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Sydney Observer

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Inspired
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MasterChef's Charismatic

Melissa Leong

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Welcome Back Readers!

We are delighted to present our June Issue. With winter underway, now is the perfect time to grab a cosy blanket, relax and read.



MasterChef has been smashing the Australian TV ratings thanks to its family-friendly format and celebration of cooking. Sydney Observer was fortunate to have the wonderfully vibrant Melissa Leong as our cover for June, sharing with our readers her passion for all-things food and her career highlights (12-13). Melissa also shares her delicious warm peach pudding (32), sure to bring some comfort.

Our Home and Garden section (18 – 21) is full of interesting content, including a piece on interiors with rustic charm (19) and amazing grey plant recommendations with gardening expert Brian Roach (18). Seniors are also well-looked after in this issue, with a handy how-to Zoom guide (25), activities for limited mobility (23) and tips for self-care (26).

For those passionate about fashion and beauty look no further, as we have a curation of fabulous accessories for winter (29) as well as an article on how to shop sustainably on the North Shore (28).

Stay warm and stay safe,

Isabella

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SNIPPETS

Photo by Liam Pozz on Unsplash

Royal North Shore COVID Ward

The NSW Government is fast-tracking the creation of a new ward for patients recovering from COVID-19. Two floors of the Royal North Shore's Douglas Building will be dedicated to this ward, with current staff and patients being relocated. "This project is being fast-tracked to ensure additional bed capacity as we head into the flu season," said Health Minister Brad Hazzard. "It will enable patients to be discharged safely as soon as they are stable."

Calls for Blood Donations

Recognised this year on June 14, World Blood Donor Day is encouraging individuals to donate blood wherever possible. This year's theme is 'safe blood saves lives.' The campaign seeks to raise awareness of the fact that both international and domestic healthcare systems need more safe blood to use, and to advocate for universal access to safe blood transfusions. Organisations including WHO, Red Cross and the International Society of Blood Transfusion are cooperating to run virtual events this year, with more details being released soon.

Ku-ring-gai Design Awards

The first Ku-ring-gai Architecture, Landscape and Urban Design Awards took place in 2017 and aimed to celebrate and support accomplishment in architecture across the Ku-ring-gai Council area. They are returning in 2020, with architectural projects completed in 2015-2019 eligible to win prizes across a range of categories. Winners are decided by a professional panel. There is also a people's choice award, voted online by members of the public. Residents should keep an eye on the council's website for more information soon.

Local's Animal Adoption

North Shore local Chuan Ng and his deaf rescue dog Sasha are one of the many success stories of the Jempets Companion Animal Rescue Awards. A volunteer for the Animal Welfare League NSW, when Chuan met Sasha he found she had been severely neglected by previous owners. "We are so glad that after 5 years of suffering, Sasha now has a loving home and enjoys life. We fell in love with Sasha," Chuan tells. To enter your own success story in the 2020 Awards visit www.rescueawards.com.au

Gordon Library Storytime

To the delight of local parents and guardians, Gordon Library is hosting a free online story time for young children each week. The library staff will be bringing stories, nursery rhymes and songs from 10:15am – 10:45am every Monday morning. Live sessions are held over Gordon Library's Facebook page, which can be accessed at <https://www.facebook.com/krlibrary>

KHS's Historical Discovery

Ku-ring-gai Historical Society (KHS) has uncovered some very interesting information about Ku-ring-gai's history. In 1969 Associate Professor Athol A Congalton, from UNSW, did a sociological survey of Australia through conducting public opinion polls, aiming to see which areas were considered the most affluent. According to the survey, Ku-ring-gai ranked 5th, Pymble 8th, Killara 9th and Wahroonga 17th. Further unique facts like these regarding the North Shore and its background can be found via <http://www.khs.org.au/>

Greener Spaces, Better Places

Ku-ring-gai Council is collaborating with teams from varying universities to monitor the health of plants in urban conditions. By planting a range of trees and shrubs in Robert Pymble Park, this 'living lab' will provide researchers with information regarding each species' vulnerability to climate change. "More greenery in our cities is imperative for healthy minds, healthy bodies and a healthy environment," notes the 'Which Plant Where' project.

<http://whichplantwhere.com.au/>

Hornsby's Wellness Focus

Hornsby Shire Council has established a range of initiatives to maintain the mental, cultural and environmental wellbeing of the area. Hornsby Library's improved 'pick and drop' service will allow locals to select library items and have them delivered to their doorstep. Similarly, Hornsby's Community Nursery has established the Nursery Express program, which will deliver vegetable seedlings. Additionally, the nearby Thornleigh Community Recycling Centre has been given a face lift, with a new vibrant mural depicting local native birds.

HKWS Seeking Generosity from Public

Amidst this time of social distancing and isolation, women experiencing domestic violence are at further risk. Facing greater barriers to accessing help, Hornsby Ku-ring-gai Women's Shelter is asking for North Shore locals to show their support and generosity so that the shelter can continue to help these women. \$20 helps a woman access education, \$45 helps keep the shelter's pantry and fridge full, and \$70 helps a woman receive caseworker support at court.



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Pymble Author's Publishing Triumph

Isabella Ross

Sydney Observer is delighted to share some good local news – Pymble author Ashling Kwok has released two new children's books. *Lola and Grandpa* and *The Battle* are fantastic reads for children aged 5 to 10, with each sharing stories of encouragement in real-life scenarios. We spoke with Ashling about the exciting release and her passion for writing.



What made you interested in writing children's books?

I developed a real appreciation for children's books when I had my own children. I read to them every single day – endless books filled with magical words that took us all on a journey. The problem was that I was reading so much that sometimes I'd run out of books, so I would end up making my own stories. I started to wonder whether I could actually become a

children's author and decided to give it go! I spent many years learning the craft of children's writing and I finally achieved my dream of becoming a published children's author.

Can you elaborate on the importance of reading to children?

I believe that reading to children from an early age is one of the most beneficial things a parent can do. Books have the power to shape our children's minds and



help them understand the world around them. They introduce children to new ideas and support their mental, emotional and social development. Books offer children an escape from the real world and provide comfort when they need it the most.

What made you decide to focus on the topics you have in each of these books?

Both of these books are based on personal experience but feature universal topics that most people can relate to.

I hope my books let children who are dealing with similar situations know they are not alone. I also want readers to know that even though life can be difficult sometimes, if we focus on the positives, we can overcome challenges and grow from the experience.

The Battle is available from ekbooks.org/. *Lola and Grandpa* is available from littlepinkdogbooks.com/. Both can also be found at all good book stores!

First Look at North Sydney's Metro

Isabella Ross

North Sydney is set to receive a brand-new metro station, 'Victoria Cross', in the coming years as part of the NSW Government's Sydney Metro Project. Located in the heart of North Sydney's business district, the station will provide necessary metro access to business, residential and education precincts. To ensure minimal disruption to residential areas and traffic congestion, Victoria Cross will be an underground station.

Managing Director of Development, Matt Mears, spoke of the fantastic

opportunities this project will bring. "The vision for Victoria Cross is to create a world class integrated transport precinct, connected by Australia's biggest public transport project, Sydney Metro. This project will create a new civic heart for North Sydney comprising leading sustainability practices to create a great place attracting global talent."

With the introduction of metro in the Lower North Shore, locals will be able to reach Central Station within 9 minutes under proposals lodged by government. Further exciting news is that Victoria Cross will overall include



Photos: Sydney Metro



approximately 58,000 square metres of office and retail. This is ideal for locals, as this will ensure the station is not only practical but also inviting and engaging – a thriving multi-use hub.



Men's Health Week 2020

Nicholas Grant

Australian organisations and communities are invited to promote men's physical and mental wellbeing during International Men's Health Week from June 15 to 21. Men's Health Week originated in The United States in 1994, aiming to increase awareness and early detection of health problems like prostate cancer, diabetes and mental illness. Supported by Western Sydney University, the Australian version of the organisation highlights the importance of open and honest conversation in the pursuit of health.

A three-part documentary *Man Up* aired on Australian TV in 2017, hosted by Triple M's Gus Worland. This documentary provides a new insight into the stereotypes and social expectations placed on Australian men, including what it means to be a 'real man.'

"In most Western cultures men learn to be emotionally and physically

strong, independent and prone to risk taking," note psychologists from Deakin University. "As a result, they are more likely to engage in unhealthy practices, and less likely to admit to pain or seek medical advice." Men are also prone to disregarding physical injuries or illnesses. A 2019 study by Mayo Clinic found that men perceive themselves to be equally healthy as women, despite reporting more health problems overall, including diabetes and hypertension. Men's Health Week aims to re-frame this idea that seeking help for medical problems is a sign of weakness.

Additionally, males comprise roughly 75% of suicides in Australia, with LGBT, Indigenous, and unemployed individuals at highest risk. Males are also doubly as likely to have substance abuse disorders and can be equally as likely to face eating disorders compared to women. Part of solving this crisis involves encouraging strong social connection between males. "A simple conversation can make

someone feel less alone, more connected and more supported," says Beyond Blue. Bringing up these issues with a friend can sometimes feel awkward or uncomfortable, so they recommend having a conversation while going for a drive. "Blokes often prefer to talk side-by-side, rather than face-to-face, which makes a car trip the perfect time for an open and honest conversation, without it being weird."

<http://menshealthweek.org.au/>
<https://au.movember.com/>

To access the *Man Up* documentary visit:

manup.org.au/
Support services include: MensLine Australia 1300 78 99 78 or Beyond Blue 1300 22 46 36



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NSW Liquor Law Reforms

Nicholas Grant

NSW State Government has announced their proposal to introduce a new range of laws and regulations later this year, which will greatly affect bars, clubs, hotels, and other venues. According to the Australian Bureau of Statistics, 70% of businesses in the hospitality sector have had to reduce staff hours as a result of COVID-19. Customer Service Minister Victor Dominello stated that the proposed law reforms will hope to streamline the process for businesses to recover after months of devastating losses. “We want pubs, bars and hotels to hit the ground running on the other side.”



Matan Segev / Pexels

Currently, licensed venues operate under a three strikes scheme, where continual breaches of liquor laws can see managers or licensees lose their licenses. The new proposed laws will replace this scheme, with venues instead accumulating demerit points. A venue with more demerit points will see increased monitoring and stricter regulations than venues with a clean record. Other proposed changes include tighter laws around alcohol delivery services, and the authorisation of children to accompany

adults until midnight in certain small bars and venues.

An additional and vital proposed change will be the removal of certain live music restrictions. Certain venues presently have restrictions on the permissible genres and/or instruments for live performances. These restrictions have historically created discontent for members of the hospitality and creative industries, with Australia’s Live Music Office calling to “remove archaic conditions relating to genre or specific

musical instruments” in a 2018 inquiry. Some groups have criticised this liquor law reform as insufficient and narrow. “The opportunity presented to the NSW Government by COVID-19 is to think more boldly about building our nightlife the right way – a ground zero approach if you like,” said Michael Rodrigues, chairman of the Night Time Industries Association. “This approach is all about alcohol, we also want a broader discussion about music, entertainment and tourism,” added John Graham, Shadow Minister for Tourism.

Eased Restrictions Raising Caution

Dipti Singh

Brad Hazzard, NSW Health Minister, has said it is crucial to continue high testing levels, especially as restaurants and bars open their doors to more patrons as the state has eased COVID-19 restrictions. Two out of five recently confirmed cases in NSW were people within the age bracket of 20-29. As pubs and restaurants reopen, this could be a significant threat to community transmission. In NSW, an alert has been issued to young people as the state prepares to alleviate more restrictions on COVID-19. The Health Minister also emphasised the need for younger people to take responsibility when they eventually head out while enjoying these new freedoms. Young people see themselves

as invincible, but they could unwittingly infect someone more vulnerable if they got a mild form of the virus.

Mr Hazzard underlined that social distancing was essential to the success of eased restrictions. “We need everybody in the community to understand that just one

little symptom of anything that looks like a cough, a cold or flu, go and get tested. It’s free – it costs you nothing, but it could save your life and somebody else’s.”

As always, it is advised that everyone stick to the physical distance of 1.5 metres, keep handwashing regularly, and get tested.

North Shore Testing Locations

- Roseville Respiratory Clinic: 132 Pacific Highway, Roseville, NSW 2069.
- Chatswood Pop-Up Clinic: Corner of Albert Avenue and Victor Street, Chatswood, NSW 2067.
- Ryde Respiratory Clinic: 11 Khartoum Road, Macquarie Park, NSW 2113.
- Royal North Shore Hospital: Reserve Road, St Leonards, NSW 2065.
- Hornsby Ku-ring-gai Hospital: Palmerston Road, Hornsby, NSW 2077.



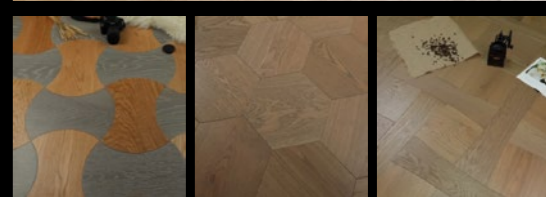
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The Voracious Melissa Leong

Ask any Singaporean and they will tell you that knowing food just comes with the territory!



Isabella Ross

She has brought an undeniable vibrancy to *MasterChef* thanks to her bubbly personality and ability to communicate the experience and joy of eating food. An accomplished food and travel writer, food media consultant, radio broadcaster, television presenter, MC and cookbook editor, this first-generation Singaporean Australian isn't afraid to consume anything at least once. *Sydney Observer* had the opportunity to discuss the success of *MasterChef*'s new season and get to know the wonderful Melissa Leong.

Melissa's Favourite Things

Favourite pastime/hobby?
Eating.

Advice to your younger self?
Don't be in a rush to get to where you want to go.

Favourite career moment?
MasterChef obviously!

A subject or cause you are passionate about?
There is power and progress in women's voices, and representation. Everyone deserves to be seen, heard and understood.

Favourite location in Sydney?
Potts Point! Macleay Street and its surrounds are some of the most special and character-filled in the city and home to some of the best food and drink.

Favourite restaurant or café in Sydney?
Fratelli Paradiso, Potts Point.

Favourite takeaway dish?
Larb gai, moo ping and sticky rice.

Favourite dessert?
Apple tarte tatin.



Growing up in Sydney's Sutherland Shire in a Singaporean Chinese migrant household, food was and has always been at the heart of Melissa's family. "It is the way we show love and generosity and it's the balm that soothes all aches and worries. Food is always a topic of conversation with us, whether it is where we have eaten, what we are cooking, or what makes the perfect version of something. Ask any Singaporean and they will tell you that knowing food just comes with the territory!"

Starting out with a career in advertising, Melissa soon realised that food was her ultimate passion. "I was working in advertising back in the day, and we were encouraged to set up accounts on various platforms in order to know how they worked so we could report back to our clients. I chose food as a subject because I didn't want to have to spend too much time working on content development, and as I began to write about food, it became clear that I loved it a lot more than I thought," Melissa says. "It very organically evolved into freelance restaurant reviewing and then broader food writing."

So, when the call came asking whether she would like to take up a role as judge on *MasterChef*, Melissa's experience was evidently a strong selling point. "My background as a writer is why I have this job. I never sought to be a presenter and I'm certainly not an actor – what you see is me, communicating the narrative and experience of food as honed by my career in this industry. Everything I have learned to date is relevant to what I do in the *MasterChef* kitchen," she notes.

The show has been a ratings juggernaut, captivating Australian audiences thanks to its exciting format, showcasing of food and compelling judges. It is this public support that Melissa is incredibly grateful for. "It feels like being on the winning team. Making a show is very much a group sport, so the success you speak of is testament to many people. And, of course, we are thrilled that Australia loves it as much as we have, making it." *MasterChef* has also come at a time when many are doing it tough, inspiring delicious isolation cooking and bringing positivity to those who need it most. In particular the hospitality industry has felt the impact of the

pandemic. "All parts of the industry from restaurateurs and chefs, to front of house, PR and media, are banding together, being resilient, thinking laterally and doing what they do best which is to be creative and resourceful. It is of course, a time of uncertainty and financial strain which is stressful, but there's an underlying sense of shared hope and tenacity."

With a currently hectic filming schedule, Melissa shares with me that balance is the key to ensuring she has time to restore and de-stress. "I am strict about making sure I have time to myself to decompress outside of work, whether that's exercise, cooking, catching up with friends, learning something new or sleeping – there is real power in slowing down to get ahead," she concludes.

Melissa's life philosophy is the same as that in food – be voracious – and with her charisma and culinary credentials, *Sydney Observer* couldn't agree more that Melissa is one voracious individual.

***MasterChef Australia: Back To Win* airs Sunday to Thursday at 7.30PM on Channel 10. To keep up to date with Melissa visit her Instagram @fooderati**



LaReal Easter / Unsplash

Play-based Learning... at Home with Parents!

Sarah Wainwright

As parents navigate through the COVID-19 crisis, we have been faced with many changes and much uncertainty. Additionally, we have been confronted with a new and unexpected situation when it comes to educating our children at home! Home-schooling has been adopted by the majority of parents. However, many parents feel under great pressure themselves at times and ill-equipped to home-school their children. In light of this, play-based learning is a useful concept!

Early Childhood Educators from Deakin University note “research shows that play-based learning enhances a child’s academic and developmental learning outcomes. Children are naturally motivated to play, and a play-based program builds on this motivation, using play as a context for learning. In this context, children can explore, experiment, discover and solve problems. Whilst children are playing, parents can ask questions that encourage problem solving, prediction and hypothesising, aiming to stretch the child’s thinking to higher levels.” (The Conversation, 2018).

I was delighted to catch up with Mrs Sam Williamson, Director of Warrawee Care Centre. Mrs Williamson explains that “play-based learning capitalises on a child’s natural sense of inquiry and discovery through hands-on exploration of the world around them. As an educator, I embed elements of teaching and learning within play experiences that children are interested in, are naturally drawn to, and are therefore more likely to stay engaged with. Play-based learning provides an important opportunity to work with children to explore concepts and build children’s life skills, as well as an opportunity to help children develop self-confidence and self-esteem.”

“It is proven that play-based learning is fundamental for brain development in children as it provides opportunities that build and develop brain pathways over time through a deeper level of thinking. Their engagement has intellectual and cognitive benefits as the child develops

memory and language skills and learns to self-regulate their behaviour.” Mrs Williamson invites parents to “view play as a context for learning in which children organise and make sense of their social world and to appreciate the significant learning outcomes children achieve in freely exploring and engaging in play. Next time you are watching your child play, take a moment and recognise the meaningful learning that is occurring and shaping the child for the future.”

Play-based learning in action at my house involved the sighting of the International Space Station in the April evening sky! We discussed where, when and for how long we could enjoy the best view. We examined weather reports and the compass points. With great anticipation we went to a local park and tried to spot the ISS. Later we wrote about the planets, orbits and other fascinating features of Earth’s Solar System. It was a fun-filled astronomical learning journey of discovery!

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), Writer, Third Culture Kid, wife and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_

Why is Education so Important?

**Russell Bailey, Headmaster,
Redeemer Baptist School**

This year in our schools we have already gone through two revolutions. At my school – overnight on March 23 – we abandoned face-to-face teaching and adopted new online routines with a coordinated timetable, daily fitness, and a funny inspirational video hosted by the Senior Master to start each day. Along with teachers and parents and students all over Australia, we knew that we had to discover how to provide opportunities for our students to progress with hope in circumstances that none of us had ever experienced before.

Then at the end of May came the next revolution. Without losing the benefits of our new online educational tools,

teachers all over the country are now welcoming students back to their classrooms, determined to find ways for them to catch up and succeed through the COVID-19 disruption. Why are we as a society so energetic in our efforts to make schooling happen for our children?

Two hundred years ago on May 12, a girl was born in Florence who would become the founding mother of a profession that is being thanked all over the world this year with regular massed applause. Who could have predicted the impact of that girl’s life for generations to come? Who could have guessed, when 2020 was proclaimed the International Year of the Nurse in May last year – in honour of Florence Nightingale – that the nursing profession would be our lamp of hope in a world gripped by fear and loss?



Whether online in our homes or face-to-face in our classrooms, over recent weeks our children have been engaging in revolutionary forms of education so that they may have the potential to use what they learnt to benefit future generations. I believe that each child is uniquely gifted by God for a good purpose in this world.

Every school day is a wonderful opportunity to grow future blessing. Who knows how important this child’s gift will become?



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- > 1st & 2nd in Dorothea Mackellar Poetry Awards, 2019
- > Gold Award, NESA WriteOn, 2019
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Pariselle Hughes (Year 12) with Principal Jonathan Cannon being awarded a 2019 John Lincoln Youth Community Service Award from the Governor of NSW

Fee-Free TAFE Learning

Nicholas Grant

Boredom is well and truly creeping into many of our lives as we continue to socially isolate. In an effort to help Australians spend their time more productively – and diversify their skill sets – TAFE NSW removed the fee from 21 of its online courses. This move has made educational pathways more accessible to any Australian with internet access.

“We understand that many industries are in hibernation, so using this period to upskill for the future is time well spent,” said Geoff Lee, Minister for Skills and Tertiary Education. “It’s vital we have the ability to rebound when things do improve.”

“For over 130 years, TAFE NSW has been preparing the state’s workforce for the jobs of tomorrow and it is no different during this time,” added TAFE NSW Managing Director Steffen Faurby.



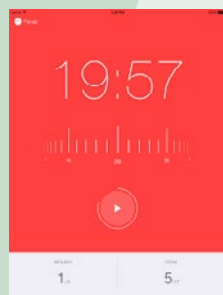
Programs are available in a range of study areas, including business administration, social media, medical administration and pharmacy training. Completing one of these free Statement of Attainment courses may also contribute to part of a Certificate or Diploma program if you wish to pursue further education. With our days now spent almost entirely at home, and the fees from these courses completely waived,

it almost feels as though the universe is telling us to embrace this opportunity. Courses vary in commitment and length, from 3-11 hours per week, and lasting anywhere from 3-26 weeks. Due to an exceptional demand, there is a limit of two courses per person.

To browse all courses and find your perfect fit, visit tufensw.edu.au/fee-free-short-courses

Keep Productive with these Apps

Dipti Singh



Focus Keeper

A flexible and user-friendly timer app, Focus Keeper is designed to help you concentrate on your tasks. The app enables you to stay focused by allowing you to set targets, time your study, and monitor progress, making it perfect for students and business professionals.

Evernote

This is the perfect digital notepad to help you stay on top of deadlines by keeping track of your work, reminders, and tasks. Evernote is a simple and effective way to create notes in an easy-to-format word processor like text, images, drawings, audio, picture files, web clippings, and more.



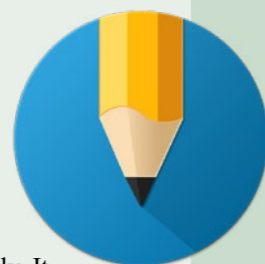
SimpleMind

Mind mapping is a fantastic method as it helps to organise your thoughts, stimulate your memory, and generate new ideas. SimpleMind is a powerful and intuitive app to build your mind maps if you are a visual learner. The app allows you to brainstorm ideas for projects and essays and create a broader overview of a subject.



myHomework Student Planner

A student planner digital app, myHomework is a calendar that allows you to keep track of your classes, tests, notable events, assignments, and projects efficiently. It is the perfect app to avoid being caught off guard by a deadline!



The 4C's Transforming Education

Nicholas Grant

Education is more than just learning in a classroom. True education sees students acquiring deep knowledge which extends outside the school gates, setting them up for a lifetime of learning. ‘4Cs’ transformative learning is an emerging educational philosophy developed by a team of educational leaders, and focuses on four key skills – communication, collaboration, creativity, and critical thinking. The team are currently working to transform education within approximately 50 schools across Australia, including private, public, primary and secondary schools. Senior 4C Practice Leader Jamie Gerlach provides some valuable insight into the team’s mission.

What separates 4C's from traditional understandings of what learning is?

Learning at its best is authentic and meaningful, playful and joyful, and a shared endeavour with other learners. By explicitly developing students’ and teachers’ understanding of themselves as learning, and to learn how to learn, this empowers them to navigate complex challenges. Inheritance from the factory age that birthed universal education has become limiting and unproductive. Our work is about unlearning some of these old ideas and practices.

What are some of the challenges facing education currently?

Education in many ways is a microcosm of broader society. Simplistic attempts to distil complex ideas down to simplistic binaries is a profound challenge for education; basic skills vs soft skills, primary vs secondary, standardisation vs individualisation. Greater nuance with which we navigate these is essential. It is paramount that we create educational experiences that empower our young people to navigate this complexity with curiosity if we are to avoid becoming prisoners to simplistic binaries at a broader societal level.

What kinds of changes have you observed at your schools?

One of the biggest noticeable changes is in the leaders’, teachers’ and students’ sense of understanding of themselves as lifelong learners. However, the biggest change is the gradual re-prioritising of learning back to the centre of schools – learning for all members of the school community. School communities feeling empowered to prioritise learning over compliance, rich experiences over simplistic outcomes, and joy over fear.

<http://4ctransformativelearning.org/>



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Amazing Greys

Brian Roach

Over the last two months the focus has been on native plants that are particularly adapted to drought or hot, dry conditions. Various Grevilleas and then Eremophilas have been recommended in this regard. But there is another group that copes with these conditions – not a genus but a colour. By and large, grey-foliaged plants have a wonderful capacity to reflect the sun's heat and to really bask in it!

Some years ago, my wife Carol and I drove over to the Flinders Ranges in South Australia via Western NSW. Much of the rolling landscape around Broken Hill was covered with 'Blue Bush' – *Maireana oppositifolia*. For all intents and purposes, this plant does not have a flower, but the wonderful foliage has in my view a great future in floristry. And it certainly has a great future in Sydney gardens in coping with hot, dry conditions and growing to a size of around 1m x 1m. Another grey-foliaged plant to cope with these conditions, but which is also stunning in flower is 'Golditops' – *Homoranthus prolixus*. This plant hails from around Inverell in Northern NSW on the granite belt and was only discovered in the wild around 20 years ago and brought into cultivation. It grows to a height of around 0.5m and around 1m wide. Not surprising in view of its natural distribution, it not only copes with extreme heat but also extreme cold. The brilliant yellow flowers across the horizontal growth of the plant around mid-spring is something to behold. Thus, it bears the common name of Golditops. To my knowledge, only one other nursery is propagating this plant and that nursery is in Tenterfield. But a large-scale wholesale nursery is now onto it and hopefully the plant will be widely available soon!

The general name of 'Paper Daisy' covers a multitude of native plants. But one I only discovered recently is an absolute ripper. The botanical name of *Chrysocephalum apiculatum* is enough to make most people throw in the towel and not only that, there are so many forms of this plant it's simply impossible to identify a particular



Homoranthus prolixus



Maireana oppositifolia

form by name. I really enjoy giving plants common names so I'm working on a name for this wonderful grey-foliaged form with such spectacular yellow flowers through spring. Grey-foliaged plants also provide a wonderful contrast in any garden so try thinking grey next time you look for a new plant.

Brian Roach spent his professional life as a criminal law lawyer with the NSW Government, then as Crown Prosecutor/Barrister before retiring. In his retirement, Brian runs a cottage industry native plant nursery from his home in Westleigh, as well as being a guest speaker at garden clubs on over 130 occasions. He has also been a member of the Australian Plants Society for 45 years.



Chrysocephalum apiculatum grey form

Interiors with Rustic Charm

Isabella Ross

Eagle Products Textil GmbH

Rug Up with Warm Tones

With the cooler weather, now is the ideal time to bring out the warmer fabrics. Tactile furnishings are not only cosy during winter, but they also add texture to a room. To keep in theme with rustic charm, opt for the textiles in a warm-toned palette. Tassels are always fun to be on the lookout for whether they are sewn onto the ends of blankets and pillows.



Raw Materials with Black Finishes

If you are a fan of rustic charm but want to add a modern edge, look no further. Matte black finishes are incredibly popular at the moment, and they look especially nice in the dining room. Reclaimed wood paired with a dark material is also great if you wish to add a masculine energy to a space – not to mention it looks very trendy! As shown in the picture, rattan also has a rustic vibe perfect for this design style.



OZ Design Furniture

Country Style Cabinetry

We absolutely love these cute wicker cabinets from The French Bedroom Co. Practical and pretty, it is always important to have lots of storage facilities, given most of us accumulate lots of possessions. If you are unable to find the perfect rustic piece, then there are lots of DIY ways to achieve a similar look. Lucky for interior enthusiasts, there are lots of homewares shops that sell antique-looking doorknobs – all you have to do is screw them on yourself. You can also strip back the paint on an old dresser and use a wood stain on it instead!



The French Bedroom Co

Vintage Pieces

No one wants to have a stock-standard showroom house! When it comes to revamping your interior, be sure to add authentic touches of love to each space to ensure a cosy, homely feel. One fantastic way to do this is by engaging with all-things vintage! Often with a heavy price tag, vintage pieces are renowned for their charm, yet there are more affordable ways to pick up some unique pieces. Op shops are a haven for antique collectors, so go on a hunt and you never know what treasures you will find. Clocks are always a beautiful statement to have on a mantelpiece, as well as vintage candelabras, retro art or even old turntables.



Melody Maison

Whimsical Windowsill Gardens

Isabella Ross



Balcony

If you are in an apartment, do not fear because a whimsical windowsill garden can be achieved on your balcony. Railing-friendly pot plants are a great choice! They block out the street below and make for a lovely green view. The boxes can be hooked on the railing edge easily. Jade Plants, Croton, Jasmine, Geraniums or succulent varieties are all full sun loving.

Kitchen

We all love to cook with herbs – it adds freshness, flavour and depth to any meal. Whether it's some basil for an Italian dish, or some mint to go in a refreshing drink, there are countless herb varieties to choose from. In terms of the pots, ceramic planters are the way to go. They're sleek, simple and work well for the plant. Just aim to have some natural light on the windowsill for the herbs to prosper. One of my favourite windowsill plants is the African Violet. Yes, it can be a little temperamental from time-to-time, so make sure to place the pot in a position with indirect sunlight.



Breakfast Bar

One of my favourite places to have a myriad of plants is on a breakfast bar. If you are fortunate enough to have one of these in your home, maximise its potential! One great option is to have two feature plants on either side of the bar – for example, some statement Mother-in-Law Tongues, or Maidenhair Indoor Ferns will pack a punch. Then place your favourite knick-knacks or mementoes in between the plants to finish the design.



Home Entrance

Lots of us have windowsills at the front of our home, making it the perfect place to wow the neighbours and guests with your enchanting windowsill garden. You can always build wooden structures underneath your windows if there isn't enough room – all you need is some sanding back, a lick of paint and strong nails. Perennials are also a lovely option to add some colour to your front windowbox. This will give you the opportunity to spruce up your windowsill with exciting new plants every few years. Dwarf citrus are also a fabulous and practical option, as everyone loves a fresh lemon or lime at the home entrance.



Greenbo

Annabel James

BlowHearth

Be Inspired by International Design

Nicholas Grant

We frequently hear about trendy designs in Australia, while the trends of other countries tend to receive less recognition here. Earlier this year, Paris held its biannual Maison et Objet tradeshow, displaying some of the best interior design from brands all around the globe. There's plenty to learn from foreign cultures, and these home design choices inspired by international locations can give your home flair and character.



LUXXU

PORTUGUESE GOLD

Sitting upon large reserves of precious minerals, gold has been used in Portuguese culture to make jewellery and accessories for millennia. Ancient Romans were even known to mine for gold in areas of Portugal. Portuguese brand LUXXU often combine gold and other metallic finishes with rich blacks and neutral tones to create a glamorous and stylish space.

ITALIAN NOVELTIES

A little-known fact is that Vogue Italia magazine was first published under the name Novità, meaning novelties. Designs from Italian brand SELETTI are reminiscent of avant-garde and thought-



SELETTI

provoking fashion pieces, with vibrant colours and eclectic patterns which are sure to make a statement in any room.

MINIMALIST MEDITERRANEAN

Modest and sleek designs are perfect for escaping the commotion of modern life, such as this one by Hemonides Design in Cyprus. Pieces like these which optimise light colours and clean lines help to create that airy and relaxed coastal vibe that we all crave.

THAI DESIGNS

Current design trends in Southeast Asia focus on using locally sourced, sustainable materials. Based in Bangkok, Corner 43 Décor finds inspiration combining new design practices with traditional textures, colours and patterns. Rattan is predominant within their pieces, often available in either natural cane or black.



Corner 43 Décor



Hemonides Design



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Three Treats for this Winter

Rejimon Punchayil

This is no ordinary winter. This is a COVID-19 era winter. Make this memorable for some good reasons other than the gloom and doom. Let this be the year in which you chose the most comfortable Rise Recliner. Something that matches your unique taste, functionality and design. Something that will make you feel good. Beat this winter in the comfort of your home relaxing in your favourite chair. You can use the USB charger on the recliner to power up your iPad, laptop or your smart phone.

Winter is a time when sufferers of arthritis are confronted with the greatest of challenges. Every simple task looks daunting. Equip yourself with creative yet inexpensive solutions like arthritis

gloves, jar opener, pick-up-reacher or just a bio-freeze! Return on investment in these is much more than your financial planner can ever explain. If you are going to spend a longer period of time on your bed, please ensure that you have a good mattress. When was the last time you changed your mattress? An electric bed will not only elevate your sleeping quality, but it will enhance the way you get out of bed every morning. Without having to think about the aches and pain that stops us from doing the things we love most. If you do not warm up to the idea of an electric bed, how about an electric mattress?

We are getting familiar with a new way of life: social distancing and excellent hand hygiene. As a nation, we will overcome this with a vaccine or until



that happens with our new way of life. Treat yourself this winter for being so brave in the face of this unseen enemy. For this and other useful ideas head to <https://www.comfortdiscovered.com/>

Limited Mobility? Not a Problem!

Dipti Singh

Seniors with reduced mobility may no longer be able to run or play active sports. Instead, they can continue to enjoy life despite physical obstacles and participate in meaningful activities. There are countless ways to have fun without moving around physically.

CHAIR YOGA:

Yoga has been known to boost health, including physical and mental wellbeing. It provides many advantages, such as enhanced flexibility and strength, increased concentration and reduced joint pain. You can do simple positions such as candle pose, raised hands, and seated spinal twist without having to move around much.

INDOOR GARDENING:

Gardening is undoubtedly known to have a positive impact on our mood. While it may be hard for seniors to manage an outdoor garden, they can grow an indoor herb garden. You can place a pot, some gardening supplies, and plants on a table where they can reach comfortably.

SCRAPBOOKING:

Making scrapbooks is an engaging activity for seniors who love to go through old family photographs. There are several scrapbooking kits and accessories available to purchase in nearby craft stores. Seniors can prepare precious mementoes to be passed down to members of the family.

HELPING LOCAL CHARITIES:

Crocheting and knitting are two activities that can be done in a sitting position. Seniors can quickly learn how to knit a blanket that can offer them a long-term objective to work every day. They can also crochet certain things to send to local charities, such as a scarf, blanket, or hat. They can feel a sense of pride in being able to make something to give to others.

LEARNING A NEW LANGUAGE:

Several seniors might have been curious to learn a foreign language while growing up but might not have had the opportunity or time to do so. Seniors can find language tutorials to enjoy at home online or in video form. Learning a new language would help achieve short-term goals and bring a sense of accomplishment.



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04

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How to Use Zoom 101

Nicholas Grant

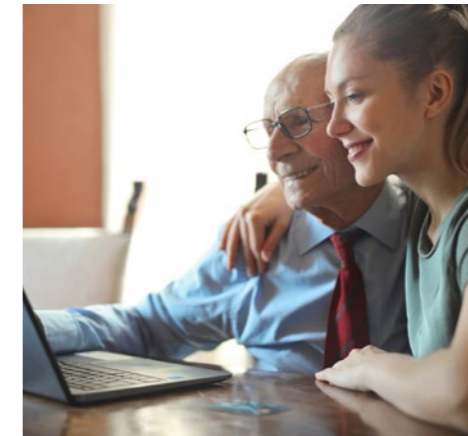
Video calling loved ones is crucial for maintaining healthy relationships and combating loneliness. One free program Zoom has quickly risen to become one of the most-downloaded apps, used by schools, universities, and extended families.

DOWNLOADING ZOOM

Head to <https://zoom.us> and click 'Sign Up.' Confirm your email address and create a profile. After activating your account, you will see a link for a test meeting. Click on it, and your computer should automatically download Zoom. If nothing happens, go to <https://zoom.us> download and choose 'Zoom Client for Meetings.' On a phone or iPad, simply download the Zoom app from the App Store to skip these steps above.

NAVIGATING A VIDEO CALL

A test video call should start automatically. Choose 'Join with Computer Audio.' To activate your



camera, click on 'Start Video' in the bottom-left. Zoom automatically shows you the screen of whoever is talking. There is a button on the top right where you can alternate between 'Speaker View' and 'Gallery View.' In gallery view, you will see everyone in the video call at the same time. You can leave the meeting, or end the meeting for all participants, by clicking on 'End' in the bottom-right corner.

STARTING A MEETING

To start your own meeting, open Zoom and choose 'Sign In.' After you log in, click the big orange button to start a video call. Then, click the 'Participants' button on the bottom of the screen, and 'Invite' on the bottom right. A new screen will pop up, with a blue banner at the top showing your meeting code, and the password in the bottom right. Whenever somebody joins the chat, their name will pop up on the right-hand side of your screen. They can enter the call once you click 'Admit.' Back on Zoom's main screen, you can also schedule a date and time for a video call via 'Schedule.'

JOINING A MEETING

To join a chat which somebody else has started, simply open Zoom and click 'Join a Meeting.' Then, enter the meeting ID code and type in your name. Finally, enter the meeting password and you should be good to go!

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The Importance of Self-Care for Seniors

Dr Sue Ferguson

Taking the time to care for yourself is linked to not just your own health, but also to your ability to take care of others. As one of my sisters reminds me, (metaphorically, following airline advice) put your own facemask on first, only then can you help others. Yes, self-care includes a good diet, exercise, and sleep, but also protecting yourself from COVID-19, and the flu. So, keep social distancing and get your flu shot if you haven't already! It also involves keeping up with self-management routines for your existing chronic illnesses and talking to your GP regularly (by telehealth or going into the practice). Importantly, self-care also involves looking after your mental health and social wellbeing. Your self-care plan should also include something:

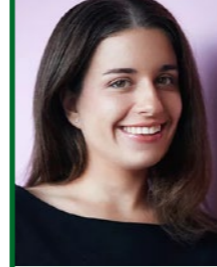
- Active
- Fun
- Social
- Meaningful
- Relaxing.

Some activities combine 2 or 3 of these, giving you more bang for your buck! Remind yourself what you previously did for fun and find creative ways to do modified forms of it during social distancing. Take a walk with a friend, or dance to your favourite music in your lounge room or try a new recipe. Learn to notice when you're starting to get anxious or stressed and replace that unhelpful thought. For example, "this isn't going to be forever." Pace your activities and take breaks before you need to (I really need to work on this one myself!) and take a short nap when you need one. Take a relaxing Epsom salt bath (if you can safely do it) or relax on a heat pack with a relaxation exercise or meditation before bedtime.

As Katie Reed said, "self-care is giving the world the best of you, not what's left of you." Or as Anne Lamott commented, "almost everything will work again if you unplug it for a few minutes, including you."



Dr Sue Ferguson is an Honorary Associate Lecturer in the Department of Psychology at Macquarie University.



Amy is a North Shore local and social media consultant with a particular interest in health and beauty. See Amy on Instagram @amy.sandig

Beautiful Skin From the Outside In

Amy Sandig

Winter is the perfect time to refresh your skincare routines. With cold weather, windswept streets and falling leaves driving us indoors and close to the nearest heater, our skin's need for hydration increases exponentially. The increase in indoor time can also lead to redness and congestion, where artificial light and heat can lead to your skin feeling dryer than usual. Use the time indoors this winter to boost your beauty routines and finely tune the products lining your bathroom vanity. It's time to get back to basics and ensure your skin is well taken care of in the colder months!

The change in climate signals more than just the need for a change in clothing – it creates an increased need for warmth, hydration and moisture.

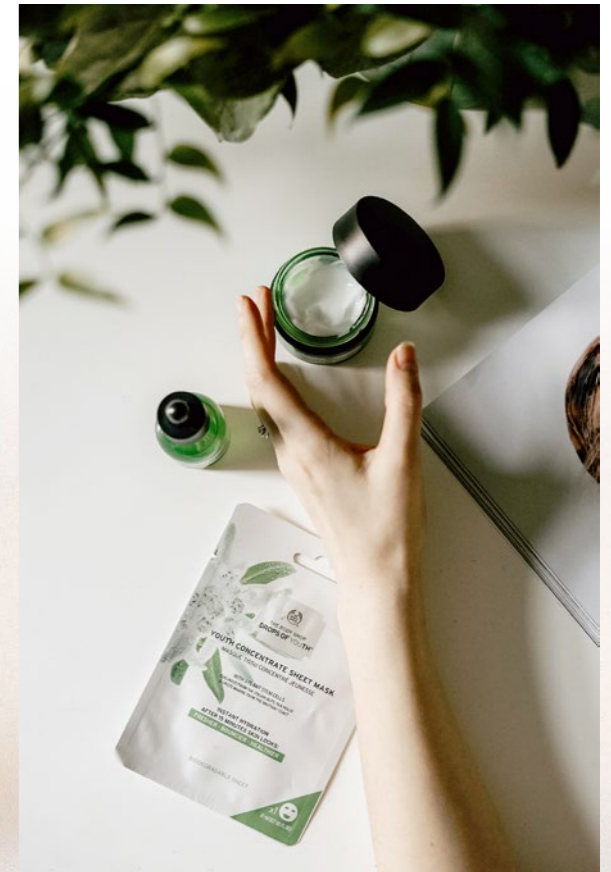
Keep your skin safe and protected from the elements and lock in the natural moisture, so, you can avoid the challenges that come with skin that otherwise can become chafed, dry, red and sore.

Focus on finding the right combination of products for your individual skin and choose from a range of natural ingredients. Wholesome, healthy and organic – nothing quite beats the nutrient boost delivered by natural skincare.

For an all over body glow that doesn't add too much extra time to your five-minute morning shower, swap your body wash for an antibacterial tea tree soap. Soft enough to use on even the most sensitive of skins, this oil gently removes debris and congestion along with unwanted bacteria from your skin.

Work with your body to increase collagen production and reduce the appearance of fine lines and wrinkles. Powerful antioxidants such as Coenzyme Q10 applied topically can act to stimulate the cellular membranes of your skin to increase cell regeneration and strengthen the elasticity of your skin.

Boost your skin's natural glow and stop winter paleness from setting in with



Work with your body to increase collagen production and reduce the appearance of fine lines and wrinkles.

topical Vitamin C serum. Perfect for wearing under makeup, this serum will give your skin the nutrient boost it needs to make it through the colder winter days.

Look good, feel better, embrace the cooler weather through improved skincare.

Retirement Living at Kokoda Residences

Site preparation is already underway, in readiness for the main construction of Kokoda Residences' retirement apartments to begin at Waitara in Sydney's Upper North Shore. The Waitara Avenue site is now cleared, with Richard Crookes Constructions set to begin the excavation stage of this striking, twelve storey, retirement project. When 'digging in' is complete, foundational work will start on the architect-designed, vertical community. Kokoda Residences will feature 117 apartments, communal terraced gardens, café and lounge bar as well as exclusive and secure, underground parking levels.

With completion set for late 2021, Kokoda Residences' Sales Professional Maureen Malouf is excited to see the development moving so quickly. "The progress with Kokoda has been wonderful," Ms Malouf exclaimed. "Even the isolation and social



distancing regulations haven't slowed the interest or momentum."

Kokoda Residences retirement apartments offer an inspiring lifestyle, close to Hornsby shopping, public transport plus health and entertainment, with selected apartments

having northern views across Ku-ring-gai Chase National Park. The Kokoda Residences' Sales Suite remains open for visits by appointment. Sales Professional Maureen Malouf can also conduct appointments by phone or video call. Call her on 9299 3953 or 0499 411 522.



Sustainable Fashion on the North Shore

Isabella Ross

Many Aussies are turning to all-things sustainable, aiming to educate themselves on how to make their wardrobes eco-friendly. There are lots of ways to achieve this, yet one of the simplest ideas is to embrace the numerous op shops abundant on the North Shore. So, to stay stylish, save money and help the planet, not to mention charity shops, read on!

TAKE YOUR TIME BROWSING

When it comes to op shopping, it is quite time-consuming but incredibly entertaining. What I mean by this is that shoppers should take their time to browse and go through the racks one by one, as you never know what gold awaits! One of the best aspects about op shops are that their clothes are often colour coordinated and categorised into items such as tops, pants, skirts and so on. There is also a good range in sizing.

BE IMAGINATIVE

Since the clothes at op shops are cheaper why not experiment with your fashion? With the perfect opportunity to get creative, shoppers should be bold – experiment with colour, shape, styles and more! Another handy tip is to keep in mind that items can be taken to your local tailor if you need to shorten a hem. In the end, a tailored purchase from a op shop will most likely still be cheaper than one off high street.

ACCESSORIES GALORE

Op shopping is not just limited to clothes. No, the sky is the limit! Belts, jewellery, shoes, hats, bags, scarves – you name it. Another fabulous thing about North Shore op shops is that higher quality items are often donated, meaning you have more chance of coming across some lovely pieces to add to your sustainable wardrobe collection.

North Shore Op Shops

- **Hornsby St Vincent de Paul:**
41 Jersey Street Hornsby 2077.
- **Waitara Lifeline:**
63 Edgeworth David Avenue Waitara 2077.
- **Turrumurra Australian Red Cross:**
Rohini Street Turrumurra 2074.
- **St. Ives St Vincent de Paul:**
188 Mona Vale Road St. Ives 2075.
- **Gordon St Vincent de Paul:**
756 Pacific Highway Gordon 2072.
- **Gordon Salvation Army Store:**
755 Pacific Highway Gordon 2072.
- **Naremburn Lifeline:**
270 Willoughby Road Naremburn 2065.
- **Chatswood St Vincent de Paul:**
287 Victoria Avenue Chatswood 2067.
- **Lane Cove Goodwill:**
150 Longueville Road Lane Cove 2066.

Be sure to check online as to the opening hours of each store currently.

Accessories for the Chilly Seasons

Dipti Singh

Beanies

Beanies are quite trendy as they can easily enhance your overall style statement. They come in different patterns, bright colours and pom-poms, plus they can easily save you from a bad hair day while keeping your ears and head warm throughout winter.



Boots

Bring glamour and warmth with a fantastic pair of boots and elevate your fashion status! Choose between the ankle, long boots or knee-high. For a casual daytime look they can be worn with skirts along with stockings if need be.



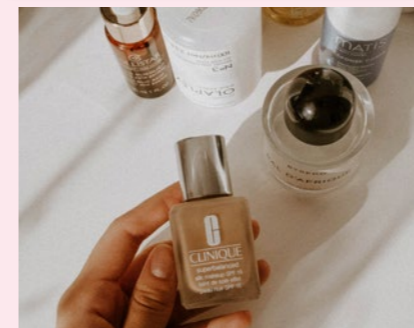
Poncho

You can make your casual outfits look elegant by adding a stylish poncho layer, as they offer the perfect blend of sophistication and suave that beats the seasonal chill. A poncho is an excellent addition to your wardrobe as it goes well with a pair of jeans and a tee or turtleneck sweater.



Beauty Corner

Dipti Singh



Radiant Makeup

Natural-looking sparkling skin has gained traction all over the world as can be seen on the red carpet and all over Instagram. Enhance your skin by using a dewy-finish base with a radiant glow. It's time for matte addicts to look away, as gloss is back and it's trendier than ever before! Tons of liquid foundations have an illuminating glow which help to give your skin a youthful and fresh complexion.

Powdered Nails

If you have not managed to curb your addiction to the gel nails, prepare to get obsessed with powder dipping. This new trend in manicure includes dipping the nails into a powder jar of colour. They not only solve the ruined polish problem but are also quick and pain-free to remove. The manicure can last longer than conventional polishes, has no noxious odour and does not harden with UV light. Powder manicure is gaining popularity because of its innovative and hassle-free element.

Bold Lip Colours

Opt for bright lipsticks this season as 2020 is all about vibrant shades. Colours such as red, pink, brown, and many others are set to be a major hit. Bold shades complement all skin tones and stand out perfectly. If you are new in selecting such colours, then go for a subtle mauve tone rather than going for berry red just at the start.

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

Dental Health for Men

Dr. Ian Sweeney

Men's Health week from June 15 – 21 is aimed at increasing awareness of health issues that affect men and encouraging men to be proactive about their health. According to a number of studies, men are less likely than women to take care of their physical health, including their oral health. Good oral health has been linked to longer life expectancy. Despite this, men are less likely than women to seek preventive dental care and often neglect their oral health for years, visiting a dentist only when a significant problem arises. Many men avoid dental check-ups due to fear from childhood experiences. This is very common and nothing to be ashamed of. Thankfully, today there are many options available today to minimise discomfort including sedation or even dental work under general anaesthesia.

When it comes to oral health, statistics show that only 51% of men brush their teeth twice daily and will lose 5.4 teeth by age 72. If a man smokes, he can plan on losing 12 teeth by age 72. Men are also more likely to develop oral and throat cancers and periodontal (gum) disease. Periodontal disease results from the build up of plaque, which hardens to form calculus. Calculus irritates the gums causing the breakdown of the fibres that anchor the gums to the teeth. Researchers have found a connection between gum disease and cardiovascular disease, which can place people at risk for heart attacks and strokes.

Since men are more likely to suffer from heart attacks, they also are more likely to be on

medications that can cause dry mouth. Saliva is a natural buffer to the effects of acid produced by bacteria in the mouth. If you take medication for the heart or blood pressure, or if you take antidepressants, your salivary flow could be reduced, increasing the risk for cavities. Smoking and alcohol are both risk factors for gum disease and oral cancer. Men are affected twice as often as women, and 95 percent of oral cancers occur in those over 40 years of age.

The most frequent oral cancer sites are the tongue, the floor of the mouth, soft palate, and the back of the throat. If not diagnosed and treated in its early stages, oral cancer can spread, leading to chronic pain, loss of function, irreparable facial and oral disfigurement following surgery and even death. It is important to never ignore a sore or ulcer that has been in the mouth for longer than two weeks.

Men who play contact sports have a greater potential for trauma to their mouths and teeth. Sports such as football, soccer, basketball and even baseball can be risky. It is important to use a professionally fitted mouthguard. Hobbies such as fishing may appear quite harmless, however many men use their teeth to cut fishing line. Whilst convenient at the time, this behaviour frequently results in a trip to a dentist with a chipped or fractured front tooth.

TAKING CARE OF YOUR TEETH

In order to take better care of your oral health, it is important to brush and floss twice daily with a fluoride toothpaste and visit your dentist at least twice a year for cleanings.

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The Psychology of Kindness

Nicholas Grant

Most people are familiar with random acts of kindness. If you have ever followed through with one, you would be familiar with the fuzzy feeling inside afterwards. But why do we feel so good after little tokens of altruism? It's the same reason why people do volunteer work for little compensation. According to researchers, kindness and altruism not only improve the lives of recipients, but also the people who demonstrate these attributes.

Professor Sonja Lyubomirsky from the University of California is a renowned psychologist and focuses her research on human happiness and positive psychology. In her book *The How of Happiness*, she indicates that up to 40% of our happiness comes from our everyday actions and thoughts. "Brief, self-administered, and cost-effective" practices are beneficial for improving wellbeing, and this includes performing kind acts for others. Surrounding ourselves with like-minded people also encourages us to be kinder. "Engaging in positive activities is more successful when the doers have social support." Furthermore, her studies found that kindness has a cyclical nature. People who report a higher level of personal happiness are then more likely to perpetuate acts of kindness to others. "Cultivating and extending kindness is an important step in creating a kinder society," says Dr Lee Rowland, speaking to the British Psychological Society.

In recent weeks, people and organisations all across Sydney have demonstrated acts of kindness, particularly in providing assistance to vulnerable individuals. Many churches, temples, and other places of worship are offering support programs and home-cooked meals to people from all walks of life. Cafes and restaurants have been generous with in-home deliveries and grocery shopping. Charities, mental health organisations, and social groups provide telephone support and social connection.



In these times of crisis, it is evident that we are shifting towards an economy of gift-giving and genuine altruism in our communities. Social connection and personal morals are prevailing, and we are recognising the value of kindness like never before.

In short, practise changing your thinking patterns to be kind to yourself. After training ourselves to be kind, we can then help others and promote kindness in our communities.

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Warm Peach Pudding

Courtesy of Melissa Leong

<http://www.fooderati.com.au/recipes>



INGREDIENTS

- 125g butter, softened.
- 125g caster sugar.
- 2 large free-range eggs.
- 125g self-raising flour.
- Pinch of salt.
- Serve with whipped cream, custard or ice cream.

Syrup Ingredients

- 2 tablespoons brown sugar.
- 120ml water.
- 1 vanilla pod.
- Fruit of choice, I used 3 large fresh peaches, but you could use almost any fruit you like. Stone fruit, citrus, pears or poached quinces work well.



METHOD

1. Preheat oven to 180 C. Meanwhile, combine the butter, sugar and eggs in a stand mixer and whisk until thick and glossy. Sift in flour gradually and combine thoroughly.
2. Thoroughly combine the syrup ingredients in a saucepan, add the fruit and poach over a medium heat for 5 minutes, tossing the fruit around so that it is evenly covered in the syrup. Transfer most of the poached fruit and a spoonful of the syrup to a lightly greased and floured baking dish. Spoon the batter over the top of the fruit and shake the pan a little bit so that everything settles evenly. Add the rest of the fruit on top, nestling it in a little.
3. Bake for 30 minutes. Let rest for a few minutes before serving. Serve warm with whipped cream, custard or ice cream.



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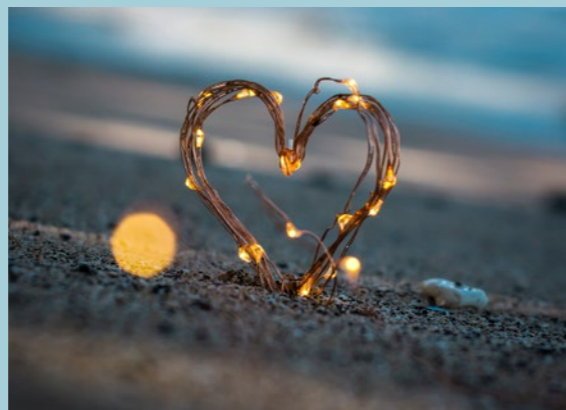
The Law of Attraction

Self-love is so important and is an absolute necessity in the game of love. What you put out into the world, through a mirror effect about what you believe or feel about yourself, will come back tenfold because of the 'Universal Law of Attraction'.

The theory behind this is simple – what you believe you will become. We have such powerful minds to create this and if you keep telling people a certain story, they will believe you. So, dear friends, if you keep telling people negative things about yourself, they will believe you. This is the most important and mandatory thing to remember when wanting any type of love and respect in your life or to attract a soul mate that is on your level. The golden rule is, you have to love and respect yourself first before you let anyone else in your world. The more you genuinely believe you are adorable, the greater chance you will have of attracting your ideal relationship and that goes for good company and true friendships as well.

A positive self-image truly paves the way for any type of happiness, opportunity and lasting joy in your life. Of course, we do have the issues of jealousy, and hate sometimes, but if that's the case these people are on a different wave length so you bless them and walk away. Once you begin to work on yourself and lift your vibration, everything will change, as the wrong people will not be attracted to your energy.

Years ago, I wrote a list of everyone I felt sorry for. Once I did this and stopped connecting with the poor ME's of the world, I did not have a lot of friends left. I then began to attract similar people like myself with the same energy that had positive ideals and make the most of their lives like myself.



Reader's Question

What do you see happening in my personal and work life over the next few months please? - Wendy

Dear Wendy

This has been not a bad time for you as you always land on your feet no matter what the consequences as you are an independent thinker and always think out of the box. New work is coming August/September with opportunities, something similar to what you've already done. There is writing around you and a lot of happiness in a love relationship. Any negative energy will leave to be replaced with positive outcomes. Stick to your goals xxx. There is a woman spirit around you who always had your back x

Kerrie



Kerrie Erwin is a Psychic and Medium
pureview.com.au

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

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