

LOIS.

TASMANIA



Summer 2019



FROM THE EDITOR

Behind The Scenes P5.

LOIS LOVES

& We Know You Will Too P6 - P7.

SHE

Water For A Village P8 - 9.

SOULFOOD

Have A Heart P11 - P12.

THE FASHION EDIT

Ahoy There! P13 - P17.

MOTHERCRAFT

Pass Me Your Guilt P18 - P21.

MAMA'S MARKETPLACE

For Mother & Child P19.

SHE

Published P23.

MARKETPLACE

Shop Til You Drop P24.

HEALTH

Body Positivity Starts with You-th P25 - 26.

SHE

Australia Remade P29.

LIFESTYLE

Taste of The Twenties P30.

HOME STYLING

Summer Dining P35 - P37.

FEAST

Feed Your Face P38 - P39.



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Summer is finally here, albeit a little late. I love Summer. The BBQs, long salty afternoons spent at the beach and the food, all the food. This issue marks two years since we first launched LOIS. I still have to pinch myself. At this time of year, like many, I like to reflect on the year that has passed. This has been a big year both professionally and personally, and with big change comes big growth. When we first published LOIS, was sitting at a healthy 24 pages with a modest (yet targeted) distribution number. Fast forward and our present issue sits at 40 pages with a distribution of approximately 6000 copies. Speaking of our current issue. This Summer our cover features influencer Kim Saunders, curator of @captain.and.co. Kim shares with us the highs and lows of motherhood, business and living life under the social media spotlight. We interview Dr. Catherine Wheatley co-founder of Water For A Village, a not-for-profit providing water wells to villages in the remote mountains of northern Ethiopia. Sarah Carless talks to Meg Bignell, mother, writer and dairy farmer about her recent 2 book deal with renowned publishing house Penguin. Tasmanian women are achieving the amazing every day and we are proud to share their stories. If you have a story you would like to share let us know by visiting our website and clicking on the contribute or collaborate tab. I'd like to take this time to wish you a safe and happy holiday season. Eat, drink and be merry! Peace + Love.

Sam xo

LOIS.™

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SHE;

Louise Hawker

Dr Catherine Wheatley – Water for a Village.

A little Ethiopian girl crouches in the dirt, collecting dung for the fire. She is thin and barefoot. After she finishes, she will have to fetch water for her family, walking many miles to reach dirty water holes shared with animals. This heartbreaking image was captured by Dr Catherine Wheatley, head of not-for-profit Water for a Village, on one of her many trips to the remote and desperately poor Simien Mountains region in northern Ethiopia.

“I don’t know if she got to school that day,” says Catherine, showing me the little girl’s photo. “When kids are spending six, seven hours a day collecting water, they don’t go to school, or they’re too sick to go to school.”

Now, thanks to the efforts of Catherine and her team, this little girl can access water right in her village. In just four years, Water for a Village (WEAV) has installed wells in 33 villages across the Simien Mountains, bringing fresh, clean drinking water to over 10 000 people. The benefits of this simple amenity flow through to the whole community, improving health and dignity and enabling a better future for the children. “In the villages where we’ve been, the teachers say ‘all the kids are coming to school, it’s brilliant!’”, says Catherine.

Catherine’s journey with WEAV began when she was walking through the Simien Mountains in 2015 and was struck by the poverty the local villages were facing and critically, the lack of access to clean water. “People found out I had a nursing background, so as I was walking through, they’d come out and ask what they could do for their child – many had eye infections and scabies – and I’d say ‘wash them’, but I didn’t realise they didn’t have any water.”

Determined to do something, Catherine and her husband Peter decided to build a well in one of the local villages. Working with the local council and a qualified contractor, Catherine employed local men to make and build a simple concrete well by hand, completing it in just 5 weeks. Soon after, Catherine and Peter formed WEAV and, supported by donations and their own funds, began installing more water sources across the region using the same locally-driven model. Villagers make and install the wells by hand under the supervision of the local council and a qualified contractor, and all participants are paid for their efforts. The concrete wells use gravel filtration and a hand-operated pump to deliver fresh, clean water to up to 300 people per village. The results have been transformative. “Women and girls have less injuries as they’re not carrying water long distances anymore,” says Catherine. “People look fuller in the face and healthier because of better hydration, and one man told me that it was the first time he’d drank water that wasn’t shared with baboons and chickens.”

With a background in healthcare and a PhD in biochemistry, Tasmanian-born Catherine had plenty of skills but no specific background in charity work prior to starting WEAV. “I’d looked around a bit when I was travelling and wondered what I could do to help [with charity work], and then it got a bit more obvious when I was in Ethiopia. And it sort of snuck up on me – I just did a little bit, and a little bit more, and it grew from there.” > >

> > The journey to WEAV hasn’t always been a smooth one. Sourcing equipment and resources is a constant challenge, and the mountain environment is harsh - Catherine has battled altitude sickness, a frozen tent and torrential rainstorms. Occasional civil unrest also requires her to travel with a bodyguard, though she rarely feels afraid. “I tend not to get frightened, because I figure if I got frightened, I wouldn’t do any of it,” she says.

Catherine now works full-time on WEAV and when not in Ethiopia, works to raise awareness of the organisation and global poverty in general. With 71 percent of the world’s population living on less than AUD\$14 a day, her message is that we all have a responsibility to lend a hand. “You don’t have to go to Ethiopia: it’s just a matter of giving your time, skills or your knowledge to someone in need,” she says.

A nominee in the 2019 Tasmanian Australian of the Year Awards, Catherine exemplifies the power of



> > the individual to create change. “For me, it’s about knowing that ordinary people can make a really big difference to other ordinary people around the world.” - LOIS.

For more information on how you can support Water for a Village visit: <https://www.waterforavillage.net/>

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SOULFOOD;

Frances Darcey

Sarah DeJonge – Have a Heart

What began as a ‘kindness project’ for Sarah DeJonge – hand sewing and giving away little hearts as a token of love - has now become a global movement.

With a career and educational background in NFPs and counseling, Sarah has worked with the suicidal, the dying and the bereaved, describing it herself as “the life, the death and everything in between”. While working at a hospital two and half years ago, Sarah sewed some pocket-sized wool felt hearts (the best fabric for a “durable heart”) for an upcoming event for bereaved people. The event never went ahead and Sarah was left with 50 hearts. “I gave them away to friends and family over social media as a random act of kindness; I paid for postage. They went really quickly and it made me feel really lovely. Then the stories started coming back and they were so powerful.”

The response to that first batch of 50 hearts was so strong that Sarah set up 1000Hearts; a project to make-you guessed it -1000 little hearts to send out into the community as acts of kindness. The hearts act as a “talisman of hope or love or courage or whatever you need it to be”. Through the power of social media and pure human connections, Sarah’s hearts are now spreading their love and kindness to countries as far-flung as Kazakhstan and their effects are profound. In the wake of the bombings after an Ariana Grande concert in Manchester in 2017, a woman from one of the hospitals housing victims reached out to Sarah and requested hearts.

“One of the mums contacted me and told me that her daughter was so traumatised after the attack, she couldn’t even go outside. It made a difference having one of the hearts to support her.” A request was also made of Sarah to create hearts for the families of the victims in the Orlando Pulse nightclub shooting; she embroidered a little pride rainbow on each one. Sarah still can’t wrap her head around the huge impact her tiny hearts have had on individuals on the other side of the world: “You see these global events and then get personal stories out of them. For me it’s a labour of love. It’s a small thing for me to do in the context of their grief.”

From word of mouth and following the hashtag #1000hearts on social media, Sarah has heard of other heart sewing groups popping up around the world. “It has become a global network of likeminded people wanting to share their kindness.” Since the original project of creating 1000 hearts, Sarah estimates that to date she has made near 9000 hearts herself, around 5000 made by her team of volunteer ‘heartists’ and countless more made around the world. “It’s self perpetuating now. I said something on my [Facebook] page the other day about being really exhausted and someone commented: even if you stop now this project will keep going, it has a life of its own”

There is so much demand that most of the hearts are now made by volunteers, and an Etsy store selling heart making packs was set up earlier this year that now funds the project. “It works like a mini non profit.” Although the reach and span of the physical hearts is astounding, it is the idea behind the hearts that is most important to Sarah; putting more kindness and love into the world, especially when hatred seems so prevalent. > >



> > “The making and the giving of the hearts is in itself really powerful. Giving kindness feels as good as receiving kindness”. Sarah is sharing this message at her job at the Cancer Council, and through the community and school programs that she volunteers her time to. She has initiated a sewing group at Cancer Council Tas for people impacted by cancer to make hearts for others affected by the disease.

“Making them is a healing process. The action you are taking is making a difference to someone else. It’s transformative. “

Sarah is also a big advocate of the need for self-kindness – made evident in the community heart making workshops when people would say the heart they made was messy, not good enough, and that no one would want to receive it.

“Now I have one rule; don’t criticise your heart. And it has a double meaning, be kind to your own heart. We say to children; ‘be kind to others’, but we have lost that for ourselves”. - L.O’S.

Follow and support Sarah and 1000Hearts:

Facebook: 1000PocketHearts

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Purchase hearts and heart making packs on Etsy:
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Model - Kim Saunders
Styled by - Samantha Christian & Georgina Davis.
Location - Launceston City Park

THE FASHION EDIT;

Samantha Christian

Kim Saunders - Aye Aye Captain!

Meet Captain Kim! Influencer, Writer and self confessed “Hot Mess” Mama. With an authentic voice and killer fashion sense this full time mum of two curates @captain.and.co a swoon-worthy Instagram account full of fun fashion, sharp wit and honest tales of #mumlife.

1. How long have you lived in Tasmania?

Almost 7 years now. My husband is Tasmanian and we moved back here to help run the family business and farm. I have struggled to settle here as I do miss my hometown and friends, but Tasmania truly is a beautiful part of the world with some of the kindest people.

2. Mama, wife and small business owner. What does a typical day look like for you?

Oh gosh. I do not think I even have a ‘typical day’. Everyday is different and it really all depends on the kids. Whether they are happy and healthy. My priority will always be my girls and family. Work comes after. Which means plenty of late nights and super early mornings. I was doing my best to get up at 4am and get in an hours worth of work before my youngest wakes up for the day. I try to limit my ‘work days’ to three days a week. One day in the office and the other days at home in-between being a mum. The other days. I spend all my time with my family and only check emails after the girls have gone to bed.

3. You started your Instagram journey as a maker in small business. Have you always had a flair for the creative?

I actually have. I have a degree in graphic design and photography. And since I was a child have always loved anything and everything creative.

4. You describe yourself as an accidental influencer. How’d that happen?

Accidentally! I really struggle with the term ‘influencer’. I am not sure it has the most positive vibe around it. But after I took some time out from the making side of my business, I noticed people really like to see me, what I was wearing and what my house looked like. A few brands approached me to work with them, and I gave it a whirl. Although I do not make money from my posts, I do get gifted some fabulous pieces from time to time. And I only ever say yes to working with a brand or business that aligns with us. Our vibe. Our style. I say ‘no thanks’ more often than yes.

5. As a digital marketing educator what is the most important consideration a business should make before joining the platform?

Know your platform. Although it is important to be across a few social channels, it is also important to know where your ‘people’ hang out. Facebook. Instagram. Twitter. Even Pinterest. Each business is different and each target market is different. I personally prefer Instagram, but that is because I am a very visual person. Also. Content is key. Social channels are your marketing tool and whatever you put up or say is a reflection of your brand and product. Quality content both visual and verbal is a must. And always on brand.

6. Comparison is the thief of joy. What are your top tips for maintaining a healthy self image on social media?

Oh dear. Honestly. I am terrible at this. Whoops. I am the first person to cheer other people on and tell others not to worry about the numbers, the likes, the followers. But when it comes to my own account. It can be disheartening when you seem to be going backwards. But I do believe taking time out when you start feeling overwhelmed or when socials are having a negative impact on your day to day life. The best tip for businesses is to schedule your posts. Set up a weeks worth and walk away. Of course pop on to respond to messages and interact. But planning out all your posts for a week or even a few days can really take the pressure off. - LOIS.

Cover Image:

Kim Wears - Dress from Acreage & shoes from House of Shoes Launceston both based in Launceston.



Kim wears:
Blouse from Zimi Store
Pants from Yeltour
Shoes from House of Shoes



Kim wears:
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Pants Model's Own
Bracelet from Acreage
Sunglasses from House of Shoes



Kim wears:
Dress from Yeltour
Shoes from Polly Shoes

MOTHERCRAFT;

Summer Gwynne.

Pass Me Your Guilt.

Summer Gwynne - Batchelor of Nursing, Professional Honours Child and Family Health, shares her wisdom on why we should finally shed the *Mum Guilt* and truly experience the joys of Motherhood.

Let me start by telling you a story. A few weeks ago a dear friend of mine had a baby girl. After all the ideals of a vaginal birth faded away, her daughter was delivered by Caesarean section after over 24 hours of labour. She was discharged from hospital the following day. A midwife visited her at home and on the second day, my friend was told she would need to start formula feeding as her daughter had lost over 10% of her birth weight. My friend was devastated. It was day four, her milk had only just come in and she felt like a failure as she didn't have enough milk to feed her baby. I visited her for three days in a row and we expressed away the engorgement, we ran with the tears, we smothered her cracked and bleeding nipples in tender loving care and we syphoned through the past 4 days as she tried to come to grips with the sense of guilt and failure that she could not feed her baby.

Let's revisit her story. She was discharged less than 24 hours after a caesarean, it was her first child, she was given education on attachment and breastfeeding in hospital but her milk had not even come in. In just a couple of days, she was delivered the news her baby had lost weight, yet it is commonly accepted babies can lose up to 10% of their birth weight in the first few days. She was instructed to express to keep up her supply which, in turn, damaged her nipples. Then when she tried to breastfeed she was so anxious throughout the pain and trauma of it all she said she felt no connection with her baby, and that seeing as she had failed in feeding, her husband may as well do it. It was awful. I could not believe the way she was experiencing the first joyful days of parenting.

So, we worked. We made no decisions about how to feed, only how to get through. We kept nurturing her breasts, attempted many marvellous and creative ways to calmly breastfeed, we switched pumps, we accepted that a little formula was okay. We went with the ebb and flow - together. Two weeks later my friend was breastfeeding on both sides with the help of Domperidone (a drug prescribed to aid in milk production) and some gentle guidance and confidence. Besides a lack of sleep, she rode the wave and she was doing okay. But a fortnight after she saw her doctor and while she was out of the room my friend couldn't help but see her hospital discharge notes. In the breastfeeding section, a box was ticked labelling her as 'incompetent'. She felt deflated again. A ticked box said she was a failure the day she was discharged. Those anxious feelings came back again.

Does this narrative resonate with you? Or do you have a friend with a similar story? I have six children and I have Nursed mothers and babies for 17 years. It is now my calling, my passion and my determination to rewrite these stories. In the meantime, I am going to rewrite the guilt that has been handed so easily to you with the birth certificate. We don't need to do this anymore. It's time to change. It's time we refused to carry this parenting burden and allow ourselves the elation of parenting with joy. Because when we are engulfed in guilt we cannot truly experience the ecstasy of joy, and joy is the beautifully packaged gift of parenting that we have every right to receive...if only we dropped the guilt. *Continued Pg 21 >>*



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MAMA'S MARKETPLACE

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> > So, please pass me your guilt. Come on. I'm serious. Hand it over. Honestly, I want it. I know how to handle it, I've carried mine around for years. In fact, my husband says I own the concept 'Catholic Guilt' though I've never been a Catholic. So, please, give it to me so I can save you the effort of carrying it around on your own. I'll put it in a journal with mine. I'll write about it, analyse it, rip it out, screw it up and maybe toss it into the new fire pit we have in the backyard. And then I'll hand a little of it back to you, I'll leave it with all the honesty and vulnerability you exposed in handing over your guilt and convert it into connection, forgiveness, love, and strength. Because if we own our stories, hand them back to ourselves, shame and guilt can not survive.

So I would like to remove your guilts one by one, take the burden and the load and give you some peace of mind, forgiveness and freedom. That freedom comes from knowing, at all times, we can only ever do what is best for ourselves and our families, as long as it is safe. This is what I want to tell you;

1. You can bottle feed a breastfed baby.
2. Giving a baby a dummy at 2 am for sanity will not mean that your baby will be walking around the supermarket with a dummy at 5 years of age.
3. Breastfeeding does not come naturally to everyone. Making breast milk does. Breastfeeding is a learnt skill and it takes time.
4. Sleeping does not come naturally to all babies. Sometimes they need to be taught and this is our first teachable moment as parents. We don't think parenting should start so early, but it does.
5. Exercise releases endorphins. Endorphins are the feel-good hormones. They help you with the 3 pm slump. An exercise bike or running machine in the house for cold and wet days is good for that.
6. Ask for help. If you ask a friend for help, they will more than likely ask you for help in return one day. What goes around comes around, give it a go.
7. Using formula is not a failure. How quick we are to forget that breastfeeding does not come naturally. That after giving birth you are discharged from the hospital, often before your milk even comes in. Don't blame mothers for formula feeding. Look at the world we live in. We need to fix the system around mothers to better support them.

And one last thing...

8. Caesarean sections are life savers! Have we forgotten that too? It is not taking the easy way out or the unnatural way. There is nothing natural about a mum dying in childbirth. Thank goodness for modern medicine!

Ps. I had four vaginal births. I fully breastfed my four babies until they were over one. Never used formula. My children have no allergies. I was and am so lucky. I am no stronger, wiser, determined or patient than any other mother who has done things differently. I've only ever done what I could manage and what was best for me and my family at the time. That is all.

I hope you feel a little better now. Put the kettle on, put your feet up, smell the roses, it's a beautiful world we live in. Enjoy it! - LOIS.



SHE;

*Sarah Carless**Meg Bignell* – Published.

Writer, mother, wife and Bream Creek Dairy farmer, Meg Bignell spoke to LOIS. about her new book and what it takes to be a successful Tasmanian woman.

Meg has hit the writer's jackpot with a two book contract from Penguin Australia. Meg's novel, *Sparkle Pages*, was snatched up by the esteemed publishing house after her literary agent read her work and "couldn't put it down".

Meg explained that her novel has been described as being Up Lit. "Up Lit is like a genre of novels that are optimistic, an antidote to the thrillers and stories with a darker context". Apparently after so much negative news, terrorism and tragedy, readers are seeking out books that are optimistic and feelgood – themes like everyday heroism, human connection and love. Meg has hit the nail on the head with her novel.

Sparkle Pages is a fictional account of a 40-something wife and mother who wants to "put the sparkle back in her relationship", Meg summarised. She jokingly added, "It's not a book for kids," and mentioned how her family and friends had teased her about the topics the novel explores. *Sparkle Pages* has been described as *Bridget Jones meets Eleanor Oliphant*, two highly-successful novels that touch on human issues in a relatable context.

Meg's success with Penguin comes after many rejections. "I've had so many rejections," Meg said, "It's just a part of being a writer." After finishing her first draft, which took 18 months to write, Meg agonised over who to give it to, to read. "I didn't want to give it to someone I knew, and have them tell me it was great, I wanted proper feedback." Meg finally settled on giving it a friend's literary agent, who at the time was not taking on any more clients. "She told me she couldn't put it down, and ended up offering to represent me." Meg learned that having her manuscript accepted was not the end of the writing. "The first draft is the easiest," Meg said. After five drafts, *Sparkle Pages* is due for release on 16 April 2019, in time for Mother's Day.

Meg wasn't always intent on being a writer. "I have always done writing, but I didn't consciously think "I want to be a writer", she explained. "I had the normal varying dreams that most kids have, changing my mind with whatever was I was doing at the time." Meg has had a diverse work life, with stints as a trauma nurse, copywriter, weather presenter, actor and now writer. She is also part of family-run Bream Creek Dairy, who have just begun selling their milk under their own label.

When asked what advice she would give to her 20 year-old self, Meg had many wise and practical words. "Be braver," she started, "and don't worry about what other people think." Meg continued, "Don't read glossy magazines. They're rubbish." Meg also had things to say on a more humanitarian note. "It's important to be thankful. Here in Tasmania many of us have relative lives of privilege. Remember where you are."

Meg will be embarking on a three-state book tour in 2019, with a major focus on Tasmania. "Tassie is my home, it's where the book is set, it makes sense." And that second book? "I've lots of ideas!" Meg enthused, which is only to be expected from a lady of such life experience and talent. - LOIS.



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HEALTH;

Kate Fox

Body Positivity Starts with You-th

“If you don’t eat, you don’t poop and if you don’t poop, you die,” was an incredibly helpful piece of advice bestowed upon me by a family member when word of my scandalous eating disorder became public knowledge.

Sad thing is, it wasn’t a scandal. Still isn’t a scandal. It was – is – a disease. A disease the adults thought was caused by excessive Home and Away consumption as coincidentally at the time, Isla Fischer’s character was suffering from body woes. She was hardly eating and exercising excessively in oversized t-shirts, which to be fair were all the rage in the nineties. Every female in our family under the age of 18 was banned from watching Home and Away due to this influential act of attempting to normalise the plight of young women around Australia, whom, like the teen residing in Summer Bay, couldn’t enjoy a meal without sticking their fingers down their throats afterwards. I will never forget my cousin yelling, “We’re not allowed to watch Home and Away because of YOU”. Thankfully, we’re on better terms these days and she can now see I did her a favour in the long run.

I didn’t actually get the idea from Home and Away, although I’m sure subconsciously I could relate. In my mind it was simple: I looked in the mirror and didn’t like what I saw. If I didn’t like it, then why would anyone else? Fairly stupid thought process for a girl who wasn’t even fat. But throw in religiously reading glossy magazines with supermodels on the cover and it becomes increasingly common for thirteen-year-olds everywhere. And it wasn’t just a too skinny vs too fat mentality. Everyone you knew hated something about their body, and that was because someone else had made them aware of it. As teens, we were reading Dolly, Girlfriend, Cosmo and Cleo daily. My most read copy of Dolly was from November 1999 with Claire Danes on the cover. Yes, I did want to know why her life was too good to be true; obviously pashing Leo in Romeo + Juliet had something to do with it. I was stuck in a guy rut. I did need to take the quiz to see if I was in a cool couple or a dead-end duo. But aside from that, everyone was so skinny and so pretty and so – the word we should ban – perfect.

It is ironic that the two mediums that had such an influence over my sense of self-worth, esteem and image – magazines and television – are the two industries I have worked in for the past 15 years. Most people nowadays are pretty switched on to the fact that everything is airbrushed, and supermodels are just hashtag blessed. But the young ones, who are now online from a much younger age and for much longer time periods, don’t know this. You don’t know these things aren’t real until you’re taught. You don’t know the meaning of the words fat, ugly and useless until someone teaches you.

So, you’re reading this going, cool, what’s your point? Well, that’s where an organisation co-founded by myself and my childhood friend Gemma Nester comes in. We’re called the Positive Bod Squad, and we’re determined to change the language we use when speaking about appearances. Think about this: What’s the first thing you say to a little girl upon meeting her? Wow, you look pretty today. Nice dress. Gorgeous. Very cute. And what’s the first thing you’d say to a little boy? Wow, cool toy! What did you do today? And maybe you’d mention his cuteness. But with women, our appearance is the first thing we’re associated with. And we need to change that. Now. > >

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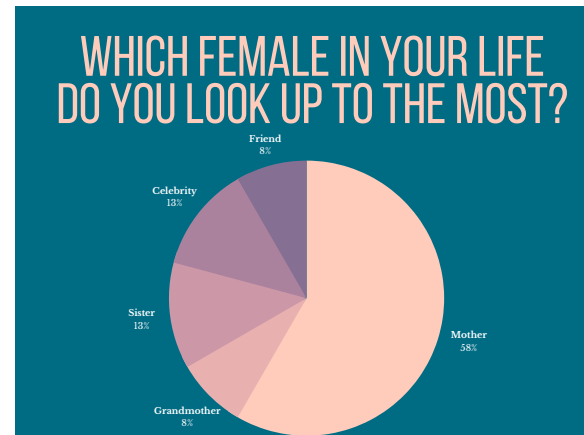
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> > Positive Bod Squad is supported by Relationships Australia, Tasmania. With their support, we'll be rolling out education programs about positive body image and how to not create a lasting negative impact on another person for both girls and boys as young as six. I know, that seems young. But our studies show that girls first become self-conscious or insecure about a part of their body between the ages of six and nine – and it's usually because someone makes a comment. Or it started as a family joke. Negative body image, poor self-esteem and mental health issues that arise from these can be curbed by us.



Don't make the comment. Don't point out someone's "flaws". It may seem harmless, but I have a friend who at age 8 was told her ears were too big and she's never worn her hair up because of it. She's now 39.

We can't fix eating disorders or mental illnesses by taking away models in magazines, but we can at least try to change the narrative and give the next generation of girls a fighting chance at believing their worth isn't defined by what they're wearing, what it covers up and how they fit into it. - LOIS.

** Girls Surveyed ages 6 - 11 years of age. Statistics provided by Positive Bod Squad.

SEASONS GREETINGS

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SHE;

*Melinda Reed**Millie Rooney* – Australia Remade.

Imagine the joy and calm assurance of knowing that what you most value is widely shared by your community; that we have much more in common than we are led to believe. Feeling that synchronicity is inspiring and exciting.

In 2017 Hobart-based researcher Millie Rooney travelled Australia interviewing people from all walks of life – in city centres and country towns, indigenous people and migrants, the insiders and those on the outer, men and women, the young, the vulnerable, the wise.

A chance conversation at an awards dinner lead to Millie joining a group of like-minded community leaders called A24 working together to create Australia Remade.

A perfect fit with her professional background, Millie became national engagement co-ordinator and part of a team asking people a simple question:

“Imagine you have woken up in the Australia of your dreams. What is it like?”

The interviewers found that time and time again the answers were “staggeringly similar”.

The essence of the conversations were distilled into the “idealistic and ordinary” nine pillars of Australia Remade, launched August 2018 in Sydney:

1. A First People’s heart.
2. A natural world for now and the future.
3. An economy for the people.
4. A society where all contributions count and every job has dignity.
5. A diversity of people living side by side.
6. A country of flourishing communities.
7. A new dawn for women.
8. A thriving democracy.
9. A proud contributor to a just world.

First reactions are often that the list is “just common sense”, quickly followed by profound feelings of conviction in “the best version of us”. Australia Remade is what we all aspire to. It’s a breath of fresh air. It inspires conversation and excitement

at the possibilities unleashed by hope for a kinder and more inclusive future. All around the country those conversations showed that in our hearts, most Australians wish for a compassionate, non-racist and sustainable country where people work together and care for one another and our place in the world.

The research drew on Millie’s studies into communities and sustainability, her honours research at ANU in Canberra on kids walking to school and her PhD thesis on the social norms that stop us building community.

“It’s so easy to build community but that first step is socially hard to do,” Millie explains.

“75% of people are intrinsically motivated, but assume everyone else is motivated by money and status so hold back on expressing their true values.”

“Australia Remade is about delight not fright – it offers an incredible opportunity to reframe around what happens when we are aiming to be our best.”

So if the nine pillars ring true for you, take a look at australiaremade.org and delve a little deeper into what each pillar means.

Endorse the vision online and contribute to the growing awareness of Australia Remade and the growing potential the nine pillars reveal.

Have a think about using the nine pillars to plot your future path and encourage others to do likewise.

Now take these nine truths about “the best version of us” into your activities, your events, your family, your business, your community.

That’s how change happens: one conversation, one choice, one step at a time. - LOIS.

LIFESTYLE;

A Taste of the Twenties.

Shine those dancing shoes and get ready to party like it's 1928 with The Taste's New Year's Eve Speakeasy Ball – a special, once-in-a-lifetime event to celebrate the 30th birthday of The Taste of Tasmania.

As the Festival enters its thirties, revisit the world of the roaring twenties – an era iconic for its high-octane entertainment, carefree fun and wild parties – right in the heart of Hobart! The Speakeasy Ball is proud to present a line-up of dazzling performances, from top Aussie musicians, giant brass bands and bold burlesque!

The unforgettable night features a stellar ten-piece band, led by ARIA-winning composer and pianist, Barney McAll, with an incredible array of guest singers including: Tex Perkins (The Cruel Sea), Ella Hooper (Killing Heidi), Monique Brumby, Mojo Juju and Loretta Miller (Jazz Party).

The Taste of Tasmania Festival Director, Brooke Webb, said, “We wanted to celebrate this special anniversary by over-hauling the Festival line-up, making it bigger and better in every aspect and creating events that are lively and unique. The Speakeasy Ball is no exception, bringing those same values with a 1920s-themed party that's sure to get everyone roaring and swinging into the New Year with delights from Tasmania and beyond!”

An undeniable force on stage, Tex Perkins' growly voice helped shaped Australian music and cemented him as one of the country's Kings of Pub Rock. This is an unmissable opportunity to see the legend live as you've never seen him before, with a host of some of Australia's best pop singers including Ella Hooper and Tassie's own Monique Brumby. Returning to the Festival is crowd-favourite, The Mighty Duke & The Lords, for a night of extravagance and fever as they play their calypso party anthems into the wee hours and blow up one hell of a tropical hurricane in the process!

Melbourne's best-kept secret, Jazz Party, will take attendees on an express trip to New Orleans, infecting the crowd with an unshakable dancing bug as they bring a slippery mix of rhythm 'n' blues and soulful, rocking jazz to the Ball.

Local legends, Uncle Gus & The Rimshots, are bringing a fun-loving and energetic atmosphere that's sure to get everyone buzzing. The seven-man band will have the crowd jump-jiving and swinging the night away with a hectic set-list of tunes to sing, dance and laugh along to. Another local sensation is the trio-quintet, Django's Tiger, who are bringing the distinctive and infectious sound of Gypsy Jazz to Hobart. Featuring a blend of violin, vocals, guitar and bass, this supremely talented bunch will grace the crowd with an eclectic and unique sound. Saucy Jack & His Ripper Band are another Hobartian delight whose original songs are like stepping into a time-machine as they recreate the sounds of 1920 jazz, roots, blues and folk music.

After returning from three hugely successful back-to-back American tours, and after headlining burlesque legend, Dita Von Teese, the internationally-acclaimed dancer and 2014's Miss Burlesque Australia, Zelia Rose, will perform a dazzling, high-energy show.

For those who need a little help getting into the swing of things, come down early when the gates open for Swing Dancing Lessons by TasSwing – a fun and friendly dance class open to all! This flappin' fun event is set against the stunning backdrop of Hobart's waterfront precinct, promising only the best 20s-inspired entertainment for a night of tuxedos and feather boas. - LOIS.

Image of Ella Hooper provided by Original Spin PR.



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HOME STYLING;

Donielle Luttrell

Summer Dining.

Summer is almost here and it's the time of the year when entertaining becomes an integral part of the Australian lifestyle. Longer, warmer days means a combination of indoor and outdoor entertaining and ensuring your dining space works for your home is so important.

A lot of people talk about spending good money on sofas to ensure a long lifespan, but I think a good dining setting is just as important. You and your guests spend a lot of time eating, drinking, laughing and enjoying one another's company in this space, so it's important to make it comfortable and practical.

When planning your dining setting (indoor or outdoor), the most important consideration should be space. You need room to move chairs in and out, to allow people to get up and to ensure that guests are not hit with doors or cupboards when they have to be opened.

Measure your room and take a look at how much space you have available. Most tables are either 900mm or 1000mm wide, and common lengths are 1200mm, 1500mm, 1800mm, 2000mm, 2200mm and 2400mm. Round tables are usually 900mm, 1000mm, 1200mm or 1500mm.

When doing these measurements, take into consideration you need space to walk around the dining setting when not in use too, so plan 'traffic zones' to ensure everything fits in well. You may be better off opting for a fractionally smaller table to make sure it is practical for your space.

You also have to consider whether a rectangular table would work, or whether you are better off looking at a round table (better in tight spots as the chairs can be placed wherever you like around the table).

Think about the style of table and the chairs you intend to pair with your setting. Will they fit?

The same goes for outdoor dining spaces. Sometimes here it is worth considering bench seats or a combination of bench seats and chairs so that space can be maximised (especially when not in use during our cooler winter months). It's important to keep in mind the weight of outdoor pieces too. Apartment patios, wind, light aluminium or timber furniture do not mix well together! If this is the case for you, select hardwood timbers that have weight to them to keep grounded.

The chairs you match to your setting need to be comfortable and depending on your situation, easily cleaned if required. Again, ensure the style of chair is fitting for your table. Test them out first if possible to ensure your selection works well.

Maintenance is important too. While glass table tops add more light and transparency to a dining room, they can be easily chipped. Not to mention they are forever wearing the fingerprints of smaller family members and guests. The same has to be said for matte black tabletops unless you intend on being a slave to the cloth and glass cleaner, perhaps avoid the high maintenance options. Outdoor timber dining furniture is usually delivered from the factory with a very (very) light oiling. It is worth investing in good quality oil from a hardware store. Using rubber gloves and a cloth, dip the cloth into the oil and wipe over the furniture. > >



> > Giving it a couple of coats will help prevent the furniture from being affected by the weather and maintain its integrity and beautiful colouring. This is especially important if the furniture is not covered and in an exposed space.

Dining tables (inside and out) are the hub for entertaining, so getting the composition right is critical to ensuring that everything from the everyday family meal to those lavish Summer dinner parties goes off without a hitch - LOIS.



Images supplied by Shift Property Styling.



FEAST;

Henrietta Hamilton

Blueberry & Almond Pancakes

Serves: 2

Prep: 10 mins Cook: 10mins

Ingredients

 $\frac{1}{3}$ cup almond meal $\frac{1}{4}$ - $\frac{1}{3}$ cup spelt flour (of gluten-free flour if needed)

Sprinkle of cinnamon (depending on your liking)

 $\frac{1}{4}$ tsp baking powder $\frac{1}{4}$ cup soft ricotta

1 egg

2 tbs milk, you may not need this, depending on your batter

Olive oil, to grease pan

 $\frac{1}{3}$ cup Greek yoghurt $\frac{1}{2}$ tsp vanilla extract $\frac{1}{2}$ cup blueberries

2 tbs chopped almonds

1 tsp chia seeds

Method

Add almond meal, flour, cinnamon, baking powder, ricotta and egg and combine to a smooth batter. Add milk if batter is too thick.

Heat olive oil in a non-stick fry pan over medium heat. Spoon mixture into pan and cook for approx. 2 minutes each side, until cooked through and golden. Repeat this step until all the batter is used and you have an even amount of pancakes.

Combine yoghurt and vanilla in a bowl.

Divide pancakes between 2 plates, top with yoghurt, blueberries, almonds, chia seeds and a dusting of cinnamon. - LOIS.





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