

# Life

**Take 5**  
Lauren Ironmonger

**WATCH**  
The third and final season of Northern Irish sitcom *Derry Girls* is here. Bid farewell to the girls and their high school capers as they nervously await their GCSE results and look ahead to the future (Netflix).

**LISTEN**  
Triple M Rock's latest podcast series, *These Days*, chronicles the greatest moments in Australian music history, from the birth of pub rock to the rise and fall of '90s grunge. Hosted by Screaming Jets' Dave Gleeson.

**READ**  
Jonathan Seidler's *It's a Shame About Ray* is a memoir about family, death, love, and survival. The Australian writer unpicks the ups and downs of his life, from his struggle with mental illness to his relationship with his father.



**TRY**  
Miss Amara has a new line of designer rugs crafted from 100 per cent upcycled PET bottles. The range comes in various sizes and colours, with a soft, cotton-like feel. missamara.com.au

**GO**  
Eastside Unlocked is a month-long celebration of everything Darlinghurst, Potts Point, Surry Hills and Woollahroo have to offer. For the month of October, enjoy live talks, drag brunches, music nights, and more. eastsidesydney.com.au

## Make your threads thrive longer

New life can be breathed into our (mostly) neglected wardrobes, writes Lauren Ironmonger.



Luke Sales and Anna Plunkett of Romance Was Born joined Electrolux to give clothes longevity.

Picture your wardrobe. How much of it do you *actually* wear? A 2021 report from Levi's found that Australians wear just 50 per cent of their wardrobe regularly.

Of the remainder, how many pieces would you wear if only something were different – jeans that you would wear if only they were slightly bigger, or a dress that would be perfect if only it didn't have that ripped seam?

This is exactly what Australian fashion label Romance Was Born helped with last month in a week-long pop-up in Sydney's east. In partnership with Electrolux, the brand's creative duo Luke Sales and Anna Plunkett invited people to bring in an item of clothing to be repaired or revived, free of charge.

The pop-up, Break the Cycle, was "received enthusiastically", says Sales. The event was fully booked but they squeezed in a few walk-ins, too. When I visited Sales and Plunkett, the shop had attracted plenty of curious passers-by.

"Everyone has something they want reimaged," says Sales. "People are always holding on to things they wish could be fixed."

Pre-loved garments brought in ran the gamut from old jeans to a wedding dress. Some were sentimental, says Sales, pointing out a man who had brought in his daughter's favourite outfit that her mum had accidentally bleached. Other requests were more practical – one girl walked in wearing her favourite coat, and asked for it to be cropped to take some weight off it.

Sales says sustainability and waste reduction have always been

part of Romance Was Born's mission. Ensuring their garments aren't just "one wear" pieces is part of this. "When we make a wedding dress, the client is able to return it and we can make it into something more wearable.

"Upcycling is something we try to drop into each collection. We know the demand is there."

Current offerings on their website include a collaboration with experimental workshop Future From Waste Lab, that dyed and upcycled bedsheets and men's business shirts.

Costumes for The Sydney Opera House's production of *Amadeus* will also include recycled materials.

Customer education is a hurdle to overcome when it comes to sustainability. With upcycled fashion, it's about "understanding that not everything will be perfect, colours may vary, things might have a small hole".

Sydney label Nique has a strong sustainability ethos. "Our strategy is to leave a light footprint on the earth. We're not going to greenwash people, but we're responsible," says creative director Nadia Jones.

Nique launched a circularity program two years ago, with the aim of producing as little waste as possible. ReNique ReNew takes clothing samples as well as damaged stock from the shop floor and upcycles them in an "elevated, avant-garde way".

"The plan was to upcycle [a garment], not to devalue it. We wanted to take something and make it even better," says Jones.

Anthony Chesler is CEO of Thread Together, an Australian charity that collects clothing waste from fashion labels and redistributes it to people in need. Since it was founded in 2012, Chesler says the fashion industry

has become "increasingly more conscious about ethical solutions to waste".

There's been a shift in behaviour," he says, "although whether that volume has decreased is questionable, as there's still a lot of production."

According to the Department of Climate Change, Energy, the Environment and Water, Australians are the second-highest consumers of textiles per person in the world. Annually, each Australian acquires an average of 27 kilograms of clothing, and will send 23 kilograms to landfill.

Still, Chesler is optimistic. Indeed, Thread Together's success is a sign that Australian brands are increasingly trying to do the right thing. Almost all the traffic [to their website] is organic, he says, and everyday they are inundated with requests from brands to partner with them.

## SUPERQUIZ

**BEGINNER** (1 point each)

1. Beetle, Golf and Passat are vehicle models made by which company?
2. In internet slang, what does the acronym GOAT stand for?
3. What topping do lamingtons and Iced Vovo biscuits have in common?
4. In what year did France last use the guillotine as an official method of execution – 1877, 1947 or 1977?
5. What colour is the eye in Greek and Turkish "evil eye" talismans?

**Intermediate** (2 points)

6. Which Swedish chemist invented both gelignite and dynamite?
7. Australian writers Dymphna Cusack and Florence James were co-authors of which wartime novel?
8. In the Marvel universe, blind lawyer Matt Murdock is the alter-ego of which superhero?
9. What frequently used word means "I forbid" in classical Latin?
10. In alchemy, the four elements of fire, water, air and earth are represented by variations of which shape – circle, triangle or square?

**Advanced** (3 points)

11. What is the full name, including patronymic, of Tolstoy's character Anna Karenina?
12. Massive Attack's *Paradise Circus* is the opening theme song for which BBC crime series?
13. Chiropterology is the scientific study of which mammal?
14. Beginning with "p", what is the scientific name for the sensation known as "pins and needles"?
15. The back story and lore for which video game released in 2022 was written by author George R.R. Martin?

- Compiled by Ellen Fitzgerald
- ANSWERS**
1. Volkswagen
  2. Greatest Of All Time
  3. Desiccated coconut
  4. 1977
  5. Blue
  6. Alfred Nobel
  7. *Come In Spinner*
  8. Daredevil
  9. Veto
  10. Tintin
  11. Anna Karenina
  12. *Under the Skin*
  13. Bats
  14. Paradise
  15. Elden Ring

## Home made

This springtime side dish is a quick and easy contribution to that generous Middle Eastern table. **JILL DUPLEX**

### BROAD BEANS, GREEN OLIVES AND YOGHURT

#### INGREDIENTS

- 200g podded broad beans (from 800g unpodded)
- 150g plain, thick natural yoghurt
- 1tbsp tahini
- 1tsp ground cumin
- sea salt and pepper
- 4 preserved artichoke hearts, halved
- 8 green olives, pitted and halved
- 1tbsp salted capers, rinsed
- handful of small mint leaves
- 2tbsp extra virgin olive oil
- 1tbsp lemon juice

#### METHOD

1. Cook the podded broad beans in simmering salted water for two to three minutes or until just tender. Drain and allow to cool. Peel off and discard the skin of a handful of the beans, for textural contrast.
2. To make the dressing, whisk the yoghurt with the tahini, cumin, sea salt and pepper in a bowl. Spoon onto the base of four side plates or one share platter, and smooth it out with the back of the spoon.
3. Toss the broad beans, artichoke hearts, green olives, capers and mint leaves in olive oil, lemon juice, sea salt and pepper, spoon over the top, drizzle with any remaining dressing and serve.

Serves 4

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