


OCTOBER 2017 - FREE

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 Sydney Observer

# Sydney Observer

**GOOD  
FOOD  
MONTH**  
& October  
Hot Spots

**WORLD  
MENTAL  
HEALTH  
DAY**

**MINDFULNESS  
MEDITATION  
IN SCHOOLS**

**GOLDEN  
YEARS  
FEATURE**

**The Red Shark**  
**NAOMI SIMSON**

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## FROM THE EDITOR

Hello!


Spring is well and truly here this October and our latest issue is jam-packed with all you'll need to soak up the warmer weather. From our Spring Beauty Essentials (35), to Hotspots (40) and What's On in Sydney all month (27&45), you'll be sure to step out in style this season.


This month is also our Golden Years Feature, which means heaps of informative articles from a number of our valued contributors ranging from senior's health (22), to holiday ideas (24), to aged care options (28).


If Spring means the arrival of a renewed sense of inspiration after the dreary Winter months, head over to meet our cover profile for this month Naomi Simson (12-14). Naomi delves into her successes in entrepreneurship and she'll be sure to inspire you in all your pursuits for the coming year.

Sydney Observer would also like to extend a sincere thank you to former-Editor Sabrina for all her hard work over the last two years, and for making the transition for a newbie like myself as seamless as possible. We wish you all the best for the future.

I'm looking forward to going on this adventure with you all!

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*Hanna*



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## New Mayor and Deputy Mayor of Ku-ring-gai Council elected

Cr Anderson was voted by councillors to be Mayor by a margin of five votes to four, with one abstention.

This election means that Cr Anderson becomes one of Ku-ring-gai's most elected Mayors, this being her fifth term as Mayor.

Cr Anderson said she was delighted to be elected.

"It is always an honour to serve the people of Ku-ring-gai as a Councillor and as Mayor I look forward to leading the

Council to achieve the goals we set for this term," she said

Cr Anderson also adds that one of her aims is an improved focus on the revival of Ku-ring-gai's major urban regions of Lindfield, Turramurra and Gordon.

Cr Callum Clarke will also take up the mantle of Deputy Mayor for the next year.

Cr Clarke was elected to the Council in September on a platform of preserving Ku-ring-gai's environment and enhancing local villages and sporting facilities.



## GIVEAWAYS: BE BARBAQUE SAFE WITH BLACK & STONE

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If you would like to enter any of the giveaway draws, simply tell us in 50 words or less what you liked in this month's magazine. The best entries will be published and go in the running for our monthly giveaway.

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## Wildflower Garden Winners



The winners of the Ku-ring-gai Wildflower Festival Sculpture Walk competition have been announced, which for the first time is consisted entirely of women. Based on the theme of environmental sustainability, the competition urged entrants to use sustainable materials in their artworks.

Barbara Hamilton placed first for her "More than a Tree" piece while nine-year-old Dia MacNamara grabbed second-place for her work "The Bottle Top Flower", the youngest entrant this year. The prize money was valued at \$5000 and the Festival was a success with over 2000 visitors going to enjoy the St Ives garden in August.

## Gordon Library invites HSC students to private study and relaxation

Gordon Library is opening its doors to local HSC students as exams are approaching.

Sessions will run from 7pm to 10pm on the 28th of September and the 5th and 12th of October and students must register to be apart of these exclusive sessions.

HSC students will be offered a friendly team to help with their studies, while also having access to resources, internet and the HSC collection of study material.

Dinner will be served at 7pm with hot beverages from 8:30pm.

On these same nights, Ku-ring-gai Youth Services will provide access to the AWOL youth hub amenities where students can take a break and wind down with Nintendo Wii, table tennis and crafts while learning helpful relaxation techniques.

Register at [kmc.nsw.gov.au/hsc](http://kmc.nsw.gov.au/hsc).

### SNIPPETS

## CSRIO Lindfield Receives \$5,500 Grant



Last month, the minister of Foreign affairs, the Hon Julie Bishop MP announced the 2017-18 Australian Japan Foundation (AJF) Grant Program. This program is part of a \$1 million investment to support development and strengthening people-to-people relationships between the two countries. CSIRO and Japan's National Institute of Advanced Industrial Science and Technology (AIST) will be utilising this grant to hold a 'Women in Science' workshop in Japan on 8 January, 2018 to further promote collaboration between Australia and Japan.

## Renovation for Roseville Playground



Roseville Playground has been re-opened on September 22 by Ku-ring-gai council, just in time for school holidays.

The new renovation of the playground at Chase Community Centre has been completed, with a range of new equipment available.

Inclusive play elements have also been installed to make the space accessible to the wider community. Not only have there been bubblers, accessible paths and a perimeter fences installed, but also the sites drainage faced a renovation in an effort to reduce erosion from run-off.

The renovation was a joint effort and funded project between Ku-ring-gai Council and NSW Sport and Recreation.

## PUSH TO REMOVE SHARK NETS

In the coming months more than 51 shark nets are set to be installed at several beaches across the NSW coastline. In response, environmental conservationists across the country, supported by the Greens Party, are calling on the NSW Government to phase out the destructive shark net program altogether. The marine-friendly campaign is asking for an increase in non-lethal shark management strategies to be initiated across NSW's many beach ahead of Summer as an alternative.

The recently released Annual Performance Report of the Shark Meshing Program and the Government's trial of SMART drumlines and other non-lethal strategies on North Coast beaches have shown that shark nets are the worst of all options for

marine life and the health of the ocean.

The 2016/17 report found 373 animals to have been caught in the nets with 57 per cent of those catches ending in death. Further, most of the animals caught were non-dangerous animals including dolphins and turtles.

Greens MLC and Marine Spokesperson, Justin Field, supports the push to remove shark nets as they are an outdated technology that are taking a severe toll on marine life across the state.

"Shark nets may make ocean goers feel better but the evidence shows they are not effective against target sharks and don't make swimmers or surfers significantly safer.

"The Government's trial of SMART drumlines and other non-lethal strategies on the North Coast caught more sharks than the net trial over the same period. There were almost no non-target marine creatures caught on drumlines and almost all sharks were tagged and released alive.

It is said that phasing out destructive shark nets and replacing them with modern technologies will reduce the risk of shark bites without killing our much loved marine animals in the process – a win-win.

For more information on the campaign to remove shark nets or to find out how you can support NSW's marine life visit [sealifetrust.org.au](http://sealifetrust.org.au)



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“When you buy from RedBalloon you’re supporting thousands of other small businesses, and you get to tick something off your bucket list. Everybody’s a winner.”



**S**ydney Observer’s **Hanna Moore** discusses all things RedBalloon, *Shark Tank* and what it takes to start a successful business from the ground up with Naomi Simson. From her flourishing digital presence to a successful pursuit into the literary world, Naomi demonstrates how a good idea, hard work and a positive attitude can make an extraordinary impact in the world.

Australian entrepreneur, blogger and small-business enthusiast Naomi Simson is widely known as the infamous ‘Red Shark’ on Channel 10’s latest television craze, *Shark Tank*. However, it was founding the online retail juggernaut RedBalloon, where she originally got started in the world of entrepreneurship.

RedBalloon started as idea to provide experiential gift services in 2001. After it took almost 4 months to make the first sale, the online business has now served over three million customers and supported countless businesses in the process. Today, the site connects almost 4000 unique experience gift ideas, sourced from more than 1500 business partners across Australia and New Zealand.

“I saw an opportunity for bringing together other fabulous small businesses to the market by giving them a brand, as well as people getting to have amazing experiences,” says Naomi.

**“The internet was in its early days and I took the plunge, got my overhead flow and built the business organically.”**

The brilliance of RedBalloon, and much of what can be attributed to its success, is its passionate support of the small business industry in Australia. This mantra is also carried throughout the entire process of management, ensuring those working for the company know what it is they’re working for. Naturally, this further saw the development of ‘Redii’, a platform that recognises and supports other businesses.

“It’s about having a deep sense of purpose; everyone here knows why we do what we do. When people know why they’re here, and when somebody notices, they get to go home feeling like a winner.

“When you buy from RedBalloon you’re supporting thousands of other small businesses, and you get to tick something off your bucket list. Everybody’s a winner.”

Throughout RedBalloon's success Naomi ventured into the world of blogging, both through her own website [naomisimson.com](http://naomisimson.com), and as a LinkedIn Influencer. For Naomi, this venture is not a matter of expanding a brand, it's about sharing experiences. Now surpassing two million followers on LinkedIn and over 1000 blogs published on her own website, Naomi has an enormous platform to inspire change and growth in recounting her own experiences.

"That's about sharing what I've learned with an educational and professional platform," says Naomi.

Her namesake website, characterised by the signature red font, guides readers through a journey of boosting business together. 'The Huddle' invites the reader to get involved in a conversation on progress for businesses through a Facebook community involving 'Live Sessions', where viewers can even choose the topic for discussion. Along with this, a series of insightful and educational blogs on business and entrepreneurship from over 15 years of personal experience in the industry.

Naomi's experience in the digital world has also shown that it's essential to understand that social media is an important asset to create a platform that is honest, rather than a tool for simply furthering a marketing message.

"People often see social media as a push tool, but it's actually a listening tool and a sharing tool.

"It's about engaging audiences and sharing what you've learnt and being a role model for others."

As the author of four books, Naomi credits 'Ready to Soar' as the perfect choice for readers looking to build a business. The book delves into the business of small-business and guides readers through getting an idea off the ground.

"I wrote 84,000 words on how to start a business and whether you're meant to be an entrepreneur... What I don't want is for people to spend their life savings on something that may or may not have traction."

The book aims to prevent potential or current business-owners from doing just that, as well as avoiding other pitfalls that many start-ups often face through pragmatic, real-world advice drawn from

personal experience. For those just starting out, the importance of knowing your ideas, formulating them properly and making plans to develop your own path is crucial.

"They [budding entrepreneurs] need to work before they start a business, that's really, really important."

Season three of Channel 10's *Shark Tank* has just wrapped up and Naomi's iconic role as the 'Red Shark' resonates with her continued message of support for those looking to start a business.

"I wanted to support other businesses to grow, there's nothing like being a mentor. There's five people helping them [the contestants] grow their business, giving them ideas and a support network, so it's a very valuable exercise for people."

"I wish I had had five people, not just to help me with money, but also in terms of mentoring. It's very powerful."

When asked about whether her experiences in business provided her with advice specific for women looking to launch a start-up, Naomi was clear that gender doesn't necessarily play a role in being a successful businessperson.

"I definitely do not put gender into a conversation about start-ups. If you've got an idea, it's not about gender. It's about your tenacity, it's about your ability to understand your customer needs and being able to execute on it.

"We have an incredibly balanced team with both Janine [Allis] and I on the show, and you see we'll often differ in our opinions. We're not one homogeneous group."

As for the idealised notion of a 'work-life' balance, Naomi reflects on whether 'balance' is really necessary when you love what you do.

"I don't claim to have all that work-life balance at all. If you want to change the world, it takes energy and effort, it's not about balance."

Everyone needs their downtime however, and true-to-form, Naomi's spare time is filled with an active family life and a number of hobbies to stay inspired.

"I do yoga, I paint, I cook, and I have four children. So they keep me pretty busy.

"When you love what you do, it doesn't feel like work. Share the love, I say!"

Check out Naomi's website to stay updated on news and blog posts and follow her story on Twitter.

[join.naomisimson.com](http://join.naomisimson.com)



“When you love what you do, it doesn't feel like work. Share the love, I say!”



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## SCHOOL LEAVERS TRADE UP

**It's official.** NSW apprenticeships and traineeships are on the up!

The Deputy Premier and Minister for Skills, John Barilaro, has highlighted new data that shows the number of people taking up apprenticeships or traineeships in NSW climbing. This is thought to be a positive sign for the state's vocational education and training (VET) sector.

The latest report from the National Centre for Vocational Education Research (NCVER) has depicted a 2.3 per cent increase in NSW apprenticeship and traineeship starts in the enrolment before March 2017 when compared to the previous year group.

"The latest research is great news for NSW and shows 47 100 people started

an apprenticeship or traineeship in NSW," says Mr Barilaro, "What's even more exciting is that the latest March quarter figures were even stronger – a 7.1 per cent jump in 2017 on the 2016 March quarter."

"More and more people are realising that VET can provide an effective pathway to gain in-demand qualifications that lead to rewarding careers. Our VET sector is producing highly skilled graduates who can get job and pay outcomes comparable – and in some cases even better than university graduates.

"VET training offers pathways to many jobs that are seeing strong growth in the future, from the traditional trades to healthcare, biotech, cyber security, agriculture, ICT, and tourism."

These latest NCVER results also show growth of 1.5 per cent in the number of NSW people taking up trades like plumbing, carpentry and electro-technology which will support our industry sectors which are facing skills shortages.

This research comes on the back of an NCVER report released in July which showed government-funded VET student numbers in NSW grew by 38 per cent in 2016 under our Smart and Skilled system – significantly higher than a national increase of 3.3 per cent.

Last month, the NSW Government launched the "Doors to Opportunity" VET campaign to change perceptions around the industry and encourage people to consider VET as a credible alternative to university.

## MEDITATION IN SCHOOL: COULD CHILDREN BENEFIT FROM 'MINDFULNESS' CURRICULUM?

Tina Wu

Based on Buddhist teachings, this form of meditation is said to increase wellbeing and is hitting schools both abroad and at home in the hopes of increasing student performance and wellbeing.

It focuses on being self-aware and simply being 'in the present', with a main pillar of the exercise advising people to simply accept and not judge any stray thoughts that may enter their mind while meditating.

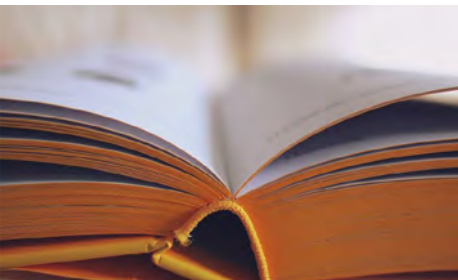
Mindfulness has been found to decrease students' stress levels and promote a greater attention span in the classroom. Research conducted by the Mindfulness in Schools Project based in the UK says that mindfulness has a direct impact on the cognitive development of young people. A report cited in this research claimed that 34 adolescents diagnosed with learning disabilities showed marked traits of academic improvement after undertaking a five-week meditation program.

Its popularity is quickly gaining momentum overseas, as seen in the adoption of the Mindfulness in Schools Project by the UK, the US, Canada, parts of Europe and

Australia. The UK-based initiative offers several programs dedicated to both primary and secondary-aged children.

Various organisations aimed at introducing and spreading awareness of the benefits of mindfulness to Australian students have similarly been founded. Smiling Mind, an Australian non-profit organisation, hopes to introduce mindfulness meditation into the Australian National Curriculum by 2020. The Australian mental health initiative Kids Matter's 'Mindful Schools' program also aims to target children's emotional and social skills through meditation, as well as teaching mindfulness in a child-friendly way.

Several schools in Australia have already taken up the helm and made mindfulness part of their school curriculum. MLC School in Sydney and Geelong Grammar are both examples of schools that have made this form of meditation a necessary component of their students' studies.



**T**he integration of technology into the classroom has increased distraction and decreased the attention span of school students. Diagnoses of mental illness such as depression and anxiety is also on the rise, particularly for young people. Could mindfulness be the answer?

## US scholarship awarded to College graduate

A 2016 graduate from Roseville College has secured the prestigious Robertson Scholarship and will be heading to study abroad at Duke University in the US.



Zoe King, Dux of Roseville College, was one of 27 recipients of the scholarship world-wide and was the only Australian to be awarded one.

"I pursued a Robertson Scholarship because it recognises the effort you've made so far as a student; but the greater emphasis is on your future potential," Zoe says.

Zoe was School Captain and an HSC All-Round Achiever in 2016, a remarkable achievement considering how she had completed the rigorous application process while also preparing for her final exams.

Duke University is ranked 8th in the US and is extremely selective. The Robertson Scholarship is valued at up to \$AU350 000 over four years.

"I am very excited for the experiences abroad...that will further widen my perspective of the world around me," Zoe says.

## Roseville student wins Henry Lawson prose competition

Roseville College student Darcey White, 15, has won the poetry category of the 2017 Henry Lawson Festival of Arts Short Story and Verse competition.



Darcey submitted a poem titled "Mars and Stars", a piece inspired by the concept of "star-crossed lovers" in Shakespeare's Romeo and Juliet.

"I hoped to encourage the audience to question what is valid and invalid in love, when we struggle to define what it is, or how to rationalise it," Darcey says.

The poem uses the metaphor of science to explore how love cannot be constrained by social parameters.

"The metaphor connects science and space, which are supported by evidence, to time and love that are vulnerable and human, and arguably cannot be measured by numbers and figures," she says.

This was the fourth time a Roseville College student has won the Henry Lawson competition, with the previous being Sejung Park in 2009 and 2011 and Alex Turner in 2016.



At Roseville College, where each girl in Kindergarten to Year 12 is known and valued in a caring Christian community, students engage in enriching learning experiences that challenge and empower them to pursue and attain their personal best in life.

Established in 1908, Roseville College ranks among NSW's leading schools in HSC achievement, while also delivering world-class learning initiatives such as the IB Primary Years Program and Cambridge Courses in Years 9–10.

### AT ROSEVILLE COLLEGE THIS MONTH



Roseville College topped four of eight categories in the recent Tournament of Minds – Sydney North challenge, winning First in Primary Social Science, Secondary Social Science and Secondary Language Literature categories, as well as Honours in the Secondary Science category.



Roseville College's Gymnastics squads secured six NSW Top 10 rankings for individual and pair achievement at recent Winter State Gymnastic Championships.

### PERSONALISED TOURS

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Roseville College is a school within the Anglican Schools Corporation

[www.rosevillecollege.com](http://www.rosevillecollege.com)



## Local Education Capital Boost

The NSW Government is boosting education facilities on Sydney's North Shore, including at four schools in the Davidson electorate.

Work continues to transform the former University of Technology Sydney's Lindfield campus into a new modern school complex with a wide range of student facilities. The new campus will ultimately accommodate around 2,000 students in six home base schools under the Government's Future Focussed Learning approach. The first student intake will be in 2019.

St Ives North Public School will receive 19 new permanent teaching spaces and upgraded core facilities to replace demountable classrooms and accommodate projected enrolment growth.

There will be a significant upgrade to sporting facilities at St Ives High School. A number of basketball courts will be constructed along with a synthetic sports field and an upgraded car park. It is proposed the sporting facilities will be available for use by the broader community outside school hours. 11 classrooms at the school will also be refurbished.

Killara High School students will benefit from 19 new teaching spaces, replacing the remaining demountable classrooms and providing room for future growth. This follows major capital works at Killara High just a few years ago.

NSW Education Minister, Rob Stokes (pictured with Principal Jane Dennett) recently visited the school to announce a \$50 million funding injection for school principals to employ extra support staff. The additional personnel will provide principals with more time to undertake core duties such as curriculum planning, monitoring student progress, improving teaching quality and ensuring student well-being.

The additional funding for both new staff and facilities will help deliver the education standards our community needs and deserves. I am delighted the NSW Government is delivering these much-needed education resources for our young people.

Jonathan O'Dea

Member for Davidson

## "LEARN TO SWIM" THIS SUMMER

With a long history in the Wahroonga community, the volunteer-run Bush School Learn to Swim Club registrations are once again open for the summer season.

Its humble beginnings span back to 1958 when the pool was built by the local school community and ran swimming classes predominantly teaching children aged 4-12 the skills and safety requirements of being in the pool.

Now in its 49th season, the club currently teaches students these valuable skills, which are especially important for those hot Australian summers, through a completely volunteer-led production. The volunteers go through on-site, hands-on training to walk away with the vitals skills needed to teach swimming. The Club always welcomes new volunteers, with current volunteers starting at age 13, and the oldest is 83!

The Club offers a number of perks in that students are graded by their abilities as opposed to their age. In doing this, the volunteers can provide a much more effective method of teaching each class. The Club also offers classes at multiple times each Saturday to provide

flexibility for parents of children involved in multiple sporting commitments.

The cost of classes start at \$105 for one swimmer, \$175 for two swimmers and \$230 for three or more swimmers. Registrations open October 1 and remain open throughout the entire season.

Head to [www.bushschoolits.org](http://www.bushschoolits.org) to enquire about the upcoming season.



## PYMBLE LADIES COLLEGE WELCOMES NEW KINDY CLASS



Commencing in 2018, Pymble Ladies College will expand their current intake of Kindergarten classes from three-streams per year group to four.

The expansion is due to increased demand for placement in the early school years with the four-stream per year group expansion extending from Kindergarten to Year 2. It is also a testament to Pymble's reputation for academic excellence and wide variety of campus facilities.

"We aim to nurture a mindset for learning and growth in each and every student, whatever her level of ability, to enable her to maximise her potential – and this starts from her first day in the Preparatory School," says Principal, Mrs Vicky Waters.

Pymble Ladies College offers all new intakes a world-class, research driven wellbeing program that supports every girl to grow from the dependence of the Preparatory School years to the independence of Senior School graduates.

The College also offers an Out of School Hours Care program which was ranked as Exceeding National Quality Standard in 2016, having achieved 'Exceeding' in all seven of the quality areas assessed by NSW Department of Education.

"We are delighted to be able to offer more places for families who believe that the personalised education and the focus on wellbeing that we offer at Pymble is the best start in life for their daughter," Mrs Waters says.



## Growing opportunities for your daughter

We are delighted to announce that our Preparatory School is expanding, due to increased demand. From 2018, we are introducing a fourth Kindergarten class. Now there are more opportunities for your daughter to be a Pymble girl.

Take a Twilight Tour, Thursday 2 November  
Tours commence 4.00pm Formal presentation 5.00pm



Pymble Ladies' College is a school of the Uniting Church in Australia for girls from Kindergarten to Year 12, with boarding available from Year 7. CRICOS 03288K

Visit [pymblelc.nsw.edu.au](http://pymblelc.nsw.edu.au) or call 02 9855 7799 for more information



## Jonathan O'Dea Member for Davidson

As the local MP for the Davidson electorate it is my pleasure to serve constituents and our community, including by:

- Representing **your interests** in NSW Parliament
- Taking **concerns** directly to appropriate Ministers for responses
- Advising about **rights** and further **action** people can take
- Advocating for more **resources** for local groups and communities
- Organising **congratulatory messages** e.g. for 50th/60th wedding anniversaries and 90th/100th birthdays

Please visit my website [www.jonathancodea.com.au](http://www.jonathancodea.com.au) to provide feedback and access links to my latest speeches and media releases.

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[www.jonathancodea.com.au](http://www.jonathancodea.com.au)

Authorised by Jonathan O'Dea MP using parliamentary entitlements

# Care Work & Career: A balancing act



**For many families**, striking a balance between work and family life is strained when negotiating flexible working hours has become increasingly more difficult, a new survey from the Australian Council of Trade Unions (ACTU) has found.

Of the 5,400 Australians who responded to the survey, 85 per cent of working adults also had significant caring and/or parenting responsibilities at home. These results indicate that the average Australian family no longer fits stereotypical archetypes and the ACTU argues that working conditions need to adjust accordingly.

In light of this, the ACTU has launched its new campaign 'Change the Rules for Working Women & Families'. This campaign aims to tackle the gender pay gap, provide a better balance for work and family life and incorporate 10 days of paid family and domestic violence leave universally.

Of the 12 million working Australians, 5.6 million working families are living as a couple, and almost one million are working sole parent families.

ACTU President Ged Kearney stands firmly on changing the workplace culture that inhibits many families from providing care, stating:

"We are a country of working people who value our loved ones more than anything else, but often we are stopped from providing the care needed because our workplace laws and rules have not kept up with modern life."

The survey indicated that many Australian's were uncertain about approaching management to ask for more flexible hours for fear of losing

job security and a rigid workplace culture. Almost 40 per cent had approached their employer in regards to reduced or more flexible hours and many reported being rejected in this process.

"Many of the survey respondents said their workplace culture was not flexible and others said they did not ask their employer for reduced working hours because they feared they would get sacked. This is the disgraceful reality of our modern workplaces."

This campaign also recognises that women are predominantly the primary caregiver for many families. Additionally, the survey showed that women were twice as likely to ask for reduced hours at work and the gender pay gap currently exists at 16 per cent. The ACTU acknowledges that things need to change to ensure that workers are being treated equally in the workplace.

"Australian women and families shouldn't need to fit into outdated broken system. We are arguing that we need modern workplaces and modern laws."

The ACTU have applied to the Fair Work Commission for the right of workers to temporarily reduce their working hours in the case of pressing family commitments, and return to regular working hours once those commitments have alleviated. This submission will be heard by the Commission in December this year.

The ACTU argues that quality working hours should be the right of any family with work and family responsibilities.

"The ACTU is committed to continuing to use every available option to make this a reality for working women and families."

## SYDNEY LANDS NEW METRO TRAIN

Sydney's first metro train landed on Australian shores late last month as part of a plan to completely revolutionise public transport in Australia.

The six carriages of the first metro train have arrived at the Sydney Metro Trains Facility in Rouse Hill and will be prepared for testing over the coming months. Meanwhile, the first 1 kilometer of tracks have also been laid on the iconic skytrain at Rouse Hill.

This has been part of the biggest public transport project in Australian history. The Sydney Metro Northwest, worth \$8.3 billion, is currently in stage one of development, which aims to eventually become the first fully automated metro rail system in Australia.

"In two years, people living in the North West will get a train every four minutes in the peak in each direction, a level of service never before seen in Australia," says Andrew Constance, Minister of Transport and Infrastructure.

## RETIREMENT REGULATIONS ROLLED OUT

Last month, NSW Fair Trading implemented the NSW Retirement Villages Regulation 2017 which will allow for greater transparency in the fee structure, head office expenses and annual budgets.

Part of this implementation will be the introduction of an online fee comparison tool to compare village pricing, designed in collaboration with The Property Council and NSW Fair Trade.

"The Property Council welcomes the introduction of the Regulation as it makes it simpler for potential retirement village residents to easily compare value offerings and supports the key changes to standard disclosure provisions for village fee structures," said Property Council NSW Executive Director Jane Fitzgerald.

This implementation also allows for adding new matters for which village rules can be created, such as smoking in communal areas, and allowing the service of documents to be done via electronic means.



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# Golden Years Feature

MacKillop Grange offers affordable living for independent seniors in one of Sydney's most exclusive suburbs.

Built around the Sacred Heart Catholic Church and under the guidance of Parish Priest Fr Philip Linder and Josephite Nun Kathleen Clifford, MacKillop Grange provides a secure, safe, and friendly environment that has a strong pastoral feel.

The community prides itself on focusing on the importance of local seniors and their ability to continue to contribute to society, fostering friendships with neighbours and a sense of belonging while supporting and encouraging the residents' independence.

Social activities on the ground for seniors to be a part of include Scrabble and cards, and if you want to sit and relax, there's a sundeck to read a favourite book on.

The centre is also situated close to public transport with easy access to the city, North Sydney and the Northern Beaches, if residents feel like getting out and about. For a shorter trip, MacKillop Grange is located only a short walk to Bridgepoint Shopping Centre, which has a variety of clothing stores, a supermarket, and other

speciality shops.

The village contains 63 individual self-care apartments with a range of apartment styles and sizes, from one bedroom to two bedrooms, even some with study areas. All apartments are modern and spacious, and ground floor apartments are available that open onto private courtyards, the upper levels also have spacious balconies.

## NORTH SHORE'S PREMIER SELF-CARE FACILITY

Each apartment is fitted with a 24-hour back-to-base alarm system with call buttons attached to each bathroom wall, as well as a pendant and handset. This means MacKillop Grange residents' families are given peace of mind

that should medical help be required, assistance is at hand day and night.

Staff are warm and welcoming and always ready to assist new residents settle into Village Life.

[mackillopgrange.com.au](http://mackillopgrange.com.au)

MacKillop Grange  
8969 3240

28 Wudgong Street, Mosman

[Mackillopgrange.com.au](http://Mackillopgrange.com.au)



## Seniors Health Corner

Hanna Moore



### Caffeine

There have been epidemiological studies that indicate that regular coffee (or caffeine) consumption can reduce the risk of developing Alzheimer's disease. Caffeine can have stimulating effects on cognitive function, allowing for better concentration, memory and mood.

In conjunction with other lifestyle factors, such as regular physical activity and healthy diet patterns, it could be possible that a regular consumption of caffeine may aid in slowing down the process of cognitive decline.

These are studies, however, and further research would need to be conducted to ensure that this trend could be conclusive. For now, small doses of regular caffeine should be perfectly safe and enjoyable.



### Technology aided independence

With growing availability and accessibility of technology, and the enduring desire for one's own independence, comes innovative means of allowing older people to incorporate both when seeking medical attention.

Wireless devices for phoning emergency respondents to FitBit's, or medical management systems, there are a plethora of items available specifically for seniors health. There is also benefit in utilising technology such as Skype to communicate with healthcare providers and loved ones

These innovations allow for a certain amount of independence for older people while also allowing their loved ones to know they are being taken care of.



### Fitness Classes

Many gyms and other organisations are offering classes aimed at improving health and wellbeing of older people, as well as creating an empowering space to feel connected to other people.

Many classes emphasise the importance of gentle activities that engage with the body's personal needs as well as managing medical conditions such as arthritis, osteoporosis and muscular problems,

These classes also provide an excellent opportunity to socialise and network with other people on a regular basis. A fun and healthy way to make new friends and get active.



## For Sale

**MacKillop Grange Retirement Village is situated in Mosman, on Sydney's beautiful North Shore.**

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment. MacKillop Grange offers on-site management and a 24 hour medical alert.

**Secure your chance today to live at this exclusive address in the heart of Mosman.**

**28 Wudgong Street, Mosman**  
 Phone: (02) 8969 3240  
 Email: [info@mackillopgrange.com.au](mailto:info@mackillopgrange.com.au)  
[www.mackillopgrange.com.au](http://www.mackillopgrange.com.au)



MacKillop Grange

JOIN OUR WAITING LIST TODAY



# NATIONAL CARERS WEEK

National Carers Week runs from 15-21 October, 2017 and is dedicated to acknowledging the work of carers in Australia. The theme for this year's event is Carers Count, to acknowledge the often undervalued and unpaid work of carers in Australia.

According to Carers NSW, there are over 2.8 million family or friend carers in Australia, providing over 36 million hours of care for those with a disability, mental illness, frailty, chronic or terminal illnesses and drug and alcohol dependency.

This initiative aims to raise awareness and understanding of the diversity in care work, as well as recognising the hard work and contribution carers make to Australian society.

Featured on this year's list of events, the 'Carers Day Out' aims to provide a

relaxing space for care workers and their friends and family by promoting wellness, pampering and health checks. It will be held at Redfern Community Centre on 17 October from 10am-2pm and you can register to attend online.

Other ways to get involved this year could be through hosting an event with the resources provided on the website. The organisation also encourages creating workplaces that are carer-friendly through a number of resources and networks to ensure that this necessary investment becomes nationwide.

The website also offers an easy, user-friendly way to simply say 'thank you' to the carers in Australia that spend their unpaid hours looking after those they love. Head over to the website to post a 'thank you' message to the Thank You Wall and show your appreciation for a great cause.

This issue is an important one for older people who depend on the work of carers, either on a daily basis, or as an occasional support network. For many older adults, the support received by care workers is essential to maintaining health,

social wellbeing and an active lifestyle.

This organisation aims to bring awareness to the importance of this, not only to the elderly population, but also nationwide. Changing demographic trends may require many Australians to undertake care work in the future, so the importance of maintaining sustainable care work requires the attention of all Australians moving forward.

[www.carersweek.com.au](http://www.carersweek.com.au)



## FROM HYDROTHERAPY TO A HELPING HAND:

### Cranbrook Care delivers a holistic health, wellbeing and lifestyle package



Residents of Bella Vista Gardens, which opened in late 2016 in the picturesque Hills District, are living the dream. Each resident enjoys contemporary suites designed by leading architect Pike Withers, spacious ensuite bathrooms and panoramic views of the pristine Castle Hill Country Club and its championship golf course. However, that's not all residents of the luxury aged care residence enjoy.

"Residents can choose from a range of lifestyle services, including physiotherapy, massage and podiatry, and when they wish to socialise or relax with a book, they can pick one of several beautifully appointed lounge and dining areas," said Ms Kerry Mann, CEO, Cranbrook Care.

A hydrotherapy pool, consultation suite and gym with the latest, premium, age-specific exercise equipment are located within the state-of-the-art wellness centre, *Reflections*.

"All residents' physical and mental wellbeing is tailored by our Leisure and Lifestyle team who run a daily schedule of activities designed to suit any appetite for activity, including games, art and crafts, exercise sessions, in-house concerts, history discussions, local outings and day trips," said Ms Mann.

The highest standards in clinical care are a top priority for the luxury residence, added Ms Mann.

"Many residents of Bella Vista Gardens have unique health requirements, including dementia.

The professional care team here is fully-equipped and skilled to help residents enjoy life whatever their health or social concerns," she said.

Cranbrook Care's Bella Vista Gardens includes a secure dementia care area with single suites with ensuite bathrooms, a visually- and aurally-stimulating interior environment, and secure gardens to promote outdoor activity and interaction.

"A team of professionals in nursing, hospitality, personal care, cuisine, maintenance and administration care for every resident, and we provide 24-hour clinical and personal care services to ensure we are always ready to respond to our residents' changing needs," said Ms Mann.

The clinical team at Cranbrook Care are experts in administering medication, managing pain, dealing with incontinence and, when the time comes, transitioning residents to compassionate palliative care.

[bellavistagardens.com.au](http://bellavistagardens.com.au)

# SPRING HOLIDAY IDEAS

Tina Wu

## BAROSSA VALLEY

A destination of sophistication for seniors who want a no-fuss yet self-indulgent travel experience. Located in South Australia and one of the oldest vineyards in Australia, Barossa Valley offers decadent food and wine along with art and culture events. Take a tour and view the valley's historic architecture such as the Château Tanunda or an old English village showcasing the valley's European roots. Golf and shopping facilities are also available for a quiet afternoon before feasting on local produce in the evening. Although travel to the Barossa Valley is suitable for all seasons, grape harvests begin in the summer and it is the perfect season for a balmy dinner out during Christmas.

## CRUISES

Cruises are a definite must for senior holiday trips. Specific cruises that tailor to the needs of mature adults over 60 are available throughout the world, the most well-known of them being Princess Cruises. Based in the US, the cruise line also has two ships based specifically in Australia. They offer over 150 unique itineraries, including Australian and New Zealand getaways starting from all of Australia's major cities. The cruise also offers fortnight-long roundtrips from Australia to Asia or offshore islands such as Vanuatu and New Caledonia. On-board facilities such as massages, spas, music and 'Movies Under the Stars' will be available for a senior-special holiday.

## PORT TRAVEL

Australia's famous sea ports and bays are perfect for local seniors who wish to enjoy the beach and sun without the crowds of Bondi or Manly. A road trip up the coast of NSW is a fantastic way to get out of the fuss and bustle of Sydney, or perhaps ride a coach conveniently located at stops near Central Station to the seaside towns of Port Stephens or Port Macquarie. Treat yourself to whale or dolphin watching or take a rainforest track to marvel at Australia's natural beauty. Food and wine experiences will not be missed with restaurants and food festivals galore.

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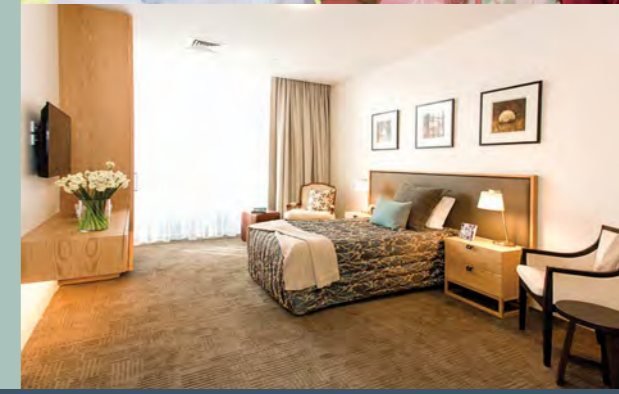
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[bellavistagardens.com.au](http://bellavistagardens.com.au)



**cranbrook care**  
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# HOMESAFE SOLUTIONS:

How can seniors live comfortably in retirement when the only valuable asset they own is their home – and they don't want to sell?

For those seniors who own their homes, fortunately there is an alternative source of funds to secure the dignified retirement which you have rightfully earned and want.

For too long the family home has been considered only as a place to live and then ultimately, an asset which can be bequeathed to family members. However, the family home can provide a source of funds to pay for a dignified retirement today.

If selling to downsize your home is not an option, a better solution is to use a senior home equity release product such as Homesafe Wealth Release which enables you to sell a share of the future sale



proceeds of your home for an immediate cash lump sum.

Take George and Joan as an example. They have lived in their home for nearly 30 years and have no desire to move. About 10 years ago they borrowed against their equity to undertake some renovations to their home and their mortgage grew to \$65,000 and a monthly loan payment of \$1,000. They were concerned about how they would continue to pay off the loan as they got older.

They turned to Homesafe and received

the funds to pay off their loan so that they can enjoy their retirement with the comfort of being debt free. Now they can really enjoy their home for the remainder of their lives. George and Joan can now have the dignified retirement that they have earned.

Homesafe Wealth Release is the debt-free way to access the funds you need. Talk to Homesafe today to see if they can help you.

Call 1300 307 059 or visit the website at [homesafe.com.au](http://homesafe.com.au).

## THREE MUST-HAVE ACCESSORIES FOR A MOBILITY SCOOTER

Rejimon Ulahannan

**A** mobility scooter enhances the independence of its user. It opens up possibilities that were not even conceivable for someone with limited or restricted mobility prior to using one. We've previously talked about how to select the most appropriate mobility equipment, how to use a mobility scooter for the safety of the user and the community and other related topics. Today, we look at the most commonly used accessories for a mobility scooter.

**A Scooter Flag** is a must for every scooter as it enhances the visibility of the equipment when out in a public or private space. It helps the pedestrians, drivers and other road users to spot a mobility scooter and thereby making the road safer for the mobility scooter user.

You can fix a **Bag or Basket** either in front or rear of the scooter. The size and type will largely depend on the size of the scooter and the user's requirement.

**A Canopy** to shield the user from the sun and light showers is another must have accessory for a scooter.

In most of the standard non-portable scooters, side view mirrors are a regular feature. Other commonly used accessories include a walking stick holder, walker carrier, crutch holder, trailer, oxygen tank holder, golf bag carrier and even a wheely bin carrier. There are many more innovative solutions available as accessories to improve the independence of a mobility scooter user become more available.

Comfort Discovered stocks the largest range of scooters in one convenient showroom. Grab the opportunity to test drive a scooter of your choice and discuss the accessories that would suit your unique requirements with their highly experienced and friendly team.

[comfortdiscovered.com.au](http://comfortdiscovered.com.au)



# WHAT'S ON: SENIORS

## 1 Be Safer On Our Roads Senior Workshop

**When:** Wednesday 4 October, 1pm-3pm  
**Where:** Newport Community Centre, 11-13 The Boulevard, Newport Beach  
**Cost:** FREE  
**Contact:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)

Refresh your memory with road rules, learn how to use an Opal card on public transport and choosing a car with safety features.

## 3 COPE Presentation: a New Program for Dementia

**When:** Wednesday 11 October  
**Where:** Ku-ring-gai Council, 818 Pacific Highway, Killara  
**Cost:** FREE  
**Contact:** [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

Sally Day presents the Care of People in the Environment program, an occupational therapy for the people with dementia and their carers at home.

## 5 Kimbriki Tour and Garden Talk

**When:** Tuesday 17 October, 9am-2:45pm  
**Where:** Kimbriki, Terrey Hills. Bus leaves from Hornsby Park bus top at 9:15am.  
**Cost:** FREE  
**Contact:** [hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)

Listen to a talk on eco gardening and learn how to convert your green waste into a usable garden product. Bookings essential.

## 2 Qi Gong Class

**When:** Wednesday 11 October – Friday 13 December  
**Where:** Gordon Library, 799 Pacific Highway, Gordon  
**Cost:** \$95  
**Contact:** [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

Kang Ja Lee, a qualified 3rd level Shibashi Qigong and yoga tutor will take seniors through breathing exercises and gentle movements to improve health and reduce stress.

## 4 Carers Art Exhibition

**When:** Tuesday 17 October-Friday 27 October, Monday-Friday 10am-5pm, Saturday 9:30am-5pm, Sunday 2pm-5pm  
**Where:** Hornsby Library, 28-44 George Street, Hornsby  
**Cost:** FREE  
**Contact:** [hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)

The art exhibition celebrates carers and their important role in the community. Meet the artists during the free afternoon tea on 27 October.

## 6 Spring Walk in the Garden

**When:** Until October 23, everyday 7am-6pm  
**Where:** The Royal Botanic Garden Sydney  
**Cost:** FREE  
**Contact:** [rbgsyd.nsw.gov.au](http://rbgsyd.nsw.gov.au)

View the oldest horticultural display in Sydney this spring. Seasonal blooms such as wisteria, the flowering peach, cherry and magnolia will be on display.

# AGEING WELL INTO THE FUTURE

**A**ged care in Australia is vastly different to what it was over a century ago. No one knows this better than Twilight Aged Care, who started their journey in the early 1900s. This year Twilight Aged Care celebrated its history by releasing a book written by Ron Ringer entitled 'An Australian Story Twilight House 1915-2015'. This delightful story explores the benevolent and pioneering not-for-profit centre, its people and its unwavering dedication to caring for the elderly in the North of Sydney.

More than 100 years since it first opened its doors, Twilight Aged Care continues to offer high quality care through small intimate homes to the communities in Sydney's north. This is achieved by regularly funnelling profits back into the building and through renovating the homes. Earlier this year, Twilight unveiled a newly refurbished \$16 million

redevelopment on the Pacific Highway Gordon.

Horton House, a state of the art home for women, offers the highest standards in security and safety, high-end building fixtures and finishes, along with an integrated caring community environment. If you would like to experience the care and compassion that are synonymous with Twilight Aged Care's homes then call 02 8886 2100 to arrange a tour of Horton House today.

[twilight.org.au](http://twilight.org.au)



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## KNOWING YOU'VE MADE THE RIGHT CHOICE

Twilight Aged Care is at the forefront of ageing in place – providing a variety of care options including dementia specific and palliative care. We offer a range of activities and programs provided in home-like facilities that offer lovely gardens, elegantly designed accommodation and spacious rooms with ensuites. If you are looking for either respite care or a permanent placement, call us today to find out more about our homes, service and outstanding care.

- GLENGARRY • HORTON HOUSE • JAMIESON HOUSE • GLADES BAY GARDENS • HUNTERS HILL VILLAGE

FOR MORE INFORMATION

Tel: 02 9414 4400  
Email: [info@twilight.org.au](mailto:info@twilight.org.au)

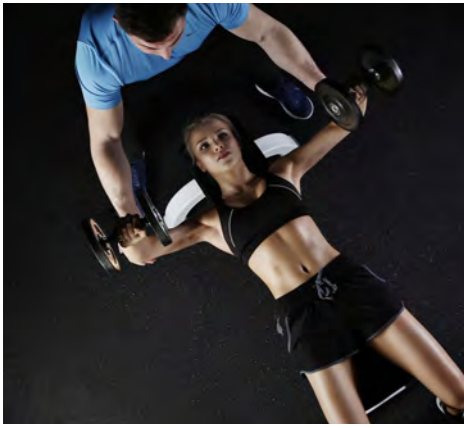
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TWILIGHT  
AGED CARE

# Health Corner

Tina Wu



## The Women's Health Survey 2017

The recent survey revealed Australian women's physical activity levels and their perceptions on fitness and health. The research found that most women were satisfied with their current health status, with three quarters describing their health to be "good" or "very good". However, 60 per cent of women are failing to hit the recommended 2.5 hours of moderate exercise per week and many cite a lack of time or being too tired as key reasons. Of concern is how women are gathering health information, with many preferring Wikipedia or Google over VIC Health and the Australian Government Health Department website.



## Ballet Barre Workouts

Exercising at the barre, ballet-style has recently gained popularity for its low-impact workout regimen. Barre practitioners claim that you can gain a ballerina's muscle endurance while increasing your flexibility, strength and balance by practicing ballet drills to tone your muscles. Studio lessons are available in Sydney but lessons are often expensive, so some recommend replicating the barre at home with the back of a chair or a benchtop. Barre classes are great for seniors due to the workouts relatively low risk of injury.



## Eating protein

Research by the McGill University Health Centre in Canada has found that seniors who eat protein three times a day will be at lower risk of muscle loss. The Centre revealed that it is important to spread protein portions evenly across the day, even during breakfast. From a study conducted over three years with nearly 1800 participants aged 67-84 years, they discovered that people who also consumed protein during the day compared to those who consumed protein predominantly for dinner had more muscle strength. This supports the belief that the elderly need to consume more protein to improve muscle mass and prevent frailty, but having balanced portions over 24 hours will maximise the benefits.

## GUM DISEASE AND PREGNANCY



Dr Ian Sweeney

**Periodontal disease** is a chronic inflammatory disease of the gums and tissues that support the teeth. It is caused by bacteria that exist in everyone's mouths that multiply if not removed by regular brushing. Once the bacteria start multiplying, it builds up like barnacles on a boat, particularly around the gum line.

Excess bacteria in the mouth will cause a chronic inflammation around the teeth, leading to redness, bleeding and finally the gums pulling away from the teeth. The inflammation will also set up a cascade effect of tissue destruction and toxins that will pass into the blood stream. Periodontal disease has been linked to many diseases including heart disease, diabetes and kidney disease.

Infertility has been reported to affect up to 1 in 7 couples worldwide. Some of the latest research findings are suggesting a potential link between gum disease and pregnancy complications. This includes interference with conception and suggests links to miscarriage and premature birth.

Fertility research is increasingly indicating that gum disease may potentially lengthen

the time it takes for a woman to become pregnant by an average of an extra two months. This includes research from some IVF studies which shows the success rate of IVF treatment may be reduced in patients suffering from periodontal disease.

A recent study suggested that in men with periodontal disease, sperm mobility was reduced in up to 33% of cases.

Dental care should therefore become an important part of pregnancy planning. Healthy gums do not bleed. Bleeding or sore gums should be treated immediately. Regular brushing and flossing of teeth is the best way of preventing gum disease coupled with professional cleaning from your Dentist.

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

[northsidedental.com.au](http://northsidedental.com.au)

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give your family,



## Special Services

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# BREAST CANCER AWARENESS MONTH

Hanna Moore

**Breast Cancer Awareness** Month is an initiative by the McGrath Foundation and will be held in October this year. The month is dedicated to raising funds and awareness about breast cancer.

The McGrath Foundation funds 117 Breast Care Nurses for predominantly regional and rural areas of Australia, where treatment can be difficult to find, to support and empower those undergoing from breast cancer treatment.

Currently, there are 79 more McGrath Breast Care Nurses needed to support families who are already supported by the foundation. This year, the foundation will be using Breast Cancer Awareness Month to help achieve this goal.

A number of events will be taking place throughout the month for people to get involved, donate and raise awareness for

the issue. The first day of the month will be dedicated to 'Pink up your town'. This event invites members of the community to paint the town pink whilst holding local fundraisers.

The Glow Hard Fun Run will also be held throughout the month to encourage people to walk, run or dance their way through the 5km course and raise money through buying tickets and personal fundraising.

Along with this, Breast Cancer Awareness Month will be a host of information on breast health, how to check your breasts regularly and options on how to share this information with people you know.

This initiative is an important way to raise awareness of an issue that affects many, as well as providing resources on how to maintain good breast health. The McGrath Foundation also collaborates with Cancer

Australia and the Breast Cancer Network Australia to ensure that those affected can get the help that they need.

For those wanting to get involved this October, the McGrath Foundation offers a number of opportunities to help raise funds and awareness for this issue. Fundraising through events is a great way to get involved and do something great for the community. This can be done by either hosting your own event or getting involved in events in the area.

Other means of support can come through buying some pink goodies from the shop or donating to the website to help support Breast Care Nurses and the families who need them.

[mcgrathfoundation.com.au](http://mcgrathfoundation.com.au)

This month, Life Education is running their fundraising initiative 'Ocsobor' encourage people to give up alcohol for a month to help Aussie kids make empowering choices about their health.

Life Education, fronted by the iconic Australian Mascot Healthy Harold, is a non-profit provider of drug and health education for kids all across Australia. The organisation aims to empower kids to make positive health choices as a preventative means of education.

The organisation also educates kids about cyber-bullying, the importance of respectful relationships and peer pressure. This is done by over 120 qualified educators travelling across the country in mobile learning centres to create an exciting atmosphere for learning.

Those involved in the fundraiser also benefit from giving up the booze for a month by feeling healthier, fitter and more balanced, as well as setting a great example for those around them.

This is an important topic for today's generation. It is essential that accessible and informative education on health and wellbeing is being instilled in kids from a young age to ensure they are making positive choices for themselves.

To get involved this year, you can go online and pledge your commitment to giving up alcohol for the month of October free of charge. Each participant is given a personal fundraising page and a minimum fundraising goal of \$700 to get the ball rolling. The organisation also offers teams the opportunity to get involved together by

going sober and fundraising.

The website offers some great ideas for those looking to fundraise, as well as a 'Survival Kit' comprised of advice from Life Education Ambassadors to help those going sober.

The organisation also offers those who wish to have a drink responsibly in the month of October a 'Leave Pass', whereby a donation can be made in place of the pledge.

Every child deserves quality education on their health, and Life Education is aiming to provide this to as many children as possible. To get involved in this great cause, check out the website at [ocsobor.com.au](http://ocsobor.com.au) and get fundraising!

## WORLD MENTAL HEALTH DAY

Brooke Fryer

October 10 is a day for mental health, where global mental health education, awareness and advocacy are encouraged.

The World Federation for Mental Health is running this day to raise public awareness on a worldwide scale.

It is a day where those working to raise universal awareness of mental health are able to talk about their work. They are also able to highlight what else needs to be done to make accessible care for individuals effected by mental illness more of an option.

The non-profit organisation, Mental Health Australia, will be leading this campaign here down under with a focus on ensuring the entire community recognises that we can create a mentally healthy society.

One in five Australians suffer mental health issues with anxiety disorders being the most common. Stigma is the main cause for individuals not reaching out. This can be due to a misunderstanding of the subject, as prejudice remains a pressing issue in Australia.

Mental Health Australia has put forward a concept, Do You See What I See? Challenging perceptions of mental health in Australia while encouraging the community to look at mental health in a positive light. This is in an effort to reduce stigma and to open doors to individuals seeking the help they deserve.

Misrepresentations about mental illness effects peoples daily lives as they are afraid to step up due to being labelled as 'weak', 'hopeless', 'comical' and 'incompetent'. These representations can appear anywhere such as the school playground, conversations at home and throughout the media.

World Mental Health Day encourages individuals to reach out to their GP or a mental health professional. Individuals affected by mental illness should be able to lead important and independent lives

whilst contributing to the community with the necessary treatment.

Individuals are also encouraged to visit online institutions such as ReachOut, beyondblue, SANE Australia and Headspace to seek information and to learn more about mental illness.

This World Mental Health Day we encourage those struggling to step up and speak to someone about their mental health.

**Kids Helpline call 1800 55 1800.**

**Lifeline call 13 11 14.**

**1010.org.au**





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# THE BIG WHITE DRESS

Tina Wu



**T**hough hats may be a thing of the past for bridal couture, Peter Trends Bridal on Roseville's Pacific Highway is still dedicated to finding the dream dress for bride-to-be's.

The store provides one-hour, one on one consultations with prospective brides to ensure they locate the best dress possible for the big day.

"First of all we find out what the client is looking for," describes Monique, manager of the store.

"Usually they have a theme for their wedding, whether it's a beachside theme, or a vintage theme. It could be a wedding at a destination other than Sydney."

Indeed, Peter Trends has provided dresses for brides and weddings in all locations, from Greece, the heart of the Mediterranean to Antarctica at the ends of the earth.

"She's even got photos of penguins," she laughs. "We get images from their weddings and we put them on our blog and our website. Including the one

from Antarctica."

Peter Trends also provides a bespoke service that focus on adding the bling to existing bridal dress designs.

"Once we find out a brief idea of [what] the bride is dreaming of, we introduce some gowns and try a few things on," she says. "We find out exactly what shape, what silhouette would suit her body type."

"A neckline, the length of her train, or if she wants a lower back...there is room to personalise your design that way," Monique says.

Peter Trends started out as a family business 30 years ago and Monique fondly recalls how her parents started out by selling hats and millinery, which were all the rage in the 70s and 80s.

"It was my parents who started the business originally, and we were only in bridal millinery at that stage. So that was hats and hairpieces and bouquets," she says.

Now Monique runs the bridal shop with her sister, where they turned to gowns in the 80s and began designing collections of their own.

The success of Peter Trends can also be

seen to transcend generations. They're starting to see daughters of women who had bought dresses from Peter Trends a generation before returning for a chance to pick their perfect dress.

"It's really wonderful when we get brides now whose mothers bought their dresses here over 20 years ago, so now we're seeing a second generation of brides coming through."

Peter Trends wholesales dresses to 20 bridal stores nationwide, with a production company overseas that brings the Australian designs to life.

Monique also reveals that Peter Trends is venturing into the US for the first time.

"We've recently just launched in the US as well," she says. "Early days yet, but we'll be going to New York Bridal Week again in the first week of October and we'll show it to the US market."

To find that perfect dress, Monique recommends looking online and bringing a photo of a gown that you like to your consultant.

"Come in with those ideas and talk to your consultant about the type of evening wear or formal wear that you would normally wear that you know suits you," she says.

# BEAUTY MUST-HAVES THIS SEASON

## PASTEL POLISH

Colour by TBN has released a new high impact collection of 12 magic-making shades, with a new French formula for long wearing pastel, holographic and iridescent nails. Each bottle has an easy-to-use medium sized brush to perfectly apply colour, from nail base to tip. Plus all colours are 100 per cent cruelty-free!

High-Impact Collection, \$2.95 each from Color by TBN.

[colourbytbn.com.au](http://colourbytbn.com.au)



## LUSH HALLOWEEN COLLECTION

It wouldn't be October without Halloween-themed everything and this year, LUSH is delivering all your ghouly goodies. A Stand-out of this collection are the sparkly pumpkin Bubble Bars. Be a golden goddess with the 'Sparkly Pumpkin' bar or get pretty in pink with a 'Pink Pumpkin', rich in geranium and bergamot oils. Simply crumble these products under running water for a cloak of uplifting bubbles. LUSH's Halloween collection this year is also 70 per cent totally packaging free and self-preserving, so no nasty tricks for the environment either!

Sparkly Pumpkin and Pink Pumpkin Bubble Bar \$8.95 each from LUSH Cosmetics.



[lush.com.au](http://lush.com.au)

## FASHIONABLE FEET

Made from all-natural ingredients, BlisterBalm is the solution to chafing or blistering from footwear. Coming into the warmer months, this is a must-have for all those heading out-and about to soak up the sun. The combination of bees wax, mango butter and isopropyl myristate is ideal for soothing relief of chafing. Better used as a preventative method, BlisterBalm protects and nourishes your feet from the outside-in. Suitable for men, women and children wearing all shoe types, this convenient, travel-sized product is a staple for any handbag.

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[blisterbalm.com.au](http://blisterbalm.com.au)



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# ORGANIC FOOD REDUCES BOTH WAIST AND WASTE PROBLEMS

By now we are all too familiar with the many personal health benefits of consuming organically grown food. From increased antioxidants to lower cholesterol, the positive physiological effects of upping our organic food intake are seemingly endless. However, the benefits don't just stop at our waist line. By purchasing from and supporting the growth of the organic farming industry you are also enabling food waste to be reused and recycled back into the soil as fertiliser, thus diverting waste away from landfills.

Currently, Australian households are collectively generating around 50 million tonnes of waste each year. This works out to be approximately 2 tonnes per person. Alarmingly, out of this large amount only 58 per cent ends up recycled and the

remaining waste goes to landfills. This is where organic produce comes in to help lessen the waste load. By encouraging the consumption of more organic foods, we are simultaneously encouraging a sustainable food system that re-purposes organic waste through recycling.

The Chairman of the Centre of Organic Research and Education (CORE), Eric Love, supports the push to go organic as a key way to target Australia's burgeoning landfill problems.

"Cutting down on wasting food is vital to the survival of the whole human race. If we wish to protect our future food security, it is essential that we reduce waste and recapture the energy in discarded food currently being wasted through widespread

landfill disposal," says Mr Love.

"Better food management and recycling by businesses and the community throughout the entire food chain will preserve and reduce the waste of nutrients and carbon that is in all foods, so it can be returned to the soil to keep it fertile and at the same time reduce greenhouse gas emissions caused by the breaking down of wasted food discarded in landfills."

So the next time you head out to do your weekly food shop remember that organic food is the best for you and the best option for our environment too!

[organicweek.net.au](http://organicweek.net.au)



We're well and truly into Spring so by doing some hard work in the garden now, you can enjoy the fruits of your labour and relax with family and friends over summer.

Gardening should be therapeutic, relaxing and rewarding, not overwhelming and disheartening, so don't try to do everything at once – work out which areas need the most attention and complete one section before moving on to the next. Get the less attractive chores like weeding and enriching garden beds with composted cow manure out of the way first. Once you've improved the soil you can get cracking on the serious business of rejuvenating existing plants and introducing new ones!

Warmer days means rapid growth on all plants, so now is the time to feed every plant you have. Garden Gold, which is a controlled release fertiliser, is so easy to apply as it's in a granular form and once you've done this, water well then put a 10cm layer of sugar cane mulch and water again.

Add colour to your garden, courtyard or balcony this Spring by planting long-flowering perennials. For those lovely sunny spots, choose the new improved Argyranthemums and Osteospermums (or daisies to you and me), which come in a kaleidoscope of colours, as do Nemesias, Salvias and Geraniums. Evolvulus "Blue My Mind" is a fantastic groundcover as is Bacopa and the trailing petunias named Happitunias are superb in hanging baskets. The bees will love you forever!

As you look forward to those barbeques and lazy summer evenings, you'll need food at your fingertips and there's nothing better than home grown produce. Plant tomatoes & chillies now for crops that will keep on coming or create a herb garden in the vegetable patch or pot. Sweet basil is the tomato's best buddy so you'll have bruschetta in an instant. These are my personal must have herbs. MINT – make fresh mint sauce to drizzle over that barbequed lamb; CHIVES – snip them over warm, buttered baby potatoes; OREGANO to scatter over your home-made pizzas and ITALIAN PARSLEY to toss through Bolognese, and be a little more adventurous grow SORREL- it brings a really interesting citrus-y zing to a tossed green salad.

[elegantoutdoors.com.au](http://elegantoutdoors.com.au)



The first steps have been made towards tackling NSW's climbing energy concerns. The NSW Government has recently released a new energy efficiency package, which is being touted as a good first step in helping businesses and families overcome the threat of rising energy costs.

The state's peak business organisation, the NSW Business Chamber, has supported the package as a helpful aid to small businesses.

"NSW small businesses are experiencing a 20 per cent increase in electricity prices since July this year while manufacturers have seen their electricity bills double over the last 12 months," says NSW Business Chamber Chief Executive,

Stephen Cartwright.

"While there has been considerable chatter by governments on how to address the many drivers behind these price rises, governments need to recognise that an urgent response is required to mitigate the impact of higher prices now."

Making businesses and homes more energy efficient has been a key focus in solving ever-increasing energy prices, however, many individuals simply do not have the time, know-how or funding to seek out suitable options for energy efficient upgrades.

As such, the NSW Business Chamber was quick to note that this package is certainly not the 'be-all and end-all' for

NSW Government action. Even if business and homes have installed energy efficient equipment, in many cases energy bills still remain too high to afford long-term.

"The Government's recognition of the need for policies for small businesses to combat rising energy prices has our firm support, however, we also urge Governments to continue focusing on how to make energy bills and offers easier to understand and how to bring down high electricity generation prices," says Mr Cartwright.

Not just restricted to our home state, burgeoning energy concerns will undoubtedly be brought to the forefront of news cycles and political agendas as Australians across the country grow tired of the climbing rates.

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Child	\$18		
Adult	\$28		
<b>ST IVES SHOWGROUND</b>		<b>NARRABEEN</b>	
Fri 27 <sup>th</sup> Oct	7pm	Fri 10 <sup>th</sup> Nov	7pm
Sat 28 <sup>th</sup> Oct	3pm and 7pm	Sat 11 <sup>th</sup> Nov	2pm and 6pm
Sun 29 <sup>th</sup> Oct	11am and 3pm	Sun 12 <sup>th</sup> Nov	11am and 3pm
Fri 3 <sup>rd</sup> Nov	7pm	Thurs 16 <sup>th</sup> Nov	6pm
Sat 4 <sup>th</sup> Nov	3pm and 7pm	Fri 17 <sup>th</sup> Nov	7pm
Sun 5 <sup>th</sup> Nov	11am only	Sat 18 <sup>th</sup> Nov	2pm and 6pm
		Sun 19 <sup>th</sup> Nov	11am and 3pm
		Thurs 23 <sup>rd</sup> Nov	6pm
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## ROSEVILLE'S FLOWER POWER

**R**oseville Florist has been located at the classic florist spot on Lord street for over 16 years, selling for events, weddings and personal gifts for someone special.

One of the florists in this business, Kylie, had a chat with the *Sydney Observer* to give an insight into their flourishing business.

"There's been a florist shop here for almost 100 years, so it's a well-known spot for a florist shop."

The family owned business thrives on its quality employers, with Kylie having studied floristry for two years prior to entering the business.

Along with an array of fresh flowers available, the shop also offers champagnes, wines, chocolates and gifts that give each delivery a special, quality feel. Each bouquet can also be potted in a wide range of ceramic pots, vases or planters that currently decorate the quaint store.

When discussing what sets their business apart, Kylie attributes the authenticity and quality of their products. It's important the

customer receives the freshest flowers to ensure that their experience makes them want to return.

"We pride ourselves in quality and good service, so people come back to us to get fresh flowers."

Along with running the shop located close to Roseville station, they also visit the flower markets in Homebush.

"We do the markets three times a week, Monday, Wednesday and Fridays."

Upon visiting the florist, they had just returned from the markets and were in the process of restocking the store as they do every week.

"We have cool rooms in the back and we restock as we need."

Along with the Spring-time wedding rush, Roseville Florist also cater for corporate events. The personalised customer experience also provides the store with many people looking for their next arrangement.

"Every day is different from week to week. The beginning is quiet; towards the end of the week are our busiest days."

On what makes Roseville an excellent location for their business, Kylie notes that special something that makes the North Shore shine for small business owners.

"It's just got a nice feel about it, all the shops along here are really nice, it's a nice little community."

Following the closure of the liquor store along Hill street, the influx of new small businesses in the area has seen business grow.

"With new cafes opening, the area is really picking up again, there's more people around."

For the freshest flowers, the store can offer personalised bouquets, or you can pick from the array available. Their website also offers their services online to be bought and delivered as needed.

So when you're next in Roseville, be sure to check out the sweet-smelling and aesthetically pleasing storefront nestled in the heart of the sleepy suburb.

[rosevilleflorist.com.au](http://rosevilleflorist.com.au)



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## October Hotspots

5-8 October



### Kidtopia Festival 2017

Over three jam-packed days of the Spring school holidays, bring the family down to the annual Kidtopia Festival presented by Qantas Assure.

Located in the Cattle Paddocks of Parramatta Park, this 3-day event offers everything from masterclasses, live musical performances and rides at the Funfair. There is also an open air cinema and food stalls. The event is catered for those aged 5-12, but for those under 5 the Littletopia section includes heaps of fun activities for the little ones.

The event is open from 10am – 8pm daily, and prices are normally \$30 for an adult and \$20 for a child. Rides and masterclasses cost extra but can be combined with regular entry tickets.

### Barangaroo's Light the Night

'Light the Night' is held annually by the Leukaemia Foundation to bring together people to reflect on those affected by blood cancers. Every year, the event brings together people to donate and light lanterns in memory.

This year, the event will be held at Walumil Lawns at Barangaroo Reserve Sydney. Guests are invited to light coloured lanterns, Gold – to remember those affected, White- for those currently living with a condition, and Blue- for those who want to show solidarity.

The evening will also be hosting live entertainment and food stalls will also be available for the whole family.



6 October 2017

### Fearaphobia

This Halloween, prepare to be scared out of your mind with seven terror-filled Scare Experiences at this year's Fearaphobia.

This year, 'The Killing Field' has been added to the list of attractions which also include, 'Escape of the Zombies', 'Evil Scream 13', 'Haunted Hotel', 'The Darkness', 'Big Top Intensity' and 'Monsters Mayhem', which are all pretty self-explanatory.

The only Scream Park in Australia is offering an all-inclusive pass which costs \$90, or if you're too scared you can purchase passes at \$60 and \$40 which allows access to 4-6 of the attractions.

26-31 October



starts October 19

### Sculpture by the Sea

In its 21st year, Sculpture by the Sea is an iconic Sydney attraction that draws crowds every year. The 2km coastal walk from Bondi to Tamarama will transform again this year, showcasing an array of art from local artists and those abroad.

Starting October 19 and running up until November 5, the exhibition is free to the public, but also offers Education Programs which aim to inspire creativity in students and teachers at a cost. These experiences can be booked in groups of 15-30 students and prices vary according to program, starting at \$15, and going up to \$380 per group.



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## SYDNEY OBSERVER'S GUIDE TO

# GOOD FOOD MONTH

2017

### LAUNCHPAD

**What:** This year, 'Good Food Month' will kick off with a desert Palm Springs inspired launch party. The event will feature plenty of goodies and a soundtrack inspired by the contributors for this year's event.

**When:** 6pm, Thursday 5 October

**Where:** Hyde Park Palms – Hyde Park, Elizabeth Street, Haymarket

**Cost:** \$100 per person

### CHINESE NOODLE MAKING

**What:** Join the experts at Chef's Gallery for a private noodle demonstration over a shared banquet of dinner and drinks. Get a behind the scenes look at how the skilled Master Noodle Chef perfects the art of noodle-making for a unique and special insight into the combination of Chinese cuisine and the artistry of food-making.

**When:** 7pm, Thursday, 5 October

**Where:** Chefs Gallery, Town Hall – Regent Place, 12/501 George Street

**Cost:** \$45 per person

### CELEBRITY CHEF: MARCO PIERRE WHITE

**What:** UK's Marco Pierre White will be heading to Sydney this October to guide guests through a menu that is said to never be repeated and an intimate talk with host Jill Dupliex.

**When:** 6:30pm, Sunday 8 October

**Where:** Hyde Park Palms, 271 Elizabeth Street

**Cost:** \$275 per person

### BLIND BEER TASTING

**What:** Guests are treated to a three course meal accompanied by a blind beer tasting to perfectly balance the gourmet meals. Special Guest Kerby Craig has teamed up with Beer the Beautiful Truth to share their love of good food and good beer for a delightful evening out.

**When:** 12:30pm, Friday 13 October

**Where:** Hyde Park Palms – Hyde Park, Elizabeth Street, Haymarket

**Cost:** \$70 per person

### GOOD FOOD, GOOD CONVERSATION

**What:** Ronni Kahn, CEO & Founder of OzHarvest joins a number of industry experts in a discussion on the future of food. OzHarvest chef Travis Harvey will also make an appearance, recycling food from previous events throughout the month to cook up a delicious menu for guests.

**When:** 6:30pm, Thursday, 12 October

**Where:** Hyde Park Palms, 271 Elizabeth Street

**Cost:** \$150 per person with \$4 of each ticket purchase donated to OzHarvest to provide meals for those in need

### STEAK AND SHIRAZ MASTERCLAS

**What:** Eastside Grill will be taking guests on a journey to perfect the art of cooking steak. Celebrity Chefs Marco Pierre White and Ivan Gaspari will also be showcasing their favourite Shiraz to match.

**When:** 2pm, Saturday 21 October

**Where:** Eastside Grill Lvl 1, 2-10 Kensington Street, Chippendale

**Cost:** \$120 per person



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# EXPERIENCE CUBA

Tina Wu

Cuba, South American gem of culture, art and music, is a must-see country for your next travel adventure. Often judged by its political strife and communist regime, or only experienced through Las Vegas's slice of Havana heaven, it's worth the chance to explore the country for yourself. The hurricane season hits in June-November and crowds are massive throughout Christmas and New Year's. Sydney Observer recommends the winter months as the best time to experience the Cuban summer, with special deals and smaller crowds helping you to enjoy the place as best as possible.

## THE MUSEO DE LA REVOLUCION

One of the many museums in Cuba, this particular museum is located in Old Havana and a popular tourist destination to learn about the country's political history. The museum is part of the Presidential Palace and its interior is designed by none other than Tiffany's of New York in the early 20th century. The museum's exhibitions tell the story of the Cuban Revolution in the 1950s, complete with bullet holes in the wall made during an attempt to assassinate then President Fulgencio Batista.

## FUSTERLANDIA

Immerse yourself in Cuba's teeming artistic landscape filled with bold colours and crude yet childlike designs. The originally derelict suburb of Havana's Jaimanitas was transformed by Cuban artist José Fuster in the 1980s after being inspired by the works of Gaudi and Brâncuși. His artworks have created a neighbourhood of fantastical landscapes and is the epitome of Cuba's unique and transformative artistic culture.

## MONEY

The two official currencies of Cuba is the Cuban convertible peso (CUC) and the Cuban peso (CUP). The CUP is often only used for street food or local shops, with 1 CUC worth roughly 26 CUP. The CUC and CUP are only convertible in Cuba itself, so be sure to bring with you a fair amount of cash, preferably British pounds or Euros. The average traveller usually spends up to 75 CUC per day including food, drink, travel and accommodation.

It's important to note that credit cards or traveller's cheques that are issued by American banks or by Australian banks affiliated with American banks will not be accepted in Cuba. Ensure that you have a decent amount of emergency cash so funds do not run dry before your adventure is over.

## VARADERO

This laidback beach resort stretches across Cuba's Hicaco's Peninsular and is the engine of the country's tourism industry. Powdery sands and azure-blue waters dotted with bars and hotels will allow you to experience Cuba's coastal scenery in a way that's different to Sydney's overcrowded Bondi Beach.

## ACCOMODATION

Other than government-run hotels, which can often be expensive, experienced travellers recommend renting Airbnb or bed-and-breakfast type home-stays, called casas particulares, scattered throughout Havana for easy access to tourist hotspots.

## TRAVEL TIPS

The Australian Smart Traveller website warns about the dangers of petty crime in Cuba, particularly at night. It's also important to note that you will likely be detained if involved in a driving accident and may not be allowed to leave the country until the matter is resolved. There is no Australian Embassy in Cuba, but the Canadian Embassy and the Australian Embassy in Mexico will be able to assist Australians in Cuba.

# OCTOBER

7 October

## The Big Adventure

**Where:** Sydney Park, St Peters  
**When:** 9am to 4pm  
**Cost:** Free  
**Contact:** [whatson.cityofsydney.nsw.gov.au/events/the-big-adventure](http://whatson.cityofsydney.nsw.gov.au/events/the-big-adventure)

7 October

## Reuse and restore your clothes workshop

**Where:** Roseville Arts Centre, Roseville  
**When:** 9:30am-12:30pm  
**Cost:** \$10 per person  
**Contact:** [kmc.nsw.gov.au](http://kmc.nsw.gov.au)

7 & 8 October

## Lifeline Giant Book Fair

**Where:** Oakhill College, Castle Hill  
**When:** 8am-5pm  
**Cost:** Free  
**Contact:** [lifelineh2h.org.au](http://lifelineh2h.org.au)

Starting 10 October

## Back to Basics

**Where:** Church of Christ Hall, North Turramurra  
**When:** 10am to 11am  
**Cost:** \$107 per person  
**Contact:** [kmc.gov.au/Services\\_facilities/For/Seniors](http://kmc.gov.au/Services_facilities/For/Seniors)

13-22 October

## Festival of Mosman

**Where:** Mosman (Check each event for location)  
**Cost:** Free  
**Contact:** [festivalofmosman.net/2017/events](http://festivalofmosman.net/2017/events)

14-15 October

## Sydney Wine Festival

**Where:** Grand Pavilion at Rosehill Racecourse, Rosehill  
**When:** Starting at 10:30  
**Cost:** \$25 pre-purchase, \$30 if purchased on the day  
**Contact:** [sydneywinefestival.com](http://sydneywinefestival.com)

Until 16 October

## Tech Savvy Seniors

**Where:** Kings Cross Library  
**When:** 11am to 1pm  
**Cost:** Free  
**Contact:** (02) 9246 4330

21-28 October

## North Sydney Children's Festival

**Where:** Check each event for locations  
**When:** Times dependent on location  
**Cost:** Some are free, some have a cost associated  
**Contact:** [northsydney.nsw.gov.au/childrensfestival](http://northsydney.nsw.gov.au/childrensfestival)

25 October

## Turramurra Fresh Produce and Gourmet Market

**Where:** Karuah Park, Turramurra  
**When:** 8am – 1pm  
**Cost:** Free  
**Contact:** [thatgreatmarket.com.au](http://thatgreatmarket.com.au)

Until 31 October

## My Fair Lady high tea

**Where:** Soiree Bar, Sydney  
**When:** Every day 11am to 5pm  
**Cost:** Adult \$75  
**Contact:** [sofitelsydney.com.au/MFL](http://sofitelsydney.com.au/MFL)

Until 3 November

## Whale Watching Cruise

**Where:** Sydney  
**When:** Every day 9:30am to 12:30pm  
**Cost:** Adult \$49/Child \$15  
**Contact:** [fantasea.com.au/whale-watching-cruises/](http://fantasea.com.au/whale-watching-cruises/)

Until 22 Dec

## Green Gym

**Where:** Centennial Park  
**When:** 10am to 1pm, or 1:30pm to 4:30pm  
**Cost:** Free  
**Contact:** [conservationvolunteers.com.au/green-gym/](http://conservationvolunteers.com.au/green-gym/)



sass & bide

# Rosey Toes

Photo by Jason Corroto



**Chatswood Chase Shopping** Centre welcomed the Springtime weather last month with their 2017 Spring/Summer VIP Runway Event fashion bonanza.

The show, hosted by internationally acclaimed fashion designer and TV presenter Claudia Chan Shaw, saw stunning new fashions displayed by some of Australia's leading brands. This included retailers such as Sass & Bide, Country Road, David Jones, RM Williams and many more.

Claudia Chan Shaw's prominent presence in Sydney's fashion community, with designs featured in a permanent collection at Sydney's Powerhouse Museum and host of ABC's Collectors, made her collaboration with the VIP Runway Event an exciting occasion.

Lucky VIP ticket holders were treated to a pre-show cocktail event with delicious canapes and sparkling wine. Along with this, a complimentary gift bag filled with exclusive offers from leading retailers and a \$25 gift voucher from Chatswood Chase was provided to give shoppers a fashionable entrance this season.

For those who missed the show, Chatswood Chase offered free public fashion parades throughout the following September weekend showcasing the upcoming fashion trends, including children's wear.

The collaboration of art and fashion hasn't stopped there however. To celebrate this fashionable time of year, Chatswood Chase have welcomed three new installations at the shopping centre. Floral high-heeled shoe displays, standing at an impressive two metres tall, showcase the innovative nature of Australian fashion and design.

The bright addition to the shopping centre is currently located on Level 1 and are a guaranteed attraction for budding artists and fashionistas Sydney-wide. Be sure to check out the piece the next time you're out and about Chatswood!

# COMMUNITY NOTICEBOARD

## 6 October Light the Night

**Where:** Bayview Golf Club, Mona Vale  
**Cost:** Free  
**When:** 6pm-10pm  
**Contact:** [lightthenight.org.au](http://lightthenight.org.au)

## 6 October Sydney Mozart Society- Southern Cross Soloists

**Where:** The Concourse, Chatswood  
**Cost:** \$15.30-\$45.90  
**When:** 8pm  
**Contact:** [theconcourse.com.au](http://theconcourse.com.au)

## 8 October Northside Riding Club Show Jumping

**Where:** St Ives Showground  
**Cost:** Free  
**When:** 8am – 5pm  
**Contact:** [northsideridingclub.org.au](http://northsideridingclub.org.au)

## 8 October The Belrose Fair

**Where:** Belrose Public School  
**Cost:** \$30  
**When:** 10am-4pm  
**Contact:** [thebelrosefair.wixsite.com](http://thebelrosefair.wixsite.com)

## 14 October St John's Gordon Fete and Spring Market

**Where:** 754 Pacific Highway, Gordon  
**Cost:** Free  
**When:** All day  
**Contact:** [stjohnsgordon.org.au](http://stjohnsgordon.org.au)

## 15 October Crows Nest Festival

**Where:** 136 Willoughby Road, Crows Nest  
**Cost:** Free  
**When:** 10am-5pm  
**Contact:** [crowsnestnsw.com.au](http://crowsnestnsw.com.au)

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# NUMBERS

EXCERPT FROM SACRED SIGNPOSTS

Kerrie Erwin, Psychic and Medium

**The Chinese believe** each home we live in has its own spirit and energy and won't live in a home unless the number is seen as fortuitous. The number of the home has to be a good energy, whether as the original number or the sum if it is multiple numbers forming together. Everything from luck, health, prosperity, energy and future depends on this for their future and their family. Numbers play a significant role in other cultures as well. Consider the superstitions around the number 13. In many cultures this number is believed to be unlucky. There are many historic reasons why this may be believed but if you look at it from a numerology perspective and add the two digits together: 1+3 it adds up to 4 which is an inauspicious number in Numerology. In Cantonese the word for death and the number four sound very similar so the Chinese avoid real estate with the number 4 in it. In certain cultures your house number alone can determine your home's resale value. To neutralise the negative effects of a dreaded number you can encircle the number in the signage and all negative effects will disappear. You will be able to move into your new home, confident that no negative energies will be drawn to your home.

**House number one** – This is a number of responsibility and can make the occupant feel alone. This is a house for someone independent who has or wants a high-level job or career.

**House number two** – This house is for busy people who often keep late nights and that are always coming and going. The number also attracts psychic people and people that are sensitive to energy. The number also attracts people that are community minded, into welfare and caring.

**House number three** – This is a good energy for people that love travel, enjoy

adventure and like to be in the lime light. Not for the faint hearted, this home is for ambitious, successful people that like to give life a go, are adventurous and like to take risks.

**House number four** – This address has a very unpredictable energy. Some people believe it may be unlucky but that depends on your beliefs, what is agreed is that life in this number house may go in unexpected directions. This house will be better suited to people who can go with the flow and are accepting of what the universal Chi energy gives them. Sometimes this home energy number can indicate isolation or loneliness.

**House number five** – This is a great number for running a business from home as it is a high energy with many things going on for the occupants. If you are planning on having a quiet family life this is not the right number for you as this number attracts people that like to be busy and travel. This home is often a good investment.

**House number six** – This is a good and favourite number for families and a home for stability as people tend to be here for a long time. The energy usually attracts people that are artistic or talented and tends to draw the better qualities out of everyone who lives here if they have a creative nature. This is a harmonious home and good for romance.

**House number seven** – This is a home that is renowned for problems with plumbing and structure. It is also a number that holds memories and is sensitive to energies. People that are sensitive need to be careful of their health.

**House number eight** – This is an energy home that is perfect for older people or younger people that are mature. This is a great home for relationships, careers

and will often take the occupants through a positive phase. It also suggests looking after your diet. Opportunities are high for people wanting to make the most of their natural gifts or talents.

**House number nine** – be careful with this home as sometimes it can attract problems with neighbours. Zodiac signs like Aries and Scorpios will be attracted to this number, as it will help them advance with their careers no matter what it is. Travel is indicated as well for the occupants of this home and books and literature is indicated as well. This number will also bring out your natural hidden talents. It can also indicate accidents, so be careful.

Think about when we trust and learn to use our intuition all the time in our daily lives. If we can get better information and certain feelings about people, places and confusing situations we are able to get a clearer and bigger picture of what is going on in our world. By recognising patterns in our daily lives we can avoid unnecessary mistakes. Taking a spiritual perspective and understanding how energy works will help us attract the right people in our lives and bring more harmony and balance. Numbers can give us important information and are a powerful tool or way to tune into a psychic link to our subconscious minds

Love and Blessings,

Kerrie

[pureview.com.au](http://pureview.com.au)

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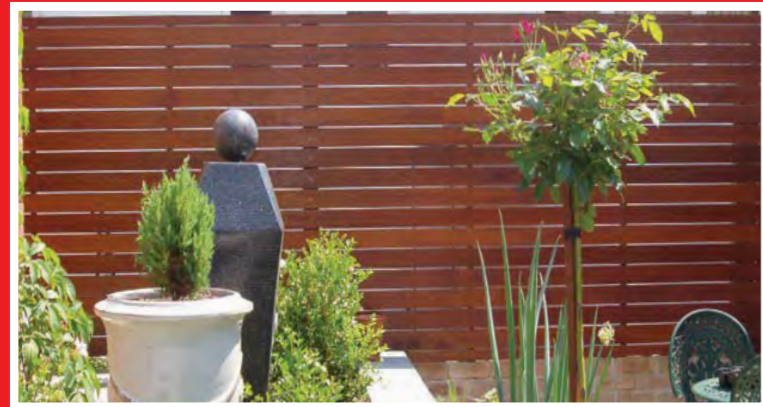
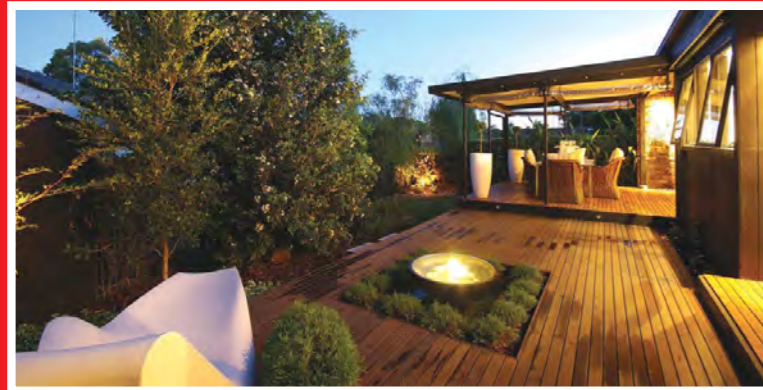
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