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# Sydney Observer

## Beat the Winter Blues

Education Week NSW

Best North Shore Bushwalks

Dinner Party Guide



Incredible Indigenous Art

What to Sow this Season

# The Inspirational Brooke Boney



The Ultimate Vertical Garden



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Welcome to this issue!

This month *Sydney Observer* spoke with the lovely Brooke Boney, *Today's Entertainment* Host and Reporter. Amidst a time where discussions of ignorance and the need for equality are foremost, Brooke brought a fresh perspective. It was wonderful to get to know her and how she came to be where she is today. Discover her story on pages (14-15). In a bid to shed more light and attention to Aboriginal Australia, we have also collated a guide on incredible Indigenous art and how locals can purchase a piece for their home (20).



Since school holidays are coming up, we also have lots of handy entertainment ideas including the best bushwalks on the North Shore (16) and indoor activities for the kids (17). Our seniors are well looked after in this issue, with lots of important information and features (28 – 31). Also necessary for North Shore residents to know is our breakdown of the Financial Impact Index, detailing economic effects of the pandemic based on Sydney postcodes (9).

Don't forget to head to our website ([sydneyobserver.com](http://sydneyobserver.com)) to see regular weekly updates, as well as signing up for our bi-monthly e-newsletter.

Enjoy our July issue!

*Isabella*

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## Best Bushwalks on the North Shore



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## Aquatic Centre Reopens

Ku-ring-gai Fitness and Aquatic Centre has reopened to the delight of locals. Capacity limits do apply to all the centre's facilities, in a bid to ensure safety and hygiene is maintained. Time limits also apply to the facilities, with bookings limited to 1 hour per person. The outdoor 50m pool can have a maximum of 12 swimmers (2 per lane), the indoor 25m pool can have a maximum of 16 swimmers (2 per lane) and the gymnasium has a cap of 25 people.

## Ku-ring-gai 'Bee Lottery'

Ku-ring-gai residents are welcomed to register their interest between June and November to host a native beehive from the council. Ku-ring-gai Council's 'bee lottery' is being trialled in response to the huge demand from local residents to participate in the native beehive program. Under the native bee scheme, local residents can look after a hive with support from environmental staff. Unlike European bees, native bees are stingless and do not produce large quantities of honey. To register your interest visit [kmc.nsw.gov.au/beeLOTtery](http://kmc.nsw.gov.au/beeLOTtery)

## Local Elections Delayed

The NSW Government has postponed the 2020 Local Government Elections for 12 months, meaning elections will now take place on September 4, 2021. "The Local Government Elections are a vital part of the democratic process, ensuring local councils are accountable to their local communities. The decision to postpone elections was not taken lightly and was made to provide certainty for councils and communities across the state," noted Shelley Hancock, Minister for Local Government.

## Hornsby's Lengthy Development

Whether locals like it or not, Hornsby is expected to be home to a recently approved double block development of 249 apartments, some parts reaching 20 storeys. The \$170 million development has been met with criticism due to its sheer size, and also the fact that it is being built upon the land of a heritage-listed site. However, plans show that the existing heritage building will be relocated, and the new development will include the retention of some existing heritage facades.

## North Shore Locals Honoured

Numerous North Shore locals were fortunate to be mentioned on the Queen's Birthday 2020 Honours List. Dr Catherine Foley from St Ives Chase was included for distinguished service to research science and to the advancement of women in physics. Mosman resident Ronald Oates was recognised for distinguished service to paediatric medicine. Professor Robert Baxter from Naremburn was noted for significant service to medical research and endocrinology. Mrs Julie Fitzgerald in Wahroonga was also recognised for significant service to netball as a coach and mentor of sportswomen.

## Explore 'The Canopy'

Lane Cove Council has shared news that with the easing of COVID-19 restrictions comes the opening of the new park and playground 'The Canopy.' Perfect for families, the playground area includes vertical climbing nets, a fire pole, sagging bridge, spiral slides, trampolines, accessible swings and play decks! The end result is extraordinary architecturally, and with plenty of green spaces to sit and watch the kids play, this playground should definitely be on the weekend's agenda.

## New Eatery in Artarmon

By September this year, a brand new eco-friendly eatery development will be ready for locals to visit in Artarmon. Branded as 'The Orchard by Acre,' the space will include a playground, café, bar and indoor and outdoor restaurants, as well as a display garden filled with fresh produce. The dining hub will be located next to Home HQ, set to bring ambience and a range of food options to the industrial area.

## Redleaf Estate Sold

Wahroonga's prestigious Redleaf Estate has been sold for \$8 million. The landmark estate is well known throughout the North Shore for its sheer size and grandeur, coming in at 4996sqm. Redleaf was previously owned by the Moran family, known in relation to the Moran Health Care Group. The 1899 home was built by English architect Howard Joseland in the Arts and Crafts Federation style. In 1996 the estate underwent an award-winning restoration by heritage specialist Clive Lucas.

## St Ives Gift Hampers

St Ives Shopping Village is giving back to those in need within the community through the giving of gift hampers. Locals are encouraged to visit the village's website and nominate someone who needs support during this time and deserves a pick-me-up! Whether it's a healthcare worker, family friend, or a senior who needs their spirits lifted, they will go into the running to win one of three gift hampers every week.

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# Think, Eat, Save

Isabella Ross

‘Wasting less food starts with us.’ These are the words of the UN Environment’s Think, Eat, Save campaign, urging citizens across the globe to be more conscious of food wastage. To lots of us, the simple act of going to the grocery shop, purchasing food and then having a fridge full of produce is undervalued. Sadly, it is the case that many Aussies are doing it tough, with one in five Australians experiencing food insecurity at some point in their life. Given Australia produces enough food for more than 60 million people, it is difficult to believe the one in five statistic.

In comes OzHarvest. During the past few months, food relief has been at an all-time high, with the OzHarvest kitchens at full speed producing heart-warming healthy meals to help charities meet an ever-increasing demand. “Food rescue

has always been the heart of our business and our efforts are now 100% focused on ensuring that we can still get a regular supply of fresh and nutritious food to the millions of Aussies that now find themselves relying on food relief,” said an OzHarvest spokesperson.

ForPurposeCo is also doing great work with their ‘Juice For Good’ vending machines popping up across Sydney. Approximately half of all Australian grown fruit and veggies don’t make it off the farm, simply because of an odd shape, colour or size. ForPurposeCo has rescued lots of these unloved oranges. Locals can visit a machine, purchase a 100% fresh orange juice for \$4 and all proceeds go directly to OzHarvest. Locations include Hornsby Westfield, Macquarie Centre and Chatswood Westfield.

To make a worthwhile difference, increase awareness and even make a donation visit <https://www.ozharvest.org/>

## What You Can Do

1. Plan grocery lists and items beforehand so over ordering doesn’t occur.
2. Learn about eating sustainably and seasonally.
3. Check use-by dates.
4. Store food correctly to make it last longer.
5. Embrace the ‘use it up’ approach to cooking.
6. Donate food, money or time to OzHarvest and other charities.



# Electric Cars Roll In

Three new electric cars have debuted in Ku-ring-gai Council’s fleet, with the vehicles being another step in council’s goal to achieve zero emissions by 2040. The three electric vehicles have replaced petrol-driven cars as part of a long-term plan that could ultimately see the majority of the council’s fleet powered by electricity sourced from renewable energy.

Two Renault Kangoo vans and one Hyundai Ioniq went into service earlier this month, for delivery of supplies

and use by staff to conduct site visits. The vehicles are recharged at charging stations at the Council’s Depot in Pymble before going on the road. Mayor Jennifer Anderson said the initial higher purchase price of the electric vehicles would be completely offset by lower fuel and maintenance costs.

“With increasing amounts of wind and solar energy powering the grid, charging an electric vehicle means lower greenhouse gas emissions compared with

petrol or diesel vehicles. We are keen to spread the word in our community on the benefits of owning and driving electric vehicles.”

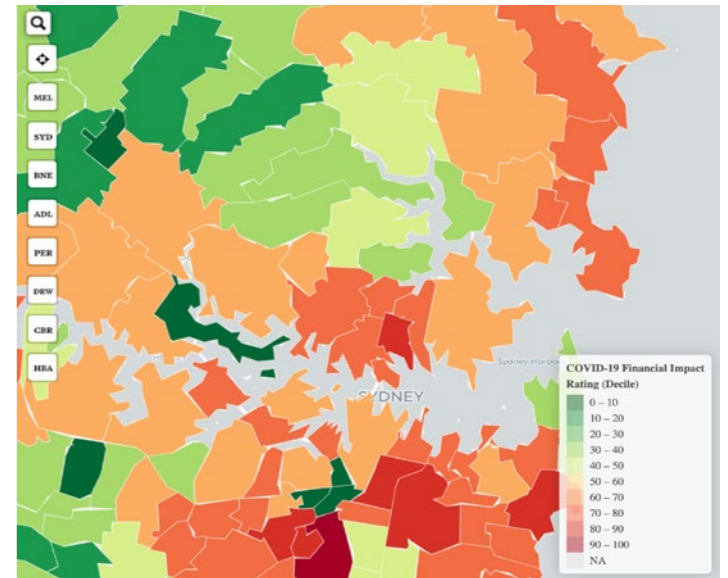
Last year Ku-ring-gai Council invited residents to a number of test drives of electric vehicles at the Harts Driving Centre on Mona Vale Road St Ives, which is owned by the council. Mayor Anderson said that once lockdown restrictions completely eased, the test drives could make a return.

# Financial Impact of COVID-19

Dipti Singh

The pandemic has most certainly generated economic and financial instability. A new Financial Impact Index developed by Taylor Fry provides an analysis of COVID-19’s financial effect on the Australian population compared to pre-pandemic levels. An interactive map highlights the impact of the pandemic via postcode. Postcodes with the highest financial impact are red and those with the least impact are green in colour.

Some of the wealthiest suburbs in Sydney have been among the worst impacted but many neighbouring areas have emerged relatively unscathed. The report reveals that the North Shore has fared well, due to a larger proportion of high-income earners who can rely on personal savings. Suburbs like Hornsby, Waitara, Asquith, and Mount Colah fall under the percentile of 40-50, meaning a mid-range effect. Similarly, suburbs like Wahroonga,



Warrawee, Pymble, and Killara fall under the 10-20 decile which depicts suburbs that have experienced less impact.

Macquarie Park and Marsfield are the least affected suburbs as the industry is comprised of 16.25 of retired and unemployed people who are reliant on government income and falls under 0-10 percentile. Suburbs like North Ryde, Gladesville, Lane Cove and Greenwich have faced more financial crises as they fall under the 60-70 decile and are in the orange zone. 3.5% of people fall under the category of no income on the map which is leading to a negative income impact in the area.

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# Go Dry This July

Tayla Foster

**D**ry July is a not-for-profit organisation that encourages Australians to abstain from drinking alcohol for the entire month of July in order to raise funds for those affected by cancer. All funds raised by the organisation go straight to patients and their families in order to improve the quality of care and resources. Dry July aims to alleviate the stress and pain of cancer patients through funding lifesaving specialist appointments as well as access to treatment.

## WHY CHOOSE TO PARTICIPATE?

Besides providing families with the relief they desperately need, Dry July allows for participants to tackle issues with alcohol, by experiencing the world and events from a sober perspective. Not to mention the money saved by not purchasing high priced cases and bottles of alcohol! Why not put those proceeds towards something

that could save a life, rather than give you a hangover? CEO and co-founder of the Dry July Organisation Brett Macdonald spoke to *Sydney Observer* on the founding elements of Dry July. "In July 2008, me and a few mates wanted to take a break from alcohol, so we decided to abstain for the month of July, coining it our 'Dry July.' We also wanted to raise money for a cause very close to our hearts. Hoping to raise \$3,000 to buy a TV for our local hospital's waiting room, the campaign was a huge success. The first Dry July ended up raising \$250,000, thanks to the support of media personality Adam Spencer. Since 2008, Dry July has inspired more than 200,000 Aussies to go dry and raised \$49 million for people affected by cancer, providing invaluable services such as cancer specialist nurses, informative information on treatments, renovations

of hospital rooms and many more."

Participating in Dry July does not only positively impact one's sense of worth, but it has an array of health benefits that include improving sleeping patterns, a boost of energy and a liver that doesn't resemble broken leather! Why not experience the simplicity of sobriety and give back to people struggling with a crippling disease around Australia? Enjoy the freedom that comes with abandoning alcohol, even if it is just for one month.

<https://www.dryjuly.com/>



## Ku-ring-gai Council COVID-19 Update



### Customer service centre

Face-to-face service at our customer service centre on Level 4 818 Pacific Highway Gordon is now available weekdays between 8.30am and 5pm. Or you can do business with us online at [kmc.nsw.gov.au/lifeonline](http://kmc.nsw.gov.au/lifeonline)

### Community centres

Community centres have reopened to permanent and casual hirers. For enquiries and more information call 9424 0754 or email [recreationbookings@kmc.nsw.gov.au](mailto:recreationbookings@kmc.nsw.gov.au)

### Ku-ring-gai Fitness & Aquatic Centre West Pymble

The Centre has reopened but time limits and other conditions apply. For more information follow the Centre's Facebook page or visit [ymcansw.org.au/kfac](http://ymcansw.org.au/kfac)

### Ku-ring-gai Wildflower Garden

The Garden, Visitors Centre and Nursery have all reopened. The nursery has a contactless purchasing and collection service available. For more information visit [kmc.nsw.gov.au/wfg](http://kmc.nsw.gov.au/wfg)

### Playgrounds

All playgrounds in Ku-ring-gai have reopened. Please observe social distancing and hand hygiene.

### Sportsfields

Sportsgrounds are currently open for training in groups of up to 20. For bookings email [sportsfieldbookings@kmc.nsw.gov.au](mailto:sportsfieldbookings@kmc.nsw.gov.au) Competition games are scheduled to start in July. Check with your local sports association for more information.

### Libraries

All Ku-ring-gai libraries have reopened with limits on services and times. You can now:

- Browse library shelves and borrow items.
- Use the printing, scanning and photocopying facilities
- Return your books to the after-hours chute
- Use computers and study areas for pre-booked sessions with time limits

To find out more visit [kmc.nsw.gov.au/library](http://kmc.nsw.gov.au/library)

For more updates on the COVID-19 situation in Ku-ring-gai visit [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

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# Podcasts to Listen to

Dipti Singh

Podcasts provide us with a perfect way to leverage and maximise idle time for learning, communicating and growing. Podcasts range from insightful to goofy, from scary to cool and all the shades between. Whatever approach you choose, incorporating podcast listening into your life is a perfect way to improve your expertise, understanding and dedication to contemporary issues.

## COMEDY PODCASTS

Everyone needs a good laugh. Fortunately for anyone seeking a bit of escapism from the madness of everyday life, there are plenty of funny podcasts available. *Lovett or Leave It* is a weekly podcast that tackles the news with a chuckle, dealing with the common nonsense that is political drama. *How Did This Get Made* dissects and mocks the outlandish nature of bad films, with the banter of the hosts particularly entertaining.

## TRUE CRIME

Nothing seems to be more fascinating than an unsolved crime. It is frustrating, frightening and infuriating. In *Crime Junkie* the host tackles a new crime each episode and holds you in the loop with follow-ups and alerts, so you have all the pieces to the puzzle.

## HEALTH PODCASTS

*The Ultimate Health Podcast* enables the listener to make proactive health choices by providing them with holistic viewpoints on topics such as insomnia, medication and diet. *Shiny Healthy You* provides information on several topics related to burnout management, how to shop and prepare real food and chronic disease management.

## INTERVIEW PODCASTS

If you are curious about the lives of A-listers or looking for career tips or motivation from well-known business entrepreneurs, then these interviewing

podcasts are perfect for you. *Mamamia* focuses on making the world a better place for women and girls which consists of 21 different podcast shows. *The Spill* is a day-to-day entertainment podcast covering the day's top pop culture stories. It is a smart look at news from the celebrities. *Lady Startup* offers candid talks with women who started their own company to find out their tips and tricks on entrepreneurship.



# The Benefits of Arts Education

Tayla Foster

Despite what *The Jackson 5* might have promoted all those years ago, school is not all about the ABC's and 1, 2, 3's. Modes of education are ever evolving into new and exciting ways of teaching, influenced heavily by the integration of the creative arts within the NSW school syllabus.

The implementation of an art syllabus within our schooling system has increased the academic success rate among students through the acknowledgement of the various learning types. Without critical thinkers who adapt to visual stimuli, or those who respond best to an ideational stimulus based off auditory sound or tactile encouragement, education would not be as inspired as it is today. The creative arts also encourage critical thinking, social skills, confidence and boundless learning potential in a world full of unknown opportunities. The arts not only make learning fun but make learning possible for every child with different strengths, weaknesses and abilities.

## THE ACADEMIC INFLUENCE OF ART

A fundamental aspect of learning is the ability to communicate and understand prescribed content to base an opinion from.

The arts allow students to develop motor, language and social skills that encourage decision-making. This molds them into critical thinkers who perform well within their core subjects and have an open mind to contemporary ideas. Not only does art influence an astounding work ethic, it decreases behavioural issues within the classroom.

All too often we see the same job incrementing numbers for big corporations in a sea of colourless and tedious work. Why not have an education that excites you? Why not have a job that makes you want to get up and go each day? In a world full of beige and grey be that refreshing splash of colour and start with a well-rounded and holistic education with the incorporation of the creative arts.

# Education Week 2020

An annual state-wide event, Education Week is a celebration of the hard work and achievements of the NSW public education community. For 2020, Education Week will run from August 3 – 7, with the theme 'Learning Together.' There is no denying that this year has been fraught with challenges and hurdles, so the theme reflects an incredible year for NSW public school students and staff.

Regardless of the current social-distancing environment, the community can still celebrate via digital means. Education NSW encourages people to share photos and videos of their preparation and celebrations on social media using the hashtag #EdWeek20.

There are three key messages that we are urged to reflect upon this Education Week:

**1. Schools are the cornerstone of communities:** parents are our

partners in learning. Schools and families benefit from strong, respectful relationships where responsibility for student learning is shared.

**2. Change and resilience:** our teachers and students are lifelong learners, collaborating in a positive learning environment to achieve their potential. Learning together makes us strong and creates resilient communities.

**3. Connect better and learn together:** our world-class school staff are dedicated professionals who know, value and care for all students. Technology enables learning together anywhere, any time.

To keep updated visit:  
<https://education.nsw.gov.au/public-schools/education-week>

**Ed. week**  
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NSW Department of Education

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education.nsw.gov.au/edweek20  
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# Getting to Know Brooke Boney

Isabella Ross

*As a proud Gamilaroi Gomeri woman and Today's Entertainment Host and Reporter, Brooke is most certainly a fresh face on breakfast television. Sydney Observer sat down with Brooke to discuss her highlights in the media industry as well as the need to shed light on Aboriginal affairs.*

**B**rooke grew up in Muswellbrook in the NSW Hunter Region. With a single mum and five younger brothers and sisters living in housing commission, money was tight in the household. "You definitely notice that you're not as fortunate as other families. When payday rolls around things are different to what they are the rest of the time." Yet Brooke has great appreciation for how her family dealt with the odds, especially given the fact that intergenerational poverty is a difficult cycle to break. "I realised that there were actually a lot of people who weren't as lucky as me to go onto university or work in a job that we love. When you don't have much and you've got a great family you tend to rely on each other a lot more. We are such a strong family unit and I'm not sure how strong we would be as a unit if it weren't for our situation."

Of the more than 250 originally known Australian Indigenous languages, several have been lost due to active suppression and colonisation. For this reason, cultural customs and Aboriginal identity has been affected. "We weren't taught Indigenous ways of knowing and being in a traditional cultural sense, because that just wasn't available. My grandparents didn't speak language or tell



us about culture because they were pretty terrified of what might happen if they did. When you're a little Aboriginal kid growing up in a predominantly white community and then you learn about how Australia as we know it came to be, you definitely realise that there's a big silence," Brooke notes.

Now with her role on *Today*, one of the most iconic television shows in Australia, Brooke has paved an incredible career for herself within the media industry. Asking about how she felt when she first got the call about the role, Brooke's excitement and gratitude is still as strong as ever. "I remember it vividly. I was at an event and saw I had a missed call from the guy who is now my boss, and there was a lady at the event who saw it on my phone, and she smiled and said, 'you're going to want to call him back.' I knew my life was about to change in a pretty substantial way."

Having previously worked for ABC, NITV and SBS, not to mention Triple J, Brooke has made a remarkable name for herself. Initially undergoing work experience at the local Muswellbrook radio station in High School, it wasn't until years later that Brooke decided a career in journalism was for her. "I soon realised the power the media has in shaping the way we think about ourselves and telling positive stories about Aboriginal people, that I wanted to get involved. I knew my role

was going to be entertainment, but part of the way reconciliation works is realising that we are all a lot similar than we are different. It's not just about getting on TV every day and talking about Indigenous affairs. It's about showing up – representation, as well as having those really big discussions. I knew it was going to be big, but I was very excited to say the least."

As *Today's* Entertainment Host and Reporter, she has interviewed some incredible stars, yet it is their display of character and respect that stands out for Brooke. "You see lots of artists at different levels in their careers. The one thing that strikes me about those who have been doing it for decades is that they carry themselves with dignity and are respectful to those around them. People like Tom Hanks and Robert De Niro have a quiet confidence about them. They're not trying to be the biggest or loudest in the room."

"Those big names you do get a little nervous with – I remember going to interview Jim Carey. He's such a complex character, and to meet him in person was a very special thing. And then you see people who are just gaining notoriety and maybe they don't always carry themselves in that way. I think that's an important thing for people in all walks of life – sometimes you can say more by being quiet than big outlandish actions."

## Brooke's Favourite Things

### Favourite pastime/hobby?

I bought a jaffle maker! So, I've become very good at making toasted sandwiches. I also love doing a nice big walk. It's a bit funny but I love it anyway and it tastes really good is bone broth. It's like a morning coffee in a coffee cup but instead it's broth and it's delicious.

### Advice to your younger self?

Don't have as much self-doubt. Back yourself.

### Favourite career moment?

I remember the first time I was going on *Today*, and I was so nervous. I had the control room in my ear counting me down and I was worried no words would come out of my mouth! It's moments like that where you conquer your fears, that bring a lot of joy when you reflect.

### A subject or cause

#### you are passionate about?

Reconciliation and Aboriginal affairs. Also, domestic violence. I think it's important that we as a country have a think about what kind of behaviour we accept.

### Favourite location in Sydney?

I love the harbour. Mrs Macquarie Chair, Botanic Gardens, The Opera House – it's my happy place.

To keep up to date with Brooke visit her Instagram [@honeybrooke](https://www.instagram.com/honeybrooke)







# 5 Best Bushwalks on the North Shore

Isabella Ross

[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)

## Blue Gum Walk

With picnic areas, play equipment, bushland and a creek, it is no wonder that Blue Gum Walk is a well-loved track in Hornsby. There are numerous points of interest on the Blue Gum Walk, obviously including the Sydney Blue Gum trees, as well as Joes Mountain, The Fishponds and the stunning Valley Views. Luckily for locals, Hornsby Council has a detailed guide that bushwalkers can take with them on the journey.



[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)

## Bradleys Head to Chowder Bay

For those looking for a fun walk on the Lower North Shore, this one is ideal for you! Perfect for kids as well, this trail is reasonably shaded and has lots of information boards dotted along the way where the family can learn more about the local natural habitat.



[nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)

## Cascades Track

Featured on *Sydney Observer's* Instagram @sydney\_observer, Cascades Track is another stunning sight on the North Shore. Located in Garigal National Park in St Ives, the trail is 3.2 kilometres one-way, so this track is better suited to kids mature in age. With beautiful scenery, bushwalkers will get to see a variety of native Australian trees such as Scribbly Gums and Sydney Red Gums. There are also interesting rock formations along the way, including quaint waterfalls and rockpools.

[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

## Ku-ring-gai Wildflower Garden

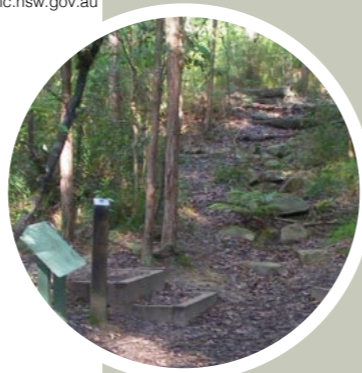
Abundant with numerous walking tracks ideal for a variety of abilities, Ku-ring-gai Wildflower Garden is a must-see on the North Shore. The 123 hectares of gardens is adjacent to Ku-ring-gai Chase National Park. The Banksia flowers are currently in bloom at the gardens – a real treat! Perfect for the little ones, the whole family can go on a short 10-minute bushwalk to uncover a lovely playground and picnic area called Lambert's Clearing. Parents can watch their kids have fun on the play equipment while admiring the plush surrounding nature or have a BBQ.



[kmc.nsw.gov.au](http://kmc.nsw.gov.au)

## Sheldon Forest Track

This is a pleasant walking track in the Pymble area, located near the 1st Turramurra Scout Hall. Sheltered by a canopy of teeming trees, this bushwalk is not as well-known compared to others, giving you and the family the opportunity to embrace the serenity and listen out for the tweeting of native birds. Interestingly, Sheldon Forest Track is of high conservation status, given it is home to some of the last remnants of the Blue Gum High Forest.



# GREAT WAYS to Keep Kids Entertained

Dipti Singh

The Sydney school holidays are almost here, which undoubtedly means you have some time to buckle up and arrange some fun learning activities for your kids. As the temperature is getting colder day by day, it's always ideal to find ways to keep the kids entertained at home.

We have collated a list of online opportunities for interactive and educational games and events for children of all ages.

### ENJOY TARONGA TV LIVE STREAMING

With the launch of Taronga TV, kids can tune into live streaming of animal enclosures, behind-the-scenes 'sneak peeks' and after-hours footage. The streaming content features fun and

insightful educational materials on endangered animals, local fauna, and the world of science.

[taronga.org.au/taronga-tv](http://taronga.org.au/taronga-tv)

### SPEAKING SCHOOLS HOLIDAY PROGRAMS

Speaking Schools offers debating courses and online public speaking for children. The programmes range from teaching primary presentation skills to younger children to accomplished high school student debating workshops.

[speakingsschools.com.au/courses?program\\_type=holiday\\_program](http://speakingsschools.com.au/courses?program_type=holiday_program)

### MERLIN'S EDUCATION TOOLBOX

Merlin Entertainments, which operates a variety of Sydney attractions including SEA LIFE Aquariums and WILD LIFE Sydney Zoo, has launched Merlin's Education Toolbox. Inspired by their

attractions, children can learn about the food system, the environment and animal life cycles and more, with unique activities tailored to meet the needs of various school levels. There is also an 'Only for Fun' segment that is great for school holidays, featuring zoo colouring-in sheets and craft-making.

[merlinannualpass.com.au/educationtoolbox/educational-worksheets](http://merlinannualpass.com.au/educationtoolbox/educational-worksheets)

### HAPPY FEET @HOME

This is an online platform where you can subscribe to virtual Happy Feet Workout classes from anywhere, on any laptop or any television. They offer engaging and immersive educational content about health and wellness to children. The classes are adventurous full of movement, dance, original music, magic, games and filled with laughter.

[happyfeetfitness.com.au](http://happyfeetfitness.com.au)

## Are we there yet?



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Birches of Leura

# The Ultimate Vertical Garden

Isabella Ross

Vertical Gardens have been gaining a lot of popularity lately, thanks to their contemporary take on a traditional flowerbed. Even better, these structures are ideal for those tight on space.

If you are someone who is super handy with tools and building, then recycled pallet wood is a resourceful way to design your vertical masterpiece. For those who prefer the gardening side of this project, rather than the DIY building, garden shops will be your saviour! Birches of Leura has some good offerings, as well as lots of online retailers.

All you now have to do is choose the plants. Miniature varieties that don't grow exponentially will be the focus, as repotting constantly will be a bit of a chore. Small perennial shrubs, grasses and succulents are therefore a nice mixture. A Baby's Tears plant, sedum, geraniums and some succulent varieties could be one option.

Another really simply way to create a vertical garden is to make use of the space on a fence. So, embrace a vine-growing plant. Passionfruit is a favourite, thanks to its deliciously tangy fruit that can be used in desserts, jams, fruit salads or just eaten as is.



Horifocus Living



The flowers are pretty as well. All you need is a trellis! Simply purchase some trellis mesh and nail it into the fence so it will support the growth of the passionfruit vine.

# What to Sow in Winter

Tayla Foster

Winter, a time that the gas heater comes out of hibernation or the fireplace is on every night, a time that the sky falls asleep at 5pm and the kitchen is filled with the smell of soup on the stove. Winter is the ideal season to stock up that old vegetable garden that has been forgotten about since last year. Sow a variety of delicious and nutritious foods this winter and enjoy the naturally grown goodies in the future.



## Carrots

This vegetable is a household favourite that fills our bellies with delicious tastes, fibre and nutrients and adheres to the age-old tale of improving one's eyesight. For an exceptionally early crop of carrots in spring, get planting right away this winter.

## Garlic

Garlic is quite possibly the easiest crop to grow within the winter season, an all-round favourite in hearty dishes such as pastas and stews. Garlic, however, does have a long growing season and will not be ready to harvest until summer, but it is well worth the wait!



## Spring Onions

Winter hardy varieties of spring onions make a tasty accompaniment to winter stews, soups and salads. Their delicious crunch can be harvested in most seasons of the year especially in the cooler seasons.



## A BEAUTIFUL WINTER GARDEN!

That's Birches of Leura nursery. Its winter in the Mountains – cold crisp days and chilly nights - but that doesn't mean your garden has to be dull and boring. We have gorgeous seasonal colour – cheerful pansies, violas and vibrant

polyanthus – to fill those bare spots or create stunning pots overflowing with brilliant blooms. To brighten the inside of your home we have fresh cut flowers, beautiful indoor plants and a large range of elegant gifts!



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Paintings from Kate Owen Gallery.

# Incredible Indigenous Art

Isabella Ross

There is something uniquely beautiful about Indigenous art. The colour, the history, the culture and more.

Indigenous art is centred upon storytelling – visual media detailing stories of ancestors and dreamtime. Australia is fortunate to have some of the oldest examples of art in the world, commonly in the form of Aboriginal rock art. Archaeological research has also shown some rock art findings to date back over 40,000 – 60,000 years ago, highlighting just how intrinsic art is within Aboriginal culture.

## CHOOSING A PIECE

As with any piece of art for the home, it is completely up to personal taste. One painting may be loved by one and disliked by another. That's the beauty of art – it's personal. Another handy tip is to keep in mind the aesthetic of the space in which you want the painting to be placed. Does it have an interior theme? Or a predominant colour, such as cool or warm toned? Simply put, keep in mind a colour scheme for the chosen artwork that will complement the rest of the room.

## WHAT TO LOOK OUT FOR

It is always good to look for galleries that are partnered with the Aboriginal



Paintings by Tony Sorby.

Art Association of Australia (AAAA). Paintings that come with certificates of authenticity are also a necessary detail. This is ethically important as this is in place to ensure the protection of the artists and their artworks from exploitation.

## WHERE TO LOOK

In Sydney there is one predominant location where you are bound to find something you love – Kate Owen Gallery in Rozelle. These photographs of the beautiful paintings available at Kate Owen Gallery only capture a small percentage of what's on offer. Having visited it myself, there are over 2000 original artworks by Indigenous artists across the country at Kate Owen Gallery. It was incredible to see the three-floor space teeming with such a diverse range



'Rocky Falls' by Dhinawan Baker.

of artworks varying in price points. The gallery is also a member of AAAA, and all paintings come with certificates of authenticity, with some even offering 'work in progress' photographs of the artists creating the work.

<https://www.kateowengallery.com/>

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# Getting to the Root of the Problem

Brian Roach

Over the past few months the focus has been on native plants that are particularly adapted to drought or hot, dry conditions. Various Grevilleas and then Eremophilas were recommended in this regard, followed by our wonderful grey-foliaged native plants. But have you ever wondered why our local bushland did not significantly suffer during the extreme conditions we experienced in Sydney over the final three months of last year?

We had virtually no rain and some very hot days during that period and yet the trees and shrubs in the bush didn't seem to care. All the while, many of the plants in our gardens just turned up their toes. In the main, it's all about roots.

I'm fortunate to have a nice boat and I spend quite a bit of time in Cowan Creek and Broken Bay. I never tire of looking at the landscape surrounding this wonderful waterway with dense

shrubbery and trees flourishing between great swathes of sandstone. So, how do these plants cope with extreme conditions? The multitude of different plants in the bush burst into flower and then, all going well with the pollination process, scatter the resulting seed all over the place. To coin the old biblical story, some fall on rocky ground and wither away. Some fall among other bushes and can't compete. But some fall on fertile ground and germination takes place.

It's the tap root that gets the ball rolling, so to speak as it wends its way down to find moisture and some minimal nutriment. Other secondary roots branch off the tap root but without that precious tap root, the plant would not survive extreme conditions. The vast majority of plants we stick in our gardens have no tap root. Looking at this photo of our front garden, I can only see the Gynea Lily (*Doryanthes excelsa*) that I know was grown from seed. All the rest were



propagated by cutting except the trees in the background. When a plant is propagated by cutting, it has no tap root and the roots formed are known as adventitious roots. They are not a natural process of plant development. The roots formed in this method of propagation tend to grow laterally with no tap root to sustain the plant when times get tough. Even with plants we buy that are propagated by seed, the tap root never does the job it does in nature because once the little seedling is stuck in a pot, it starts to spiral – and that's the root of the problem!

**Brian Roach** spent his professional life as Crown Prosecutor/Barrister before retiring. Brian runs a cottage industry native plant nursery from his home in Westleigh, as well as being a member of the Australian Plants Society.

# A Winter Dinner Party

Isabella Ross

## Hosting 101

There is no denying that with hosting duties of any social occasion comes a lot of stress. For those who have put their hand up to host a dinner party, good for you! Creating a warm, inviting and relaxed ambience is the end goal, and here are some ways to achieve this. Given it's winter, having some sort of heating is needed. Drinks are also high on list, so have a few options such as wine, juice, spritz or water. Another handy tip is to have some soft-sounding music in the background, as this has a major impact on the atmosphere.



## The Menu

Modern Italian is a cuisine that is incredibly popular amongst Aussies, so why not be inspired by Italy's love for fresh ingredients and punchy flavours. Bruschetta is an antipasto popular on countless restaurant menus. A salad served with dinner is always a nice idea, especially one like the Caprese made with sliced fresh mozzarella, tomatoes and basil. Fish is in abundance in Sydney, so embrace this protein as well with a side of baked veggies and flavourful dressing like salsa verde. Lastly, finish off with an iconic Italian dessert of panna cotta, and serve with a warm berry coulis.

## The Table Setting

Everyone appreciates a beautifully set dining table, as it shows thought and care. Whether it's placemats, linens, coasters, drinkware or cutlery, there are countless ways to add delicate touches to the table. To bring some warmth into the home, especially during these chilly temperatures, opt for a dark-toned palette as inspiration, such as slate, navy, forest green or black. Now another nice piece to consider is either flowers or candles. It does not have to necessarily be over the top – for example a simple vase with an arrangement is suffice. Just choose a centrepiece that works for you and what you like.



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# Kitchen transformation

Everyone deserves a new kitchen without the hefty price tag! Being stuck inside these past few months, you might have noticed all the areas of your home that need a little love. If your kitchen needs a renovation, you can quickly and easily give it a face lift. This is where Sydney Doors comes in. Replacing the doors and leaving the cabinets is a very cost effective and time efficient method of achieving a beautifully renovated kitchen.

Sydney Doors makes custom sized doors, panels and drawer fronts, painted in a quality polyurethane paint finish for your kitchen or built in wardrobes. Even better, there are no delays in delivery as all doors are made in Australia. Getting a quote from has never been easier.

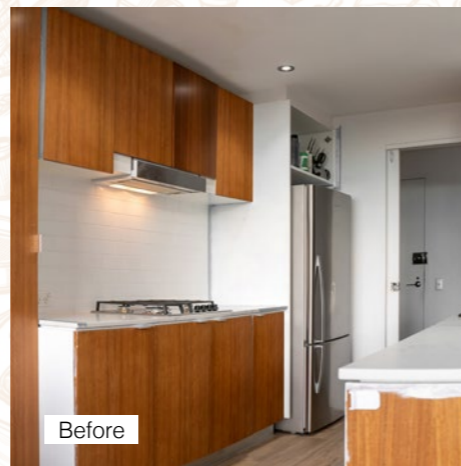
To get a basic, initial estimate is quick and easy. Simply follow these two steps:

1. Visit their website and let them know which design you like. For kitchen doors you find this at: <https://sydneydoors.com.au/kitchen-doors/> For wardrobe doors you find this at: <https://sydneydoors.com.au/wardrobe-doors/>
2. Write out your measurements (height x width in mm), quantity of doors and panels and send it to [info@sydneydoors.com.au](mailto:info@sydneydoors.com.au)



It is important to note that the initial estimate will not include the cost of new hinges, hinge hole drilling, custom paint colour or any other extra accessories that you may require. Sydney Doors will call or email you to discuss your needs for these items!

To get an idea of what can be achieved, just look to this amazing transformation shown. The doors were installed in one day and the owner didn't even have to remove the content of the cupboards! Too easy.



## 3 Tips to Beat Winter Blues

Johanna Rumphorst

Sydney is the city of sea and sun, so dropping temperatures and seasonal winter blues are hitting extra hard in those colder months. Seasonal affective disorder is believed to be caused by the changing seasons, with common symptoms including hopelessness, social withdrawal, and fatigue. Good thing that the recent lockdown trained us how to spend more time indoors and make the most out of Sydney's winter. Here are 3 tips to banish your winter blues!

### 1. DRINK SOMETHING WARM

What is better to lift the mood than a warm drink! Hot chocolate is the classic comfort drink and easy to make. You just need cocoa powder, your choice of milk (heated up), sweetener and extras like vanilla syrup. A cup of fresh peppermint tea is great before going to bed, peppermint is caffeine free and helps you to relax. You only need fresh peppermint and boiled water. Honey is a great natural sweetener but optional.

### 2. VITAMIN D

Due to darker days and grey weather, our body and mind suffers under the lack of Vitamin D. Many try supplements to balance that out, but food is a great and natural way to get your Vitamin D. Try out some new recipes with salmon, herring, canned tuna or sardines – all of them are high in Vitamin D. Another great source are eggs, especially the egg yolk. Fortified Milk Substitutes like soymilk but also soy yogurt and tofu are also high in Vitamin D as well as mushrooms. Besides a diet change you should also spend at least 15 minutes a day outside, even if it's rainy.

### 3. INTRODUCE HYGGE

Hygge is the Danish art of comfort – and Danes are the second happiest people in the world! Danes are trained to live in the cold and invented hygge to survive the cold and dark winter months. The idea is to spend a cosy evening with your friends or family. It's common to light a candle, put on some nice music and cook a meal for your loved ones. Nothing crazy and nothing new. It's about consciously taking quality time for yourself and to make the most out of the wintertime. Some hygge time will definitely help you beat your winter blues and luckily spring is around the corner (almost).

## Health Corner

Tayla Foster

### Sanitising: The Balance

The threat of the pandemic saw the mass consumption of hand sanitiser. Australians went into a state of frenzy, scrubbing themselves to the bone up to 20 times a day. Studies suggest that the excessive use of sanitiser can lead to skin infections, lower immunity, not to mention the solution is highly flammable. Sanitiser is designed for individuals to use after they have already washed their hands and wish to take the precaution further, by squeezing the size of a pea into their hands.

### Aloe Vera Tea

Aloe vera is incredibly soothing for skin irritations and maintaining a healthy digestive system. The benefits from drinking one cup of aloe vera tea are limitless, not to mention the sweet and smooth taste. The consumption of aloe vera helps to fight digestive disorders and flush toxins from the body. Aloe vera is a natural and instrumental substance that promotes boosted immunity – give it a go!



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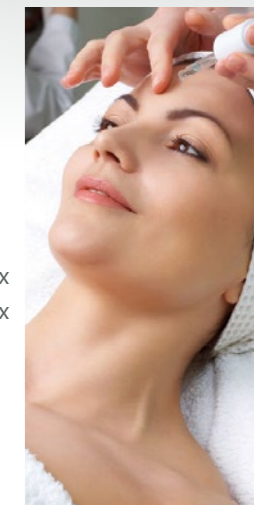
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# Children's First Teeth

Dr. Ian Sweeney

A child's first teeth are just as important as their permanent teeth. Dental decay in a 'baby tooth' has just as much potential to hospitalise a child with acute infection or facial swelling as does decay or infection in a permanent tooth. A child's first teeth are essential for a child to speak and chew as well as help to maintain space for the permanent teeth to erupt. The premature loss of a baby tooth may have a dramatic result on the final position of the erupting permanent teeth. Many primary teeth should remain until the age of 10 or 11 years. The early loss of one of these teeth will create severe crowding resulting in extensive and expensive orthodontics.

## HOW TO AVOID PROBLEMS

FLOSSING between your child's primary teeth is one of the best preventive measures to avoid dental decay. Tooth brushing should be a fun experience! Making it part of the normal evening routine will be beneficial in the long run. A child will learn that the last thing to happen before bedtime is to brush their teeth. Parental modelling is important as the toddler will see and learn that mum and dad brush and floss as well.

## GENERAL ORAL CARE GUIDELINES:

- A child's first dental visit should occur prior to their first birthday for an assessment of cavity risk and for advice on dental hygiene.



- Children less than two require gentle brushing with a soft child size brush without toothpaste.
- At two, start to use a small smear of low fluoride toothpaste (Colgate Junior or Macleans 'Milk Teeth' or similar).
- Ingesting excessive amounts of fluoride may cause discolouration of developing permanent teeth.
- Brush pre-schoolers' teeth for them using a smear of low fluoride toothpaste. They are not in a position to effectively brush their teeth until approximately 8 to 10 years of age.
- Flossing twice daily should occur as soon as adjacent teeth contact each other. Tooth brushing alone is not enough.

## CHILDREN AT RISK OF DENTAL DECAY:

As soon as teeth erupt into the mouth the risk of decay may occur, even before the age of one! There are three groups of children at risk:

1. Baby bottle decay: Prolonged use of a night-time bottle (or sippy cup) containing anything other than water will place a child at risk.
2. Sweetened dummy caries: Dummies dipped in sweet substances to be used as pacifiers.
3. Nursing decay: Particularly prevalent in children who breast feed well beyond twelve months of age, or in older toddlers who sleep with their mothers, nursing frequently through the night.

The enamel on baby teeth is softer and thinner than on adult teeth, making them decay easily and quickly. Should you have any concerns regarding your child's teeth please contact your dentist immediately.



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

At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

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# Rise and Shine!

Rejimon Punchayil

If winter is not your favourite season, you will find this helpful. Winter presents us an opportunity to rest longer. Winter also throws a challenge to most people when they want to get out of bed in the morning. It seems as though our body does not follow our instructions. While we can continue to blame our body, its aches and pains or its age, there is definitely something we can do to improve the situation.

Getting in touch with your GP or the Occupational Therapist will provide some essential solutions. One simple strategy is to review the height of your bed and the height of your chair. A minor increase in their height can make a major difference in your ability to get out of a bed or a chair. A rise recliner will provide added comfort as well as convenience.

Another simple solution is to use a bed rail or a bed pole to assist you get out of the bed. If that is not enough for you, I suggest an investment into an electric bed and a good mattress. If you have been procrastinating on these decisions, you are missing out on the indisputable benefits of a good night's rest! An electric bed will make movement easier by doing a combination of things: bending the back, lowering the knee bend, adjusting the bed height and sometimes using the Trendelenburg tilt function.

Independence comes with our ability to conduct our daily chores with less dependence on others. This winter make sure that you can rise and shine with ease and grace using a bed rail or an electric home care bed.

For more helpful solutions visit [www.comfortdiscovered.com](http://www.comfortdiscovered.com)



## Kokoda Residences

Kokoda Residences construction is underway, with completion set for late 2021. The Waitara Avenue site has now been prepared with the Richard Crookes Constructions team progressing the all-important, bulk excavation stage of this exciting Upper North Shore retirement project. Not even current isolation restrictions have slowed their momentum or excitement.

Then, as soon as the bulk excavation is complete, the foundational work will start, which includes Kokoda Residences' exclusive and secure underground parking levels.

Kokoda Residences at Waitara will be an unprecedented offering from Vasey Communities, with a brand-new urban retirement lifestyle development offering 12 floors and communal facilities with a cross section of 117 apartments and penthouses.

Kokoda Residences' retirement apartments will offer an inspired retirement lifestyle. Stunningly appointed, open plan kitchens, complete with thoughtful design touches will lead you into stylishly finished and enticing living spaces. Choose from delightful one, two and three-bedroom apartment or penthouse living.

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# Are You a Worry-Wart at the Moment?

**Dr Sue Ferguson**

A certain amount of anxiety or worry is normal and helpful. If you often feel shaky, get butterflies in your stomach, find it hard to relax, or worry a lot, these can be part of anxiety. A good way to reduce anxiety is to practice relaxation or meditation! *Smiling Mind* or *Calm* apps are good.

Try this breathing exercise – take a long slow breath (imagine you are sniffing a flower or perfume), then slowly breathe out (imagine you are blowing out candles).

It's normal to feel concern and be hesitant to get back to activities we have avoided for a while (in this case, justifiably due to COVID-19). But research has shown that pushing ourselves to do these activities will help the apprehension diminish. So, when the government says it's safe for older adults, follow any precautions suggested (e.g. washing hands and keeping 1.5 meters

apart), and try restarting some activities that help you stay healthy and that you enjoy. Use extra caution if you have chronic health problems or are over 70 years.

Anxiety can also make it hard to make decisions or enjoy things. It can disrupt your sleep, or make you avoid activities. If it's got to this stage, then it's time to consider getting some help. If you're not sure if your level of anxiety is normal, complete the assessment at *myCompass* for Seniors, then use their self-help resources, or the new free online treatment program through Macquarie University's Centre for Emotional Health (email: [STOP@mq.edu.au](mailto:STOP@mq.edu.au) or call 9850 8715). You can also talk to your GP or ring the COVID-19 Information and Support Line for Seniors: 1800 171 866.

As Walter Anderson said, "nothing diminishes anxiety faster than action."

<https://www.mycompass.org.au/Seniors>



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

**Isabella Ross**

New research from investment management firm Challenger has shown the impact COVID-19 has had on the finances of Aussie retirees. 65% of seniors are concerned about income in retirement, with a further 49% not confident they will have financial security over the next five years. The Australian Share Market has been greatly affected, a fluctuating wave that has resulted in higher levels of insecurity among investors. According to the ABS, there are approximately 3.85 million Australian retirees, highlighting the scope of the issue.

"These results show the impact of COVID-19 on our economy has caused significant stress among Australians, affecting their mental and financial wellbeing," noted Challenger's Chief Executive, Distribution, Product and Marketing, Angela Murphy.

National Seniors Chief Advocate, Ian Henschke spoke further of the financial hardship retirees are experiencing. "Retirees with market investments are being punished financially, undermining their capacity to contribute to the economic recovery. With around 3.8 million Australians

aged 66 and over, it is important to understand the enormous contribution this section of society has on the overall economy. Retirees are the single most important contributor to discretionary spending. Retirees don't just invest in the share market, but also in their community."

Yet there is always hope. Like anything in the stock market and for super, growth and rebalancing take time. Aussie Seniors are fortunate to have support in the form of the Older Persons COVID-19 Helpline on 1800 171 866.

# Connecting Through Letters

**Dipti Singh**

Amid the pandemic, older Australians have been at an increased risk of experiencing feelings of isolation and loneliness due to lockdown and social distancing. Many seniors depend on others for social contact and now is the time when they need it the most. Discouraged by face-to-face encounters, The Letterbox Project was designed as a creative way to help seniors connect with others. The new initiative founded by Connected AU is intended for older adults who are confined to their homes and have no access to technology or the capacity to engage with it. The project aims to collaborate with a network of over 3,000 writers, including families,

school, and community groups to connect thousands of older adults who are excluded from their normal social networks. This is a project that everyone can join in and who are wishing to help keep others visible and appreciated.

Connected AU and Council on the Ageing (COTA) are calling for community members to nominate senior family members, friends, or neighbours willing to accept a kind gesture in the form of a letter. COTA Chief Executive, Ian Yates said, "meaningful social connection is central to everyone's health and wellbeing, including older Australians." Mr. Yates said that the Letterbox Project is a significant initiative when the rest of the country is starting to open, but limits on access to old-age nursing homes will continue for some time and advised older Australians to be careful and stay home.

"In times like this, receiving a letter from someone you've never met who is thinking of you and wishes to bring you joy is a wonderful feeling for anyone," said founder of Connected AU, Mea Campbell.

To register as a writer or receiver for the Letterbox Project, go to [connectedau.com.au/the-letterbox](https://connectedau.com.au/the-letterbox)

For assistance in registering, contact COTA Australia on 1300 COTA AU (1300 26 82 28).



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# The Foundation of a Happy Life

Kerrie Erwin

Have you ever noticed 'unsuccessful' people live in fear? They are the haters of the world, envious, continually complaining all the time and are stuck in the 'poor me' energy. Successful people on the other hand are blessed and operate at a more blissful, lighter vibration as they build not only themselves up but others as well. This in turn creates good karma where miracles are created daily.

When you think about it, a toxic build-up of hatred, fear, jealousy and negative energy can really create havoc in your energy field. Overtime this will lead to illness, a lack of energy and lead you off your path and in the wrong direction. Not only will you feel confused, but you will undoubtedly feel drained, sick and miserable and undoubtedly not able to make conscious decisions. These dark, toxic waves of negativity can be disempowering, emotionally and spiritually! They are also extremely destructive in the extreme, creating illness in our minds, body and spirit, thus disconnecting us from the source of unconditional love and our true essence of light from spirit.

Negativity not only sucks away our positive energy, but also disconnects us from all our goals, hopes, dreams and our spiritual growth to grow to higher vibrations and far better realities. We have the power and free will to change our destiny and have successful lives. You may think this is hard, but by just listening to your inner intuition, creating boundaries, using positive affirmations daily and taking personal responsibility, we can create whatever we truly desire. Kindness also plays a big part in this, because when we are kind to ourselves and others, the rest will follow. It's a universal energy that flows so easily in our world opening up hearts and absorbing everything wherever it goes.

Winter is generally a time of reflection to go within. Perhaps it is also a time to clear out any unwanted clutter, people or situation's that no longer serve you. After all spring is just around the corner, with exciting new things and opportunities to come.

Love and blessings

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Kerrie Erwin is a Psychic and Medium  
[pureview.com.au](http://pureview.com.au)

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# Orange and Almond Cake



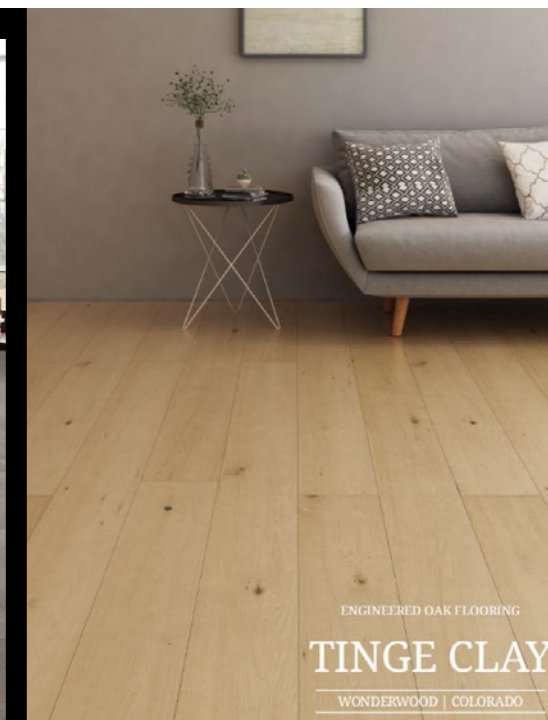
Isabella Ross

## INGREDIENTS

- 5 big oranges
- 420 grams castor sugar
- 375 grams almond meal
- 7 eggs
- 1 tsp. baking powder
- A handful of flaked almonds
- Icing sugar

## METHOD

1. Soak all the oranges in warm water to get rid of potential wax for 20 minutes, then remove from water. Take 3 of the 5 oranges and place them into a large saucepan with enough water to cover them. Bring to boil on a medium heat and wait until soft in the centre. This will take approximately 2 hours.
2. Drain and set aside and let cool. Meanwhile, preheat the oven to 160°C. Grease the tin and line the bottom with baking paper.
3. Trim the ends, skins, seeds off the 3 oranges. In a blender, then blend the contents of the stewed orange so that it forms a thick puree.
4. With the 4th orange, cut this into thin slices and arrange in concentric circles on the base of the tin.
5. Whisk the eggs and sugar in a bowl. Just combine and then leave it to stand for approximately 10 minutes to let the sugar dissolve. Fold in the orange puree, baking powder, almond meal and almond flakes and pour cake batter into the tin.
6. Bake until golden, and when the centre of the cake is just cooked (not dry). Use a skewer to test. This will take over 60 minutes, so consistently check the cake after this time. Cool on a wire rack.
7. With the 5th orange, squeeze the juice from the fruit and add as much icing sugar as needed to make the glaze. Also add a bit of zest from this orange to the glaze. Poke holes in the cake with a skewer and pour the glaze across.



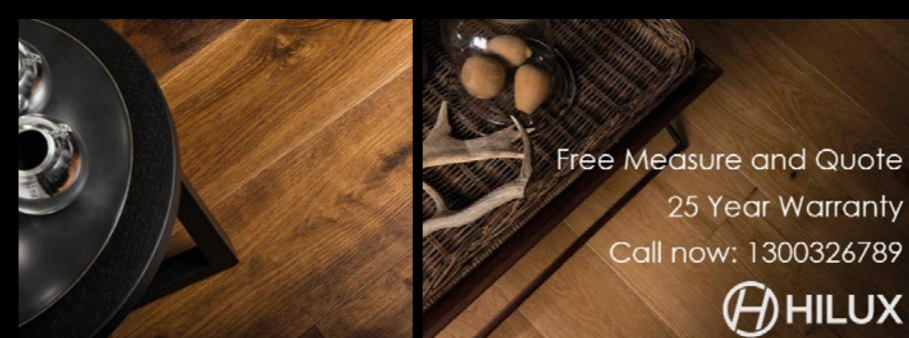
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