine the sauce ingredients in a small bowl.
3. Heat 1 tablespoon oil in a frying pan over medium heat and add the carrots, zucchini, capsicum, onion, spring onions, chilli flakes and garlic. Stir-fry for 3 minutes, then transfer to a dish and set aside.
4. Add the remaining oil to the pan. Drain the softened noodles and add to the pan. Stir-fry for 1 minute. Add the reserved sauce and stir-fry for another 2 minutes.
5. Push the noodles to the side and pour the beaten egg into the pan. Let sit for 30 seconds or so, then toss everything together using tongs.
6. Add the reserved vegetable mixture and toss everything together, then remove from the heat. Stir in the peanuts and coriander, and squeeze over the lime.
7. Eat.



This is an extract from
*Food Hacker: Clever Cooking
for Busy People*
by Rosie Mansfield
(Penguin Random House,
RRP 29.99) which is out now.

penguinrandomhouse.com

rosiemansfield.com

MARVELLOUS MALTA

Antonia Mangos

There is no better way to escape winter than to experience summer in one of Europe's underrated hot spots best known for its sun and sea. With over 300 days of sunshine a year, and surrounded by crystal-blue waters, Malta is the place to be during the Australian winter. A perfect place to sunbathe and swim and experience the unique culture and history of the Maltese, Malta has plenty to offer as your next holiday destination.

VALLETTA

The capital city of this Mediterranean delight is a great place to explore and relax on your European holiday adventure. It contains the picturesque streets of vintage shop signs, red British-era pillar boxes and decorative timber balconies. Valletta is known for its museums, palaces and grand churches including St John's Co-Cathedral which is considered to be one of the finest examples of high Baroque architecture in Europe.

Valletta was even named European Capital of Culture for 2018 and it is clear why. A wander of Valletta will leave you wanting and exploring more, with endless places to visit and experience Malta's culture and history. The city contains sites like the National Museum of Archaeology, the City Gate, Fort St Elmo, Parliament Building and an array of sites that will inspire your curiosity.



GOZO

One of the islands of the Maltese archipelago, Gozo is known for its Megalithic Temple ruins, which are located across the country, and are one of the earliest free-standing stone buildings in the world. All six temples in Malta are now listed under the protection of the Cultural Heritage Act and is a sight of true architectural history.

Gozo also contains rural hiking paths to explore the rocky hillsides and coasts of the island, and you can also relax along its beaches or scuba-dive amongst the various sites located here. Dwerja Bay has its own underwater chimney that is popular with divers and snorkelers, along with the Blue Hole which is a popular lagoon.

FOOD & WINE

There are plenty of restaurants and cafes located throughout Malta that hold some of the finest foods on offer. This includes the 'national dish' of rabbit stew, which is best slow cooked with a tomato, red wine and garlic sauce. Some other favourites include minestra, which is a thick vegetable soup usually eaten with fresh Maltese bread dipped in oil, and other popular dish is pastizzi, a savoury pastry filled with ricotta and mushy peas which can be found at any bakery on the island. There's also timpana, a baked macaroni pie with a variety of meat, vegetables, cheese and bolognese sauces with short crust pastry. For something sweeter, although originating in Sicily, cassata is a colourful cake made from marzipan, almond paste and sweet ricotta. There is an abundance of Mediterranean foods to try in the array of restaurants and food stores throughout Malta.



NIGHTLIFE

The fun in the Maltese sun does not stop, and in fact, keeps going well into the night. Between the months of June and September, some of the biggest Catholic fiestas take place across the island with a display of fireworks and colourful street procession. Malta also has become a place for music festivals and cultural events like the Valletta Baroque Festival and International Jazz Festival. Malta is now also known as a hub for the clubbing scene with a range of venues that include high energy and relaxed bars.



JULY HOROSCOPES



Glenne Clifford, Astrologer
facebook.com/astroangelinsights

Cancer

(June 23-July 23)

The New Moon Eclipse falls in your sign on the 13th which can bring fresh insight around the image you're presenting to the world. This can be a great period for self-development and self-improvements, ideal for re-inventing yourself, working on your confidence and making improvements around your appearance.

Libra

(September 24 – October 23)

A fresh new chapter around career this month may see you changing jobs, receiving a promotion or raise over the coming six months. Fun may seem in short supply, all work and no play until the Full Moon Eclipse on the 28th, which may see your attention divided between your own passions and friendships.

Capricorn

(December 22 – January 20)

Your love life may receive a boost or a chance to sort out problem areas, and if single this can be the start of a new relationship under this New Moon Eclipse on the 13th. The Full Moon eclipse on the 28th can motivate you to take action around personal finances.

Aries

(March 21-April 20)

Home and family are prominent with the New Moon Eclipse on the 13th with possible home repairs, relocation or spending more time with family. The Full Moon Eclipse on the 28th may stir up some madness to do with friendships and get you fired up with Mars being active in the eclipse.

Leo

(July 24- August 23)

The communication planet will be in your sign all month, your likely to be thinking and talking a lot about yourself. Highlighting what you want, who you are and how you look. Mercury then goes retrograde on the 26th so postpone making any major decisions around image and style till after August 19.

Scorpio

(October 24 – November 22)

The planet of abundance and riches stations direct in your sign, plans and visions may become clearer and start to proceed from August. The Full Moon Eclipse on the 28th may have you dealing with home and family matters. Ideal to spring clean and de-clutter and donate any unwanted items.

Aquarius

(January 21 – February 19)

During the month you get a chance to reflect on what motivates, what inspires you and what you're passionate about. With the Full Moon Eclipse falling in your sign on the 28th this acts like a reboot around your personal life and the need to focus on yourself.

Taurus

(April 21-May 21)

Career may seem lack lustre and forward momentum stalled for most of the month, use this period to reflect on and question your work direction. Then when the Full Moon Eclipse illuminates this sector on the 28th this can bring issues to light and set a course of correction.

Virgo

(August 24-September 23)

Friendships can widen and become more exciting over the coming six months. Set some intentions on the 13th around some of your hopes and wishes. Mercury your ruler will go retrograde on the 26th. Ideal to spend some time alone to recharge your batteries and to let go of any unhealthy patterns.

Sagittarius

(November 23 – December 21)

Fresh new beginnings around joint finances may have you looking at refinancing or reducing credit card debt. Nice period to deepen intimacy in relationships and to spice up your sex life. Thoughts may turn to travel this month, double check details and allow for changes if travelling from the 26th.

Pisces

(February 20 – March 20)

This month may see you low in energy and needing to rest more and reflect on unconscious patterns that are holding you back from moving forward. With the new Moon Eclipse on the 13th this is a great time to bring a bit of fun into your world and for spending time with children or being childlike yourself.

Gemini

(May 22 – June 22)

New possibilities regarding money which can help you to wipe the slate clean and start over financially. Try to get any important paperwork or conversations sorted early in the month as possible delays and frustrations around communication and transport from the 26th up until August 19.



Kerrie Erwin,
Psychic and Medium

LOVING YOU, LOVING OTHERS

Love is the most powerful emotion a human being can experience. Love makes the world a happier place and is very good for every living soul on our planet on a physical, mental, spiritual and emotional level. Everybody deserves love, no matter what religion, background or gender. Love is something that is intangible, effortless and gives us a feeling of great comfort, wholeness and belonging.

Loneliness on the other hand, is a very sad place to be and lowers our natural vibrational energy on a soul level, making us feel isolated and empty. As it often gnaws away relentlessly deep into our spirit, this takes us to a journey of great sadness, sickness and gradual illness in our overall health. To love other people can be easy for some, but self-love can often be a different story to many of us who have experienced too many bad, painful and difficult life lessons.

Over the years as an energy worker and medium my aim to help as many people as possible from the spirit world with messages of love and healing techniques I have practiced and learnt from my own spirit team and teachers, most of whom from overseas. One of these healings or love spells is how to attract a soul mate into your life. Sometimes people laugh when I tell them this, but this exercise does work for many and has been tested a number of times over the years. It is a simple technique I have used myself at a very lonely time in my life when I was a single mother, destitute and not having a place or happiness in life. I had just returned from living overseas in another life and most of my friends I once had did not want to know me as single women are not welcomed around married couples, or so it seemed. The simple exercise showed me how energy really works and most importantly how to love myself and feel the beautiful soul within which is the real key. For the first time in my life I saw the power of the soul within and knew intuitively how easy it was to begin to love, honor and respect myself. When I did the exercise I started to cry, as I had never known how much love we have within us all.

LOVE RECIPE

Hold a small mirror in front of you and look into your eyes.

As you breathe in and out slowly, stare deep into your eyes and have a look,

which you are, as the eyes are the windows of the soul.

Once you have done this, for a few minutes, you will understand that you

are an eternal loving being and when you look into others eyes,

you may even recognize others who you have shared past lives with, or have a past connection with.

Now, new mind program for yourself and get those energy antennae's working.

Say out loudly and repeat several times,

I am a beautiful person and I love you.

I am now ready to meet my soul mate.

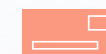
I am a happily married woman, (or man).

This generally works within three months but is recommended to do three times a day for three months.

Love and Blessings.

INTERESTED IN A PSYCHIC READING

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



WHAT'S ON JULY

14 July

Superfood Sushi Workshop

- 📍 Loft and Earth Bondi Junction
- 🕒 1pm-3:30pm
- 💰 From \$133
- 🌐 classbento.com.au/yoshiko-takeuchi

Until 19 July

Priscilla Queen of the Desert

- 📍 Capitol Theatre
- 🕒 Various times
- 💰 From \$63
- 🌐 136100

21-22 July

The Wizards Brunch and Dinner

- 📍 Maclaurin Hall Camperdown
- 🕒 Starting 11:30am
- 💰 From \$54
- 🌐 thewizardsbrunch.com

Until 22 July

Mammoths – Giants of the Ice Age

- 📍 Australian Museum
- 🕒 9:30am start
- 💰 From \$12
- 🌐 (02) 9320 6000

Every Thursday

Sydney Harbour Night Lights Cruise: Joy Bar

- 📍 Pier 26 Darling Harbour
- 🕒 Various times
- 💰 From \$45
- 🌐 (02) 9556 9200

Throughout July

Tragedy and Triumph Exhibition at Lucas Gallery

- 📍 Lucas Gallery Parramatta
- 🕒 11am-4pm daily
- 💰 Free
- 🌐 (02) 9635 6924

Throughout July

Clearview Glass Boat Cruises: Lunch Cruise

- 📍 32 The Promenade King Street Wharf 5
- 🕒 12:30pm daily
- 💰 From \$110
- 🌐 (02) 8296 7353

Throughout July

Learn to Make Cocktails

- 📍 34 Oxford Street Darlinghurst
- 🕒 6pm every Thursday
- 💰 From \$75
- 🌐 dellahyde.com.au/cocktailmasterclass

Throughout July

Smartphone Photography Class

- 📍 Kendall Lane, The Rocks
- 🕒 Various times
- 💰 From \$80
- 🌐 classbento.com.au/smartphone-photography-class

Throughout July

Philosophy in Hyde Park

- 📍 175 Liverpool Street Redfern
- 🕒 12:30-1pm every Friday
- 💰 From \$20
- 🌐 classbento.com.au/philosophy-in-the-park

Throughout July

Afternoon Tea Watercolour Illustration Class

- 📍 174 New South Head Road, Edgecliff
- 🕒 11am Every Saturday
- 💰 From \$75
- 🌐 classbento.com.au/afternoon-tea-watercolour-illustration-class

Throughout July

Pimp 'Male-Esque' Cabaret Show with Dinner

- 📍 1 Martin Place Lower Ground Floor GPO Building
- 🕒 9pm Every Saturday
- 💰 From \$120
- 🌐 (02) 9229 7766



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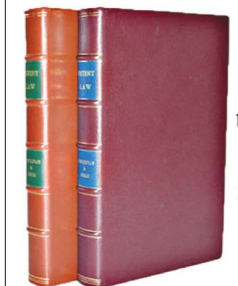
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