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 Sydney Observer

Sydney Observer

Feature
Life In Retirement

Fresh and Fab
Beauty

What's on
October

good
food
MONTH

Spring
High
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Marny
Kennedy

on Mortified and more

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FROM THE EDITOR

Welcome to October! As we head into the warmer months, *Sydney Observer* has created an issue that is full of fun activities and events that will leave you craving the weekend.

We feature a Life in Retirement section, showcasing an array of activities that will have you ready to relax. Why not spend a day exploring a walking track (18), or if you feel like basking in the sun, check out our cruising section (22).

There are pattern and print style trends for men (29) and natural beauty products, which will ensure the ladies organically glow all day long (31).

Our Home and Garden section features DIY projects on how to revamp old décor (32), as well as how to create the perfect high tea, leaving your garden looking delicately delightful for spring (34).

The What's On section (44-46) is jam-packed with activities, from Good Food Month to local events, there is something for everyone.

So grab a beverage, find a comfy spot and enjoy!



Hannah

Sydney Observer
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SNIPPETS

Public forum for Lindfield Village Hub

Residents and business owners within the Ku-ring-gai area have been invited by local council to give their opinion on public facilities and spaces in the Lindfield Village Hub Project.

Libraries, community centres, new dining opportunities, housing and retail outlets are all on the agenda. Ku-ring-gai Mayor Jennifer Anderson invited the local community to complete an online survey to ensure public opinion is addressed in this upcoming project.

“You can talk to us online, at face-to-face workshops and on site in a way that suits you. We’re interested in your views on how you want to live, work and play in the Village Hub.”

kmc.nsw.gov.au/Current_projects_priorities/Current_works_and_upgrades/Major_projects/Activate_Lindfield/Lindfield_Village_Hub



Extra funding for local initiatives

Two local projects will share approximately \$36,000 in funding thanks to the NSW Government’s Crown Reserves Improvement Fund. To date, the NSW Government has invested \$115 million across seven years into Crown land projects. Member for Davidson, Jonathan O’Dea said the funding would support the hard work of local initiatives within our community.

“The Wakehurst Parkway wildlife corridor will receive \$24,000 for gardening maintenance. This program will improve, protect, and restore endangered ecological communities within this regional, high risk pathway and regional wildlife corridor,” said Mr O’Dea.

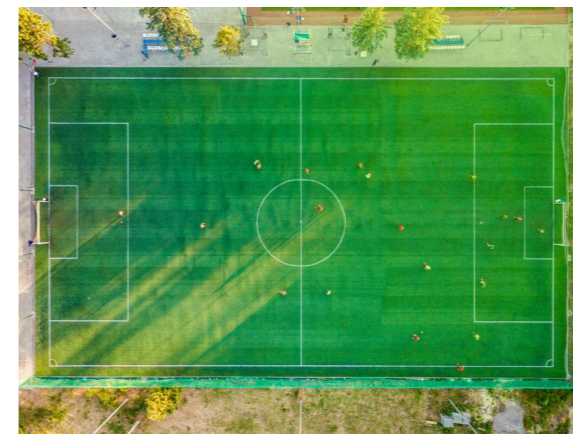
East Lindfield Boy Scouts will also benefit from the funding, as the group is set to be provided \$12,000 for kitchen facility upgrades.

Resibo combine natural ingredients with current beauty advancements to create cosmetics that are gentle on all skin types. To win a Nourishing Hydration Pack which includes Nourishing Cream, Eye Cream, Lip balm Perfector and a Body Lotion valued at \$137.95, tell us your what your favourite article is in this month’s issue and why.

Get ready for a spooky night at the Australian museum with Jurassic Lounge: Halloween. Step foot into a ghoulish playground for grown-ups, with pop-up bars, performances and live music, this night is set to be a memorable experience.

To win a double pass to Jurassic Lounge let us know who or what you would dress up as at this event.

Good Luck!



Monetary support for football clubs

Council announced this month that two football clubs within the Davidson electorate are to receive a substantial funding boost.

Both Wakehurst and St Ives Football clubs will each be provided with \$150,000 to upgrade the sporting field’s facilities. This news has come to the delight of the local football community, with NSW Football CEO Stuart Hodge revealing the positive impact these upgrades will have on improving the overall experience for players, coaches and spectators.

“With more than 280,000 registered players now playing football in NSW, it is the financial support from initiatives such as this legacy fund that will ensure the future of football continues to grow around the state.”

Muellers Track reopens

One of the highlights of the Ku-ring-gai Wildflower Garden is Muellers Track, which has a challenging 7km walking track that has been upgraded and reopened to the public.

The track displays some of the most enchanting scenery, such as the view from Phantom Falls showcasing a 250m drop and a swathe of Coachwood trees. The purpose of the upgrade was to fit some areas with handrails and stairs, while also rerouting the track slightly to avoid potential rockfall areas. The Ku-ring-gai Environmental Levy funded the upgrade coming in at a cost of \$15,000.

Hornsby Shire celebrates small business

As part of Small Business Month, which runs for all of October, Hornsby Shire Council is inviting small businesses across the shire to get involved. Small business is often synonymous with the phrase “the backbone of the economy,” which Small Business Month is aiming to celebrate through a variety of events, workshops and talks.

Hornsby Shire Mayor Philip Ruddock said; “Council has always had a strong partnership with the small business community and during Small Business Month we are aiming to offer support through events providing plenty of practical information, ideas and networking opportunities to help local businesses start up and grow.”



St Ives street library opens

An idea from one of St Ives brightest little minds has officially opened at Warrimoo Avenue, St Ives. Averie Sun, a nine year-old schoolgirl, had the idea of setting up a communal street library, drawing inspiration from a similar idea in Darwin that had the support of the council.

Similar to a letterbox, the colourful facility is hard to miss, and contains a store of books that can be borrowed.

Mayor Jennifer Anderson said, “There is still a lot of pleasure to be had from the simple act of reading a book. Averie deserves everyone’s congratulations for her idea which the Council was pleased to support.”

*** GIVEAWAYS ***

Vivien and Alisha are the dynamic mother and daughter duo that create muesli. With an array of flavours that tantalise taste buds, you can definitely taste the love in every bite. To win a muesli bundle let us know what you would like to see in the next issue of Sydney Observer.

HOW TO ENTER



PO Box 420, Killara NSW 2071 or email editor@kamdha.com with your name, address, and contact number by the 20th of the month.

Community Service Award for Roseville Local

Aaron Christensen

For his outstanding contribution to the Roseville community, local resident Frank Windeyer has received a NSW Government Community Service Award.

The award is intended for those who make a mark in improving the quality of life for others in their community.

A lawyer by trade, Mr Windeyer is an active member of the community, and has been the President of Easy Care Gardening, which helps the elderly maintain and cultivate their gardens.

Mr Windeyer is also a member and former President of the Lindfield Rotary Club, as well as a Lieutenant Colonel in the Army Reserve. He received recognition for his long service in the Army Reserve, being awarded the Reserve Forces Decoration, and has also had an almost 30-year role as a leader within the Scout Association.

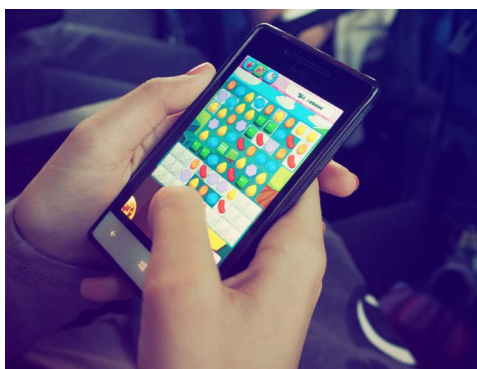
Member for Davidson, Jonathan O’Dea congratulated Mr Windeyer, “Frank is a respected lawyer who has admirably contributed to several community organisations over many years. I commend Frank on his continuing community contributions and wish him all the best personally.”



Frank Windeyer receiving his award from Jonathan O’Dea and Glenn Stimpson, the manager of Easy Care Gardening.

Are Children Susceptible to Online Gambling?

Isabella Ross



Parents across the community have been urged to sit down with their adolescent children and discuss the dangers of online gambling. In a bid to entice the young ‘Candy Crush’ gaming generation, numerous companies have been advertising free-to-play online gambling apps that mimic video game formats to impressionable youth.

This is an alarming thought, when considering just how popular video games and gaming apps have become amongst adolescents. Recently, the World Health Organisation officially recognised gaming addiction disorder as a mental health condition. To ensure these electronic gaming-machine apps are not available or marketed to anyone under the age of 18, there have been calls for legislative intervention.

“Research suggests a correlation between non-monetary gambling-themed games played by children and risky real money gambling behaviours that lead to harm,” said Louise Glanville, the CEO of the youth organisation Taking Action For Change.

Online gambling is the fastest growing gambling segment in Australia, growing at 15% per annum. In a 2018 report released by Digital Australia, it was revealed that 97% of our nation’s households with children have at least one device for playing video games.

This data when related to the increasing convergence of gambling and gaming is enough to cause significant alarm for any concerned parent. The primary concern with this converged platform is that these games normalise betting and will ultimately inflate a teenager’s confidence of winning when presented with a real-life gambling scenario.

“Researchers have presented evidence that playing simulated gambling games contributes to high-risk real money gambling, supporting their argument that promotion of these gaming apps to children should be banned,” said Ms Glanville.

We can only hope that further legislation is enacted to ensure this new breed of online gambling will not target, and in turn, not harm our kids.

Child safety initiative

Aaron Christensen

Australian child protection advocate, Bravehearts, launched the Personal Safety Parents’ Guide, a free manual for parents to help better protect their children. The release of this guide corresponded with White Balloon Day, Australia’s longest running and only national campaign that is aimed at increasing community awareness regarding child sexual assault. Bravehearts’ guide has received support from the Ku-ring-gai Council for its educational worth.

The guide provides insight into the facts and associated myths regarding child safety, as well as tips regarding children and the internet, and creating activities that teach children simple strategies to ensure personal safety. The guide is based on Bravehearts’ acclaimed, ‘Ditto’s Keep Safe Adventure,’ a program that has educated almost 1 million Australian children since its inception in 2006.

Bravehearts also offers specialised training services for government organisations, those working in schools or child care centres, and education and support services for children and families. They have a multitude of information and resources that can be accessed at bravehearts.org.au

100 Women of Influence

Marlene Even

A record number of entries were submitted for the Australian Financial Review 100 Women of Influence Awards this year.

A panel of judges looked for women who advocate for change and encourage other women in their workplace. When helping choose the finalists Jacqueline Gillespie, senior client partner and leader at Korn Ferry Asia Pacific, found many women had to overcome adversity in order to realise the influence they are capable of in their communities.

“They’ve been able to face into that because of their purpose and learn from it and become clearer, actually, about what they want to achieve,” said Jacqueline Gillespie.

One finalist in the Young Leader category is Maddison O’Gradey-Lee, a psychology student (honours) at Macquarie University. Ms O’Gradey-Lee is passionate about advocating for mental health issues and gender equality. She created High Tide in 2014 which aims to destigmatise mental health issues among young people. The program runs workshops and presentations for schools as well as the wider community. This work led Maddison to be the first Australian awarded the Dalai Lama Peace Fellowship in 2018.

Ms O’Gradey-Lee joins the list with other influential women that include Rosie Batty from the Luke Batty Foundation, Ronni Kahn from OzHarvest, Judith Neilson from White Rabbit Gallery, journalist Tracey Spicer and Shukufa Tahiri from Refugee Council of Australia.

The category winners and one overall winner will be announced at a gala event in Sydney on October 17.

afr.com/100-women-of-influence



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Boonah Creative Arts Studio

A centre of inclusion

Isabella Ross

Transcending boundaries and fostering a sense of kinship within the Ku-ring-gai community is Boonah Creative Arts Studio in West Pymble. What is special about this centre is that it runs specifically to meet the needs of those living with a disability, looking to pursue their passion and creativity.

Established in 1995, Boonah's central objective has been to provide opportunities for people living with disabilities across our local districts. Building confidence, founding lasting friendships and giving these artists meaning and purpose are just some of the numerous positive outcomes of this initiative. To the delight of locals, the space also operates as a gallery open to the public with all proceeds circling back to the artist as recognition of their achievement.

"Our centre's mission is to be inclusive, create opportunities for people with disabilities and give them the power to express themselves through painting," says Julian Baez Avellaneda, Program Designer for CatholicCare's Disability Futures.

At the heart of Boonah is the well-being of its artists. The joy and passion of creating art is a therapeutic tool for these students. Catering for a multitude of disabilities, the centre prides itself on their volunteers and staff, some of whom are expertly trained in the field of special education and mentoring.

"Through exhibiting their work in a gallery open to the public, the students are able to express themselves as artists – not just as people living with a disability. Art transcends ability. It's a very neat program; everyone involved in it loves it – the staff, students and volunteers. We would love to see this type of initiative replicated in other ways within



Kate, one of the centre's fabulous artists

our community. It's so important for these students to feel included and build relationships."

The success rate of the program speaks for itself.

"We have students who have been coming to the centre for over 15 - 20 years, since the day it opened, which is really nice to see," Julian revealed.

It is evident that Boonah Creative Arts Studio has harnessed the powerful expression of creativity, paving the way for a sense of belonging within our Ku-ring-gai community.

For more information on the centre visit: catholiccareddb.org.au/disability-futures/your-ndis-plan-in-action/boonah-creative-arts-studio/



Armistice Centenary

We Remember

This year marks the 100th anniversary of the Armistice which ended the First World War. The so-called Great War was to be the 'war that ended all wars'. Sadly this has not been the case and so each year, on the 11th hour of the 11th month we remember the human sacrifices made in the Great War and in conflicts since.

The Great War remains our most costly conflict in terms of deaths and casualties. From a population of fewer than five million (less than today's Sydney) 416,809 men enlisted. More than 60,000 were killed and 156,000 wounded, gassed, or taken prisoner. At least 11,033 NSW Government employees were granted military leave, with 1,659 killed in action.

Ten NSW Parliamentarians served in the Great War while a further 75 former or future MPs also served. One of them, William Currey, won the Victoria Cross on the battlefields of France after capturing a 77mm field gun and an enemy strong point before playing a key role in rescuing a company of allied soldiers that had become isolated. In 1941 he became the Member for Kogarah, thereby becoming the first VC winner to serve in the NSW Parliament.

Across the country Australians are encouraged to mark the Centenary of the Armistice and observe one minute's silence at

11am in memory of those who died or suffered in the First World War, and all wars and armed conflicts since.

This year, the state Remembrance Day Service will be held at the recently refurbished Anzac Memorial in Hyde Park. It will be followed by an Open Day where you can experience the new water cascade and Hall of Service which acknowledges the 1,701 locations NSW Great War enlistees gave as their home address. The new Hall also features 100 sites of military significance to NSW service personnel, to honour more than a century of Australian service and sacrifice in peacekeeping and conflict.

Many who have enlisted never returned, while others have carried life-long injuries in defence of our country and the freedoms we enjoy. None of our First World War diggers are with us today, but their stories of courage in adversity live on through their families and recorded history.

I encourage community members to attend one of the upcoming local remembrance services, at Roseville, Lindfield, Forestville and St Ives.

Lest we forget.

Jonathan O'Dea MP
Member for Davidson

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Jonathan O'Dea
Member for Davidson

ARMISTICE MESSAGE
marking 100 years since the end of the First World War

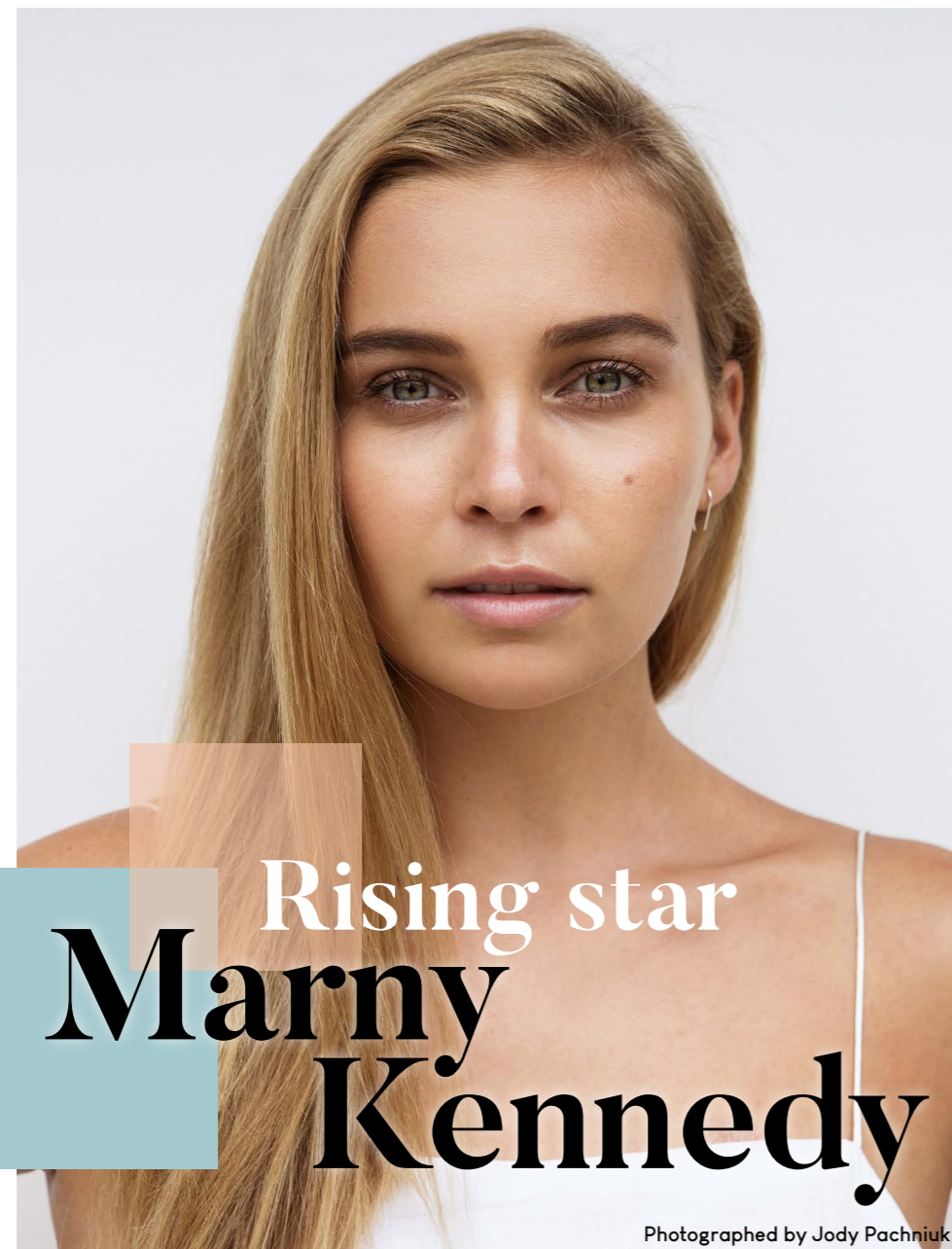
Member for Davidson, Jonathan O'Dea thanks all those who have served our country and encourages support of the following remembrance services.

Friday, 9 November
Roseville Memorial Club, 10.45 am

Sunday, 11 November
All Saints Air Force Memorial Church, W Lindfield 10.00 am
Forestville RSL Club, 10.30 am
St Ives Memorial Park, 10.30 am
Masada College, St Ives, 7.50 pm

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www.jonathandea.com.au

Authorised by Jonathan O'Dea MP using parliamentary entitlements



Hannah Prasad

Marny Kennedy is an actress making serious waves on Australian television. From her role on *Mortified* where she played the inquisitive and imaginative Taylor Fry, a young Noelene Hogan on *Hoges* and Lucy Baldwin on the mysterious and thrilling series *Janet King*, her latest role as Amber Wells on *Bite Club* showcases Marny as a complex performer, as she steps into a role which is disparate to her previous characters. *Sydney Observer* had a chat with Marny about her career, motivations and future goals.

Marny has always had a love for acting. Her role on *Mortified*

showcased Taylor Fry as a timeless character, whose empathetic nature served as a nostalgic childhood memory for many individuals.

“Having grown up with a Mum who owned a dance school for twenty years, I developed a love for performing quite young (I was in nappies for my first dance concert). However, it wasn’t until Mum introduced amateur drama classes to the school when I was about eight, that I discovered my true love.

From there on in, I can’t remember ever wanting to do anything else but act.”

“Honestly, there are few moments in my life that I remember as vividly as the day I found out about landing the role of Taylor. Even at age eleven, I had an instant, innate understanding that my life was about to change. And even in hindsight, it still remains one of the most defining moments of my career trajectory.”

“It’s such a testament to the show’s creator, Angela Webber. Angela sadly passed away a year after *Mortified* was originally aired, so to hear that the show has gone on to become such a loved, nostalgic part of many Aussie kids’ upbringing, is such a beautiful legacy for Angela to have left behind.”

So whenever I receive messages or have people come up to me in the street because of *Mortified*, I always feel so honoured to have been a part of bringing that legacy to life.”

Mortified’s longevity is clear as Australian artist Kwame, refers to Taylor Fry in his song ‘WOW’. This caught Marny’s attention as she expresses her overjoyed reaction to the tune.

“Hands down, career highlight. Kwame actually reached out to me online just as the song was released, and I ended up posting a video to my Instagram in response and all the old *Mortified* fans lost it. He recently played at Splendour and sent me a picture of someone in the crowd holding an A3 poster of Taylor Fry, which genuinely made my year.”

Marny currently plays shark attack victim, Amber Wells on *Bite Club*. Amber is unsuspectingly hunted by a killer who is closer to her than she thinks. This series is an intense eight-part crime thriller that grasps an audience, leaving viewers captivated till the end. Marny discusses the similarities she shares with Amber and the simple words from the director that had a lasting impact on how she fuelled Amber’s character.

“I actually think Amber was the first character in a while that I’ve brought a lot of myself to, particularly at her age. I understood Amber, in that I remember what it was like to be a twenty year old, just trying to get back to what she loves. As for dropping into character, I am completely indebted to a quiet moment I had with our first director Jen Leacy, who whispered in my ear before an emotional scene, ‘It’s just you, kid.’

It was so simple, but it brought me to tears and allowed me to instantly understand and empathise with Amber. I kept those four words with me for the entire shoot.”

What sets *Bite Club* apart from other series is its structure. The audience is introduced to the killer in the first episode, establishing an open foundation for discussion. This curveball creates an antagonist that is capable of the unexpected as the audience track the moves of the victims and prey.

“I think the fact that the audience knows who the antagonist is from the very first



episode and is privy to that before the characters involved are makes for a pretty interesting dynamic. I also realise I’m incredibly biased, as they’ve all gone on to become dear friends of mine, but it was irrefutably one of the best casts I’ve ever had the honour of working alongside.”

Marny was a part of the *Letting Go* series, which saw her conquer her fears through accomplishing the task of skydiving. With a busy schedule, Marny’s ways to de-stress and let go are through life’s simple pleasures.

“I am incredibly lucky to have the supportive family that I do. Even in the midst of my most stressful times, there’s nothing that a cuppa and a phone-call home haven’t been able to help.

I’ve also kept journals since I was fifteen years old and writing has always been my way of decompressing.”

As a speaker at the Girls Who Glow project (GWG), Marny encourages girls to find their inner glow. Through empowering each other and workshops, this group inspires girls to be their best, healthiest and happiest selves.

“I think honesty is always the best way to inspire others to reach their full potential.

When I speak to young girls at the GWG workshops, I make sure they realise the importance of prioritising their mental health over everything. I speak openly about my own journey with mental health as a point of reference for them, and I think that transparency is key in order

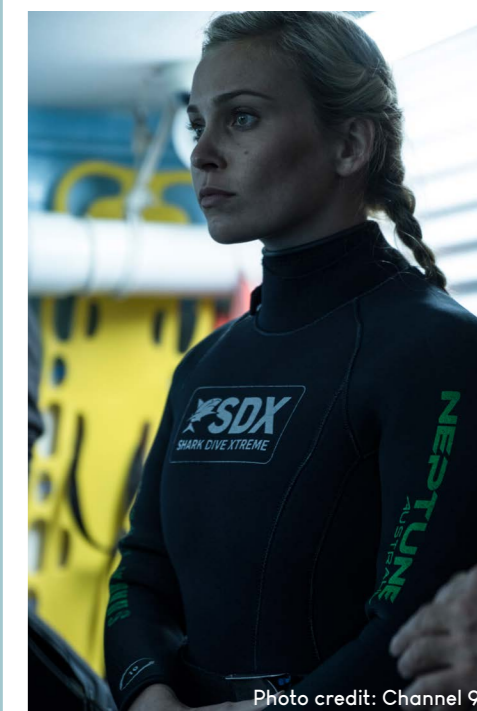
to empower others- and consequentially, myself.”

With a packed schedule Marny is excited for the future and stepping into diverse roles.

“Funnily enough, these past few weeks have actually been some of the most pivotal of my life so far. There have been some serious decisions made in relation to all aspects of my future. So I’m now in a place where I’m just excited for the opportunities that come with making the space for them.

The role of Amber allowed me to push past some acting boundaries I’d previously set for myself, so now I am just so ready to dive head first into a new challenging role, regardless of who she may be.”

Catch Marny on *Bite Club* on channel 9 and check her Instagram out [@marnykennedy](https://www.instagram.com/marnykennedy)



New Standards for Graduate Teachers

Marlene Even

Education Minister Rob Stokes, has announced a new standard that graduates must meet to be employed as teachers in NSW public schools.

“Teaching is not a career that just anyone can do. As the largest employer of teachers in the state, the NSW Government is passionate about ensuring that only the very best graduates end up in the public school system.” Mr Stokes said.

Mr Stokes launched the new ‘Teacher Success Profile’ (TSP) as a benchmark for graduates. The new criteria in place states graduates must: receive a minimum credit point average in their university degree, take a psychometric assessment which displays their superior cognitive and emotional intelligence, and have

sound practical knowledge and ability through their practicum assessments.

Individuals that complete their degree solely online will not be desired candidates for employment, unless personal or geographical circumstances make online education the only practical option.

HSC students that wish to commence teaching degrees from 2019 must also achieve a band 5 in at least three HSC subjects, including English.

“Our public education system is world-class and I want to give the people of NSW the confidence that it will remain excellent in the future,” said Premier Gladys Berejiklian.

Barker Dominate ISA Athletics Championships



Barker College’s female athletes have once again dominated the ISA Athletics Championships, winning the Intermediate and Senior divisions. Barker has a proud and distinguished history in the Athletics Championships, with this year marking the 11th straight year the senior girls won the shield, and the 2nd year in a row the intermediate girls won. Across almost all track and field events, Barker athletes received place finishes. Syrena Bayne and Abi Houghton came in 2nd in their intermediate and senior 3000m races, while Juliet Rowley and Eve Timms won the 16’s and 17’s 800m, respectively,

with Eve Timms also winning the senior 1500m.

The Intermediate hurdles were won by Ella Johnston, Leanne Tay won the 18’s 400m, while Mia Hemsworth had a very successful day, winning the 16’s 100m and 200m, as well as placing 2nd in long jump and 3rd in the triple jump. The senior relay team took out first place and the intermediate 4x100m relay came 3rd.

Just as successful on the field as they are on the track, Barker girls finished in the top three in every throwing event, while also coming first in every single javelin event. Samantha Davis won the 16’s shot

put and discus, while Hannah Leechman won the 17’s javelin, shot put and discus. While, Bella Ward won the 15’s javelin and Becky Rose won the 16’s javelin.

The 18’s group were also very successful with Ella Hirst placing 1st in long jump, Jade Beeston winning the javelin, Lucy Lake finishing 1st in high jump and Piper Duck winning the shot put.

Coordinator of Track and Field at Barker, Mr Lee Batchler said, “This was a fitting result for all the training the girls had done in preparation for the competition. All the coaches were extremely proud of the performances of the girls on the day.”

New UTS Research Facility

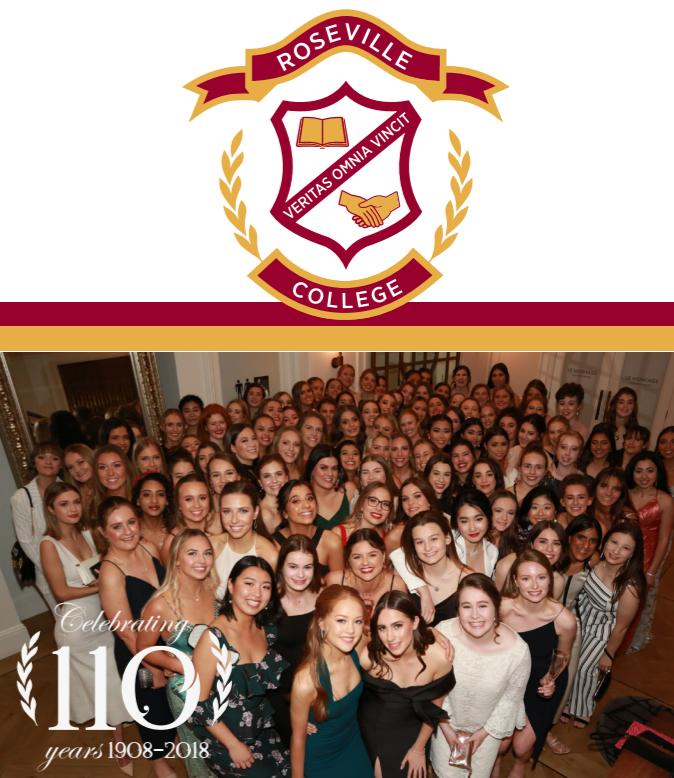
The University of Technology Sydney (UTS) has opened a brand new, purpose-built \$65 million Tech Lab and research facility. 9,000 square metres in size, the new laboratory is in the Botany industrial hub, located in the new technology and innovation precinct announced by the NSW Government. The major focuses of the new facility will be civil and environmental engineering, mechanical and mechatronic engineering, software, electrical and data engineering, systems management and leadership.

“Over coming decades, Australian business and industry will be transformed – as will the Australian workforce. It’s critical that universities work hand-in-hand with industry to ensure we capitalise on the opportunities – and address the challenges – this presents. Facilities like Tech Lab will allow us to do that,” UTS Vice-Chancellor Professor Attila Brungs says.

UTS already has a strong reputation for engaging and partnering with industry, but, according to the Dean of the Faculty of Engineering and Information Technology, Professor Ian Burnett, “Tech Lab adds new, state-of-the-art facilities that will attract companies and researchers from around the globe to work on new projects in engineering and digital transformation.”

UTS Tech Lab has already begun work with Sydney Water which will work with robotics and smart sensing in pipelines as well as Nokia, who will run training courses.

“Facilities like UTS Tech Lab will not only help Australia draw closer to countries with strong traditional research collaboration cultures, such as Germany, Canada and Singapore, but leapfrog other nations in innovative approaches to skill building and cross-disciplinary problem solving,” said Professor Brungs.



BEST WISHES TO YEAR 12

The College community extends its prayers and very best wishes to our Year 12 girls as they sit their final HSC exams.

The College is an Anglican school for girls where every student in Kindergarten to Year 12 is known and valued, and girls are prepared with an education that serves them for life, in a culture of excellence. Each girl is guided in the development of her identity in a caring Christian environment as she finds her place and purpose, equipping her for meaningful service.

The College ranks among NSW’s best in HSC achievement and is the only North Shore school approved to deliver prestigious Cambridge Courses in Years 9–10, while also delivering world-class learning initiatives including the IB Primary Years Programme for Kindergarten to Year 6.

In 2018, Roseville College celebrates 110 years of realising purpose in the lives of young Australian women.

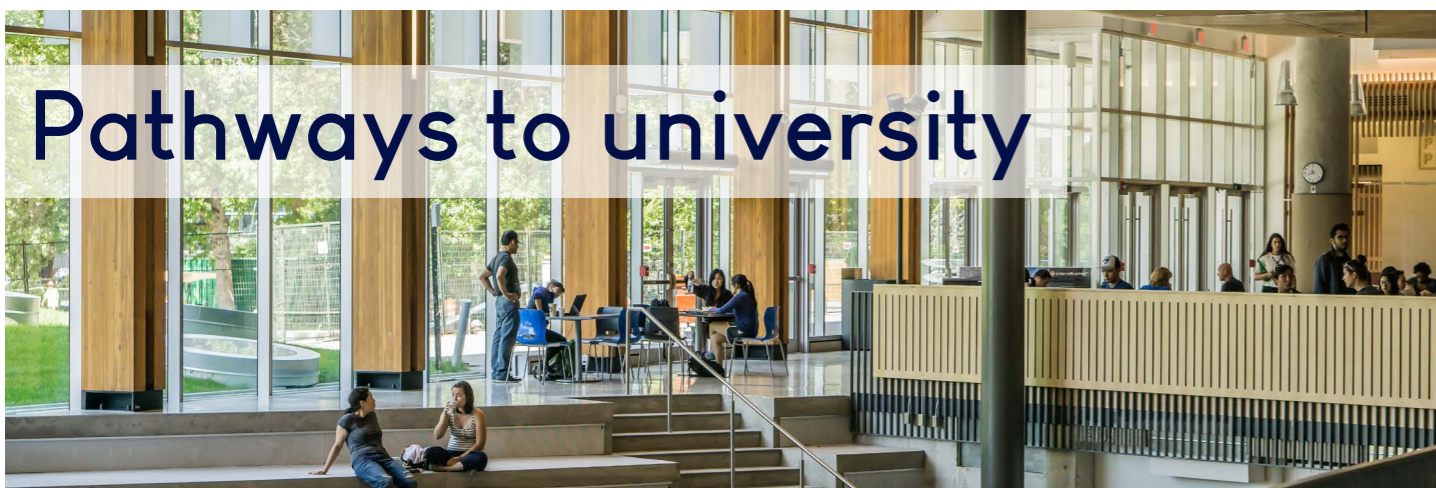
PERSONALISED TOURS

The College’s 10th Principal, Ms Deb Magill, welcomes families with daughters to visit our campus for a personalised tour with our Registrar. Tours, by appointment and held weekdays during term time, are tailored to your daughter’s specific needs and interests. Please contact:

Roseville College | An Anglican School for Girls
27 Bancroft Avenue, Roseville
Registrar 02 9884 1109
E registrar@roseville.nsw.edu.au

www.rosevillecollege.com

Roseville College is a school within The Anglican Schools Corporation



Pathways to university

Hannah Prasad

Not receiving the ATAR needed to enter a specific course can be demotivating. After years of studying students may feel all their hard work has been wasted. Fortunately, this is not the case as there are alternative entries that can lead students to their desired course, one being the Foundation Pathway program. *Sydney Observer* had a chat with Lisa Bonnici from the Macquarie University International College Pathway Foundation Program, to discuss the importance of this initiative and how the program encourages students to pursue their passions.

Can you tell me about the Foundation Pathway Program and how this helps students who did not receive the ATAR they needed for a specific course?

A Pathway program enables students who did not receive the ATAR they desired to achieve the academic credits to gain access to the first year of university.

Many of our students in the Foundation Pathway program at Macquarie University International College (MUIC) are local students who want an alternative pathway to their desired degree. It is an opportunity for them to be a part of a supportive and culturally diverse environment, where students can learn the structures and academic skills, mindset and language to succeed and gain entry into the first year of university.

Our Foundation program at MUIC enables students to complete all the study units intensively over 9 months. They focus on only two units at a time, in each 6 week term. This delivery structure enables students to focus deeply on their areas of study, with just enough intensity of learning to stimulate the development of their neurological pathways in the particular subject.

Our pathway programs are part of the wider university, which gives our students a chance to build a supportive network at MQ while they transition from high school to adult learning.

The benefits include acclimatizing to university study life in smaller classes with personalised assistance from specialist teachers, focusing on the explicit development of study skills.

What do you think are the mental health benefits for students who take this path?

I believe there are mental health benefits when students learn how to cope with deadlines and university style learning

in a supportive, structured environment, with the learning environment matched to study and maturity needs.

Students in our pathway programs are orientated to university study step-by-step and have access to wellbeing and other student services support along the way.

It is less of a shock when students have a structured transition, rather than going straight from high school where you know everyone, to first year university, where there is little structure and very high levels of independent organisation required.

How would you encourage students to deal with HSC stress?

I would encourage students taking the HSC to dedicate themselves to their study and study strategically, but also to remember that there are alternative pathways to their desired destination. I would encourage them to remember to balance their time between self-care and study. It is important to structure in study time, but to also make space to enjoy social time with family and friends. As a break, exercise is great, and to make study fun record yourself reading your notes, draw pictures for study notes, create a study group with friends and quiz each other.

What are your tips to students who are about to finish their school journey?

My first tip is that if you did not receive your desired ATAR have a look at Pathway Foundation programs as an alternative. If you begin there you know that you are on a very supportive path to achieving your ultimate study goal, and gaining access to vital academic skills.

My advice to students who are unsure about what they would like to do is to start in a program that allows you to dabble in a few different areas and interests- try not to restrict your specialisation too quickly as you never know where your strengths and interests may lead!

You do not need to have everything figured out straight away.

There are many pathways into higher education now, and there are many programs in place to support you to get to where you want to go - and you can still have a life and gain valuable experiences along the way.

Lisa Bonnici is an Academic English and Research for University Skills Teacher in the Macquarie University International College Pathway Foundation Program.



University of Sydney's Annual Boat Race

Numerous Olympic rowers will take up oars for the University of Sydney and University of Melbourne team in the Australian Boat Race.

Making the 10th year of the historic race, crew from both prestigious universities will go head-to-head on a 4.3 kilometre stretch of Sydney's stunning Darling Harbour on the 14th of October. Based on the famed Oxford and Cambridge University Boat Race, the Australian competition is held annually featuring current and alumni rowers from our nation's two oldest campuses.

Alexander 'Sasha' Belonogoff, University of Sydney alumnus and member of the Australian men's quadruple sculls who took silver at the 2016 Rio Olympics, will join the men's team.

"I always put my hand up for the Australian Boat Race because it's rowing in its traditional form - a head race between two boats following the course of a natural waterway. The rivalry between Sydney and Melbourne is another reason why I love this event. There's a lot of pride on the line each time we come head-to-head. It's going to be a tough and tight race," said Belonogoff.

Last year marked the first year the University of Sydney surged to double victory in the history of the race, winning the women's and men's events on Melbourne's Yarra River. While Sydney has secured seven wins to Melbourne's two in the men's eight, Melbourne have dominated in the women's race, winning eight to Sydney's one.

"The 2018 Australian Boat Race marks the next chapter in a 150-year old rivalry between our two great universities, where technique and passion will be put to the test," said University of Sydney Vice-Chancellor Dr Michael Spence.

"This is an opportunity to celebrate the rowing traditions and talents of both universities with spectacular views against the backdrop of the global city of Sydney."

australianboatrace.com



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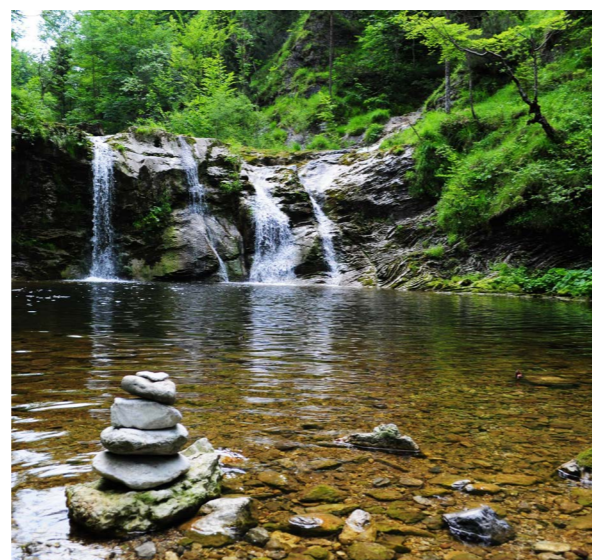
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Stay Active with these walking tracks

Aaron Christensen



At any stage of life it is important to stay active and enjoy the benefits of the outdoors. Walking is the easiest method of staying active, and it can become one of the most interesting if coupled with pristine natural environments and scenic routes. Here is a list of some of the best walking tracks in the area.

North Arm Walking Track - Sitting at a 4.5 km walk, North Arm Walking Track can be broken up into sections to enjoy at your leisure. It is steep at some points, but worth the walk, as it's a picturesque location where you can enjoy the view of Middle Cove.

Sailors Bay Walking Track - A 1.5 km walking track through Coachwood, it is also home to stunning sandstone formations and a hidden waterfall.

Garadi Track - At 1.2 km, it is a slightly shorter track that is a bit steeper. An Aboriginal heritage walk, which displays the cultural sites of Mowbray Park, the original land of the Camaraigal Clan of the Guringai Tribe.

Riverside Walking Track - Located in Lane Cove National Park, this 5 km walking track (10 km round trip), offers plenty of riverside picnic locations and birdwatching.



LIGHT & SHADOW FINE ART GALLERY

Light & Shadow Fine Art Gallery in Leura permanently exhibits the iconic photography of Max Dupain (1911-1992), Australia's most influential photographer. Dupain's fine art, Limited Edition hand prints and Vintage works are displayed. Other exhibitions include photographic, ceramic and engraving artwork. Open Wed-Sun 10-4pm



Light & Shadow Fine Art Gallery
19 Grose Street Leura (adjacent to Woolworths carpark)
P: 0425 300 568
E: info@lightandshadowgallery.com.au
www.lightandshadowgallery.com.au

Stop and Smell the Flowers

Aged care residents enjoy the benefits of Cranbrook Care's gardens

Spring has sprung at Bella Vista Gardens in Sydney's northwest, and residents are getting outside to enjoy the warmth of the sunshine and blossoming gardens surrounding them.

Kerry Mann, CEO of Cranbrook Care, says the beautifully maintained grounds at Bella Vista Gardens are a drawcard for many residents, and the benefits of life amongst the flowers and greenery are obvious.

Moving into aged care can be challenging for many people, as they often leave behind family homes with gardens that have been lovingly tended for years. Gardening can be therapeutic both physically and mentally.

"At Cranbrook Care we strive to enrich the lives of older Australians in every sense - quality surroundings, caring staff, and peaceful gardens for our residents to enjoy. Each resident is cared for by a team of skilled professionals, including those in nursing, cuisine and maintenance, which includes the care of the gardens," said Kerry.

The landscaping at Bella Vista Gardens has been designed to change throughout the seasons. "The green outlook is calming and the gardens are ever-changing. Residents are enjoying the arrival of the spring growth, with new blooms appearing weekly," said Kerry.

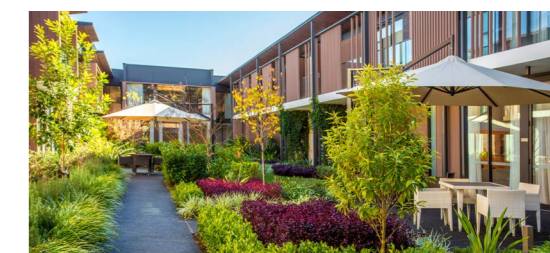
Research studies show that gardens, particularly sensory gardens, are effective in reducing anxiety and agitation, but increase morale amongst aged care and dementia patients. Being in nature creates a sense of relaxation - heart rates drop and blood pressure lowers, and for dementia patients whom often experience anxiety, the gardens bring a sense of calm into their lives.

The easily accessible manicured pathways at Bella Vista Gardens offer the perfect place for a leisurely stroll, and the chance to enjoy the magnificent views over the neighbouring golf course at the Castle Hill Country Club.

In addition to the communal gardens, many of the ground floor suites at Bella Vista Gardens have their own private patios where residents can tend to potted plants. This creates a personal mini garden in which residents can enjoy a morning cup of tea or quiet time in the afternoon.

"It's lovely to witness our residents strolling through the property and stopping to smell the flowers - perhaps a lesson for us all in our busy lives," said Kerry.

bellavistagardens.com.au



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Fear: Trump In The White House

Author: Bob Woodward

A Simple Favour

Author: Darcey Bell

Set to become a Hollywood blockbuster this month is the film adaptation of the book, *A Simple Favour*. Being Darcey Bell's debut novel, the suspenseful story echoes the mysterious sentiment of *Gone Girl* mixed with *The Girl On The Train*. The novel focuses on a mum blogger who seeks to uncover the truth behind her best friend's sudden disappearance, a twisted tale filled with secrets, betrayal and unsettling tension.

For readers intrigued by the political drama and tension occurring in US politics currently, investigative journalist Bob Woodward is the author for you! Well-known for his scathing insights of the White House Presidencies dating back to Nixon, Woodward's latest book is sure to ignite even more controversy surrounding Donald Trump. He details precisely how the President has made decisions on major foreign and domestic policies, drawing on hundreds of hours of interviews and sources.



Isabella Ross

5 Must-Read Books



Jamie Cooks Italy

Author: Jamie Oliver

Perfect for readers looking to extend their recipe repertoire, Jamie Oliver has once again dished out delicious Italian delights. The latest cookbook within his collection, *Jamie Cooks Italy* has a plethora of mouth-watering recipes, paying homage to the classic dishes of each region. With the ability to transport you to Italy and ignite the senses, this cookbook is the perfect gift to give to your avid chef at home!



Murder On The Orient Express

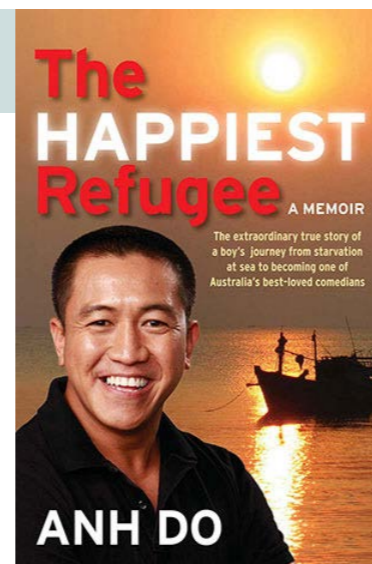
Author: Agatha Christie

For those looking to make time fly by on that long-haul flight or road trip, Agatha Christie's murder mystery is the perfect holiday read for you! A story of calculating wit and surprise on every page, *Murder On The Orient Express* is a detective classic that details the cryptic murder aboard a lavish train in Eastern Europe. To the delight of fans, the book was recently made into a thrilling film starring some of Hollywood's greatest stars.

The Happiest Refugee

Author: Anh Do

Personally one of my all-time favourite reads is comedian, artist, author and TV personality, Anh Do's autobiography *The Happiest Refugee*. It is a story of triumph, heartbreak and gratitude that is sure to make you both shed a tear and laugh to your heart's content. Detailing the pleasures and pitfalls of growing up in Australia as an outsider, Anh Do's story is one that radiates hope and positivity - even in the darkest of situations.



CHOOSING THE RIGHT HOME

According to the 2016 census, the suburbs of the Upper North Shore have a higher proportion of the population aged 50 or over than the Greater Sydney area. Therefore, many people are now considering their options when purchasing a suitable home for their later years.



There is a myriad of choices available including Torrens Title 'over 55's' developments, Strata Title units, including some with age restrictions and Retirement Villages.

As contract arrangements vary from village to village, and can be complicated, it is imperative to carefully read all the documentation provided prior to signing on the dotted line.

It is important to obtain legal advice to ensure that you understand the way the village is set up. For example, Strata Title, 'Loan and Lease', or leasehold and what the costs will be.

In addition to the purchase price you will need to consider the ongoing maintenance fees and any exit, deferred management, or departure fees.

While many villages are very well run, enabling residents to enjoy a wonderful lifestyle with an array of facilities and amenities, there can be significant variation between villages.

Obviously these benefits need to be paid for, but it is essential to ensure that you are not taken advantage of by a contract prepared by an operator whose first priority may be about making a profit rather than consideration of your financial circumstances.

One local village, The Cotswolds, at North Turrumurra has been well-renowned for the past 35 years.

Entry prices are affordable, there are no exit or departure fees, residents or their beneficiaries retain 100 per cent of any capital gain and residents are able to renovate and refurbish to their own taste.

If you would like further information, please contact Julie at Turrumurra North Real Estate.

DISCLAIMER: This information is intended to be of a general nature only. We have used our best endeavours to ensure that it is true and accurate, however, readers should obtain their own independent legal and financial advice.

CONTACT DETAILS:

Julie Rodgers, Director of Turrumurra North Real Estate
Ph: 9449 3075 Mob: 0418 606 006
julie@tnre.com.au



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www.tnre.com.au

Your Local Community Agent

Set Sail with these Cruises

Isabella Ross

Cruising is fast becoming the preferred option for those embarking on senior travel. Numerous cruise operators actually offer cruises that are specially tailored towards the older generations, making sure that seniors can still enjoy an exotic holiday in style and comfort.

South East Asia with Celebrity Cruises

For an exotic experience of Eastern culture - look no further! Celebrity Cruises is offering the cruise of a lifetime, giving seniors the opportunity to uncover the wonders of Asia from approximately \$3,000 per person. Its indulgent ships ooze charm, featuring glass dining rooms, formal foyers, libraries, bars and casinos. One of the features of this cruise line is that they offer special discounts for seniors. With the tour featuring the scenic delights of Hong Kong, Vietnam, Thailand and Singapore this is definitely a cruise for the keen adventurer.

P&O New Zealand Cruise

The perfect cruise for seniors wanting to dip their toes into the pool of cruising, P&O's Bay of Islands tour is spectacular. Located at the top of the North Island in NZ, The Bay of Islands is famous for being exquisitely beautiful thanks to its cerulean waters. Even though the cruise is most popular with guests in age from 50 - onwards, the ship has countless child free sections to ensure seniors can relax and rejuvenate in peace. With tours starting from only \$1,500 per person, this experience is ideal for seniors who are on a budget but still want to holiday in style.

Holland America Line, Canada and New England Cruise

With numerous French-Canadian ports, the cobblestone streets and lush scenery will have you feeling as though you've been whisked off to Europe. Highlights of the cruise include Montreal, Quebec City and Prince Edward Island. Reflecting its Dutch roots, the ships have sculpted centrepieces within the atrium, as well as a plethora of plush furnishings and magnificent art. For this particular cruise, prices start at \$1,200 per person for 7 nights of comfort, superb service and traditional luxury.

European River Cruise with Scenic

Described as 'a luxury floating hotel', Scenic is known for their world-class dining, unlimited top-shelf beverages, exquisite service and stunning European River views. With picturesque gems to explore whilst located on one of cruising's most opulent operators, this experience is for a special occasion or those wishing to loosen their purse strings. Ranges of handcrafted journeys are on offer, including the popular Danube River located in Central and Eastern Europe. Being a cruise with beyond all-inclusive luxury, featured tours start from approximately \$6,000 per person.

7 Tips for Mobility Scooters

Rejimon Punchayil

First and foremost, you should discuss this matter with your GP and family members before proceeding to buy a mobility scooter to enhance your independence and mobility. Here are some important tips to consider once you have decided to make a purchase.

Is it a power chair or mobility scooter?

This depends on several factors and mostly on the physical ability of the user and where it would be used. A power chair would be ideal for indoor use.

Size and portability

When thinking about the size and portability of a scooter there are a number of factors to consider. Do you require the scooter to be portable? How often would you transport it, or would you like a stable scooter primarily to be used in one place? What is the weight of the user, where is the scooter going to be used and what is the length of the most frequent trip? With a range of scooters on the market, you will be pleasantly surprised with the latest models of portable scooters, and how light and easy they are to assemble and dismantle.

Three wheel or four wheels

Four wheels ensure more stability whereas three wheel scooters have a shorter turning circle.



Compliance with Australian standards

It is important that you buy a scooter from your local supplier, who can ensure the unit complies with the strict Australian standards for quality.

Warranty and back up service

Like your car, a scooter has to be backed up with a strong warranty and technical support. The battery is another important element in the selection of a scooter.

Features

Do you want a luggage carrier, a canopy to shield you from the weather, or a comfortable seat? A USB mobile charger can be handy these days. Some scooters have trendy dashboard displays that show the distance travelled, speed, battery levels and indicators. You can even choose a colour that best represents your taste.

Test drive

Nobody buys a car without a test drive, so why would you buy your scooter without one? Comfort Discovered has a wide range of scooters and power chairs, as well as the expertise to help you select the most suitable solution.

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What's On For Seniors

Tech Savvy Seniors - Introduction to NSW Seniors Cards

Where: Chatswood Library
When: 5 October
Time: 9:30am – 11:30am
Cost: Free
Contact: library@willoughby.nsw.gov.au

Sydney Mozart Society - Classical Music Concert

Where: Chatswood Concourse Theatre
When: 5 October
Time: 8:00pm
Cost: \$42.85 Pensioner
Contact: theconcourse.com.au

Adorn Exhibition: Sydney Craft Week 2018

Where: Creative Space North Curl Curl
When: 5 October – 14 October
Time: 10am – 4pm (closed Monday 8 Oct. and Tuesday 9 Oct.)
Cost: Free
Contact: creative@northernbeaches.nsw.gov.au

Investments for Retirement Seminar

Where: Hornsby Library
When: 12 October
Time: 1:00pm – 2:30pm
Cost: Free
Contact: library@hornsby.nsw.gov.au

Morning Tea and Movie

Where: Hayden Orpheum Cremorne
When: 17 October
Time: 10:30am
Cost: \$12 pp.
Contact: 9908 4344

Daily Tour: Royal Botanic Garden

Where: Mrs Macquaries Road Sydney
When: 1 October – 31 October
Time: 10:30am – 12:00pm
Cost: Free
Contact: paul.nicholson@bgcp.nsw.gov.au

Grandparents Day

Aaron Christensen



To celebrate Grandparents Day, on 28 October, *Sydney Observer* took to the streets to speak to grandkids and grandparents about their favourite memories they have shared.

Michael, 23, said his favourite memory with his grandparents was going to the football Asian Cup Final in 2015 with his grandfather, Scott, a die-hard Socceroo's fan. "The smile on granddad's face when we won was just brilliant, I could tell how much it meant to him. I was glad to have been there with him for it."

Agnes, 74, said that her favourite memory with her grandkids is whenever she picks them up from school, and the kids spend the afternoon with her and her husband,

Roy. "Even the little things like picking them up from school and going to the park is one of my favourite things to do. Seeing their sense of wonder at the world is very lovely."

Fei, 44, said that her favourite memory with her grandmother was learning to cook with her at home in Guangzhou. "We all moved to Australia when I was little, but I still remember her teaching me how to cook when we lived in China."

Haasim, 57, said that spending time with his grandfather in Lebanon is one of his most cherished memories. "We all worked together in the family business, so we spent a lot of time together. He taught me a lot and is someone I look up to."

1958 - 2018

60

YEARS

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picture framing

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Often it takes an artist's eye to find the perfect frame for a particular piece. Which is how Joe Bollen of MY FRAMER originally began his business.

An artist, graphic designer and Vexillologist (flag expert) Joe manages to combine his many artistic passions through the art works, flags, logos, banners and signs he retails from his Turrumurra studio. Restoration, conservation, consultation & installation.

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 Studio 5, 1269 Pacific Highway
 Turrumurra NSW 2074
9144 7161 Monday to Saturday.
bollendesigart@optusnet.com.au

Dress to Impress this Season

Isabella Ross

For Women

Adorn with scarves

To spruce up any outfit, accessorise with a statement scarf. One of the best parts about this styling tip is that it can be implemented throughout the year – regardless of the season. For the warmer months opt for an embroidered silk or cotton shawl and then when it reaches winter, go for the classic woollen scarf.

Fabulous Footwear

With old age comes posture and orthopaedic problems. However this doesn't mean your outfit should be simply limited to frumpy, out-dated shoes. Ecco Shoe Manufacture offers a wide range of fashion-forward orthopaedic footwear. On offer are casual flats, sneakers and low heels, so it is definite that the brand has a shoe perfect for any occasion. Ecco shoe stores can be found in Chatswood Chase, Macquarie Centre and Westfield Sydney.



For Men

Look For Structure

For the vast majority of older individuals, staying consistently active can be a bit of a hassle. With this in mind, seniors should aim to include more structure into their wardrobe. This does not mean wearing tight fitted clothing when you get a little softer around the middle. Rather, try to accentuate height and other features of your body with polos, button-down business shirts and tailored trousers.

Blazers

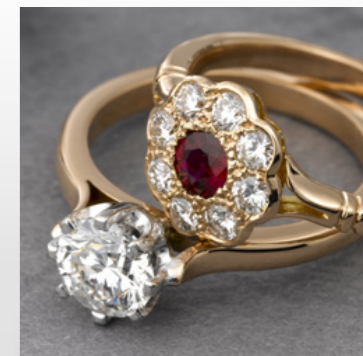
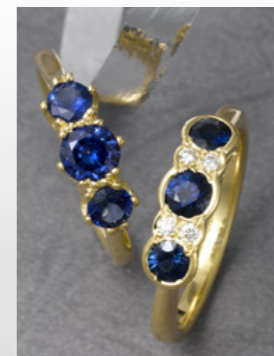
Arguably one of the most versatile pieces in a man's wardrobe, the blazer is the perfect staple to keep handy. Adding a certain sharpness to any outfit, this clothing piece is great in a multitude of fabrics including linen and tweed. A blazer can even be worn for a smart casual day out that requires a little more finesse than a pair of trousers and pressed shirt.



Crisp, Clean Neutrals

Dark, dense colours like black and charcoal grey can be quite harsh and unforgiving tones on more mature skin. Similarly, bright and eccentric pops of lime green, magenta and tangerine are best kept for youth going to a fancy-dress themed occasion. Instead, look to incorporate more neutrals into your clothes, examples being camel, beige, white, light grey and soft blue. This will ultimately compliment both your complexion and age.

Versatile Colour Palette



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Subscription Series with the Symphony

For classical music lovers who have an appreciation for orchestral sound - look no further. In 2019 the Willoughby Symphony Orchestra will present its Subscription Series, 'Rhapsodic Journey', a six-concert program that is guaranteed to take audiences on an enchanted journey.

Led since 2001 by the highly esteemed Chief Conductor and Artistic Director, Dr Nicholas Milton AM, the Willoughby Symphony Orchestra is renowned for its extensive aptitude across the entire symphonic repertoire, performing with rousing engagement and emotion.

Dr Milton AM, spoke passionately of

the musical delights that the upcoming orchestral season will bring.

"Our 2019 Season is a magical odyssey that promises many transcendent and inexpressibly beautiful moments, and we will marvel with you at sublime mysteries that will unfold in the music."

Next season, the Willoughby Symphony Orchestra will welcome award-winning composer, Kate Moore as Composer-In-Residence. With her work performed globally at Amsterdam's Concertgebouw, New York's Carnegie Hall and at the Sydney Opera House, there is no question that Kate is a talented musician and composer. To the delight of the Orchestra

and the audience who will have the pleasure of experiencing the show next year, Kate will premier two major new pieces, one specifically commissioned by the Orchestra.

"On stage in our ravishing Concert Hall at The Concourse, the ardently passionate instrumentalists of the Willoughby Symphony Orchestra illuminate their elation in music making with vibrant commitment," Dr Milton said.

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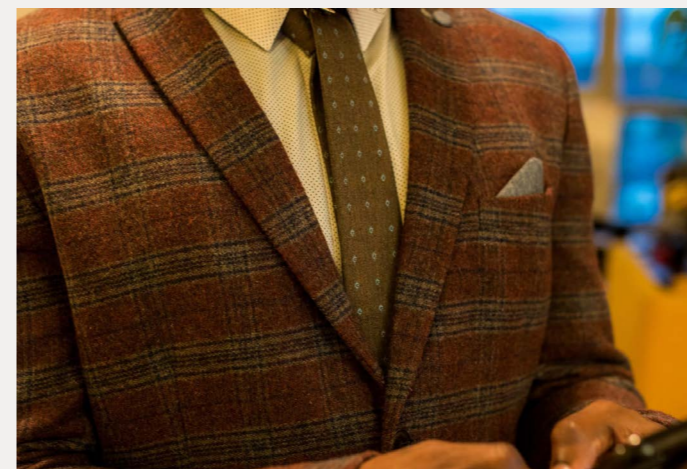


Patterns and Prints for Men

Aaron Christensen

Plaid

Plaid shirts and flannels have been a staple in men's fashion for decades, perhaps reaching the height of their popularity in the 90s with the grunge movement. However, the versatility and simplicity of a plaid design is once again popular as it's a style that suits everyone. Why not try plaid pants for a unique take on this print that doesn't seem to be going out of fashion anytime soon.



Hawaiian Shirts

Hawaiian shirts have become a key feature in almost every man's wardrobe. From festival goers to the mature, Hawaiian shirts and bold prints have an enduring novelty that have become a staple element in men's fashion. The natural patterns and vibrant colours will make you stand out, and look best when coupled with monochromatic bottoms.

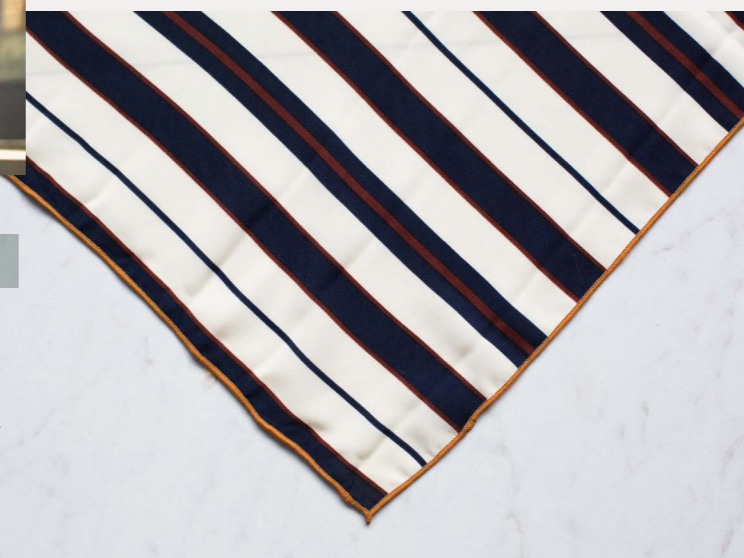


Turtleneck Suits

One of the least used elements of men's fashion, largely due to some poor pairings, the turtleneck is making a comeback. Coupled with a blazer or a suit, the right turtleneck can create a smart, classy look, eliminating the old-fashioned reputation it once carried.

Vertical Stripes

Every man should have a range of vertical striped shirts in their wardrobe. They are one of the more versatile styles available to men, and can be paired with anything from formal pants to shorts, with the added bonus of the stripes making you appear taller and thinner. Vertical striped t-shirts are growing in popularity too, offering a more casual look compared to the traditional collared formal shirt.



Top Accessory Trends

Isabella Ross

When it comes to fashion – accessories are a necessity. With warmer weather on the horizon, now is the perfect time to peel off the layers and showcase your style with some of these hot tips!

Dripping in Gold

Delicate, sophisticated and glamorous, gold jewellery has never been so hotly anticipated! Pieces, like ring bands, charm bracelets and thin chain necklaces are perfect since they naturally compliment any outfit. Statement gold coin pendants have also created a major buzz, thanks to their ornate character and ability to make your wardrobe look lusciously opulent.

Accessorise With Lavender

An elegantly airy colour, lavender is typically associated with youthful radiance and springtime. One of the best features of this trend is that the purple-hue suits a vast range of skin tones and complexions. Whether it be a delicate clutch, pair of low heels, or just a varnish of nail polish, accessorising with lavender has never been easier!

Slides

This spring-inspired footwear has been a classic this year, with a multitude of brands stocking these effortlessly stylish shoes. Their simplistic aesthetic and desirable comfort factor are just a few of the reasons why slides have become a well-loved accessory to all.

Statement Belts

When it comes to this styling trend, your options are endless. Easily paired with a skirt, jeans or even dress, statement belts have made a comeback in their popularity. If you are willing to loosen your purse strings, Gucci-branded belts are arguably the number one trend as of now. With a classic yet edgy design, this accessory is the perfect piece to bring your outfit to the next level!

Cat-Eye Sunglasses

A trending favourite amongst millennials, cat-eye sunglasses are all the rage when opting for a quirky, fashion-forward style. A nod back to the golden era of vintage flair, this accessory has swept the catwalk this season, featured heavily at Mercedes Benz Fashion Week.

Oil Infused Cream

There are an abundance of benefits that oils bring. From coconut, to olive oil, jojoba and argan, these golden droplets hydrate the skin and restore nutrients. The problem is these oils are not suitable for all skin types, as they can block pores and cause excess shine. Resibo, have created the solution to our problems by combining these potent oils with the lightweight feeling of cream. Harnessing the benefits of oil with natural ingredients that nourish the skin, these creams and lotions will leave you feeling rejuvenated. Resibo is also cruelty free and vegan, which means there are not nasties in these products and their packaging is even biodegradable!

resibo.com.au

Fresh and Fab Beauty Products

Hannah Prasad

Sheet Mask

Sheet masks have been on trend for a while, and with good reason. These hydrating masks create an at home glow that will leave your skin feeling fresh and looking bright. The serum soaked sheets coat the skin with moisture and come in a variety of options that suit different skin types. For all your sheet mask needs check out The Sheet Mask Shop. With firming, anti-aging and soothing masks, there is something for everyone. So grab a mask and treat yourself this weekend!

sheetmaskshop.com.au

Photo credit: @sheetmaskshop

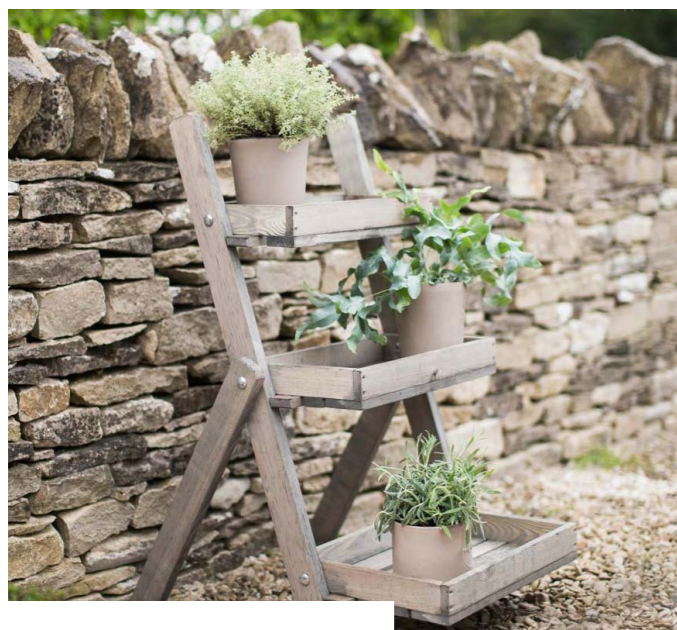
Jewel Toned Eye Shadow

If you are looking to create a statement eye makeup look, why not try eye shadow? These rich velvety emerald and sapphire tones will make you feel like royalty, and have you ready for your next night out! The vibrant hues exude luxury and look best when paired with nude lips. If you prefer a more refined look, try using jewel-tone eyeliner with a sharp cat eye, or mascara to create voluminous bright lashes that will be sure to turn heads.

How To Revamp Your Décor

Isabella Ross

Being the simple act of taking an old object and turning it into something new, upcycling has become the perfect way to add unique design throughout the home. After spring-cleaning, many are left with 'bits and bobs' that have the potential to become major décor showpieces. By upcycling out-dated items into quality DIY design, it ultimately rings true that one man's trash is another man's treasure!



Wooden Ladders

Finding an old wooden ladder is the ultimate treasure for any creative repurposer. Even though it is possible to buy a faux-upcycled decorative ladder from a homewares shop, revamping an authentic wooden ladder is a very enjoyable DIY project. Whether it is a herb garden, bookcase, shelving unit or crystal display, these ladders can spruce up any room or outdoor area. Sanding the wood down, and either giving it a lick of paint or varnish is ideal if you are a fan of the shabby chic look.



Hula-Hoops

An unusual but well-loved pastime, the childhood classic hula-hoop can also be given a glamorous makeover! A great DIY task, is transforming this item into a chic photo frame – all you need is some cherished Polaroids, gold spray paint, ribbon and hot glue. Another spring essential for any child's bedroom that can be made with a hula-hoop is a dream catcher. For the avid knitter or crochet-lover, this upcycle is perfect, only requiring various yarns, beads, feathers – and a lot of patience!



Old Vintage Suitcases

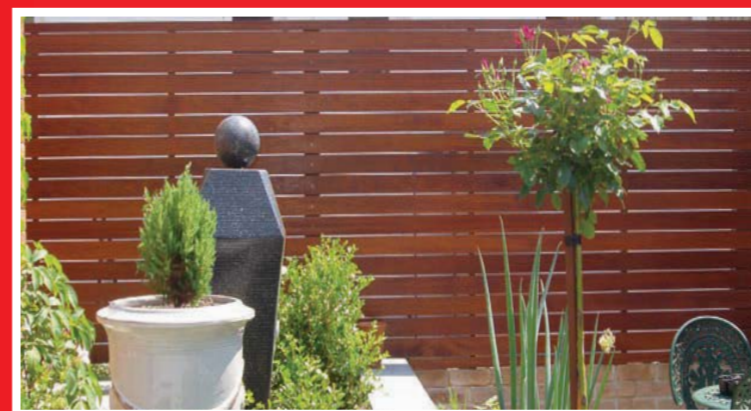
Available at any good antique shop, vintage suitcases and luggage have become trendy pieces in recent years. The best part about the trunk is that it can have a myriad of purposes, whether it be for storage, used as a coffee table or magazine holder. If your suitcase is looking a little worse for wear, sanding it back and painting it in an airy spring hue is a great way to create a vintage showstopper.



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The Perfect High Tea

Isabella Ross

With the warm spring air and flowers in bloom, now is the ideal time to host a high tea party in the comfort of your own outdoor entertainment area. When it comes to organising any event, stress can arise, so here to help is our guide to throwing the perfect spring-inspired high tea.

What is the first thing that comes to mind when thinking of high tea – all the gorgeous canapés and delicious nibbles of course! If you are looking to truly impress your guests, then discard those cucumber sandwiches and take note.

Lemon meringue tarts and scones are well-loved by all high tea enthusiasts, as well as mini bagels with salmon, dill, capers and cream cheese. For a modern twist, look at serving some kingfish ceviche as the perfect light savoury canapé. Instead of just having the conventional ‘Earl Grey’ or ‘English Morning Breakfast’ on offer for your guests, try making an assortment of fruity iced teas. This beverage not only rings true to the essence of high tea culture, but also serves as a refreshing palette cleanser in seasonably warm weather.

Another tip to elevate any high tea experience is to have a plush surrounding. Now, this does not necessarily mean having to host your party indoors surrounded by antique furniture. Rather, by having a high tea party within your garden, you and your guests can enjoy the natural ambience of spring. Planting some seasonal beauties like daisies, wisteria or tulips, and ensuring the garden has a healthy amount of water in the time leading up to the event is ideal.

The decor and presentation of the table setting is a principle factor in determining the calibre of any high tea occasion. Aim to present the canapés on a three-tiered stand to ensure your high tea garden party is an elegant affair. To reflect the effortless style of spring, draw inspiration from nature when designing the table and colour palette. For the table decor opt for white flowers, tea lights in jars and a tablecloth that has a chic country-charm aesthetic. If possible, having the traditional fine china to serve hot tea varieties is also a great decor initiative. Victoria’s Basement and Peter’s of Kensington offer a wide range of delicately delightful teacup and saucer sets.



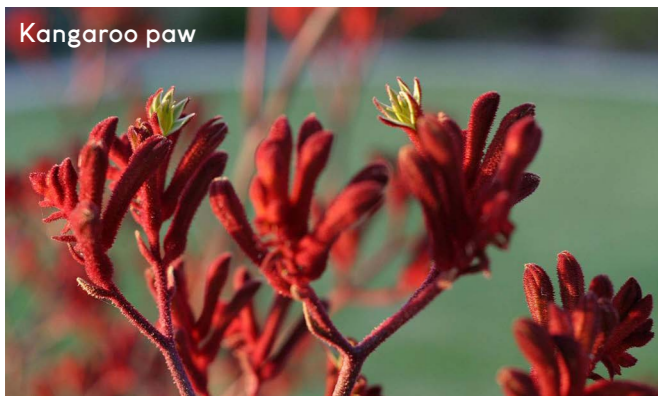
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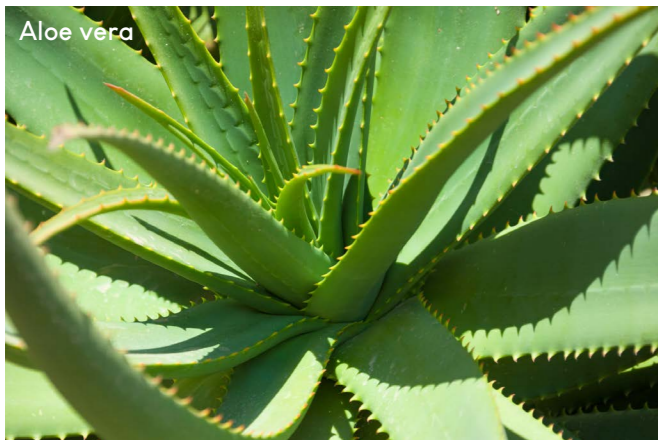
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Kangaroo paw



Aloe vera



Succulents

Get Succulent Savvy this Spring

Marlene Even

Spring is a great time to add new colour to your garden. However, with dry conditions in NSW it's easy for your garden to look a bit parched. Drought resistant plants and succulents are not only low maintenance, but also provide a unique addition to your garden landscape.

New Zealand Flax

The New Zealand flax adds a splash of colour to any garden with vibrant tones varying from burgundy, orange, purple, pink and yellow. The plants are increasingly used in Australian garden design and are the perfect piece to use as a border.

Kangaroo Paw

The kangaroo paw comes in an array of colours and will attract wildlife to your garden. Depending on your landscape you can choose a tall variety as a feature item, or a smaller variety that can be displayed in a pot.

Aloe Vera

To add some healing power to your home, plant your own aloe vera to treat sunburn, insect bites and dry skin. With all the benefits aloe vera brings, the plant doesn't ask for much in return, as it requires very little water but plenty of light. Place it in a terracotta pot with a mix of gravel and sand in the soil, for a multifunctional and low-maintenance beauty.

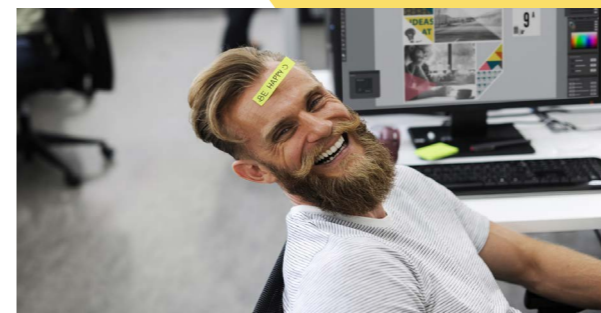
Succulents as Features

Succulents are trending in gardens big and small, and are popular as indoor features due to their durability. These plants are easy to care for, but don't lack in beauty as they add great character to gardens. Fill your garden with succulents, cactus and bonsai to create an atmosphere that exudes tranquility.

Boost your mood at work

Marlene Even

Day in, day out, we spend a lot of our time at work. In the Ku-ring-gai local area 50.2% of us are working over 40 hours per week. So, how do we come to work in a good mood and what steps can we take to ensure this mood doesn't deteriorate?



Choose your attitude

Start the day off with positive thoughts and remind yourself what you are grateful for. It is easy to focus on the negatives but make an effort to observe the positive events and accomplishments of the day. Once you focus on the positives, spread this mindset around the workplace by avoiding office gossip and try complimenting a colleague for their work instead.



Style your office space

Decorate your desk with happy colours and memories. A happy photo on your desk is a simple yet effective decoration which can make you smile. If you draw inspiration from quotes, find your favourite one and frame it for a bit of motivation. Add some humour to your workspace by bringing a silly mug or a cute drawing from the kids. Try adding some greenery to the office by incorporating indoor plants. These will help you breathe easier by producing fresh air, but also reduce stress by creating a calming atmosphere.

Refine the to-do list

Instead of simply writing 'finish project' into your diary, categorise your tasks into segments. This might entail sending off emails and completing a draft. Not only does this strategy reduce stress, but it is also a great way to organise your work day.

Exercise

Start your day by feeling good with an early morning jog or gym session. Exercising is a great way to let off some stress and boost your mood at work. Why not take your meeting outside by speaking with a colleague while walking around the block? There is no reason your midday exercise must be dull. Try a quirky sport or fun class such as aerial yoga, aqua yoga, or Zumba!



Wear happy clothes

Take some time in the morning to choose your 'happy clothes'. Heading to work in the midst of a crowd of black and grey tones can feel a bit gloomy, but by adding a bit of colour you can elevate your mood. Wear something in bright colours that is flattering or has a happy memory attached to it. If you're restricted by a uniform or dress code, try a colourful accessory, bag or lipstick that can brighten up your day.



Step away from the desk

Aim to have your lunch away from the desk. When you are staring at the same task all day it is easy to lose perspective and focus. Give yourself time in the day to relax and rejuvenate. Taking a stroll outside or even making a cup of tea can give you a small moment to unwind. If you take a proper break you will return happy, focused and more productive.





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Manual vs. Electric Toothbrushes

Good oral hygiene starts with the toothbrush. The Australian Dental Association (ADA) recommends twice daily brushing for at least two minutes, whilst using a toothbrush with soft bristles.

Dentists frequently get asked whether it is best to use a manual or electric toothbrush. It's important to note that both types can provide effective plaque removal, but what's important is your brushing technique!

A tooth has five surfaces, the top or biting surface, inside, outside, front and back surfaces, and it's important to clean all of them! The ADA recommends placing the toothbrush bristles against the gum at a 45 degree angle. Small up and down movements will help to clean the teeth, whilst circular movements will get the bristles in-between the teeth and allow the bristles to penetrate just below the gum line.

The area most people forget is the inside of the teeth. Angling the toothbrush head and using small movements will help to get the brush into these tight areas.

Dental floss is required to effectively clean between teeth. This is vitally important as this is one of the most common sites of tooth decay for both children and adults. We cannot stress enough the importance of twice daily flossing in your dental routine!

There are many electric toothbrushes on the market which use different head movements. The most common movements are; side-to-side, sonic vibration motion, rotation oscillation, counter oscillation and ultrasonic movements. All of the head movements have been shown to reduce plaque levels so personal preference plays a part in the movement of choice.

Electric toothbrushes have advantages for patients with reduced dexterity as the brush only needs to touch the tooth and the cleaning method of the brush will do the rest. Patients wearing orthodontic appliances, with arthritis in their hands, special needs or children may find it easier to use an electric toothbrush. Brushing for two minutes will allow enough time for adequate plaque removal to occur, whilst simultaneously enabling the fluoride concentration levels in the

mouth to rise high enough for remineralisation of tooth enamel.

Toothbrush care is vital. Toothbrushes should not be shared between family members as this will spread bacteria. Following use, a toothbrush should be rinsed thoroughly and stored upright to help facilitate drying. Storing wet toothbrushes in a closed container has been shown to result in greater bacteria growth than those stored in open air. Manual toothbrushes or electric brush heads should be replaced once the bristles start to fray or when the brush is three months old. They should also be replaced after periods of illness.

Your dentist will be able to demonstrate correct cleaning techniques and assist you with any questions regarding the best type, or size of toothbrush to suit your individual needs.



Dr Ian Sweeney

northsidedental.com.au

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

HEALTH CORNER



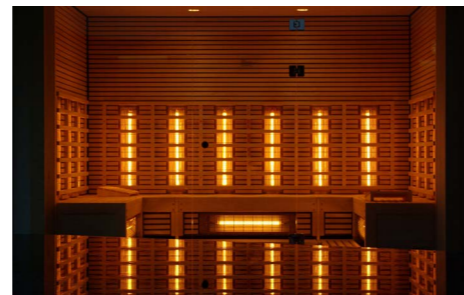
Healing Spices

Described as nature's gifts, spices have been used since ancient times in daily health regimes. However, recently the healing and detoxifying powers of these spices have sparked our attention once again. **Turmeric** is arguably the trendiest spice of the season, thanks to recent studies finding it to be a potentially powerful cancer fighter. **Ginger** has been an intrinsic part of Asian medicine for centuries, known for its digestive benefits of aiding nausea and heartburn. **Cinnamon** is labelled as one of the most powerful healing spices, due to its ability to improve blood sugar levels with diabetics.



Vegan Beauty

Perfect for those who are environmentally and ethically conscious of animal welfare, vegan makeup has boomed in popularity recently. This is thanks to a wide number of prominent beauty brands now stocking vegan products and taking a stance against animal testing. Brands include *Urban Decay*, *Too Faced*, *Marc Jacobs Beauty* and *Tarte*. Another incentive has been the trend that focuses on natural, clean beauty, meaning companies carefully source organic ingredients that are not harsh on the skin or planet. So it is definite that this lifestyle and beauty movement can both protect animal welfare and benefit your skin.



Infrared Sauna

Be prepared to get hot, sweaty and enjoy some deep cleansing relaxation! infrared saunas are the latest wellness trend to hit the market, with the light spectrum technology said to be more effective by penetrating deeper into the skin. A simple and harmless pastime that is performed by trained professionals in certified spa clinics, the infrared light has a lot of healing and detoxifying benefits. With the capacity to soothe muscle aches and stress, this health craze is definitely a great option for people with joint pain. *The BodyMindLife Studio* in Surry Hills is well known and loved for its infrared sauna sessions.

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goodfoodMONTH

Isabella Ross



California Soul - Jason Neroni

Marvel at the culinary genius of Southern Californian chef Jason Neroni, as he showcases the regions delicious delicacies.

Night Noodle Markets

For any avid noodle lovers, this is the event not to be missed! With over 30 sizzling Asian food stalls on offer, the market is sure to set Sydney's taste buds alight!



Young Chefs Lunch

Enjoy a three-course lunch with matched wines, in the chic surrounds of the Good Food Month's pop-up restaurant, Hyde Park Palms. The best bit about this lunch is that you will be served by Sydney's next generation of culinary superstars.



Photo credit: GoodnessMe Box.

Vivien and Alisha: Taste the love in every bite

Vivien and Alisha are the mother and daughter duo that will tempt your taste buds with their muesli. Handcrafted from high quality Australian produce and a dollop of love, the end result is a scrumptious array of flavours that turn bland breakfasts into an exciting experience. From raw honey and coconut to cinnamon and banana, simple and clean ingredients never tasted so good!

Roasted Cauliflower and Chickpea Salad



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

Ingredients

- 800 grams cauliflower florets
- 1 tin chickpeas (400gr)
- 60 ml olive oil – for cooking
- 1 red onion
- ½ bunch red radish
- 1 pack dukkha mix – available in local supermarket
- ¼ bunch coriander
- ¼ bunch parsley
- ¼ bunch mint
- 1 pomegranate
- 90 grams baby rocket

Dressing

- 60 ml olive oil
- 20 ml fresh lemon juice
- Salt & pepper to taste

Method

1. Preheat oven to 220 degrees.
2. Use a large roasting tray and line it with baking paper. Place cauliflower florets and season with salt, pepper and olive oil.
3. Roast in oven for 10 minutes, then add drained chickpeas and sprinkle on the 20 grams of dukkha mix. Continue to cook for further 8 to 10 minutes until cauliflower is cooked. Cool down for 10 to 15 minutes before making the salad.
4. Cut pomegranate in half and turn it upside down, so it's facing a bowl to catch the seeds. Use a heavy wooden spoon and hit the pomegranate hard to release seeds and juice, and then discard any white pieces.
5. Peel red onion and cut in halve – you only need to thinly slice ½ an onion. Place in container for later use.
6. Wash herbs in cold water, drain and dry with kitchen paper. Pick herbs and leave whole, mix together.
7. Wash baby radish and top and tail radish, if you have a mandoline slicer, slice radish very thinly – be careful. No fingers required in salad! Place in container for later use.
8. To make the dressing, use a small bowl, add olive oil, salt and pepper, add lemon juice and stir.
9. To make salad, use large mixing bowl. Add cauliflower, chickpea mixture, pomegranate seeds and juice, herbs, baby rocket, thinly sliced radish, sliced red onions and dressing. Mix together and taste, add more seasoning if required.
10. Place on large serving tray. This salad is perfectly accompanied with a roast chicken.

Macarthur Region

Nature begets nurture

Ari Nagar

Nestled in the south-west corner of Sydney is a secret. A place that looks like Sydney, sounds like Sydney, but is completely unexpected. In our backyard, it's where the concrete jungle meets the countryside.

Better known as Campbelltown and Camden, what strikes you most about the Macarthur region is how green it is – it has got rolling hills, a national forest and botanic gardens. It also has plenty of history, with the area named after wool pioneer John Macarthur who, with his wife Elizabeth, developed Australia's merino sheep and wool industry here in the 1800s.

But history would have to wait till our next trip. Craving a natural detox, we explored the Australian Botanic Garden, the largest in the country, and its PlantBank, a vast facility that uses cutting-edge science to preserve native plant species. The Botanic Garden itself has 2000 species of Australian natives. Whether or not you have a green thumb, a visit is a unique learning experience, set in beautiful surrounds.

We wandered over to the Garden's Melaleuca House for lunch. We tucked into beautifully cooked Barramundi fillets and nourishing fruit juices. Almost better than the food, the children's playground opposite the café was a lovely surprise. While browsing the menu, our toddler excitedly clambered onto every piece of play equipment. (Happily for everyone, he was tuckered out by the time the food arrived.)

This playtime rivalled a session the day earlier at nearby Oz Funland, where he was transported to the magical world of The Wizard of Oz. After climbing into tunnels and make-believe trees, he crashed out as we strolled around the Campbelltown Arts Centre. That gave us a chance to enjoy its 'Australian Artist of the '80s' exhibition and sculpture garden.

Don't miss a meal at the Arts Centre Café, run by Hans and Rose. Popular with the locals, it has great food to match the great vibe overlooking the Japanese garden and koi pond. Best of all, they take their breakfast and coffee seriously. Just the way we like it.

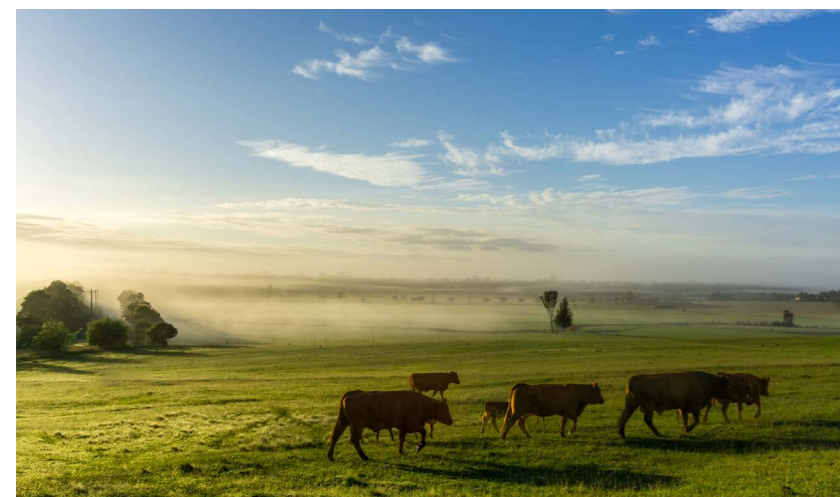
What we missed, though, was a guided tour of the Dharawal National Park, a rugged mix of jagged cliffs, rock pools and native flora. It's an important place for Indigenous people and you'll feel the cultural weight as you walk its rocky paths.

Breakfast at Upstairs at Fred's and dinner at the local burger bar were highlights. But they weren't any old joints. Upstairs at Fred's is a nod to a different time – complete with chaise longues, antiques and charming period pieces – taking you back to what could be imagined as Camden in its heyday. Burger Frank, on the other hand, is thoroughly modern – from its hipster take on wholesome and delicious gourmet burgers using only fresh produce to the progressive mindset of its young owner, who just wanted to spend time with his kids and works the business in a way that allows him to do just that. This was despite making much of the menu from scratch, from their own milk buns right down to the sauces and milkshake syrups.

We stayed at the well-known Camden Valley Inn, originally a milk bar built in the 1930s. It was bursting with quaint charm. The view from our room was stunning – one of vast fields stretching to the horizon. It made the perfect place to cosy up in bed and watch the wind whip crazily through the trees as a massive thunderstorm rolled in at sunset.

That was Macarthur at its best: only an hour from the CBD yet far enough to see nature at its most wild and wonderful.

macarthur.com.au





Color Run

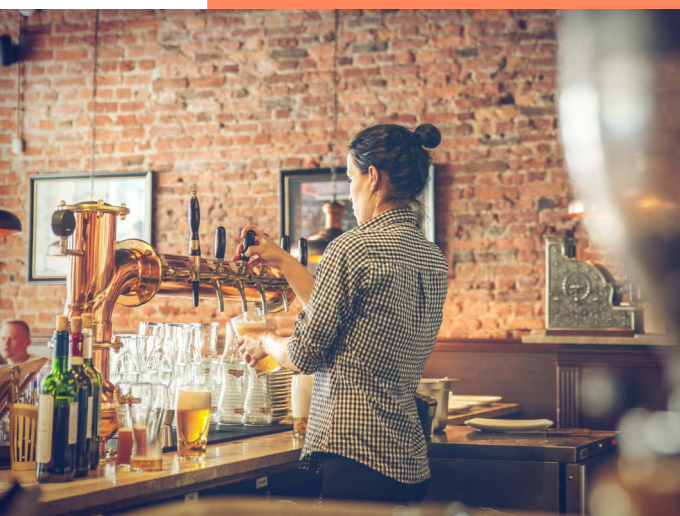
When: 7 October

Known as 'the Happiest 5k on the Planet', this year's fun run is set to impress! To the delight of all 7-Eleven fans, all participants will receive a free Slurpee at the finish line. This year's run has a new hero-themed tour, and is set to wow with super-sized colour zones and a mighty finish festival to celebrate. Appropriate for all ages and abilities, the run has no winners or official finish times so the event is perfect for all. The official charity sponsor is the Starlight Children's Foundation, so it is definite that all participants will be running for a good cause.

thecolorrun.com.au

WHAT'S ON OCTOBER

Sydney Beer Week **When: 26 October - 4 November**



For boutique brew enthusiasts this event is perfectly curated for you! Sydney Beer Week is back, with numerous events specialised for those who love a cold, crisp beer. Events on offer include a James Squire Brewery tour and Spring Craft Beer Fair.

sydneybeerweek.com.au

Good Food Month

When: 1 - 31 October

Celebrating 20 years of unforgettable food events, Sydney's Good Food Month Festivity is back and bigger than ever. With a range of specialised events happening throughout the month, including the family-favourite Night Noodle Markets, this is a flavour-packed event that everyone is sure to love.

goodfoodmonth.com/sydney/

Sculpture By The Sea

When: 18 October - 4 November

As the largest free to public sculpture exhibition in the world, Sculpture By The Sea will be gracing the pristine shores of Bondi's coastline once again. Featuring over 100 sculptures from both Australian and International artists, this exhibition is definitely a visual showstopper.

sculpturebythesea.com



Live Jazz at KittyHawk Bar

When: 1 October through to December

One of Sydney's premiere bar lounges, KittyHawk is known for its marvellous cocktails and French military-inspired décor that oozes opulence. With live music available every Thursday and Saturday night throughout the month, KittyHawk is definitely the place to be.

thekittyhawk.com.au/live-music



Jersey Boys Musical

When: 1 October - 1 November

Sing your heart out to all the classics and marvel at the musical genius of Frankie Valli and the Four Seasons. With the Sydney Morning Herald reviewing the show as 'the best musical ever', Jersey Boys is sure to make your night at the Capitol Theatre spectacular.

jerseyboys.com.au

Carnavalesque Exhibition Art Gallery NSW

When: 1 October - 28 October

Fantasy, dark humour and a strong sense of theatre characterise the works in this featured exhibition. To marvel at artistic delights and become lost in a world of culture visit the Carnavalesque Exhibition - you won't regret it!

artgallery.nsw.gov.au/exhibitions/carnavalesque/

2018 Everest Carnival

When: 8 September - 13 October

Everest Carnival is Sydney's six-week racing event at our state's flagship racecourses, Royal Randwick and Rosehill Gardens. With pop-up boutique bars, world-class racing and entertainment, this carnival is the perfect excuse to let your hair down and dress to impress.

australianurfclub.com.au/everestcarnival2018/



Paint, Sip and Sizzle

When: 11th, 12th, 17th, 18th & 19th October

South Australian winery Brand's Laira and local art studio Cork & Chroma will be offering food and wine lovers a Paint & Sip experience at the Sydney Night Noodle Markets. With a glass of wine in one hand and a paintbrush in the other, attendees are urged to unleash their inner artist. The exclusive 2-hour sessions will also provide tantalising tastes from the sizzling neighbouring Asian food stalls.

corkandchroma.com.au/product/pop-up-paint-and-sip-night-noodle-markets-12-october-2018/



Ku-ring-gai Philharmonic Orchestra

When: 3rd November

The Ku-ring-gai Philharmonic Orchestra will be presenting its next concert at The Concourse, featuring two heavyweights of the great orchestral repertoire. Joined by the Willoughby Symphony Choir and Barker College/Abbotsleigh choirs, this event is perfect for any avid classical music enthusiasts. The concert will also feature North Shore child prodigy Benett Tsai on cello, winner of last year's Concerto Competition.

kpo.org.au/current/

Alexander Oguey – Cor Anglais

When: 21 October

Spend an afternoon basking in the musical delights of COR+ 4. With the delightful melodies of the cello, viola, violin and double bass, this is the perfect opportunity to sit back and enjoy a Sunday of sweet sounds.

killara.unitingchurch.org.au

Leap of Faith Musical

When: 5th – 14th October

North Shore Theatre Company is set to put love and miracles to the ultimate test with the Tony nominated musical Leap of Faith. The musical is based on the classic 1992 film of the same name starring Steve Martin and Debra Winger. The marvellous musical delights composed by eight-time Oscar winner Alan Menken, will be showcased at the Independent Theatre in North Sydney.

northshoretheatrecompany.org



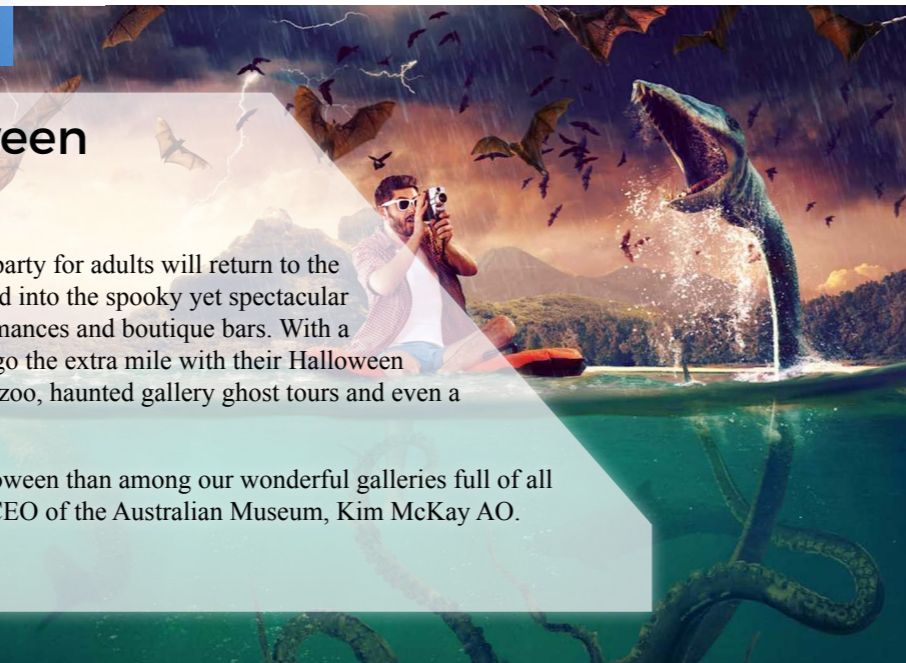
Jurassic Lounge: Halloween

When: 27th October

The popular Jurassic Lounge after-hours Halloween party for adults will return to the Australian Museum. The Museum will be transformed into the spooky yet spectacular ghoulish playground, with a line-up of music, performances and boutique bars. With a chance to win great prizes, guests are encouraged to go the extra mile with their Halloween costumes. Events include a silent disco, dead petting zoo, haunted gallery ghost tours and even a gore galore professional make-up station.

"There is no better place to get into the spirit of Halloween than among our wonderful galleries full of all sorts of specimens and artefacts," said Director and CEO of the Australian Museum, Kim McKay AO.

australianmuseum.net.au/landing/jurassic-lounge/



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Gordon Station Council Park (middle level)

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WHAT'S ON FOR KIDS

Movies and milkshakes at AWOL

Where: AWOL Youth Hub

When: Tuesday 9 October at 10:00am – 2:00pm

Price: Free

Magic Card Trick Workshop

Where: Gordon Library

When: Friday 12 Oct at 2:00pm - 3:30pm

Price: Free

Art workshop for preschool children

Where: Gordon Library Meeting Room

When: Friday 12 October at 9:00am – 10:00am

Price: \$20 per child

The Velveteen Rabbit- Marian Street Theatre

Where: Knox Cultural Centre

When: Tuesday 2 - Saturday 13 October

Price: Children \$22

Adults \$27

Families of four \$85

GO WILD AT CENTENNIAL PARKLANDS

If you love outdoor challenges, trail making and treasure we have the perfect school holiday adventure for you!

Wild Play features a stack of events that will please toddlers, big kids and even families. Why not try a Bush Food Picnic, where you can learn about Aboriginal heritage and culture through identifying plants, fruits and seeds from around the parklands, or a Pizza Party in the Bush. In this program you learn about the native plants, their traditional uses, and you even create your own pizza at the end, yummy!

Be sure to grab tickets to your favourite events so you don't miss out on the fun, food and adventure.

centennialparklands.com.au

SPOT THE DIFFERENCE



TYPES OF DOG

H	G	E	L	P	H	D	U	H	O	T	G	M	E
S	H	E	N	E	U	A	S	C	S	B	I	R	E
R	B	O	X	E	R	C	D	E	A	U	R	R	H
H	N	B	R	L	M	H	D	N	R	L	E	A	R
C	C	O	R	G	I	S	N	I	E	L	I	O	P
O	D	N	U	O	H	H	A	I	H	D	R	R	I
L	R	H	U	R	E	U	S	R	H	O	R	E	N
L	A	R	H	D	D	N	U	B	C	G	E	T	S
I	H	T	A	B	A	D	T	L	S	E	T	T	C
E	E	A	D	A	L	M	A	T	I	A	N	E	H
L	M	A	S	T	I	F	F	H	B	A	H	S	E
S	C	H	I	H	U	A	H	U	A	O	P	S	R
T	E	H	M	I	R	B	E	A	G	L	E	B	A
O	T	L	T	S	M	S	H	E	P	H	E	R	D

- DALMATIAN
- DACHSHUND
- BEAGLE
- PINSCHER
- SHEPHERD
- MASTIFF
- SETTER
- CHIHUAHUA
- BULLDOG
- COLLIE
- HOUND
- CORGI
- TERRIER
- BOXER

Play this puzzle online at : <http://thewordsearch.com/puzzle/9/>



Music

Is Food For The Soul



Kerrie Erwin
Psychic and Medium

They say music is food for the soul, as without a doubt songs can tell stories. They are inspirational, creating miracles by healing the human spirit and mending a heavy, sad and broken heart.

Great artists like Aretha Franklin, Miles Davis, David Bowie, Prince, John Lennon, Elvis, and so many others, have been a driving force in all our lives to help, guide and inspire you with your very own poetic desires, imagination, personal beliefs, spiritual healing and creative ideas.

Quite often you can wake up and hear music going through your head early in the morning and it is always a pleasant experience. Music is also used as a sign that our loved ones in the spirit world are, not too far away, watching over us and doing well.

How strange can it be when you are thinking of someone and suddenly a certain song comes on the radio, or you are out somewhere, and you hear a song from yesteryear, very clearly in the background, which takes you back to a wonderful or sad memory that you once experienced. It may also remind you of a certain person or someone you once loved. Music and songs have always told a story which are used throughout time and history. So, it is no surprise spirit will also use music or whatever it can to get a message of love across from the other side.

I once had a client who very sadly lost her small daughter to an illness. As we sat opposite each other in my office, I sensed a small spirit girl singing Kylie Minogue songs loudly in the room. This little spirit child was a delight, full of energy as she danced around the room singing the songs she so dearly loved when she was alive. When I mentioned this, her mother started to laugh and cry at the same time because as I described her, she recognized her instantly and commented how she

loved these songs when she was alive.

As a medium, over the years I have also found that our dearly departed loved ones will often talk about the funeral the family had for them, and how much they appreciated or liked the music chosen on their special day. I can't remember one spirit ever saying or telling me that they did not attend their funeral for that matter and quite often I will see the spirit of the person standing next to their coffin whenever I have ever been to a funeral.

I have also often heard people say that they got a song stuck in their head that reminded them of a loved one, only to find they get a phone call or a message soon after that this person had passed on.

Music can also activate past life memory, from people you once loved, or had a connection with not only in this life but other past lives as well. A certain song can trigger many memories of sadness and great joy.

My grandfather, who I can only remember as a very smart and clever man, was a natural musician. His influence to perform and play randomly for anyone that would take the time to listen, was my first experience which allowed me to appreciate music.

I watched him play the piano with nimble fingers, without any notes, just making it up in his head as he went along.

He was a natural-born entertainer, and he most definitely loved it when we all gathered around the piano, laughing our heads off and singing at the top of our voices. Even his dog would join in, barking away.

Memories and music are a treasure stored forever in our hearts and a signpost, used quite often for the spirit world to get a message of love across.

INTERESTED IN A PSYCHIC READING

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



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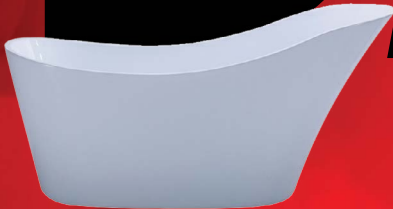


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