

Sydney Observer

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f Sydney Observer

Stay Young
with Yoga

Easter
Extravaganza

Escape
with Caravanning

Keep Up to Speed with
Molly Taylor

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FROM THE EDITOR

This April, *Sydney Observer* has a stack of events and activities to keep you busy these Easter holidays.



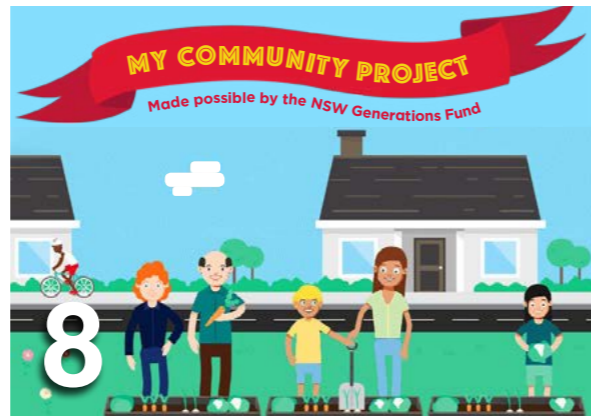
Our snippets will keep you in the loop for all your local news needs, while the Seniors Section has an array of caravanning inspiration, with tips and tricks to get you excited for your next adventure (22-23). We also showcase the power of nuts and how a handful a day can keep the doctor away (24).

With the weather fluctuating from hot to cold, our Fashion and Beauty section will help you pick out the perfect outfit with our autumn apparel spread (32).

Lastly, our Food and Wine section has your Easter treats sorted, with scrumptious recipe ideas that will leave your belly as full as the Easter Bunny's basket (40-41)!

So grab a piece of chocolate, a cup of tea and get ready to indulge in Easter and our April issue.

Hannah



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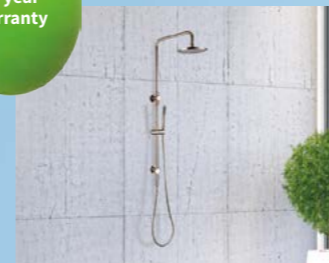
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SNIPPETS

Proposed upgrade for Gordon

The St Johns Avenue area in Gordon could become an ‘eat-street’ destination under a proposed plan by local council. Ku-ring-gai Council has begun discussing design ideas with the community and local businesses. A planned upgrade for the area could include new landscaping, widened footpaths, street furniture and an improved layout and lighting for outdoor dining. Mayor Jennifer Anderson said the St Johns Avenue area could become a focal point for the local community to socialise after work.

“During the next two months, we’ll be getting people’s views on this idea and then use the feedback to develop a more detailed plan for upgrading the area.”

Google Street View



Discobility Inclusive Dance Party

Young people aged 12 to 30 with a disability are invited to dance the night away at the St Ives Community Hall on April 5th. Ku-ring-gai Council’s youth services team is hosting the dance party, which has a beach theme. The evening will kick off at 6.30pm, with entry being \$5 per person, and parents and carers welcome to attend free of charge. Discobility is part of council’s initiative to make events as inclusive as possible within the community. According to organisers, Discobility is an opportunity for young people and their carers to relax and make new friendships in a safe and supportive environment.

Record Teachers for NSW

The NSW Government will hire an additional 4600 teachers to join the ranks of the public school system – delivering the highest number of teachers in the state’s history. This record-breaking teacher recruitment drive over four years will help staff the 170-plus, new and upgraded schools being delivered as part of the NSW Liberals & Nationals Government’s record \$6 billion investment in school infrastructure. Education Minister Rob Stokes said he was thrilled to be growing NSW’s world-class teacher workforce.

“We have some of the best teachers in the world who have the incredibly rewarding career of shaping the lives of the next generation.”

Community Garden Produce Swap

West Pymble Community Garden will be the venue for a homegrown produce swap meet on April 6th. Ku-ring-gai Council’s ‘crop swap’ will encourage residents to bring along surplus produce that they have grown at home to exchange for other homegrown vegetables, fruit and herbs. The garden has been revitalised by a group of residents who want to create a sense of community, while also encouraging people to grow their own food.

Mayor Jennifer Anderson said everyone is welcome to the event. “Even if you don’t have anything growing at the moment we guarantee you’ll leave with plenty of inspiration. We will also have some seedlings to give away to those who register for the Food Smart program.”



Lindfield Rotary Fun Run

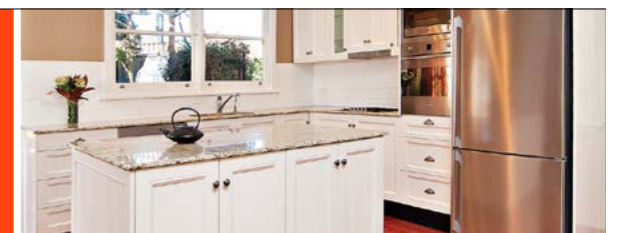
The annual Fun Run hosted by Lindfield Rotary Club will take place on April 7th, with 2km, 5km and 10km races for the whole family. Loved by the community, the run aims to raise funds for the plethora of charitable projects that the Rotary Club facilitates.

Recent local beneficiaries include KYDS Youth Development Services, FreshTracks, Meals on Wheels, Ku-ring-gai Hornsby Women’s Shelter and graffiti removal. The club also supports overseas projects such as the Rotary International End Polio campaign, which has reduced polio globally from over 350,000 cases in 1985, to less than 11 in 2018.

“I have just registered for the 5km race and am hoping to achieve a personal best,” Member for Davidson, Jonathan O’Dea said.



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The Innovative My Community Program

Isabella Ross

A brand new initiative designed by the NSW Government is set to improve the lives and wellbeing of the local community. Residents are encouraged to bring forward their bright ideas and vote for local innovations through the My Community Project (MCP). Applications open April 2nd for those interested in getting involved.

Treasurer Dominic Perrottet said the innovative program was designed to empower local areas to get involved in deciding how their region might be enhanced.

“My Community Program enables people to have a positive impact on their neighbourhood, whether that be through the addition of a kids’ fitness project, a community garden or a multicultural food fair. People

can suggest what improvements they think their community needs and then develop a proposal with a sponsor, who can turn that idea into a reality,” commented Mr Perrottet.

The My Community Project was established by the NSW Government in the 2018 State Budget and is funded by the NSW Generations Fund.

“It’s time to talk through ideas with sponsors ahead of project applications opening in April. For example, an indigenous group might want to start a project that will give young people lifelong skills and the satisfaction of creating a community café. Local people have the greatest insight into what is best for their communities, so I’m looking forward to seeing some transforming ideas,” stated Mr Perrottet.



According to Minister for Transport and Infrastructure, Andrew Constance, the extra buses will make it easier for commuters to leave their cars at home.

Increase in Buses for Davidson

More than 14,000 extra weekly bus services will be delivered over the next four years under a re-elected NSW Liberals and Nationals Government. Member for Davidson, Jonathan O’Dea, said that Castle Cove, East Lindfield, Lindfield, Killara, East Killara, Roseville and St Ives would benefit from improved services. These extra services are set to be part of the NSW Liberals and Nationals’ record investment in public transport.

“I know how much people rely on our services, and I am pleased we are able to continue to improve and increase services, particularly in areas with high demand. The NSW Liberals & Nationals strong financial management has allowed us to improve bus services across Northern Sydney and this commitment today demonstrates that we’ll continue to provide more services when and where they are needed,” said Mr O’Dea.

Minister for Transport and Infrastructure Andrew Constance said the NSW Liberals and Nationals have worked hard to improve bus services across the state.

“By putting on more bus services we are making it easier for commuters to leave their cars at home, easing congestion on our roads,” Mr Constance commented.

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Local Outrage: Roseville RSL Sub-Branch Closes

Isabella Ross

To the disappointment of local veterans across the North Shore, the Sub-Branch of the Roseville RSL Club has been wound up, as the doors officially closed on March 31st. With the fundamental purpose to serve and support veterans and their welfare, the Sub-Branch has been open for more than 85 years, where the first meeting took place in July 1933. During that time the Sub-Branch has had a tremendously positive effect on the local community.

“It’s certainly sad, but that is the reality of life unfortunately. A large percentage of our members are quite old and unable to provide the work that needs to be done. Each year the Sub-Branch has held an ANZAC Day Dawn Service at the Roseville Memorial Park, which is attended by around 1500 members of the public as well as a Remembrance Day

Service involving up to 30 schools and around 200 guests and dignitaries,” commented Malcolm Whitney, the Vice President of the Roseville Sub-Branch.

The good news is that the Roseville Memorial Club executive has decided to still hold the ANZAC Day Dawn Service on April 25th. However, the future of commemorative services taking place at the Club in forthcoming years remains unknown at this stage. With the closure of the Roseville Sub-Branch, there will no longer be an RSL Sub-Branch within Ku-ring-gai.

The President and members of the Roseville RSL Sub-Branch would like to thank all those who have supported the organisation over these past 85 years.



Remembrance Day 2018: Ken Broadhead 'Old Lions'; Hon Alister Henskens MP; Roseville RSL sub-Branch President Mike Askey; Mayor Jennifer Anderson; students and teachers from Killara High School and Roseville College; Roseville RSL sub-Branch Vice President Malcolm Whitney and Councillor Sam Ngai, Roseville Ward.

Our Unforgotten Heroes

Jonathan O'Dea MP, Member for Davidson

Recent verbal tensions between Australia and Turkey appear to have settled. It is obviously not the first time Turkey and Australia have been in a stoush.

On the 25th of April, we pause to remember our most costly conflict involving Turkey when 104 years ago the ANZACs landed on the shores of Gallipoli under a hail of gunfire. Thousands of lives were lost, but the ANZACs dug in. This earned them a nickname still used today, that of the 'digger'.

It is appropriate that each year we pause to remember the terrible sacrifice paid by so many. Writer and philosopher, George Santayana, is attributed with the quote, 'Those who cannot remember the past are condemned to repeat it'.

So, as we remember this ANZAC Day, we do so in solemn memory of those who sacrificed their lives in the service of their country and to help never repeat such a terrible conflict.

Former Turkish leader, Ataturk, is often attributed with a moving quote regarding those who lost their lives at Gallipoli: Those heroes that shed their blood and lost their lives...you are now lying in the soil of a friendly country. Therefore rest in peace. There is no difference between the Johnnies and the Mehmets to us where they lie side by



Charles Bean/Australian War Memorial

The 1st Divisional headquarters staff coming ashore at Anzac Cove.

side here in this country of ours. You, the mothers who sent their sons from faraway countries, wipe away your tears; your sons are now lying in our bosom and are in peace. After having lost their lives on this land they have become our sons as well.

I encourage you to attend one of the many ANZAC Day services on Thursday the 25th of April 2019. They include the Dawn Ceremony of Remembrance at 5.00am in Roseville Memorial Park, (adjacent to the Club) as well as the Commemorative Service organised by the Lions Club of St Ives from 10.30am at the St Ives War Memorial, (corner of Mona Vale and Rosedale Road).

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Jonathan O'Dea
Member for Davidson

ANZAC DAY MESSAGE

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

Thursday 25 April

Ceremony of Remembrance
5.00am, Roseville Memorial Park
(adjacent to the Roseville Club, 64 Pacific Highway)

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

Lest we forget

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Authorised by Jonathan O'Dea MP using parliamentary entitlements

How to Commemorate this **ANZAC Day**

Isabella Ross

It's time for Australians to come together, unite and reflect on the important sacrifices and duty of our soldiers. ANZAC Day is a staple in our calendar. To ensure our readers commemorate April 25th, *Sydney Observer* has collated some of the highlights in our North Shore area.

North Ryde RSL:

On the Lower North Shore is North Ryde RSL, a destination that prides itself on catering to seniors. With the motto 'we're more than a club, we're your community,' North Ryde RSL provides numerous members draws, fine dining, entertainment and social activities. For ANZAC Day, the RSL has an extensive line-up, including the traditional Dawn Service at 7:00am, the ANZAC breakfast at 8am and also a sunset service at the club's memorial garden.

Roseville Memorial Club:

One of our more local options is the humble Roseville Memorial Club. Close and convenient for Inner North Shore residents, the club offers a range of services and activities for members and their guests. With a dawn service on the 25th at the club's neighbouring park, and refreshments offered afterwards, this event is ideal for those not wanting the hassle of having to travel to Martin Place.



Sphinx Memorial Ku-ring-gai National Park:

For a more unique experience, but nonetheless still meaningful, visit Ku-ring-gai's beautiful National Park and pay your respects at one of their war memorials. Sphinx Memorial is a sandstone monument created by a returned soldier in the

1920s. A symbol of Australian military history tucked away in local bushland, the monument urges the community to reflect on the lives lost during war and keep the message of 'Lest We Forget' alive for generations to come.

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Rally Racing Molly Taylor

Hannah Prasad



In a man's world, Molly Taylor breaks down barriers and showcases herself as a strong female who pushes past standards society has established. Her love of driving has seen her achieve extraordinary accomplishments, including becoming the youngest and first female to win an Australian Rally Championship. The victory was in 2016. *Sydney Observer* had the pleasure of talking to Molly to discuss her passion, inspiration and what drives her to drive.

With a family background in rally car driving, it was inevitable that Molly would be exposed to this sport. Her love for driving grew at her father's rally school when she stepped into a car. After finishing school, Molly actually started a Bachelor of Commerce, but then deferred to go overseas to race and fuel her passion further.

"It wasn't until I got my license to drive that I actually went to rally school

In 2016, Molly became the youngest and first female to win an Australian Rally Championship.

my dad was running at the time. That was just from a driver-training point of view, so I went and did that. That was my first experience aside from watching it growing up, actually doing it myself. That was really what changed things for me after experiencing it for myself, I fell in love with it. I loved watching the sport beforehand but I

never really thought it was something I would do until I did it."

Molly says winning the 2016 Australian Rally Championship felt like a dream.

"It felt pretty surreal I guess. It hasn't quite sunk in. It's been the goal since I've started, so for it to all come together like that was kind of a dream come true, it didn't really sink in for a while."

Even though the sport is a male-dominated industry, Molly says the environment is welcoming to women. Growing up with a mum who made a living from rallying normalised the sport for her, and rather than thinking of racing in terms of gender, she thinks of it in terms of capability and persistence. She shares her advice to young girls who may feel constrained by society's expectations.

"My mum is probably my biggest inspiration. She was the one that made

“I loved watching the sport beforehand, but I never really thought it was something I would do until I did it.”

a living out of the sport whereas it was more of a hobby for my dad. So for us as kids, I perceived that as normal. I already had that kind of set in my brain. I was really lucky to have that because it was never a barrier.”

“I think for me, I just found something that I love doing and did it. From my experience, even though there are more men involved in motorsport the community is really welcoming and we want to see more women involved. Both the women and men involved in the sport want to see that. I think a lot of the barriers are just perceived from the outside and the reality is quite different. I would just say the most important thing is to find something you really enjoy doing and just do it. The results and what you’re achieving will speak for itself. I don’t think people care in this day and age whether it’s a man or woman doing it.”

“I think the more woman that are doing the sport, for young girls to see and encourage them when they are young and impressionable is really important.”

When asked what her scariest experience driving has been, Molly jokingly says on the road. The thrill of driving and immersing yourself in such an exhilarating moment requires focus. Molly describes what it feels like when she is driving.

“I think in competition you’re so focused on what you’re doing but I’m not scared of it as such, you’re just focused on what you’re doing.”

“You’re just in the moment. When you get it right everything is just happening and it becomes kind of automatic, it’s a pretty cool feeling. You don’t really register what it’s like, you’re just in it.”

“It’s a tricky motorsport because we don’t get a lot of time in the car so it’s not like a traditional sport where you can practice every week. There’s obviously the fitness side, which is done outside of the car, so cycling, running and gym. I watch a lot of the footage in the car coming up to events.

For example, in our first round in Western Australia, I have my footage from last year and the parts of the rally that are common I can re-watch over and go through all my notes from that.”

With plans to win more titles and to manage her own team, there’s no doubt Molly won’t be slowing down anytime soon.

To keep up to speed with Molly, make sure you’re following her on Instagram @molly_rally.

Molly Taylor career highlights

2016: Australian Rally Championship – overall champion

2016: Twilight Rallysprint Series – 37th in Round 1

2015: Australian Rally Championship – runner up; awarded Peter Brock Medal

2013: FIA ERC Ladies Rally Champion

2012: Signed With United Business Rally Management, Selected World & European Rally Championship Events

2011: Pirelli Star Driver – World Rally Championship Academy

2010: British Ladies Rally Champion, 3rd Citroen Racing Trophy (BRC), IRDC Most Improved Award

2009: British Ladies Rally Champion, Greenlight TV Star Performer Award

2008: F16 Champion, Australian Rally Championship

2007: F16 Champion, Australian Rally Championship

2006: 2WD Champion, NSW Rally Championship

2006: 2 Litre Champion, NSW Rally Championship



The partnership between Barker College and University of Sydney is going to develop the next generation of female Rugby 7s stars.

Barker College and Sydney University Unite

Recently, Barker College announced an exciting partnership with the University of Sydney, to develop the next generation of female Rugby 7s stars. From April this year, Barker will run the University of Sydney girls’ junior academy program, which will act as a feeder for the University’s AON 7s team.

The program will see approximately 30 girls from the local area, selected to participate in specialised Rugby 7s training twice a week at Barker. The girls will have the option to continue to compete for their own club, or to join Sydney University and represent the academy in the Blue and Gold.

“This partnership provides an exciting opportunity for girls to not only be involved in a high-performance program, but concurrently focus this within an environment that delivers a holistic approach to their overall development – within a supportive setting allowing students to thrive both on the sports field and with their ongoing studies,” said Barker’s Director of Girls Sport, Ali Cox.

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Photo montage from the architectural plan for St. Ives North Public School renovation.

Construction starts at St Ives North Public School

As part of the \$21 million NSW Government upgrade to school facilities, construction has started at St Ives North Public School. Member for Davidson, Jonathan O’Dea, announced that students and teachers will enjoy 25 new air-conditioned classrooms, a new amenities block, canteen, courtyard and street front landscaping.

Mr O’Dea said he was looking forward to the project’s completion in mid-2020.

“This upgrade is great news for students, teachers and local families. The NSW

Government continues to deliver the excellent school facilities our students

need, now and into the future,” Mr O’Dea said.

“Providing high-quality school buildings is an important way to provide our students with the best educational opportunities,” Education Minister Mr Rob Stokes said.

In addition to the record-breaking school building program, the Coalition has committed an unprecedented investment to eliminate the school maintenance backlog so that every public school in the state provides the world-class facilities that our students and teachers deserve.

The upgrade on St Ives North Public School is part of an investment of \$6 billion

that will be distributed over the next four years to deliver more than 170 new and upgraded schools to support communities across NSW.

According to NSW Department of Education – School Infrastructure NSW – arrangements will be done to minimise the disturbance to the local community.

Hoarding and shade cloth will be erected to reduce noise and dust impacts on the school and neighbour areas. Construction vehicle movements and deliveries will be scheduled outside of peak school operation times. Traffic management is also in place where required to manage vehicles entering and exiting the site.



Roseville College Year 12 students, Vice-captain Amy Psaltis, Summer Workman and Madeline Carmody, attended the 2019 Year 12 program of the National Youth Science Forum in Canberra.

National Youth Science Forum

Three Roseville College Year 12 students, Summer Workman, Amy Psaltis and Madeline Carmody, were sponsored by local Rotary Clubs to attend the Year 12 Program of the 36th National Youth Science Forum (NYSF) in Canberra in January.

Through the students’ broad exposure to STEAM studies at Roseville College, each girl was inspired to apply for the NYSF by the College Careers Program to explore STEAM career opportunities.

Summer, sponsored by the Rotary Club of Chatswood, has been leaning towards applying to study chemical- engineering at university and says the NYSF has helped her consider other possible pathways in the sector. She found the NYSF an inspiring, life-changing program, which introduced her to industry mentors including one of Australia’s few Nobel Prize winners, Dr Brian Schmidt, winner of 2011 Nobel Prize in Physics, who was appointed Vice-Chancellor of ANU in January, 2016.

“I knew I wanted to work in a science-related industry,” says Amy, who was sponsored by the Rotary Club of Lane Cove. “The NYSF has helped me realise the breadth of my interest in STEAM careers and I am now considering quantum physics. I am really thankful for the opportunity.”

Madeline agreed that while she knew she liked the sciences, she wasn’t confident she had a complete grasp on the types of jobs available to her after university. She is now looking at engineering with a fresh perspective, and is interested to continue exploring fields that fall within her interests in physics, chemistry and medicine.

The NYSF Year 12 Program is a 12-day residential program designed to give students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and to encourage continued studies in these fields. Over two weeks each January, successful applicants reside in Canberra to visit science and technology related laboratories and facilities, attend site tours and lectures, participate in workshops and group activities, while networking with like-minded students at social events. The NYSF program offers three intakes for its Year 12 program in 2020, with two in Canberra and one in Queensland. For information, visit nysf.edu.au.



Learning Festival

Saturday 25 May, 2019
12pm to 4pm

Our Open Day is an ideal opportunity to visit our campus and to experience learning by girls in Kindergarten to Year 12.

Come and see student exhibitions, recitals, performances, sport demonstrations, workshops, a STEAM project fair, cafes, food vans, activities for young children, and more!

For news about our Festival, visit rosevillecollege.com



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Resilience for Parents and Children

Sarah Wainwright*

With much focus in education and the media on building resilience in children, parents may feel under-supported in terms of building their own resilience and managing workplace stress. The Australian Bureau of Statistics reports that in June 2017, 64% of couple families have both parents in the workplace (ABS, 2017). Building resilience can protect parents from stress and burnout, and help transition from surviving to thriving!

Resilience can be defined as a person's ability to recover quickly from difficulties (Oxford Dictionary, 2019), to bounce back and adapt to difficult situations or life changes.

Resilience is possessed by everyone to varying degrees and can also be developed relatively easily (Scott, E. 2018). Tests can be found online to measure resilience, such as verywellmind.com/quiz-how-resilient-are-you-4008851.

Sitting down with Ms Amy Stannard, Year 3 Teacher and Junior School English and Mathematics Lead Teacher at Roseville College, Ms Stannard explains that "teaching students the strategies to develop resilience needs to start from the early years of schooling, and yet it is a continual process to be cultivated right through adulthood."

Ms Stannard continues, "In a classroom setting, resilient behaviour can be modelled by using a shared language of growth mindset, encouraging students to change their perspective on situations. Teachers also encourage resilience by setting clear and respected boundaries in the classroom, and providing opportunities for reflection and setting goals. Strategies of resilience are also taught specifically through the curriculum and one powerful tool to teach resilience is using literature. Exposing students to positive role models, and evaluating



Leonor B. Rodrigues

historical and popular figures allows students to see how different people in different circumstances bounce back from disappointment and failure."

Ms Stannard recommends the picture book, 'What Do You Do with a Problem?' by Kobi Yamada and adds that, "It teaches the reader to see problems as opportunities, encouraging them to reflect on and change their perspective on a problematic situation."

Further, literature about resilience can be found at afineparent.com/gift-guides/childrens-books-about-resilience.html.

Resilient parents show children that we struggle, fail at times, make mistakes and experience rejection too. Resilient parents also model for children that we pick ourselves up, stay positive and try and try again!

* Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), counselling, learning-support teaching assistant, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_

Characteristics of resilient people... how to bounce back faster!

(Cherry, K. 2018, Beyondblue, 2019)

- Emotional literacy ~ being in touch with your inner life, understanding what and why, you and others are feeling a certain way, and modelling this emotional awareness to children. R.U.L.E.R. is a useful resource, to Recognise, Understand, Label, Express and Regulate feelings (Yale University, Centre for Emotional Intelligence, 2018).
- An internal locus of control ~ believing that you, rather than outside forces are in control of your life and seeking to problem-solve.
- Prioritising self-care ~ including exercise, maintaining friendships and reaching for help when you need it.
- Optimism ~ seeing the positive in situations and believing in your own strength.
- Change of perspective ~ seeing a problem from another point-of-view.
- Set and maintain boundaries ~ includes saying 'no' or 'not now' to your children! Remaining predictable and consistent with limits.
- Allowing children to struggle a little more (not to be confused with suffering) and fostering children's independence, helps children build resilience and self-reliance in preparation for adult life.

Career Spotlight: Teaching

Hannah Prasad

Teachers are inspiring leaders who motivate individuals to achieve their goals and pursue their passions. Through dedication and persistence, our favourite teachers remain as shining lights that burn bright in our minds as we venture onto life after school.

This month, I am delighted to be showcasing teaching in our Career Spotlight section. I had a chat with Nikita Prasad, who is starting her career as a teacher, and Sam McGowan who has had over 15 years of experience, to share their stories and discuss why they feel so inspired by teaching.

Nikita is in her first year of teaching and describes her job as scary yet exhilarating. Nikita's kind and empathetic nature exudes onto her students, making them feel encouraged and confident in their learning abilities.

"I wanted to become a teacher because I didn't always have teachers that were great role models when I was at school. I only had one or two teachers that I remember because they genuinely cared. I think it's a great profession where you can nurture and help students grow into their best possible selves, not just academically but socially as well."

Though the job can be exhausting, Nikita shares a memorable moment that reminds her why she entered this career path.

"There are times when the workload can be a bit too much and there are almost a billion things to remember, but what makes teaching worthwhile is knowing that I am making an impact on a students' life. At 'meet the teacher', I had feedback about a child who loves coming to school because I am their teacher. It comes down to building respect with students and making them feel safe in our shared classroom environment. Part of this is also having great communication with both parents and children."

Nikita believes in the power of play through creating an engaging and immersive experience for kids.

"I teach Year 3, so I like to try and make learning fun and move away from teacher-centred learning. Yes, it is important, but kids need to be engaged in order to learn.



Nikita teaching a class.

Children need to feel that school is for them and shouldn't feel judged or that they can't make mistakes. When we try we should not be afraid if we fail. We should be happy we are growing and learning from our mistakes rather than feeling embarrassed or ignoring them."

Personally, when I think back to the teachers who have shaped me, two come to mind. Mr Paige, my witty and vibrant history teacher and Ms McGowan, my inspiring drama teacher who was a constant source of encouragement when school felt overwhelming.

Sam is the Head of Drama at the secondary campus of a K-12 school. She also teaches elective Drama classes to students in Years 9 to 12, as well as having her own Tutor Group, where she is responsible for the students' wellbeing at school.

Sam shares an insight into why she was inspired to pursue a career path in teaching and the highlights of her job.

"The wonderful teachers I had at school inspired me and made me believe in myself. There were times when I was in high school, and going to school knowing my teachers cared and were there to help me achieve my best made all the difference to me. I wanted to be able to give that to my students

– to help them realise their potential and believe in themselves as unique individuals. Once I did my practical teaching as part of my degree, I was absolutely certain the classroom was where I wanted to be!"

"I love being in the classroom with my students, helping them discover their creativity and talent! I feel privileged to be able to work with young people, witnessing their wonderful ideas and seeing my students realise their ability. Drama provides the opportunity for all students to develop self-confidence and skills in areas crucial to life, like teamwork, communication, lateral thinking and problem-solving."

Lastly, we asked for Sam's advice to individuals considering a career in teaching.

"Teaching is a vocation. Teach because you love it and because you want to make a difference in education. It requires undying dedication and patience. The increasing amount of paperwork, reporting and accreditation can be frustrating. But every minute spent in the classroom, witnessing the growth of each student you teach makes it worth it. Oh, and don't think that the holidays are all holidays. Most holidays are spent planning, preparing, marking and meeting with students, despite the myth that teachers get lots of holidays!"

Caravanning catching seniors' attention

Isabella Ross

Ah, retirement. A time where hardworking Australians finally get to sit back, relax and enjoy the fruits of their achievements. Booming in popularity is the humble caravan expedition,

where the open road, GPS and nation's scenery makes for an exquisite and inexpensive getaway. So to aid our North Shore readers in their quest, here is *Sydney Observer's* how-to-guide on caravanning.

Where to get your motorhome

Luckily for punters interested in purchasing one, there are numerous retailers and consistent sales available across Sydney. For a quick and convenient one-stop-shop try Suncamper Motorhomes in Thornleigh. If you are willing to search online and see a multitude of motorhomes on sale across Australia, visit caravancampingsales.com.

NSW trip destinations

Now is the time to start planning a trip! Our NSW coastline has numerous prestigious destinations, such as Cape Byron Lighthouse in Byron Bay. Along the way be sure to check out Coffs Harbour and Ballina as well. While in the area, visit The Farm Byron Bay, a well-loved farm trail that lets visitors enjoy the plush fields, giant sunflowers and delightful animals.



Our handy tips

1. Download the MotorMouth app on your device, in order to discover the cheapest petrol prices on your route.
2. An awning is a great fixture to add to your caravan if possible, as it allows you to set up a portable table and chairs where you can enjoy the surrounding scenery.
3. Bring along some power packs to charge your phone when access to power is unavailable.
4. Consistently check your tyre pressure and efficiency with routine services.
5. Choose a caravan where the bed is down low, so you won't have to climb and risk injury.

Our packing tricks

1. Opt for microfibre towels when packing toiletries, as this particular material is lightweight and more absorbent.
2. Keep a full set of kitchen utensils, equipment, cleaning supplies, a first aid kit and toiletries in the caravan permanently. This means all you have to pack before your trip is perishable food items and clothing.
3. Less is more - don't pack too many clothing options as you can easily wash your laundry items in the sink with your pre-packed cleaning supplies.
4. If you enjoy cooking and want to take some of your herbs and spices on the journey, store them in small and convenient Tic Tac containers.
5. Bring along a viewing device and hard-drive that has a selection of films, given the unpredictability of reception. This will also save you from having to cart around numerous bulky DVD cases.



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A handful of nuts a day **keeps the doctor away**

Isabella Ross

It is common knowledge that nuts are a great delicious alternative to regular unhealthy snack foods. But what many of us are unaware of is the plethora of health-related benefits that are associated with this food group. Fibre, minerals, folate, vitamins and unsaturated fatty acids are just some of the amazing things contained within a handful of nuts.

A recent study conducted by the American College of Cardiology found that nut consumption in seniors can reduce the risk of heart disease, type 2 diabetes and other cardiovascular complications. In more exciting news, a recent study has shown that a diet high in omega-6-fats, which is found predominantly in nut varieties, is associated with improved cognition in older Aussies.

“Given that age-related cognitive impairment is a fast-growing problem

in Australia and across the globe, finding ways to prevent or decrease it is a public health imperative,” said Dr Amanda Patterson from the University of Newcastle, who led the Australian-first research.

Now, if you are unsure as to what variety is the best selection, tree nuts are the way to go. Often containing a higher amount of nutrients and vitamins, tree nuts such as almonds, hazelnuts, cashews, walnuts and pistachios are optimal.

According to the Dieticians Association of Australia, raw or roasted nuts should be the assortment to put in your shopping trolley. With most of us already having high sodium levels in our diet, particularly in older people, opting for the non-salted variety is best. So seniors – to keep the doctor away, be sure to eat a handful of tree nuts a day!



Count Your Blessings: Gratitude In Old Age

Isabella Ross

Even during life’s turbulent times, it is important to remind one’s self of all the aspects they have to be grateful for. *Sydney Observer* sat down exclusively with expert on positive ageing and psychology, Dr Susan Ferguson.

Defined as an emotion expressing appreciation for what one has, gratitude has such a powerfully positive energy behind it. The practice of showing appreciation has even been linked to improvements in health such as chronic illness adjustment, lower blood pressure and psychological balance.

“Gratitude is important to health and wellbeing at all ages, but particularly among the newly retired and those dealing with some of the stresses associated with ageing such as the death of a loved one or health complications,” revealed Dr Ferguson.

According to Beyond Blue, rates of depression and low mood levels among people living in residential aged-care are



Katarzyna Grabowska/Unsplash

approximately 35%. When dealing with traumatic situations such as the ones Dr Ferguson described, it is understandable why many of us begin to lose sight and focus on the negatives. To help our readers kick-start their journey of showing appreciation, Dr Ferguson recommends implementing two exercises into your routine that we show aside.

The 3 good things

“Before going to bed each night, sit down and reflect on the events of that day. Say out loud 3 things that went well for you that day. Even small successes within the day should be celebrated, such as finishing a crossword.”

The Gratitude Journal

“Another great practice is to keep a gratitude journal, where a few times during the week you can jot down your appreciations. The physical act of writing down what you are thankful for has shown to be highly beneficial for cognitive function.”



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Uniting



Wine and Dine Area

Having an adjacent seated area to wine and dine your guests when entertaining is a staple of any poolside space. Timber remains a crowd favourite when it comes to the material of the furniture – but opt for a pale wash instead of a cherry stain as the latter can easily become outdated. If there is room available, having an outdoor BBQ handy is the way to go.

Satara Australia



AMAZONAS Hängematten GmbH

Heavenly Hammock

While the little ones are splashing in the pool creating a ruckus, why not have a chill-out area where the parents can relax in bliss – while still being able to keep an eye on the kids. Aussies have loved hammocks for decades, but the current variety trending on the market is a little more upscale in terms of design.

Relax Poolside with these Design Trends

Isabella Ross

Crisp and Neutral Paving

When it comes to designing a poolside spot, there is no question that safety regulations need to come first. Paving is the first step, so ensure when you pick your tiles that they are slip-proof, or a material that has slip-resistant properties like natural limestone. The second step is fencing as in NSW, the height, material and durability of fencing is regulated heavily. Now onto design! Natural, light-toned pavers remain the current number one choice for consumers, along with glass fence panelling.

Go Modern Furniture

Outdoor Egg Chairs

These statement outdoor sun lounges and chairs are in countless backyards across the country. Loved for their quirky aesthetic and artistically curved edges, this particular piece of furniture should definitely be on your list of items to purchase in the near future. Multiple retailers stock outdoor egg chairs, and accompanying cushions. A classic colour palette of neutrals and greyscale is currently trending in the market.



Resort Retreat Styling

Isabella Ross

When it comes to styling a poolside area in the backyard one thing is for certain – a resort-inspired retreat is the way to go. Accessorising and adding décor is an intrinsic part of any design project. So take imaginative inspiration from our favourite holiday resort destinations and prepare to transform your exterior area.



Amalfi Coast Umbrellas

Taking inspiration from one of Italy's prestigious destinations, the Amalfi Coast is known for its breathtaking ocean, mountainous landscape and colourfully striped umbrellas. The best way to incorporate colour into your pool area is to simply accessorise with bold hues, like the iconic Amalfi orange.



Hamptons Day Beds

Crisp, white furnishings contrasted with leafy green touches. This sentiment echoes all things Hamptons – the holiday beachside town known for its luxury and stellar design aesthetic. Daybeds are the way to go when looking for a resort-inspired backyard, particularly the outdoor lounges that have natural-toned fabrics.



Hawaiian Plantations

Another staple in any backyard is a lush surrounding. Think palm trees and frangipanis when opting for a Hawaiian-esque retreat. Perfect for the Sydney basin climate, these particular plant varieties not only look fantastic but also act as hedging for your poolside hideaway.

Las Vegas Cocktail Bar

Last but not least is a small touch of Las Vegas charm – with a good selection of booze. A fully equipped backyard bar requires a significant amount of room, however, a simple bar fridge or ice bucket and portable benching are more realistic. Efficient yet effective!



Splash Up

Your Pool Landscape

Tita Smith

Dreaming of a land far, far away? Well, look no further than your backyard. Turn your dreams into reality with a simple pool landscape renovation and take a dip across the globe from the comfort of your own home!

Pavement

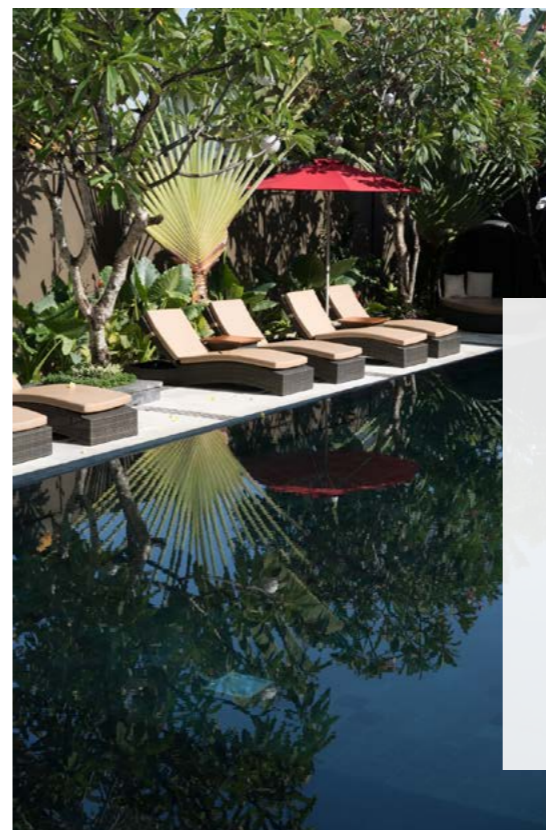
Colour coordinating the surrounding pavement with the pool tiles can change the mood of your backyard instantly. Iman Sadeghi, director of Stone and Tile Projects, says that neutral tones are trending at the moment for their modern appeal, with light beige, light greys and dark greys being the favoured colours of choice.

For a cool atmosphere, match green tiling with grey pavements. If you are after a warmer vibe (think the Bahamas), combine blue tiling with a lighter natural pavement, like sand or beige. Wooden boarding is also a versatile option for a minimalist look that can also be used in conjunction with tiles.

Tiles

Porcelain tiles are popular because they are easy to install and clean, whilst also being soft to touch. They can also imitate other surfaces, like sandstone and natural travertine. Just make sure to opt for the non-slip variety.

Mosaic tiles as the name describes, consist of various different shaped and sized tiles combined together. Mosaic designs are ideal for adding colour to your pool and can also brighten the colour of the water. Iman says blues, greens, and shimmering shades are predominant in design.



Accessorise

Changing the flora surrounding your pool can immediately transform the atmosphere. Try selecting plants and pots that match the geographical area you wish to emulate. Think bamboo and soft shaped earthy planters for a Japanese style area, or palms and baskets to take you to the tropics. For a Mediterranean look, use bold white furniture and accessorise with dark or light blue tiles. All you have to do is choose your destination and voilà! Mojitos anyone?

Fencing

Frameless glass fencing has a modern look and sleek design that doesn't distract from your design elements. Match your fence to suit the colour scheme of the environment and avoid black to minimise visual obstructions.



Alluring Autumn

Tita Smith



Trendy Trenches

Trench coats are a chic way to keep warm. Not only are they guaranteed to block the wind out, they also provide a sophisticated edge to your outfit. Dress them up or down to suit the occasion, with jeans and flat footwear for a casual look, or add heels to pump it up. This timeless classic makes the perfect autumn wardrobe staple, and will have you hoisting this piece off the hanger for that morning coffee date, late night dinner outing, or afternoon drinks with friends.

Beautiful Beige

Bright colours are on a break, with bold earth tones set to settle in this autumn. Stand out with shades of soft and rich natural pigments, mixed and matched between your outfits and accessories. White pieces are heading straight from the runway onto shelves, which are perfectly complemented by warm coloured scarves, sweaters and shoes. You can expect to see lots of beige, oatmeal, toffee, and caramel, as well as deep autumn hues - chocolate brown, burgundy red, olive green and marigold yellow. Begin with some flared or fitted white pants as a canvas, then paint from the autumn palette by adding in layers.



Apparel



Bold Boots

Boots are back again, with thick-heels headlining this season. Whether you prefer short or long boots, a solid square base adds extra comfort to the shortest and highest of heels. Brown or black ankle boots are a handy addition to any autumn outfit. A precisely selected pair can follow you into many seasons to come. For a graceful country look, pair the shoes with jeans, or simply match them with a skirt for a contemporary carefree vibe.

Oversized Knits

Reuniting with your knitwear is one of the most exciting parts of autumn. If you're looking for new knits to add to your collection, maxi-knits are having a moment - with oversized jackets, long coats, and dresses jumping off needles and into autumn. Knitted dresses are cosy and comfortable, with the understated shape elegantly flattering the softly defined impression of your curves. Pair them with a large scarf drooped around your neck and some boots, for an effortlessly stylish ensemble that will have you feeling fabulous as you walk out the door.



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Get Finance Savvy with **Effie Zahos**

Isabella Ross

When it comes to everyday finances many of us have been left in the dark, struggling to understand all things money related. Effie Zahos is one of Australia's leading personal finance commentators. As editor of Money, Australia's longest running personal finance magazine, she has a knack for making money matters simple. The marvellous woman herself sat down exclusively with *Sydney Observer*, to help women in particular gain control of their financial position.

"One in three Aussie women retire with no superannuation, leaving them facing poverty. As the mother of a teenage daughter, I want to equip women to take control of their finances. In my upcoming book, I tackle each stage in life, from getting

your first job and falling in (and out) of love and starting a family, to planning for those golden years. So here are three of my all-time classic money tips."

1. Automate your savings and start as soon as possible. If you started saving from the age of 25, you would still have more than someone who started at 35 and saved until they were 65. Of course, the return plays a big part in who comes out in front. This assumes a 7% annual return but I love this calculation from JP Morgan's 2014 retirement guide because most people's response to this statement is "no way that can't be for real!" Interest on interest is pretty damn good.

2. Love thy super. You may not agree with it. You may hate it. You may not put a cent towards it, but that doesn't mean you shouldn't be engaged with it. Just like a bank account, it is your money and as far as wealth strategies go it's still one of the best ones out there. It's a crime not to check if your money is in a dud super fund.

3. Own your financial status. Be proud of what you have achieved and never compare yourself to 'the Jones'. The grass may be greener on the other side but there's a very good chance it's fake.

Effie's new book 'A Real Girl's Guide to Money; From Converse to Louboutins', is available to purchase. RRP \$24.99. Check her out on Instagram @effiezahos.



Relaxation Corner

Tita Smith

Location: Rocky Creek

Nestled at the end of Koola Avenue in East Killara, sits a tenuous entrance to the Rocky Creek walking track. The slow descent into the valley offers panoramic views of the tree-decorated escarpments, cascading down the hillside towards Rocky Creek. This off the beaten track secret forest is a great place to get lost in the woods, with whispering birds and wafts of crisp bark breeze in the air. Take a book with you to find a peaceful place to read, or follow the trail as it leads onto other paths lining the water.

Sound: Julia Jacklin

Australia's own dreamy songstress, Julia Jacklin, has released another rustic album. The sweet lullaby of country inspired indie-folk will teleport you into a slow kitchen dance of a black and white film. With a beautiful vintage touch of romantic-rock, Julia's sweet voice will soothe your soul into relaxation and have your body swaying in sync. Hit up her originals, 'Pool Party' or 'Leadlight' to slip into serenity. For a faster beat, check her out as the vocalist of Phantastic Furniture.

Book: L'art de la Simplicité.

Live more with less with the guidance of L'art de la Simplicité. This international best-seller written by French author Dominique Loreau, takes inspiration from her time living in Japan. Similar to the teachings of Marie Kondo, Loreau spreads advice on living a happier, minimalist lifestyle that is focused on the undervalued sentiments of life, which are often neglected within an ever-growing Western consumerist society. The book is divided into tips for decluttering your belongings, body, and mind. To hit the reset button on your gratitude and to re-appreciate the small things in life, give L'art de la Simplicité a read.

Yoga practice for Men

Liz Kraefft, Kuring-gai Yoga.

Annie Spratt/Unsplash



Did you know that men have been practicing yoga for thousands of years? Back in the day, only men practiced yoga (at least the physical elements).

So, it might be a surprise to learn that in more recent years women have taken to yoga classes as a means to become fit. I recall a gorgeous Indian Yogini on morning TV in the early 1970's, Swami Sarasvati! She was fantastic and motivated the Australian ladies to try it out. Yoga coming to the western commercial sphere has meant that it is mainstream now and a huge commercial industry.

Perhaps the commercialisation, lycra tights and yoga fashion culture could have put men off, feeling self-conscious and out of place.

But times are slowly shifting and we find that men of all ages are getting back to the yoga mat. In the trendy inner-city studios and the smaller suburban yoga spaces, men are all there, which is fabulous to see.

There tends to be a misconception that yoga is only about stretching. However, what men are starting to realise is that yoga strengthens the body (building muscle), can be a cardio workout, or can be as passive or as energetic as you like. Just select the style of yoga that fits your age, health and specific needs. The benefits of yoga are the same for men as they are for women, just Google benefits of yoga.

Yoga is also drawing men to classes as the popularity of using mindfulness, breathing practices and meditation aspects are used to help balance out the stress and pressures of the modern lives we lead. Yoga is not ego-focused, there is no competition or striving to do better than the person next to you. Could this philosophy have prevented men from embracing the practices? Possibly something to ponder perhaps.

Men are on yoga mats in studios and yoga classes in Sydney, with varying ages, from the young to the young at heart! Come on guys, if you have been holding back give it a go. I counted 8 men out of a class population of 20 in my Saturday morning session! Not bad! Remember, yoga is for everybody, and it's all-inclusive.

Tooth Sensitivity

Dr. Ian Sweeney

It is estimated that half of the population will experience tooth sensitivity at some point in their life. Whilst common, sensitive teeth can be extremely painful and may react to hot, cold, sweet or even acidic food or drinks. Sometimes even breathing can be painful.

There are many causes for tooth sensitivity. The most common reason is when gum recession leads to exposure of the root. Root surfaces are porous and if exposed, will become sensitised.

Exposed root surfaces can be caused by overzealous tooth brushing with a medium or hard toothbrush, the use of abrasive toothpaste or tooth grinding.

Many other factors may lead to sensitivity such as tooth erosion, cavities, cracks and chips in teeth, worn and failing fillings and gum disease.

Treating tooth sensitivity starts with the correct diagnosis of the underlying problem by your dentist.

Treatment options for sensitive teeth include:

- Desensitising toothpastes or gels - these are easily obtained across the counter and work by blocking the pain pathways within the tooth.
- Desensitising varnish - similar to the toothpaste, however, these are professionally supplied. This treatment is stronger and the benefits last longer than toothpaste.

- Extra strong fluoride - topical applications of a strong fluoride to a localised area will help to strengthen tooth enamel and reduce pain. These may be used in conjunction with a customised tray, which is worn at night to give a prolonged application.
- Desensitising bond - if root surface sensitivity is acute, a resin bond may be applied to seal the exposed root surface.
- Gum surgery or gum grafting procedures - if gum recession is localised, surgically lifting or repositioning the gum around the sensitive tooth may help to reduce the pain.
- Root canal therapy - truly the last resort for sensitive teeth, however, occasionally the nerve in the centre of the tooth has become so inflamed that the other treatment options are not providing relief. Root canal therapy involves the removal of the nerve from the tooth that is causing the sensitivity.

Prevention is key. It's best to avoid medium and hard toothbrushes, abrasive toothpaste and vigorous scrubbing of teeth.

If you are grinding or clenching your teeth at night it would be beneficial to wear a splint to help minimise wear and tear resulting in chips, fractures and even gum recession.

Correct oral hygiene is vital to minimise pain from tooth sensitivity. If you are suffering from sensitive teeth please consult with your dentist for diagnosis and treatment.



It is estimated that half of the population will experience tooth sensitivity at some point in their life.



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

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Dining Décor

Tita Smith

Place cards

Seeing your name propped up at your seat is always a delightful encounter. To enlighten the Easter ambience, play around with some Easter themed place cards. They can be easily purchased, or if you're feeling creative you can create your own. Rabbits, eggs, chicks, flowers or even autumn leaves are thematic possibilities that add an extra touch of elegance.



Napkins

The flexibility of napkins makes them a resourceful resolution for an easy and instant dining decoration. Try placing a napkin in the centre of a plate with a small egg resting on top, or bundle them with cutlery and a flower using ribbon.

If you have a moment to spare, try searching for tutorials on how to create napkin bunnies, but if you are short on time, floral napkin rings are a great option.



Easter Eggs

The bright colours and intricate designs of decorated eggs make them an easy art piece to add to your dining décor. Put them in a teacup, standing up, or spilling over the side of a saucer to feature on the table. Egg nests are another beautiful addition, made by placing an assortment of eggs on straw, which are then seated in baskets. Add some feathers, fine flowers or pieces of twine to refine this bird's nest.



Easter Egg Hunt

Tita Smith

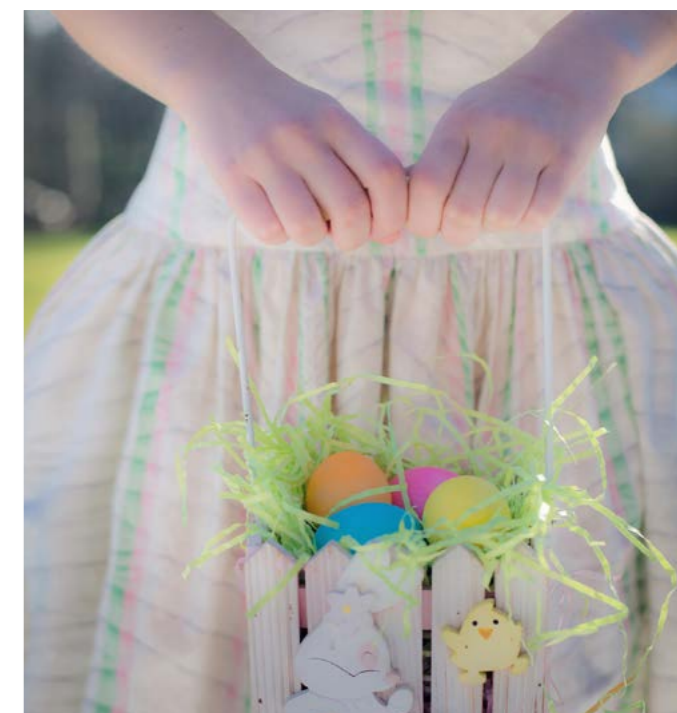


Baby Bunnies

For the younger ones, eggs can be harder to find. To assist them in their search, try tying balloons onto the eggs to help them stand out. Simply choose balloons that match your Easter theme, blow them up and attach string between the balloons and eggs. Bunny paw prints are another fun idea for infants that can lead the way to the hidden eggs. Make your own paper prints, print some off the internet, or use a stencil to paint them onto the grass with temporary grass marking paint, which is available at Bunnings.

Treasure Hunt

Turn your Easter egg hunt into a team activity with a treasure hunt for the whole family. Write clues for the kids to search for a location where they'll find another clue, leading to a big prize that can be shared. Variations of this hunt can include burying the treasure if you have little pirate fans, or having the hunt conducted by the Easter bunny himself, with his written clues navigating the little ones through the house or garden.



Scavenger Hunt

If you're worried about the kids bouncing all over the place, a scavenger hunt is a great alternative to control sugar levels. Write up a list of different types of eggs the kids need to find, for example, three yellow, or a green egg, that they can trade in for another gift (like a toy or movie ticket) once it is completed. This hunt is ideal for older children as a challenging spin on the traditional egg hunt. If you are struggling for list ideas, there are a variety of printable versions on the internet.



Easter Treats



Chocolate Crackle Nests

Ingredients

- 4 cups of Rice Bubbles
- 1 cup desiccated coconut
- 1 cup icing sugar sifted
- 125g cophera, melted
- 125g milk chocolate, melted
- Easter Eggs

Ciara is her mum's little helper.

Method

1. Mix all the ingredients together in a large bowl.
2. Spoon into muffin tin (silicone muffin cups make for easier removal however a standard muffin tin will also work).
3. Using the back of a spoon, press mixture down in the middle to form a nest.
4. Place in fridge to harden.
5. Fill with mini eggs of choice.



Hannah Prasad

Easter is the perfect time to create tasty treats that are full of rich, velvety chocolate. Local reader, Katy Biggs, shares two recipes for treats that are simple yet scrumptious. With her little helper Ciara by her side, we hope you are inspired to recreate these delicious delights.

Chocolate Easter Cake

Ingredients

For the cake you will need

- 300g butter, chopped
- 200g dark chocolate
- 80ml water
- 1 tbs instant coffee granules or hot chocolate
- 300g brown sugar
- 4 eggs whisked lightly
- 190g self-raising flour
- 35g cocoa powder

- 125ml thickened cream
- 50g mini marshmallows

Buttercream Icing

- 105g butter, chopped at room temperature
- 95g cophera, chopped at room temperature
- 4 cups icing sugar
- 1 tbs milk

For decoration

- 2 Cadbury Flakes
- Easter Eggs

Chocolate Ganache Filling

- 400g milk chocolate

Method

The cake

1. Preheat oven to 160°C.
2. Grease and line a deep 20cm round cake tin.
3. Stir the butter, chocolate, water and coffee in a heatproof bowl over a saucepan of simmering water until smooth, then remove from heat.
4. Stir in the sugar.
5. Whisk in egg, flour and cocoa powder.
6. Pour into pan and bake for 1 hour and 20 minutes or until a skewer inserted into the centre comes out clean. Check the cake after an hour as oven temperatures may vary.
7. Leave the cake to cool completely.

Ganache

1. Stir the milk chocolate and cream in a saucepan over low heat until smooth. Remove from heat. Stir in mini marshmallows.

Buttercream Icing

1. Beat butter and cophera until smooth.
2. Add 2 cups of icing sugar and beat until smooth.
3. Add milk and then remaining icing sugar and mix until smooth. More milk can be added until desired consistency is reached.

To assemble

1. Using a large serrated knife cut the cake into 3 layers. Place the bottom layer of the cake on a plate and spoon half the ganache mixture over the cake. Repeat with another cake layer and the remaining ganache. Top with remaining cake layer, cover and place in the fridge for 1 hour.
2. Cover side of the cake with 2/3's of the buttercream and roll in desired chocolate (I have used broken up Cadbury Flakes).
3. Cover the top of the cake with remaining butter cream and decorate top of cake as desired.



Create an 'Eggcellent' Easter Lunch

Isabella Ross

Regardless of your religious orientation, the Easter weekend is loved by all. From a secular perspective, it is all about spending time with family, eating chocolates and marvelling at the whimsical delight kids emit when they see the Easter Bunny! So to kick start the festivity, plan a delicious and sentimental lunch with your loved ones, with inspiration from the recipes below.



Tomato Salsa

Recipe from *The Blond Cook*

Ingredients:

- Drizzling of olive oil
- Drizzling of red wine vinegar
- 2 cloves of garlic
- Salt and pepper
- Pint of heirloom tomatoes, halved
- Half red onion, thinly sliced.
- Handful chopped herbs of your choice.

Method:

1. In a medium bowl, whisk together olive oil, vinegar, chopped garlic, salt and pepper. Set aside.
2. In another medium bowl, gently toss tomatoes and onions together to combine. Add the herbs of your choice, for example, basil or oregano. Drizzle with olive oil mixture. Gently stir to combine.

Grilled Lemon and Garlic Salmon

Recipe from *Taste of Home*

Ingredients:

- 2 garlic cloves
- Half a lemon
- Fresh rosemary
- 4 salmon fillets
- Salt and pepper

Method:

1. In a small bowl, mix the lemon juice, rosemary, salt, pepper and chopped garlic. Let it marinate for 15 minutes.
2. Prepare a grill rack with olive oil, add the salmon fillets, skin side up. Grill, covered, over medium heat. After four minutes, turn, grill for 3 to 6 minutes longer or until fish just begins to flake easily with a fork.



Hot Cross Buns

For a delicious assortment of the Easter staple, including traditional sultana or the chocolate variety, be sure to visit your local Bakers Delight.



What's On

April



Breakfast with the Koalas

Dates: 1 April – 30 April

Enjoy a buffet breakfast with Australia's favourite bears at WILD LIFE Sydney Zoo in the heart of the city. In fact, despite the colloquial moniker 'koala bears', they are marsupials rather than bears - something you will learn during the koala keeper talk included in the package. Take the family, or a friend, and dine on the koala rooftop where you will get a photographic memory to take home with you. Admission is free for those under 4 years old.

wildlifesydney.com.au

Bald Archy Prize Exhibition

Dates: 1 April - 28 April

The Bald Archy Exhibition is visiting Sydney as it tours through the country to showcase its collection of satirical artistic impressions of celebrity portraits. Since it began in 1994, it has reached acclaim for its iconic cultural status as



Sydney Royal Easter Show

Dates: 12 April – 23 April

The Sydney Royal Easter Show is back as school holidays begin, with entertainment for the whole family to enjoy. See the best of the barnyards, with alpacas, cattle, dogs and pigs lining up to collect their prizes in the agriculture competitions. Take part in arts and crafts, the pumpkin challenge and Hello Kitty Karaoke. Line up, line up - to see the shows and snag your favourite show bag, some fairy floss, and a corn dog. The myriad of games, rides, and events will have you entertained all day long!

eastershow.com.au

a jocular imitation of the Archibald Prize. The collection contains over 40 paintings of famous Australians. View the funny side of politics and witness the caricatures and comical images of Australian politicians at this Easter exhibition.

baldarchy.com.au



Creative Bookbinding Class

Dates: 1 - 30 April

This creative bookbinding class will have you writing all day long. In this 3-hour course, you will learn how to make a handmade book that can be used as a journal, sketch-book or notebook. With Florence-trained Bookbinder, Isabelle Ting McGowan guiding you, this is the perfect opportunity to gain a new skill and a beautiful book to match.

classbento.com.au/beginners-bookbinding-1-pamphlet-booklets

Pretty Pebble Painting

Dates: 1 - 30 April

Pebble painting is a fun and relaxing activity that will let you unleash your creativity. In this class, you will use different forms of paint to make beautiful illustrations on pebbles, which have been sourced from the Northern Beaches. You will also learn about the techniques required to create intricate patterns, one of which is known as the art of Zentangu.

classbento.com.au/pebble-painting-class



Mind Body Spirit Festival

Dates: 4 April - 7 April

Cleanse your mind, body and spirit at the Mind Body Spirit Festival, which is celebrating its 30th year. Pamper your soul with seminars and workshops, healthy cooking demonstrations, clairvoyant, medium, and astrology readings, mindful meditation, free entertainment and group classes - which extend to the 200 stalls being exhibited. Hit your inner refresh button and head down to have your energy levels revived. Register online now to receive your free ticket!

mbsfestival.com.au

The Sydney Home Show

Dates: 5 April - 7 April

Whether you've just renovated, or you're planning the next - The Home Show has a stack of innovative ideas to inspire you. With over 250 suppliers of renovation, leisure, and building goods for your home right at hand, you are destined to find inspiration or resolutions for your home improvements. Pick up some show bags, watch demonstrations, seek free expert advice, or simply observe and discover all the latest trends in home design.

sydneyhomeshow.com.au

Sydney Family Show

Dates: 13 - 28 April

Let the kids run away with the circus these school holidays at the Sydney Family Show. From acrobats to aerialists, jugglers, dodgem cars and giant yo-yos - the show spectacular has it all. The kids can pat the pets in the animal nursery or play for prizes on the games. See real-life Easter bunnies hop it out for the best bunny award in the rabbit hopping championships, with approximately 300 fury contestants expected to attend. For a complete list of what to expect, head to:

sydneyfamilyshow.com.au

Fox Valley Walk

Dates: 14 April

Join the community walk through Fox Valley to explore the sweeping scenic forest landscape surrounding Wahroonga, and appreciate the beauty of the Ku-ring-gai expanse. All ages are welcome to join. For more information, visit:

kmc.nsw.gov.au/Things_to_do/Events_activities/Whats_on/Fox_Valley_walk



Mark Jensen at Sydney Seafood School

Dates: 15 April

Mark Jensen will take your taste buds on a journey full of flavour. Famously known for his restaurant, The Red Lantern, Mark has years of culinary experience to share. Mark will be showcasing his skills at Sydney Seafood School, where he will take you on a tour of Vietnam and its exotic flavours, highlighting aromas that will transport you to the heart of small towns with big flavours. In this three-hour class, you will create a Vietnamese banquet feast that mixes ancient cuisine with a modern twist. For more information on this class or any other classes Sydney Seafood School has to offer, follow the link below.

sydneyfishmarket.com.au/seafood-school/guest-presenters/guestpresentersdetails/id/179



Flower Crown Workshop

Dates: 1 - 30 April

Flower crowns don't look like they are going out of fashion anytime soon. In this 2-hour workshop, you will create your own crown with help from Helen at Lime Tree Bower, who has over 11,000 Instagram followers, which is understandable when you see her whimsical designs. With the opportunity to choose from a variety of flowers, you will get to create a crown that suits your personal taste, and adorn yourself with a design that lets you showcase yourself like the queen you are.

classbento.com.au/private-flower-crown-workshop

Sydney Comedy Festival

Dates: 22 April – 19 May

For an experience full of laughs, excitement, crude humour and entertainment make sure to come along to one of the numerous stand-up shows this Sydney Comedy Festival. With a line-up of the nation's finest, along with some international stars, there is bound to be a show perfect for every audience. Some of the high-profile comedian acts include Tommy Little, Dave Hughes and Fiona O'Loughlin.

sydneycomedyfest.com.au/



ANZAC Day Dawn Service

Dates: 25 April

The appropriate and dignified way to show your respects to those who fought for our freedom is to attend one of the numerous dawn services occurring on April 25th. An occasion of remembrance, the iconic ANZAC Dawn Service is held at the Cenotaph in Martins Place. North Shore RSL clubs including Willoughby, Hornsby and Chatswood will also be hosting services during the day.

Sydney Writers' Festival

Dates: 29 April – 5 May

Each year Sydney's city centre is bestowed upon by some of the country's best and talented writers, authors and journalists. With the Sydney Writers' Festival hub at Carriageworks, there is an abundance of seminars, Q&A's, keynote speakers and workshops. A celebration of creativity and the prowess of the written word, the weeklong event is set to attract an audience of 100,000.

swf.org.au/



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Sunday 28 April & Monday 29 April

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www.facebook.com/instyleturramurramarket

SEASONAL EVENTS DATES

Autumn Market	Sun 28 & Mon 29 April
Winter Market	Tue 30 & Wed 31 July
Spring Market	Fri 30 & Sat 31 August
Summer Market	Thur 31 Oct & Fri 1 Nov

The essential Duchamp

Dates: 27 April to 11 August

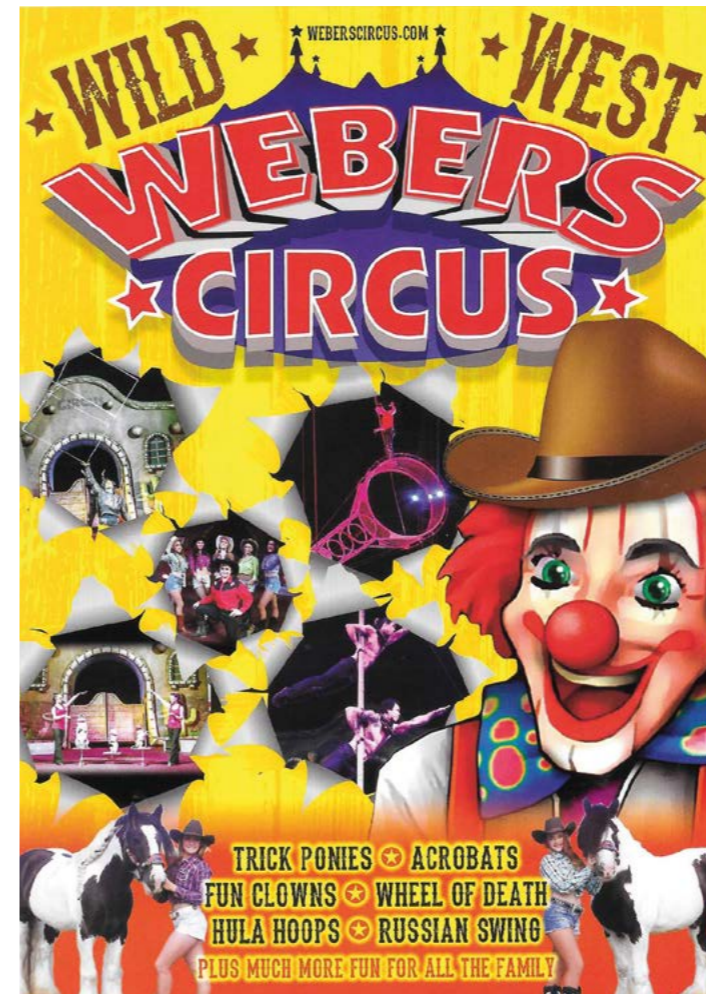
Including approximately 125 works from the Philadelphia Museum of Art's world-renowned Duchamp collection and archives, this major exhibition will give audiences an informative and comprehensive introduction to one of the 20th century's most original and influential artists of Dadaism.

The exhibition will feature important early works that have not before been seen in the Asia-Pacific region including paintings from his formative years.

More information about the exhibition and prices can be seen on artgallery.nsw.gov.au/exhibitions/essential-duchamp/



Nude Descending a Staircase, No. 2 (1912). Oil on canvas. 57 7/8" x 35 1/8"



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Thur 11th Apr	6pm	Sat 20th Apr	2pm and 6pm
Fri 12th Apr	7pm	Sun 21st Apr	2pm
Sat 13th Apr	2pm and 6pm	Mon 22nd Apr	11am
Sun 14th Apr	11am and 3pm	Wed 24th Apr	11am and 3pm
Mon 15th Apr	11am	Thur 25th Apr	11am
Wed 17th Apr	11am and 3pm	Fri 26th Apr	3pm and 7pm
Thur 18th Apr	11am	Sat 27th Apr	2pm and 6pm
Fri 19th Apr	2pm	Sun 28th Apr	11am Last Show

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What's On Kids



Easter Bunny's Workshop

When: Thursday 18 April 10am-12pm & 1pm-3pm
Where: The Wild Play Discovery Centre, Centennial Park
Price: \$29 per child (4+ years old)

Pizza Party in the Bush

When: Monday 15 April & Thursday 25 April 10am-12pm
Where: The Wild Play Discovery Centre, Centennial Park
Price: \$29 per child (5-12 years old)

Mini Chef Cooking Workshop

When: Tuesday 16 April & Wednesday 17 April 11am-1pm
Where: La Boca, O'Riordan & Robey St, Mascot
Price: \$49 per child (6-12 years old)

Great Garden Egg Hunt

On Saturday and Sunday of the Easter long weekend, get ready to use a trail map to complete fun challenges, while collecting Cadbury Easter eggs at the Royal Botanic Gardens. With five activities that are egg or bunny related, this is a sweet adventure you don't want to miss.

To win a family pass to the Great Garden Egg Hunt, simply tell us what your favourite kind of chocolate is and why. Email your answer to editor@kamdha.com and get ready to fill your basket with delicious treats!



Fairy Escapades - An Enchanted Theatre Tour

Get lost in the land of fairies at the Australian Botanic Garden, Mount Annan.

In this magical journey, you will travel through the garden and learn secrets from your fairy friends and how they cope with humans in their lives. You will also learn about the different plants and animals the fairies harmoniously interact with, and how we can do the same with the creatures in our presence. So have your wings and wand ready as you escape to an enchanted forest full of dreams.

To win a family pass to Fairy Escapades - An Enchanted Theatre Tour, simply tell us what your fairy wings look like. Email your answer to editor@kamdha.com and get ready to fly with the fairies!

The Great CP Egg Hunt

When: Saturday 20 April & Sunday 21 April
Where: The Wild Play Discovery Centre, Centennial Park
Price: \$17.70 per child (3-8 years old)

Kids V.S Wild: Super Shelters

When: Tuesday 16 April & Tuesday 23 April 1pm-3pm
Where: The Wild Play Discovery Centre, Centennial Park
Price: \$22 per child (5-12 years old)

Colouring Sheet



FREE EVENT

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SUNDAY 5 MAY ★ 10AM-4PM
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Spirit Smells

Kerrie Erwin

A few years ago, while a guest on a psychic radio show, we received a call from a rather nervous and agitated woman. You could tell by the pain in her voice she was very upset. She started crying when she told us of a disturbing, weird smell that kept following her around everywhere she went. The poor woman sounded quite embarrassed and said she felt like she was having a nervous breakdown. She revealed that the awful smell that had been following her relentlessly for months was a strong, male body odour, which was quite offensive.

In hindsight, the situation sounded ridiculous and quite funny due to the way she described it, but I could sense her fear was indeed very real and no laughing matter. I frowned at my presenter who was just about to burst out laughing hysterically on the sound waves.

Tuning into the energy, I quickly reassured her that nothing bad was going to happen and it was just a spirit in the afterlife trying to get her attention. With fear in her voice, she told us she became terrified, as the smell seemed to have a life of its own. It lurked sinisterly around her at home when she was alone, followed her to work and even arrived everywhere she went, arriving at places before she even got there.

This really scared her as she travelled all over the countryside for work and no matter where she stayed the smell was always there. Over time

she began to loathe the stench as it reminded her of her dreadful ex-husband, whom she hated and despised. He was still alive but she had nothing to do with him after their divorce years before.

After she finished talking again, I gently reassured her that she was going to be fine and she was definitely not crazy. I then went on to tell her very gently that this 'smelly' phenomenon was called clairolfaction, which means psychic smelling. It is a type of psychic phenomenon in the same way as rapping, things that go bang in the night and mysterious visions of spirit people that sometimes show them to unsuspecting people for attention. I also explained that I was picking up a male relative of the woman's ex-partner who called himself Ray, who was desperate to bring through a message of love.

The spirits message was that he was sorry for his son's behavior and that she had done the right thing by leaving, as they had been unhappy for years. His only wish was for her to be happy. When I told Shelley this, she shuddered and confessed the smell did remind her of her father-in-law who was also difficult in the living. She was surprised he understood but gently cried when given the message.

A few weeks later she contacted me and said as if by a miracle, once she received the message the smell disappeared and never returned again.



Kerrie Erwin is Psychic and Medium

Psychic Question

Catherine 22/8/3

I feel you have been at a crossroads in your life after an emotional and testing time last year. This year you will march ahead in most areas of your life, including work, as you begin to change your attitude and go with the flow more.

The theme is boundaries and standing firmly for what you want. I do see advancements in your career during the

second part of the year and your health will improve after a trying time.

Your love life is good this year. I can hear a woman's voice in my ear telling me it is time to look after yourself. She was connected to your father's side and always looked up to you. Aim high for what you want.

INTERESTED IN A PSYCHIC READING

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

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