

Sydney Observer

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IN PRINT SINCE 1996

School Holiday
Activities

Winter Wardrobe
Essentials

Beauty Aisle
Favourites

The Tastes of Italy

Reducing
Dementia Risks

**Navigating
the "In
Between" with
Dami Im**





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From the Editor

Hello, Sydney Observers! As winter dawns on us with its frosty touch, I hope you are all keeping snug and making the most of the season. It's incredible how quickly time passes, and here we are, already halfway through the year. But fear not, because along with the passing of time, a new and exciting edition awaits.

This issue we caught up with Dami Im, the Australian pop sensation known for her mesmerising voice and inspiring journey. From winning *X Factor* to representing Australia in Eurovision, Dami has captivated audiences worldwide. With her latest single 'In Between' out now and an upcoming EP, Dami shared insights into her musical upbringing, career highlights and philanthropic work.

Inside, we immerse ourselves in the vibrant flavours of Italy and look at ways to indulge in the joyful holiday season. Alongside these explorations, we embark on a journey to discover the world's most "beautiful" gardens, where nature's artistry unfolds in breathtaking displays. And amidst it all, we take a moment to honour and celebrate the remarkable accomplishments of our local community, a testament to their resilience and achievements.

Willow Berry

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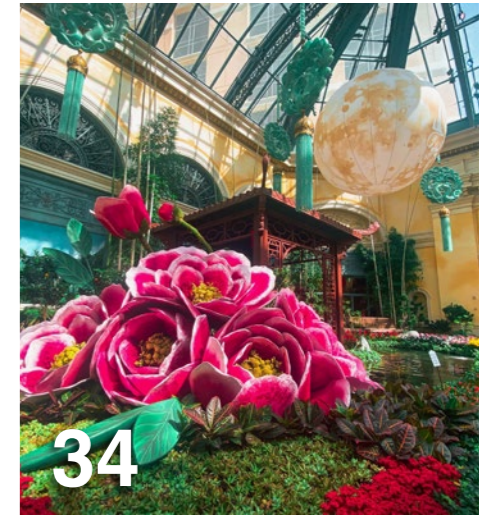
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Dave and Fiona Harvey/antarctica.gov.au



Whale Migration Record

In a remarkable occurrence, a record-breaking number of whales has been observed migrating up the coast of New South Wales this year. This significant documentation of the majestic marine mammals is made possible through a citizen science initiative organised by the Organisation for the Rescue and Research of Cetaceans (ORRCA).

Each year, a convergence of experts and the public takes place along the New South Wales coastline to participate in a census. This year's count has reported that nearly 5,000 humpback whales have been spotted in Australian waters, establishing a new milestone in migration history. The sighting of one particularly curious whale, closely following

a kayaker around Sydney's Bondi Beach, has further added to the awe-inspiring spectacle.

According to Steve Trikoulis, vice president of ORRCA, several factors have contributed to the increased number of whales this year, including improved weather conditions and cleaner water.

The annual census serves as a testament to the dedication and collaborative efforts of individuals who come together to study and conserve these magnificent creatures. It provides invaluable insights into the population dynamics and behaviours of whales, ultimately contributing to their preservation and the broader understanding of marine ecosystems.

Qantas Ranking Woes

In the annual Skytrax awards, Qantas has experienced a significant decline, dropping from the fifth-best airline in the world to 17th place.

Among the major airlines, Qantas has suffered one of the largest drops, falling 12 places. British Airways has also experienced a decline, slipping from 11th to 18th place. On the other hand, Cathay Pacific has made significant progress, climbing from 16th to 8th place. Taiwan's Eva Air has jumped nine spots to claim the 9th position, and Fiji Airways has risen from 36th to 15th place.

Qantas has experienced a decline in various categories, ranking 13th in the best business class category, sixth in premium economy, 11th in first class, and 13th in economy class. Additionally, Fiji Airways has been recognised as the top carrier for the Australia-Pacific region, pushing Qantas into second place.

Qatar Airways has once again claimed the prestigious title of the best business class with its luxurious QSuites. Singapore Airlines has secured the award for the best first class, while Eva Air has been honoured for having the best premium economy cabin. Japan Airlines has been recognised as having the best economy class cabin, surpassing Qatar Airways, Singapore Airlines, Emirates, and Virgin Atlantic.

Qantas was ranked as the second-best airline in the world in 2005 and 2006 before declining to 15th place in 2012 and 2017. But overall, Qantas' performance in the Skytrax awards has been uncharacteristic, marking its worst showing in the last 20 years.

EOFY Is Upon Us

The 2022-2023 financial year has well and truly met its close. Now it is crucial to prioritise filing your tax returns. Submitting your tax return isn't only about maximising eligible deductions; it can also impact your eligibility for government benefits and even affect your chances of obtaining a home loan. There is some key points to consider for filing your tax returns:

- **Gather your receipts:** It's important to gather all relevant receipts and documentation to support your deductions. Simply relying on credit card statements may not be sufficient, as specific receipts are often required for verification purposes.
- **Research legitimate deductions:** Take the time to understand what expenses can be legitimately claimed as deductions. This may vary depending on your jurisdiction and the nature of your income. Researching tax laws or consulting with a tax professional can help ensure you claim eligible deductions and maximise your tax benefits.
- **Explore free tax advice options:** Depending on your circumstances, you may be eligible for free tax advice or assistance. Government agencies or nonprofit organisations often provide resources or services to help individuals with lower incomes or specific tax situations. Research such options in your area to potentially access valuable guidance without incurring additional costs.

Remember, filing your tax returns accurately and on time is essential to avoid penalties and make the most of potential tax benefits. Seeking professional advice or utilising available resources can assist you in navigating the process effectively.

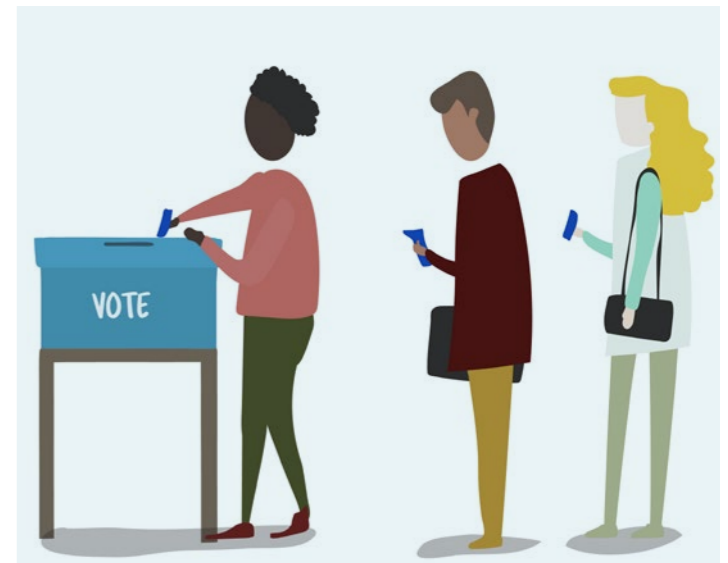
Rising CEO Annual Wages

A comprehensive study conducted by the Governance Institute of Australia recently analysed data from 1,167 boards across various sectors. The survey shed light on an interesting trend: CEOs of esteemed companies witnessed a significant average salary increase of 15% in the past year. In contrast, the average wage increase for Australian workers as a whole stood at a modest 3.7%. This discrepancy has sparked a lively debate surrounding the effects of wages on inflation, with much of the discussion centering on the struggles faced by lower-paid workers who receive comparatively smaller raises.

Delving deeper into the findings, the survey revealed that CEOs overseeing the top 200 listed companies in Australia enjoyed an average fixed salary of \$1.58 million. Moreover, many of them were eligible for performance bonuses that had the potential to double their overall compensation. While this highlights the substantial financial gains at the upper echelons of corporate leadership, it also underscores the growing disparity between executive pay and the wages of the general workforce.

The meagre 3.7% annual wage growth experienced by Australians falls significantly short of the rising cost of living, leading to a gradual erosion of purchasing power for many employees. Although interest rate hikes are commonly implemented to dampen demand and exert downward pressure on prices, it is becoming increasingly apparent that certain sectors may be leveraging prevailing economic conditions to bolster their profit margins. This emerging scenario raises concerns about income inequality and the broader implications for the economy.

Given these findings, it is crucial to foster a constructive dialogue around fair and equitable wage practices, considering the long-term consequences for both businesses and society as a whole. Addressing income disparities, ensuring a just distribution of wealth, and promoting sustainable economic growth should be key priorities for policymakers, organisations, and the community at large.



Make It 16 Campaign

A new campaign has been launched by young Australians advocating to lower the legal voting age to 16. The motivation behind this initiative stems from the recognition that the decisions being made by the government at present will have far-reaching and distinctive consequences on the futures of all individuals, particularly regarding matters such as education quality, public transport accessibility, rental affordability, and employment opportunities.

Their argument states that in Australia individuals as young as 16 are allowed to drive, work, pay taxes, and even enlist in the army. However, the right to vote is reserved until the age of 18. As the generation that will ultimately inherit the outcomes of present-day choices, the young campaigners assert that they have a significant stake in the political process.

They argue that lowering the voting age is not an unprecedented concept, as numerous countries worldwide have already implemented such a change. Notable examples include Cuba, Nicaragua, and Germany, who made this adjustment in the past century. Similarly, countries like Argentina, Brazil, and Ecuador, who share Australia's compulsory voting system, have also reduced the voting age.

It has been said that these countries have all observed positive outcomes resulting from the alteration of the voting age. Notably, there has been a marked increase in political engagement among young people, with greater familiarity with political systems and higher voter turnout among this demographic compared to older age groups.

In Australia, young people are integral members of society, actively contributing to the social, economic, and political landscape. However, they lack the ability to influence the direction of their country and community through the voting process.

Advocates argue that by amending the Commonwealth Electoral Act (1918) to include the voices of 16 and 17-year-olds, politicians would be compelled to consider their perspectives and opinions. Lowering the voting age to 16 is seen as a straightforward approach to align Australia with global standards and enhance democracy for all.



Nestlé Discontinue Fantales

Australia, brace yourselves for the end of an era. Our beloved Fantales, a lolly that has brought joy to both childhood and adulthood, will be discontinued. Nestlé has made the heartbreaking announcement due to declining sales and the costly equipment required for production.

These simple yet delicious treats consist of chewy caramels wrapped in chocolate, providing a teeth-challenging experience with each bite. But even if eating them wasn't your thing, chances are you've delightfully read the miniature movie star stories printed on each wrapper. Loving Fantales was practically a rite of passage for every Aussie kid.



2023 Kings Honour List

The 2023 King's Birthday Honours List celebrated the achievements of 1,192 individuals across various fields, encompassing the Order of Australia (General and Military Divisions), meritorious awards, and recognition for exceptional and noteworthy contributions.

THE GENERAL DIVISION OF THE ORDER OF AUSTRALIA

Among the 920 recipients in the General Division of the Order of Australia, notable recognitions include:

- Companions of the Order: 6 individuals appointed to this prestigious rank.
- Officers of the Order: 46 individuals appointed as Officers of the Order.
- Members of the Order: 246 individuals appointed as Members of the Order
- Medal of the Order of Australia: 622 individuals were bestowed with the Honour

Of particular significance is the fact that, for the first time since the establishment of the Order of Australia in 1975, the majority of recipients in the General Division are women. Moreover, at the three highest levels of the Order, there exists gender parity or even greater representation of women recipients.

The North Sydney Community emerged as a shining beacon on this year's honours list.

North Sydney 2023, King's Honour List

Reg Richardson - AO

Reg Richardson, a distinguished figure in healthcare and the arts, has been recognised as an Officer of the Order of Australia (AO) for his exceptional contributions. As founder and chairman of the Melanoma Institute of Australia, he has advanced cancer treatment and improved Aboriginal health outcomes. With involvement in twelve non-profit organisations, he humbly expresses gratitude for the honour and his rewarding work. Reg Richardson's outstanding contributions inspire others.

Susanne Hamilton – OAM

Susanne Hamilton has been recognised with a Medal of the Order of Australia (OAM) for her outstanding service to softball and lawn bowls. She has dedicated her time and efforts to various sporting groups on the North Shore, serving as president of the North Shore Women's Bowling Association, Wahroonga Softball Club, Turramurra Women's Bowling Club, and vice president of the North Shore District Softball Association. Additionally, she is a life member and former president of the Turramurra North Public School P & C committee.

Wendy Lindgren – OAM

Wendy Lindgren has been recognised with a Medal of the Order of Australia (OAM) for her service to the community through a range of organisations. She holds the chair position in the Alliance of Children's Services, Community Early Learning Australia, and the Children's Services Community Management. Ms. Lindgren has also played an active role in TAFE New South Wales as a senior head teacher in child studies and is a member and past president of the Willoughby Symphony Choir.

Alan Cole – OAM

Alan Cole has been recognised with a Medal of the Order of Australia (OAM) for his service to the community of Turramurra. His long standing coordination role at Turramurra Trotters, along with his volunteer work for events such as the Great NOSH Footrace and the Christmas Day Lunch at the Rev Bill Crews Foundation, showcase his commitment to community service.

Lyndall McNally - OAM

For her dedication and service to the community of Lane Cove.

Alister Simpson – OAM

For his service to equine art.

Jeannette Tsoulos – OAM

For service to the Jewish community.

Catherin Margaret Crouch – OAM

For service to education administration.

Vola Young – OAM

For service to the performing arts.

Kenneth Edward Sinclair – OAM

For service to education through a range of organisations.

Juliet Ponder – OAM

For service to education, and to the community.

Judith Donald – OAM

For service to education.

Simon Pennington – OAM

For service to rowing.

Diana Moehead– OAM

For service to youth through Girl Guides, and to the community.

Jeffrey Newman – OAM

For service to philately.

Sophie Scott – OAM

For service to the broadcast media and to community health.

Irene O'Connell – OAM

For service to the law.

Michael Yiu To Chow – OAM

For service to the community through a range of organisations.

Anne Titterton – OAM

For service to rowing.

Jane Vincent – OAM

For service to the community through a range of organisations.

Christopher Vonwiller – AM

For significant service to science and technology development.

John Roberts – AM

For significant service to tertiary education, and to business and management.

John Trinder – AM

For significant service to tertiary education, and to professional associations.

Fiona Balfour – AM

For significant service to corporate governance, and to the aviation sector.

Rose-Marie Radley – AM

For significant service to community health, and to the nursing profession.

Diana Robinson – AM

For significant service to sports medicine as a physician and to anti-doping regulation.

David Anthony – AM

For significant service to the agricultural sector, and to the community of Narrabri.



Warrawee Bowling Victory

Warrawee Bowling Club proudly stood among the esteemed group of 26 bowling clubs hailing from the Upper North Shore and Northern Beaches, all vying for glory in the fiercely contested 2022-2023 Pennant.

After a very long wait in the wings, the Warrawee Bowling Club has marched to victory in the Grade 7 Men's Section of the recent Pennant competition organised by Sydney Northern District Bowls Association. It's last victory in this competition had happened in the 1938-39 season.

The recent victory has infused an exhilarating sense of anticipation, complementing the Club's introduction of fresh and forward-thinking concepts. Among these captivating ideas is the introduction of diverse external catering styles for events, coupled with a reinvigorated focus on private functions, corporate gatherings, and the inviting ambience of "Community Pub Nights."

Friday and Saturday nights have taken on a new dimension of delight for patrons, who now have the opportunity to revel in the offerings of Stan Sports, unwind on the balcony, or participate in the timeless allure of Barefoot Bowling. The Club has also embraced modern culinary trends by presenting a range of tantalising options, including the Classic Small Plates menu, as well as the innovative concept of allowing patrons to place orders from MenuLog, Uber Eats, or DoorDash on selected nights.

Social membership at the Club brings forth a myriad of advantages, including exclusive advance notice for world-class events such as the highly anticipated "Faulty Towers Dining Experience" and other exquisite 5-star entertainment offerings.

With these inspiring initiatives in motion, and many more yet to come, the Club is resolutely positioned to uphold its esteemed motto of being "Here for the Next Generation..."



Upper North Shore Volunteer Hub

Are you a not-for-profit organisation looking to boost your volunteer numbers?

We're building an online volunteer hub connecting potential volunteers with organisations in Ku-ring-gai and Hornsby. Through the Hub, people can find information about volunteering opportunities quickly and easily

To register your organisation for the Hub visit krg.nsw.gov.au/volunteer or email volunteers@krg.nsw.gov.au

Applications close on **Thursday 20 July.**



Local Artist's Stellar Career

by Willow Berry

Since school, Joe Bollen has always been creatively inclined, spending evenings indulging in drawing and exploring his artistic side. Initially, art school wasn't something he had considered, but eventually he decided to pursue it and from that point on his life took a creative trajectory.

He gained experience as a store artist at Grace Brothers for two and a half years, followed by a role as a design manager for Double Bay Book Club Associates, both in publishing and freelancing in London.

Returning home, Joe continued his freelancing work, collaborating with Channel Seven and later transitioning into a corporate designer position at Transfield, where he designed logos for significant projects such as the Sydney Harbour Tunnel and the airport link. Additionally, he had the honour of creating the official flag for Greater Sydney and Waverley Council.

His journey led him to join the Sydney Olympics as a flag manager responsible for international relations and protocol. He successfully produced over 10,000 flags for the Olympics and Paralympics, strategically organising their marching order to reflect the achievements of gold, silver, and bronze medals, contributing to the overall marketing efforts.

Following the Sydney Olympics, he continued his flag management role in subsequent events, including the Salt Lake City Winter Olympics and Paralympics. His expertise also extended to Doha, Qatar, where he participated in the West Asian Games and Asian Games in 2005 and 2006.

After the Olympics, Joe contemplated future employment prospects and



'Orange or Yellow can hurt a fellow,' acrylic on canvas

realised the best path forward was to establish his own business. He set up three *My Framer* shops initially but eventually downsized to two, subletting the adjacent space. His work encompassed various aspects of visual communication, including art, design, logos, and graphics.

His artistic talents were acknowledged internationally when he won a residency in France through Instagram. The selection came as a pleasant surprise, as he hadn't actively pursued it. This opportunity allowed him and his family to spend a month in Europe, including Hong Kong, exploring new artistic inspirations.

In a serendipitous turn of events, Joe's eldest son, Lachlan, has recently followed in his father's footsteps.

"My eldest son, Lachlan, unbeknownst to me, entered the same thing last year, and was selected for his photography. He too has had an amazing experience with the residency and it's all quite fitting – like father, like son." Joe Says.

With these remarkable experiences, Joe has recently made the decision to relocate his entire art and framing studio back home.

"This move will alleviate some of the pressures. I'll get a weekend for the first time since 2000."

His home residence offers ample space, with a studio twice the size of his current location, providing a more relaxed environment to continue his work as a sole trader, focusing on his passion as an artist and framer.



'Stanwell Tops,' pastel on paper



'Hobart Town,' acrylic on canvas

Roseville College Student Receives Outstanding Awards

Emily Barnard, a Year 11 student at Sydney's Roseville College, was taken by surprise when she received the Top in World Award for Cambridge IGCSE in World Literature. Reflecting on the unexpected recognition, Emily shares, "A teacher started talking about the award, which I didn't even know existed, and I was looking out at all the people sitting down... it was a lot to take in. I would have never considered that out of everyone who took the course, that I even had a shot at it. I have to acknowledge the great work of my teacher and peers who helped me achieve the award."

Interestingly, Emily's success came in a subject she least expected. "This might sound strange, but English literature is not usually my favourite subject – I'm more of a STEM girl," she explains. However, her decision to take Cambridge International courses in Sociology and Physical Science as electives opened doors for her. Based on her Year 8 English marks, Emily was selected to join the World Literature class, which turned out to be an enlightening experience that ignited her newfound love for literature.

Currently focused on her Higher School Certificate, Emily is pursuing a diverse range of subjects, including Food Technology, Advanced English, accelerated Mathematics, Biology, Chemistry, and Physics. Outside of academics, she finds joy in cooking and exploring different cuisines, particularly Asian dishes, which hold a sense of comfort and familiarity for her.

Emily also engages in extracurricular activities such as playing the trombone in a brass ensemble, participating in debates, and mentoring younger students through programs like the Duke of Edinburgh Award and Roseville College's STEAM Club.

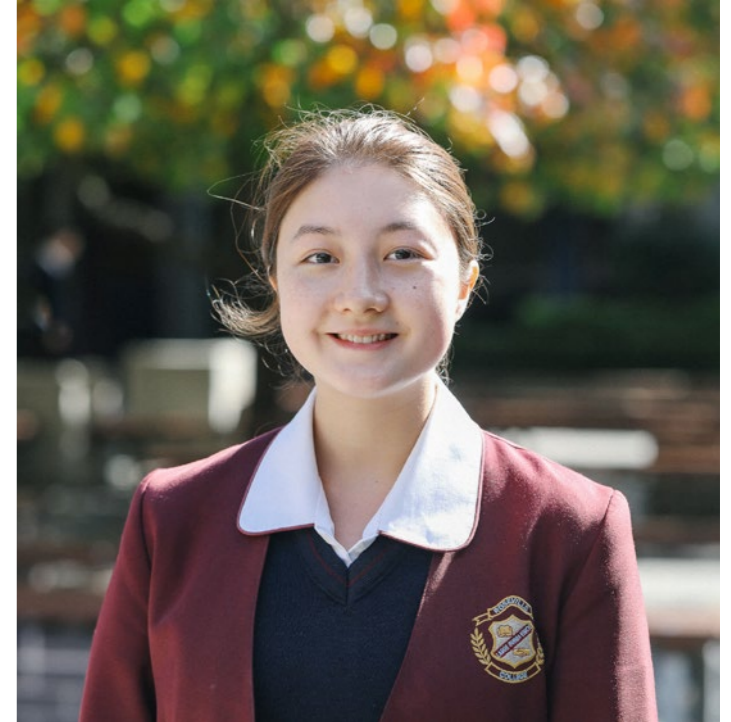
Reflecting on her involvement in the Cambridge International program, Emily values the challenge it provided and the development of new skills and confidence. She particularly enjoyed Sociology, which opened her eyes to understanding the world through a different lens, exploring social phenomena and the intricacies of human interaction.

Physical Science satisfied her passion for science and allowed her to enhance her problem-solving abilities. In World Literature, she appreciated the opportunity to explore texts from diverse cultures, engaging in critical analysis and understanding the authors' intentions.

Collaboration and finding enjoyable ways to study were additional strengths Emily cultivated through Cambridge IGCSE World Literature. Recognising the importance of teamwork and a supportive network, she emphasises that classmates are not competitors but rather a united team. To overcome moments of low motivation, Emily found alternative productive study methods, such as preparing essay plans, while also seeking exciting approaches to studying.

Motivated by her parents' professions in healthcare, Emily shares similar aspirations for her future. With a wealth of skills in research, time management, teamwork, service, and leadership honed through her academic and extracurricular pursuits, she is determined to forge a path in a gratifying field.

"I've always been interested in medicine – the health area is what I've got my heart set on. I'd be open to maths-related careers like analytics or actuarial studies, but primarily, medicine is the end goal."



Year 11 student at Sydney's Roseville College Emily Barnard received the Top in World Award for Cambridge IGCSE in World Literature.

MY FRAMER is MOVING HOME
9 Buller St Turramurra NSW 2074

MY FRAMER

picture framing

ART
BANNERS
DESIGN
FLAGS
FRAMING
SIGNS
VEXILLOLOGY

After 21 years retail on the Pacific H'way Turramurra, MY FRAMER is moving down the road from July 2023.

An artist, graphic designer and Vexillologist (flag expert), Joe manages to combine his many artistic passions through the art works, flags, logos, banners and signs he retails from his Turramurra studio. Restoration, conservation, consultation & installation.

MY FRAMER Joe Bollen

9 Buller St Turramurra NSW 2074. Phone: 0407 766 080
Instagram: @joebollenartist | bollendesignart@optusnet.com.au

Ku-ring-gai Sports Forum

On Wednesday, 5 July, Ku-ring-gai Council is set to host a forum in collaboration with local sporting groups. This annual Sports Forum serves as a platform for Ku-ring-gai's sporting associations and groups to engage with Council staff, receiving updates on significant projects and other sports-related matters.

Approximately, 50 sports representatives have participated in previous forums, representing various football codes, netball, cricket, baseball, basketball, Oztag, archery, and school sports.

This year's Forum will take place from 6pm to 8pm, located at Level 1, Ku-ring-gai Council Depot, 5 Suakin Street, Pymble.

Renowned guest speakers Helen Armson and Hayley Todd, representing Football NSW, will deliver a presentation on the Women's Legacy Program for the code.

Council staff members will share information regarding proposed sports field upgrades and ongoing projects. Additionally, they will discuss Ku-ring-gai's



Recreation Needs Study and the Council's current efforts in developing plans of management for sports fields

Mayor Jeff Pettett believes the forum holds great significance, as it provides an essential platform for sporting groups to

gain insight into Council's future plans and initiatives.

"It's a chance for everyone to meet face-to-face with Council staff and get the latest information on sports facilities and their management."

Walk for Wild 2023 Fundraiser

WWF-Australia and Tasmanian Walking Company (TWC) have once again joined hands to raise funds for Regenerate Australia, an unprecedented initiative dedicated to wildlife and landscape regeneration in Australia. Building on the remarkable success of their inaugural event in 2022, the Walk for Wild event series is back, poised to create a defining moment for the future of Australia's environment. This time, the aim is to surpass the previous fundraising milestone of \$115,000.

During the event, guests will have the opportunity to embark on one of TWC's renowned guided walks, carefully designed to showcase the breathtaking diversity of Australia's landscapes. Whether traversing the rugged coastal cliffs of the Great Ocean Walk or immersing themselves in the untouched splendour of the Overland Track's pristine rainforests, participants will witness nature's wonders firsthand. Each step taken along these awe-inspiring trails will contribute to the generation of crucial funds for Regenerate Australia projects.

Brett Godfrey, co-owner of Tasmanian Walking Company said, "Walk for Wild exemplifies our ongoing commitment to



WWF and TWC Walks

- Bay of Fires Lodge Walk - Four days \$2,695
- Cradle Mountain Huts Walk - Six days \$4,195
- Twelve Apostles Lodge Walk - Four days \$2,695
- Three Capes Lodge Walk - Four days \$3,595

inspiring positive changes in conservation, lending support to projects with genuine and tangible results."

"At the heart of this conservation cause lies a wonderful partnership with WWF-Australia, united by a shared vision to drive change and promote a deep appreciation for Australia's natural landscapes. Together, we are supporting initiatives to rewild Australia through reintroducing lost

species to natural environments and the restoring of ecosystems to create more resilient landscapes", He added.

TWC will generously donate 100% of all sales, presenting a perfect opportunity for participants to not only relish the health and wellbeing advantages of walking in Australia's remote wilderness areas, but also leave a lasting legacy on the places and communities they visit.

All Walks depart October 10, 2023. Kathryn Birch, Senior Manager Impact Partnerships at WWF-Australia said, "WWF-Australia are thrilled to be partnering with Tasmanian Walking Company on Walk for Wild."

"Last year, walkers helped to support our critical work rehabilitating and restoring wildlife and habitats and building resilience against climate disasters. We look forward to making an even bigger impact this year through Walk for Wild."

To book a Walk for Wild experiences go to www.taswalkingco.com.au.

To donate towards the \$150000 goal visit taswalkingcofoundation.com.au/donate and reference "Walk for Wild".

Excellence in Willoughby

Willoughby City Council has been honoured with a Highly Commended Award for Community Development in the category of Councils with a population under 150 thousand at the esteemed NSW Local Government Excellence Awards.

This esteemed recognition underscores the exceptional impact of the 'Hi Neighbours' project that was brought to the local community. The project exemplifies Willoughby City Council's commitment to leadership and innovation, through their delivery of outstanding community services.

Launched in August 2022, the 'Hi Neighbours' project aimed to cultivate connected and resilient apartment communities by fostering relationships among residents. Since its inception, the initiative has successfully brought together apartment dwellers, fostering a stronger sense of belonging and community spirit.

The project's success can be attributed to a diverse range of resident-led initiatives, including engaging community events and the introduction of regular activities tailored to apartment residents. These initiatives, such as walking groups and movie nights, have played a significant role in nurturing strong and vibrant communities within our apartment complexes.

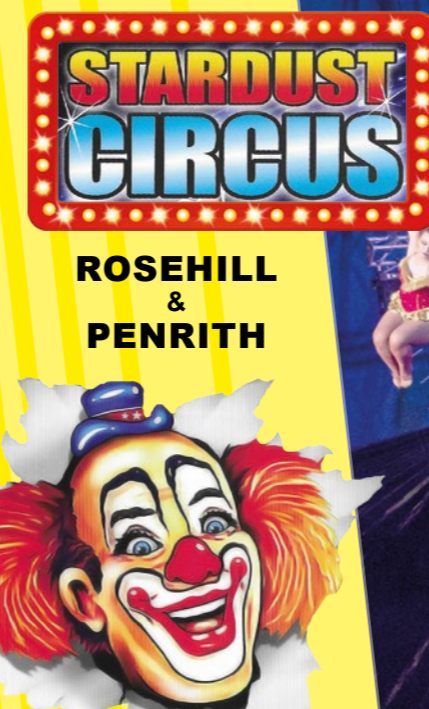
Expressing her delight at receiving the award, Mayor Tanya Taylor stated, "We are thrilled to be recognised for our efforts and proud



that the 'Hi Neighbours' project has made a positive difference in our community."

"Our goal has always been to work collaboratively with the residents of Willoughby to deliver outstanding outcomes, and this award is a testament to our commitment."

For more information on the 'Hi Neighbours' project, including upcoming activities and events, visit the official Willoughby City Council website www.willoughby.nsw.gov.au.



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LOOK FOR THE BIG RED & YELLOW TENTS

SHOWTIME

ROSEHILL, NSW
(CNR James Ruse dr & Grand ave.)
Friday 30th June to Sunday 16th July

- Friday 30th June 7:00pm
- Saturday 1st July 1:00pm & 4:00pm
- Sunday 2nd July 11:00am & 2:00pm
- Tuesday 4th July 11:00am
- Wed 5th July 11:00am & 2:00pm
- Thursday 6th July 11:00am
- Friday 7th July 7:00pm
- Saturday 8th July 1:00pm & 4:00pm
- Sunday 9th July 11:00am & 2:00pm
- Tuesday 11th July 11:00am
- Wed 12th July 11:00am & 2:00pm
- Thursday 13th July 11:00am
- Friday 14th July 7:00pm
- Saturday 15th July 1:00pm & 4:00pm
- Sunday 16th July 11:00am Only.

PENRITH, NSW
(Paceway Station st.)
Friday 11th to Sunday 20th August

- Friday 11th Aug 7:00pm
- Saturday 12th Aug 2:00pm & 6:00pm
- Sunday 13th Aug 11:00am & 2:00pm
- Wed 16th Aug 7:00pm
- Friday 18th Aug 7:00pm
- Saturday 19th Aug 2:00pm & 6:00pm
- Sunday 20th Aug 11:00am & 2:00pm



Winter School Holiday Fun in Ku-ring-gai

Ku-ring-gai Council has a fantastic lineup of activities for the winter school holidays, catering to a wide range of interests. From art classes to exciting outdoor adventures, there's something for everyone to enjoy. The Council's school holiday program runs from Monday, 26 June, to Friday, 14 July.

On Friday, 7 July, St Ives skatepark invites all skateboard and scooter enthusiasts to join in free coaching sessions. There will be thrilling competitions with exciting prizes up for grabs.

For teenagers, St Ives youth hub presents outdoor pop-up games on 5, 6, 12 and 13 July, between 11am and 3pm. It's a great opportunity for teens to engage in fun activities with their peers.

Families can book holiday activities at the Council's vacation care centres located throughout Ku-ring-gai. These centres provide a range of engaging experiences, including arts and crafts, games, sports, educational outings and more.

At the Ku-ring-gai Wildflower Garden, primary-aged children can immerse themselves in bush survival skills, learn

to cook over a campfire, and interact with fascinating native animals.

For those with a creative flair, the Ku-ring-gai Art Centre in Roseville offers jewellery and pottery workshops, as well as classes in writing, drawing, and painting.

On 10 July, Gordon Library welcomes children's author Matt Stanton, who will share insights about his latest book and conduct a creative writing session for kids aged 8 to 12 years. Meanwhile, St Ives library organises Lego classes, including one that explores basic robotics for Lego enthusiasts aged 8 to 12.

With such a diverse range of activities, the winter school holidays in Ku-ring-gai promise to be filled with excitement and enriching experiences for children and families alike.

Mayor Jeff Pettett said the winter school holidays has 'something for everyone'.

"Whether your child is sporty, musical or creative we've got an activity to keep them entertained."

Visit krg.nsw.gov.au/schoolholidays to find out more and book in.

Retailers Back the Winners

The 56th Ku-ring-gai Art Society Awards will take place at the St Ives Village Gallery, located between the Post Office and The Living Room Café, from Monday, 17 July to Sunday, 30 July, 2023.

The exhibition is set to be a remarkable showcase, thanks to the generous support of approximately 20 retailers from the St Ives Shopping Village who have put their hands up to sponsor the prizes. The involvement of these sponsors ensures that the event is a success and provides an exciting opportunity for artists to be recognised.

Over 70 local artists from the North Shore area will be participating in the exhibition, showcasing a stunning selection of more than 300 artworks. The exhibition will feature a diverse range of mediums, including oils, acrylics, gouache, mixed media, watercolours, pastels, drawing, printmaking, and miniature artworks.

The participating artists from the Ku-ring-gai Art Society are a talented group, including previous winners and finalists of esteemed competitions such as the Easter Show, Gallipoli, Archibald, and Lester Art Prizes. Their exceptional skills and creativity add to the overall calibre of the exhibition, making it a must-see event.

All displayed artworks will be available for purchase throughout the 14-day exhibition, allowing art enthusiasts and collectors to acquire remarkable pieces created by these talented artists.

The gallery will be open from 9:00am to 5:30pm every day, with extended hours until 9:00pm on Thursdays. For more information <https://ourkas.com.au>.



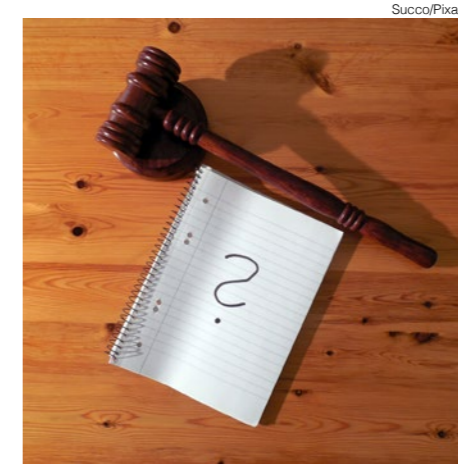
Inconsistent Evidence

by Wal Abramowicz

In a Supreme Court of NSW case, a stepson claimed an oral agreement existed between him and his deceased stepfather. The stepson said that the agreement specified that the deceased would give him \$100,000 to assist him in purchasing a property. The stepfather would purchase the property in his name. The stepson would live in the property and make repayments. The stepson said he had a bad credit rating and could not take out the home loan himself.

Several witnesses were called to give evidence for the stepson. During cross-examination, it was found many of the witnesses had conflicting versions of what occurred. The Court concluded that the claim rested heavily on the evidence given by the stepson and his wife.

The stepson was unable to remember a large number of important details. Such as whether his wife was present during the discussion, which individual was lodging bids at the property auction, and whether one of his sons was born in 2012 or 2013, considering that 2012 was the year when critical events occurred in acquiring the



property. The Plaintiff's submission that he was "bad with dates" was rejected.

The Judge noted his wife's evidence was also inconsistent and concerning. The Judge raised numerous concerns that cast serious doubt on her credibility. She had participated in a "fake marriage" with a different man to assist in an immigration application. She signed a form that contained false information despite knowing she was obligated to tell the truth. She signed a lease of a property as a tenant with the man she participated in the fake

marriage with to create a "paper trail" and she made up a fake name for the purpose of making a false claim for child support benefits as a single mother.

The Court found the stepson and his wife played an "active role in seeking witnesses in support of the case, and in the preparation of the evidence" by asking a list of questions to the witnesses to "cultivate evidence favourable to his case".

The Judge was not convinced there were agreements between the stepson and the deceased. The Judge also rejected the evidence given by the stepson and his wife that the deceased wanted to give them \$100,000. The Court ordered the proceedings to be dismissed and the stepson to pay the costs. Had the stepson succeeded, the property would have been transferred to him.

Fox & Staniland Lawyers have a team of lawyers with extensive experience in making notional estate claims on behalf of claimants, defending notional estate claims on behalf of estates, and acting for clients in all aspects of contested estate litigation.

For nearly 50 years Fox & Staniland Lawyers have been delivering pre-eminent legal services to Sydney's North Shore. We have grown to become a Sydney city alternative with one of the largest practices north of the harbour.

We are trusted advisors to our clients in matters of Will Disputes and claims against Estates.

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Level 2, 828 Pacific Highway Gordon NSW 2072*

*Parking available at the Gordon Centre and Ku-ring-gai Council on Dumaresq Street.

Watch Fifa Live in Ku-ring-gai

In a delightful initiative, the council of Ku-ring-gai will be setting up live screening venues for the FIFA Women's World Cup, ensuring an exhilarating experience for its residents. The screenings will feature the Matildas' round games in July, as well as the highly anticipated World Cup Final in early August.



The lively atmosphere of St Ives Village Green will serve as the backdrop for the live screenings of the Matildas' round matches. Thanks to a partnership with local sporting clubs and an agreement with FIFA, the council is pleased to offer these screenings to the public free of charge.

The following fixtures will be showcased:

- Round 1: Australia vs. Ireland on Thursday, 20 July.
- Round 2: Australia vs. Nigeria on Thursday, 27 July.
- Round 3: Australia vs. Canada on Monday, 31 July.

From 6pm onward, tantalising food and drinks will be available for purchase at

the live screenings. The Matildas' round matches will kick off at 8pm.

Prior to the games, local sporting clubs will extend invitations to the public, inviting them to participate in clinics and exciting competitions, adding to the overall excitement and engagement surrounding the event.

Mayor Jeff Pettett expressed his enthusiasm for the Council's live sites, highlighting them as an exceptional way

to inspire and engage the community, fostering a collective spirit of celebration.

"This is the most exciting event for football lovers since the men's World Cup last year".

"We plan to screen the final on Sunday 20 August and other games may also be screened, assuming the Matildas reach the finals."

For full details on the live sites visit krg.nsw.gov.au/worldcup.

Tackling the Cost-of-Living Crisis

New research conducted by the Salvation Army reveals that as Australia's cost-of-living crisis intensifies, a staggering 64% of the country's most vulnerable individuals cannot afford their utility bills. This figure is more than six times higher than the national average, painting a bleak picture of the circumstances faced by those in dire need.

One individual, who sought assistance from the Salvos, lamented, "This isn't living, it's surviving. I'm living week-to-week and getting deeper into debt. I feel like life is an elastic band that I keep stretching, but I'm just waiting for it to snap, causing everything to come crashing down."

As winter descends upon the nation, the Salvation Army's survey of over 1,700 community members who sought support illustrates the extreme challenges they confront. More than half (51%) of the respondents were on hardship plans with their energy providers, while nearly three-quarters (74%) had resorted to reducing their

use of heating, and 70% had cut back on lighting in their homes.

Additionally, 60% were taking shorter or fewer showers, 34% retired to bed early to keep warm, and 36% refrained from having guests to save on energy bills.

"It is now more expensive to be poor in this country," remarks Major David Collinson of the Salvation Army. "Our community members are making the most devastating decisions. Having to decide whether to put the heating on to stay warm in winter can literally be the difference between life and death."

A 34-year-old mother of three, who sought support from the Salvos, shares her struggles, saying, "I turn off the hot water and electricity at night. I use the barbecue for cooking and organise the kids' clothes to minimise the use of the washing machine. We only flush the toilet when necessary. We limit showers to a maximum of three minutes. Instead of using public transport, we walk or ride bikes everywhere."

These research findings coincide with the Salvation Army's annual Red Shield

Appeal, aiming to raise \$37 million by June 30 to sustain the provision of support to thousands of struggling Australians every week.

"The Salvation Army has a network of over 2,000 centres and services around the country providing critical support, but this isn't possible without the generosity of the Australian public," emphasises Major Collinson.

Each year, through its nationwide network of services, the Salvation Army provides:

- Assistance to one person every 17 seconds
- More than 1.86 million care sessions for those in need
- Over 1 million bed nights for individuals requiring accommodation
- More than 1.52 million meals to those accessing homelessness services

To make a tax-deductible donation to the Salvation Army's Red Shield Appeal or to seek support from the organisation, visit salvationarmy.org.au or call 13 SALVOS (13 72 58).

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NAVIGATING THE "IN BETWEEN" WITH DAMI IM

by Willow Berry

Australian pop sensation Dami Im's life is a testament to the power of perseverance and the realisation of dreams. Her exceptional journey has been serendipitous, complete with its share of obstacles, unwavering ambition, and the ultimate triumph that success bestows. Dami has recently dropped her latest single *In Between* and is thrilled to announce the upcoming release of her EP, also titled *In Between*, set to hit the airwaves on 7 July.



Growing up, music was an intrinsic part of Dami's household. With a mother who studied classical singing and pursued a career as an opera singer, the seeds of Dami's musical journey were sown at the tender age of five when her mother initiated piano lessons.

In those formative years, it seemed commonplace for children to delve into the world of music through piano. However, little did Dami realise that her musical education would evolve into a profound passion and purpose, particularly after her arrival in Australia at the age of nine.

"Coming to Australia it was all new. New culture, new language, new everything."

"I couldn't speak English. I found that being able to play piano was a big confidence boost. I liked showing off and I loved getting that acknowledgement from people. So I guess from there I got stuck into it."

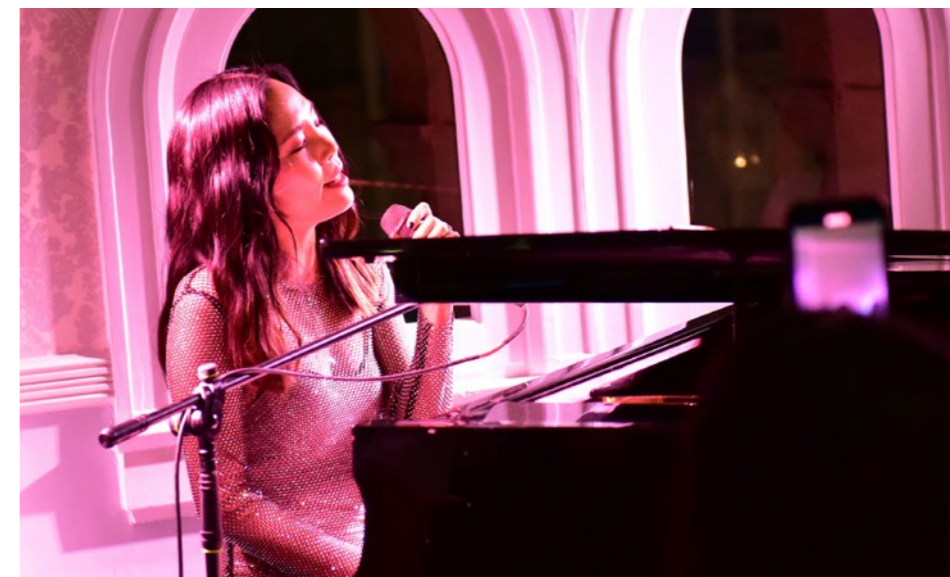
Dami emerged into the spotlight in 2013, seemingly appearing out of thin air, as she claimed the coveted *X Factor* crown. With her mesmerising voice and remarkable evolution into a bona fide pop sensation, she swiftly captured the hearts of the Australian public.

"*X Factor* is where everything started, I'm super grateful when I look back. It was completely new to me, especially being on TV. As a musician, it helped me grow immensely and I learned so much. The experience opened up a whole new world and all the opportunities I've had up until now."

Following her time on *X Factor*, Dami experienced an ongoing surge of success as she dominated the music charts with a series of sensational hits like 'Super Love' and 'Gladiator.' In 2016, Dami was chosen to represent Australia in the Eurovision Song Contest, where she achieved an impressive second-place position.

"It was a really huge moment. Almost a bit bizarre even, just Australia being in Eurovision is already something, but then for me a Korean girl coming to Australia and then representing on that world stage – I felt really proud. The role came with a lot of honour, but a lot of weight as well. I felt like an Olympian, having to represent our country in the best light possible. It was a brilliant whirlwind."

Dami's career has been the gift that's kept on giving with new projects and tracks always just around the corner.



"Coming to Australia it was all new. New culture, new language, new everything. I couldn't speak English. I found that being able to play piano was a big confidence boost"

Pop sensation Dami Im.

"I have a new EP coming out on 7 July. And I actually wrote a lot of the songs while I was pregnant with my first baby, Harry. It's very much about the transitional phase between finding a new identity as a mom, and also still feeling like the person that I was before that. Sort of feeling like you're stuck in between. Trying to find where I belong, and thinking about identity in that liminal space."

"I want it to resonate with people, not just to parents, but people who are going through different seasons in their lives. Say you're kind of stuck somewhere in the middle, but you've got to find your feet, it can be uncomfortable, but you have to adapt and evolve. I think that's what *In Between* is all about and I hope it resonates with people."

"I'm doing an album launch tour. It's also been 10 years of Dami Army, since I won the *X Factor*. So it'll be like a reunion tour, as well as the EP launch. I'll be singing all the new songs and then also some of the songs that my fans have loved from over the years, all the different covers and hits, different bits and pieces."

In a recent collaboration, Dami has partnered with Destiny Rescue, an esteemed Australian charity dedicated to combating child sex trafficking and exploitation on a global scale. With a longstanding friendship with CEO Paul Mergard, Dami has enthusiastically taken on the role of ambassador for the organisation.

"When I heard about Destiny Rescue, I loved the fact that they weren't afraid to go to places that other people might just look away and sweep under the carpet. Child trafficking is such a huge problem and it's a hard topic to get your head around."

"They work alongside law enforcement in other countries, rescuing children and bringing them freedom. So when I heard about that, I got really interested and when they asked me to be an ambassador, I jumped at the chance."

"Seeing people in need reach the other side, getting to the light at the end of that tunnel, that's so rewarding and so nice to be a part of."

"Recently I got to perform at their gala raising funds to do more rescues and continue their valuable work. There's so much support, people are very passionate about the actual work that Destiny Rescue is doing. So, it's a really great organisation to support."

Before parting ways with Dami, *Sydney Observer* asked her what advice she'd give to other aspiring individuals?

"Always continuing to grow is probably the most important thing, keep trying to achieve something. Try not to stay in your comfort zone for too long. You've got to keep growing and expanding, trying different things."

"I saw a video of Ed Sheeran saying, success is nothing without failure. Learning to recognise failure as a stepping stone towards success. Continuing to grow and expand is the most important thing."



Taronga Zoo

taronga.org.au

School Holiday Fun for Kids

by Willow Berry

The school holidays are an eagerly awaited time, brimming with excitement and endless possibilities for kids to have a blast and create unforgettable memories. Whether they're seeking thrilling adventures or immersive experiences, this is the perfect opportunity to engage in a variety of enjoyable activities. From action-packed outings to creative endeavours, here are a couple of ideas to make these school holidays truly exceptional. Let the fun begin!

EMBARK ON A CINEMATIC ADVENTURE

Take your kids on a trip to the cinema and let them indulge in the magic of the big screen. Choose a family-friendly movie that everyone will enjoy and create special memories as you immerse yourselves in the cinematic experience together.

To get the cinematic journey on its way try Roseville Cinema or Hoyts in Chatswood.

<http://www.rosevillecinemas.com.au>
<https://www.hoyts.com.au>

SET OUT FOR A DELIGHTFUL PICNIC

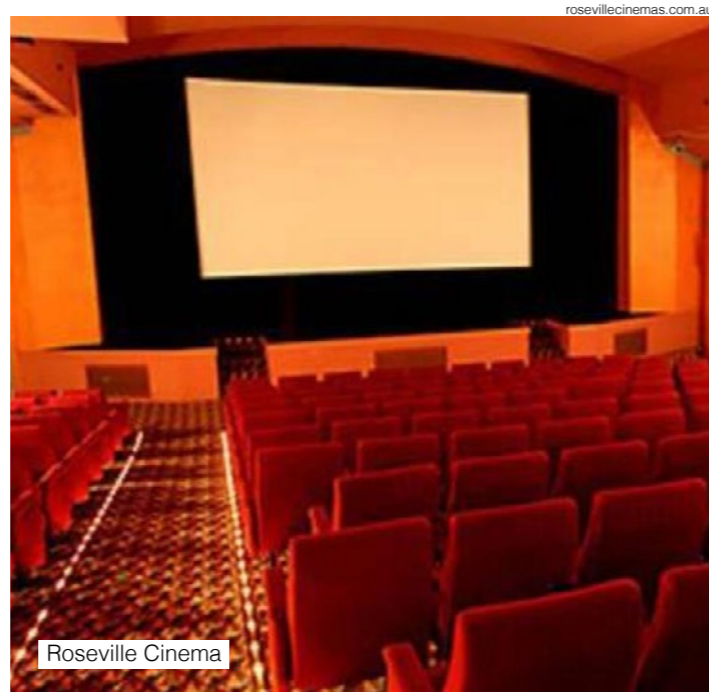
Enjoy the outdoors with a delightful picnic excursion. Gather your kids and pack a basket full of tasty lunches and their favourite treats. Find a picturesque spot, spread out a blanket, and savour the delicious food while surrounded by nature.

MARVEL AT THE WONDERS OF THE ZOO

Spark your children's curiosity and love for animals by visiting the local zoo. Explore the diverse exhibits, observe fascinating creatures up close, and let the kids learn about different species. It's a wonderful opportunity to create lasting memories and instil a sense of wonder and appreciation for the animal kingdom.

Head on over to Taronga Zoo, but if you wish for a sea change maybe switch things up and take the kids to the Aquarium.

<https://taronga.org.au/sydney-zoo>
<https://www.visitsealife.com/sydney>



Roseville Cinema

rosevillecinemas.com.au

CAST A LINE AND GO FISHING

Indulge in a relaxing fishing trip with your kids. Find a serene fishing spot, whether it's a nearby lake or a calm river, and teach them the art of casting a line and patiently waiting for a bite. The peacefulness of the surroundings and the excitement of potentially catching a fish will make it a memorable experience for everyone involved.

IMMERSE IN THE VIBRANT FARMERS MARKET

Visit a local farmers market with your children and discover a world of fresh produce and unique treasures. Wander through the stalls, let your kids choose their favourite fruits and vegetables, and engage them in conversations with the local farmers. It's a great opportunity to teach them about the importance of supporting local businesses and enjoying fresh, healthy food.

UNCOVER THE WONDERS OF A NEW PARK

Expand your kids' park experiences by exploring a new or lesser-



Mosman Farmers Market

northshoremums.com.au

known park in your area. Let them discover new playgrounds, hidden trails, and intriguing features that will add excitement to their holiday adventures. It's a chance to encourage their sense of exploration and appreciation for the outdoors.

If you're stuck for park ideas try a day at Hallstrom Park, or head over the Bridge for a day at the Botanic Gardens.

EXPLORE A MUSEUM THAT CAPTIVATES

Select a museum that caters to your children's interests and allows them to delve into new realms of knowledge and discovery. Whether it's an art museum, a science centre, or a history exhibit, the experience of exploring a new place and learning together will create cherished memories and broaden their horizons.



The Rocks Museum

rocksdiscoverymuseum.com

Delve into the past at the Rocks Discovery Museum, or see what the Powerhouse has in store this holiday season.

<https://rocksdiscoverymuseum.com>
<https://powerhouse.com.au/visit/ultimo>

During the holidays, embracing these activities will not only keep your kids engaged and entertained but also foster their curiosity, creativity, and love for exploration. Enjoy the journey and make the most of these precious moments spent together.

Winter Water Safety

by Willow Berry

The RLS 2022 National Drowning Report reveals a concerning trend in drowning deaths, indicating a 15% increase compared to the previous year and a significant 24% increase when compared to the 10-year average. Although there has been a decline in infant drownings in recent years, it is disheartening to note a 7% increase in drownings among children aged 5-14 in the past year and a staggering 36% increase when compared to the 10-year average.

These statistics potentially reflect the impact of children missing out on swimming lessons. With swimming lessons playing a crucial role in equipping children with vital water safety skills, the absence of consistent lessons may contribute to the rise in drownings within this age group. It underscores the importance of ensuring that children have access to swimming lessons throughout the year, including the winter months, to maintain their skills and enhance their ability to stay safe in and around water.

Addressing this issue requires collective efforts from parents, communities, and authorities to prioritise water safety education and provide opportunities for children to learn and practice swimming skills consistently. By prioritising and investing in swimming lessons, we can work towards reducing the incidence of drowning and protecting the well-being of our children.

Michele Eason, a highly skilled professional swim instructor, brings over 20 years of invaluable aquatic experience to her role at BlueFit learn-to-swim. Known for being one of Australia's most renowned and prosperous learn-to-swim programs, BlueFit has an impressive enrollment of over 20,000 children across the nation. As a dedicated mother of two, Michele recognises the significance of prioritising water safety throughout the year, prompting parents to adopt a forward-thinking approach.



Where you can find Bluefit

Lane Cove Aquatic Leisure Centre

Hurstville Aquatic Leisure Centre

San Souci Leisure Centre

BlueFit Swim School – Bankstown, Casula and Mosman

Find out more at www.bluefit.com.au.

Bluefit Swimming offers year-round swim lessons with comfortable water temperatures of 30°C, providing a winter oasis for continuous swim training. Their comprehensive program covers all age groups, from babies to adults, with highly trained coaches and instructors who hold nationally recognised certifications. Ongoing staff training and daily huddle hubs ensure individualised instruction and lesson planning.

By nurturing a culture of water safety, families can safeguard their children's well-being and promote a lifelong respect for aquatic environments.



For the Love of Reading

by Sarah Wainwright

“**W**hen I'm really into a novel, I'm seeing the world differently during that time — not just for the hour or so in the day when I get to read. I'm actually walking around in a haze, spellbound by the book and looking at everything through a different prism.” — Colin Firth

Here's a snap shot of some Australian literacy statistics. 40-50% of adults in Australia have literacy levels below the international standard required for participation in work, education and society. A low level of literacy relates to a person's ability to read, write and understand a range of information that allows them to fully participate in society (Source: OECD, reported by C. Ferguson, SBS, *The Conversation*, 2021). The Business Council of Australia reports that over 2 million adult Australians lack the foundational skills of reading, writing, maths and digital literacy (Ittimani, M., AFR, March 2023). Similarly, as reported in *The Guardian*, millions of adult Australians cannot read recipes or bus timetables, apply for a driver's licence or financial support, or even sign rental agreements without supervision (Belot, H., April, 2023).

These alarming figures provide a segway to a passion of mine, reading. For most of my life, reading has provided me with companionship, intrigue, escapism, and learning, as well as friendships forged in a book club that I joined and then ran for

Literacy help and information

- www.stylemanual.gov.au/accessible-and-inclusive-content
- www.aihw.gov.au/reports/children-youth
- www.raisingliteracy.org.au

some years. Life however, does get in the way of reading at times, such as during years spent studying as well as the sleep-deprived baby-rearing years. My favourite genre is historical fiction and my favourite book is 'Burial Rites' by Australian author Hannah Kent. 'Horse', by Geraldine Brooks, also an acclaimed Australian author, is the book that I have most recently read and highly recommend.

Considering the disconcerting levels of Australian literacy, the benefits of reading quality literature often and widely for children and teens cannot be more strongly underscored, and include:

- broadening vocabulary;
- improved ability to generate synonyms and antonyms;
- improved comprehension;
- improved concentration, reading and focusing independently;
- less reliance on auto-correct, auto-spell checker, thesaurus and word generator;

- written work is enhanced, sentences are richer and more complex;
- sparking imagination and curiosity;
- a deeper understanding about the world, your own culture and other cultures;
- promotes brain development, language and speaking skills;
- develops emotions and empathy;
- reading promotes achievement in all subjects. Multiple studies have found a correlation between reading for pleasure and higher academic achievement in every subject.

Finally, reading improves reading. Set aside time to read to or with your children and teens for quality (screen-free) time together.

For excellent fiction please check out titles by my favourite and accomplished Australian authors (in no particular order): Kate Forsyth, Jane Harper, Heather Rose, Geraldine Brooks, Hannah Kent, Liane Moriarty, Michael Robotham, Trent Dalton, Craig Silvey, Christos Tsiolkas, Pip Williams, M. L. Stedman, Kenneth Cook and Leah Purcell.



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

Benefits of Tutoring

Tutoring is an invaluable educational tool that offers personalised learning experiences, one-on-one attention, and improved academic performance for students. This individualised approach maximises understanding and engagement, providing students with a unique learning experience that is not always possible in crowded classrooms.

Tutors take the time to understand each student's learning style and adapt their teaching methods accordingly. By building strong teacher-student relationships, tutors offer dedicated support, mentorship, and guidance, enhancing the overall learning experience. This personalised attention fosters a deeper understanding of the subject matter and helps students develop essential skills.

Tutoring has been proven to significantly improve academic performance. Tutors work closely with students, preparing them for tests and exams while addressing specific problem areas. Through targeted instruction and focused practice, students' grades and comprehension of the subject matter can improve significantly. Tutoring provides students with the necessary tools and strategies needed to succeed academically, boosting their confidence and self-esteem.

Beyond academic gains, tutoring also has a transformative effect on students' attitudes towards learning and school. With constant encouragement and positive reinforcement, tutoring creates an environment where learning becomes enjoyable and engaging.

Students who may have previously felt overwhelmed or frustrated can develop a newfound enthusiasm for learning, leading to increased motivation and a positive outlook on education. Tutoring helps students develop effective study habits, time management skills, and organisational strategies that will benefit them throughout their lives.

From personalised learning experiences and improved academic performance to enhanced attitudes, study habits, and self-confidence, tutoring plays a vital role in supporting students' educational success. With individualised attention, targeted instruction, and a positive learning environment, tutoring empowers students to overcome challenges, excel academically, and reach their full potential.



French à la Carte Unveils Mona Vale Branch

French à la Carte, an esteemed French language school for adults, is proud to announce the grand opening of its latest branch in the heart of Mona Vale shops, located at 3 Waratah St. With over 12 years of experience and a dedicated student base of more than 300, this expansion reflects the school's commitment to bringing its immersive and enriching language programs to the vibrant community of the Northern Beaches.

Under the visionary leadership of School Director Marion Kermann, French à la Carte aims to provide an exceptional language learning experience to individuals seeking to master the French language. With a focus on innovative teaching methods, cultural immersion, and personalised attention, the school offers a supportive and engaging learning environment.

“The timing of our new branch opening in Mona Vale couldn't be more perfect, as it coincides with several exciting French events on the horizon — Bastille Day on 14 July, the Rugby World Cup in September and the Olympics in Paris in July 2024,” says Marion Kermann.

The experienced team of instructors at French à la Carte are dedicated to

meeting the unique language goals of each student. By fostering a deep understanding and appreciation of French culture and traditions alongside language proficiency, the school offers a comprehensive range of programs suitable for learners of all abilities, from beginners to advanced levels.

The opening of the new branch in Mona Vale marks a significant milestone in French à la Carte's journey. The school is excited to welcome both new and existing students to this vibrant location, where they can immerse themselves in the richness of the French language and forge lasting connections within the local community.

As individuals embark on their language learning adventure at French à la Carte, Mona Vale, they will experience the joy of mastering French while being part of a supportive and welcoming community. Prospective students are encouraged to enrol today and discover the limitless possibilities that await them at French à la Carte.

Visit www.frenchalacarte.com.au or contact Marion at info@frenchalacarte.com.au or 0400 141 370 for more information.

5 Fun Things to Do with Your Grandkids this Winter

Quality time spent with grandkids is vital for nurturing strong relationships, passing down family values, providing emotional support, and promoting overall wellbeing. It creates a sense of belonging and leaves a lasting legacy for generations to come. Here's a bunch of fun activities the grandkids, and you, will love.



Enjoy a movie night

Movie nights are even more enjoyable with special guests. Choose a fantastic children's movie and stock up on popcorn, pizza, and special movie treats. Get everyone comfortably settled and relish a memorable movie night at home. You can even tune in from different places and have a Netflix party movie night together.



Solve puzzles

Puzzles are an excellent activity for both kids and grandparents. They stimulate the mind and can be enjoyed regardless of age or physical abilities.



Unleash creativity through colouring

Sitting down to colour has an everlasting and soothing charm. Equipped with a fresh pack of crayons and colouring books (or printed colouring pages), kids and grandparents can spend quality time together, indulging in a restful and creative pursuit.



Explore books together

Reading is a wonderful activity for adults and children alike, and it becomes even more special when shared with grandparents. Encourage kids and grandparents to take turns reading passages from their favourite books to each other.



Bake and create memories

Grandma's desserts have a way of transporting everyone back to their childhood. Select easy recipes that kids can actively participate in or pass down a treasured family recipe. Baking together will not only create delicious treats but also provide an opportunity for intergenerational bonding.

Remarkable Links between Hearing and Brain Health

by Joanna Magee

New research is revealing that there are strong and surprising connections between hearing health and brain health, some of the links have surfaced remarkable insights, even the mildest cases of hearing loss can impact brain health!



Research reveals that our most neglected sense has a vital connection to brain health. Untreated hearing loss causes cognitive overload on the brain, filling our short-term memory as we attempt to process sound.

The frustration leads to avoidance of communicating because it is ineffective, stressful, and tiring. But people are unaware of the impact this overload takes on the brain.

Did you know? Improving hearing is the prime modifiable risk factor for Dementia. The message is that improving your hearing, improves your brain health. It's

topical to keep your mind vibrant, vital, and active ...neglecting your hearing diminishes this. By hearing better, we can improve our brain health and well-being, and we can give our life more meaning.

Our sense of hearing gives us connection and enjoyment...listening to the sounds of life, laughter, conversation, music, bird song or other sounds that bring us pleasure. Effective communication not only brings connection but eases the burden

placed on the brain when we strain to hear.

Research reveals the impact of untreated hearing loss on Dementia, and remarkably how it also increases the chance of falling over. The greater the hearing loss the more negative the impact. Even mild hearing loss can have a negative impact on brain health.

Research indicates that brain health and well-being increase when we improve our hearing.

AUDIHEALTH have a panel of Hearing Experts to share insights on these connections, revelations, and solutions. If you are pro-active about maintaining your brain-health and being as vital as possible then this seminar will give you the insights and tools, you need.

Register for free educational seminar on Tuesday the 25th July, 11:00 a.m. at Roseville RSL Club by calling 88809922.

IS YOUR HEARING AFFECTING YOUR BRAIN HEALTH?

New research is pointing to the detrimental impact untreated hearing loss has on our cognitive abilities. Did you know? Improving hearing is the prime modifiable risk factor for Dementia. Learn what you can do to improve your hearing and brain health at this FREE EDUCATIONAL EVENT.

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Vincent Santana
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Five Signs Your Bed Needs an Upgrade

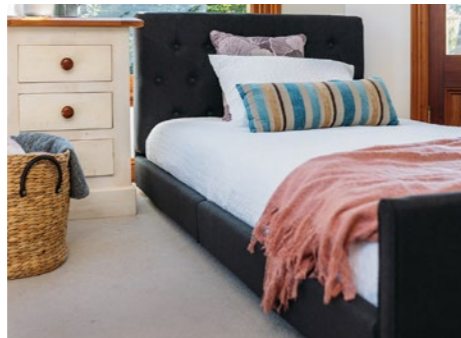
by Rejimon Punchayil

In response to my article in the June edition, a valued reader has posed a question regarding the determination of when it is time to replace their bed. Today, I would like to address this concern by highlighting five key indicators that signify your bed or mattress may no longer be fulfilling its intended purpose.

Discomfort or Pain: Consistent discomfort or pain experienced while lying in bed is an unmistakable sign that your bed is not providing the necessary support or pressure relief. This can greatly affect your overall comfort and sleep quality.

Limited Mobility: If you find yourself struggling to get in and out of bed or change positions with ease, it may indicate that the bed's height, accessibility, or adjustability features are no longer suitable for your needs. This lack of mobility can increase the risk of falls or strain during transfers.

Poor Sleep Quality: If you are unable to achieve restful sleep or frequently experience disturbances throughout the night, it could be due to an ill-suited mattress or inadequate bed support. High-



quality sleep is paramount for your well-being and overall health.

Development of Bedsores: The presence of bedsores or pressure ulcers on your body is an alarming indication that your bed fails to effectively distribute pressure, resulting in excessive strain on specific areas. A proper bed should possess features designed to prevent the development of such painful conditions.

Safety Hazards: A bed lacking appropriate safety features, such as side rails, grab bars,

or a sturdy frame, poses a significant risk to your safety. This is particularly vital for individuals prone to falls or those facing mobility challenges.

In addition, be mindful of warning signs such as instability, squeaking, or visible wear and tear on your bed and mattress. Checking whether the safe working load of your bed is suitable for your needs is also of utmost importance.

To address these concerns effectively, I highly recommend consulting with a healthcare professional or an Assistive Technology (AT) Specialist. They can assess your specific requirements and guide you in selecting a bed that ensures optimal comfort, safety, and support. Should you have any further questions or require assistance, I encourage you to reach out to the friendly AT Specialists at www.comfortdiscovered.com.

Your bed plays a vital role in your wellbeing and quality of life. Take the necessary steps to ensure that you are provided with the comfort and support you deserve.



Maintaining Vision Health

Ensuring good eye health is crucial at every stage of life, but it becomes even more essential during the senior years. Although certain vision changes are inevitable, there are proactive measures seniors can take today to promote clear vision in the future. Consider the following steps:

NOURISH YOUR EYES THROUGH DIET

Choosing foods that promote eye health can make a significant difference. Incorporate items such as dark leafy green vegetables, avocados, sweet potatoes, and fatty fish like salmon, tuna, and mackerel into your meals. A nutritious diet not only supports overall well-being but also provides vital nutrients for protecting your eyes.

EMBRACE FITNESS FOR EYE HEALTH

Maintaining overall physical fitness positively impacts various health conditions, including eye-related issues. Engaging in light exercise daily improves blood circulation, benefiting your eye health. This is particularly important for seniors with conditions such as diabetes that can impact vision.

ALLOW YOUR EYES TO REST

While technology allows seniors to stay connected and entertained, prolonged screen time can strain the eyes. To alleviate this, take regular breaks and give your eyes a chance to relax. Every 20 minutes, take a 30-second break from the screen. This simple practice can significantly reduce eye strain.

OPTIMISE INDOOR LIGHTING

Appropriate lighting plays a vital role in maintaining healthy eyesight. While dim lighting may create a pleasant ambiance, it can strain your eyes. Ensure that rooms are well-lit, especially if you engage in activities like reading or watching television. Ample lighting helps your eyes focus and minimises eye strain.

PROACTIVE MEASURES FOR SUCCESSFUL EYE HEALTH

Embrace a proactive approach to preserving your vision as you age. While eyesight naturally changes, adopting healthy habits can help maintain clarity. Regular exercise, a nutritious diet, and positive lifestyle changes all contribute to the long-term health of your eyes.

By enhancing visual clarity, you can maintain independence, and enjoy the world around you with optimal eye health. Taking these proactive measures today can make a significant difference in preserving and safeguarding vision well into the future.



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Reducing Your Dementia Risk

by Dr Sue Ferguson

For many of us, one of our biggest fears as we grow older is that we will develop dementia. Dementia affects 1 in 10 over 65-year-olds, and 3 in 10 of those over 85. Dementia is not a normal part of ageing, but rather a collection of brain disorders, including Alzheimer's Disease, Vascular Dementia, Lewy Body Disease, and Frontotemporal Dementia.

The symptoms differ between different types of dementia, but usually include memory loss, confusion, changes in planning and problem solving, and changes in behaviour, personality and mood, leading to an inability to perform daily tasks.

There is good research evidence to suggest that our own behaviours can reduce our risk of developing dementia, or at least slow down its onset and progression, even in those with a genetic predisposition to Alzheimer's.

The World Health Organisation reviewed research on what leads to improved cognitive functioning, memory and also reduced the risk of dementia. They found lifestyle-related and several chronic disease related factors were linked to dementia risk. A more recent US study followed thousands over 20 years and found many of the same risk factors.

Together these studies suggest that to help maintain your cognitive functioning and potentially reduce your dementia risk it's important to:

- be active,
- eat a better diet and maintain a healthy weight,
- not smoke (or quit now),
- keep normal blood pressure,
- control cholesterol and
- have low blood sugar (in middle age) and keep it under control later.

There is some mixed evidence suggesting getting hearing aids when needed is important, and that keeping your brain active, getting enough sleep, and also recent evidence that maintaining social activities may also help.

See your GP if you have symptoms, as ruling out (or treating) other potential causes of cognitive symptoms, and early diagnosis of dementia are important. For more information see dementia.org.au.

When Boys' Hair Length Caused Family Tension

by Margaret Simpson

What child could resist sitting in this children's barber chair, complete with horse's head, to have their hair cut? It was snapped at Frank's barber shop in Gordon whose owner affectionately refers to him as Phar Lap.

Children's barber chairs have been around since the 1920s. By 1926 Farmer's department store in Sydney had a Children's Barber Shop decorated with gold fish aquariums, caged canaries, fairy pictures and a bubbling fountain. Every new client was given an envelope for their first snipped curl. However, most baby boomers when children had to sit on a box placed on an adult barber's chair.

Short back n' sides slicked down with Brylcreem was worn by teenage boys and men alike. But, influenced by the Beatles and other pop singers of the 1960s, teens embraced the 'mop top'. Hair was worn longer at the back and sides covering the ears.

Hair length was a big social issue in the 1960s and 70s, often causing tension and conflict in families and in high schools. Some students were suspended from school if their hair wasn't 2.5 cm above their shirt collars. Some fathers physically dragged their sons off to the barber. Parents feared long hair was the slippery slope to dropping out of school, delinquency, drinking, drug-use and violence. In Brisbane, long-haired males were targeted by police. There are accounts of apprehended youths having their locks roughly cut off with garden edging shears.

Initially linked to music, hair length went on to epitomise the teenage challenge to authority, opposition to the Vietnam War and individual rights culminating in the opening of the musical "Hair" in Sydney in 1969.

How did the poor barbers fare? They must have lost money and apparently many didn't have the skills to style the fashion for long hair wanted by the boomers in their teens.



The Gift of Friendship

Retirement holds the promise of an exhilarating chapter in life—a time when the rigours of work recede, and a world of leisure and fulfilment unfolds before you. It's a phase eagerly anticipated by many during their younger years.

However, the prospect of retirement can also evoke trepidation. Some new retirees find themselves concerned that their days will lack purpose without work, or worry about experiencing boredom and missing the social connections they enjoyed with colleagues or clients. These apprehensions are just as valid as the excitement surrounding the culmination of one's career. Building social connections during retirement is crucial, as it fosters friendship and support, nurturing a sense of belonging for retirees.

Socialising remains essential at every stage of life, but its significance for retirees cannot be overstated. Regular interactions with others can help retirees maintain their mental, physical, and emotional well-being, while safeguarding against the challenges posed by loneliness.

Engaging in social activities during retirement offers a range of benefits that significantly improve overall well-being. Firstly, active social engagement helps retirees cope with stress more effectively, leading to improved cardiovascular health and a strengthened immune system. Moreover, establishing strong social connections has been linked to increased longevity, allowing retirees to lead fuller lives.

By maintaining diverse social networks, retirees are more likely to engage in regular exercise, which not only enhances physical fitness but also brings about mental and cognitive advantages. Consistent social interactions also play a vital role in



reducing the risk of depression caused by loneliness, safeguarding retirees' mental health. Furthermore, participating in social activities contributes to decreased symptoms of anxiety, promoting overall wellbeing and peace of mind.

Finally, socialising fosters an environment for retirees to remain actively engaged, nurturing their self-esteem, confidence, and sense of self-worth. Embracing social connections during retirement offers a multitude of benefits that enhance the quality of life in various aspects.

To actively engage and connect with others, consider venturing out and exploring various avenues. Here are some suggestions to help you get started:

- **Volunteer in your community centre or at your favourite charity organisation:** Giving back to your community not only allows you to contribute positively but also offers opportunities to meet and connect with like-minded individuals who share similar values.
- **Participate in social groups and scheduled activities:** Seek out local social groups, clubs, or organisations that align

with your interests. These could include hobby clubs, sports teams, art classes, or even local community events. Participating in these activities provides a platform for meeting new people and building meaningful relationships.

- **Join a group focused on your favourite topic or activity:** If you have a particular passion or hobby, consider joining a group or club centred around it. Whether it's a card game group, a book club, or a gardening association, these gatherings provide a chance to bond with others who share your enthusiasm.
- **Explore fitness classes like Zumba or yoga:** Fitness classes not only promote physical well-being but also offer an opportunity to connect with others who prioritise their health. Joining a Zumba or yoga class can introduce you to a community of individuals striving for wellness and provide a social outlet as well.

Remember, the key is to step out of your comfort zone and actively seek opportunities for connection. By trying out these suggestions or exploring other avenues, you can enhance your social life and forge new relationships that add vibrancy and fulfilment to your retirement years.



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KEEPING YOUR HEART AT HOME Choosing in Home Care

by Matt Oliver

Around 90% of ageing Australians want to live in their home for as long as possible, so they can maintain their quality of life. Home care makes this possible by helping with daily tasks while remaining where you feel most comfortable.

Here are some easy steps to follow to start you on your home care journey.

1. IDENTIFY THAT HOME CARE IS REQUIRED

The need for home care is different for every person. Perhaps you are recovering from a sudden illness or injury, or you've been gradually experiencing difficulties with tasks like laundry, showering and driving.

2. KNOW YOUR OPTIONS: IN-HOME AGED CARE VS AGED CARE FACILITY

Will home care offer enough support? If you want to remain at home, you might be wondering how care works in a home setting.

Remember you can always take a planned approach, engaging home care support in small increments to see if it works for you.

The alternative is an aged care facility or a retirement village. Each facility will offer different levels of support and independence. You and your family members can research what is available and what suits your needs.

3. SEE IF YOU'RE ELIGIBLE FOR A GOVERNMENT HOME CARE SUBSIDY

Once you have decided that home care is right for you, there are two options for covering the cost – privately funded



home care or Government-subsidised home care.

To determine which subsidy you are eligible for, you need to contact My Aged Care on 1800 200 422. They will organise for a local assessor to contact you, they will then perform an assessment as part of your application.

You will be notified when your assessment is approved (this can take a number of months, so start the process early), and then you can commence care with your preferred provider.

4. FIND A HOME PROVIDER YOU ARE COMFORTABLE WITH

You can choose your preferred service provider, even if you are receiving government support. It's common for ageing adults to worry that they won't have any say in their care, but that is not the case.

While you are waiting for your assessment to be completed, research and meet with your preferred provider so you can get started as soon as the assessment is approved.

When you do meet with a home care provider, keep a checklist of questions handy. It will help you to gather all the information you need to make an informed decision.



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A New Trend in Fabric Awnings

by Andrew Perry

Outdoor awning fabrics have transformed over the past few years, with the latest European fabrics having an expected life of around 20 years. They feature a permanent coating which maintains a clean appearance, and they will not stretch or sag over their entire life.

High quality European fabrics are manufactured in an environmentally friendly process that produces minimal waste, and they are fully recyclable. They are typically cooler to sit under during the hot summer months, and they let through more translucent light.

With these properties, custom designed awnings and fabric structures are now an alternative light weight and attractive solution to a traditional structure. They are no longer just suitable for demountable or retracting awning solutions, fabric awnings also make an excellent choice for carports, outdoor rooms, and all-weather entertaining areas.

The advantages of a fabric awning solution for your outdoor area are numerous and should be considered.

- 1. A fabric awning will be unobtrusive.** It will have minimal frame and supports. It will be lightweight in appearance and will blend in and not dominate the view of your home.
- 2. A fabric awning is a high-quality structure.** A fabric awning will create a quality outdoor room. All our awnings are manufactured from a premium quality French fabric, and stainless steel and aluminium componentry.
- 3. A fabric awning will let through light.** A light-coloured fabric awning will let through more translucent light than a polycarbonate or solid roofed structure.



A fabric awning will reflect heat. One of the main advantages of a light-coloured fabric awning is that it will reflect over 75% of the sun's solar radiation (the heat component) away from the entertaining area.

- 4. A fabric awning will reflect heat.** One of the main advantages of a light-coloured fabric awning is that it will reflect over 75% of the sun's solar radiation (the heat component) away from the entertaining area.
- 5. A fabric awning is fully waterproof.** Rainproof awnings are high frequency welded into one large sealed single covering. They are completely waterproof.
- 6. A fabric awning will be easy to maintain.** High quality rainproof PVC fabrics have a Teflon coating on both sides and will maintain a clean appearance for many years.

- 7. A fabric awning is a cost-effective solution.** A fabric awning custom designed and manufactured by Outrigger Awnings in their factory in Brookvale will be a durable, attractive, and cost-effective solution.

Outrigger has been applying their Engineering expertise and attention to detail to design and manufacturing custom awnings for 28 years. They have an excellent reputation, and they take great pride in providing a very high level of customer service. More info at www.outriggerawnings.com.au.

2023 Australian Houses Awards

On 28 July, the 2023 Houses Awards will bring together hundreds of peers and friends to celebrate a year of outstanding achievements in residential design. These remarkable works have pushed the boundaries of functionality and aesthetics, setting a new standard for excellence in creating beautiful homes.

The Houses Awards, launched in 2010, have rapidly become one of Australia's most prestigious honours, eagerly sought after by professionals in the industry. This annual celebration has firmly established itself in the design community calendar, and the winners will be featured in the August issue of Houses magazine.

The awards encompass six primary categories, three optional categories, and one automatic category. Entrants choose the primary category (or categories) that best suit their project. If applicable, the project can be entered into multiple primary categories, such as "New House under 200 square metres" and "Garden or Landscape." Each entry requires a separate submission and entry fee. For the Garden or Landscape category, the project completion is determined when the plantings have matured sufficiently to manifest the design intent.



Winners of the six primary categories automatically qualify for the prestigious Australian House of the Year award. The total prize pool amounts to \$14,000, with the recipient of the Australian House of the Year Award receiving a cash prize of \$5,000. Each award category offers a \$1,000 cash prize.

The awards offer four levels of recognition: Australian House of the Year, award winners, commendations, and shortlisted entries. The Australian House of the Year is bestowed upon the project that exemplifies the highest level of achievement among all entries, in accordance with the judging criteria. A Category Award is presented to the project(s) that demonstrate the highest level of achievement within their respective category, adhering to the judging criteria.

Projects that are shortlisted will have the privilege of using the Houses Awards logo for their printed and promotional materials upon request. Approximately one third of all entries receive this distinction.

The recipient of last year's Australian House of the Year award was Bright Studio's Autumn House, a remarkable extension to a 1980's Victorian terrace. Architect Mick Jörgensen skillfully integrated a new layer into the existing structure, working around the constraints imposed by the previous renovation and the presence of a mature backyard elm tree. The jury, in their citation, praised the project for its careful and seamless integration within these limitations, highlighting the ingenuity and craftsmanship displayed in the design.

'The design grapples with many of the problems that constrain alterations and additions to terraced houses and succeeds in establishing outlook, private outdoor space and a generosity to the public realm in a densely populated inner-suburban setting.'

Find this year's entries at <https://www.housesawards.com.au>.

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The World's Most "Beautiful" Gardens

by Willow Berry

It's hard to ignore the fact that while everyone is enjoying their best Euro summer, we're here enduring a shockingly cold winter. Thanks to Instagram I've seen the Eiffel Tower a million times already, and we're not even halfway through the season. But, I can't complain because Paris is undeniably beautiful. As I daydreamed about my own eventual Euro summer, I delved deeper into Paris' Luxembourg Gardens and stumbled upon a ranking released in December 2022 by HouseFresh, an air purification company. They analysed nearly a thousand gardens and parks worldwide based on Tripadvisor reviews, counting the number of times each attraction was described as "beautiful." So without further ado, here's their top 10 list of the most "beautiful" public gardens in the world, based on the frequency of being described as such:

1. GARDENS BY THE BAY, SINGAPORE (12,385 MENTIONS OF 'BEAUTIFUL')

With 12,385 mentions of "beautiful," Gardens by the Bay is a massive and futuristic park located in Singapore's bay area. Its standout feature is the famous Super-tree structures that provide an impressive skywalk over the gardens. The park also houses oversized seashell-shaped greenhouses, creating chilly mountain climates and offering stunning views.

2. JARDIN MAJORELLE, MARRAKECH (8,187)

Bought by French fashion designer Yves Saint Laurent and Pierre Bergé in 1980, Jardin Majorelle preserves the vision of its original owner, Jacques Majorelle. This garden, established in 1924, boasts a psychedelic desert mirage and showcases 300 plant species from five continents. It also houses Majorelle's electric-blue art deco studio, now the Musée Berbère, exhibiting over 600 artefacts representing Morocco's indigenous culture.



Bellagio Conservatory and Botanical Garden, Las Vegas.

3. LUXEMBOURG GARDENS, PARIS (6,818)

Inspired by the Boboli Gardens in Florence, the Luxembourg Gardens were created by Queen Marie de Medici in 1612. Covering 25 hectares of land, the gardens are divided into French and English sections, with a geometric forest and a large pond in between. You'll find an orchard with diverse apple varieties, an apiary for beekeeping, greenhouses displaying breathtaking orchids, a rose garden, 106 statues, the monumental Medici fountain, the Orangerie, and the Pavillon Davioud.

4. BELLAGIO CONSERVATORY AND BOTANICAL GARDEN, LAS VEGAS (5,706)

Located in Las Vegas, the Bellagio Conservatory and Botanical Garden showcases vibrant displays of flowers, trees, and shrubs. The exhibits change throughout the year, featuring around 40 trees, 1,500 shrubs, and approximately 10,000 flowering plants. Even if you're not an avid gardener, the sheer beauty of this place is sure to impress you.

5. THE BUTCHART GARDENS, VANCOUVER (5,022)

Known for its breathtaking flora, The Butchart Gardens on



Gardens by the Bay, Singapore.

Vancouver Island attract about one million visitors annually. This National Historic Site spans 55 acres and dates back to 1904. Maintained by a full-time staff of 50 gardeners, the gardens exhibit a stunning array of flowers and bulbs that change with the seasons, blooming in abundance during spring and radiating red and gold in the fall. Highlights include the Japanese Garden, Italian Garden, Rose Carousel, and Saturday evening fireworks.

6. KINGS PARK AND BOTANIC GARDEN, PERTH (4,451)

Kings Park in Perth, Australia, is one of the world's largest and most beautiful inner-city parks. It combines Aboriginal and European history, contemporary culture, and innovative design. The park's Western Australian Botanic Garden showcases over 3,000 species of unique flora. Two-thirds of the 400-hectare park is dedicated to

protected bushland, providing a haven for native biodiversity.

7. TIVOLI GARDENS, COPENHAGEN (3,806)

As the world's second-oldest amusement park, Tivoli Gardens is a must-see attraction located in the centre of Copenhagen. It captivates visitors with its assortment of amusements, including thrilling rides, green oases, gourmet food, and live concerts. The park, which opened in 1843, features various attractions, restaurants, and theatres, alongside beautiful gardens and fountains.

8. KIRSTENBOSCH NATIONAL BOTANICAL GARDEN, CAPE TOWN (3,444)

Situated on the slopes of Table Mountain, Kirstenbosch National Botanical Garden in Cape Town is renowned for its captivating display of Cape flora. Covering 528 hectares, the garden exclusively grows indigenous South

African plants, particularly those from the winter rainfall region. Within its 36 hectares of cultivated gardens, visitors can explore various collections.

9. KEUKENHOF, NETHERLANDS (2,719)

Located in Lisse, the Keukenhof is the world's largest flower garden. It spans 32 hectares and features more than 7 million flower bulbs, planted annually. Originally hunting grounds in the 15th century, the area was later known for its herbs used in the kitchen of Jacqueline, Countess of Hainaut's castle. In 1949, the garden was officially established to showcase hybrids from local and European flower growers, boosting the Dutch export industry.

10. CHRISTCHURCH BOTANIC GARDENS, CHRISTCHURCH (2,691)

Founded in 1863 with the planting of an English oak tree, the Christchurch Botanic Gardens have transformed over the years into a 21-hectare sanctuary. This elegantly cultivated space, mostly surrounded by the Avon River, features more than 10 different gardens framed by mature trees and expansive lawns. The gardens have evolved from natural wetlands and sand dunes into a well-maintained destination, offering a tranquil retreat.

These magnificent public gardens offer a window into the breathtaking natural beauty found across the globe. Whether you're drawn to the mesmerising modernity of Gardens by the Bay or captivated by the enchanting history of Luxembourg Gardens, each of these destinations promises a distinctive experience, surrounded by awe-inspiring landscapes and an abundance of diverse plant life. With their allure, you can't help but feel inspired to include a visit to at least one of these "beautiful" places in your next travel adventure.



Christchurch Botanic Gardens, Christchurch.

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Wood Fired Pizza Ovens

by Willow Berry

In gardens and terraces worldwide there's a resurgence of people now cooking with wood fired pizza ovens. Although this method has ancient origins dating back to Roman times, it is now experiencing a renaissance, as people recognise the numerous benefits it offers both in restaurants and at home. Here, we delve into the advantages of using a wood fired pizza oven.

ENHANCED FOOD FLAVOUR

The unmistakable taste of truly exceptional pizza is often the result of cooking it in a wood fired pizza oven. The stark contrast between a pizza cooked in a wood fired oven and one prepared using electric or gas methods is so profound that you may question why you would settle for anything less than the wood-fired perfection. Two primary reasons contribute to this distinction. Firstly, the even distribution of heat in a wood fired oven ensures that the pizza is cooked from both the hot bricks beneath and the circulating hot air above. Secondly, the wood imparts a distinctive, smoky flavour that cannot be replicated outside the realm of a wood fired pizza oven.

QUICK COOKING

To achieve the ideal temperature for crafting exceptional pizzas, ranging between 350-500 degrees Celsius, a wood fired pizza oven is essential. It does not require gas or electricity to reach intense heat. Consequently, a wood fired oven can cook pizzas, or any other food, astonishingly quickly. Depending on the oven's temperature, most pizzas are cooked in under 2 minutes, and in the case of a roaring fire they can be ready in just seconds.



Giotto Wood Fired Pizza Oven



CALABRESE 800 PRECAST DIY WOODFIRED PIZZA OVEN

HEALTHIER COOKING

For health-conscious individuals who enjoy experimenting with their pizzas, wood fired pizza ovens present a remarkable opportunity. By adding delicious fruits, vegetables, and other nutritious toppings, you can create a healthier pizza. The high temperatures of a wood fired oven enable pizzas to cook in merely a minute, thereby preserving the ingredients' nutrients and antioxidants. Prolonged cooking processes often result in nutrient reduction, thereby diminishing the healthiness of the pizza. Consider trying delectable ingredients such as asparagus, black beans, walnuts, pine nuts, broccoli, zucchini, pears, and even pineapple! While these choices may not suit everyone's pizza preferences, they provide alternative options for the health-conscious and adventurous eaters.

VERSATILE COOKING

Wood fired pizza ovens offer more than just pizza preparation. They can fulfil a variety of culinary purposes, allowing you to explore a broader range of dishes. From baking bread and roasting vegetables to grilling meats and preparing delectable desserts, these ovens provide endless possibilities for culinary creativity.

STRENGTHENING BONDS WITH LOVED ONES

A delightful tradition has been gaining popularity among families—pizza night. Whether it falls on Fridays or any other evening convenient for gathering, there is something special about cooking with wood fire ovens that elevates mealtime into a cherished event for friends and family. The act of cooking with fire evokes a primal connection to our origins, enhancing the experience. Once you have encountered this way of cooking, you will wonder why gas and electric methods prevailed for so long. Similar to barbecues, cooking with a wood fired pizza oven creates an atmosphere

conducive to standing around with friends, engaging in discussions about life's finer aspects, all while eagerly anticipating great food. This social aspect adds an irreplaceable charm that cannot be replicated when congregating around an electric or gas oven.

The popularity of wood fired pizza ovens around the world stems from the irresistible allure of enhanced flavours, rapid cooking proficiency, a health-conscious approach, and versatile culinary capabilities. It is no wonder that gardens and terraces everywhere have embraced this traditional method of cooking with open arms.



Donatello II



Home Aromas

by Willow Berry

The people who reside within a house are what truly transform it into a home. However, in addition to the art and decor that contribute to a welcoming atmosphere, the presence of pleasant fragrances plays a significant role in creating a comforting and inviting living space.

There are numerous ways to enhance the aroma of your home. You can use candles, essential oil diffusers, potpourri, incense, scented sprays, fresh flowers, baking aromatic treats, simmering spices, herbal sachets, scented cleaning products, or even natural air purifiers like indoor plants to create a delightful fragrance throughout your living space. Here's a couple of my top picks.

Throughout this winter, candles have become my reliable choice. They not only impart delightful fragrances that mask unpleasant odours, but they also establish an enchanting ambiance. Placing candles strategically adds a gentle touch to the surroundings, instantly infusing a cosy and warm atmosphere. Furthermore, the soothing scents of sweet and floral aromas like roses, lavender, and jasmine contribute to a sense of calmness and relaxation.

The use of essential oils has a deep association with home, thanks to my mother's dedicated use of an oil burner during my upbringing, which greatly influenced my affinity for this practice. Oil burners offer more than just the cleansing and relaxing benefits of essential oils; they also create a warm and cosy ambiance akin to candles.

Embracing a more technologically advanced approach, an electric oil diffuser can be a fantastic alternative. Effortless to operate, it releases fragrances that evoke a sense of calmness, soothing comfort, uplifting energy, or joyful ambiance throughout your desired space. Not only are they user-friendly, but electric oil diffusers also offer a more eco-friendly option, minimising wastage.

Elevate your living space into an indoor sanctuary by incorporating the beauty of fresh flowers. Their presence infuses every nook with a renewed vibrancy. A thoughtfully arranged bouquet brings an intentional touch, fostering a deeper connection with the natural world. Immerse yourself in the purest essence of floral fragrances, allowing their embrace to rejuvenate your senses.

Harness the power of linen spray to banish unwanted odours and uphold a delightful scent in your home. This versatile tool effortlessly rejuvenates a variety of linens, from bed sheets



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to pillowcases and more. Let linen spray elevate your space with its multifunctional charm: spritz it on freshly laundered clothes, use it as a room spray or air freshener, or mist it onto your soft furnishings.

In the quest for a fresh and well-ventilated home, an air purifier becomes an invaluable ally. It serves as the ultimate solution for eliminating unpleasant odours and purifying the air. By effectively sanitising the indoor environment, an air purifier tackles contaminants, toxins, and allergens, enhancing the overall air quality and creating a pristine living environment.

Creating a welcoming and pleasant home involves various elements. Beyond aesthetics, the fragrance of a home plays a crucial role in making it truly inviting. By incorporating specific tools and elements, you can transform your house into a warm, cosy, and refreshing sanctuary that nurtures both your senses and wellbeing.

What's Hot in the Beauty Aisle

by Willow Berry

In the realm of beauty trends, this year is all about embracing a touch of nostalgia. The classic '90s looks, featuring sultry smoky shadows and subtle metallic accents, have evolved into a softer, more effortless style for 2023. When it comes to skincare, the spotlight shines on nurturing healthier skin and simplifying your routine. Get ready to prioritise the well-being of your skin while embracing a more streamlined approach to your beauty regimen. Let's get around some of the items sitting hot on the beauty racks at the moment.

Isle of Paradise - Self-Tanning Drops

For those longing for that sun-kissed glow all year round, let me introduce the perfect solution: self-tanning drops that effortlessly transform your regular moisturiser into a year-round holiday glow. With 12 shades of radiant tan to choose from, you have complete control over the depth of colour by adjusting the number of drops used. These tan drops are specially formulated with non-sensitising, hypoallergenic ingredients, making them ideal for sensitive skin. Achieve your desired tan by simply adding 1 to 12 drops of the tan solution to your favourite moisturiser, serum, oil, or butter. Mix well and apply to clean, dry skin. Remember to wash your hands after application for a seamless finish. Say goodbye to mourning that summer glow and hello to a gorgeous, customisable tan all year long.



Go-To - Face Hero

Embrace the skin-centric trend with this extraordinary lightweight face oil. Skin is in, and Face Hero is here to deeply hydrate, soothe, revitalise, and shield your face from environmental stressors that contribute to premature ageing. Infused with a blend of ten powerful plant and nut oils, this remarkable formula is packed with essential fatty acids, vitamins, and antioxidants. Say goodbye to fine lines, dark spots, dryness, and inflammation as Face Hero works its magic. Its non-greasy formulation ensures no residue is left behind, while its fast-absorbing nature allows for deep penetration into the skin. Experience the transformative effects of Face Hero as it nourishes your skin from within, revealing a radiant and revitalised complexion.



Anastasia Beverly Hills - Brow Wiz

Make every day a brow day with the incredible Brow Wiz, your key to achieving the perfect arch that effortlessly complements your natural bone structure. This ultra-slim mechanical pencil features a retractable tip, allowing you to mimic the appearance of fine hair with remarkable precision. Say goodbye to sparse or over-tweezed areas as the Brow Wiz's smudge-proof formula ensures long-lasting, fresh, and natural-looking brows. Utilise the spoolie end to brush your brow hair upward, creating a neat canvas. Follow the lower arch by delicately drawing a thin line along the hairline, then brush the brow hair downward and define the upper arch using the same technique. To complete the look, fill in any gaps or sparse areas, and gently groom the brows to seamlessly blend the colour. Elevate your brow game with the Brow Wiz for flawless, envy-inducing eyebrows.



Tatcha - The Dewy Skin Cream

Indulge in the richness of a luxurious cream that goes beyond ordinary hydration, delivering an instant infusion of youthful radiance. Specifically formulated for those concerned about dryness, uneven texture, and loss of elasticity, this remarkable cream boasts Tatcha's renowned Hadasei-3 blend. Harnessing the power of anti-aging Japanese superfoods it provides essential nutrients for optimal skin health and a vibrant complexion. The cream's deeply nourishing ingredients include Japanese purple rice bran for antioxidant protection, an Okinawa algae blend to enhance moisture retention, and squalane for maintaining hydration levels. Experience the transformative effects as it replenishes, rejuvenates, and restores your skin's natural glow. Pamper yourself with this opulent cream and embrace a new level of luminosity and vitality.



NARS - Radiant Creamy Concealer

If you're after flawless skin, say no more, this widely recognised bestselling concealer is a true game-changer. Loved by makeup artists and enthusiasts alike, its velvety texture and radiant finish are simply unmatched. With a versatile range catering to all skin tones, this concealer works its magic for a solid 16 hours. Enriched with a Multi-Active Botanical Blend, it not only firms and reduces redness but also fortifies the skin's natural moisture barrier, providing a full 24 hours of hydration. The innovative blend of powders effortlessly evens out skin tone, while seamlessly blurring the appearance of imperfections such as under-eye circles, dark spots, and blemishes. Embrace its multi-purpose functionality, as it excels in highlighting and contouring as well. It is available in an impressive selection of 30 shades.



Winter Wardrobe Essentials

by Tayla Foster

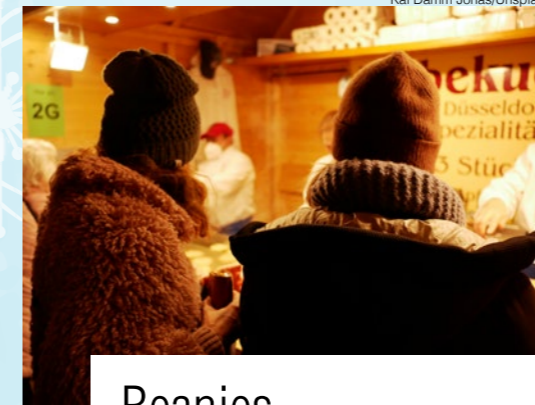
It is without a doubt one of the coldest winters we have experienced in a while. Of course, that means that we want to rug up as much as we can, protecting ourselves from the treacherous winds that threaten to consume us. But, there are ways to stay stylish, hip and happening without turning into piles of jackets and blankets.

Long coats and cardigans

Long coats draped over a simple skivvy, your favourite winter pants and a pair of boots is the perfect go-to for any cold occasion. Can't complete your outfit for brunch? Simply throw on a long coat or cardigan to warm up. Don't know what to wear to the soccer game? Chuck a long cardigan over your sweater and pants and create a look that works for you and any event you attend.



Vlada Karpovich/Pexels



Kai Damm Jonas/Unsplash

Beanies

There is no denying beanies have always been a quintessential winter accessory. They are perfect for not only keeping one's head warm, but also for containing bed hair on those cold morning school drop offs. If you're wanting to stay warm when you're out on a scenic hike or picnic, a nice beanie is the perfect head accessory to keep you hot and happening.



Cottombro Studio/Pexels

Boots

Let's face it, sneakers don't go with absolutely everything, Ugg boots are more suited for the lazy moments and sandals should be illegal in winter. The best way to keep your toes toasty is with a comfy pair of boots. Boots are perfect for work, lunch, dinner, or even a party when paired with the right outfit.

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The Challenges of Long COVID

by Willow Berry

There's no need to delve into an essay outlining the intricate ins and outs of the COVID-19 pandemic because we have all lived through it. Indeed, the reality is that the COVID-19 pandemic was an extraordinary experience that significantly and irrevocably transformed the lives of people worldwide.

It was not just a fleeting event but a profound chapter in history that left an indelible mark on individuals and society as a whole. However, after COVID-19 took away our taste, it seemingly left us with the aftertaste of other repercussions. Beyond the initial battle we all faced, there's a lingering battle many individuals are now facing due to Long COVID.

According to the Australian Institute of Health and Welfare (AIHW), Long COVID is a multifaceted and far-reaching illness that affects multiple systems within the body. It encompasses a wide range of symptoms that can persist for weeks or even months after the initial infection with the SARS-CoV-2 virus.

These symptoms can fluctuate over time, appearing and disappearing intermittently, or they can manifest as new chronic conditions that develop after the acute phase of the infection, such as heart disease, diabetes, kidney disease, and neurological disorders.

In order to cover the range of symptoms and duration of the illness, Long COVID is commonly used as an umbrella term. The term(s) have been established through working definitions proposed by both the World Health Organisation (WHO) and the National Institute for Health and Care Excellence (NICE).

POST-COVID SYNDROME

Definitions extend from the medium-term symptoms that persist for 4 to 12 weeks to the subsequent sequelae that extend beyond 12 weeks (known as post-COVID syndrome). This terminology helps to capture the extended duration and diverse manifestations of the illness, enabling a better understanding and

management of its impact on individuals and society as a whole.

Measuring the prevalence of Long COVID in Australia is a hard task. Firstly, we're dealing with a very new condition that besides minor research, that mainly comes from the UK, needs far more time to fully understand.

The WHO has reported 11,381,171 confirmed cases of COVID-19 from 3 January 2020 to 31 May 2023. The AIHW also estimates that between 5–10% of COVID-19 cases in Australia reported symptoms persisting for more than 3 months. Therefore, as of 31 May 2023 between 560,000 – 1,130,000 Australians are expected to have, or have had Long COVID.

Long COVID presents a significant challenge for the Australian health system, as it falls into the category of non-fatal, chronic conditions characterised by complex combinations of symptoms. There is no way of confirming Long COVID through a definitive single test.

Due to this complex nature of long COVID and the challenges we face in fully understanding its parameters, managing this condition can be particularly difficult. Its impact extends beyond individual health, as it brings about increased healthcare expenditures and poses economic and productivity losses for society.

AN ONGOING CHALLENGE

To get a professional and first hand outlook on the clinical realities of Long Covid, Accredited Exercise Physiologist, Nate Sutton, shared his expertise.

"I've seen up to 200 reported symptoms of long COVID out there, so to name just a few of the most common off the top of my head it'd be: reduced exercise capacity/post-exertional malaise; fatigue; brain fog; increased anxiety and depression; autonomic dysfunction; and cardiovascular/respiratory issues." Sutton says.

In his work at Longevity Exercise Physiology, Edgecliff, Sutton uses graded exercise therapy to improve exercise tolerance. However the treatment goes beyond strength and cardiovascular training.

"There's a big focus on education – how to manage symptoms (mainly fatigue), how to plan your week so that you can still do things that bring purpose or pleasure to your life, psychological/behaviour change around framing difficult situations in a positive light, as well as coordination of care and lifestyle management."

"Currently, I'm working with 5 clients. That number has waxed and waned a fair bit but has been as high as 7 at one time. These clients are spread across Australia, so I work with some of them online."

"Response to the condition has been slow. But, to be fair, how can any of us respond perfectly to a condition that is still not understood, still undefined, and therefore incredibly difficult to diagnose?"

"The government has just allocated \$50million to research. So, there'll need to be significant work put into support structures in terms of psychological, physical, and economic well-being."

In the end it's important to acknowledge the unpredictability that comes with an illness as such. Symptoms leave people without the energy to exercise, socialise, work, or picture life ever going back to the way it was.

"It is an 'invisible' illness and can be incredibly isolating, so people who suffer with it not only struggle with an inability to maintain the things that bring them pleasure and purpose, but also often feel no one in their support network understands what they're going through," Sutton adds.

In terms of exercise treatment, research is needed to start establishing positive trends in treatment protocols so that people with Long COVID can have more specific treatment from the get go based on their symptoms, gender, age, activity history etc.

If you suspect you have long COVID, it is recommended to consult with your GP for an initial evaluation. Your GP may then refer you to a specialist for further assessment and appropriate care.



Are Dental Implants All the Same?

by Dr Ian Sweeney

Missing teeth are replaced to improve our smile, self-esteem, chewing, support of facial muscles and lip tone as well as improvement of speech and general confidence.

The number of missing teeth being replaced using dental implants is on the rise. Dental implants are essentially a titanium screw that is screwed into the jaw bone. The implant also has an internal screw thread that teeth or bridges can then be screwed into. So, implants are essentially a screw within a screw. This internal screw thread can be used to support a single tooth replacement or an appliance that replaces multiple lost or missing teeth.

Like anything, the cost of a product may not determine its ability to perform its intended task, however the material cost charged by supply companies may reflect the supply companies' investment in research, longevity and long-term support of parts.

Over the last twenty or so years, we have seen a number of implant companies come and go. This may not be a problem, except if your crown, bridge or attachment that is supported by that implant, requires some maintenance.

Likewise, some dental implant systems that are not recognised worldwide may not be

able to be used in Australia. In Australia, the Therapeutic Goods Association (TGA), is responsible for evaluating, assessing and monitoring therapeutic devices.

If an implant supported appliance is placed overseas and is not recognised in Australia, the parts that would be required to perform necessary maintenance may not be available.

Every implant is different. The external dimensions of shape and size are one thing, but then there is the internal aspect of the implant. A Dental implant is often unique in the internal screw used. They may be gold, gold plated, titanium or some other type of material. The thread pattern, thread pitch and length may vary and the top of the screw may be a slot screw, hexagonal screw, square screw, octagonal screw and many more variants.

With so many combinations and sizes available, it is imperative to know the implant brand — and know that the implant brand that is being used in your

mouth has many years of clinical research and company longevity behind it.

Should an implant company no longer exist, clone restorative parts may not always be available or may not match the implants. If the original company no longer exists, or is not available in Australia, it may be impossible to repair or restore the implant appliance. The worst possible scenario in this situation is that the implant may need to be surgically removed and the reconstructive process started over.

There are however many implant companies that have been involved in the industry for over 30 years. These are generally the companies that charge a little more for their products, but are also the companies for which spare parts are available.

If you are considering an implant restoration of your mouth, you would be advised to discuss the brand of implants that are intended to be used in your mouth, the length of time the company has been around and weather implants are the main focus for the company.



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

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. www.northsidedental.com.au



A Brief History of Italian Cuisine

by Willow Berry

Italian food has a complex history due to the diverse cultures and city-states that came together to form the country. Each region in Italy has its own unique culinary traditions and specialties, which originated from a blend of different influences. While some regional distinctions have diminished over time, many food traditions still define and differentiate the various regions.

In the early years, Italian food was experimental and diverse, influenced by invading nations and the introduction of new ingredients. Shifts in ideology between the Roman Empire and Italy in the Middle Ages brought about changes in food practices. The Roman upper class indulged in extravagant parties with complex and elaborate dishes that incorporated flavours from conquered lands.

The Roman culinary style featured Mediterranean seafood, Middle Eastern spices, North African grains, and various meats. Staples of Roman cooking were wine, grains, and olive oil, which were widely available. The decline of the Roman Empire saw the introduction of butter and beer from invading northern tribes, leading to the development of a distinct northern Italian cuisine.

During the Middle Ages, the rise of Christianity influenced dietary restrictions

and practices. The Church imposed rules on food consumption and associated meat with immorality. In contrast, Sicily, under Arab control, experienced a different culinary influence. Arab rulers introduced spices, dried fruits, dried herbs, and pasta to Sicily, which the Italians transformed into an art. Pasta quickly gained popularity and spread throughout Italy and eventually other European nations.

The Renaissance period saw a revival and rebirth of Italian food, along with art, music, literature, and poetry. Tuscany played a crucial role in the renaissance of modern Italian cuisine, focusing on innovative and refined dishes to establish social and cultural status. Access to diverse produce and fertile lands facilitated food experimentation, leading to the development of elite, quality foods.

Different Italian towns thrived on agriculture and trade, creating simple dishes from the ingredients available in their regions. The 17th, 18th, and 19th centuries witnessed the development of more sophisticated cuisine in Italy. Italy was a leading nation in food innovation until France emerged as a rival, sparking a competition to define Italian foods and celebrate regional differences.

Italian cuisine gradually became unified within its variety, with chefs crafting regional dishes. Formal Italian cookbooks were published, preserving age-old family

recipes and traditions. The 19th century brought technological advancements, improvements in transportation and communication, and increased accessibility to foreign foods, which further influenced Italian cuisine.

World War I and World War II had significant impacts on Italy's food culture. World War I caused food shortages and deficiencies, leading to the spread of illnesses. During World War II, rationing and frugality became necessary, and Italians used substitutes to sustain familiar foods.

Post-World War II Italy marked the beginning of contemporary Italian cuisine, with technological advancements making cooking more convenient. The improved economic status of the country allowed the middle class to adopt once-extravagant foods. The entry of fast food chains inspired a return to fresh ingredients and local sourcing, reviving classic recipes.

Today, Italian cuisine remains a treasured aspect of the culture, with many chefs adhering to traditional recipes. However, there is also an embrace of new food practices from other countries, leading to the popularity of fusion cuisine. Italy's culinary reputation attracts many of us around the World with its tasteful transcendence of crystal-clear coastlines, famous wines, and delicious cuisine.

A Night at

LOLA'S

by Willow Berry

Last month, I had the pleasure of taking my sister to Lola's Italian & Bar in Bondi. The restaurant, now under the direction of Marco Ambrosino and his business partner Manny Spinola, has transitioned to a modern Italian food concept. Led by Head Chef Toby Stansfield, Lola's Italian and Bar is go-to place for delightful Italian classics presented with a touch of elegance, accompanied by an intriguing selection of wines and cocktails.

Given Marco's cultural heritage and deep passion for Italian cuisine, it was a natural choice to shift the food focus from the Mediterranean to a 100% traditional Italian approach. Growing up with parents who were immersed in the fresh produce business, with his father hailing from Procida, Napoli, and his mother from Genoa City, Marco's connection to Italian food and ingredients spans over



three decades. The transition to Lola's Italian and Bar, with "Lola" being the name of Marco's daughter, signifies a full embrace of their Italian roots.

As we entered the stunning space of Lola's, nestled above Bondi Beach and sharing a courtyard entrance with QT Bondi and Koda Cutters, we were greeted by an inviting and relaxed ambiance. Guests have the option of sitting at the marble bar for a quick drink and snack, enjoying a meal in the dining room or on the terrazzo, or even engaging in a friendly game of foosball while sipping on an ice-cold Ichnusa Non Filtrata lager.

The venue is adorned with tasteful art throughout, including pieces by Pina Ambrosino, contemporary artist and Marco's wife. Pina's wall art, murals, and ceramics add a touch of creativity and flair to Lola's Italian and Bar, seamlessly blending with the restaurant's curated interior design by the Lola's team and project management by H&E Architects.

Upon our arrival, we were warmly greeted by the charming staff and immediately intrigued by the cocktail menu. After perusing the options, we settled on a classic Campari Spritz and an enticing concoction of white rum, kiwi, and lime. Both were delicious!

When it came time to order our food, we found ourselves spoiled for choice. Thankfully, Drew, our knowledgeable server, guided us through the menu. He not only highlighted the must-try dishes but also took the time to explain some of the more unique offerings.

One dish that caught our attention was the "vitello tonnato," a poached veal and tuna maionese creation. Drew mentioned that it was a more acquired taste, an old man, southern European dish if you will. Little did he know that our family background had prepared us for precisely this kind of dish.

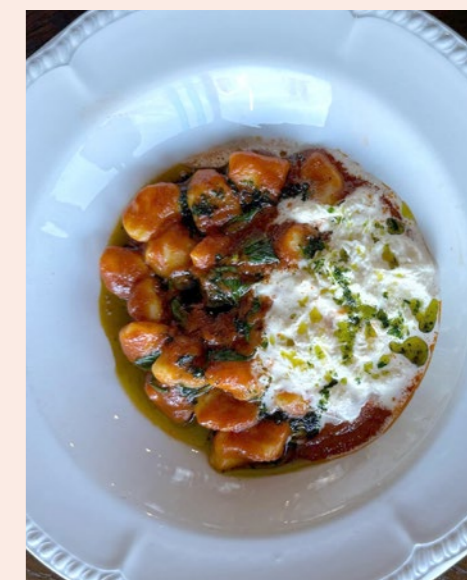
In the end, we curated a delightful assortment of dishes to savour. From the freshest san danielle prosciutto to a tantalising combination of burrata, cabbage, dill, and black olive, every bite was a revelation. And

I must mention that the vitello tonnato exceeded all our curious expectations, thanks to Drew for the recommendation.

Of course, it wouldn't be a complete Lola's experience without indulging in some pasta. Before long, we found ourselves diving into a plate of Orecchiette with braised broccoli and pecorino, perfectly paired with a refreshing leaf salad, formaggi.

At this point, we were practically rolling off our chairs, but we couldn't resist the temptation of dessert, especially when the locally sourced MAPO gelato sat at the top of the menu. Alongside a classic vanilla, and gorgeous chocolate, the pineapple ice cream, a palate-cleansing delight, was the perfect way to conclude our meal.

Our night at Lola's Italian & Bar was truly a remarkable time. The combination of exquisite cuisine, attentive staff, and the vibrant ambiance left an indelible impression. It's a place where traditional Italian flavours come alive, and the artistry extends beyond the plate. If you haven't experienced the pleasure of Lola's yet, I wholeheartedly recommend making a reservation and embarking on a culinary journey that will leave you craving for more.





Baking Up the Perfect Winter Storm

by Hollie Jones

Wake up this winter season to freshly baked breads – with a twist. This month we introduce a foolproof recipe that can be edited to any flavour combination you like. Perfect at any time of day — this loaf recipe is light, fluffy and delectable. With ingredients you'll already find in your pantry and a short cook time, this is the easiest breakfast / afternoon tea / dessert / lunch box treat around!

As with all my recipes, the option to edit for dietary requirements is always there — opt for good quality gluten free flour and substitute the eggs. 1 egg is roughly 1/4 cup, so your replacement needs to equal the amount of egg you are leaving out. Depending on your dietary requirements, mashed banana, apple puree, silken tofu or yoghurt are all great options — this recipe is also dairy free.

My favourite flavour combination is the one I'll share with you today — it's light and airy and comes out with a delicious crust on top — the flavour reminiscent of summer sunshine and cocktails!

Happy Baking!



Hollie is a Qualified Chef and a proud mother of two. She has owned and managed cafes and restaurants for over ten years. Find out more about her recipes at: Instagram @hollie_and_lola

Yulia Khlebnikova/Unsplash



Lychee and Coconut Loaf

Ingredients

- 2.5 cups flour
- 1.5 tsp vanilla
- 4 eggs
- 1 ¼ cups coconut oil (or vegetable)
- ½ cup coconut
- 1 cups sugar (or sugar replacement)
- 1 x 400g canned lychees in juice (including the juice)

Method

1. Preheat your oven to 180 degrees and line a loaf pan with baking paper.
2. Combine eggs, oil, sugar and vanilla and mix well.
3. Dice lychees — the excess moisture in them will create wet pockets if they're left whole — and add to the wet ingredients.
4. Add flour and coconut and mix with a spatula until just combined.
5. Scoop into your loaf pan and bake for approx 25 mins or until top is lightly golden.

Allow to cool and enjoy as is or with a lemon drizzle. Make your drizzle by combining lemon juice and icing sugar until a thick pourable consistency is achieved. Only use when your loaf is cool or it will all slide off!

With all other flavour combinations, if they're not fruit in a can, you must replace the juice. Any juice will do — or pick up some pear or peach nectar and add ½ cup of juice per 300g of your special ingredient.

Favourite Flavour Tips

Removing the coconut and the lychees, other delightful combinations to try are:

- Carrot and pineapple (150g carrot, 150g crushed pineapple in juice)
- Date and carrot (soak dates in hot water and blend to create a delicious date caramel)
- Mandarin and poppyseed (400g mandarins in juice and poppyseeds to your liking)
- Mango, lime and ginger (400g mango in juice, diced. 1 tsp fresh ginger and 2tbs lime juice)

Racool_studio/freepik

Slow Cooker Season

by Tayla Foster

This is the season to bring out the slow cooker, a joyous prospect for some, and a cringe worthy “Can we go to maccas?” question for others. But never fear, there are deliciously affordable meals that can be readily made and purchased to keep your heart full and your tummy warm this winter season.



Chicken and vegetable soup

You can't go wrong with a chicken and vegetable soup, filled with pearl barley, chicken, potato, carrot, lentil and zesty herbs and spices. It's the universal comfort food that warms the heart and soul for a cosy night in, cuddled around the fire with family and friends.

Butter Chicken

A classic Indian Butter Chicken is exactly what is needed to spice up your midweek meal. A mouth watering butter chicken served on boiled rice accompanied by char grilled broccolini and honey smothered carrots will have everyone in the family asking for more.



Lamb Roast

A beautifully roasted lamb leg, sprinkled with rosemary and garlic is the perfect hearty Sunday night meal for every home. Served with roasted potato, grilled corn, spritz with melted butter, broccoli and carrot. This meal is the perfect way to show those you love, just how much they mean to you.

Sydney Ramen Festival

by Willow Berry

Attention, all ramen enthusiasts! If you haven't already, it's time to hit an extraordinary feast of flavours during the Sydney Ramen Festival.

Sure to leave you slurping with pure delight, Sydney Ramen Festival is an exclusive gathering dedicated to the finest ramen establishments this city boasts. It's a glorious homage to everything that makes ramen irresistible, from the heartwarming broths to the satisfyingly chewy noodles, tender pork slices, and delectable jammy eggs.

During the event, food enthusiasts are encouraged to explore numerous ramen shops and indulge in a wide variety of flavours. To enhance the experience, a digital loyalty card app called Stamp Me allows participants to collect digital stamps along the way.

Ramen lovers are encouraged to try as many different ramen shops as possible



and enjoy the convenience of collecting stamps digitally through the Stamp Me app. Each bowl of Ramen equals one digital stamp, so the more stamps you accumulate,

the greater your chances of winning exciting prizes! Find out more at sydneyramenfestival.com and download the Stamp Me app on your device!



Breil, a picturesque town on the La Roya stream



Bridge south of La Brigue



The way to Saing Agnes was one of the toughest walks.

jumping in a body of water before. It was a fresh, stingy kind of cold. I drank some of the water too, I'm not sure if it was intelligent but I can at least say I did it.

For my next location I was on to Saint Agnes where I stayed in the beautiful Chappelle St Gervais, a chapel a small way out of town. There were horses and chickens wandering around, and cats too. These small French towns have a beautiful sense of community; the grocery shops and supermarkets are barren and the restaurants and cafes are full. Everyone seems to come together for mealtimes, and they all sit, no taking away and no rushing.

I spent two nights at the chapel, exploring Sospel and the surrounding circuit walks. I had my two best nights of sleep there because, as my host Pascale explained, the walls of the room are incredibly thick, and in certain parts you get no reception or Wi-Fi. I am sure this had something to do with my effortless nine and a half hour slumber.

I then moved on to Saint Agnes which was one of the toughest walks, but this made it all the more rewarding when I got into Le Saint Yves for my accommodation. Saint Agnes is a small, three or four street wide town on the side of a mountain. It is a cute place full of friendly locals and other travellers.

The last stretch of the walk was the track to Menton, the beautiful orange seaside suburb where I stayed my final evening. The Hotel Princess et Richmond is right on the water and I had a terrific room overlooking it all. It was one of those places where you kick your feet up on the balcony and drink coffee, looking at everyone on the street feeling high and mighty.

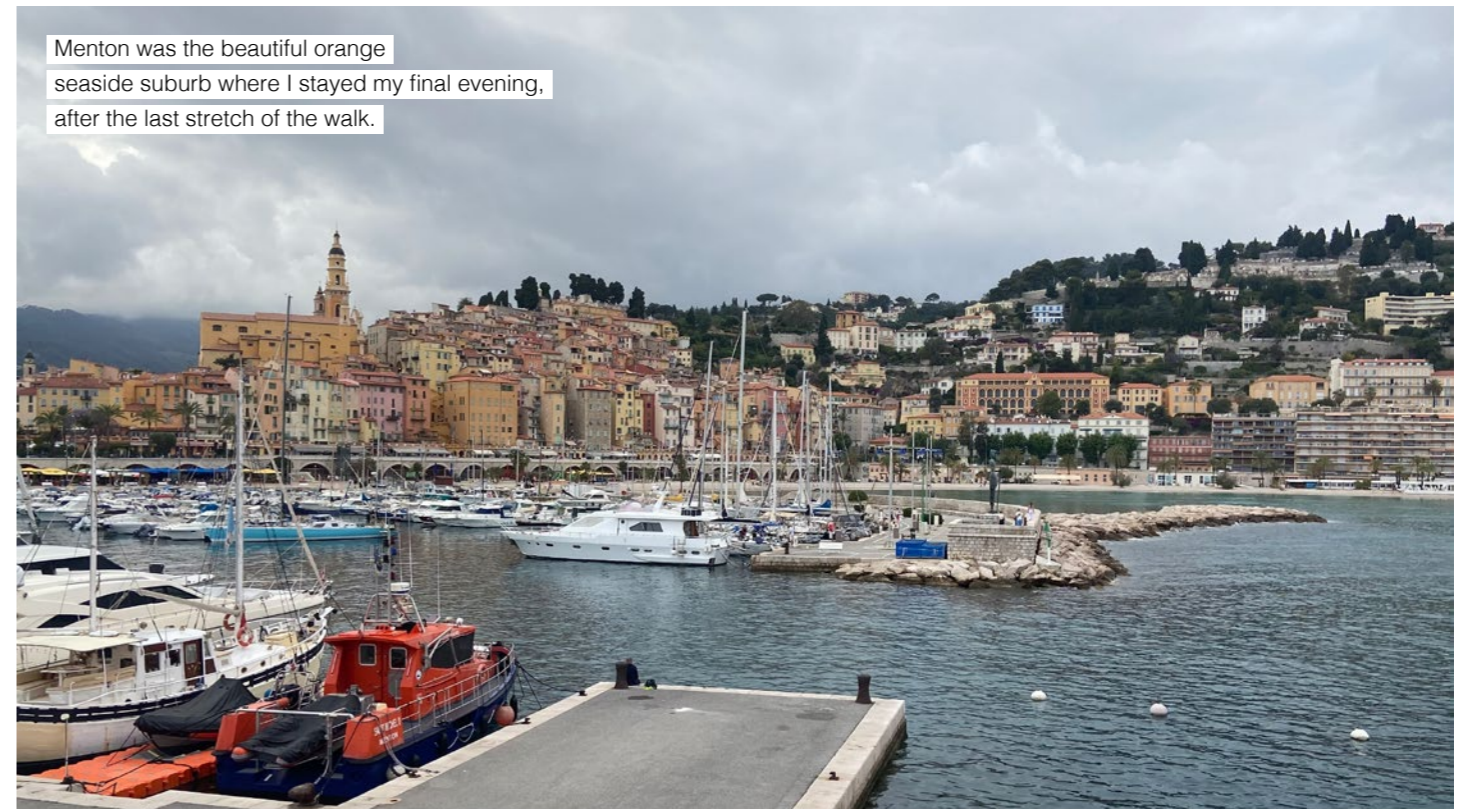
The On Foot Holiday experience gave you full autonomy, something I cherish when travelling. You chose your own walks, distances, what you did or didn't do, and how long you stayed at particular places. Your heavy bags were transported from your different accommodation points and this made the tricky parts of a trip like this seamless.

For some great sights, good food and sore legs, head to www.onfootholidays.co.uk to find out more.

"We all come together for coffee or food. We don't use money; people bring some sugar or bread and we all contribute. In winter, we all need to be together especially. We all come and be with each other at our hotel. We need each other, it's like a family."

The next stop was Breil, a picturesque town on the La Roya stream. Breil is one of the bigger towns in the region, and I had a lovely meal and stay at La Bonne Auberge.

The next day I walked to Sospel and this was my favourite. The path was relaxing enough so you could enjoy all the views without huffing and puffing. Toward the end there was a part of the river you could swim in. As I approached, I realised I forgot my swimmers, but such a trivial detail has never stopped me from



Menton was the beautiful orange seaside suburb where I stayed my final evening, after the last stretch of the walk.

Le Mountains to Le Sea

by Jay Houhlias

For like minded and stubborn travellers who take great pride in doing things their own way (making mistakes their own way), On Foot Holidays provide the perfect experience. My Alpes Maritimes walking holiday experience included a walker's pack, 7-night's accommodation from the mountains in La Brigue to the beachside at Menton, with drinks and meals.

I happened to be in France, and I like walking. In fact, I would say I do it every day. It all seemed like a perfect fit.

The train ride from Nice into the mountains is as spectacular as you'll find, cutting through and trailing along the edges of steep cliffs. La Brigue was the first stop. It is a quaint medieval town on the La Levensa river – one of the various streams leading to the coast of France and Italy. The local church bells woke me in the morning. These provincial towns all had church bells that went off fairly regularly. It was nice waking up to them, after you woke up that is.

I began with the walk to Fontan which weaved me around mountains and bending roads. The landscape is quite untouched and feels very natural. Most of the time, the path is merely marked by a slender clearing of dirt or stone. I met a man up the top of one of the peaks who lives there. He spoke only French and I only English plus *bonjour* and *merci*, but we managed to communicate. He grows potatoes up there and it gets cold at night.

My host Robi of Hotel Fleur des Alpes where I stayed, dropped me off into the next town of Saorge for my walk onto Breil. Robi told

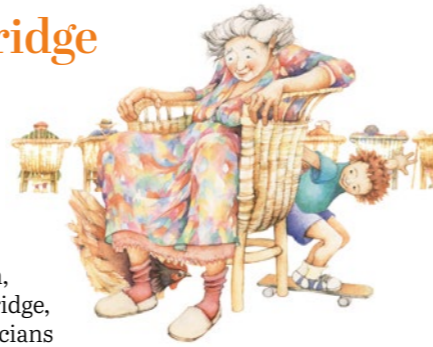


me he and his staff never learnt professional hospitality services, he said it all comes from here – and he patted the left side of his chest. He also told me how these small towns work.



ACO's Wilfrid Gordon McDonald Partridge

Prepare to be enchanted as the cherished, popular picture book written by Mem Fox and illustrated by Julie Vivas, comes alive on stage these July school holidays. The highly acclaimed children's production, Wilfrid Gordon McDonald Partridge, performed by the talented musicians of the Australian Chamber Orchestra, seamlessly blends the art of storytelling with the magic of live music in a truly theatrical experience. Brace yourself for an enchanting journey that will leave you spellbound.



When: 9 - 15 July.
Where: ACO Pier 2/3, The Neilson.
Cost: \$35.
Information: www.aco.com.au.

Nura Diya Australia at Taronga Zoo

This holiday season, give your kids the ultimate Australian experience at Taronga Zoo Sydney. Prepare to be amazed as you step into the immersive world of Nura Diya Australia, showcasing some of the country's most iconic species. Take a leisurely stroll along the 400-metre trail, where you'll find yourself surrounded by majestic Kangaroos, have an unforgettable encounter with adorable Dingo pups, and marvel at Koalas up close among the treetops. These extraordinary creatures are not only rare but also native exclusively to Australia. Immerse yourself in the beauty of the native flora and fauna, as you connect with the spirit of the land and rediscover the wonders of nature.



Where: Taronga Zoo, Sydney.
Cost: In accordance to Zoo entry costs.
Information: taronga.org.au.

Blanc de Blanc Encore

Due to overwhelming demand, Blanc de Blanc Encore has returned for a third Sydney season!! The delightfully decadent world of Blanc de Blanc Encore has been wowing audiences since it opened in January in the beautifully refurbished theatre, The Grand Electric, Surry Hills. This extraordinary spectacle seamlessly weaves together amusement, flirtation, and astonishing displays of acrobatic mastery, creating an intoxicating fusion that will captivate all who witness it!

When: Until 27 August.
Where: 199 Cleveland Street Surry Hills, Sydney NSW.
Cost: From \$75+ Booking fee.
Information: strutfret.com/grand-electric.

Snow Time in the Garden

Hunter Valley Gardens are excited to share the news of the enchanting winter wonderland, Snow Time in the Garden, making a grand return this month. It's the ultimate family getaway, offering a day filled with laughter and joy amidst the stunning gardens. Delight in a plethora of attractions, including the thrilling Mega Snow Play Zone, the exhilarating 45-Metre Ice Toboggan Slide, and the graceful Ice-Skating Rink.



When: Until 23 July.
Where: Hunter Valley Gardens.
Cost: From \$28.
Information: www.huntervalleygardens.com.au.



Mamma Mia! The Musical

This enchanting production, brimming with love, laughter, and everlasting friendships, has been revitalised by a talented all-Australian creative team. Since its revival in 2017, it has garnered praise and admiration from both critics and audiences, solidifying its rightful place as a must-see theatrical experience.

When: Until 30 July.
Where: Sydney Lyric Theatre, Darling Harbour.
Cost: From \$95.
Information: mammamiathemusical.com.au.



Steve McCurry ICONS

Journey through the extraordinary career of Steve McCurry with ICONS, a captivating retrospective featuring over 100 stunning large-format photographs. As one of the foremost international photographers over the past four decades, McCurry's work transports you into a realm of cultures, timeless traditions, and modern society.

When: Until 13 August.
Where: Pier 3/4 Walsh Bay, Sydney.
Cost: From \$21.
Information: stevemccurryicons.com/sydney.

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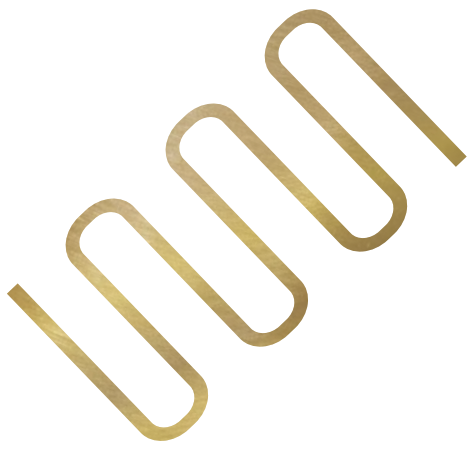
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