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Sydney Observer

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Create an
Outdoor Haven
at Home

Sydney Garden
Competition

OUR TOP
3 Reads

North Shore
Street Libraries

Surfing Superstar

Steph Gilmore

SPRING
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September is Here!

Spring has officially sprung, much to our delight! It feels wonderful to say goodbye to the brisk temperatures of winter, with our September Issue embracing the change in season. Whether it's our lemon meringue pie recipe (34), a guide on spring cleaning for the home office (19) or an exciting gardening comp open to all Sydneysiders (9), there is plenty to enjoy.



On our cover is the incredible Steph Gilmore, otherwise known as Australia's golden girl of surfing. It was wonderful to chat to her about the upcoming Australian Grand Slam of Surfing, along with her passion for gender equality (14 – 15).

The September Issue also has lots of relevant information for seniors, including some truly lovely retirement residences and golfing locations across the North Shore. So, whether you have a passion for gardening, beauty, education, wellness or want to keep up to date with some local news, there is something for every reader!

Remember to follow us on Instagram @sydney_observer and like us on Facebook to stay connected with Sydney Observer.

Isabella

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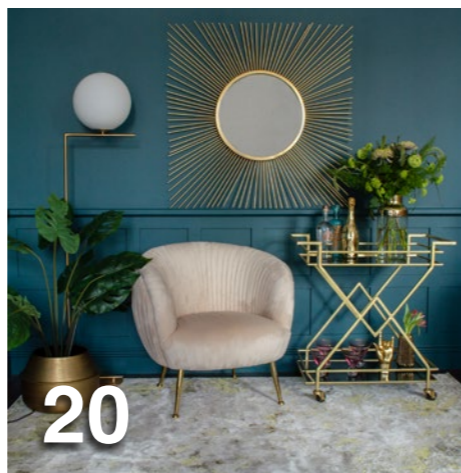
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Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turrumurra	Willoughby

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LIVING CHOICE ALLOURA WATERS OUR SERENE, SAFE SANCTUARY

If you're looking for a safe and peaceful place to retire to, make the trip to the Central Coast to inspect the homes available at Living Choice Alloura Waters in beautiful Davistown. Bev and Jim Tritton chose a waterfront apartment with stunning water views. This is their story.

“Once a year, we enjoy a brief but exciting visit from our only child, Mark and his family who live in New York. He steps out onto the balcony of our Alloura Waters apartment, takes in the view, exhales and proclaims, ‘Oh...the serenity!’ It was this view that drew us through the spacious living area to the balcony where I (Jim) was quick to state, ‘This is it!’ Further inspection only confirmed what we were feeling as we took in the cathedral ceilings with light-filled spaces throughout.

“It's been delightful to widen our social circle by developing new friendships in the village. These formed so quickly in a vibrant, social environment through interaction with a wide range of activities and excursions.

What is so impressive about retirement living at Alloura Waters is the diversity, not just in the village's housing types but also in community and lifestyle options. When the COVID-19 pandemic finally allows us to get back to some sort of normality, we look forward to welcoming our USA family back to our wonderful, safe and peaceful home.”

Come and see what Living Choice Alloura Waters can offer you – we also have retirement communities at Broadwater Court in Kincumber and at Deepwater Court in Woy Woy. We have COVID-Safe guidelines in place so please phone ahead to book an appointment.

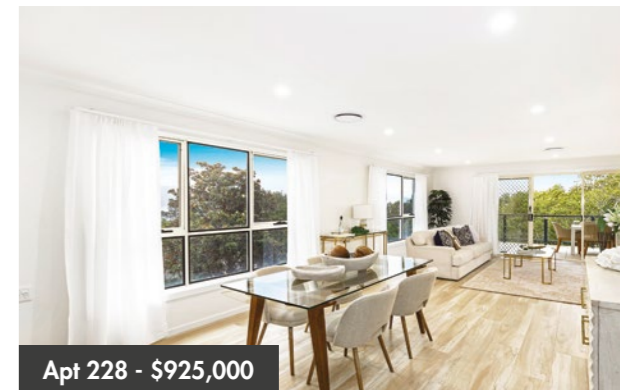
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SNIPPETS

Vincent Rivaud/Pexels



Bondi beach, Sydney.

Hornsby Council's Recycling Initiative

Hornsby Shire Council is providing residents living in apartments free recycling caddies to encourage proper recycling. This innovative project will allow residents to better separate their recyclables and also reduce the need for people to carry their recycling to the yellow bin in plastic bags. Hornsby Shire Mayor Philip Ruddock described the initiative as a cooperative approach, with the council not only helping residents separate their recyclables but also eliminate contamination of the yellow-top bins.

Changes to COVID Supplement

The Centrelink Coronavirus Supplement that is currently at \$550 per fortnight will be available until the 24th of September and will then be reduced to \$250 per fortnight until the 31st of December this year. From September, the income free area for both JobSeeker and Youth Allowance will increase to \$300 per fortnight. Means testing will also be reintroduced as well as changes to the JobSeeker payment partner test.

\$54,000 Ku-ring-gai Grants

Ku-ring-gai's environmental levy has been awarded \$54,000 in grants which will be used to fund many community-based projects. These grants will be distributed every year as a way of implementing community-based projects within local neighbourhoods. One of the key beneficiaries was the Rofe Park Bushcare group who received \$3500 to conduct a study of native animals within the area. Mayor Jennifer Anderson noted that the council would be providing an additional \$100,000 in grant funding to the community over the next 12 months.

Green Advice for Ku-ring-gai Locals

Ku-ring-gai Council's 'Greenstyle' advisors are offering homeowners free advice on making their properties more sustainable and lowering bills. The council's Greenstyle program offers Ku-ring-gai property owners in-house consultations on reducing energy bills and creating a warm inviting home that is also sustainable. The advisors are available for free 30-minute Zoom or phone consultations throughout September, to discuss topics such as energy, water efficiency, thermal comfort, basic solar panels, and other saving opportunities.

Plans for Byles Creek Valley

Recently, Hornsby Shire Council held a meeting in regard to plans for Byles Creek Valley in Hornsby. Locals were significantly concerned over potential redevelopment plans affecting fauna and flora. However, Mayor Philip Ruddock believes the Byles Creek Strategy is an effective compromise. A walking track is part of the new plan, with the main goal of ensuring ecological factors are front of mind.

Hornsby's Generous Donations

Hornsby residents are some of the most generous in the state, according to a recent finding. When it came to the Cole's appeal to support the Sydney Children's Hospital, shoppers in the greater Hornsby area raised over \$27,800 by purchasing \$2 donation cards at Coles stores in just two weeks. "I can't thank these shoppers enough for getting behind this important initiative to help sick kids particularly during these challenging times," said Sydney Children's Hospital CEO Nicola Stokes.

Lane Cove Makes a Splash

With all of the doom and gloom going on in the world, how exciting would it be to have some fun in the sun ready for summer to roll in? Enjoy the true taste of an Aussie summer by diving into the beautiful new outdoor pool at Lane Cove Aquatic Centre this October. The eight-lane, 50 metre pool provides a flexible setup with a state-of-the-art divider allowing the pool to operate in both 25 metre and 50 metre lengths.

North Shore Photography Comp

Locals are invited to enter Hornsby Ku-ring-gai Hospital's Photography Competition. The winning entrant will receive a \$250 gift voucher and finalists will have their work displayed as part of the permanent collection of artworks in the new building. "We would like to see photographs of what inspires you about living and/or working in the Hornsby Ku-ring-gai community, particularly uplifting images of the amazing bushland and bird life in the area," said General Manager Lee Gregory. Entries close September 25.

<https://www.nslhd.health.nsw.gov.au/Hospitals/hornsby>

A Lush Hideaway in Killara

Swain Gardens is not known by many, except for some true-blue North Shore locals! Located on Stanhope Road, Swain Gardens is a hidden gem in the lush suburb of Killara, with some truly gorgeous greenery to be seen. Whether it's a picnic or short stroll, there are lots to experience. If you have any local spots you would love to share with the community, email and let us know via editor@kamdha.com.



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North Shore



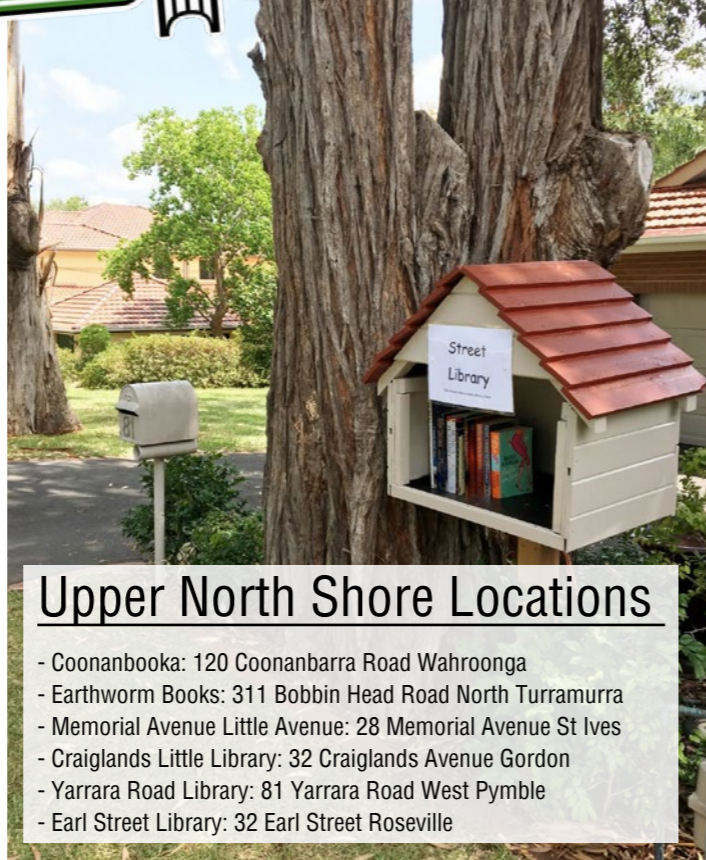
Isabella Ross

Book worms across the North Shore are in good hands, thanks to the humble yet brilliant Street Libraries. Officially beginning in Sydney in 2015, the Street Library organisation, founded by Nic Lowe, has been rapidly expanding over the past 5 years, to a total of 1200 across Australia.

Nic's vision stemmed from wanting to build an Australian-based free library movement that encouraged literacy and community. "It's a great community project based around something I love (books) and I believe that books are the foundation of all knowledge. In these times of digital overload, we forget that long form literature can express complex and nuanced ideas, concepts and stories that enrich our lives in ways a 20-word Facebook post can't," said Nic.

Locals are encouraged to visit one of the nearby Street Libraries, reach in and take a book that interests them. When they are done, they can return them to the Street Library network, or pass them onto friends. You are also welcomed to add a book of your own to the box, sharing the joys of reading with the whole community.

If you are interested in making your own Street Library for your neighbours to enjoy, visit: streetlibrary.org.au/build/



Upper North Shore Locations

- Coonanbooka: 120 Coonanbarra Road Wahroonga
- Earthworm Books: 311 Bobbin Head Road North Turramurra
- Memorial Avenue Little Avenue: 28 Memorial Avenue St Ives
- Craiglands Little Library: 32 Craiglands Avenue Gordon
- Yarrara Road Library: 81 Yarrara Road West Pymble
- Earl Street Library: 32 Earl Street Roseville

Sydney Spring Garden Competition

Do you have a wonderful front garden that you think could win the award for Sydney's best residential front garden? Enter now!

Entries are open for the 2020 Sydney Spring Garden Competition. "The Sydney Spring Garden Competition was created to award those who devote so much time and talent into creating stunning gardens which the entire community can enjoy," Competition Judge Cecily Roger said. "What makes this competition unique is that every garden has to be visible from the street and we actually examine each of the finalist's gardens from a street view to judge its beauty from the perspective of the local residents."

Open to residential front gardens of any style or size across the Sydney area, gardens are judged based on design quality, functionality, general maintenance, condition and use of unique and imaginative design qualities. It is free to enter and Sydneysiders are



Donald Pickens and his wife in front of their 2019 winning garden.

encouraged to fill in an entry form on the RAS website and send a photo of their stunning garden. Entries close October 14. The winner will take home

the title and a \$2000 gardening package thanks to Flower Power.

<http://bit.ly/royalcompetitions>



Norman Griffiths Sportsground West Pymble

Have your say

Ku-ring-gai Council is considering converting this sportsground's playing surface from grass to synthetic turf.

Comments from the community on the proposal are invited at oursay.org/ngsportsground until **Monday 21 September 2020**.

Enquiries: Guy Thomas on 9424 0000



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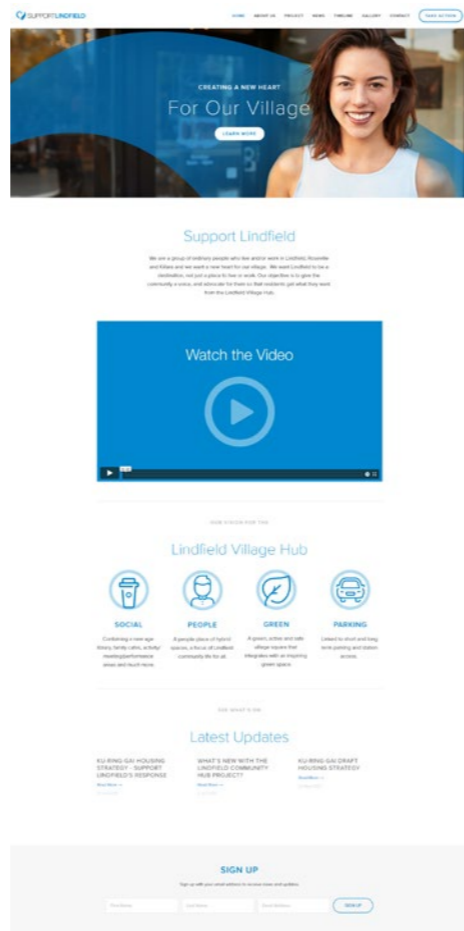
Eliza Cusack

Community group 'Support Lindfield' are raising growing concerns about council's housing strategy. The strategy will include high rise towers in Lindfield with the possibility of buildings at 15 storeys. President Linda McDonald said she is concerned about the concentrated apartments and lack of housing diversity and believes enough hasn't been done to consult the community. The housing strategy scenarios also stretch to Gordon, Turramurra and St Ives all which propose buildings from 10 to 15 storeys.

A recent survey conducted by Support Lindfield asked residents: 'what do you think is an appropriate, reasonable and acceptable building height near Lindfield station?' The results showed that 82% of respondents believed that 5-7 storeys were reasonable. "If you don't want 15 storeys in your neighbourhood, you

have to do something about it, it isn't part of a sustainable future in the area," noted Linda.

The initial reason Support Lindfield was formed was to promote the Lindfield Village Hub, which is still in the works and has been for quite some time. The vision of the hub is to provide a hybrid, green and safe village square for the residents of Lindfield. This space will contain a new age library, performance areas and family cafes with the additional hope for a bridge link to the railway station. While Support Lindfield is still working towards this vision, they are also strongly advocating for the reconsideration of the housing strategy in the meantime. Councillors will be voting on whether or not to adopt the strategy on September 22. To take action online, you can go to <https://supportlindfield.net/> to fill in a form. Alternatively, you can visit Lindfield Pharmacy 316 Pacific Highway and ask to fill in a form there.



To take action online, you can go to <https://supportlindfield.net/>

Styles of Learning

Tayla Foster

Every student learns differently. To allow students to reach their limitless potential we must first unlock the type of learner they are and how to properly cater to their needs.

CHALLENGE

Have you ever read that your child might be easily distracted in class, constantly talking and distracting others? But when looking at their academic results you notice they excel? It is often the smartest children that will mess around in class for one simple reason – they're bored. The trick to helping those students is to prescribe them with work that will push them to reach their personal best.

VISUAL LEARNERS

These are creative students who respond



best to visual stimuli, including images, colours and video graphic formats. Visual learners process information that they can see better than information that they hear like auditory learners. As such means that visual learners prefer to read over listening and write over speaking aloud.

INDEPENDENT LEARNERS

Being an independent learner does not

necessarily mean the student is anti-social or shy, it simply means they work best quietly when they are in the zone. Independent learners are self-motivated and do not require the validation of others to complete their work. Independently engaging with their prescribed work means that the students are taking control of their learning and will work best when left to their own devices.

AUDITORY LEARNERS

Auditory learners respond best to work they can hear, for example music and videos that they can listen to at their own pace. Auditory learners depend on listening and speaking as a main way of learning. Auditory learners must always be able to hear what is being said by the teacher or audio in order to process and understand the content.

Start the Conversation: R U OK?

Tayla Foster

The 'R U OK?' Foundation is a nationally recognised suicide prevention charity designed to empower and inspire individuals around the world to connect with one another on a deep level. The prospective vision of the foundation is to live in a world where it isn't taboo for someone to express their feelings openly and freely to another person in fear of rejection and judgement. Their motto, "a conversation could save a life" speaks of the simplicity in making another person's day brighter just by simply asking them, 'are you okay?'

Depression is a deadly silent killer, with suicide being the leading cause of death for Australians between the ages of 15 and 44. A phone call, a question and the knowledge that someone is willing to listen is all it takes sometimes. So, what should you do this September 10? R U OK Day is designed to engage Australians to connect with people in the community they may



have concerns about, encouraging them to seek further help and to follow up to ensure support is being provided.

For Ku-ring-gai Council locals, there is an inspiring online event that our readers are encouraged to look into. On Thursday September 10 from 6:30pm-7:30pm, listen online and be inspired by the growth of former Detective Sergeant Simon Gillard, who spent his career investigating major crimes

in Sydney and as a result developed complex PTSD and depression. Even when he believed the depression had got the better of him, Simon found a way to create meaning, purpose and passion again which allowed him to move forward and help others. To book visit: http://bit.ly/RUOK_PTSD_and_depression

Remember to reach out, support and show your love – it just may save a life.

<https://www.ruok.org.au/>

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Preparing for HSC in Unprecedented Times

Eliza Cusack

The class of 2020 is facing potentially the most unprecedented time in their life during their final year of school. As if studying for the HSC wasn't stressful enough, imagine facing it during a global pandemic! There is a silver lining however thanks to the new HSC hub. The digital hub was created at the end of June, with resources being updated as we speak. The NSW Education Minister Sarah Mitchell said, "this hub is a way to centralise support for our students providing them with a quick and easy point of reference for questions they might have on anything relating to the HSC." These online resources will reach every student, with devices being supplied to students up until the end of HSC so that even those in remote areas will be able to access resources as well. While the future can look uncertain, the most powerful thing the class of 2020 can do is remind themselves to stay in the present and that they are not alone in this.

Anxiety and worries about the unknown are completely understandable, yet there are a few study tips and stress relieving techniques that can ease those burdens. In stressful times, our body tends to go into a 'fight or flight' response. If you are able to learn how to control this response, the less control it will be able to have over you. Practicing mindfulness can be an effective way to relieve stress and can be as simple as starting with some breathing techniques. 'Smiling Mind' is a meditation app developed by



psychologists that has been designed specifically for young people.

Also, setup a good study routine. Make sure you have a designated study space that isn't your bed. This allows your brain to make the distinction between relaxing and being alert and ready to focus. Allowing for breaks is one of the most important things you can do whilst studying. 'Recharge' is an app that helps to track your sleep schedule. Getting enough sleep during this time is one of the most beneficial things you can do for your body. The Recharge app also provides activities to do in the morning that will help get your blood flowing and even includes a mood tracker to help track your emotions and stress levels.

Arden Webinar Open Day

COVID-19 has brought about so much change in education and the period of online learning earlier this year significantly changed the teaching environment almost overnight. Another area of change is how prospective parents view schools and find the best match for their child. This can be a decision that needs to be made very early in order to gain a place at the school of first choice.

Arden Anglican School has campuses at Beecroft (Junior School) and Epping (Secondary School) and in the current circumstances where they are unable to have visitors on site, developed a new way of showcasing their students, staff and facilities to future families. The school was forced to cancel their annual Open Day in March this year, with over 800 registrations.

The Director of Advancement, Mrs Jo Hutchens, introduced a series of webinars with their registrar for families who wanted to find out more about the Pre-school to Year 12 School and how to enrol. "Whilst we are unable to conduct personal tours at either campus, our webinars have proven a great alternative," explained Mrs Hutchens. "They offer a wonderful glimpse of the school for mums and dads."

Arden is currently enrolling students for 2022. Parents interested in Arden can register to participate in a Webinar with the Registrar www.arden.nsw.edu.au

Improve Water Safety Skills

With summer fast approaching, it's important to make sure your kids are as safe as possible around the water. With drownings in children under the age of five increasing by 55% in the last 20 years, it's crucial that your child learns the right water safety skills.

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Photos: Simon Upton Photography

7x World Surfing Champion

Steph Gilmore

Isabella Ross

Steph Gilmore is a force to be reckoned with. Having won 7 World Surfing Championship titles, qualified to represent Australia at the Tokyo Olympic Games and now matched fellow Aussie Layne Beachley for most Women's World Titles in history, it is no wonder we were excited to chat to Steph! Ahead of the Australian Grand Slam of Surfing, Sydney Observer spoke with her about the excitement to get back in the water and the profile of women in sport.

Growing up on the Northern NSW coast, Steph had a passion and talent for surfing since childhood. "My father still is the keenest surfer I've ever met – he was and still is out there two or three times a day. My two older sisters and I didn't really have much say in it – when we were in his care it was like 'alright we're off to the beach!' We all fell in love with it."

In 2007, Steph received a wildcard into a professional event at Snapper Rocks and has been on tour since. "All the magic fell into place. I was able to win the entire contest as a young wildcard and from that moment on I knew I wanted to do this for the rest of my

life and be the best surfer in the world that I can be." Reflecting on the experience, Steph notes that with her young age came a fresh sense of confidence. "When you're young and you know your abilities, you don't tend to have that fear because there isn't much to lose. You're willing to put it all on the line and you're consumed by the fun rather than the nerves."

This balanced mindset is something Steph continues to aim for at present day. "As a seasoned tour surfer, I'm always looking back to how I performed as a younger athlete to really use those qualities in my strategies these days. The biggest challenge is competing on

a playing field that changes every single day, every hour. It's the beauty and the beast of surfing! There's a lot of things out of your control. At the same time though it's also what keeps bringing us back because it's a new experience each time."

Remarkable progress for female surfers has been achieved within the World Surf League (WSL) recently. As of 2019 the WSL announced equal prize money for men and women across all disciplines, something close to Steph's heart.

"We've had Australian females and males that have dominated the sport since the start, but there has been a lot of struggles for the women in the surfing industry, let alone other sports as well. We've come a really long way and I'm proud to be a part of a sport that wants to be a leader like that. In tennis they have equal prize pay just for the Grand Slams, but it doesn't filter into the other categories, whereas in surfing they made a point to make it across the board and support all athletes no matter what gender they are."

What comes with the profession and fame is often becoming a role model for younger fans. "That's the best part of the job, when you get to compete in front of all the fans, and you come in and see young girls in the crowd who are stoked – those sorts of moments make it all worthwhile. Now being out in the surf and seeing so many female surfers in the water every day it has really brought a nice balance to the line-up. I can't help but think that a lot of the professional women just being fearless and cool out in the water have inspired a lot of others to get out on the waves and have a go."

The downtime from travelling for competitions has been a remarkable change in pace for Steph, who had been on tour ever since the early days of her career. "I haven't been home this long since I was 16! Up here on the Gold Coast we've been pretty lucky to have more flexibility. I've been trying to utilise this time the best I can, and it's nice to be able to spend some time in my house with friends and family, play some music and focus on health and fitness."

What's next on the cards for Steph remains uncertain given the pandemic. The world's top surfers were expecting to mark the debut of their sport at the Tokyo Olympics this year, however that



has evidently been postponed. Yet fans can rejoice because The Australian Grand Slam of Surfing is looking to be around the corner. Steph shares her excitement to get back in the water.

"I'm pretty keen to get back into the competition and see if the work I've been putting in during the offseason has paid off. You can ask a lot of pro surfers what they do in their holidays and they would probably say they are going surfing! Unlike many other sports, I'm sure the tennis players don't want to look at a court when they're on holidays. It's just a good feeling for anyone to get out there on the waves. It's like a meditation or a spiritual experience for anyone to be in the ocean."

To keep up to date with Steph visit her Instagram [@stephaniegilmore](https://www.instagram.com/stephaniegilmore) or the World Surf League [@wsl](https://www.worldsurfleague.com)



Steph's Favourite Things

Favourite pastime/hobby other than surfing?
Playing the guitar!

What is the question you're most asked?
'Are you afraid of sharks?'

A subject or cause you are passionate about?
Ocean advocacy and conservation, as well as looking after the planet.

Favourite surfing spot in Australia?
Greenmount Beach QLD.

Your proudest moment?
Winning my first world title.

Wonderful Wattles

Brian Roach

Just what would we do without our wonderful wattles? The drive along the M1 in late winter or early spring simply wouldn't be the same. But sadly, even the more experienced gardeners tend to shy away from putting a wattle in the garden. There are three very questionable myths behind that reluctance. They get too big, they're short-lived and they aggravate asthma. But there are some fantastic smaller wattles. Their life span can be greatly extended by judicious pruning and while wattles often get the blame, the inland grasses are seeding around the same time as many wattles are in flower and the lighter grass pollens disburse widely while the heavier wattle pollens quickly fall to earth. Okay, so don't plant a wattle outside the bedroom window and don't shove your head into a flowering wattle if you're susceptible to respiratory problems.

The first day of September marks the official start of spring, but our local bushland got off to a flying start about six weeks earlier with our beautiful Sydney Boronia (*Boronia ledifolia*) leading the charge. And two local wattles were off and running as well; the Sweet Wattle (*Acacia suaveolens*) and the Myrtle Wattle (*Acacia myrtifolia*). The first of September has also been recently reinstated as Wattle Day much to the thanks of Maria Hitchcock of the Armidale Group of the Australian Plants Society and Macca from ABC radio's *Australia All Over*. It had been formerly celebrated on 1 August from 1916 after sprigs of flowering wattle (probably the Cootamundra Wattle – *Acacia baileyana*) were sent to troops overseas. And needless to say, our national floral emblem is The Golden Wattle (*Acacia pycnantha*).

If I was pressed to recommend a smaller-growing wattle for Sydney gardens it would be the Crowded-Leaf Wattle (what a terrible common name



Acacia conferta.



Acacia mariae.

– *Acacia conferta*) or the very similar Golden-Top Wattle (*Acacia mariae*). The latter is prolific in the Pilliga and the former a bit further north. They put on a stunning, golden display in late winter, growing to around 2m and are very amenable to heavy pruning. Finally, if you're looking for a local wattle that's not very big in size but very big on repelling all intruders, have a crack at the Spike Wattle (*Acacia oxycedrus*) but caveat emptor – don't back into it with any precious part of your anatomy.



Acacia oxycedrus.

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.



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Annie Spratt / Unsplash



Low Maintenance Fruit Trees

Tayla Foster

Turn your backyard into a miniature orchard filled with glorious fruits. Spending a short period of time planning and preparing a fruit garden can result in a maximum harvest.

IT'S ALL ABOUT THE SOIL:

Soil plays an extremely important role when planting fruit trees. All soil types benefit from the added bonus of organic matter such as compost. The compost will lighten the heavier soils and add nutrients and water retention. If you're feeling particularly focused on building the most beautiful dwarf fruit trees, you may consider a drainage system to be installed prior to soil build up.

DRIP IRRIGATION:

Drip irrigation is best for low maintenance and small garden structures. It allows the occupants of the home to still be able to enjoy the beauty of their garden, without the constant need to water the plants.

LOCATION, LOCATION, LOCATION!

Just like any fruit tree, dwarf varieties grow best in a sunny yet sheltered location. In countless small gardens, residents often grow their trees along a fence line. This has a number of benefits including size control, the accurate distancing of each tree and the simple one location maintenance. Also make sure to keep out of waterlogged areas prone to flooding.

WHAT TO PLANT:

Dwarf varieties are the way to go if you are small on space. Citrus is the most popular, including mandarins, lemons and kumquats. There are also some stone fruit varieties such as peaches and nectarines. Prepare to be captivated by the simplicity of turning your once bland backyard into a colourful, fruit-filled wonderland.

Homemade Cocktails from the Garden

Isabella Ross



PIMMS

A nice, refreshing fruity cocktail, Pimms is an iconic British beverage. For the homegrown experience, add your own delicious strawberries, oranges, cucumber or mint from the garden. Simply fill a hefty jug with some ice, pour in the Pimms and fill the jug 3/4 of the way with equal parts lemonade and ginger ale. Add the rest of the fresh ingredients, stir and enjoy.

Ingredients

- 180ml Pimm's No 1 aperitif 700ml
- Lemonade
- Ginger ale
- Fresh slices of strawberries, mint, orange and cucumber

LEMON DROP

For those who love the perfect balance between sour and sweet, the Lemon Drop should be on your list. Lemon trees are one of the most common fruit trees across Sydney backyards, so take advantage of your homegrown produce! Take a martini glass and chill in the freezer. Pour the vodka, triple sec and lemon juice into a cocktail shaker with some ice and shake well. Make a mix of the sugar and zest and dip the rim of the martini glass. Pour shaker mixture into the glass and enjoy.



Ingredients

- 1 tbsp. white sugar
- Zest of half a lemon
- 50ml vodka
- 25ml triple sec
- 25ml lemon juice

Spring Clean your Home Office

Eliza Cusack

Adjusting to working from home is a big change and can be challenging during these times. Creating a cleaner and more inviting space will not only make working from home more exciting but will also be a great motivator – as they say, 'clean space, clean mind.'

DISTINGUISH A SPACE:

If you don't already have a designated workspace in your home and are currently working from your bedroom or kitchen table, it may be time to think about creating a separate space that you don't associate with sleeping, eating or other unwanted distractions. If you do have the space, bringing order to the home office chaos should be high on your spring cleaning to do list.

CLEAN, CLEAN, CLEAN:

The next step will be to clean your desk. This means taking everything off and prioritising what needs to be on there and sorting the other documents or knick knacks into drawers. Then clean out your drawers. Every drawer should have a purpose and labelling can help make this clear. One drawer may be dedicated to financial records, and the other could be purely for office supplies and pens. Use a duster to clean around your desk and even consider cleaning your computer or laptop to get rid of any dust or dirt. Investing in a filing cabinet or a set of office folders to store your



Garden Trading

documents efficiently will make a world of difference. A great tip is to establish limits. What this means is setting the amount of clutter you will tolerate. For example, with a bookshelf, don't allow it to get to the point of overflowing. For every new book you get, consider donating one to Vinnies or Lifeline.

INJECT SOME NATURAL INSPIRATION:

Spring cleaning your office space might also inspire the introduction of some house plants into the room. Plants tend to increase the oxygen in a room and

Norsu Interiors



can be a wonderful touch to your cleaner space. One of the most resilient indoor plants is the Mother-in-Law's Tongue as it only needs minimal watering. If your office is a tight space, trailing indoor plants such as Devil's Ivy can bring some life into the room.

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Art Deco INSPIRATION

Isabella Ross

Characterised by crisp geometric shapes, bold colours and decadent detail, Art Deco is a design theme to be considered. The origins of art deco can be found in the early 20th Century. Art Deco design was at its height of popularity in the Roaring Twenties, or more specifically the interwar period from the 1920s to 1930s. One clear example of Art Deco design in Sydney architecture is the Hayden Orpheum in Cremorne.

Bold Colours

Historically, warm-toned colours were of greater commonality in Art Deco spaces during the era in question. However, it is safe to say that there is more room for creative interpretation in the modern day and age. This deep teal colour is evidence of such, as although it may not be considered entirely traditional to this design theme, it is a bold hue that still perfectly accents the clean lines and gold details shown. Understandably, gold is centre stage in Art Deco inspired interiors and this is something we are still embracing. Not only does gold add opulence to a space, but it further delineates the interesting geometric shapes on display.



Audenza

Geometric Designs

If you have ever watched the film *The Great Gatsby*, you would know all too well that the cinematic representation of the book placed a spotlight on Art Deco design. The geometric shapes featured heavily in the film, given just how fundamental these unique patterns are to the architectural style of the period in question. The quintessential black and gold pattern is synonymous with Art Deco. To spice it up a little, the interior design industry has implemented the same geometric design with different colour palettes. Consider a more feminised colour combination, as this can be used more liberally as it's not too 'in your face.'



Artisanti

The Perfect Spaces for Art Deco

Given this design style is incredibly bold, it could be considered wiser to have small pockets of the theme rather than an entire house dedicated to it. Of course, this is up to personal taste! Rooms that accord well to Art Deco include the sitting room, entertainment room (hence the drinks cart) or perhaps the study.



Audenza



Create an Outdoor Haven at Home

Brett Kingham from Smith & Sons Renovations & Extensions Hornsby/Turrumurra shares ways to transform your outdoor area into a stylish sanctuary this spring.

4. Installing an Outdoor Kitchen

Outdoor kitchens, often containing a barbeque, pizza oven, sink, refrigerator and some bench space, make it easier to eat and entertain outdoors.

If you are looking to transform your outdoor area into a stylish sanctuary, call Brett from Smith & Sons Hornsby/Turrumurra on 0427649414 or Trent from Smith & Sons Willoughby on 0402762207.

North Shore residents have been cooped up more than usual this year thanks to the pandemic and chilly weather. As a result, many have felt the desire to create a haven inside their homes – cue a Google search for “calming paint colours,” carving out a cozy reading corner and buying a few too many indoor plants. But now that the weather is getting warmer, it is the perfect time to create an outdoor haven at home.

“Living on the North Shore largely consists of making the most of the great outdoors and spending time with friends and family,” explains Brett. “With so much uncertainty surrounding restrictions at the moment, it’s important we create spaces at home that can accommodate this lifestyle.”

Brett says that following Smith & Sons’ unique ‘Design-Plan-Construct’ process and working on a job by job basis, he and his team offer each client a personalized service that focuses on their existing space, needs, budget and lifestyle. While each job is unique, there are four common renovation requests that he and his team receive from people who are wanting to transform their outdoor areas:

1. Opening the Indoors to the Outdoors

Large bi-fold, stacker or sliding doors, a kitchen servery window and lined ceilings blur the line between the indoors and the outdoors, creating the ultimate space to entertain.

2. Building a Large Deck or Patio

Decks and patios provide ideal platforms for comfortable outdoor furniture and can help to improve the overall look of a backyard. They really are essential for any good outdoor oasis.

3. Creating Shelter

Pergolas provide protection from the elements, allowing outdoor areas to be enjoyed whatever the weather.

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Golf on the North Shore

Eliza Cusack

The ageless sport of golf can benefit your health in your older years in more than one way. Physically, golf is an ideal sport for getting your step count up. With the average golfer walking over 6 kilometres during 18 holes, the game helps to improve cardiovascular functions and increase your endurance. The main muscle group used during a golf swing is the core region and improving the strength in this area is a significant way to prevent lower back pain. In addition to the range of physical benefits, comes the wonders it can do for your brain's health. The level of strategic thinking and planning involved in the game paired with the feel-good hormones released whilst playing can help to relieve overall stress. Socially, playing golf is also a great way to keep in touch with friends and meet new people.

Golf.org.au provides 'Get into Golf' programs for seniors across Sydney. The sessions are conducted in small groups and focus on giving participants the opportunity to build confidence and be ready to hit the course. Some of the best public golf courses on the North Shore include Gordon Golf Club, Castlecove Golf Club and Lane Cove Golf Course. If you are interested in joining a private golf course, Killara Golf Club, Pymble Golf Club and Roseville Golf Club are all held in high regard.

Push-Cush for Dads!

Rejimon Punchayil

Push-Cush was a clever invention by a North Shore woman several decades ago. A simple idea to promote circulation of the lower limbs, it has two chambers into which you blow air. The movement of air provides resistance which in turn promotes circulation. The Push-Cush is inexpensive and comes with direction on how to use it. This can be used while seated on a chair, on a bed, in a car, in an aeroplane or anywhere convenient and comfortable. I know of many caring health professionals who are eager to recommend this for their clients. Easy to carry, convenient to use and inexpensive to buy! I could not think of a better idea for our fathers who have limited options for exercise and movement during this pandemic.



For those who are looking for a substantial alternative, a Pedal Exerciser is an item to explore. It's portable, easy to use and can be used anywhere. They come in a choice of colours with a digital display. A Seat Walker (also known as a Rollator) is the most essential item for a person who is beginning to experience some challenges with mobility, stability and balance. The frame provides balance and the wheels make the movement easy and the seat guarantees that you have one if you need. You can get a walker to suit your budget, taste, style, functionality and always remember to get one that is fitted specifically for you. You can find this and many other helpful gift ideas at www.comfortdiscovered.com

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Turn to Gratitude in Times of Strife

Dr Sue Ferguson

We could all use a mood boost about now! Research has shown that consistently practicing gratitude over time can lead to feeling more positive emotions and help you deal with stress. Practising gratitude is a way of reminding yourself of all the good things that have happened to you (and savouring them). However, gratitude also involves acknowledging and being thankful for the people who helped make those good things happen. Gratitude can just be a way you feel and think, or you can involve expressing your thanks to someone who has helped you or been kind. Gratitude stops you taking people for granted and can help you connect to others, to nature, or a higher being. Thus, gratitude also builds stronger relationships, after all who doesn't like to be appreciated!

Gratitude has also been linked to higher wellbeing; to some aspects of better physical health including improved immunity (which could be handy at the

moment); and to higher quality of life even when experiencing age-related chronic illnesses. Gratitude exercises may also help those who are depressed or anxious (though often other help is required as well).

What can we do to be more grateful? Start by writing down three things you are grateful for that happened that day. They can be small like a compliment you received, or large like the birth of a grandchild. Write them down, including details about what (and who) made them happen and how each of them made you feel. Do this every day for a week, then once a week.

The Greater Good Science Centre has some more suggestions for increasing gratitude, such as the Gratitude Journal, or writing a gratitude letter. To see more visit: <https://ggia.berkeley.edu/>

As Josh Groban says in his song *Thankful*: "and even though this world needs so much more, there's so much to be thankful for."

Gabrielle Henderson/Unsplash



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



HOME SWEET HOME ... AT LEISURE LEA GARDENS

Home is where the heart is, say Jean and Clive Pringle, and for them Leisure Lea Gardens Retirement Village is "home".

“ Many things have been said about the meaning of ‘Home’. My husband and I have recently found a new home and we are happily settled into Leisure Lea Gardens, a Living Choice village in Marsfield. Living Choice Broadwater Court in Kincumber was our previous home where we enjoyed the Central Coast lifestyle. However, as time went by new factors began to emerge.

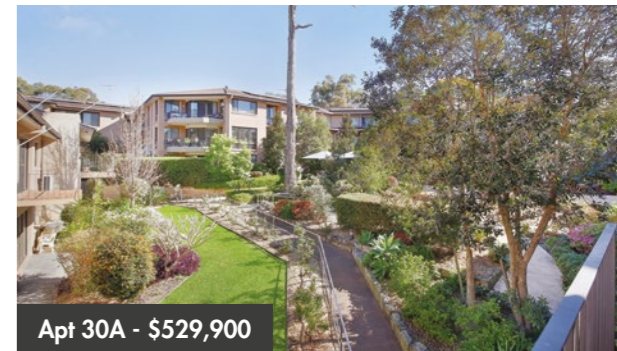
“Family members who all live in Sydney came to visit us regularly, travelling up and down the M1 with small children in car seats. We thought we needed to change this. Our granddaughter commenced the search for a residence nearer to them. She introduced herself to sales consultant Juliet Morrell at Leisure Lea Gardens and happily for us, a sunny unit was available in an ideal location. When we made our decision to relocate, both the village manager Linda Savige and Juliet were extremely kind and helpful in every way. Thanks to all concerned, the transition has been good and we look forward to many happy times with our fellow residents.”

Come and see what Leisure Lea Gardens can offer you in retirement – we have an on-site dining room, Living Choice home care services and much more. We have COVID-Safe guidelines in place so please phone ahead to make an appointment.

You may have to pay a departure fee when you leave this village which may impact on the share of capital gains received when leaving the village.



Apt 110 - \$487,000



Apt 30A - \$529,900



Apt 40 - \$645,000

Good Reads for Seniors

Tayla Foster

There really is nothing better than sitting down, rugged up in a cosy blanket with a hot tea, reading a great book. Books that make us laugh, cry and leave us yearning for more. Get ready to be mesmerized and encapsulated by the following classic reads.

HAPPIEST REFUGEE – ANH DO

Enjoy this autobiography detailing the life of comedian Anh Do as he paints a heartwarming image of his life growing up as a Vietnamese Australian. This text follows the ups and downs of Anh's life, primarily his experience of journeying from Vietnam to Australian shores as a refugee. Prepare to laugh uncontrollably and also feel a lump in your throat as you hold back tears of joy and heartbreak.



MAJOR PETTIGREW'S LAST STAND – HELEN SIMONSON

Immerse yourself deep in the heart of fantasy styled fiction and dare to take a

journey along the English countryside, accompanied by none other than Major Ernest Pettigrew. Live the adventure of an unlikely hero as he navigates his way through the human experiences of love and loss.

THE HAPPIEST MAN ON EARTH – EDDIE JAKU

Be sure to get the tissue box ready for this one. You will feel the privilege of life and the joys of beautiful moments we as humans can experience even in the darkest of times. The autobiography details the journey of a young man whose world was turned upside down due to the Holocaust. After losing his family in a Nazi death raid and narrowly surviving the horrors of Auschwitz, Eddie is a brave survivor who vowed to smile each and every day to commemorate the lives lost and to live the best possible life he can.

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What's Trending in Beauty

Isabella Ross



The Little Beehive Co

Beautifully handcrafted organic soaps, The Little Beehive Co is a small business located on the Northern Beaches. Having tried the soaps myself, I can confidently say that there is a fantastic variety including tea tree, eucalyptus and patchouli orange, not to mention they feel nourishing on the skin. The company sources ingredients locally, and features only natural organic ingredients like coconut oil, shea butter, macadamia oil and castor oils – meaning no nasties! For those who have sensitive skin like myself, the unscented goats milk soap bar is a great option. “I have had customer testimonials where the soap has reduced the inflammation on skin with eczema or psoriasis and moisturized the skin quite nicely. Also be sure to keep the soap in a spot where it can drain well, that way it makes for a longer lasting bar,” says owner Jennifer Wong.

A sizeable bar for only \$8, if you are interested in supporting local business and benefiting your skin, visit <https://www.thelittlebeehiveco.com/> @thelittlebeehivecoaus



The Purity Project

With a new product on the market that is the perfect intersection of mindfulness and skincare, the Strong & Mindful Box from The Purity Project is on *Sydney Observer's* radar! All their products are vegan, gender-neutral, organic, naturally derived, and eco-friendly. Even better, the small business from Lane Cove is conscious about sustainability, with the majority of their packaging either recycled, recyclable, or compostable. They also offer a Give Back Recycling Program which encourages customers to return their empty pre-loved jars for recycling. “We focus on providing affordable, minimalistic, and mindful skincare products to everyone. Our business, however, isn't just about a skincare product offering, we're focused on encouraging our customers to transform their skincare experience to be a mindful practice. One that connects the dots between mindfulness and skincare,” says founder Gabrielle Marcel. Something that really stood out for me as a consumer was their business values – supporting local, accessibility and inclusivity, quality, and sustainability. Whether it's given as a gift to a loved one or even to yourself, The Strong & Mindful Box is sure to put a smile on someone's face. **For 15% off Sydney Observer readers can use the code Observer15, valid for the month of September.**

To purchase a Strong & Mindful Box (Mini \$45 and Luxe \$100), perfect for the mind, body, and soul, visit: <https://www.thepurityprojectau.com/s/shop/> @thepurityprojectskincare



Cooltech Fat Freezing:

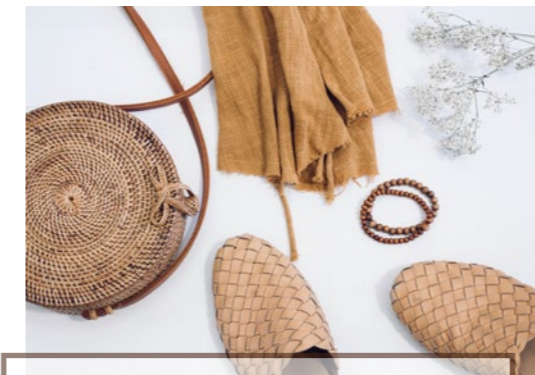
North Shore Aesthetics opened in Gordon in early March 2020, with the intent for all to look and feel their best. This is what founders Anne Grobler and Janeen Brown aim to achieve with every treatment that they offer in the clinic. In comes the Cooltech Fat Freezing Treatment! Having tried it ourselves, we are aware of the struggle to eliminate stubborn fat that is resilient to diet and exercise. Cooltech uses cryolipolysis technology to target stubborn fat deposits. Once frozen and crystallised, your body will then process the dead fat cells and eliminate them via the lymphatic system. After this, patrons go on the TESLAFormer which is functional magnetic stimulation, burning fat and building muscle. This duo treatment delivers very good results and North Shore Aesthetics is one of the only clinics offering this.

North Shore Aesthetics has a deal for customers: buy 2 Cooltech Fat Freezing treatments and get 2 sessions on the TESLAFormer included for \$1000. <https://northshoreaesthetics.com.au/cooltech/> @northshoreaesthetics

Spring Trends Inspired by the Runway

Eliza Cusack

Along with the ideal season change that spring welcomes, comes wearable trends that optimise comfort and style. Spring fashion offers the chance to make a statement and even be inspired by designer runway trends.

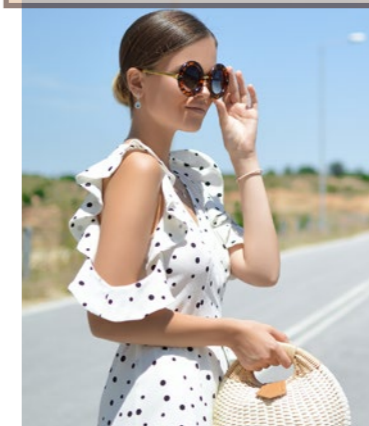


Linen Clothing

Linen as a material has been all the rage over the past few years – and for good reason. The centuries-old fabric was previously only used for bed sheets and house furnishings. By the 1990s, the material had become a fashion holiday staple and has continued to make appearances year after year. This robust material is extremely breathable and is perfect for those warmer spring days. Linen is a natural eco product and is one of the most biodegradable fashion fabrics on the market. Try pairing a flowy linen skirt with a t-shirt or bright camisole top for a wearable and airy outfit.

Monochrome Outfits

The misconception with this trend is that it involves purely wearing the same colour from head to toe. In reality, mixing various shades of the same colour can create a chic and unique look this spring. You can even add monochrome accessories and jewellery into the mix. Avoid mixing patterns and in turn mix different hues of the same shade, starting by selecting a staple piece that you can base the rest of your outfit around.



Wallpaper Print Dresses

If you are looking to spice up your wardrobe and step away from your usual staple pieces for a change, this is the trend for you. Organised patterns of flowers, geometric shapes and mixes of the two separates this trend from others. This unique printed dress acts as your statement piece and is complete with flat sandals or white sneakers and minimal jewellery.



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Uniting

Waranya Mooldee/Unsplash



Ban on Animal Testing for Cosmetics

Isabella Ross

The Industrial Chemical Bill has officially come into effect in the last month, meaning it is now prohibited to conduct animal testing for cosmetics across the country. The Australian Senate signed the bill in early 2019, and it is remarkable to see the change, with beauty companies now having to find more ethical approaches to testing their cosmetic products.

Even though the Bill is a big win for animal rights activists in Australia, it is important for consumers to be aware that international brands are often not held to the same standards. According to Humane Society International, an estimated 500,000 live rabbits, guinea pigs, mice and rats continue to be used for cosmetic testing across the globe, with most of these animals being killed

after the torturous experiment. Therefore, if you are purchasing a non-Australian beauty product, do make sure to check the label to see if it is cruelty free.

Hannah Stuart, Campaign Manager for #BeCrueltyFree Australia, explained why this ban on animal testing in Australia is so important. "We are pleased to welcome this milestone in moving to end reliance on cruel and outdated cosmetic animal testing in Australia. This ban reflects both the global trend to end cosmetics cruelty, and the will of the Australian public which opposes using animals in the development of cosmetics."

Some great well-known brands that take a strong stance on anti-animal testing include LUSH, Nude by Nature, NATIO, The Body Shop, Dermalogica, and Eco Minerals.

Beauty Corner

Tayla Foster

Dry Shampoo

The ultimate saviour on a busy morning spent scurrying around, battling with yourself about how noticeable the oil on your scalp is. But do you really want the dusty and shaggy look that fools nobody right before heading into work? Studies have suggested applying dry shampoo before going to bed. Your hair will absorb the product naturally overnight leaving you with a fresh and up lifted look.

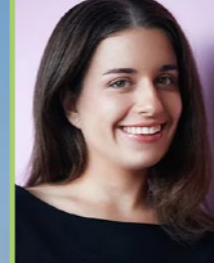


Fixing broken nails

We've all had this happen; our nails have finally grown and then all of a sudden, one of them snaps and breaks. A painful and disappointing experience. But before you grab the tweezers to safely take off the nail you've invested so much time in, try this tip. It is ideal for people who need a temporary fix if off to an event or meeting. Set it back together with clear nail polish and a hot tea bag and see your hard work slowly mould back together, like pieces of a puzzle.

Set the Tone

Are you over the fact that every time you apply lipsticks it smudges, smears off into patches, or the nightmare of having it end up on your two front teeth? Simply place a thin cloth or tissue on top of your lips, and with a makeup brush dab some setting powder onto the thin cloth covering your lips. Set your lipstick with powder and experience the long-lasting luscious effect of boldly and beautifully coloured lips the entire day.



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

Stay Sun Smart

Amy Sandig

Whether you want to go sunbaking for hours or just dab some sunscreen on before popping out to the shops, nature has you covered. Discover some of the best anti-ageing ingredients that act to block harmful UV rays while nourishing your skin.

By combining innovative technology with modern, natural ingredients you can enjoy the best of both worlds – light, refreshing creams that protect your skin from UV light. Two of the most popular ingredients you need to know about are zinc oxide and Kakadu plum extract.

Join the mineral revolution! Zinc oxide is a mineral that can be used to protect even the most sensitive skins. This wonder ingredient is now recommended by dermatologists and skin care experts alike. You may be wondering, what is the catch? How does this simple mineral protect you from the harsh Australian sunshine? Zinc oxide creates a smooth, reflective coating across your skin that stops UV rays from penetrating your skin. It also provides a light, external barrier to other skin irritants that come from being outdoors. However, be aware that while protective of your skin, this ingredient does not tend to photograph well. The only downside it can leave you looking paler than usual in your family snapshots.

Following a close second is Kakadu plum currant extract. Prized for its soothing qualities, this berry extract is anti-inflammatory and protects the skin. It works to keep your skin hydrated and protected against the sun. This herbal extract activates your body's recuperative mechanisms to keep your face looking taut and toned throughout the day.

Natural plant and mineral based sunscreens are gaining popularity. Once only available in specialty stores, you can now choose to buy online or from your favourite retailers. Made with all natural and certified organic ingredients, you can choose the best amount of coverage to suit your skin.

Choose from a multitude of options including Hunter Lab SPF 50+ sunscreen (\$48) or a botanical mix of Kakadu plum, rosehip oil and vitamin E that make up the Edible Beauty Basking Beauty Natural Sunscreen (\$39).



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

Choosing the Right Toothpaste

Dr Ian Sweeney

Choosing the right toothpaste can be an overwhelming decision. Surrounded by all of the marketing hype and plethora of options it is no wonder dentists are often asked, "which toothpaste should I use?" Well, let's break it down.

Firstly, why do we use toothpastes? We use toothpastes to help clean teeth and gums, strengthen teeth, reduce plaque and bacteria, reduce bad breath, reduce sensitivity and whiten teeth. Not every toothpaste will do all of these things, so then the decisions begin. Generally speaking, all toothpastes will clean teeth. They all contain some form of detergent or foaming agents, mild abrasives and solvents to keep teeth feeling soft and smooth. Some stain removal toothpastes may contain an abrasive agent designed to remove stains, however may also be more damaging to your teeth.

Toothpastes strengthen teeth as the fluoride they contain is absorbed into the outer layer of the tooth enamel, strengthening it against the acidic attack from bacteria. Fluoride has proven effective in reducing decay in all age groups. Children less than two should use a smear of low fluoride toothpaste (about the size of a grain of rice) and children between three and six years should use a small pea size amount, noting that excessive fluoride can have damaging effects on developing enamel, so moderation is the key. Adults with high rates of decay or reduced salivary flow should choose a higher concentration fluoride toothpaste and your dentist can recommend the most appropriate product for you.

Toothpastes designed to reduce sensitivity work in a number of different ways. Some work on exposed nerve tissue within the root of the tooth, while others work by occluding the microscopic porosities in the root surfaces which lead to the nerve endings. Sensitivity may also be the first sign of a bigger problem so it would be wise to consult with your dentist as to the actual cause. Tartar Control toothpastes contain ingredients that help remove the hard build up that forms on teeth. It is important to note that these toothpastes only remove the build up above the gum line, and only a dentist can effectively remove all tartar that builds up below the gum line. Some anti calculus ingredients have been shown to increase tooth sensitivity in predisposed patients.

Whitening toothpastes may contain a more abrasive agent or they may contain a peroxide to help remove intrinsic stains. Unfortunately, the low dose of peroxide coupled with the short exposure time of the brushing may have little effect in achieving truly white teeth. Natural or herbal toothpastes are also popular these days. Just remember that if the toothpaste does not contain fluoride, the benefits achieved by fluoride strengthening the outer enamel surface may be lost.

Choosing the correct toothpaste can be a difficult decision. Every mouth is different and has different needs. If you have a particular problem, sensitivity, irritation or question relating to a toothpaste for you, your child or someone you care for, ask your dentist for their recommendation.

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

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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.

The Power of Affirmations

Kerrie Erwin

Have you ever listened to your own mind's chatter? Listening to negative thoughts all the time can be depressing and negative to the extreme. Instead, try positive and daily affirmations as part of your ritual in your life. Affirmations can be used in any area of your life. Like exercise, we need to train our brain to believe we are loved and respected. Affirmations are an incredible life tool to have and you will be surprised to see how easy they are to use. Once you start to use them on a regular basis, you will learn how much fun it is to play with the energy and watch in wonder how dramatically your life will change!

I call affirmations, or secrets to create success, soul food, as they are so nurturing and vital for our own spiritual growth and progression for our super-conscious mind. Over time and with patience, you will say goodbye to toxic relationships as you will no longer be attracted to that energy anymore and instead only attract wonderful experiences instead

of constant worries, toxic situations, repeat sad situations and constant bad luck that in the past has always knocked at your door.

Some of my favourite affirmations are:

- 'Every day in every way, I am happy, safe and secure.'
- 'I always attract loving, happy people who accept me for who I am.'
- 'I deserve the best always, thank you.'
- 'I always find myself in the right place at the right time to receive golden opportunities.' 'Golden opportunities come to me always.'
- 'I see joy and love in everything around me.'
- 'I am always protected and safe with my angels and guides around me.'
- 'I am always drawn to the right energy people that are on my wavelength.'

Soon these simple positive affirmations which are powerful words, will without a doubt become a part of your belief system and nobody can ever take them away from you ever again as you now own them.

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Zesty Lemon Meringue Pie

Courtesy of Women's Weekly Food

<https://www.womensweeklyfood.com.au/recipes/lemon-meringue-pie-11625>

INGREDIENTS

- 1/2 cup cornflour
- 1 1/2 cup caster sugar
- 1/2 cup lemon juice
- 1 1/4 cup water
- 2 teaspoons finely grated lemon rind
- 80 grams unsalted butter, coarsely chopped
- 3 eggs, separated

Pastry Ingredients

- 1 1/2 cup plain flour
- 1 tablespoon icing sugar
- 140 grams cold butter, coarsely chopped
- 1 egg yolk
- 2 tablespoons cold water

METHOD

1. To make pastry, process flour, icing sugar and butter until crumbly. Add egg yolk and cold water; process until ingredients come together. Knead dough on floured surface until smooth. Wrap pastry in plastic and refrigerate 30 minutes.
2. Grease a 24cm round loose-based fluted flan pan. Roll pastry between sheets of baking paper until large enough to line pan. Ease pastry into pan, press into base and side; trim edge. Cover; refrigerate 30 minutes.
3. Preheat oven to 200°C. Place pan on oven tray. Line pastry case with baking paper and fill with ceramic baking beads. Bake 15 minutes. Remove paper and beans carefully from pastry case. Bake another 10 minutes; cool pastry case, turn oven off.
4. Meanwhile, combine cornflour and 1 cup caster sugar in a medium saucepan; gradually stir in lemon juice and the water until smooth. Cook, stirring, over high heat, until mixture boils and thickens. Reduce heat; simmer, stirring, 1 minute. Remove from heat. Stir in rind, butter and egg yolks. Cool 10 minutes.
5. Spoon the lemon filling into the cooked, cooled pastry case; spread the filling out evenly, covering the base completely and taking it to the edge of the pastry case. Use a fork to roughen the surface of the filling. Cover; refrigerate 2 hours.
6. Preheat oven to 220°C. Beat egg whites in a small bowl with electric mixer until soft peaks form; gradually add remaining sugar, beating until sugar dissolves. Spread meringue mixture onto roughened surface of filling. Bake about 2 minutes or until meringue is browned lightly.



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