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Welcome Back Readers!

We are delighted to introduce to you our May Issue. My hope is that this issue will bring you joy and a sense of peace during this turbulent time.



There is lots of content to get excited about, including tips on how to revitalise your home study (26), simple solutions to lower your energy bill (12) and even a special at-home exercise guide by the fantastic Tiffany Hall (29). For those looking for the perfect family dinner recipe, be sure to check out our resident chef's Basil Pesto Pasta (32). This Mother's Day, we are celebrating the wonderful women in our life, showcasing some fantastic present ideas from local businesses in our Gift Guide (18-19). We also share some of the ways North Shore locals are planning on spending the occasion amid a time of physical distancing from loved ones (20).

We have the wonderful Lisa Wilkinson as our May cover, who has paved an incredible career as an Editor, Journalist and Television Presenter. I was incredibly humbled to interview Lisa and get to know her, sharing with our readers her journey on SBS' *Who Do You Think You Are?* The journey is filled with vulnerability, realisation and gratitude, as Lisa discovers that resilience is a strong trait evident throughout her familial history (13-15).

Sending you all lots of love and warm wishes,

Isabella

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SNIPPETS



Kids' Camp-In

Taldumande Youth Services is being inundated with new applications as families and vulnerable young people become victims of the Coronavirus, not by infection, but by circumstance. Schools, sporting and community groups can help by taking part in Kids Camp-In for Kids. Choose a night from April 18 to May 9 and register a school or group for Taldumande Youth Services Kids Camp-In for Kids. Simply sleep a little 'rough' while still in the comfort of your own home. You could build a fort in the lounge room, go 'old school' and erect blankets over furniture with sleeping bags underneath or set up a tent in your backyard. To register, visit: <https://www.taldumande.org.au/>

Community Help for Older Residents

Several organisations are committing to help older people across Ku-ring-gai who may be vulnerable at this time. Meals on Wheels – located in Turramurra – is continuing to deliver food to elderly residents, with additional donations from Woolworths. Enquiries can be made on 9144 2044. Hornsby Ku-ring-gai Community Transport is assisting with transport and shopping. Bookings can be made on 9983 1611. Ku-ring-gai Neighbourhood Centre is also helping with transport and shopping, as well as arranging phone calls and checking on residents' wellbeing. Enquiries can be made on 9988 4966.

Local Elections Delayed to 2021

The NSW Government announced the postponing of local government elections in response to the current COVID-19 outbreak. Hornsby Shire Mayor Philip Ruddock agreed with this decision noting, "there are few things more important than elections in our democratic society and we need to make sure they can be done properly." With most council staff now working from home, physical elections would simply be unfeasible. A revised date is yet to be confirmed, however the government aims to hold the elections in September 2021.

Life Online

Ku-ring-gai Council has collated a great online resource to help residents do business with council and cope with life at home during COVID-19. Services include lodging permit applications, waste requests, requesting planning certificates, registering pets and asking for repairs to roads and other council assets. Other features of Life Online include group therapy sessions with a psychologist; children story time readings by Mayor Jennifer Anderson, online exercise classes, a range of support for small businesses and free access to the council's e-library of music, magazines, books and movies.

http://www.kmc.nsw.gov.au/Services/facilities/Basics/Life_online

Local Men's Shed Does Good

Hornsby Ku-ring-gai Women's Shelter (HKWS) has generously been gifted some lovely furniture by St Ives Men's Shed. Local members of the Men's Shed Chris Goatley and Don Crocker, along with President Stephen Lloyd crafted and delivered the chairs to the shelter recently. A testament to community spirit, a HKWS representative spoke of her gratitude saying, "they surprised us, and they are true gentlemen. They continue to do so much for the community and we value their act of kindness. Thank you."

Delivery Restrictions

In an effort to keep shelves stocked at local supermarkets and greengrocers, Hornsby Shire Council will temporarily suspend restrictions on truck movements and delivery times. "The empty supermarket shelves were causing significant distress in our community, particularly when there is no actual shortage of products," said Hornsby Shire General Manager Steven Head. "Council is relaxing these restrictions to allow the supermarkets to use their best endeavours to meet this unprecedented demand."

'Buy Them a Coffee'

A great Aussie initiative, lots of local cafes across Sydney are finding that customers are 'paying forward' for a health worker's coffee. So, basically, when a health worker comes into the café, they will find that their coffee has already been paid for. 'Buy Them A Coffee' was set up in a bid to give away free coffee, tea and treats to the workers at RPA, St Vincent's, Sydney Children's Hospital, St George Hospital and Royal North Shore. Either you can pay it forward at your local café or submit an online donation via <https://www.gofundme.com/f/buy-them-a-coffee>

A Virtual Scone to Support the CWA

With the cancellation of the Royal Easter Show, the Country Women's Association of NSW has lost its biggest annual fundraiser, as their iconic CWA Tearoom will not be open this year. North Shore locals are being urged by CWA Hornsby & District branch member Ros Hopwood to help out. Simply visit the CWA webpage, and buy a Virtual Scone – this means you will receive the exclusive CWA scone recipe, so locals can bake their own delicious batch. To purchase, visit: <https://shop.cwaofnsw.org.au/index.php?route=common/home>

Wildlife Sighting

Some positive news, there has been an extraordinary sighting of a wombat in St Ives. A Ku-ring-gai Council project using concealed cameras in bushland to map the movements of feral rabbits has yielded the unexpected sighting. The large adult wombat was captured on camera foraging for food in the bushland area. The discovery has brought welcome good news for the community during months marked by Coronavirus. "We are always excited about any sightings of native animals but seeing a wombat apparently quite at home in one of our busiest suburbs was a very pleasant surprise," said Mayor Jennifer Anderson.

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'We're Going on a Bear Hunt'

Nicholas Grant

While humans are all inside, it appears that bears and other animals have reclaimed their territories across the suburbs of Sydney. If you have a keen eye, you may have noticed some interesting creatures setting up camp in the front gardens or windows of homes across the region. Inspired by Michael Rosen's iconic storybook *We're Going on a Bear Hunt*, an inventive group of Sydney parents decided to recreate this adventure on a grand scale. By urging families to set out teddy bears and other stuffed animals where they can be viewed from the street, they hope to keep children's spirits lifted while walking outside with the family. "There is so much negativity all the time and people are so stressed," commented founder Kerri Ann Monroe. "It's making me feel a bit better."

With the Facebook group description noting that this venture is "likely to bring some much needed smiles in what is a very difficult time for many," a quick scroll through the collection of shared photos and videos shows that the project is clearly becoming an outlet for adults and kids alike to remain curious and creative.

Some highlights from the page include a hand-knitted nurse bear spotted in Sutherland, and an individual from Mildura who crafted a four-metre tall bear made from recycled milk jugs. Closer to home, plenty of old favourites like Humphrey Bear and the Care Bears have been spotted getting some Vitamin D.

Not only is the movement gaining traction across Australia, but it appears many people overseas have begun inventing their own hunts. News outlets in a number of countries including New Zealand, The United States, Britain, Belgium and The Netherlands are reporting similar bear sightings in their own cities.

To discover animals near the North Shore and plan a bear hunt for your family, head to <https://bearhunt.net.au/> to view the map. All families are encouraged to head out, unless you are feeling unwell. If you set out an animal yourself, be sure to fill out the form to ensure that other families can be on the lookout for your creatures. Furthermore, if you don't have a copy of the classic storybook, an animated version can be easily found on YouTube.



Grants for Heritage Homeowners in Ku-ring-gai

Applications for grants of between \$1000 and \$5000 are open to owners of heritage properties in Ku-ring-gai until 31 May. The grants are open for applications from local homeowners for heritage property projects that will be carried out in the 2020-2021 financial year. Grants of between \$1000 and \$5000 will be allocated on a dollar for dollar basis, where council will match the amount spent by the applicant up to the funding limit.

Examples of projects that could qualify for up to \$5000 worth of funding include:

- Repair or replacement of original roof slates or tiles.
- Repointing of brickwork or masonry.
- Repairing decorative ceilings or pressed metal work.
- Conservation of original fireplaces.
- Conserving or repairing original timber detailing.

Mayor Jennifer Anderson said the grant funding was available to residents or organisations. "There are many heritage items in Ku-ring-gai that can benefit from the grants, which are awarded annually." Applications are assessed by the council's



Heritage Committee and this year's funding will be awarded by June this year. Application forms can be downloaded from the council website and must be received by Friday 31 May 2020 to be considered.

For enquiries about the grants contact the heritage planning team by email at heritagehomegrants@kmc.nsw.gov.au.



APPLY NOW!

Heritage Home Grants 2020-21

Apply for heritage grants up to \$5000

Simply complete an application online or contact Council for a form. You also need to provide:

- Two quotations for the proposed work
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- Samples of finished materials/colours
- Plans/sketches of the proposed work if required

Submit your completed application form and supporting info to: heritagehomegrants@kmc.nsw.gov.au or mail to Heritage Home Grants S11080, Ku-ring-gai Council, Locked Bag 1006, Gordon NSW 2072

APPLICATIONS CLOSE 31 MAY 2020

For more information please contact Council on (02) 9424 0000

kmc.nsw.gov.au/hhg





Reality of Retail Amid COVID-19

Isabella Ross

Store closures, job losses and administration – the retail sector is facing tough hurdles during this time. *Sydney Observer* got the chance to sit down with Associate Professor of Marketing and Macquarie Business School Chair of Ethics Jana Bowden, to discuss the challenging reality of the retail industry.

Do you think COVID-19 may be the final nail in the coffin for some retailers and department stores?

The end of 2019 was quite catastrophic for the retail industry. What we were seeing was a decrease in sales, a very slow Christmas period and then the bushfires. So, with a sluggish sales pattern already, COVID-19 has hit hard. Consumers have tightened their purse strings and reduced spending across the board, meaning traditional patterns of consumer spending have changed quite significantly. There is no foot traffic or demand, with clothing and apparel sales down 44% according to data in February.

Would you say the impact on traditional shopfront retailers is expected to be far different to that of online retailers?

Traditional retailers have had to build a strong online platform or crumble. Consumers are frightened to go instore

now, and with social distancing, businesses are now having to trade online in order to tap into a market that is staying home. Woolworths and Coles have seen unprecedented growth of online sales. We may in turn start to see an increase in online sales into the future and possibly post-COVID as a result of this period. It may translate into a more permanent feature of the consumer sector – time will tell!

I can imagine that there is expected to be a significant amount of further job losses and store closures.

There's been talk that the unemployment rate is going to skyrocket. Many stores have chosen to voluntarily shut down due to a lack of foot traffic, which in turn has been detrimental for employees. The question is when will demand for physical retailers come again? When will consumers be willing to set foot in store? There's no certain timeframe. Now the looming economic crisis may extend for the next 1-2 years due to loss of employment, and that in turn will have a compounding effect on retail.

What are your thoughts on the consumer psychology behind stockpiling?

As consumers we have never had to consider not having access to essentials before. This stockpiling behaviour was



Associate Professor of Marketing and Macquarie Business School Chair of Ethics Jana Bowden.

initially driven by a profound sense of fear. It was also driven by what we call the herding effect which is where consumers see others purchasing products so then they follow suit. Now we are in a position where the fear is real – there is a replenishment issue, further restrictions and social isolation. So, I would now in this current environment call it fairly rational purchasing given we are in a lockdown situation.

Do you think our retailers are doing a sufficient job at supporting our more vulnerable consumers?

Yes, offering an hour for the elderly to shop is a good idea, but the practicality of it is questionable. Expecting all the elderly to do their shopping in the early morning maybe isn't practical. However, click and collect via a family member of a vulnerable person is now available and that's a good move, so the elderly no longer have to stand in physical queues.

Lifeline's National Emergency Appeal

Australia's leading suicide prevention service Lifeline has launched a national emergency appeal in response to the increased pressure it is facing due to COVID-19. The campaign titled 'You've got 30 Seconds to Save a Life' comes at a time when Australians have been turning to Lifeline in record numbers as they grapple with the pandemic. This current crisis is of course on the back of the summer's devastating bushfire season.

In the last month, Lifeline answered almost 90,000 calls for help, an increase of 25% over the same time last year – this equates to one call every 30 seconds. As the service braces for continued increases in the call rate throughout this time of uncertainty, Lifeline is appealing for donations from those who are in a position to give, in order to help save lives. Lifeline Australia Chairman, John Brogden, has welcomed recent Federal and NSW Government funding measures to support mental health organisations, but acknowledges more funding is required to fill the gap caused by COVID-19 and its impact on traditional fundraising.

"Lifeline is here to help all Australians. Now we are appealing to all Aussies to help Lifeline. COVID-19 has reduced the fundraising revenue for our centres across the country. With the closure of our 250 retail stores and the cancellation of mental health community training programs, book fairs, fundraising dinners and other events, we need to raise \$5 million to fill the gap left by COVID-19," Mr Brogden said. "At the same time, we are seeing our revenue drop and the pressure on our services is growing. We are experiencing the highest ever number of calls in our 57-year history. And the longer the lockdown lasts, more people will become anxious and lonely," Mr Brogden concluded.

Funds raised through the campaign will support Lifeline's 40 centres around the nation to continue to provide crisis support through 13 11 14, as well as suicide prevention services direct to the community.

<https://lifeline2h.org.au/>



An Eco-Friendly Silver Lining?

Johanna Rumphorst

Cancelled flights, the closure of schools, offices, bars and restaurants – this is our new normal for the time being. With industries, tourism and businesses closed, carbon emissions and pollution are being reduced, and with air quality going up, some see the pandemic as a potential environmental silver lining. However, Inger Andersen, the head of the UN Environment Programme, has warned against declaring the crisis simply as beneficial for the environment. The improvements are only temporary and "come on the back of tragic economic slowdown and human distress," and therefore shouldn't be seen as a complete solution for environmental change. Instead, she calls for a different economy and that we must see the climate crisis as an important part in our recovery plan.

Yet we can still use this time as a great chance to restructure and improve not only the economy, but also personal habits. The following tips will help you to make better choices for the environment on a daily basis, and they are all practicable during lockdown!

MAKE SURE YOUR HOME IS MORE SUSTAINABLE

Now is the perfect time to actually look around your home and find ways to improve your sustainability. Cut down

on unnecessary plastic like plastic shopping bags or plastic containers. Be water wise – start to filter your water and stop buying bottled water. Use this current situation as an excuse for shorter showers. If you shorten your shower by 2 minutes, you can cut your water use by 10 gallons! Other simple things like separating recycling from your waste can help.

TRY OUT A CLIMATE-FRIENDLY DIET

As we know, our food decisions can have a great effect on the environment. UN's Intergovernmental Panel on Climate Change recommends vegan, vegetarian and flexitarian diets to improve the climate crisis. Not only does eating less meat help the environment, but also shopping organically and seasonal can make huge differences. With more of an onus on home cooking, now could be the perfect time to try out a new diet that's more environment friendly. Meatless Monday perhaps?

WHAT MAKES YOU HAPPY RIGHT NOW?

This pandemic has shown us what really counts. Look inward at the simple things like spending time in nature, talking to loved ones or cooking a nice meal. Try to use this time to think about the things that really count – that's where both crises can go hand in hand, and we can move forward.

Decreasing Energy Usage

Nicholas Grant

With families now spending a significantly larger portion of time at home due to the COVID-19 pandemic, there are fears that this may spike power usage and thus result in increased power bills for Australians. In a recent study, financial management researchers at Mozo found that working from home on average increases a household's power bill by up to 50%. "Every action can contribute to your energy consumption when you are working from home," stated Mozo Director Kirsty Lamont. "It's crucial to review your household expenses, minimise costs and switch to more competitive deals wherever possible."

There may be some relief for households in knowing that some energy retailers including

the 'big three,' Energy Australia, Origin, and AGL, will not be disconnecting power for late payments. These three companies hold roughly 80% of market share in New South Wales. "The last thing people need right now is the financial stress of a large energy bill," added Simon Downes, Editor-in-Chief of consumer comparison site Canstar Blue.

On the other hand, and owing to the unpredictable nature of this crisis, Transpower New Zealand found that their nation's power consumption actually decreased overall by 9% during the first week of lockdown. Despite people spending more time at home, this was offset by the drop in usage from businesses and industries. If we see similar data here in Australia, then one can gather that as demand lowers, electricity prices may in fact be more likely to fall than rise.

Ways to Save on Electricity

1. Only keep two lights maximum on in the house at a specific time.
2. Take advantage of natural light sources such as windows and sky lights.
3. Unplug unused electronics.
4. Run full washing loads, rather than multiple smaller ones during the week.
5. Hang dry laundry rather than overusing the dryer.
6. Purchase energy efficient appliances in accordance with the ENERGY STAR label.
7. Keep an eye on your thermostat – don't overheat the house, as this can lead to added expense. Embrace warmer clothes, a hot water bottle and a cosy doona!



Live Workshops with Local Artisans

Dipti Singh

No need to keep googling about what to do in quarantine at your home – ClassBento has got you sorted. Take a break from daily Netflix and Amazon Prime marathons and indulge yourself in creative workshops facilitated by local experts.

In support of local Aussie artists dealing with the effects of COVID-19, ClassBento has introduced new live streaming online classes to promote mental wellbeing in our communities. It is an opportunity to create and be inspired despite being locked indoors. Experience an innovative hands-on variety of workshops via live stream lessons and get your craft box delivered ahead of time with all the materials for your chosen classes. Every class runs over 30 minutes to an hour, and prices begin at around \$25 with your craft box and delivery. Unwrap your ClassBento Box and discover everything you need

to create from embroidery or cooking, to making a leather purse or a DIY terrarium.

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HEALTH AND BEAUTY WORKSHOPS

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making your own coffee scrub, soap, shampoos and bath bombs.

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Want to enhance your handwriting or practise fine script? Try your hand at brush lettering with watercolours or practice modern calligraphy on an iPad if you have a flair in writing and stationery.

COOKING WORKSHOPS

Whether you are an aspiring chef or just wish to enhance your skills, you might enjoy taking some live cooking classes. Learn to make dumplings, pasta, pizza, chocolates and more, while developing your cooking repertoire.

So, to express your creativity and keep occupied, be sure to check out ClassBento's fun online classes. <https://classbento.com.au/live-classes-online?qty=1>

Lisa Wilkinson On Resilience in the Face of Adversity

Isabella Ross

Lisa Wilkinson is easily one of the most esteemed figures in the Australian Media landscape. Yet Lisa is set to share a vulnerable side to audiences in the upcoming episode of *Who Do You Think You Are?* on SBS. Delving into her familial history abundant with turbulent relationships and further twists and turns, Lisa uncovers who she truly is and what she is incredibly grateful for. I had the chance to chat with Lisa about her experience on the show and the idea of resilience.



Growing up in the working-class suburb of Campbelltown, Lisa has always had a tenacious spirit, evident in the fact that she was Editor of *Dolly* Magazine by the time she was 21. Yet it is this drive that Lisa has now realised comes from her family roots. “Just how strong and peaceful my father was, I presumed that I was going to connect with the men most on the Wilkinson side. But it turns out that it was two women on both sides of my family that struck me. It explained for me where my resilience has come from. If that’s in your DNA then I can thank those two women in particular.”

In the context of the mid 1800s, these two women, Eliza on Lisa’s maternal side and Anne from her paternal side, both faced different circumstances and arrivals into Australia. Yet their commonality is that the life of women during this time was fraught with challenges, a reality that Lisa becomes quite emotional when retelling. “I defy anyone to go through this experience and not have an extraordinary appreciation for how fortunate we are, particularly as women, to have the freedoms and choices we do now. It was a situation where you just can’t win. They were just trying to go to bed at night, be safe and wake up the next morning and still be alive.”

One of the most incredible discoveries from the program, is that Anne was found to have been buried at Church of England Cemetery Campbelltown, a detail which shocked Lisa. “I still get emotional talking about it. The fact that Anne is buried somewhere that I used to walk past every single week of my childhood in Campbelltown is incredible. I still haven’t had the courage to go visit the gravesite. It takes on a different significance, walking past an ancestor’s grave and never ever knowing it.”

It is this strong fighting spirit of her ancestors that Lisa has reflected on during this current climate of uncertainty. In our conversation, she talks with such admiration for her grandfather, detailing his experiences in battle during World War I. Even while having to deal with the aftermath of combat, including mustard gas burns, Lisa’s grandfather never complained. Rather he accepted his newfound situation and made the best of the life he had been handed, a perspective that Lisa looks to during COVID-19. “That was one of those qualities that his generation had – adversity will be visited upon you and you can either wallow in that or you can just get on with life. I hope that when we come out the other side



I always find it’s the people who are living the quiet lives that have the most incredible stories – the regular Australians who offer me as a journalist, the most interesting tales to tell.

of this, we have a renewed gratitude for all and kindness. We just have to put one foot in front of the other and have faith in the government and health authorities.”

Lisa’s youngest son knows better than most about the chaotic climate of COVID-19. “Louis just finished his degree at the end of last year, and he was supporting himself by stacking shelves at Woolworths for the past 6 months. Coronavirus hit and it turns out a job that was once upon a time just an interim

measure for himself, now is possibly one of the most desired jobs in Australia which he’s very grateful for. If he had a dollar for every time someone said to him, “mate can you get me a job stacking shelves,” he would never have to work another day in his life!”

With time to reflect, I ask Lisa if there are any stories in particular throughout her career that stand out. There is no question that she has interviewed some of the most powerful figures globally – the

last eight Australian Prime Ministers, Kim Kardashian, Sir Bob Geldof, Malala Yousafzai, Serena Williams and countless more. Yet it is the stories that hit close to home that have stayed with her over the years. “Each of those major figures have stories to tell and have surprised me in many different and unexpected ways. Yet I always find it’s the people who are living the quiet lives that have the most incredible stories. The regular Australians who offer me as a journalist the most interesting tales to tell, and more often than not, they are the ones our audience connect with the most as well. The diversity of over 40 years blows my mind,” Lisa concludes.

Finishing up our conversation, Lisa reveals that she is slightly nervous for the Australian

public to see her episode of *Who Do You Think You Are?* “I discover things while a viewing audience is discovering alongside. It’s about as emotionally naked as you can be in front of a camera. Because you’re putting together the jigsaw of who you are that you never knew. I was amazed at how intimately I felt I got to know these characters that form who I am.”

It is Lisa’s undeniable strength and authenticity that makes for such raw and insightful viewing, a journey which audiences are sure to appreciate.

Lisa’s episode of Who Do You Think You Are? airs on SBS at 7.30pm on May 19. To keep up to date with Lisa visit her Instagram @lisa_wilkinson



Profile

Lisa’s Favourite Things

Favourite pastime/hobby?

I love going to flea markets. In another life I would be an interior designer. I love to make a home, entertain and make it feel like a place of warmth and happy memories. I also love upcycling pieces that have a history.

Advice to your younger self?

Have faith and enjoy the ride because it will have more twists and turns than you could ever possibly imagine!

Favourite career moment?

Picking up the Sydney Morning Herald in the late ‘70s looking for a job and finding a tiny 3-line ad in the Women and Girl’s Employment section. Under the letter ‘D’, it said, “*Dolly* Magazine is looking for an Editorial Assistant/Secretary/Girl Friday who’s prepared to do absolutely anything. Phone Kathy on 6993622.” I did phone Kathy and to this day it’s still the only job I’ve ever applied for.

A subject or cause that you are passionate about?

Women’s Health in all its forms. I’ve been involved in Breast Cancer awareness for over 20 years, and the wonderful thing is it that with all the work done, early detection now means that the rate of survival is higher. Domestic violence and finding a way forward for women in abusive relationships is also a concern. With everything that is happening currently with lockdowns, that would be putting enormous pressure on relationships more than ever before. I fear the repercussions. The government has announced more funding, helplines and services but I’m not sure if it’s enough. We need to educate everyone on what a healthy relationship looks like. Education in that area is incredibly important.

Favourite spot in Sydney?

Balmoral Beach. My husband and I got married there. We have lived in this area all our married life – it will be 28 years this year! Our kids have ridden their bikes along the esplanade, played in the sand, and in better times we can go to the restaurant. It’s got lots of beautiful memories. You can have your French Riviera, but to walk along the boardwalk at Balmoral Beach as dusk starts to descend – it is one of the most beautiful family places.



Online Learning Resources

Nicholas Grant

Educational apps can be great complements to school content. With many schools transitioning to online teaching, accessing these apps and websites can be a great way to keep students' brains stimulated at home.

K-2 GRADE GROUP

TinyTap's library of educational games is figuratively boundless, with over 150,000 games created by teachers available for kids. Parents are also able to track progress across different categories. There is no chance of kids getting bored on this app, and with a month's subscription costing only \$7.99 it could be a worthwhile investment.

Developed by Queensland's Department of Education, **Out & About** is a free app for word recognition and mastery. Since the literacy skills targeted by the app are aimed specifically at K-2 students, parents may wish to spend some time using the app with their kids in order to teach and check their progress. However, it is more than suitable for kids to use alone.



Flora is a useful app for productivity.

3-6 GRADE GROUP

Mad Libs is a fun literacy app developed by Penguin Books. Students are made to fill in words according to prompts (such as nouns, verbs, or adjectives). These words are then placed in a story, sometimes leading to wacky results! With tons of stories to unlock, the app can create hours of entertainment.

Why do zebras have stripes? What is the hottest place on Earth? Should we eat insects? **Scholastic** has set up

daily online content where students can learn about dozens of interesting topics and find the answers to intriguing questions like these. Three weeks' worth of content is currently available, and can be accessed at <https://classroommagazines.scholastic.com/support/learnathome.html>

HIGH SCHOOL GRADE GROUP

Teens are always on a quest to find their passions and identity, and the wide range of courses offered by **Khan Academy** might help spark a particular interest. With thousands of free interactive lessons covering anything imaginable, from algebra to politics to art history, it is easy to jump into an educational wormhole.

Flora is a useful app for productivity, helping older students stay focused on their goals, including any HSC-related targets. Setting a timer plants a tree on the app – and exiting the app before the timer ends will kill the tree. Staying consistently on task will grant students a strong feeling of accomplishment (and a lush virtual forest).

What's Happening With HSC

Dipti Singh

Education officials in NSW recently confirmed that the HSC exams will take place as the COVID-19 outbreak left students confused and nervous about what shape this year's HSC will now take in their final year. The HSC is Australia's High School Credential with 75,006 students taking one or more courses in 2019. Around, 67,915 are on track to finish their HSC this year. NSW Year 12 students are expected to be one of the first cohorts to return to school in the coming weeks, with potential staggered learning blocks and open classroom structures.

Peter Shergold, president of the NSW Education Standards Authority, said changes are being made to ensure that

Year 12 students will graduate but did not include any information about how the final exam format will be altered. A COVID-19 Response Committee was also formed as a matter of urgency to resolve the emerging issues. The committee is sponsored by the NSW Department of Education, Catholic Schools NSW, and Independent Schools Association. After the conference, NESA Board Chair Professor Peter Shergold said, "we know you are nervous. Although we are facing an extraordinary scenario, we would like to remind you that this year you will be able to receive a HSC certificate and that the certificate will promote access to university, continuing education, and jobs as it has for students over the past 50 years."

A new committee is being formed to provide recommendations for VET students on job placements and advice for students completing major works that include assessment of group or individual performances. When students get ill, there are arrangements in their schools and with NESA to ensure they are not disadvantaged. The Board immediately authorises administrators or programme officials to agree on the number and weighting of specific assessment activities for their school in 2020.

In the coming weeks and months, UAC will work closely with universities, NESA and schools to understand the effect of potential improvements to the HSC on the ATAR and university admissions.

Sydney Students Share Their Thoughts

Often when it comes to education, the voices of our students are seldom heard. During this pandemic, Education NSW has been asking its students across the state to share how they are coping with the changes to their learning and environment. The key message to take home from these students, is their resilience. Yes, these times are challenging, but like anything in life, they are taking it in their stride and trying their best.

Kailash, Year 12, Normanhurst Boys High:

"It's been my third week learning from home, and I must say, it's going really well. I can still ask all the questions I need to. In fact, not much has really changed from the learning side of things. What I realised, however, is how important having a routine is. For the first week, I struggled with getting back into my old routine that I had when I was at school. I found how important structure was and now I wake up at the same time as I did for school. I am exercising by going on walks and have group calls with my friends every single day. This really



Year 12 Student Kailash from Normanhurst Boys High School.

made a huge difference, even with all of the changes and the uncertainty that comes with what's going on. Even with the HSC coming up, I know my teachers are doing everything possible to make sure that I am prepared and I'm really looking forward to going back to school to meet all my friends."

Saskia, Year 8, Sydney Secondary College, Balmain campus:

"Home schooling isn't always easy and to be honest at times I really wish I was back at school. My routine is the same each day. I wake up, get ready and then do my schoolwork the way I usually would. Once I'm done with school I usually just relax or work on any assessments that are due. Something I've really enjoyed about being at home is not having to wear my uniform. Although there are some great things, I've really missed my friends. We FaceTime every day, but it's just not the same as seeing each other in person.

Willamena, Kindergarten, Smalls Road Public School:

"Sometimes I really hate school at home. Today I am doing fun things and I like it. I have been doing art. I have been reading sight words on mum's computer whiteboard. I love drawing. I like playing with my sister and brother. I miss crunch and sip. I miss my school friends so much, I only see them on camera because of the virus."

Mother's Day Gift Guide

Isabella Ross



Well, This Is Growing Up by Megan Street

Author Megan Street is a 26-year-old Miss Universe Australia finalist, model, author and qualified secondary school teacher. Losing a friend to suicide, Megan was inspired to help young women and decided to write a self-help book. *Well, This Is Growing Up* is a good resource for mums as well, as it provides a guide on how mothers can support their daughters through the tough times. With 10% of all profits to Beyondblue, it is definite that this book is a great present to give to the women in your life. @meganxstreet <https://www.meganstreet.com/>

One lucky reader will win a copy of 'Well, This Is Growing Up.' Simply email editor@kamdha.com in 25 words or less why you want to win this incredible prize. Entries close May 8th.

Trevena & Co

Trevenaco.com is a great website to buy some thoughtful gifts for a special woman in your life, especially those who love lifestyle and fitness. Aimee Trevena Fergusson is a self-taught artist who has a passion for creativity, sustainability and active living. Using only natural fibres and recycled materials, all fabrics for her activewear products are original watercolour designs. Her pink leaf patterned leggings are a personal favourite, made of recycled swimwear lycra making it also suitable for water sports.

@trevenaco <https://www.trevenaco.com/>



Balyck Jewellery

Based on the North Shore, Balyck Jewellery has a wide range of stunning pieces and jewellery kits that make a beautiful present. Jessica Balyck is the incredible designer, known for her craftsmanship, skill and distinct style. Balyck's Insieme Kit consists of a DIY set of two, with charms of luck and hope included to create bracelets, anklets and necklaces for you and one to gift to mum. "In these unprecedented times I thought it would be healing to create something for you all to share with one another and do at home. The process of creating allows me to transcend from my current state to a place of peace so I hope these Insieme kits do the same for you," says Jessica. @balyckjewellery <https://www.balyck.com/>

One lucky reader will win one of Balyck Jewellery's Insieme Kits. Simply email editor@kamdha.com in 25 words or less why you want to win this incredible prize. Entries close May 8th.

Wishbone Sydney

Owned by local Elizabeth Newton, Wishbone Sydney is a wonderful Hunters Hill business where you can find thoughtful artisan gifts perfect for all. Ideal for Mother's Day, Wishbone has lots of beautiful homewares, accessories, puzzles, candles and more. Specially curated for the wonderful mums in our lives, Wishbone will be offering gift boxes – simply choose your budget and they will build a basket of goodies to suit. Prices start at \$80. Complimentary local delivery.

@wishbone.sydney <https://www.wishbonesydney.com/>



Enbacci Skincare

Pioneering the use of electrolytes with fruit stem cell extracts, luxury Australian skincare brand Enbacci has released its latest innovation of sheet masks. Optimising moisture levels to plump skin and reduce the signs of ageing, these sheet masks are the perfect way to treat mum. "Electrolytes serve as fuel for the skin ensuring our cells operate properly and can benefit from other ingredients," says Enbacci Founder Yong-Li Zhou. @enbacci <https://www.enbacci.com/>

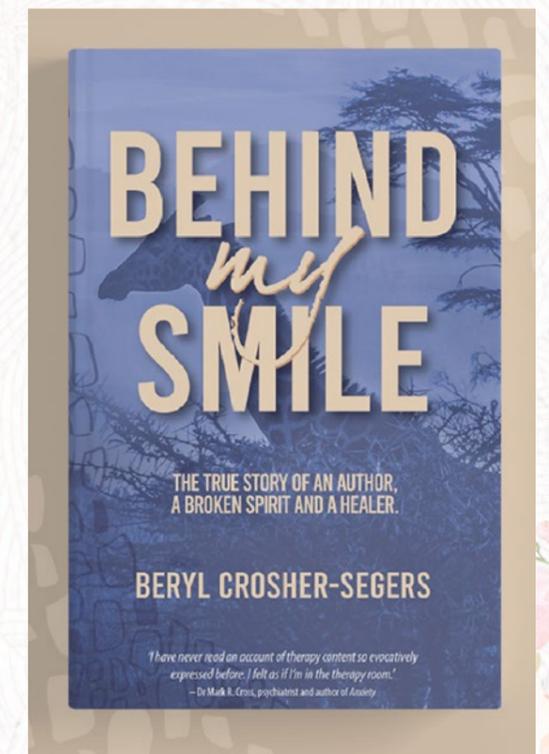
One lucky reader will win an Enbacci Sheet Masking Pack, including 1 Vitis Vinifera Rejuvenating Masks (\$20rrp) and 1 Age Revitalising Face Defence Mask (\$23rrp). Simply email editor@kamdha.com in 25 words or less why you want to win this incredible prize. Entries close May 8th.

Behind My Smile by Beryl Crosher-Segers

Bestselling author Beryl Crosher-Segers has released her new book *Behind My Smile*. *Sydney Observer* previously interviewed Beryl in the August 2018 issue regarding her first memoir, which readers can access via our website. Her latest book reveals the true story of her healing journey in the aftermath of growing up under the South African apartheid and later immigrating to Australia. Cultivating peace through therapy, Beryl opens up about discovering hope through her mental-health practitioners. Available at all good bookstores and online.

@berylcroshersegers <https://berylcroshersegers.com/>

One lucky reader will win a copy of 'Behind My Smile.' Simply email editor@kamdha.com in 25 words or less why you want to win this incredible prize. Entries close May 8th.



How Locals Are Celebrating Mother's Day

Nicholas Grant

It's time to start thinking about gifts and treats for our mums, with Mother's Day approaching on Sunday May 10. It's safe to say mums everywhere deserve to be spoilt silly this Mother's Day more than ever. However, with the temporary closure of many venues, shops and restaurants, we might have to be looking for some more creative ways to show our mums we love them.

Lauren from Turramurra is remaining dedicated to supporting her local businesses in this time of need. "I plan to go to my local café to get a takeaway brekkie and go to my favourite local florist to get a nice bunch of flowers to celebrate."

Annemijn from West Pymble is getting inventive, shopping online to find a unique gift for her mum this year.



"I will be ordering a personalised blanket with photos of her four kids and husband on it. Me and my siblings will split the price, and it's not like any old photo album."

Chandra from Lane Cove is similarly sticking with the theme of in-home comfort. "Most likely I'll be making my mum breakfast and buying her a new pyjama set so she can enjoy her time spent at home. I buy her pyjamas every year, so I have to keep up the tradition!"

Jasmin from St Ives thought that this year, emphasis is on the meaning behind Mother's Day, rather than the gifts. "This Mother's Day is obviously different to others, but one thing isn't – celebrating everything our mums do. The day should really be about telling your mum how much you appreciate and love her."

Rej's Pick for Mother's Day

Rejimon Punchayil

You might ask why is this Mother's Day different? In the last issue I mentioned about how we are called upon to stay at home. It is quite possible that as you read this we are being encouraged to continue with those guidelines, especially as our beloved mothers and grandmothers are in the most vulnerable group. It is more likely that we may have to spend this Mother's Day as we did the Easter, in the confines of our own homes. That makes this Mother's Day unique.

There are many older people, fiercely independent, able and determined, adhering to the expert advice, locked up in the confines of their own dwelling. Most of them are not part of a larger facility or a retirement village. While they have the confidence, courage and determination to maintain their independence, it's their loved



ones, family members and carers who are constantly being concerned about them in this time of social distancing and isolation. What if we could address this genuine concern, without compromising the independence and privacy of those living on their own using technology?

'SOFIHUB' home is an ambient, assisted-living technology, designed to promote the wellbeing and independence of our beloved seniors using smart technology. Its advanced adaptive care technology gives people of all ages and abilities the freedom

and confidence to live independently. SOFIHUB does this using world class technology, time-based alerts, spoken reminders, Text-to-Voice messaging and medication reminders, without any compromise to the privacy of the data. I have picked SOFIHUB as the most innovative Mother's Day gift this year.

For more information and how this can enhance the quality of your loved ones, visit <https://comfortdiscovered.com/>

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Positive Ways to Deal with Stress

Dr Sue Ferguson

This is a tough time for everyone, with physical distancing from others and anxiety about COVID-19. There is a lot to deal with – the loss of our usual routines and activities, the loss of income for many as our superannuation goes down, and some the loss of jobs. For those living alone, the loss of physical contact or a simple hug is particularly hard. It’s important to acknowledge the feelings we are having in this situation. One important point is to stay up to date with the latest information, but only watch or read about it once or twice a day.

What other strategies can we use to cope positively with this stress? Research by Dr Judy Moskowitz found that a variety of strategies can help you cope with most forms of stress, and even improve immunity in some cases. Strategies included:

- **Savouring.** Notice something good each day. Pay attention to this small event and all its details. Write about it in a journal. Tell someone about it (e.g. by phone).
- **Gratitude.** Start a gratitude journal or write down 3 good things about your day. Even little things like seeing a flower out your window.
- **Kindness.** Do a small act of kindness each day. For example, ring a friend or neighbour who lives alone.
- **Having Goals.** Set small attainable goals each day, such as making soup, cleaning one room, or doing

an online lesson in something you’ve always been interested in.

- **Relaxation.** Practice mindfulness, or a relaxation exercise each day. There are free online mindfulness recordings to learn through the UCLA Mindfulness website, or through apps such as Calm, or Headspace.

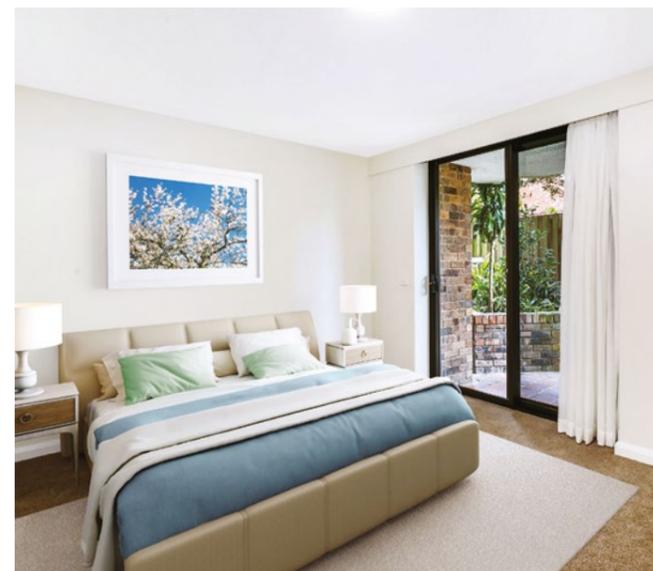
More specific to the current social distancing and isolation, keeping in touch with friends and family is vitally important. Yes, do phone them frequently. Try video calling through Skype, FaceTime, WhatsApp, or Zoom – there are lots of handy tutorials on the Internet. The Red Cross also has a service called Telecross which will call you daily for a chat if you are alone and isolated. You can call 1300 885 698 to check if you are eligible.

Hang in there, these are tough times, but we can get through it. Take the time to look after yourself. It’s also beneficial to remember how you’ve overcome stressful situations in the past. Use that hard-won wisdom to guide you now! As Thomas Paine said, “I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection.” However, as The Beatles said, sometimes we “need a little help from our friends.”

Beyond Blue has a Coronavirus Mental Wellbeing Support Service on 1800 512 348. Lifeline is always there to help too on 13 11 14.



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



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Clutter-Free Kids Rooms

Isabella Ross

With the kids at home 24/7, now it is more important than ever to maintain a clutter-free home. Interestingly, studies have shown that cortisol levels, otherwise known as the stress hormone, are higher in those who live, work and exist in cluttered environments. So, take inspiration from our organisational guide – you never know what you just might discover!

Be Creatively Subdued

At the end of the day this is supposed to be a children's bedroom, therefore it's perfectly acceptable to have fun with colour and pattern. The trick though is to not go overboard. Pick a simple calm colour for the walls, and then get imaginative with your soft furnishings such as rugs, bedspreads, pillows and even wall hangings.



Norsu Interiors

Be Instagram Inspired

One great source to find lots of handy inspiration is via Instagram. Lots of accounts offer personal examples that are relatable and down-to-earth, with lots of parents taking to the platform to share their tips and tricks. The comments section is also worth checking out, as fellow followers often offer advice and organisation solutions as well. Practical and stylish systems are therefore the commonality among each of these sources.

@househomelove | @organisation_obsessed |
@pretty.little.designs | @tidymeplease

Consider the Kids

Your child is the one who predominantly exists in this space, so it makes sense to have a chat with them and see their thoughts. For example, if a particular toy, resource or piece of furniture is used frequently, this needs to be taken into account. Height also needs to be taken into consideration, as if your child loves to draw, it makes sense for their colouring-in supplies to be reachable.

TakaTomo.de

Boxes Galore

One of the most underused areas of any bedroom is the space underneath a bed. Storage is always needed for any child, especially one that has been spoilt galore with toys. Howard's Storage World, Ikea, Wear and Repeat and Kmart have some fantastic options.

Labelling is also a smart choice – simply label each box in reference to what it contains such as books, toys, board games, art supplies and more.



Let the Emus Run Wild

Brian Roach

Last month I extolled the virtues of Grevilleas as mostly wonderful plants to cope with drought conditions. Few would deny that as gardeners we simply must consider whether we want to keep pumping precious water into our gardens or whether we should be more selective in what we plant. The vast majority of our wonderful native plants have developed over eons in the driest country on the planet. Yes, there are many non-native plants that handle extended periods of dryness, but the locals usually have the drop on them.

Another great genus for a water-wise garden is Eremophila. Even the specific meaning of that Greek word says it all – 'desert loving.' Eremophilas have the common name of 'Emu Bush' and there are debatable reasons for that common name. Firstly, Eremophilas naturally occur where emus run wild, in the drier parts of the country. Another thought for the origin of that name is that mostly the only way the seed of an Eremophila can be germinated is for it to pass through an emu! Fortunately, from the propagation point of view, most are fairly easily propagated by cuttings.

Perhaps one of the most stunning plants in this genus is Eremophila Nivea.

But the soft, grey, velvet-like foliage makes it vulnerable to fungal problems so this one really needs to be grafted onto suitable rootstock to cope with our coastal humidity. Various forms of Eremophila Maculata and Eremophila Glabra are commonly found in nurseries, particularly in specialist native plant nurseries. Eremophila Maculata only grows to a height of around 1m, and in my experience, will handle quite a bit of shade as well as full sun. There are just so many forms of Eremophila Glabra that the time will come when the species will be split into more manageable groups. The Canning Stock Route form which also grows to around 1m or a bit more, has lovely grey foliage with bright red flowers.

All the flowers in this genus are similar with an almost orchid look about them. They are much sought after by honey-eater birds. A great groundcover for a hot, dry spot is the Kalbarri Carpet form. It also has grey foliage with mustard-coloured flowers. One I particularly like is Eremophila Racemosa. It grows to around 2m but is very amenable to heavy pruning. It has lush green foliage with the orange buds opening to a bright pink flower. So, get into that desert-loving genus to minimize watering the garden!



Eremophila Maculata



Eremophila Glabra
Canning Stock Route



Eremophila Glabra Kalbarri Carpet



Eremophila Racemosa



Eremophila Nivea

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

How to Revive Your Home Study

Nicholas Grant

With many of us now studying or working from home, some fresh décor inspiration is calling. There's no denying that keeping distractions at bay can be a challenge when working from under our own roofs. Fear not, because we've compiled an easy checklist to declutter and revive your office space.

OUT WITH THE OLD

Drawing on the lessons of the life-changing Marie Kondo, the first step to rejuvenating an unproductive workspace is to sort through any objects which don't serve a purpose or are contributing to your disorganisation. Either recycle or file any loose paper and move any gadgets and trinkets to a location where they won't be cramming you into one corner of your desk.

ESTABLISHING RHYTHMS

Effective filing and storage systems are crucial to keeping your home office organised. Maintaining a consistent method for storing all your papers is important, whether it be chronological or alphabetical. If you're sharing your office space with others, consider purchasing larger, colour-coded storage units where each person can have their own dedicated section.

IN WITH THE NEW

Working in a comfortable environment boosts productivity and spending a lot more time in your home office means that comfort must come first. Ergonomic desks and desk chairs are strong options, particularly if they can be adjusted in height to enhance comfort and posture. A plush rug to hug your likely-bare feet may also be in order.

INJECT THE SPACE WITH LIFE

Did somebody say indoor plants? Adding actual living things to a room can be one of the most effective ways to help prevent a stark, cold, or clinical office feeling. Furthermore, bringing some foliage indoors has been proven to reduce stress and improve memory and creativity. They can be a slight, yet simple way to boost your mental health – just remember to water them!

MAKE IT YOUR OWN

Personalising your office can transport you to your favourite places, in spite of the shutdown of many locations. Work from a cosy coffee shop by lighting an aromatic coffee bean candle or crunch some numbers in a beachside bungalow by hanging a panoramic scenic painting on the wall and playing some ambient ocean waves. Despite perhaps sounding a little cheesy, experimenting with these little things is endlessly entertaining and really uplifting.



OZ Design Furniture



ChicoPie



LUXU

Transform Your Balcony

Dipti Singh

Regardless of whether you live in an apartment or house, we all want an alfresco space to chill out. If you are fortunate enough to have a balcony, you need to make the most of it. Just don't get restricted to an outdoor chair and table set – spruce it with some fun and decorative ideas to turn it into a warm, cosy corner.



Sortra

Stylish Seating Choices

Want to step away from the bland table and chair combo? Pick some unique outdoor furnishings to add a bit of flair to your balcony. If you are restricted on size, then opt for a hammock or teardrop-shaped chair or swing, as this will optimise on space.



Circu

Embrace Small Gardens

Add some colourful planters packed with small flowers and other varieties to brighten up your space. These planters can be mounted on the railing, floor and wall. If you have empty pots at your home, you can turn them into something fresh and beautiful by adding a little bit of soil and some fresh succulents. Another eco touch is to add a green carpet. If you don't have natural grass high up on your balcony, don't worry as you can still get the real feel. Artificial grass carpet can be mounted on balcony floors to make it feel like a full garden!

Multicoloured Upholstery

Brighten up the balcony by adding some zest of colour via your upholstery. But keep in mind which colour you choose, as you want it to uplift your mood and make your space more inviting. You can add colourful cushions, table mats, and rugs to enhance the outdoor décor.



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Crystals: Why Do We Love Them?

Isabella Ross

In times of turmoil, we often seek comfort from a range of sources whether it is spiritual, religious, familial or just relaxing and healing. One source of comfort for many is crystals, known for their restorative energy and calming nature. Even though some may raise their eyebrows when it comes to perceptions of crystal energy, others will find peace and positivity – each to their own!

ROSE QUARTZ

The stone of love, rose quartz is a pink gem known for its compassionate qualities and encouragement of unconditional love. Whether you are going through heartbreak or loss or feel you need a bit of extra love, pop some rose quartz in your home or wear a rose quartz piece of jewellery.

LAPIS LAZULI

A deep celestial dark blue colour, Lapis Lazuli has been



around for centuries, including in Ancient Egypt. Yet this stone has more than just beauty. Lapis Lazuli has also been known to alleviate and help with headaches, migraines and sinus hay fever.

MOONSTONE

A highly ethereal crystal, moonstone is commonly opalescent in colour with a pearly blue undertone. It is also otherwise known as the Menopause Stone. Interestingly, moonstone's healing properties are associated with relief of stress, digestive issues, water retention and mood swings.

CITRINE

The happy crystal! Citrine is a yellow transparent variety of quartz, said to attract optimism, abundance, joy, warmth and clarity. Energy healers also praise this crystal for promoting motivation and creativity, so a citrine bracelet is one lovely suggestion. If you are feeling a little flat and feel like a crystal boost, citrine is your go-to.

Health Corner

Nicholas Grant



Back to Basics: Hand Washing

With the current COVID-19 outbreak and flu season on the way, the World Health Organisation reminds us that proper hand washing is the most effective way to prevent the spread of disease. Scrub your hands with soap for at least 20 seconds, and rinse with either warm or cold water. Pay special attention to areas which are commonly missed, such as the fingertips, nails, thumbs, and in between fingers.

Health Star Ratings: Helpful or Harmful?

It may be in your best interests to research your products rather than trusting its health star rating. A study published in the International Journal of Behavioural Nutrition and Physical Activity found that 75% of products are rated as 2.5/5 or better – which is hard to believe, given Australia's obesity crisis. Furthermore, the ratings only consider the nutrients and don't acknowledge how processed a food is, which results in some bizarre situations where certain lollies are rated as "healthier" than bread.



Theobromine: Chocolate's Dangerous Ingredient

Ever wondered what makes chocolate toxic for your beloved dog or cat? The answer lies in a compound called theobromine, coming from the Greek "theos" (God) and "broma" (food). This naturally occurring compound is found in the cacao plant and although it is related to caffeine, most studies note that it is actually the sugar content in chocolate which perks people up. Many animals can't process theobromine as fast as humans, which means that they can experience poisoning if they consume too much.

Keep Fit at Home with Tiff Hall

Isabella Ross

The wonderful Tiff Hall spoke with *Sydney Observer* about how to maintain fitness, health and motivation during this time of lockdown, as well as sharing some of her at-home exercise circuits!

What are some household objects that could be used in lieu of weights or equipment?

Pantry and cooking equipment can be your new best friends! You can increase your workout intensity by using items like cans or tins instead of dumbbells. This is great for arm and ab exercises. Alternatively, you can use 1L juice or milk cartons. A heavy backpack also works as fantastic weights for squats.

Why do you think it's important for Aussies to continue to maintain their health and daily exercise?

It's more important now than ever we keep moving to boost our immunity, and also for our mental health to boost our mood. Exercises also create routine at a time when our schedules have been thrown into chaos.

Do you have any tips on how to maintain motivation during this time?

- Set up a designated workout space.
- Involve your partner and keep in touch with fitness communities online who will keep you accountable and inspired. Apps like House Party, FaceTime or Zoom are great ways to keep group exercise activities going ahead.
- Invest in joining an online program that is comprehensive. My program TIFFXO.com offers fitness, nutrition, mindfulness and an amazing private community that you can connect with 24/7.
- Involve the kids. Active play will keep you fit and distracted from snacking.

EXERCISES

The best thing about TIFFXO workouts? You don't need much space to work up a sweat! Train like Tiff and complete each of the below exercises for 40 seconds followed by a 20 second rest. Complete 4 rounds and take a 1-minute recovery between rounds. Let's do this!

Frog pumps – Who doesn't want a perky rearview? Lay on the floor and create a diamond shape with your legs. Now, squeeze your glutes as hard as you can and lift your hips up. Hold for a second, slowly lower your butt to the ground and repeat.

Mountain climbers – Starting in the high plank position, bring your right knee towards your right elbow and push back. Then, repeat on the opposite side. This move is all about pace so move as fast as you can while remembering to keep your core strong. Don't forget to breathe!

Lunge knee strike – This powerful move will crunch your abdominals, work your glutes and get your heart rate up. Stand with your feet shoulder-width apart then step back your right foot and lower yourself until both knees are bent at about 90-degrees. Make sure your front knee is directly above your ankle. Now bring your right foot forward and lift your right knee to your chest and pull your arms down to your right side. Return to the start position and repeat on the other side.

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Healthy Gums for a Healthy Life

Dr. Ian Sweeney

Research continues to show that people with periodontal disease (gum disease) are at greater risk of developing heart disease and other health problems.

Periodontal disease is a serious bacterial disease that destroys the attachment fibres and supporting bone that hold teeth in place. As bacteria build up around teeth, classic signs of infection occur (redness, swelling and bleeding). Once infection occurs, the gums begin to separate from the teeth forming pockets. As the disease process continues, the pockets deepen and more supporting attachment fibres are lost until eventually the teeth may fall out.

Approximately 20% of adults between 20 and 50 years of age, and 40% of adults over 50 years have periodontal disease.

In a recent study, researchers found significantly higher levels of bacterial toxins in the bloodstream of patients with severe periodontal disease. In another study, there was direct correlation between patients suffering heart attacks and those with periodontal gum disease. The researchers found that people with periodontal (gum) disease were almost twice as likely to suffer from coronary artery disease as those without periodontal disease.

Additional studies have pointed to a relationship between periodontal disease and stroke. In a study looking at possible links, people diagnosed with acute cerebrovascular ischemia (stroke) were more likely to have an oral infection than those in a control group.

Cognitive impairment is also an area of much research. Studies have shown diminished spatial memory and learning ability in mice that have had

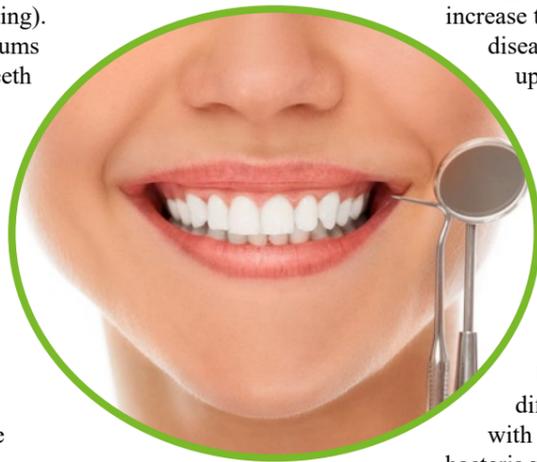
their molar teeth removed. The results suggest that the loss of teeth induce neuron loss in parts of the brain, thereby leading to senile memory deficits. These changes increased the longer the molar less condition persisted; suggesting tooth loss may be one risk factor for senile impairment of spatial memory. Other authors have suggested tooth loss is associated with mild memory impairment, possibly leading to Alzheimer's disease and dementia.

Poor oral hygiene has been shown to increase the risk of contracting lung diseases such as pneumonia by up to 86% in some cases.

There are a number of mechanisms involved, however it is believed; one method may be the bacteria being inhaled or aspirated directly from the mouth into the lungs. The mouth contains large numbers of many types of bacteria capable of causing different diseases. Patients with large numbers of periodontal bacteria will, depending on the virulence of the bacteria and their individual immunological response, be more susceptible to periodontal (gum) disease.

Tooth loss has been suggested as a risk factor for postural instability and balance. A study comparing patients with dentures versus natural dentition showed better body balance and gait posture in the group with their own teeth. They showed the number of falls occurring in patients with no teeth or poorly fitting dentures increased statistically. Studies have shown that chewing or mastication increases blood flow to the brain. Their results also indicate that chewing caused increased activity in the brain, stressing the importance of maintaining healthy teeth.

Should you have any concerns regarding bleeding gums, or if you have a past history of heart conditions, it would be advisable to discuss this with your dentist.



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

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a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

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Basil Pesto Pasta

John Ross

A hearty yet simple meal, pesto pasta is loved by all. Easy and entertaining to make with the kids, this recipe is sure to be a treat for the whole family.



John Ross is a professional executive chef with over 30 years of experience.

INGREDIENTS

- Homemade Pesto.
- 300 grams of cooked spaghetti or any other pasta of your choice (Serves 2 people).
- Parmesan and fresh basil leaves to serve.
- ½ cup pasta cooking water.
- Salt and pepper to taste.

Pesto Ingredients

- 1 bunch fresh basil leaves.
- 60 grams pine nuts.
- 3 garlic cloves.
- 100 grams freshly grated parmesan.
- 100ml extra virgin olive oil.
- Salt and pepper to taste.

METHOD

1. To make your pesto, first preheat oven to 180°C. Line a baking tray and spread the pine nuts on. Bake for 5 minutes or until lightly toasted, then set aside for 10 minutes to cool.
2. Add the basil, pine nuts, garlic and parmesan to a food processor and blitz until finely chopped. Then gradually add in your olive oil and seasoning with the motor running. Blitz until it is to your desired consistency.
3. Once the pesto is done, bring a large pot of water to the boil. Be sure to add a touch of olive oil and salt to the water.
4. Add the pasta to the water and cook until al dente. Before draining the water, take a ladle size scoop of the pasta water and set aside in a small bowl. Then drain the pasta in a colander.
5. Transfer the cooked pasta to separate bowl. Add however much pesto you like and coat the pasta in the sauce. If the pasta seems dry, add some of the reserved pasta water to the bowl to ensure the pasta is silky and smooth.
6. Season to taste, add a garnish of parmesan and fresh basil leaves. Serve immediately.

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Delving into Relationships: Soulmate Connections

Kerrie Erwin

Have you ever wondered what type of relationship you are in? For the next couple of months, we will be looking at different types.

SOULMATE CONNECTIONS

This is the perfect marriage, union, frequency, combination and alignment of souls, as these connections are highly compatible and are able to function in the world at their highest potential. This is even though they may appear entirely different in personality, age and appearance. Let it be clear, this is not always a romantic union, as sometimes a soulmate can be a family member, a good friend or someone very special in our life who is always on our own wavelength. Unless they are predisposed of an illness or other health condition, it does not have to be a romantic union. For example, my own father and I always had a very close and loving relationship, until he became sick and had an operation with his brain.

When you have a relationship with a soulmate connection, there is always room for great growth for success, as each soul is highly supportive of each other in their chosen fields. They lovingly support each other and are able to step aside and work on their own ideals. This allows growth for their partner, friend or family member. Soulmate relationships also provide harmony, recognition of each other's needs, support, love, balance, exploration, and a good platform to co-exist. We can then live our life to the fullest, as this combination is highly compatible. Teamwork ensues, as their frequencies or energies resonate at a similar vibration. Both these souls can accomplish a lot in the world, as they live in harmony, trust, respect and balance in this relationship, generally long term for whatever the duration of the spiritual contract. They are often from the same soul-group or similar in frequency in the spirit world.

Love and blessings in this great time of change.



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

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

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