

e BUBBLE *Life*

L a u g h • L o v e • L i v e

Your Authentic Lifestyle Magazine

23rd Edition



Internet SAFETY

HEALTH

FAD... Frequently
Altering Disease

LEGAL

How to write an affidavit
for Family Court

RE AL ESTATE

Online Real Estate
Dangers

GARDENING

Dirt Feast

WOMEN

The Art to Playing and
Working Online Safely

TRAVEL

How safe is Africa?
Practical security
advice for your African
holiday

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Partners with



Editors Scribbles



In this issue we look into internet safety, what are the threats and what are the measures we need to take for our families safety? You may have noticed a change in the look of our [facebook](#) page and we have created an [Instagram](#) page to stay in tune with the world.

As always we promise to work hard each issue to develop the magazine, with slight adjustments here and there, all designed to produce the ultimate publication focused to your needs.

Please enjoy this edition, any comments or feedback is appreciated, please forward through to admin@bubblemuffin.com

Keep looking after yourself, your family and friends, eat healthy and exercise daily,

Kevin Kapusi Starow

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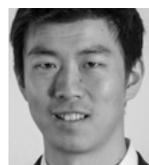
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Her nurturing assists people to understand and identify their unique mind-body-joy link to support you during life's challenges.

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If you are interested in writing for e-Bubble Life, and feel you have the expertise in a particular area, or field we ask you to proceed as follows:

1. Send a short email message to Bubble Muffin describing the article you would like to publish, your qualifications, and a brief sample of your writing.
2. If the editors respond by expressing interest in you, we will request a complete article be submitted via email, in word format

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Cultivating internet safety in our youth & in our homes: Working from the inside out

Technology has become part of the norm in our households, in our business and personal lives and even in the lives of our children: in school, and at home. It would be near impossible to sterilize your home and family from the internet, some form of social media, smart devices or gaming. But this doesn't mean you cannot protect yourselves from the dangers that the world wide web delivers to your doorstep. In fact, part of the solution to creating a safe environment and life for our families may be very different than you originally think.

Instead of locking the doors and pulling the plugs from the outside world, we need to take a long, hard look at our inside world. This is where the transformation begins.

Our thoughts about ourselves fluctuate like the weather. Everything we experience day to day impacts how we feel about ourselves temporarily. But, our overall level of self love and esteem is more permanent and fundamental than our daily ups and downs. And it determines how much and for how long we are affected by those rollercoasters of thoughts and feelings.

WONDERING WHAT THIS HAS GOT TO DO WITH INTERNET SAFETY?

Someone with poor self esteem will often rely on others to feel good. And sometimes they make choices in the moment that may not be the healthiest, seeking love and approval (think: sending photos or information, or meeting people from internet dating/chat rooms without practicing precautions). For someone with low self esteem, the highs they ride from external forces are fleeting and temporary at best. So they are constantly seeking out ways - or people - to get it back. The greater risk for children or young adults is that they may not fully understand the dangers around them. They are innocent and trusting and cannot conceptualize some of the "bad" things that other people do.

Someone with healthy self esteem, on the other hand, is able to accept themselves, their strength and weaknesses, and is not affected as much by life's hard times. They also understand that nothing outside of them can affect their perception of their own value and worth. By this standard,

they make choices more often out of self love and respect.

With that being said, a person or child with low self esteem may unknowingly make choices that put them in harm's way. The consequences of low self esteem can range from anxiety, stress, loneliness, depression, relationship troubles, decreased performance and a susceptibility to drugs and alcohol. From there, it's a downward spiral: poor choices piggyback on and aggravate feelings of low self esteem, keeping them stuck in a loop of destructive behaviors.

HERE'S WHERE PARENTS COME IN:

Our self esteem evolves over time, shaping and molding us and our experiences during childhood play a very large role in the results. A child that experiences harsh criticism, abuse, neglect, rejection or is held to high expectations of perfection can result in low self esteem.

HERE ARE SOME WAYS TO CULTIVATE HEALTHY SELF-ESTEEM IN YOUR CHILD(REN):

- **Active Listening:** Children respond very well to feeling heard and understood, as do people of all ages. Practicing active listening - not interrupting, keeping eye contact, asking questions and ultimately showing engagement - allows a child to feel valued. Feeling valued results in higher self esteem.
- **Respect:** Treating your child with respect is important. How you speak to your child shows him or her how you feel, just as much as the words you are using. Be patient and gentle.
- **Attention:** Though you may be in the same room, that doesn't mean you are present with your child. Engage with him or her and be sure not to dismiss feelings, thoughts and stories they may want to share. If you have a busy family life, try to make some QT time one-on-one with your child. Let him or her know they are worth and deserving of your time and attention; this is one of the greatest gifts you can give.
- **Affection:** Not everyone is affectionate but physical touch goes a long way in building self esteem. Hug and kiss your child as often as you like, touch his or her arm, sit next to each other on the couch... whatever you can do to be physically close.
- **Recognition:** Recognize your child's accomplishments or good behavior. Celebrate milestones and small victories. Let your child know you are paying attention and are in his or her corner.



- **Acceptance:** Accept your child for who he or she is. Recognize mistakes as just that; and move on. No one is perfect.
- **Unconditional Love:** Piggybacking on acceptance, let your child know that no matter what he or she does, your love will never sway.
- **Forgiveness:** Forgive easily and often. Address the issue at hand and let it go. There's no reason to harbor negative feelings or continue to discussing the matter at hand. Resolve it, forgive and accept, and focus on the here and now.

IF YOU ARE THE ONE STRUGGLING FROM LOW SELF ESTEEM, HERE ARE A FEW WAYS TO IMPROVE IT:

- **Language & Thoughts:** Keep a close eye on the language you speak to yourself. Are you kind and loving with yourself or do you nitpick every little thing you do? Our inner voice can be harsh and cruel; so make it a habit to monitor your self-talk and turn it around. Instead of, "wow that was so dumb..." try saying "OK, I made a mistake. Everyone does. I did my best, and it's OK to move on now." Small shifts lead to huge transformation over time.
- **Self-Compassion:** Be compassionate with yourself. Everyone - including you - is doing the best they can with the resources they have in the moment. If you make a mistake, so be it. If you aren't happy with something, that's fine, too but forgive yourself and let it go. Show yourself love and care as you would your child. Accept yourself, love yourself and learn to be proud of the amazing person that you are.
- **Support:** If you're needing help, ask for it. Friends, family, professionals... there are many people out there ready and willing to help you out with what you need, even if it's just to talk. You don't have to do this alone and you deserve to be happy, confident and fulfilled.

Without removing ourselves from the outside world, we can show up in it as a confident, healthy person that understands risks and makes choices out of love and respect for ourselves and those around us. We can transform our inner world enough to be conscious and aware of actions and people that may be dangerous for us, and this includes the internet and applies to our children. The healthier we are, the healthier our children will be as they learn and grow from watching us. Practice self love and care as a family ritual, and watch how life unfolds to become a joyous and connective experience all around.

Written By Camille Lucy

Taking a break from it all

Considering, YOU, your family, your activity needs and your dog

So often life is busy. We are “doing this” and “doing that”, going here, going there. The focus on life can sometimes be on the daily routines; off to school, off to work, get home-take the kids here, or there...get home again, shower, bath, homework, dinner. Bed.

Are you finding time for exercise? Couple-time? Maybe even friend-time? What about parent-child relationship time... Or family time? What about the extended family? The “rellies”...

Relationships are important in life. And we are “social being”.....part of a group - a family group, an extended family, a community.... Where does self -carethe “me” time fit?

One friend I have said it like this....”we are human BEINGS! Not human DOINGS! It really is worth reflecting on. Not just reading and moving on. But, really..... thinking about that. How often do you take time out? Time out from work, from house work, from chores and tasks? Is physical activity a regular part of your day?

Do you ride, swim or run? Maybe it’s team sports? Or the gym? Maybe you head off for a walk or to yoga..... perhaps you do a few stretches at home. Whatever it is , think about whether that is how it should be, or whether you need to make a firm commitment for more... So often our life is moving from one thing to another. It’s not often that we stop and take a break

Lots of our life revolves around the computer and our

phones. The internet, emails, and social media. Sure, there’s been some benefits. But have a think about what might have changed in your life.

Do you chat with your partner and kids in the evenings? Just notice how many of you are on “devices” and what impact that might have. Think of the missed opportunities.....the things you didn’t see, the times you could have discussed “that” more. Or even just “sat quietly”...

What about your dog? Do you spend time with your dog? Does your dog get “out and about” regularly – I would say “daily” as almost an essential for every dog. Ok, some breeds, they don’t need much exercise, and other breeds need more. But think about it this way.....would you cope being stuck inside 4 walls every day? (that’s the yard....) many dogs just dont get a daily walk – an opportunity to be free, to explore, too sniff and discover. It’s a chance to be alive, to really experience life.....

I find it really helps to change your perspective on what you need and what your dog needs. And to prioritise that as significant for the start of every day. Whether it is a 20 minute walk or a 30 miute bike ride, or a one hour activity. Consider it important for you, and for your dog. Then, reflect on what is currently happening and see how things could improve. Maybe you and the kids take turns. Maybe on the weekend, you all get out to a park together. Have a think about what you can do to “get out and about” this week!

Written by Jay Anderson





ONLINE GAMING IN THE OFFLINE WORLD

Games are an integral part of human behaviour. It is normal and healthy to engage in play as part of daily life, including playing games online. The proliferation of personal screens in our everyday lives (phones, tablets, laptops) means that online gaming, or playful digital activities, can be accessed at most times and in most places.

Until recently, research into the effects of online gaming has focused predominantly on the negative, however this focus has shifted dramatically in the last 15 years. We are now starting to see that online gaming in fact adds to our wellbeing, particularly in the areas of emotional regulation, relationships, mental health and creativity.

THE IMPORTANCE OF PLAY

'Playing' is a form of self-nourishment, but we often see it as unproductive, time-wasting, selfish or just for kids. The truth is, play is just as critical to adults as it is for children, for a balanced, happy, fulfilling life. But play is more than just fun activities; it's an attitude to transform the way you see things. It's doing anything in life with humour, goodwill, compassion, openness and with a light touch and heart, whilst also being respectful.

Many people have low self-esteem for a variety of reasons, however, regular participation in play-based activities (i.e. activities that are voluntarily done to spend away from stress, such as sport, gardening, reading, walking, baking, etc.) can increase your self-esteem levels, and this extends to those who engage in online gaming.

Having positive self-esteem adds to your quality of life and general well-being through positive emotions and decreased stress. There is also a strong connection between positive self-esteem and happiness, as well as negative self-esteem and depression.

As your self-esteem levels increase, this will improve the view you have of yourself, which will then increase the likelihood that you will actively seek play activities. So the more you do these activities, the easier it becomes to maintain the momentum!

OTHER OFFLINE GAMING INFLUENCES

Firstly, playing online games allows you to express yourself in ways that you may otherwise not feel comfortable doing offline. The anonymity, as well as the fantasy, of online games and their virtual worlds free you

from your real life situation, allowing you to be more like the person you wish to be.

To add to this, most people who play online games choose a character that displays desirable qualities so that they can imagine themselves as a better version of themselves. As a result, you begin making conscious efforts to emulate your characters' better traits in the offline world.

Secondly, online games are also often used for emotional regulation and stability; they help you to relax, to forget problems and worries, to "let off steam", and to feel less lonely. Feelings of anger, guilt, or frustration dissipate after some time spent in game play, which results in you feeling much happier. All of this is connected to your choice of online game; we tend to choose games that will suit our desire to feel better as a result of playing.

Finally, social interactions in online gaming that involve large numbers of other players form a considerable element in the enjoyment of playing. Friendships that are formed in online games have been shown to be comparable or better than offline friendships and often you can play these kinds of games to extend your real life relationships, as well as meet new people.

Not only is online gaming highly social, but a high percentage of gamers end up making life-long friends and partners from the opportunities provided through the interactivity element of online games. Many people take the next step and actually meet with their online friends in offline situations.

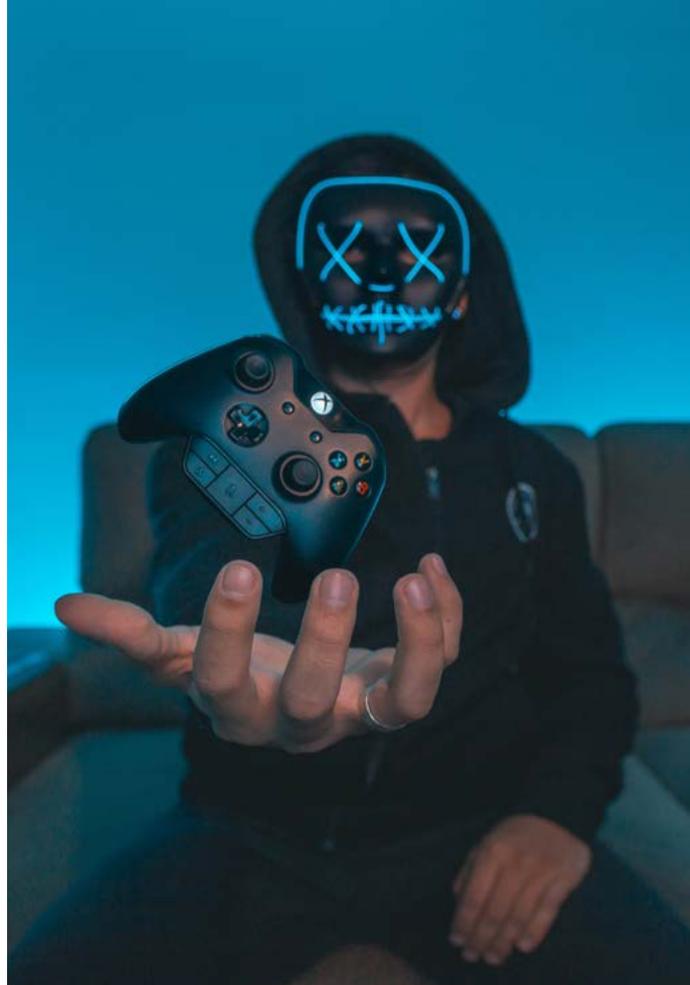
POSSIBLE WARNING SIGNS

Any behaviour, when taken to extreme, can have a negative impact on a person's everyday life. Over engagement in online gaming can be a symptom that other things in your life might not be going so well.

Often it can be hard to know the difference between normal behaviour, such as occasional moodiness and irritability, and an emerging mental health issue. Feeling down, tense, angry, anxious or moody are all normal emotions, but when these feelings persist for long periods (some weeks) of time, and if they begin to interfere with daily life, they may be cause for concern.

It's important to keep an eye out for significant changes that last longer than you might expect (at least a few weeks), such as:

- being less interested and involved in activities you would normally enjoy
- changes in appetite or sleeping patterns
- being easily irritated or angry
- your performance in study or work is not as good as it once was
- involving yourself in risky behaviour you would usually avoid, such as taking drugs or drinking too much alcohol
- difficulties with concentration or motivation



- seeming unusually stressed or worried, or feeling down or crying for no apparent reason
- expressing negative, distressing or out-of-character thoughts

It can be helpful to take some time to understand your online gaming experience:

- the reasons you like the game
- what you get from the experience
- if you see difficulties in the way the game is played
- what you do when the game doesn't go well
- who you are playing with and the kinds of interactions you are having

This will help you identify any concerns and have constructive conversations with the people closest to you about your gaming use.

Written by Nikki Cox

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Device invasion in the home and how to reduce the impact



The internet has bought the world closer together however, in our homes, it can do the exact opposite with our family life often pushed apart.

Who isn't familiar with children with their little noses deep into the device of their choice whether phone, tablet or even gaming on a TV. Adults are often the same with their devices never far from hand, often not even noticing how often they glance or use their own devices while going about their usual home life. Do you ever wonder what impact these little electronic pieces of equipment are having on your family life?

Firstly, let's start with the Australian guidelines that are recommended for children. These guidelines include watching television, phones, tablets, DVD's, computers and electronic games.

- Under 2 years old – ZERO screen time
- 2-5 years – 1-hour p/day.
- 5-17 years – Less than two hours p/day.

While I understand there are times that for your own sanity you plopp your kids in front of a TV or tablet, and that's ok we're all human. It's more about how often we find ourselves doing it that can cause an impact. Also, in addition for homework requirements device use is

often quite important for researching etc. this time is not included in the recommended times above.

So, what is the Impact? At number one is the impact to communication also affected is quality time together, distraction, altered moods, physical effects and focus to name a few.

How can a device in our homes decrease communication? Simply by having your eyes on a screen means that you aren't focusing on what's happening right in front of you. During a normal conversation with your family you would be connecting with them by looking at the person, hearing what they are saying and responding accordingly. If a device is in your hand or within reach the impact in connecting is reduced compared to when these devices are around. I'm sure you have found yourself glancing at your phone, becoming distracted and then having to ask the person right in front of you to repeat what they'd said as you lost focus on their conversation, I know I have, even when it's on silent.

Devices can also impact moods which is often not thought of as a side effect of device usage. Think about the times you might have played a game and found yourself getting increasingly frustrated when you can't find the gold coin,



the door to the rainbow or that magic jewel and I'm talking about both parents and children here. Realistically it's the amount of information and the distractions rather than the actual devices themselves that can affect your mood - your mind simply becomes overwhelmed and exhausted!

Lets talk about those very special moments when your child is completely focused on telling you something, looking up at you with their earnest little faces? These are moments to be treasured and become rarer as they grow into teenagers. I wonder have ever lost one of these special moments as a parent with your child when your phone beeps? Devices can really interrupt and unbalance everyone in the safe haven of our home.

So while these devices are fantastic for helping kids with homework, for keeping in touch with friends over social media and for increasing and connecting us to the big wide world from our own homes how can we reduce their impact on our family home, on our family life and the beautiful quality time we should be spending together?

Creating a communal family plan for device usage is a great start and its not as hard you might imagine. The key here is communal, it must be created and agreed upon together. Device boundaries don't even have to be rigid, in fact the more rigid the more likely they won't be followed by everyone. Afterall we all like time on our devices for play as well as often needing them for work even after hours.

A simple way to create a simple easy to read plan is to head over to a great site called Healthy Children* where you'll find great online tools for not only calculating device usage but also to create a family plan. The family plan can be created together right online and personalised with your family name, children's names and activities with the final result being a detailed specific plan ready to print out and go. You can add activities or take away suggested activities it's a great tool for everyone. Here's a sample plan below created with the online tool.

ABC's Media Plan

Mobile devices & TVs are not allowed in the following screen-free zones in our home:

- Bedroom
- Kitchen or dining room table

We will not use mobile devices or other screens during the following times:

- While walking across the street
- While doing homework
- Family time
- Meal times
- One hour before bed
- Reading time

Devices will charge overnight in:

- Parent's bedroom

When we have recreational screen time, we will:

- Video chat with friends or relatives
- Play learning apps
- Play apps that are creative, educational & promote healthy interactions with others
- NOT play video games that are against our family's rules both at home & at someone else's house
- Watch age appropriate & educational shows & videos
- Play videos, shows & apps with adults
- NOT download apps, movies, games without permission & asking an adult if they are appropriate for my age
- NOT visit new websites or video sites without asking permission
- Watch "educational" shows & use apps that have been reviewed & vetted by trusted sources to actually be educational such as PBS or Common Sense Media

By decreasing screen time, we will have more time for:

- Reading
- Being with friends
- Doing hobbies I like
- Playing outside
- Joining a team or playing a sport
- Cooking together

We will show good media manners by:

- Not looking at the phone or texting while talking with someone, or during mealtimes
- Not keeping the phone on (or under) the table during meals

We will be good digital citizens by:

- Respecting the privacy of others
- Not being rude or bullying anyone online
- Sticking up for others online
- Telling a parent or other trusted adult if we or others are being bullied, disrespected, attacked or treated badly online
- Telling a parent or other trusted adult if we get messages or photos that make us uncomfortable

We will follow these digital safety rules:

- Do not give out personal information online
- Do not use a phone or text while crossing a street
- Do not share private photos online
- Review Privacy Settings on all sites with your children
- Do not befriend, chat with or virtually game with someone without a parent's permission
- Never let anyone use your phone

We will get enough sleep & exercise by doing the following:

- Exercise
- Turn off the TV or mobile device one hour before bedtime

HERE'S 10 TIPS YOU CAN DO ONCE YOUR PLAN IS IN PLACE.

- Unplug every day for a least 1 hour
- Play a board or card game instead of an electronic game – Go Fish anyone?
- Write a note to each member of the family sharing something you love about them - feel that connection grow
- Spend time colouring together - buy large poster colouring sheets so you can all colour together
- Play a game of 'I spy'
- Play a drawing game – One person starts a drawing then folds the paper in half and passes it on and so on until everyone has had a turn
- Set up a jigsaw and leave it where everyone can add to it as they walk by
- Make dinnertime a family time by preparing one meal a week, or more, together
- Read a book
- Play a game of hopscotch outside

Time spent with family is such a special time and everything we can do to make time together happy and joyful is so important. Let's all switch off the devices, for a short time, and feel the beautiful family connection return and always remember to Fill Everyday with Joy.

*Healthy Children website

Written by Joy Fairhall

Banana Cinnamon Jelly

Ingredients

400g organic banana flesh cut into small pieces
- after being peeled and skin discarded
(Tip: opt for organic bananas to reduce chemical exposure, and look for bananas

with

lots of brown spots on the skin. They're the healthiest and sweetest!)

4 tbsp pure grass-fed beef gelatin powder
3 tbsp spring/filtered water
1 tbsp organic cinnamon powder

Method

1. In a large saucepan, with the stove turned OFF, add the water then gently sprinkle the gelatin powder over the surface of the water so it coats evenly. Do this one spoonful at a time until all 4 tbsp have been sprinkled over. The water will start to absorb into the gelatin granules, this is called "blooming" and makes dissolving the gelatin much easier than by stirring into hot water. Leave it for a couple of minutes.
2. A saucepan with a large diameter works best for this so as much gelatin as possible can be exposed to the surface of the water.
3. When you see the gelatin powder has all become slightly translucent turn the stove onto medium heat to slowly warm the liquid up. Grab a whisk and start stirring as soon as the water has warmed through. Whisk until gelatin granules have completely dissolved.
4. Remove the saucepan from the stove then add the banana pieces and cinnamon powder then use a stick blender to blend until the mixture looks like a banana smoothie - it should

quite thick. You can leave chunks of banana in there or blend it until smooth, it's up to you.

5. If you don't have a stick blender simply pour the gelatin water into a regular blender then add the banana and cinnamon to blend thoroughly.
6. Pour the mixture into either individual serving cups or one large container to then refrigerate. It should only take a couple of hours to set in the fridge. If you use a large container you can slice the set jelly to serve individual pieces on a plate or in a bowl.

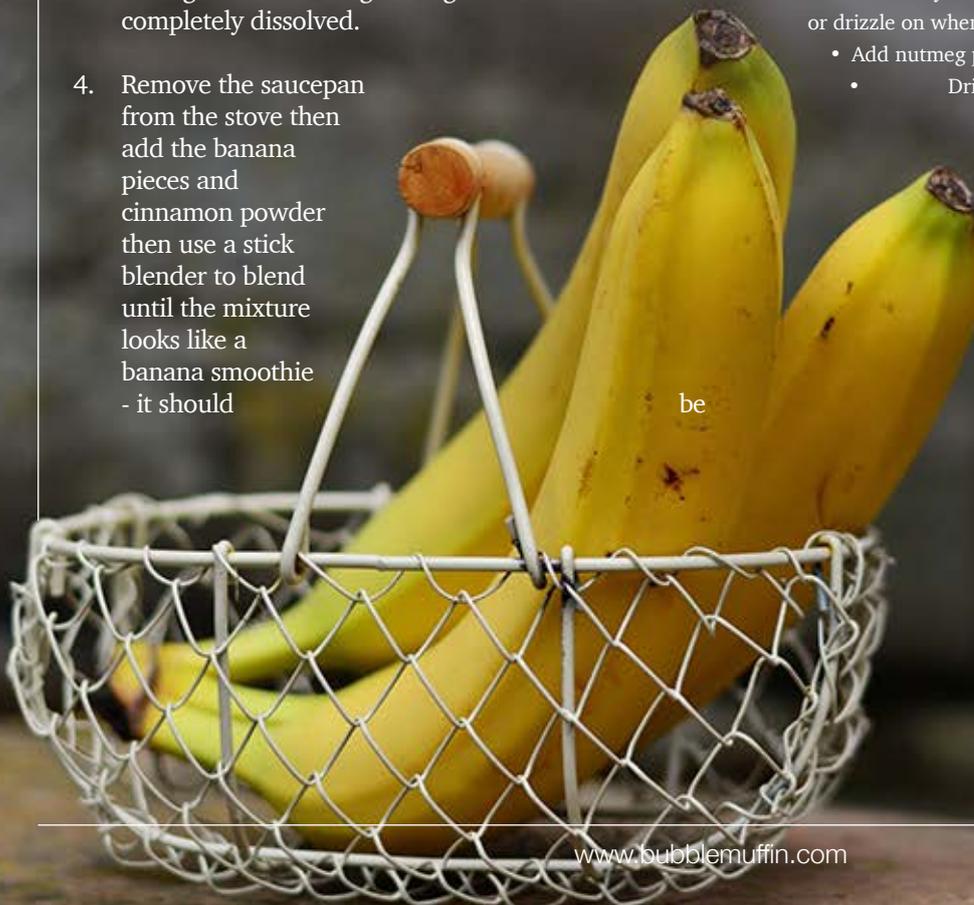
Free from: nuts / gluten / grains / refined sugar / lactose / soy / dairy

Notes:

- The jelly will turn brown in the fridge. That can't be helped with banana but it doesn't affect the flavour at all.
- Gelatin acts as a natural preservative but is made from beef hide so it will 'go off' at some point. The jelly usually lasts about a week in the fridge if sealed with a lid (otherwise it dries out easily) and will start to smell sour when it's turning.
- If the jelly is too firm for your liking, simply use a little less gelatin powder next time.
- If the water jelly layer on the bottom is too thick, use a little less water next time. You just need enough water for the gelatin powder to bloom/soften on, too much will create a separate layer of banana water jelly that will sit on the bottom.

Notes:

- Add raw honey or pure Grade B maple syrup into the mixture, or drizzle on when serving.
- Add nutmeg powder to the mixture.
- Drizzle some pure coconut milk on top to serve and/or a spoonful of organic desiccated coconut for added flavour, texture and healthy fats.
- Sprinkle some fresh or thawed organic frozen berries on top to serve, for an added nutrient boost, flavour and texture.
- Add other fruits, such as mango, that go well with banana.



Recipe By Aimee Clark
Food + Cooking Coach
Primal Influence

FAD...

Frequently Altering Disease

If you want to join another FAD diet here's what you need to consider. There is a myth that we need to eat less and exercise more in order to lose weight. But successful weight loss entails lessening toxic exposures in the foods we choose to eat. Why? It's our gut microbiota that we need to tune into (before any diet) as a strategy to prevent obesity and treat chronic disease.

Fad diets, frequently alter our risk for disease

One in three children and teens in the U.S., are either overweight or obese. Obesity we're told, wears out insulin receptors, changes moods, causes brain atrophy, and shortens telomeres increasing our risk for premature aging.

So we resort to diet foods forgetting what we eat has a significant impact on our gut microbiome, and our brain. (To reinforce this statement, nourishing foods are key to gut and brain health, while inflammatory conditions from chemically altered foods equal neuron-degeneration.)

1. **Weight Watchers GMO diet.** A diet with over 45 questionable ingredients, and numerous chemicals, such as MSG, that increase our risk for obesity and keep us from losing weight. Chemically speaking, MSG is approximately 78 percent free glutamic acid, and 21 percent sodium. These salts harm our neurotransmitters in our gut and in our brain. They disrupt our hormones, blood sugar, heart health, blood pressure, Circadian Rhythms, kidney function and gut microbiome.
2. **Lean Cuisine frozen processed food diet,** most lacking in whole food ingredients. Fillers include but are not limited to corn starch, soy, wheat, and sugar. Some contain toxic vegetable oils, salts, and trans-fats.
3. **The cookie diet,** (lifeless and dead food) the Scarsdale diet, (limiting healthy foods) the Zone diet, the high fat, low fat, blood type, water, and the air diet! (That's like the old air guitar!) All deficient in micronutrients.
4. **And of course,** there's the diet where you only eat one food category at a time. Don't cross-pollinate by eating a fruit and a veggie at the same time. (Remember the gorillas who are extremely strong and powerful. They'll eat a leaf, a seed, a berry, grazing throughout the day. Seems to work pretty well for them.)
5. **A diet of stressful emotions** consistently keeps the body in fight or flight mode, never accomplishing the goal of weight loss. Understanding the path emotions play on our gut microbiome is important in preventing obesity.
6. **And then there's the counting calorie diet.** Starve yourself all day and come home to eat enough for 3



people. (a sample of everything in the refrigerator, plus chips and a wicked dessert)

7. **The school lunch program diet.** Children have a hard time learning on a highly processed sugary diet. The hallmark of childhood obesity from highly processed carbs is a fatty liver. Additionally, a carton of rBGH milk can contain unwanted hormones, pesticides, and antibiotics.
8. **The Subway Diet.** The claim to fame was about consuming sandwiches, chips, and diet coke for 11 months. YIKES! Artificial sweeteners have been shown to cause weight gain, headaches, depression, PLUS increase our risk for diabetes, cancers and seizures.
9. **The French Fry & Popcorn diet!** We'll call it the Crunch Munch Lunch diet. Who's in?
Eat french fries for a year and see how you feel if you aren't dead yet! This diet is laced with trans-fats and other toxic chemicals and salts.
GMO Popcorn is all puff, creating inflammation and bloat in the gut. From allergies to dermatitis GMO corn lacks minerals and nutrients, keeping us sick, fat and depressed.
10. **Don't forget the drive-thru diet.** See pictures of donuts, lattes and more, and blindly place your order. The less energy spent on purchasing them, the better the chance of improving sales and gaining weight.
11. **The current fad is the Keto diet**, and yes, the food industry loves to jump on every trend as they make big fat money!!!! Grocery stores, health stores, online ads, chiropractors, are non-stop with Keto, the newest craze! A report was released that the Keto diet can increase heart problems and insulin resistance. Additionally, a high animal fat protein diet can cause issues in the gut microbes and kidneys resulting in metabolic acidosis. Gee, what a surprise!

It's only a matter of time before this one fades away someone creates the next new FAD.

The point, 75% of Americans are overweight. That's strong evidence diets don't work! Diets create imbalances.

FACT: Diet food powders, puddings and drinks contain chemicals and synthetics that can create imbalances in the brain, gut and blood sugar levels increasing our risk for intestinal permeability (Leaky Gut).

FACT: FAD diets don't promote good gut microbiome. Their job is to get you hooked. And what's worse, the body can only put up with so much before it breaks down, and we find ourselves in need of medical attention.

FACT: Obesity and yo yo diets trigger metabolic disorders, including insulin resistance, NAFLD, diabetes, CVD and sleep apnea. This means decades spent in the latest DIET



ARENA create disease which shortens our lifespan. But don't fret, Big Pharma and the billion dollar diet industry will be there as long as we buy into it.

It's easy to see by looking in grocery carts APPEAL is in frozen, diet, and packaged foods. Greens are a rarity and take a back seat.

Every day we make choices that are guided by our desires and our knowledge. If the desire is not only to lose excess body fat but also take back our personal health, it begins with moving from desire to decision.

A decision is a line in the sand. From this day on, everything changes!

A great place to start is with a Holistic Health Coach, with years of education and experience. Someone who provides the direction, the map, the support, and the education so you have the right tools to create lasting results. There are about 50 trillion cells orchestrated to play perfectly in our body. So what happens when we see an increase in diets, obesity and disease? It's never just about one note off key. It's a concert full of notes, habits, beliefs and decisions that bring down the choir.

Learn what changes you can make that change your struggles into strength.

Simple Lessons/Simple Choices Join me today

Written by Connie Rogers

INTERNET SAFETY –

How families can stay secure



The online world continues to evolve, especially with the invention of high powered smart devices. There is a lot that the internet has to offer. Life has become smoother, faster, and better all thanks to the virtual space and the solutions that it provides for individuals and families alike.

However, the internet also comes with threats that can put your family at risk. These threats include viruses, malware, Trojans, phishing, as well as botnets, spyware, and worms.

The presence of these online threats makes it paramount that parents take steps to equip themselves with knowledge about these dangers and how to combat them. Keeping yourself and your children safe should be your objective. There are different approaches and security strategies that you can employ to ensure that your family stays safe from these online threats. Here are some best practices that you can implement to keep your loved ones protected –

- **STAY AWAY FROM MALWARE AND ADWARE**

A lot of social channels and free applications make use of adware. Your kids are bound to come in contact with a lot of ads. There's also in-app purchasing, which is very convenient. Parents must take steps to monitor the amount of time kids spend online and determine the apps that they can access. Make sure that you have your kids understand the way free applications function so that they do not unconsciously make expenditures.

- **BEWARE OF ONLINE PREDATORS**

Educate your children about interacting with strangers,

both offline and online. Ensure that they understand how predators function and that people can lie about their identities on the internet. Always be involved in your child's online activities and monitor their contact lists online. Do you know the social websites that your child is interacting? There are parental control tools that can help you monitor or block contacts that you consider risky for your family.

- **KEEP PASSWORDS SECURE**

Most people do not really understand how important securing passwords is. Make use of passwords that are very unique. Ensure that you mix them up and combine letters with digits and symbols. This will help to protect you from online bots that are designed to steal passwords. Changing passwords at regular intervals and using different passwords for different accounts online can help to keep you safe as well. You can use free password managers to keep track of all your account passwords.

- **MONITOR SOCIAL NETWORKS**

Everyone wants to interact on social media today. The appeal of having friends on different social channels is too good to pass up. Since you cannot totally ban your kids from interacting on social media, you can set restrictions and decide where you permit your child to hang out online. Restrict your kids from accessing websites with adult content. Also, monitor the amount of information that they share about themselves in online forums and social profiles.

- **FIGHT IDENTITY THEFT**

Identity theft is an online crime that is on the increase. With so many organizations collecting and storing data about individuals, take the time to question and analyze the kind of information being demanded even if the intentions are right. Also, determine the level of information that any organization will be privy to concerning members of your family. Teach your kids to avoid sharing their data online like where you reside, where they school, etc.

With the increasing level of cyber threats, make use of online security tools. Apply the steps that have been outlined above and always equip yourself with the latest information about online security. This will help to ensure the safety of a family at all times.

Written by Joe Zhou

POSTNATAL DEPRESSION – PND

What is it? Postnatal depression affects approximately 1 in 7 women and develops between a month and a year after a baby is born.

It is different from the baby blues, which up to 80% of women may experience. The 'baby blues' is a set of feelings that can occur between day three and ten after a baby is born. It can last few days and is usually due to changes in hormone levels, learning to breastfeed, lack of sleep and a combination of any.

Postnatal depression can also affect fathers and seems to occur more between six weeks to six months after birth.



WHAT ARE THE SYMPTOMS?

- Feeling sad, unhappy or just in a very low mood most of the day
- Loss of pleasure or interest in most activities
- Feeling anxious and panicked as well as scared of being alone or going out
- Difficulty sleeping or over-sleeping and/or having nightmares
- Feeling restless or slowed down, sad, teary and hopeless about the future.
- Fatigue or loss of energy, exhaustion
- Feelings of being inadequate, worthlessness or excessive or inappropriate guilt – especially in relation to your new baby.
- Difficulties thinking, concentrating or making decisions
- Recurrent thoughts of death or suicide
- Excessive worry about your baby

HOW IS IT DIAGNOSED?

It is important to recognise and understand your feelings. And if something doesn't feel right, speak to me, my midwife or your GP who will be able to help you identify whether you have postnatal depression.

There is a questionnaire that asks about symptoms and

your current feelings. The Edinburgh Postnatal Depression Scale (EPDS) helps diagnose symptoms common with anxiety and feelings of depression. We perform the EPDS at 28 weeks of pregnancy and during your six week check to ensure you are feeling ok.

The Beyond Blue website has some very useful tools that you can refer to here

HOW IS IT TREATED?

There are different treatment options that I or your GP can go through. These options can include medication as well as counselling and quite often are a combination of both.

WHERE TO GET HELP?

It is so important to raise awareness and for us to talk more about PND. This is not something for anyone to ever be embarrassed about and the more we talk the better. If you or someone you know have any of the above symptoms or are showing signs of postnatal depression, please contact any of the resources below:

- PANDA - 1300 726 306
- beyondblue - 1300 224 636
- Pregnancy, Birth and Baby - 1800 882 436

Written by Dr. Joseph Sgroi

How to write an affidavit FOR FAMILY COURT

You are going through the divorce process and have decided to represent yourself. This in itself is a massive decision and one that can bring with it a series of significant challenges, including the burden associated with preparing a substantial number of documents for the Court.

While I always recommend engaging a professional when undertaking such tasks, at times I understand circumstances prevent that from happening. It is also important to note prior to starting your own affidavit, that while court staff can help you with questions about the court forms and process, they are not in a position to provide you with legal advice.

Following the steps outlined below will help put you on the right path if you need to write your own affidavit for the Family Court.

WHAT SHOULD I PUT IN MY AFFIDAVIT?

All affidavits that are provided to the Family Court should be typed, with the paragraphs holding the content of the affidavit, allocated into numbered paragraphs.

I always ensure that the start of my client's affidavit provides some 'pre-separation' background. This information may include facts such as when the relationship commenced, date of separation, children's particulars such as their ages and dates of birth, who was working and who was not working during the relationship, any difficulties that the family faced (such as domestic violence, drug and alcohol addictions, etc.) any special needs that the children have, the contributions that you made at the beginning of the relationship, during the relationship and post separation such as still paying the mortgage. This will provide the court with a bit of background regarding the situation.

Next, your affidavit should provide some information about the separation. It is imperative to keep it professional and not too emotionally-driven – provide facts only. I like to include how the children spend their time with each parent and their communication. It would also be appropriate to explain who else may live in each home with the children following the separation and what role that these other individuals are expected to play in the children's lives.



Don't forget to include headings for all your information. Some examples of these headings could be, 'Background on the relationship', 'Proposed arrangements for the children', and 'Current Assets, Liabilities and Financial Resources'.

I ensure that the affidavits that are written for my clients have sections that follow on logically from one another and only include relevant facts. At times, our emotions can get in the way of facts which will turn your strong application into a weak emotionally-driven one.

Make sure that you annex any supporting documents such as text messages, emails and photographs to your affidavit and refer to them in the relevant paragraph – for example 'Annexed and marked with the letter 'AB1' is a true and correct copy of text message from X to Y dated 1 January 2019' and then mark the document with 'AB1' so that it is easily identifiable.

WHAT CAN I AND CAN'T I SAY IN AN AFFIDAVIT?

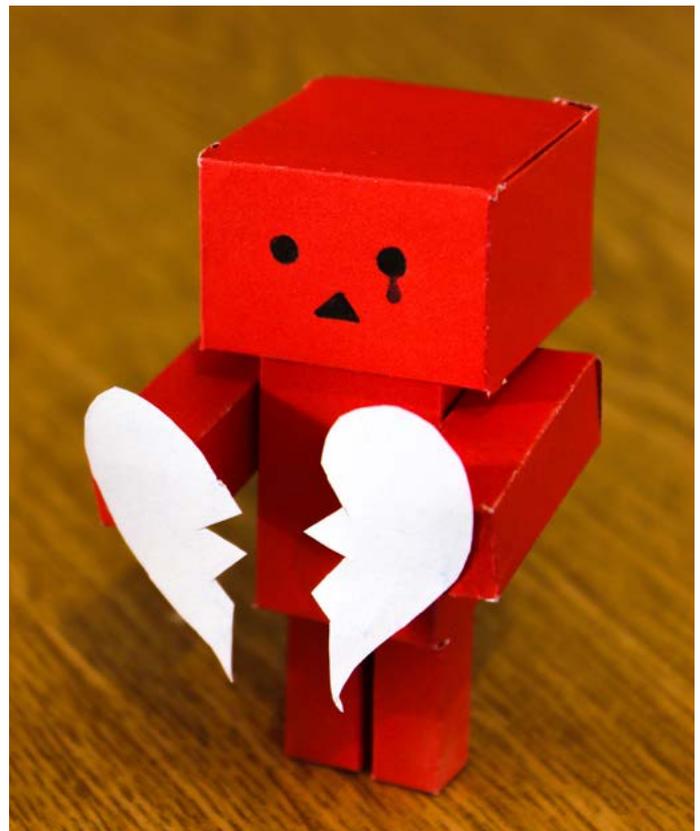
The purpose of an affidavit is to provide facts and only facts to the Court. If you were to put a false claim in your submission, you would be committing perjury, which is an offence that could land you in jail. It is important that your affidavit supports the orders that you have requested the Court to make. Leaving out information that isn't relevant will ensure a quicker process for all involved.

You should avoid referring to 'facts' that are based on information received from others. This may be considered 'hearsay evidence' in Court and may hinder your situation.

You should also avoid giving your opinion. You are not an expert in parenting so there is no point saying 'in my opinion it would be in the children's best interests for them to live me' as this will not be considered. What is relevant to the Court is that you can provide for the children financially and emotionally. So, you are better off writing about your accommodation, your hours of work being flexible so that you can pick the children up from school or day care, can help them with their homework, get them to their sporting events and talk about the relationship that you have with the children. This will show the Court the type of parent that you really are and this will paint the picture for the Judge.

WHAT ARE SOME OF THE LEGALITIES THAT MAY CATCH YOU OUT?

File your Court documents in accordance with the Court's directions. If the Court directs you to file certain documents with the Registry by a certain date then make sure that you comply with these directions and file in time. You don't want to get back to Court and have to tell the Judge that you ran out of time or didn't get around to it as the Application may be heard that day without your material before the Court which means the Judge may not be able to consider your side of the story and this can be



detrimental to your case.

Make sure that you serve the other party with your Court documents. You can't just file your documents with the Court, you then must serve the documents on the other party to give them a reasonable opportunity to consider your material and respond if necessary.

You, the author, must also sign the bottom of every page of the affidavit in the presence of an authorised person - either a lawyer or Justice of the Peace. You can often find Justice of the Peace at your local shopping centre, or even reach out to your Facebook friends – there are a lot of them out there! Just make sure it is someone that you can trust and that they are qualified to witness your documents.

On the final page of your affidavit, you must set out the following details (this is known as a Jurat):

- Your full name (as the author of the affidavit) including your signature
- Whether the affidavit being submitted is sworn or affirmed
- The day and the place that you have signed the affidavit
- The full name and occupation of the authorised person who was in your presence while signing off the affidavit, including their signature

This article provides general information and does not constitute legal advice. It is always important to seek professional legal advice.

Written by Marie Fedorov of FEDOROV Family Lawyers

Online Real Estate DANGERS



Buying or Selling a property involves one of the most expensive financial transactions of our lives. The internet has made the process easier and quicker but like many things care is required.

Here are a few things to keep in mind in your search for the perfect home.

PHOTOGRAPHS

There's an old saying "A picture is worth a thousand words" and property photographs certainly are included in that.

Our digital age means photographs can be easily edited and cropped, re-sized, enhanced, re-coloured, highlighted, bits cut out, bits added and so on.

The final product may or may not be 'WYSWYG' – What you see is what you get! Most of us understand that pictures are enhanced to show products including houses

in their best light and we mostly think to ourselves, that's okay. Often, they are.

However, there are many examples where pictures have been changed so much that they barely resemble what photo was actually taken.

If you are buying or renting a property, take delight and enjoy the photos AND make sure you visit the property if you intend transacting on it.

Some clients working in Europe some years ago were moving back to Australia and searched online for their new home whilst still overseas.

They fell in love with a gorgeous blue cottage in the Adelaide Hills and they purchased remotely as they did not want to 'lose' it to someone else before they returned. The pictures showed stunning views from the large main living room overlooking a sprawling front deck... Or so they thought!



When they arrived in Australia, they discovered. It was blue, just slightly faded. There was a living room, it just was not large. The deck was a good size, it just was not sprawling. The views were great, they just had to stand at the top of the driveway to see them as trees blocked the view from the deck.

Ouch!

On the other side of the coin, there are times that photographs have been poorly taken, rubbish and stuff is showing in the images and so on.

Or maybe the tasty black radishes were missing from the photos...

Often buyers do not visit and sellers get less than they should. Buyers miss out on seeing a property which could actually scrub up nicely and would make a perfect home, but they were put off by poor photos.

Either way, go and see the property in person and if can't ask friends or family look at it and get them to take lots of photos or a video without the photoshopping so you can see it as it is.

ONLINE VALUATIONS

Numerous websites offer you an opportunity to discover the value of your property online. There are sometimes referred to as Automated Valuation Reports.

The Automated Valuation Report is a Computer Generated Report from Property Data providers such as RPData. They have some credibility. Yet, these computerized Reports can vary as much as 20% from real worth!

They are based on automated computer modelling from public records. However, these are not intended to replace a Real Estate Agents' Appraisal or a Valuation from a Licenced Valuer.

HUMANS V'S ROBOTS!

First, the online real estate portals offer only "estimates" of a home's value. They are automated and have never seen your home or any other home for which they determine an estimate.

They are an okay place to start... however, they may not represent the true value of your home. Sometimes they are too low and at other times too high.

They don't see everything the 'Human Factor' does, compared to the 'Robot' version. Even the Banks and Finance companies usually follow these up with a 'Paid Valuation' by a Certified, Licenced Valuer.

APPRAISAL V'S VALUATION

An appraisal is the real estate agents' opinion of your property value. They base their appraisals on other sales in the area, property features as well as their experience. Whereas a Valuer provides a Sworn Property Valuation which could be relied upon in court.

They have to base their report on facts as they are legally responsible for the information they provide. Severe penalties apply if the Valuer attempts to mislead. So, whilst helpful, an online evaluation should not be relied upon in lieu of appropriate Professional Advice

REFERRAL SITES

Referral fees are a usual practice in many dependable and reputable businesses. Real estate referral fees are common as well. A real estate referral fee can be earned when someone refers a client to an agent. This could be from friends, family, colleagues, past clients or another agent. They're perfectly okay... ethically, morally and legally. If fully disclosed and correctly handled.

However, not all agents are upfront about real estate referral fees and the source of some of them are Not Okay. Amazing as it may seem, there are numerous companies whose sole business is referring clients to agents, who are willing to pay a hefty referral fee to them.

Why some of these aren't these okay?

Let's think a minute as to why these sites believe they can make money in a market that's only between an agent and a selling client.

They capture leads from random strangers, both online and offline. Then the seller information and property details are farmed out to multiple agents for a substantial fee.

Bear in mind...

- Those referring site companies do not market or sell any homes at all
- They make their money on referral fees without much effort
- They may not be licenced in a particular state

- They do not add any value to the transaction or to the seller
- They recommend any agent who pays them a considerable fee
- They get paid regardless which agent lists & sells, as they refer at least 3 agents at a time.

These practices are considered illegal in many states and are strongly discouraged by the Real Estate Institutes.

The referring company isn't really doing much of anything for the seller who they purport to help. They are simply tossing several agents names into a hat. Sellers have no idea who they'll get in most cases.

It's a few minutes' effort for them to follow up on an online form and to get a hefty cheque later. These real estate referral site fees range between 25% to 40% from the commission the receiving agent earns.

A whole new industry of hangers-on and middle-men & women with their hands out, awaiting an easy feed has flourished.

These are the real estate referral site companies who add absolutely no value to people looking to sell. They operate in the guise of helping sellers.

Their so called service is touted as being free. It is, but at a cost... Someone always pays... in this case, it is the agent who will be working for you at a huge loss on their fee. No big deal, you may think.

Except if they are working for you. They cannot provide 100% service when it's costing them a quarter to close to half their fee.

The reality is, imagine if you were told by your boss to pay them a referral fee of 40% of your wages to keep



Even if some qualifications are there, they don't know the agent or agency and they certainly can't know their ethics or business practices. They do not know if the agent even knows the market, or if they can do a good job.

They certainly won't back the seller up if there's a problem, which is another reason to be cautious. The referrer site is just looking for someone who will pay the real estate referral fee...

Is the customer going to get an experienced and effective agent? Maybe not. The seller may get 60-75% of reasonable service, but they really want 100% of excellent service.

Because...

1. Agents need new properties to sell!
2. And Listings are always needed!

working... it would not happen.

Chances are sellers using these referred agents lose out on the best result, as the agent just needs it gone and sold quickly to make any money. The real estate referral site companies are NOT working for the seller despite their slick marketing.

Their business model is to collect a fee every time a seller uses ANY of the agents put forward. They win each time with little regard to how your sale actually goes. They still get paid, regardless of what happens to you.

The very best real estate referrals do not come from these companies. They come from past clients and from people who know, like and trust the agent.

Written By Eriks Draiska –Managing Director – Plaza Real Estate



Brussels Sprouts Caesar Salad with Avocado Dressing

Dressing

3 cloves	garlic, minced
3 bottled	anchovies
2 tsp	mustard
80g	fresh lemon juice
80g	mayonnaise
80g	EVOO
1 large	ripe avocado

Salad

600g	Brussels sprouts, trimmed
½ bunch	kale, stripped from the stalks
Shaved	parmesan to taste

Croutons

1 baguette,	cut into croutons
275ml	bottle EVOO
50g	parmesan, grated finely
50g	coarse polenta
Generous pinch	pink salt flakes
1 tbsp	garlic powder
1 tsp	paprika

Method

1. Make the dressing by placing all ingredients into a food processor and blending until well combined. The dressing has a tendency to split if not blended long enough, so don't be afraid to keep blending if needed. Set aside until ready to dress the salad.
2. To make the salad, use either a mandoline or a sharp knife and shred both the Brussels sprouts and the kale. Toss with plenty of the dressing, reserving some for when you are ready to serve. Dress with the shaved parmesan and the croutons and any left over dressing to taste.
3. To make the croutons, preheat the oven to 180°C and line a baking tray with parchment.
4. Place all ingredients in a very large bowl and stir to combine. Spread across the prepared tray.
5. Bake in the oven for 20-25 minutes, stirring occasionally as needed.
6. When golden and fragrant, either use immediately or store in an airtight container in the fridge until use.

Serves 6 | Written by: Tenina Holder



DIRT FEAST

You might think handling your rotten food scraps is disgusting, but imagine a world where our biological waste doesn't decompose ... it would be piled up around us, everywhere! I love recycling my own food waste because it adds to my self-sufficiency (doing my part to reduce landfill), it's a valuable garden resource, I don't have to put my general bin out for collection or clean it as often, and I'm often surprised with delicious edibles from the waste – right now we're gorging on self-seeded papayas, tomatoes and capsicums.

How I recycle our food waste depends on whether I just want to get rid of it, prepare a new garden bed, create liquid fertiliser for existing plants, or if I'm feeling sick. Currently I use direct burial, worm farming and a rotating compost bin.

My favourite and usual method is to bury my food scraps straight into a spare patch of dirt. With moisture, bacteria, worms and other organisms able to attack it from all sides, cocooned in a stable temperature environment (by the insulating properties of the surrounding soil) decomposition is very fast and can keep up with our huge food waste requirements – about a five litre bucket of scraps a day. I don't need to dig up the whole garden. I only dig in vacant patches where I'm planning to plant my next batch of veggies, and because decomposition is

so fast I can reuse the same hole in 3 weeks' (summer) to 6 weeks' (winter) time. I usually rebury in the same spot several times to enrich the soil as much as possible, as well as to conserve space. Then I plant it up! Some hard food like bones, avocado seeds or eggshells take longer to disappear, but they're usually 'dry' rather than rotten the next time you dig them up – so not too yucky. Recently I've been pulverising my (dried) eggshells in the kitchen blender before burying and this makes them disappear straight away!

We're a family of four, and I have a 20L nappy bucket with a clip-on lid that collects our food scraps until it's time to dig. I used to keep it inside, but after a nasty fruit fly infestation one summer it's now on the patio. Now we put our scraps into a small 5L bucket (with lid) in the kitchen and tip the contents each night into the outside bucket. With a bit of decomposition starting in the bucket and a bit of squashing down, I can usually get away with only burying the food scraps once a week.

There's an art to burying food and it only takes five minutes. I grab my spade and dig a hole about twice the size of the bucket of food I'm burying. Next, I tip the food scraps in. Scoop a couple of spades of earth on top and toss the earth and food scraps together so that they're all covered in dirt – like tossing a salad. Then I chop the food



scraps roughly with the end of my spade into smaller pieces, especially any whole fruit. The smaller the pieces, the more entry points possible to let microorganisms in.

The trick is to chop and mix the scraps, covering all surfaces with dirt. Squashing the scraps down or simply burying without mixing squeezes the air out and stops aerobic (air-breathing) microorganisms getting in – these are the good guys who do the speedy work. Anaerobic decomposition creates stinky sludge that can take months (versus weeks) to disappear.

Once the scraps look lovely and dirty, I top it with about 15 centimetres of dirt as a lid. That's enough to stop the rats in my neighbourhood from smelling the food and give me a quick cardio workout. Finally I rinse out my bucket under the garden tap and tip the dirty, nutrient-rich water onto my vegetables.

The worm farm is my second favourite. Every week I chop up a plate of scraps into tiny pieces and scrape them



onto the top of the worm farm. It's nowhere near able to keep up with our food disposal requirements, but it's small, squeezing easily into a corner of my garden. I keep the worm farm because worms break the food down into a fantastic liquid fertiliser (wee) that can be drained, diluted and poured onto plants; or the castings (worm poo – it's more like rich, good smelling sludge) can be scooped out every few months and mixed into potting mix. Plants love it!

I have a rotating compost bin, which is more my emergency go-to. Food takes several months to decompose and it requires more maintenance (a solid structure of sticks and dry leaves, plus turning the pile to keep it aerated). It will eventually turn into a nice crumbly mix, but a lot of the fertilising liquid gets lost. A bin takes up a large space (allow also for the swing of the bin), but if I'm too sick to dig a hole, it's raining or I'm in real hurry to go somewhere, it's better than losing my valuable food scraps to the landfill bin.

By Melanie Notaras

Common perceptions about environmental sustainability: Debunked

The internet provides us with a breadth of information at our finger tips. We can learn more about the world, and even steps to take to improve our commitments to environmental sustainability. However, the internet can also be filled with misinformation and claims which are not always entirely true. In the sustainability space, there are often myths or half-truths which make embracing environmental sustainability more difficult than it needs to be. It's important to understand the thinking around these myths to have a better grasp on what families and households can do to help limit climate change.

Here are four environmental sustainability claims that are worth reconsidering.

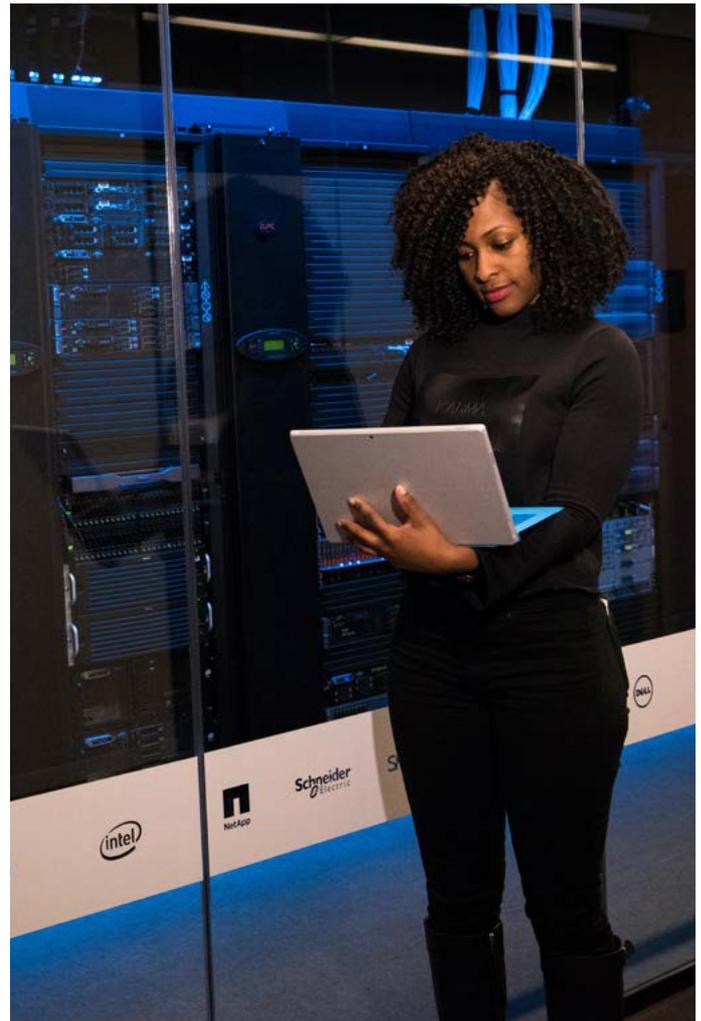
MYTH 1: SUSTAINABILITY MEANS GOING GREEN

Sustainability is often paired with the term going green. It suggests returning to nature and removing anything produced by artificial means from your household and life. However, this is an unrealistic goal for most people. Sustainability, instead, is about finding alternate methods to achieve the same technological advancements which are present today. The goal of sustainability is not to stop using cars outright or never having your heating on. It's about conscious consumption at an individual level and committing at a societal level to looking for and finding alternate fuels to power our cars and homes. This includes looking at how we increase the use of things like biofuels, solar panels, and electricity from other renewable resources. But this is just the start. There is inevitably a whole range of other alternative fuels and solutions waiting for us in the future and science will play a key role in finding these solutions and replacing the current ones that are simply unsustainable.

This ties into our second sustainability myth.

MYTH 2: BEING ENVIRONMENTALLY SUSTAINABLE MEANS REMOVING PAPER

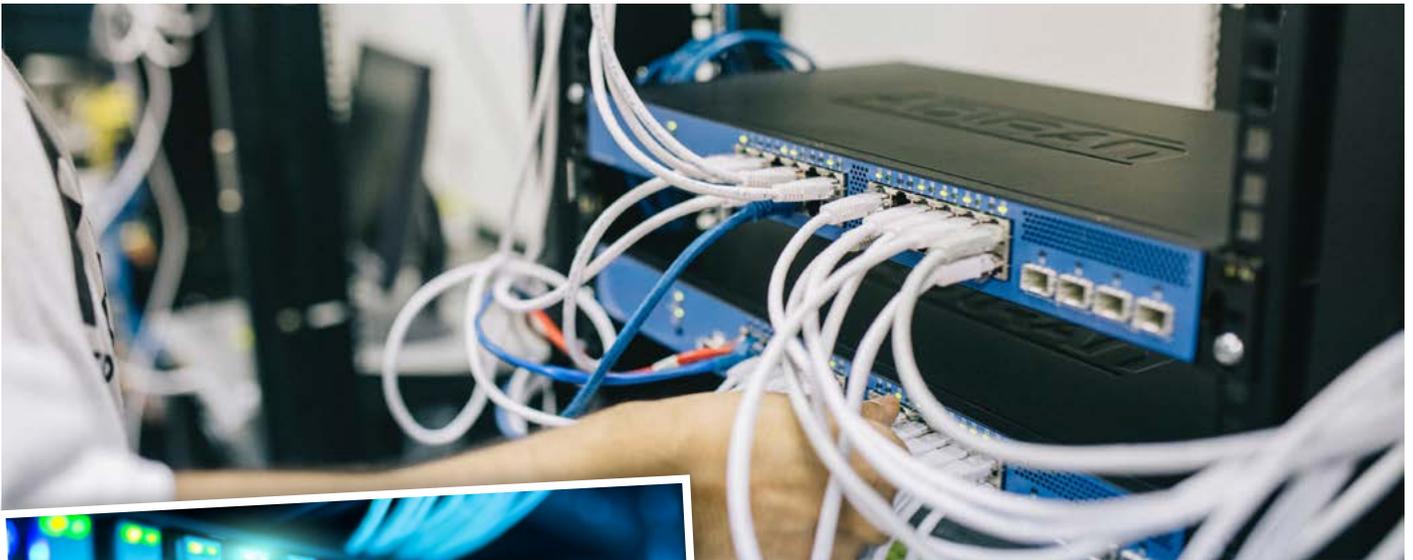
There's a common theme that comes up when discussing environmental sustainability in the home or office: to be environmentally friendly, stop using paper. This stems from the thinking that because trees must be harvested to



create paper, using paper results in less trees in our forests to remove carbon dioxide from the atmosphere.

However, trees are a renewable resource and therefore do not create an environmental issue provided they are grown, harvested and processed sustainably. What does sustainable paper production look like? A sustainable company harvesting timber will replant the same number of trees it is harvesting, to maintain a balance. After all, resources are only renewable if steps are taken to allow them to replenish.

Paper is one of the most sustainable products on the planet because the resource it originates from is renewable and it can be efficiently recycled. Most paper



products can be recycled up to eight times before the fibres can no longer be reused.

It's taken a while, but we've finally realised that the currently established means of mass energy production, such as coal and gas-fired power plants, are not viable solutions for our future.

The argument that is often made in response to a suggestion of changing the way we produce energy is that securing alternative fuels is an expensive endeavour. But is it really?

MYTH 3: SUSTAINABILITY IS EXPENSIVE

This is a half-myth which has been proven to be false in the long-run. In the short run, like any significant infrastructure change or innovation, environmental sustainability will likely be more expensive as legacy systems and tools are replaced. It's generally easier to keep a legacy system in place than to upgrade to something more sustainable.

This is true for most things. For example, it costs money to upgrade or build new roads or railways as opposed to just using the old, pre-existing ones. But it must be done to meet the changing needs of the community, whether that be roads with greater capacity and safety or faster trains. Where the true benefits are realised is not in the initial financial outlay, but in the longer term.

Similar to a road upgrade, the initial cost to install solar panels on your home can be expensive. However, in the

long-run, the household can generate its own electricity from a renewable resource without relying on using a power grid which generates electricity from coal-powered sources.

On a personal level, switching to a reusable travel cup for the morning coffee run could also lead to a long-term benefit. Some cafes will now provide a discount for people using their own cup. It's not only one less cup in landfill, you're also getting your daily coffee for less.

MYTH 4: IT'S UP TO GOVERNMENTS TO LEAD THE CHARGE WITH SUSTAINABILITY

While governments do play an important role in driving wide-spread change across businesses, consumers have demonstrated they have enormous power to influence sustainability in big business. Consumer's voicing their opinion and choosing to deal with companies who have made commitments to environmental sustainability has caused many big businesses to reassess and determine their contributions to environment sustainability.

Global organisations like Coca Cola, McDonald's, and even Australian airlines like Qantas have made commitments to cut down on single-use plastic and overall contributions to waste, due to consumer backlash. Many Australian businesses, including the major supermarkets have banned plastic bags. Restaurant chains and cultural venues are switching to paper or metal straws, and many businesses are outlawing single-use plastics within their production process. Consumers have proved to be extremely influential in this creating important change with minimal government involvement.

Embracing sustainable practices is not as daunting as the internet would make it out to be. By understanding what sustainability means, and how individuals, households and businesses can make a positive impact, we'll be better positioned to push forward and embrace change for the better.

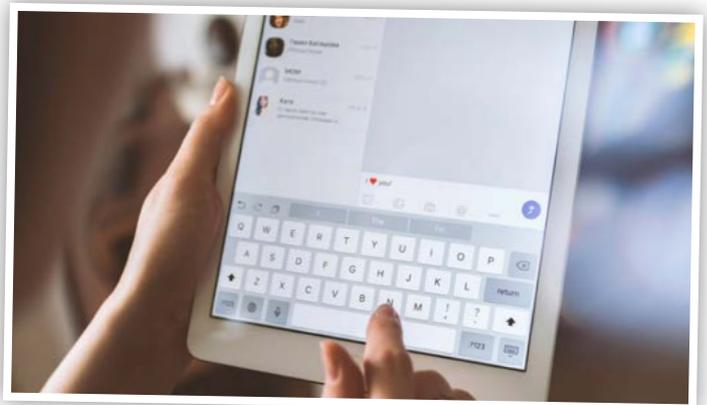
By Steve Nicholson, Director of Sustainability, Solaris Paper

TOP 10 INTERNET Safety Tips to Keep FAMILIES Safe Online

The internet is an extraordinary place. Kids, teens, and adults can find joy and countless hours of entertainment day and night. Unfortunately, dangers lurk everywhere, and they're not always easy to spot.

Protecting you and your family when sharing events and pictures, researching reports, or playing games online is crucial. From inappropriate content, identity theft, online predators, and cyberbullying, everyone needs to understand basic internet safety.

No matter your age or level of experience, you could be at risk. To keep your family safe, here's what you need to know.



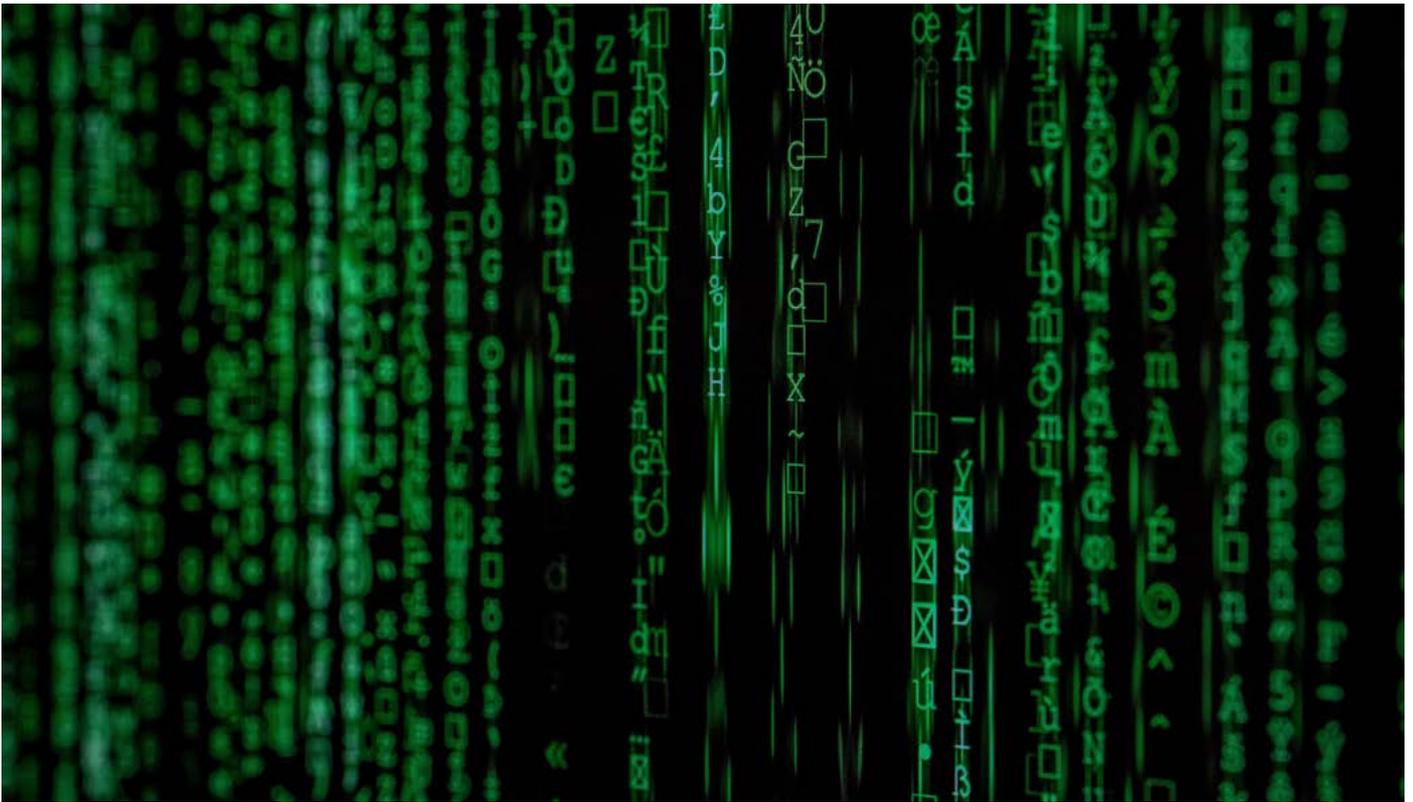
access to your smartphone, tablet, or computer to collect your login information and see the content of your online browsing.

DANGERS THAT LURK ONLINE

- **Account Access** - Passwords are the first layer of security. If your password or PIN falls into the wrong hands, it could spell trouble. Make sure your passwords are unique and not easily guessed, and change them at least once a year for added protection.
- **Multi-Factor Authentication** - Also called two-factor authentication, this is an extra step to keep your accounts safe. Social media, emails, banks, and other sites allow you to set up a connected device, fingerprint scan, phone call, or text message to verify your identity before logging in.
- **Social Media** - In addition to social media being a platform for cyberbullying, it's also a target of cybercriminals to gather your personal information. Watch what you share because nothing you post is private.
- **Mobile Devices** - Most public Wi-Fi hotspots, such as those at coffee shops, airports, and hotels, don't offer a truly secure connection. A hacker can quickly gain

10 TIPS TO KEEP YOU AND YOUR FAMILY SAFE ONLINE

1. **EDUCATE YOUR KIDS.**
Teach your kids the value of being good cybercitizens. Set an excellent example of how to safely and responsibly use the internet. Installing security software with parental controls can help keep your kids from accidentally ending up on the wrong site. And encourage them always to tell you if something seems unusual or out of place online.
2. **DON'T DISCLOSE PERSONAL INFORMATION.**
Identity theft isn't only a risk for adults. Children can fall victim to this type of fraud, too. When on the internet, be careful what you share. For instance, don't provide your date of birth, address, Social Security number, current location, or the name of the school your children attend.
3. **THERE'S NO SUCH THING AS PRIVACY.**
Online privacy is a misnomer. Websites and apps collect your information all the time for advertising and marketing purposes. The law requires you to



be aware, but most kids and adults accept privacy policy agreements without reading them. Anyone, including law enforcement and cybercriminals, can access your data.

4. AVOID PUBLIC WI-FI.

It's everywhere and convenient because it helps to cut down on your plan's data usage. But the connections are rarely secure. If you do use public Wi-Fi, avoid logging into banks and entering your credit card information to shield that information.

5. BE ON THE LOOKOUT FOR PHISHING SCAMS.

A phishing scam is when something looks legit but isn't. You might get an email that appears to be from a friend or internet retailer, but the link could be malicious. Some connect to fraudulent sites that attempt to collect your data, and others could trigger a computer virus to download. Don't click anything unless you're 100% certain it's a legitimate link.

6. SET THE RIGHT SETTINGS FOR SOCIAL MEDIA.

When posting on social media, don't let your guard down. It's tempting to share photos and details of your life, but it's a massive source of information for cybercriminals. Check your privacy settings to see who has access to view your profile. Also, beware of fake accounts that may try to lure you into establishing an online relationship or connection.

7. SECURE YOUR HOME WI-FI NETWORK.

The safest place to be is at home, right? That's only true if your home Wi-Fi network is secured correctly. If a hacker has access to your router, they can control your smart devices, including your home security

system, smart doorbells, gaming consoles, mobile devices, and more.

8. APP SCAMS.

Never download an app from an unknown source. If you aren't sure, always look for third-party reviews before opting into the program. It's easy for a hacker to disguise malware as a game or even a flashlight app to steal your personal information.

9. DON'T SHARE PASSWORDS.

Nothing good ever comes from sharing passwords. Aside from your spouse needing access to certain joint accounts, don't give your passwords to family, friends, or anyone you meet online. This applies to screen lock passwords and pins, too. And educate your kids on the dangers of giving out passwords and screen lock codes, so they don't share them with their friends either.

10. WATCH WHAT YOU POST.

When it comes to the world wide web, there is no undo button or delete key. Any comments or images you put online will be there forever. A good rule of thumb is never to share anything you wouldn't want your mom, grandmother, or future employer to see.

Taking an active role in internet safety can help ensure a positive online experience for you and your family. Discussing concerns at family meetings is a good first step. Remember that online threats are changing all the time. Keeping communication open and encouraging your kids to share their experiences with you is key to keeping everyone safe.

Written by Marguerite Cheng

FIGHT TECHNOLOGY

with technology when it comes to

INTERNET SAFETY

Stranger Danger used to be all about making sure kids didn't talk to strangers on our way home from school or get into anyone's car just because they were offered a lolly. It seemed easier to understand the idea of a physical person trying to get kids but now things are very different. The digital world has made the concept of stranger danger much harder to understand and a whole lot harder to police.

Internet safety is now a vital topic of conversation we need to bring up with our kids because, according to the ABS, kids aged 15 to 17 years are the highest proportion of internet users at 98% (2017/18) and its common now to see kids as young as 3 or 4 on an Tablet in a stroller or high chair.

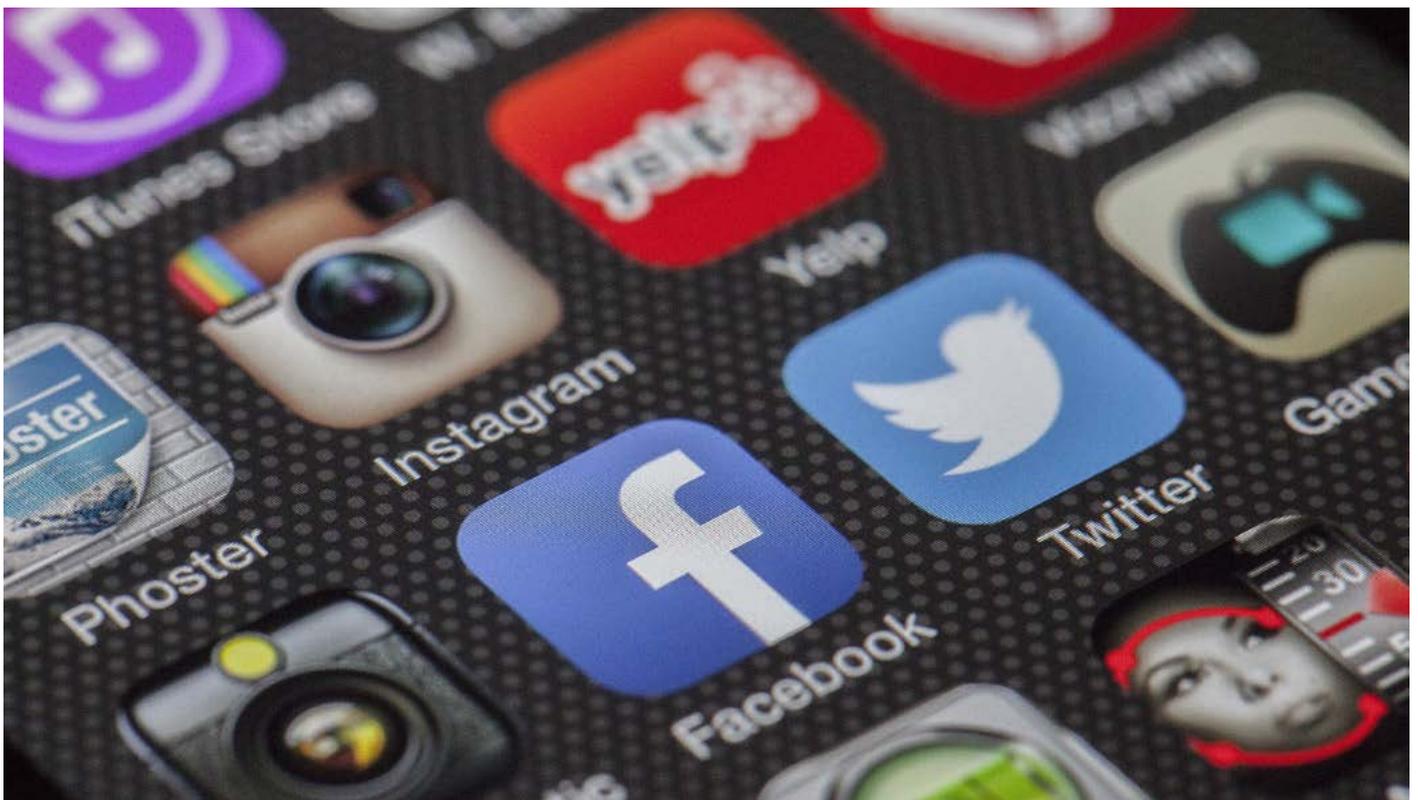
Strangers now have access to our kids while they play games, or chat to their friends. Kids are also now more at risk of being exposed to more violence and adult content just by typing in the wrong word into a search engine. The

danger is now faceless and parents often feel helpless.

While technology seems to be the culprit of this shift in child safety, it can also be a saviour. There has never been a better time to have access to information and resources to help us keep our kids safe in this new digital world.

1. EDUCATE YOURSELF

There are many great websites out there whose aim is to educate parents about internet safety. The one that I recommend you visit first would be www.esafety.gov.au. It is an Australian site set up by the eSafety Commissioner whose office is committed to helping all Australians to have safe, positive experiences online. Here you'll find an amazing amount of information and advice on the many issues surrounding kids safety on the internet but you'll also find resources and tips to help parents and carers to help deal with issues when they arise, information about inappropriate content, social media and cyber bullying.





www.staysmartonline.gov.au is another Australian site from the Australian Cyber Security Centre. It has simple, easy to understand information for families on all areas of cyber safety that is essential reading for all parents. There is a mountain of information out there to help parents understand the risks but more importantly, deal with the issues. Kids always seem to embrace technology more quickly than adults so the responsibility is on parents to make sure we know what is going on and keep up with our kids.

2. GET THE RIGHT TOOLS

It is essential that you install or activate some sort of parent controls onto your kid's devices. No matter how much freedom you want for your kids, there are some things out there that they just shouldn't have access to no matter their maturity level. By installing parent control software onto a child's device, it gives parents/carers the ability to block inappropriate content but also monitor how much time is being devoted to apps and social media.

As an example, at Jeenee Mobile, we have teamed up with Qustodio – the most powerful parenting controls software for all our Kids SIM plans. It allows adults to assist kids in balancing their screen time so there is a healthy limit for a happy life but it goes beyond that by enabling parents/carers to monitor calls and sms. It might sound a bit overkill but it does offer parents real peace of mind if it is

required. It gives parents the power to decide on what is best for their family.

If you have an Apple device you have parent control software already installed allowing parents to block inappropriate content and restrict screen time. Check out Family Sharing on Apple devices so you can restrict apps and downloads that are not meant for kids by setting age limit restrictions. As well as restrict screen time and inappropriate content.

It is worthwhile too checking out your computer security software like Norton, as they often have additional features for parent control and management.

Many streaming services such as Netflix and Foxtel Now have control tools parents should set if you have kids in the house. You can set age restrictions so that kids don't get to see adult only content. The same goes for gaming consoles. You can restrict a child's opportunities to talk to strangers or play violent games. If you can't work out the manual for set-up (and who can?) get online and find a YouTube video to help you.

The best way to decide on the right tools is to look around at all your different options you have as a parent and see what what works with your situation and family.

3. TALK & AGREE TO TERMS

The most important part of any plan to help your family stay safe online is to talk about the issues with your kids. Agree together on what avenues you are going to take to make sure you all stay safe. Technology can even help you with this one! Why not look online for a parent/child agreement or pledge that spells out what sort of things are expected from both parents and children when using the internet. Use an 'internet contract' you find online and adapt it to suit your families needs and ethos. By having something written down and agreed to, you'll know that issues have been highlighted and are always at the forefront of everyone's minds.

4. BE HONEST & OPEN

The other key to Internet safety, which doesn't really have too much to do with using technology but more about the basics, is just to be open and honest when it comes to internet use. Encourage your kids to always use their devices where you can keep an eye on them. Have an open dialogue about when it is ok to talk to people online and what is going on in their cyber life. Discuss what information you should divulge and how long they should be online.

The more you show you understanding and are aware of what is going on, the more likely your kids will involve you in their digital world and you'll be able to work together to stay safe online.

Written by Victoria Radford

Winter Pets

Winter has well and truly announced itself in Australia the last couple of weeks. Now is the time to drag out the blankets and uggies, blow the summer dust off the heater and stock up on soup. But WAIT! What about our besties? It's important to remember that our four legged friends are feeling it just as much as you are, too!

So how do we keep our furry family members warm in the winter? This week we talk to a vet to see how we can keep our fur kids warm and safe in these chilly months.

1. COATS AND JACKETS

Nothing's as cute as a pug in a hoodie or a kitten in a beany for that fact too. However clothing for our pets isn't just fashionable, it's totally functional, especially for those little ones with shorter coats.

There are so many options nowadays when it comes to coats, hats and jackets for our little or even big fur-family members. Follow the Swans? You can pick up the jersey online. Got a comical or political statement you live by (Pug Life)? There's at least 20 lines of accessories available that can fulfil the fashionista in even the most discerning of Dashies!

But before we go full fur-crazy Dr Evan Shaw has some advice to make sure of so you little floof, is a comfy floof. "Firstly always make sure that your pet has ample space to breathe. You'd be surprised how many pups have their jackets on a bit tight," Dr Evan says. "Also, make sure the coat itself can breathe and isn't made from synthetic materials. Even on a cool day, a doggie in a faux-leather jacket can get really uncomfortable especially if they are in the sun. Remember that pups can't sweat so watch the panting.





is not too tight and doesn't have dangling cords or buttons that can be easily swallowed or cause constriction," Dr Evan says.

2. CUT THE CUT AND HANG UP THE HOSE

A pet's coat is basically a big fluffy parker. Shaving or clipping their coat is like taking a jumper off your own back, which is the last thing you want to do in winter. Dr Evan advises, "If you do need to clip and groom your pet, limit the clipping to the feet and muzzle and remember to bath them indoors with warm water. Blow dry them dry (or have a super extended towel wrestle!) before letting them back outside again. We all know the struggle of having to get out of the shower first thing in the morning so let make sure we're all dry, warm and snuggly."

3. PROVIDE WARM AND DRY SHELTER FOR YOUR DOG OVER WINTER

If you can, keeping your little buddies inside over the winter period is definitely ideal, however, it is understandable if your dog or cat is primarily an outdoor pet that changing their sleeping habits can be a bit tricky. Dr Evan says, "A kennel or box filled with blankets for your pooch or kitty will be welcomed when the frosty mornings hit and having a toasty bed under their own little roof to help escape the chill will make them super happy."

4. CUTIE BOOTIES

If you're lucky enough to live in a snow country (or you get some serious frosts), you may have to provide Ugg's for your pugs. "Always remember to introduce these slowly! Boots are a foreign concept to most dogs and can

sometimes take some time to get used to," explains Dr Evan. "Some pups just don't like it but remember, treats are your friend. Start with trying just one on one floor for 5 minutes then, over a week or so, introduce more shoes and for longer until your pup can almost lace their own."

5. FOR THE OLDIES

For those of us that aren't such spring chickens any more we have to keep a special eye out for them. With a range of inflammatory and arthritic conditions affecting older pets, active warming or medications becomes more necessary when it's colder. Elderly pets suffer during the colder weather and may benefit from a visit to your local vet for a check-up if they are getting around a bit slower. A lot of medical conditions are exacerbated by the cold as it affect circulation, blood pressure and exercise.

We hope that with these tips, all our little buddies are toasty and dry this winter and remember one of the best ways to keep your pets (and you) warm is a great big cuddle in bed! So we say get huggin.

Written by Dr. Shaw

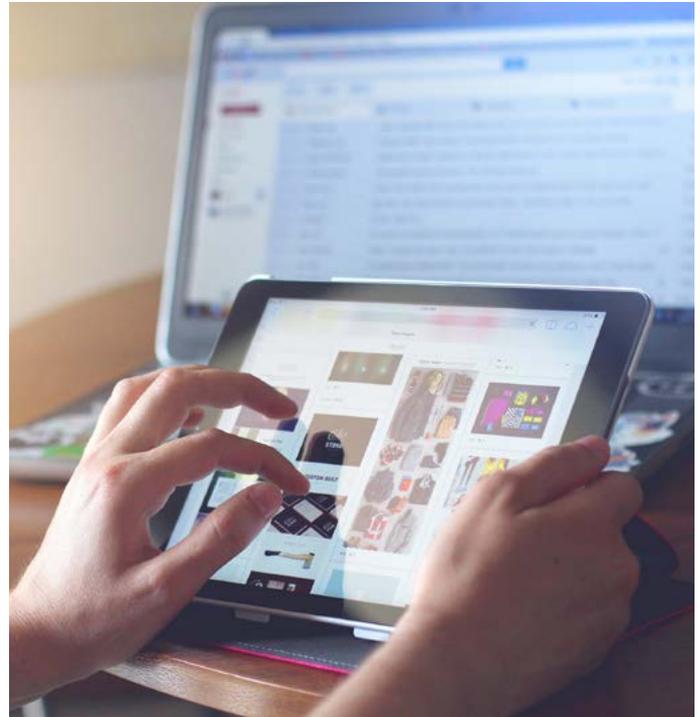
Internet Safety – HOW FAMILIES CAN STAY SECURE

The online world continues to evolve, especially with the invention of high powered smart devices. There is a lot that the internet has to offer. Life has become smoother, faster, and better all thanks to the virtual space and the solutions that it provides for individuals and families alike.

However, the internet also comes with threats that can put your family at risk. These threats include viruses, malware, Trojans, phishing, as well as botnets, spyware, and worms.

The presence of these online threats makes it paramount that parents take steps to equip themselves with knowledge about these dangers and how to combat them. Keeping yourself and your children safe should be your objective. There are different approaches and security strategies that you can employ to ensure that your family stays safe from these online threats. Here are some best practices that you can implement to keep your loved ones protected –

- **Stay away from malware and adware**
A lot of social channels and free applications make use of adware. Your kids are bound to come in contact with a lot of ads. There's also in-app purchasing, which is very convenient. Parents must take steps to monitor the amount of time kids spend online and determine the apps that they can access. Make sure that you have your kids understand the way free applications function so that they do not unconsciously make expenditures.
- **Beware of online predators**
Educate your children about interacting with strangers, both offline and online. Ensure that they understand how predators function and that people can lie about their identities on the internet. Always be involved in your child's online activities and monitor their contact lists online. Do you know the social websites that your child is interacting? There are parental control tools that can help you monitor or block contacts that you consider risky for your family.
- **Keep passwords secure**
Most people do not really understand how important securing passwords is. Make use of passwords that are very unique. Ensure that you mix them up and combine letters with digits and symbols. This will help to protect you from online bots that are designed to steal passwords. Changing passwords at regular intervals and using different passwords for different accounts online can help to keep you safe as well. You can use free password managers to keep track of all

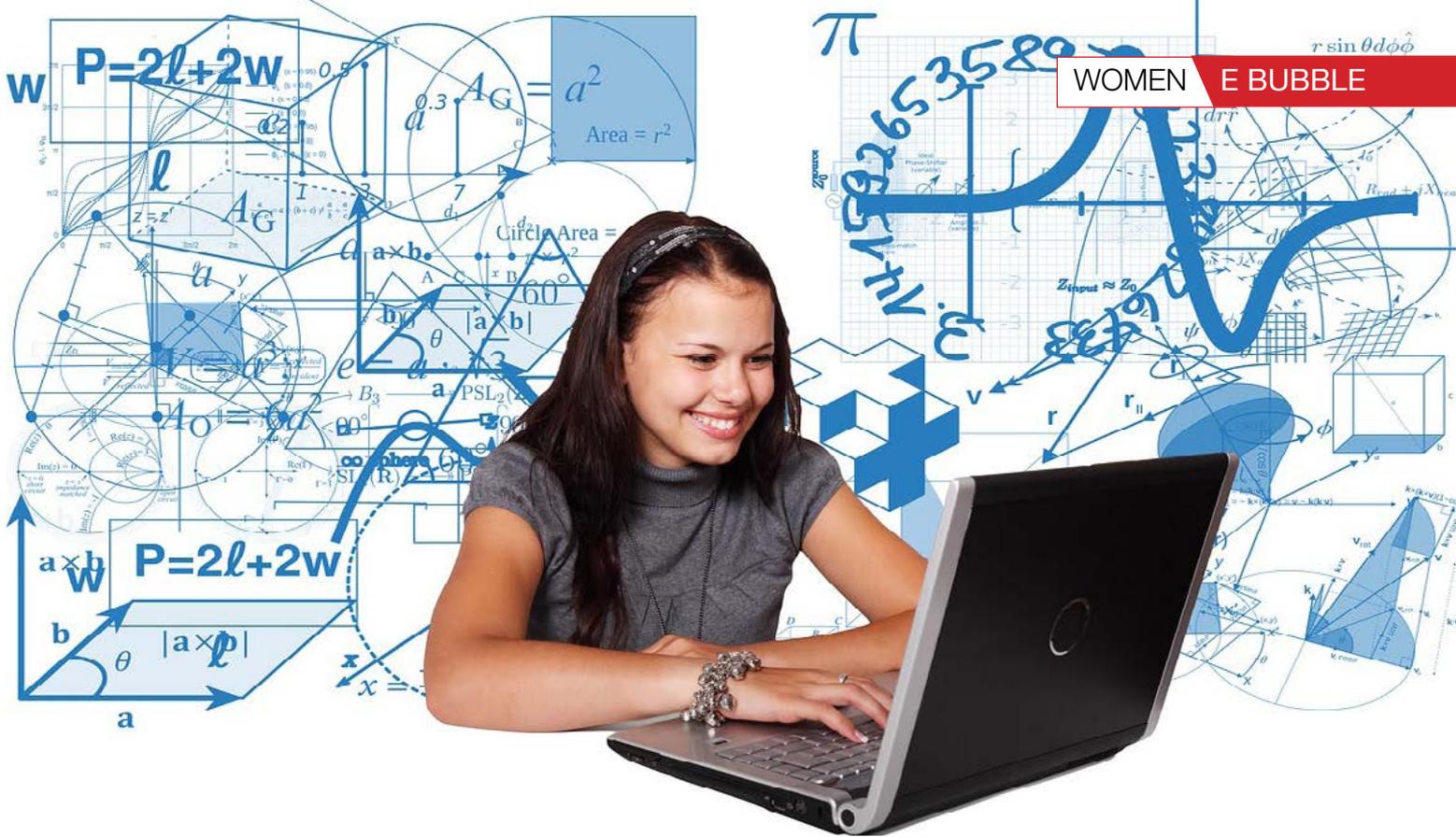


your account passwords.

- **Monitor social networks**
Everyone wants to interact on social media today. The appeal of having friends on different social channels is too good to pass up. Since you cannot totally ban your kids from interacting on social media, you can set restrictions and decide where you permit your child to hang out online. Restrict your kids from accessing websites with adult content. Also, monitor the amount of information that they share about themselves in online forums and social profiles.
- **Fight identity theft**
Identity theft is an online crime that is on the increase. With so many organizations collecting and storing data about individuals, take the time to question and analyze the kind of information being demanded even if the intentions are right. Also, determine the level of information that any organization will be privy to concerning members of your family. Teach your kids to avoid sharing their data online like where you reside, where they school, etc.

With the increasing level of cyber threats, make use of online security tools. Apply the steps that have been outlined above and always equip yourself with the latest information about online security. This will help to ensure the safety of a family at all times.

Written by Annette Rose



What you are telling companies about you

If I were to ask you to name off all the apps that use your GPS location on your phone, tablets, and computers would you know? Sure, there's your maps, but did you know your email, social medias, and even some games use location data? If you have a modern car with a navigation unit in it, it has the potential to track your location as well. Even farming weather stations track data from the region, sending it back to weather stations.

Every day your devices are collecting telematics data on you and the world around you. In this article we'll look at what telematics are, what they are used for, and how you can protect your data and privacy.

What are telematics?

Telematics is the field of long distance communication. At its core telematics takes the information gathered from GPS, wireless towers, routers, and modems and communicates this data to the different analytics companies, advertisers, and certain businesses for usage. This data can be used for a variety of reasons. Everything from helping you navigate to a new adventure to telling you the regional weather to reporting information on car crashes to collecting your personal location for advertisement purposes. This last one is the one that companies use most often, and we aren't even aware of it following us around.

THE WONDERS OF MODERN TECH.

As you can tell, telematics can have a good side. If you have OnStar or any of the navigation units in your vehicle, it can report a flat tire to your company along with your location. If you need to find a location for the newest family restaurant everyone's raving about, it's got you covered via Maps. My family uses weather data from weather stations around the region to find out if it's going to be a good day to spray the fruit trees. Truly, telematics can be useful for our busy lives full of travel.

It goes beyond travelling and farming, though, and into the realm of health. Previous research made the link between telematics and heart devices through the satellite system to a web-based dashboard where a doctor can see and track their patient's data (Kelly, 1995), but it hasn't really gone anywhere beyond that.

Interestingly some schools are pushing to use telematics as part of Blackboard and Canvas, two educational platforms that students use to access their homework and lectures, to glean data on students so the teachers and schools can better communicate with the students. Besides location data, they also seek to compare that with demographics of the cities and towns so they can see socioeconomic status and other demographic data. Thankfully, this hasn't been approved yet due to privacy concerns about student data

that could easily be hacked via the school system.

Clearly, telematics and your GPS can collect a wide variety of information for a wider variety of reasons. Not all apps will collect the same information, and thus you should read the fine print carefully to see what, exactly, each app would collect and how they use it.

How does this impact your privacy?

PRIVACY, BLACK BOXES, AND YOU.

Some systems are black boxes that collect your data automatically. These systems are your car navigation, your phones, tablets, and a variety of websites. With these black box systems, you have less control to no control over your data being collected.

In your car's navigation, it is collecting information the moment you turn it on to the moment you turn it off on your location as well as what the car is doing. But, the good point about this is that the information is locked. The only people that can access it are at the companies that provide your onboard navigation company, and you'd have to check your contract to find out exactly what conditions the data can be accessed.

Unfortunately, apps on your phone, tablet, and even websites are not so air tight with your data. Most of the time there are no issues, but what if... Worst case scenario is a stalker could find your location through a social media platform and follow you or your children.

Social media and websites that are visited on any device pick up a variety of data via cookies. They know your location down to a rough few city blocks. They know if your demographics, such as age category, sex, if you have children, how much money you make, etc. This information is collected most often by Google and Facebook from every website.

Fortunately, there are three very easy things you can do to protect your family.

1. On a mobile device, turn off the GPS when not needed. If you don't need it for helping you navigate turn it off. Bonus: it'll save your phone battery as it won't always be searching for a location. If you're on a computer, turn off cookies as often as possible.
2. Read the fine print. If an app asks you for your location, find out why. Then, make a decision on whether or not you want to use that app. If you want to use the app, but not all the time, feel free to turn off the GPS on your devices when not in use. If the GPS is not on, it can't track you.
3. If a website asks you if you want to receive push notifications... say no. If you really want to receive notifications, learn how to turn them off in case you change your mind. This is browser and device



based, so you would have to look up directions for the ones you use.

Another consideration you might want to take into account are smart devices. Smart watches, smart thermometers, and smart lights all communicate with a variety of other devices through the "Internet of Things," making it so your data from one device is shared across the network, making it more vulnerable. The more things you have interconnected, the more vulnerable your data is, so simplify things as much as you can.

Taking these steps will not protect your privacy completely. Like the Do Not Track and Incognito features, websites and companies can choose to ignore certain things. Often times your data will be collected, but it will be "fuzzier" or not as refined as it was without using any tools at your disposal.

Written by Grace Conyers

References: Kelly, M. (1995). Telematics for Health. *Health Education Journal*, 54(2), 266-267.

THE ART TO PLAYING AND WORKING ONLINE SAFELY

In this day and age of the internet, social media and smart phones, it can be a tricky line to balance being present in online businesses and, in a position to communicate online with others whilst also considering cyber safety. It's also too simplistic to just say - don't go online, show up less online or tell your kids to be 'safe online'.

From a business perspective:

- There are over 2.2 billion users on Facebook, over 1 billion users on Instagram and over 1.9 billion users on YouTube.
- One of the top 10 reasons people use social media these days is to shop, look for products or check out businesses.
- Online marketing is often cheaper than traditional marketing and more easily trackable.
- And, it is often much easier to connect with your audience and extend the reach of your product and message online than it is offline.

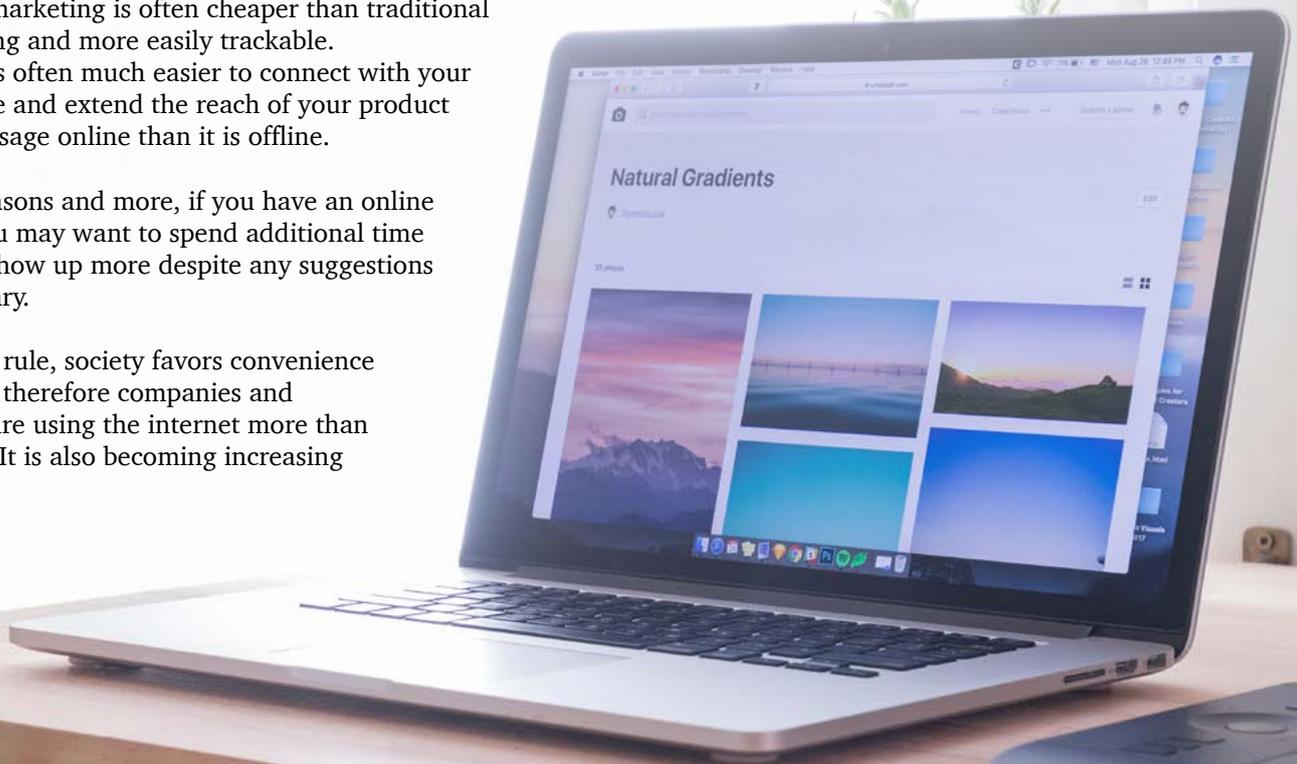
For these reasons and more, if you have an online business, you may want to spend additional time online and show up more despite any suggestions to the contrary.

As a general rule, society favors convenience over privacy therefore companies and individuals are using the internet more than ever before. It is also becoming increasing

difficult to make certain purchases, use services and get in touch with others - without using online services.

When we consider online use for children:

- Most schools now request that laptops be made available to children
- Even though most social media platforms have minimum age requirements, children can still join the platforms prior to this if they submit an incorrect date of birth
- The availability of smartphones means sometimes unlimited access to the internet and the option to download apps





So, without pressing the DELETE button on the internet altogether - what can we do to navigate things safely and take advantage of the internet?

1. YOUR LOCATION

Most social media platforms these days remove the geo-tagging from images that are uploaded but, if you are uploading images to a website or blog that might be coded with location and (for example) pin point your home address, make sure the location tag is removed from the meta data. To check what's listed, go to your photo library on the original device and look for 'Info'.

If you are wary of people finding you in cafes or out and about, don't check-in or use location stickers until after you have left. Or use a broader check-in/location such as the suburb rather than the cafe.

If you're going away on holidays and are leaving your home unattended, be cautious when announcing that publicly on social media. You can choose to change your privacy settings at that point or wait until you are home before making the announcements or, mention at the same time that you have a house sitter.

2. YOUR PERSONAL INFORMATION

Even though most platforms offer a range of privacy settings, people can still unknowingly or otherwise leave little to the imagination. So, check your privacy settings - you can often toggle better private and public or just sharing with your friends vs sharing with the public. Know what you're sharing and with whom. You can generally check this info in your platform account settings or with icons that are displayed on the right-hand side of posts.

3. SECURITY BREACHES

We are seeing an increase in security breaches with online platforms and services that hold a staggering amount of personal information on their users - from Facebook to Playstation to MyHeritage to Quora and more. There are also instances where information has been sent incorrectly by services such as Google Home or Alexa. Some simple

ways to help deal with this are:

- Have separate passwords for all your different apps/online services
- Choose multiple security options such as adding your mobile number for additional verification purposes (this helps prevent hackers from changing your details and stealing your different online platform accounts if they do gain access)
- Keep your apps updated as updates often contain bug/security fixes
- And, if a site looks dodgy, if it doesn't have a certificate, if your intuition tells you something is off - don't give your info.

4. FAMILY

When it comes to children and the internet there are a million different ideas of how to keep safe. However, communication may be your best form of defense. Talk about the dangers of being too transparent online. Talk about how and what might be on the other side of the screen. Be open and approachable and aware.

You may also consider installing restrictions with which sites they can access both on computers, phones and smart TVs. And set up their phones under your own Android or Apple accounts so that you know which apps are being installed. Then you'll have the opportunity to read up on them and open a dialogue with your child about what they're using the app for.

Fair warning tho: if your children have their phones/laptops etc. linked to your Android or Apple accounts unfortunately this can sometimes result in paid apps being downloaded and debited from your linked account. Considering this, it's a great idea to have a fingerprint password for downloads rather than a digit password or no password.

In the end, there are many things that can be flagged with respect to safety using the internet or associated services but there are also so many benefits to having these options in the first place. Those of us with access are so blessed and advantaged comparatively with those in third worlds that don't and are suffering without a voice.

We are able to start online businesses, market our products and sell them with ease from the comfort of our homes. We are able to communicate with the press/media and people from all over the world in but a second. We are able to broadcast our own media, opinions and insights. We are able to start movements and make change. There is a lot to be thankful for with respect to this.

We have the ability to harness the power of the internet and it does add so much simplicity to aspects of our lives - this at least for now appears to outweigh most of the risks.

Written by Jessa Lewis.

Ingredient Feature

BLACK RADISH

My first memories of the black radish are from trips made to Debrecen Hungary, where parts of my family originate from, and I am lucky enough to still have relatives living there. Though I am sure it was given to me in various forms during my childhood which I was unaware of what it was at the time.

The black radish is also known as Erfurter Radish and Spanish Black Radish, it is part of the Brassicaceae family (cabbage family), strange that that might seem. It is in season during winter as most of the members of this family are. It has several varieties from round, like a softball to long and elongated like a long sausage, in some cases reaching half a meter long.

The edible flesh of the fruit is white and has a sharp, often hot taste due in part to the chemicals the plant produces for protection against pests. The fruit has an outer, tough skin which ranges in colour from black through to a dark brown, hence the name, though it is the inner white flesh which is prized and used.

FOR COOKING

The black radish can be used as a food source in a variety of ways, such as being peeled and eaten raw. It can be made into soups, or accompanying soups, or even added to stews as a featured ingredient.

Throughout many eastern European countries the white flesh is finely grated and added to a sour cream, which is then used as a condiment for meats, fish and poultry dishes. If the taste of the raw flesh is too strong, or hot it can be subdued by adding some salt to the raw flesh prior

to use. Though this is dependent upon your own personal tastes, I personally have not needed to do this, as I prefer the spiciness of the radish. Though be aware that the level of spiciness does vary from fruit to fruit, and I am sure from variety to variety, but I have only experience the oval black varieties, not the elongated ones.

This has been a staple food source for many culture during the harsh winter months, and does bring back fond memories for me of my family, present and past.

HEALTH BENEFITS

As the black radish has a long history it has also been used over time for its medicinal properties, in particular the juice which has been utilised over the centuries in numerous ways.

The radish has been used since ancient times in particular to help stimulate the bite or gall function, which is a liquid produced by our livers to help in the digestion of lipids within our foods. The juice is reported to help in the reduction/elimination of cholesterol and in eradicating gallstones. Currently the are studies looking into the veracity of these claims and the potential for a preventative cure for these ailments.

Of course there will always be the die hard believers, though for me, I just love the taste and refreshing bite of this vegetable, If it also helps in these other areas, that is just a bonus a extra plus, when I have already been sold on the taste and mouth feel of this iconic ingredient.

Written by Kevin Kapusi Starow

Roasted Root Vegetable Salad with Radishes

Ingredients

For the roasted vegetables:

- 1 large sweet potato
- 2 large carrots
- 1 lb red or black radishes
- 2 tbsp olive oil
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp garlic powder or 1 clove or garlic, finely minced
- 1 tsp dried oregano

For the salad:

- 4 cups kale, finely sliced

For the salad dressing:

- 2 tbsp extra virgin olive oil
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- Juice from 1 medium sized lemon

Method

1. Preheat the oven to 420 deg F or 215 deg C.
2. Cut sweet potato and carrots into large bite size pieces, about 2" or 5 cm cubes.
3. Trim and halve the radishes. If using very large radishes, cut to approximately the same size as the

sweet potato and carrot pieces.

4. Add the sweet potatoes, carrots and radishes to a rimmed cookie sheet and add the olive oil, salt, black pepper, garlic powder, and oregano. Toss altogether till thoroughly mixed.
5. Roast vegetables for 20 mins, toss, then roast for another 10-15 mins till golden brown and edges are crisp.
6. Meanwhile, whisk together the salad dressing ingredients in a small bowl.
7. In a large bowl, add the kale and pour in a few tablespoons of the lemon dressing. Toss together to ensure that the kale is thoroughly coated with dressing. Add more dressing if desired. Cover and set bowl aside till ready to serve.
8. To serve, place a bed of kale on a serving plate, and top with roasted root vegetables.
9. This salad can be served warm or at room temperature.

Note:

- Black radishes would be a great replacement for red radishes in this recipe. Black radishes have a more pungent flavor - they are spicier and a little more bitter than red radishes. The flavor of the black radish would be a great contrast against the sweet caramelised flavor of the sweet potatoes and carrots.
- Store leftover salad in an airtight container in the fridge for up to 1 week.



Recipe by Renata Trebing

HOW SAFE IS AFRICA?

Practical security advice for your African holiday

With an average of four and a half million tourists arriving each year (that is pure tourists, excludes business travellers and diaspora visiting family), tourism is the number one industry for many African nations, and vital to their economies. However, the “Dark Continent” has a reputation: life is cheap, violence is brutal and Kenya’s capital, for example, is commonly referred to as “Nairobi robbery”. But how accurate is this picture? What is the reality for ordinary tourists visiting some of the world’s premier safari destinations? This article examines the security situation in Africa, particularly East Africa, and suggests practical measures you can implement to stay safe during your visit.

Theft and mugging are the main threats to tourists while travelling in Africa. The average wage across the continent is about one US dollar per day. So even if you consider yourself the most budget-conscious, cash-strapped backpacker, your western possessions are often irresistible to people who are struggling to feed

their families. Often, theft is not malicious, rather it is opportunistic. So the easiest solution is not to provide the opportunity; do not tempt people by carelessly leaving things around. Ways to do this include:

- Do not wear jewellery (watches, necklaces, or loop earring that can easily be grabbed)
- Ensure you check your change and put all your money safely away before stepping out of the bank, foreign exchange office or shop.
- If you like it, lock it. Hotels often have safe boxes to store your valuables. So if you do not need it for the day, store it securely.

Harassment is another safety concern, not because you are in physical danger necessarily, but more because it can make you feel uncomfortable and nervous. Often young African men try to attract older foreign women with the goal of getting her to pay tuition fees, buy him a car, or maybe even a ticket out of his country and into (what is perceived as) a better Western life in the woman’s home



country. Sometimes it ends well (I can be as romantic as the next person!), but more often it ends in heartbreak. The upshot is that single white females are often the target of unwanted male attention. Be polite, but firm. Tell him you have a husband already (this does not necessarily deter him however, as the rules around promiscuity and fidelity are a bit different across cultures). Walking alone at night is definitely to be avoided. Always go out with two or three other people and take a taxi after dark.

Scams can be a problem, whereby locals appeal to the sympathetic hearts of well-meaning travellers. They may take on the role of a political refugee and request money for their family or they might pretend to be students collecting contributions for their schools. Use of common sense is your main weapon against such tricks. If you're not sure whether to believe it, you are probably right and your money is better in your pocket.

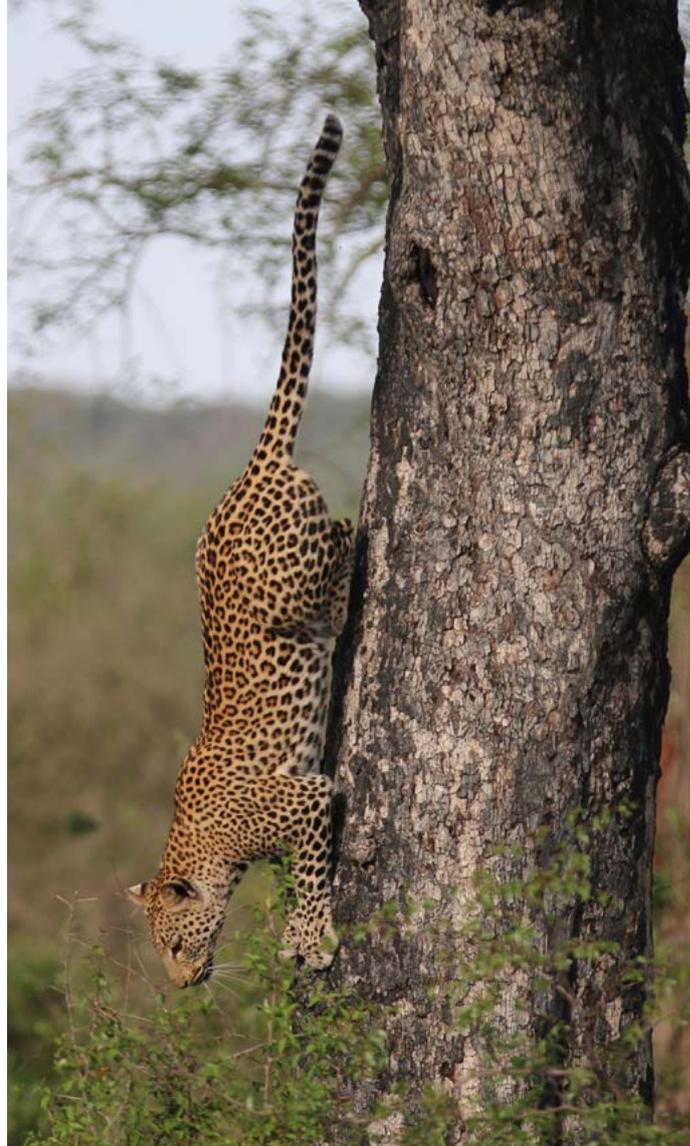
Violent crime can be avoided by complying with the demands of the assailant. The majority of Africans do not bear animosity towards foreigners and so violence would not be their first preference – they just need money. Most of the violence and hate tends to be directed between the different tribes that share a nation, and that is where most of the brutal stories originate.

Finally corruption is an issue that everyone in the country (local and visitor alike) must battle with everyday, in particular from the police. In several African countries, policemen are poorly paid and thus very susceptible to corruption, so extortion and bribery are not uncommon practices. Traffic police have been found to be the most corrupt people in Kenya according to studies done in that country. The best way to avoid becoming a target of corruption is to be aware of the law and ensure you are not doing anything illegal.

Some laws that exist in various African countries that may be different to your home country include:

- Homosexual acts are illegal.
- Penalties for drug offences can be severe and include lengthy jail terms.
- Travellers are not allowed to work, even in a volunteer capacity, without a valid work permit. Offenders may be fined, jailed or deported.
- Destroying local currency of any denomination is against the law.
- Smoking in public places (including while walking on the street) is banned. Offenders caught smoking outside designated smoking areas face a substantial fine and/or jail for up to six months.
- It is illegal to take photographs of some official buildings. If in doubt, seek advice from an official before taking any photos.
- Distributing religious material in public without a licence is illegal.

There are also local customs to be aware of. By observing how locals are behaving you can easily fit in, but one custom that regularly fails to be adhered to, and



which often causes offence, is that of dress. There are conservative standards of dress and behaviour in parts of Africa, particularly in rural areas and along the East coast where Arab traders lay down roots centuries ago and brought Islam to those areas.

So is it safe to travel to Africa? Of course each African country has different travel advisories with South Africa being deemed safer than Kenya for example. For many African nations the official advice from government foreign departments seems to be along the lines of “exercise extreme caution” but you can still go. And that is my conclusion too. With common sense, awareness of your surroundings, and some street smarts your visit to Africa should be trouble free. That is not a promise though! There are no guarantees in this game. All I am suggesting is that not every visitor to Africa finds difficulty and there is a very good chance you will have an awesome trip.

Finally, don't forget to register with your home country's embassy or high commission in the country you are travelling (anywhere in the world) for the duration of your visit. This means that if disaster does strike, they will know you are there and can help you. For Australians, www.smartraveller.gov.au is the website to register your travel.

Written by Tracey Bell