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 Sydney Observer

Sydney Observer

*Fabulous
and Fresh
Face Masks*

*Colouring in
Competition!*

**What's on
November**

**Create a
Hideaway**

**Escape
to the
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**Tegan
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Beauty and Brains

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FROM THE EDITOR

As the sun comes out, *Sydney Observer* is starting to get ready for summer. Our November issue showcases an array of activities and events that will get you excited for the holiday season.

The Home and Garden section is full of DIY projects, leaving your backyard ready for relaxation. We feature an outdoor cinema section that has tips on how to create a comfy hideaway (30), and summer pool trends that will keep you cool as the temperature begins to rise (33).

Our What's On section features fun events such as the Boonah Creative Arts Studio exhibition and a Pop-up Globe theatre (42-43). If you're feeling festive, light up your life with our Diwali section (44-45).

Don't forget to enter our colouring competition in the Kids Corner (46-47). Make sure to follow [@sydney_observer](https://www.instagram.com/sydney_observer) on Instagram, and tag us in your pictures so we can see your works of art!

So grab a snack, find your favourite spot and enjoy the issue.

Hannah



SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

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SNIPPETS

New Putney Public Swimming Site

Council recently announced that the North Shore family-favourite, Putney Park, has been earmarked to become a public swimming site by 2025. This initiative has been set under the ambitious plans to make the Parramatta River swimmable once again. This will include better monitoring of the river, reducing stormwater run-off, and improving overflows.

"I believe that the waterfront should be accessible by everybody, not just those who are fortunate enough to live on it. That's why council is using ratepayer funds to upgrade Putney Park with the vision to make the river swimmable by 2025," City of Ryde Mayor, Cllr Jerome Laxale said.

Ratepayers consulted over Environmental Levy

Ku-ring-gai ratepayers are being asked if they wish to continue paying the environmental levy which funds around \$2.8 million worth of works and programs in the area. Currently the levy is at 5% of the council's total rate revenue, which equates to \$80 a year for the average residential ratepayer and \$65 for the average business.

With the current levy expiring in July 2019, the council is consulting the community whether the levy should continue permanently at 5%. The levy funds weed eradication, stormwater harvesting, creek protection and solar panels on public buildings in Ku-ring-gai. The funding also goes to community education programs such as teaching residents how to reduce power bills or keep native bees.

Ratepayers can have their say on the levy in an online survey until 4 November or by sending an email to Ku-ring-gai Council.

oursay.org/kmcenvlevy2018

Deterring Ku-ring-gai's Brush Turkeys

Brush turkeys are a common nuisance for most residents within Ku-ring-gai. With brush turkey breeding season officially underway, Ku-ring-gai council has provided locals with some non-harmful tips to dissuade the protected native specifics from entering gardens.

According to the council's environmental staff, the male brush turkey will build a large mound out of garden soil, leaf litter and mulch in preparation for the female laying their eggs. Simple prevention methods to ensure your garden bed is not used as a breeding ground can include laying pebble or gravel-based mulches, or palm fronds. Brush turkeys also prefer shaded areas for their mounds so prune back trees and shrubs.

Local Forum on Ku-ring-gai's Bushland

The local community is being urged by council to have their say on recreation in Ku-ring-gai's natural environment and bushland. A series of workshops will be conducted throughout November, in a bid to assist in council's review of the Recreation in Natural Areas Strategy to help manage the way people use natural areas for recreation. Due to be completed in early 2019, the Strategy aims to support a range of recreation activities in natural areas in a way that protects and enhances the local environment.

If you are a Ku-ring-gai resident with a strong interest in the strategy from an environmental perspective, get involved in the workshops and online surveys to come this month.

kmc.nsw.gov.au/Current_projects_priorities/Key_priorities/Recreation_in_Natural_Areas_Strategy

Future of East Lindfield Community Centre

Residents of the Ku-ring-gai area are being asked whether the East Lindfield Community Centre should be upgraded or demolished and rebuilt. The 57-year-old community centre, one of the council's most popular venues for hire, needs to be modernised to meet accessibility standards as well as for structural and aesthetic reasons.

The council has begun community consultation to decide between the two options for the centre. Upgrading the hall will cost around \$3 million, this includes an expanded hall, new roof, toilets, kitchen and access improvements. While, demolishing and rebuilding the hall will cost around \$5-6 million. This includes an 18-month design and application followed by a 12-month construction process.

The Ku-ring-gai community are encouraged to have their say in the survey by the 14th of November.

oursay.org/eastlindfieldcentre



HELPING SENIORS TO GET OUT & ABOUT

Seniors living at home or in Aged Care accommodation on the north shore can now achieve a higher level of independence for their shopping, medical appointments and social outings, with a personalised driving service called 'Outings for Seniors'.

Director Susan Davies says the range of services provided by 'Outings for Seniors' since starting the business in 2008 have been warmly received by her elderly clients on the north shore, who are enjoying the many benefits of an increased sense of independence.

"The personal attention provided to clients means they can enjoy a variety of activities at their own pace with the added advantage of having one of our team as a trusted companion" said Ms Davies.

'Outings for Seniors' carefully considers the individual needs of elderly clients and takes particular care with their physical limitations. There is a range of ages across both men and women that the growing business assists each week.

"There are a lot of people out there who love the idea of getting out for shopping, a social outing or just for a coffee."

"Many elderly people are reliant on taxis for a doctor or hospital appointment. This is where 'Outings for Seniors' can help as we can accompany them with a personalised service that gives them peace of mind because they know they are with someone who cares."



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* * * GIVEAWAYS * * *

5 Double Passes to Webers circus

Webers Circus is coming to town and they are bringing their Wild West Adventure with them. With acrobats, clowns and miniature ponies, pop your cowboy boots on and get ready for a night of laughs.

To win 1 of 5 double passes, draw a picture of a clown and post it on Instagram. Make sure you're following @sydney_observer, and tag us in your pictures so we can pick the winners!

Sheet Mask Shop

The Sheet Mask shop has a luxurious range of face masks that will leave your skin feeling hydrated and fresh. To win a face mask pack, tell us what you would like to see in the next issue of Sydney Observer.

To win a double pass to 'That Sugar Film', let us know your favourite sweet treats.

To win a double pass to 'Harvest of Shame', tell us what your favourite article is in this month's issue and why.

Good Luck!

HOW TO ENTER

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contact number by the 20th of the month.



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New Local Pro-Working Spaces

Isabella Ross



In a bid to jump on the bandwagon of corporate wellness trends spreading through workplaces, Australia has officially welcomed its first pro-working space. Well-known company, Serviced Office International (SOI), launched this Australian first in professional innovation in Sydney’s North Shore.

But what exactly is ‘pro-working’ in the realm of workplace wellness?

A new but growing global trend, pro-working spaces aim to foster a sense of privacy and comfort within workplaces that are often brimming with inflated coexistence amongst employees. This essentially means that they are designed like a boutique hotel – offering a gym, library, quite place to relax and private desk space for workers. At the focus of pro-working offices is the wellbeing of their staff. With studies showing that this new type of work environment

can lead to a boost in productivity, it is a definite incentive for corporations to get behind this unique initiative.

SOI CEO, Michelle Mills, is thrilled to still be at the forefront of Australian small business office trends after more than 20 years in business.

“When we first started, it was everyone behind a closed door. Then it moved into co-working and now things are shifting again this time to pro-working. It’s interesting to see that workers, and particularly small business owners, are longing for a door that shuts and a bit of quiet time to think and plan.”

Images: Serviced Office International Director - Buck Samrai, Willoughby City Council Mayor - Gail Giles-Gidney, Serviced Office International CEO - Michelle Mills and Chatswood Chamber of Commerce President - Stig Falster.

WaterFix® Strata Service

Isabella Ross



In a bid to help apartment complexes across the city save on water bills, Sydney Water has launched its WaterFix® Strata Service. This strategy aims to deliver large scale, cost-effective water savings for residential strata managed high-rise buildings.

Andre Boerema, Manager of Resident Products and Services at Sydney Water revealed the major success rate and positive outcome this initiative has seen.

“One of many Sydney residential high-rise buildings that has benefitted from the WaterFix® Strata service is the Summit Apartment Complex on George Street. This building has seen a 30% reduction in water usage since enlisting the help of WaterFix®. This equates to a saving of over 30 million litres of water a year and a cost saving of \$61,284 on their water bill.”

Mr Boerema also exclusively shared a few tips with *Sydney Observer* on how homeowners can reduce their bills

and conserve on water in the lead up to summer.

- 1) Keep your showers to four minutes.
- 2) Fill your washing machine. Wait until you have a full load in your dishwasher or washing machine and use the economy mode.
- 3) Turn off the tap while you brush your teeth or shave.
- 4) Wash your vegetables and rinse dishes in a plugged sink or basin - not under a running tap.
- 5) Keep your pool covered. Without a cover, more than half the water in your pool can evaporate over a year.
- 6) Wash your car on the lawn – this will allow you to water and fertilise your lawn at the same time. Car shampoos use phosphates similar to many fertilisers.

Historic pear tree relocated

A n historic pear tree has been removed during the Northern Beaches Hospital road upgrades and found a new home at two local schools. The tree located on the north side of Warringah road is a remnant of Holland’s Orchard; an orchard in Frenchs Forest established by Henry Green in the early 1900s.

Brad Hazzard, member for Wakehurst says, “The tree is part of the original fabric of the Northern Beaches and I’m so pleased Roads and Maritime services has saved some cuttings from the historic pear tree.”

“Although the original tree was very old and in poor condition, a number of cuttings were taken, and some have now been donated to Frenchs Forest Public School in the Davidson electorate, and The Forest High School in my electorate,” Mr Hazzard said.

Frenchs Forest Public School students planted their pear tree cutting in the centre of the school’s edible garden alongside a commemorative plaque.



Minister for Police and Emergency Service, Troy Grant has announced a ‘Feed a Farmer’ charity drive calling for food donations for the next two months. Mr Grant, alongside representatives from NSW Police Force, Fire and Rescue NSW, NSW Rural Fire Service and State Emergency Service, have joined Food Bank NSW/ACT to launch the initiative.

Mr Grant says ‘Feed a Farmer’ is a wonderful example of mates helping mates across NSW.

“Our farmers are the backbone of our community and have been battling terrible drought conditions for months now, with many choosing to feed their stock first before putting food on their own tables,” Mr Grant said.

Farmer Blair Briggs joined the minister in launching the initiative.

“We’re all doing what we can to make ends meet, but it’s really nice to know the community are behind us,” Mr Briggs said.

Collections for ‘Feed a Farmer’ will run until 2 December 2018.

Locations in the North Shore include the Northern Beaches – Gate 4 Thompson Drive, Terrey Hills, and Hornsby – 1049 Pacific Highway, Cowan.



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Stronger clubs stronger communities



The NSW Liberals and Nationals have recognised the role clubs play in communities by signing a Memorandum of Understanding with ClubsNSW. Minister for Racing Paul Toole announced the agreement on the 14th of October.

“The Government recognises clubs are often a key point of connection in communities. They provide a place to socialise as well as a refuge in times of emergency,” Mr Toole said.

The new four-year agreement will commence after the 2019 election. The agreement includes an extension of the Clubgrants scheme to support drought-impacted communities through the purchase and freight of water, and counselling. In addition,

job creation in regional communities will be established through a regional club trainee employment program.

“The Memorandum of Understanding covers a wide range of issues important to the Government, to clubs and to the community, including delivery of workplace skills training, job creation, emergency support and responsible gambling,” Mr Toole said.



NSW Carers recognised

Ivy Lau has been announced the 2018 NSW Carer of the Year. The Carlingford resident has been a carer for nearly 30 years to her 28-year-old daughter with Down syndrome, and her husband with Parkinson's.

Minister for Disability Services Ray Williams announced the NSW Carers Awards during National Carers Week.

“Ivy, like so many other carers, is simply inspirational. She is supporting not one, but two members of her family as a carer,” Mr Williams said.

Ms Lau also supports other carers as an active member of the Chinese Parents Association for Children with Disabilities.

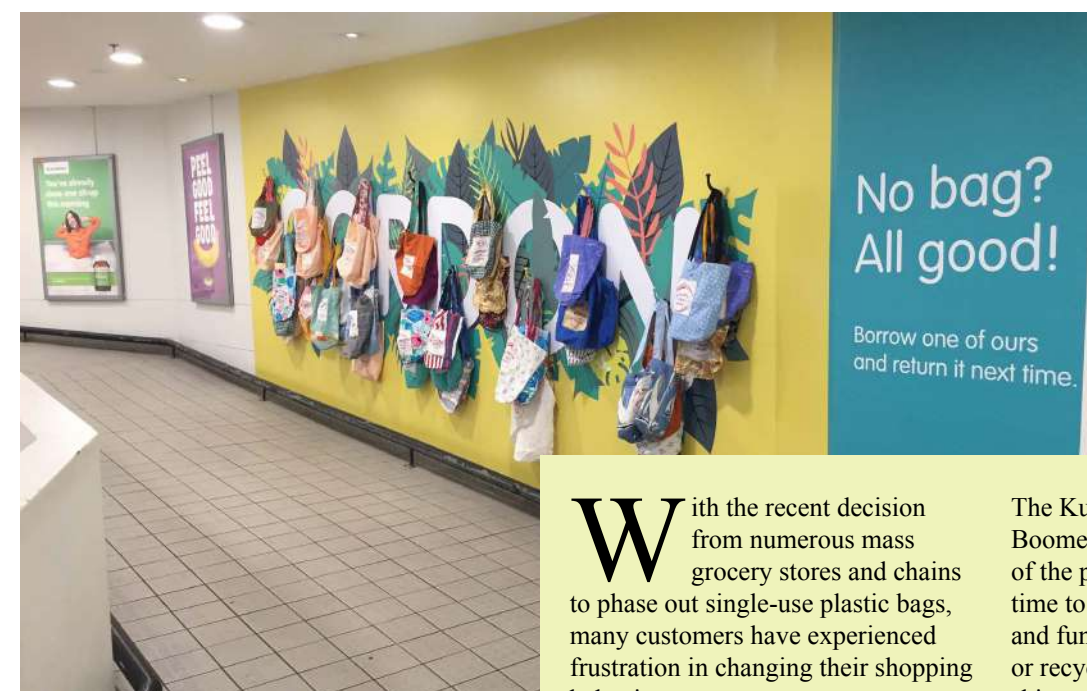
“Getting this Award, I am very happy that people recognise my hard work and the hard work of other carers,” Ms Lau said.

In NSW 1 in 10 people provide support as carers, which is implemented without pay.

“It's important that carers know that others understand and appreciate what they do, and feel recognised, valued and supported,” Mr Williams said.



Free, reusable bags for community



Borrow A Bag after

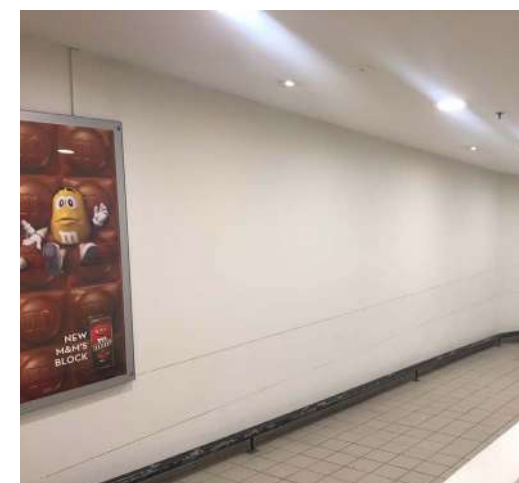
With the recent decision from numerous mass grocery stores and chains to phase out single-use plastic bags, many customers have experienced frustration in changing their shopping behaviour.

So to help those who are struggling to remember to bring a reusable bag with them on their shopping expeditions, Gordon Centre and Gordon Village Arcade have partnered with Boomerang Bags to provide free, reusable bags. The Borrow A Bag program was specifically designed for local customers who are either forgetful, aren't physically strong enough to carry numerous bags, or don't have the funds to purchase higher cost environment bags.

The Ku-ring-gai Council supports Boomerang Bags, with members of the program volunteering their time to create beautifully unique and functional bags from donated or recycled materials like old jeans, shirts and dresses. Volunteers then stitch together the various fabrics as well as the 'Boomerang Bags' logo to complete the process.

“By transforming a blank wall into the 'Borrow A Bag' program, locals have been quick to adopt this initiative. Shoppers simply grab a bag and re-use or return on their next trip, it's that easy,” said Marketing Manager Rhys Simonds.

The Borrow A Bag wall is located at the pedestrian access ramp between the P1 car park and ground floor of Gordon Centre.



Borrow A Bag before

Ku-ring-gai Council
Environmental Levy

Have your say

The Environmental Levy funds around \$2.8 million worth of environmental programs and works in Ku-ring-gai every year.

Register online and take the survey: kmc.nsw.gov.au/elevy2018

Feedback via our Have your Say page closes on Sunday 4 November 2018.

LOVING LIVING KU-RING-GAI
Sustaining Sydney's green heart
Environmental Levy

Lee Kernaghan: The Country Musician

Isabella Ross

Lee Kernaghan's 25th Anniversary Tour is set to wow audiences across Sydney and NSW in late November to early December. With the concerts featuring Lee's classic hits, ballads and rural anthems, there is no question that the country legend has won a nationwide legion of fans.

First and foremost - congratulations on your 25th anniversary tour, what an achievement!

I'll tell you what – that's the fastest 25 years I've ever known! It has been a full-on national tour, and for the very last shows of the tour we will be coming to Hornsby, Campbelltown, Penrith and Wollongong. It's been phenomenal. We have had an unprecedented amount of sales nation-wide, and it has felt like going from one party to the next.

Would you say that 'Boys from the Bush' is still your most requested song?

Yeah, it is definitely the one that is closest to my heart because it changed my life and gave me the opportunity to make albums. I remember this time in 1992, I was driving into Sydney, I tuned into the radio, scanned around and there it was – 'Boys from the Bush' on the radio for the first time.

But it's not just my song – it belongs to the nation.

Who has been one of your favourite artists to perform with?

Undoubtedly, Slim Dusty. I will be eternally grateful to Slim for taking me under his wing at such an early point in my career and recording with him. He's just an icon.

Given your connection to rural and regional Australia, I can imagine that the current drought is tugging at your heartstrings.

I recently went out to a fundraising concert in Tamworth and performed there, and people are truly struggling. But I have got to say how heart-warming it is to see the entire nation and Australian media get behind our farmers and support them.

You were also involved in the release of the official song for the Invictus Games in Sydney in October. How did this opportunity come about?

Yes, I've recently been involved with writing and recording the official song. I guess it came about through the spirit of the Anzacs, and being involved with the Australian War Memorial – it's a real honour to be able to share this song with all the men and women who have given so much to us. A great song can make a real difference.

To book tickets to the 25th Anniversary Tour visit:

leekernaghan.com/tour/



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Tegan Martin

Beauty and Brains

Hannah Prasad

Tegan Martin is the sun-kissed goddess that has the brains to match her beauty. As a former Miss Universe Australia winner, playing a role on *Home and Away* as Ivana Frost, to competing on *I'm a Celebrity Get Me Out of Here!*, Tegan makes the most of the opportunities she has been given. As a passionate advocate for living a healthy and happy lifestyle, she encourages her 120,000 and counting, Instagram followers to shine bright in what can sometimes be a chaotic world.

Sydney Observer sat down with Tegan to discuss her career, passions and what inspires her to live her happiest and healthiest life.

Competing in the Miss Universe Australia competition not once, but three times, Tegan showcased herself as resilient and determined, taking out the prize on her third try in 2014.

"It was a goal I had been working towards for quite some time. I felt overwhelmed with joy and excited to take on my new role, which I took very seriously!"

"I have always been a big believer in planting a seed and continuing to water and nurture it, because even if some days it feels like nothing is happening, one day it will sprout! The last time I entered I felt extremely vulnerable. I felt an immense amount of pressure to win, as I had come second twice. I am so proud of myself for taking that chance."

As a contestant on *I'm a Celebrity Get Me Out of Here!* Tegan faced the challenges and pressure of an unfamiliar setting and situation. The experience helped her grow and face her fears in a foreign location. Tegan talks about the hardest challenge she conquered, and her sneaky tactic to deter the producers from her fears.

"I wanted the producers to think I was afraid of heights,

so they would keep me away from snakes! It didn't take them long to work it out, and next minute, I was in a giant tank full of swimming snakes! It was the most horrifying experience of my life, I had nightmares for weeks!"

"The show taught me that I am so much more resilient than I give myself credit for, and that I need time away from people and technology to properly recharge."

Tegan's devotion to health and wellbeing is a dedication that stems from her own struggles. Tegan, who is a Certified Health Coach, uses her knowledge to encourage the benefits of her lifestyle, and the significance of wellbeing.

"Being happy and healthy are two of my biggest values and every decision I make in my life has those as the motivators. There was a point where I experienced life without health and in turn, this greatly impacted my happiness."

"My life has had a few health twists and turns, and I was fortunate enough to attract some incredible health mentors. These were the people that gave me some sort of relief with my fatigue for the first time, and that's when I converted to becoming a passionate wellness girl!"

With a following on social media that is ever expanding, Tegan understands the importance of living a happy and authentic lifestyle in a world fuelled by social media. Instagram allows Tegan to radiate her views and visions onto her following, creating a warm space that is full of inspiration.

"I would encourage young girls to spend time doing things that make them feel really good, with people who make them feel really good. That could be a dance class, or going for a walk in nature, listening to your favourite music or watching movies with your best friends."

"It is important to remember that life happens when we aren't behind a screen, but it is also inevitable that we use social media, so be conscious of the pages you follow."

"Make sure they are pages that make you feel good, rather than pages that make you compare yourself to other people. We can choose how we use social media, by choosing to follow the profiles of people who inspire us."

"It's simple. Do things that make you feel happy, with people who make you feel happy. Find ways to move your body that you genuinely enjoy. Life is too short for dieting or intense exercise regimes. Listen to what your body responds to best. That may be different to your best friend and that's okay. Your body knows best."

Check Tegan's Instagram out [@tegan.martin](https://www.instagram.com/tegan.martin) and follow her for a glimpse into her inspiring life.



Career Spotlight: Nursing

Isabella Ross and Hannah Prasad

To aid students in the challenging quest to discover which occupation they wish to pursue, *Sydney Observer* has founded a new feature within our *Education* section – the Career Spotlight.

So this month, we spoke exclusively with individuals who work within the field of nursing.

Georgia Butler is a second year registered nurse working at Royal North Shore Hospital. Her love of interacting with people, and compassionate nature encouraged her to pursue a career in nursing.



Georgia Butler getting ready to start a night shift.

"I have always enjoyed interacting with and meeting new people. Nursing is perfect for that because you meet lots of new people every day. I had always been interested in medical things and loved watching anything medical related on TV. My mum worked as a Mothercraft nurse and I always enjoyed listening to her stories, this sparked my interest for nursing."

"When I first finished high school I was accepted into psychology and nursing at university but initially chose psychology. I ended up not enjoying it and changing to nursing. Nursing was always an option, and something I had considered but I wasn't entirely sure what it involved. It wasn't until I started nursing at university and going on my first placement that I decided that the job was for me."

Doing internships or work experience is a great way to delve into your industry. Experiencing a behind the scenes look can help you decide whether the career path you wish to take is something that motivates and excites you.

"When I decided I wanted to study nursing I wasn't completely sure what to expect. At university we went on placements and being a student nurse is completely different to being a registered nurse. I had no idea how busy a shift could be when all the responsibility is on you, although you quickly adapt to the situation. I also could have never imagined that shift work would be so difficult, although I still enjoy it a lot."

"My favourite part about nursing is meeting lots of different people every day. By speaking with patients you get to hear lots of interesting stories. Nursing is also very rewarding because generally your patients are very thankful for everything you do. Nursing has also made me very grateful for my health and for the health of those I love; it really puts everything into perspective."

Robyn Harrison has worked within the nursing industry for over 38 years, and is currently employed as a clinical nurse for a community-nursing organisation.

"Why am I still nursing 38 years on? There may be double shifts, long hours on your feet and situations that see you work when others are asleep or enjoying Christmas with family."

"Staff/patient ratios are a huge concern in the nursing profession, as the industry continues to demand more staff to less patients so they can provide better care."

"There are never enough nurses. People may abuse you because they are scared, in pain or just not where they want to be in their lives. This can be intimidating. No one should go into nursing thinking it is glamorous or a carbon copy of a TV show."

"So why become a nurse? For me, it's a very cliché and simple reason. Taking care of others when they are at their most vulnerable, frightened and possibly unsure with what their future holds is a privilege. Delivering a fragile newborn, holding someone's hand or that of their loved one as they take their last breath."

"Soothing someone when they cry, making them laugh when they have no one else to talk to, or saving a life with your hands and your knowledge. Teaching the frail to become more independent and regain their self esteem, healing their wounds, or calming their pain and knowing you made a difference in someone's life are more than enough reasons to choose nursing as a profession."



Community language classes

Aaron Christensen

The NSW Government has announced over \$5 million in funding for community language classes, and Davidson is set to share in the spoils.

Classes are for school-aged children with non-English speaking backgrounds. The largest amount granted within the electorate is \$105,000 to programs at Roseville Public School and Masada College, organised by the Australian Council for the Promotion of Chinese Language and Cultural Inc, with Ukrainian, Hebrew, Chinese, Japanese and Swedish language classes also received grants.

Member for Davidson, Jonathan O'Dea said; "Community language schools are crucial for helping young people to maintain strong links to their heritage and cultural identity."

I'm proud to support the tireless and dedicated work of those who support our community language schools."

Education Minister Rob Stokes underlined Mr. O'Dea's statement; "We treasure and celebrate the diversity of our multicultural NSW community. This is one way the NSW Government can support that diversity."



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How Parents can Help Children with the Transition to School

Sarah Wainwright

School transition may be a time of stress and anxiety, as well as a time of excited anticipation. For parents, transition may trigger anxious moments as other adults become the primary carer of their child, and children take the next important steps towards independence. For parents and children, recognising feelings such as vulnerability, fear, sadness and anxiety which may be associated with the transition process can lead to fruitful discussions. This can also provide opportunities to become pro-active, by looking for ways to make the transition easier.

Many children struggle with transitions, which is a common trigger for behaviours such as crying and stalling, all the way through to upsetting meltdowns. Transition is a psychological process that occurs on a personal level. To help children manage transitions, parents can provide scaffolding, such as:

-Establishing routines, which provide a predictable structure to the day and consistency.

- Preview what the day will look like which may include role-playing and providing a count-down (under time-pressure) can be beneficial too.

-Practice moving from one activity to another also helps the child anticipate what will be expected of them as well as engages them in the process.

-Visual cues, charts with drawings and rewards can also help to direct and motivate children to adapt to the new expectations.

Discussing transitions with KU Fox Valley Preschool Director Carol Nagel, Ms Nagel remarks that for “every transition we face there is an element of uncertainty, a sense of being on a threshold, which means that things will never be the same again from that point forward. For all of us this can be both exciting and daunting at the same time. In my experience, children need

and depend on their parents with the same intensity throughout their life cycle, just in different ways.”

Some Tips for Parents - The Transition Tool-Kit:

Preparation for kindergarten includes:

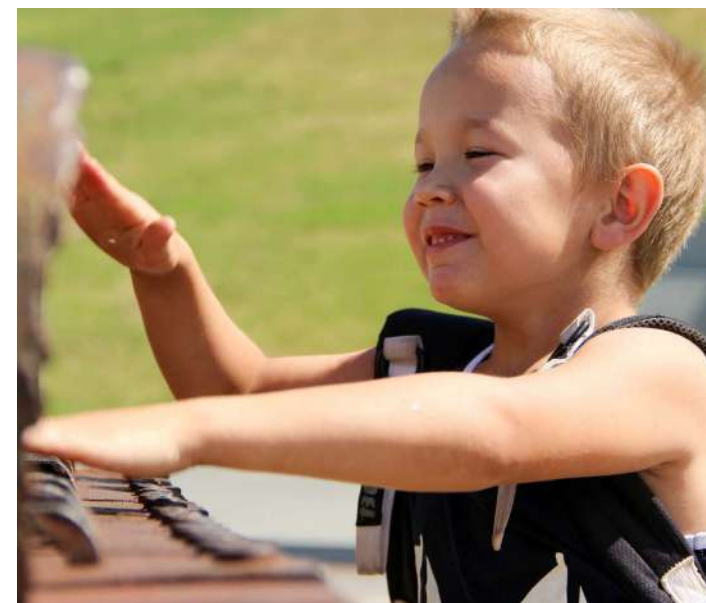
- Social and Emotional Skills: working in a group, developing friendships and taking turns.
- Language Skills: listening, following directions, news-telling and early language.
- Fine Motor Skills: using a pencil, cutting, pasting and opening lunchboxes/food packets, getting dressed and undressed independently.
- Learning Skills: listening to and responding to stories, and recognising letters, numbers, shapes and colours.

Preparation for High School and beyond includes:

- Organisational skills: travel planning (use maps and timetables), problem solving, study skills, assignment and assessment planning, using a diary.
- Using technologies effectively and safely.
- Making new friends and asking for help.

As Ms Nagel observes, “the challenge exists in how parents are able to intuit their child’s needs and respond to them, with age appropriate sensitivity. For some, this becomes challenging to navigate, anticipate and provide for as often the parent and child are in different physical and emotional proximity.”

Sarah Wainwright is a Sydney-based parenting expert who shares her experience and observations _parentingtips_



\$10 million to revamp preschools

An additional \$10 million investment to improve the early learning experience has been announced by Minister for Early Childhood Education, Sarah Mitchell.

The funding is the second instalment of the NSW Government’s Quality Learning Environment program, which was introduced to enhance the physical environment of preschools.

The first instalment included 400 grants to upgrade physical spaces of preschools such as carpet replacements, playground renovations and garden revamps. Ms Mitchell said after feedback from the sector she has broadened the scope of the program to also cover specialised educational programs.

“In this round of Quality Learning Environments, grants of up to \$15,000 can be allocated for specialised educational programs and practices like music lessons, dance classes or play activities, along with physical enhancements like improvements to play areas or outdoor environments,” said Ms Mitchell.

This funding follows the extension of the NSW Government Start Strong funding, that subsidises 600 hours of community preschool for children in the year before school.



BEST WISHES TO YEAR 12

The College community extends its prayers and very best wishes to our Year 12 girls as they complete their 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.

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Roseville College is a school within The Anglican Schools Corporation



A Headmaster who gave everything for his students

Russell Bailey

The Headmaster Emeritus of Redeemer Baptist School, Dr Max Shaw, who has been affectionately known in his school since its inception as Uncle Max, passed away surrounded by family and friends, in a nursing home in Oatlands on Saturday evening, 20th October. For about two months he had been unable to say much in his hospital bed following an intracranial bleed consequent to a fall. But during that time, he received hundreds of visits from past Redeemer students and parents who stood by the bedside and talked, or wept, or laughed about who this headmaster had been for them. And, when he was conscious, his face lit up with delighted recognition of his vast school family.

What draws this kind of response to and from a death bed?

Prior to devoting his life to children and young people in school education, Dr Shaw had been the Research Director of the largest private enterprise research laboratories in the southern hemisphere. He had also operated his own firm through which he provided expert advice on food safety and technology to big business and governments all over Australia. He had ambitious prospects.

Then, in the context of a church ministry to help counter-culture young people whose lives were being destroyed by drugs, family breakdown, and crime, Dr Shaw re-discovered, along with other founding families of Redeemer Baptist Church, the possibilities for healing and redemption when life is fully shared,

sacrificially, with Christian brothers and sisters who are also called by Christ to serve others in Christian community. Families in the community opened their homes to young people who needed an opportunity to change. Dr Shaw's home 'Koinonia' remained open until the end of his life, with dozens of young people finding a new foundation for hope and lasting change for the better. Redeemer became a bulwark where souls with particular needs could find shelter.

Together, the Redeemer community decided to augment their extended household ministry with a school that would serve parents and students who valued an unchanging vision of the good life presented in the Bible. Under the leadership of two life-long friends – the founding Principal, Noel Cannon (deceased, 2012), and Dr Shaw – Redeemer established a culture in their school that was an extension of their relationship, as a large extended family, in their Christian community. All was to be an expression of Jesus' command to 'love one another as I (Jesus) have loved you'.

After a life-threatening illness and long convalescence from 1983-1986, Dr Shaw relinquished his leadership in the world of business and science and took up the role of Headmaster to serve alongside the Principal at Redeemer – a role that he carried for the next 22 years. During those years, Dr Shaw also became the founding Centre Director for The Hills Regional Skills Centre which was the first Registered Training Organisation belonging to an independent school

delivering vocational education to its school students. The Australian College of Educators awarded Dr Shaw with a Fellowship in recognition of this achievement. Following his retirement as Headmaster in 2008, Dr Shaw continued his involvement at Redeemer in a very active role as Headmaster Emeritus until his final illness, offering wisdom and friendship to school executive, parents and students alike.

But Dr Shaw was not just a school boss. His heart and soul were devoted to providing excellence with a Christian worldview in education where every student had the opportunity to discover that they were loved by their Creator and by the Creator's human family in Christian community. He gave his time and expertise without a salary. He sold his home and provided the proceeds to the school to help with the purchase of the North Parramatta campus. He often dug into his pocket to help pay for a school camp for a student whose parents were experiencing financial difficulty. The door of his office was always open to students or parents who sought his counsel.

So many teachers are selfless and sacrificial in their determination to give students a basis for a good life. School leaders have an opportunity to encourage their staff and lead by example in this giving profession. Dr Shaw is a shining light in this regard. No doubt, he is enjoying his Master's commendation, 'Well done, thou good and faithful servant.'



Thanking teachers this HSC

The Department of Education has thanked teachers, as HSC students sit their last exams.

Secretary of the Department of Education, Mark Scott thanked teachers for preparing HSC students this year.

Mr Scott recognised that many teachers opened their classrooms outside of school hours to support students.

"It is a vast and challenging proposition to prepare and support students every year. And I know that throughout the holidays, many schools had open doors, providing last-minute assistance for students as they made their final preparations."

The NSW Teachers Federation also congratulated teachers in a Twitter post, "congratulations to the teachers, parents and carers who have helped get (students) to this point."

The HSC results will be released on 13 December and NSW ATAR will be released on 14 December.



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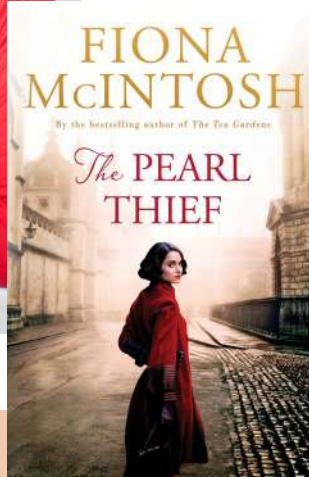
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'The Pearl Thief'

by Fiona McIntosh

Marlene Even



The Pearl Thief by Fiona McIntosh will be released on the 29 October.

Fiona McIntosh, an internationally bestselling author is releasing her 36th novel 'The Pearl Thief'. *Sydney Observer* spoke with Fiona McIntosh about her new 'heart-stopping story that explores whether love and hope can ever overpower atrocity in a time of war and hate'.

Why did you choose the byzantine pearls as the starting point for this novel?

It was quite by accident really, I was in the British Museum researching a different story and I happened to pass by a cabinet that had an absolutely exquisite piece of jewellery that I now realise was from 367AD, you know just ancient. I remember stopping and being mesmerised, I found it fun trying to imagine where this piece would have been made, why was it made, and how did it make its way to Czechoslovakia to arrive in this aristocratic family?

What inspired you to enter a darker territory in 'The Pearl Thief' than in your previous historical novels?

All my historical fiction has a dark thread running through it but has been covered up because they are hugely set in very romantic settings and have a strong love story attached to them. Now if anyone calls me a romance writer I'll poke their eyes out because I'm quite aggressive that I'm not called that because I work so hard on the research and the history, that it's not fair to summarise me as that.

The main theme is story, it is always going to be adventuresome and that is why I am turning the screws on the dark side of it to show, if you're going to pick up one of my books it is going to be a big story. It is going to have bigger stakes and is not a light easy breezy sort of romantic tale. It never will be. It will always be meaty.

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Embrace your inner Russell Coight

Isabella Ross

'All 4 Adventure' TV host Jase Andrews shares his outback survival tips for beginner adventurers.

With sunshine and clear skies, lots of families will be heading out on camping trips to embrace the outdoors, but what happens when your perfectly planned trip does not go to plan? Jase Andrews from 'All 4 Adventure', sat down with *Sydney Observer* and shared his simple outback survival tips for beginners to be safe and enjoy their holiday.

Stay with your vehicle: When it comes to a search and rescue situation, emergency services tend to initially look for a car. This is because vehicles are easier to spot than people are from the vertical standpoint of a helicopter. Plus, your car will offer an extra level of comfort during the cold night.

Keep hydrated: Australia is bloody hot at the best of times – particularly in the bush. If you have brought the kids on your outback adventure, they will especially need periodic hydrating on the hour (supplies permitting). Opt for more hearty gulps when drinking water as this will ensure there is enough H2O being absorbed. A healthy person can go for up to three weeks without food, but without water, it's four days. With this in mind, aim to set up a rain-trap. A tarp is best, however, any non-absorbent material could work too. Use cable ties or rope to sling it up and make sure there's a bucket or receptacle underneath to collect the rainwater.

Seek shade and rest up: Whether it be seeking comfort within your vehicle or under a gumtree, staying shady

is the best way to keep the body temp down and facilitate a cool head. Avoid strenuous exercise when you can, and preserve your energy for important jobs like searching for food or water.

Prevention is always best: The best way to stay alive in the outback is to be prepared and prevent where possible. Invest in a satellite-phone, purchase yourself some solar-powered lights for night-time visibility and bring plenty of non-perishable food, a jerry can of fuel and stacks of water. With any luck, you'll be so well stocked your emergency will almost feel like quality family time!



Jase Andrews is the host of Australia's number one 4WD and adventure show, All 4 Adventure. Being no stranger to the outdoors and having a passion for exploring the outback, he's acquired the knowledge to survive any situation that he's faced with.

An Outback Odyssey

Andrew Mevisen

Turning off your car ignition is not usually a big deal but at the end of an epic road trip across Australia, arriving back in your own driveway becomes a poignant moment of reflection.

What started as a wild idea over a beer with a mate – to escape our busy, domestic lives for two weeks and roam the outback – had become a reality, which was now over. While many just talk and dream about the great, Australian road trip, we had done it – a daunting drive from our homes in Mittagong, south of Sydney, all the way to the top of Kakadu and back. All up, 8600km, including side trips, and all in 15 days.

Day one of our daring adventure began with a restful bush camp beside the Murray at Robinvale before we pushed northwest through Renmark, Burra, Port Augusta and Coober Pedy along the seemingly endless, black belt that connects Australia's top and bottom, the Stuart Highway.

The lure of the open road and the big horizons of the outback were compelling. Two middle-aged mates chasing freedom and adventure on a boys' trip across the continent. As we ate up the 'ks', we played music loudly, solved world problems, shared life stories, laughed till it hurt, daydreamed out the window, ate too many roadhouse meals, slapped together sausage camp dinners in world record time, toasted sunsets over campfires, stayed in some dodgy motels when camping seemed too hard, shaved our full heads of hair as a desert dare, encountered swarms of flies immune to Aerogard, visited pubs in the middle of nowhere and met so many colourful characters along the way, each with an emotive back story worthy of reality TV treatment.

And when something interesting grabbed our attention, like the eye-dazzlingly white expanse of Lake Hart, a huge salt lake near Woomera, we stopped in awe and did a nudie run, as blokes do! Just for fun.

While our destination was Kakadu and its wild swimming holes, our trip was all about the journey. The magic of unfolding scenery, the overwhelming scale of our great continent and the simple joys of unplanned moments and

our own pursuit of happiness. Each day promised new discoveries.

Finally crossing into the Northern Territory, we treated ourselves to a bit of luxury with a night at the DoubleTree by Hilton in Alice Springs, with its soft beds, fine dining restaurant, inviting resort pool and relaxing jacuzzi. Back to camping, we pushed further north past the intriguing Devils Marbles boulders at Tennant Creek, with a soak in the tropical, thermal pools at Mataranka before arriving at tropical Katherine for a two-day stay at the boutique Cicada Lodge at Nitmiluk Gorge. The highlight here was a Nitmiluk Tours helicopter ride to a remote waterfall and swimming hole in the gorge and a dip at the paradisiacal Southern Rockhole waterfall.

And then, far from home at the other end of Australia, we were in Kakadu. Australia's largest national park, embracing 20,000 square kilometres of timeless landscapes, fresh and lush and pumping with water after the summer wet season. Based at Cooinda Lodge for two nights, we busily bagged a series of experiences we had dreamt about, swimming at impossibly beautiful waterfalls. Motor Car Falls was our favourite, seeing crocodiles on the Yellow Water Billabong and flying over spectacular Jim Jim Falls and Twin Falls with Kakadu Air – another must if you want to take in the majesty of Kakadu but are short of time - or need to drive over 4000km back home as we did.

While our trip north was filled with anticipation, our journey back south the same way was more melancholic. On the last night, camped by the Murray again near Mildura, we relaxed by the campfire and reflected on our great escapade, vowing from now on to feel the freedom of the open road every year, in the endless pursuit of happiness.

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Swimming places in the Top End

Waves of Australians are now shunning concrete and chlorine for wilderness and waterfalls when taking a dip. Here are seven of the best wild swimming spots in the Top End of the NT.

Southern Rockhole, Nitmiluk National Park, Katherine

A beautiful waterfall that plummets into a gorge-cradled pool. A 4km walk with gorge views from the carpark, and a 10 minute ferry boat trip back via Nitmiluk Gorge, this location is best in March or April after the wet season.



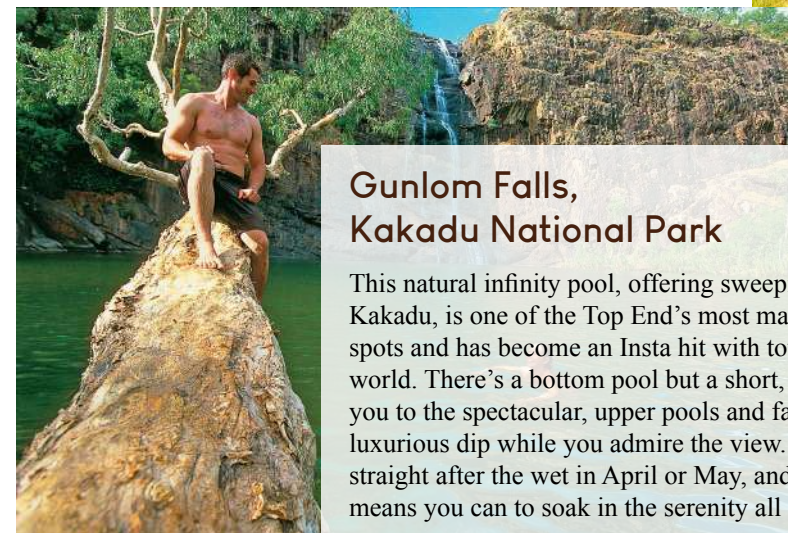
Edith falls, Nitmiluk National Park, Katherine

North of Katherine, this idyllic pool is fringed by paperbark and tropical pandanas and is open most of the year, with camping and kiosk facilities. Best of all, it is an easy stroll from the carpark, with a 2.6km loop walk taking you to an even more beautiful upper pool and waterfall.



Mataranka Thermal Pools, Mataranka

A little piece of paradise south of Katherine where warm, turquoise, thermal pools soothe the muscles year-round, shaded by a jungle of palms. A must-stop place for a swim on the drive north.



Gunlom Falls, Kakadu National Park

This natural infinity pool, offering sweeping vistas across Kakadu, is one of the Top End's most magical swimming spots and has become an Insta hit with tourists around the world. There's a bottom pool but a short, steep walk takes you to the spectacular, upper pools and falls, which beg a luxurious dip while you admire the view. This spot is best straight after the wet in April or May, and arriving early means you can to soak in the serenity all day long.

Boulder Creek, Kakadu National Park

An easy 2km loop walk from the Motor Car Falls carpark takes you to a series of little, cascade-fed, crystal-clear pools - each more beautiful than the next. They are shaded by the jungle and you will likely have your favourite swimming hole all to yourself.

The Swimming Hole, Nitmiluk National Park, Katherine

This mysterious place does not have an official name but 'the swimming hole', is what local chopper pilots call it. It's a remote and beautiful hideaway only accessed by joining a thrilling, two-hour adventure swim helicopter trip offered by Nitmiluk Tours. Flying you over the gorge and landing at a deserted waterfall and lagoon which you can enjoy all by yourself.



Motor Car Falls, Kakadu National Park

This deep, little-known pool, fed by a majestic waterfall and hugged by cliffs and lush, monsoon forest, is a real find, offering a shady hideaway from the Top End heat. Accessed by a 7.5km return walk and usually available year-round.



Skincare:

Shaping The Face of Beauty

Isabella Ross

Cleanse

Clean, purified skin is the starting point for your skincare routine. Purifying your skin with a deep cleanser is essential to ensuring you can remove all the pollution, dirt, sweat, sunscreen and dead skin cells that accumulate. *The Sheet Mask Shop* suggests using a good, low pH cleanser, as this will deeply clean the skin without leaving it dry or tight.

“Use an oil-based cleansing balm before your usual cleanser - the oil-based cleanser does a better job of gently and thoroughly removing oil-based makeup and excess oils. It also won’t dry out dehydrated skin like alcohol-based makeup removers or wipes can,” says Jess from *The Sheet Mask Shop*.

We recommend the *HEIMISH All Clean Balm* (oil cleanser) and the *BENTON Honest Cleansing Foam* from *The Sheet Mask Shop*.

Exfoliation

Formulated to polish the skin and remove all those nasty dead skin particles is the ultimate skincare saviour – the exfoliating scrub. Promoting a more radiantly youthful complexion, the scrub is recommended for tri-weekly use. Simply gently massage the exfoliating paste onto skin with damp hands in circular motions. According to an internal study conducted by Yong-Li Zhou, the founder of luxury stem cell skincare brand, *Enbacci*, 7 out of 10 customers who masked on a weekly basis did not properly exfoliate prior to performing a face mask application.

“When applying a face mask, it’s important for the skin to be cleansed and free from dead skin cells in order for the face to absorb the relevant nutrients,” says Yong-Li.

We recommend the *Enbacci Microdermabrasion Exfoliating Scrub*, due to its spa-quality ingredients and suitability for all skin types.

Face Masks

The next step in your skincare routine should be applying a mask that is personalised to your skin type. Whether you need a face mask for dry skin, anti-aging or brightness, *The Sheet Mask Shop* has you covered! Providing a truly luxurious self-care experience, the company has a range of masks that are suitable for any budget. So for some well-deserved me-time, apply one of their incredible products, kick your feet up, relax and enjoy the soothing relaxation that this skincare experience can bring.

“Hydration is important for all skin types and sheet masks do an amazing job. They offer a real pampering session at home and are also a fabulous way to try different brands and ingredients,” says Jess from *The Sheet Mask Shop*.

We recommend the *BRISKIN Real Fit Secondskin Mask – Radiance* and the *JAYJUN 2 Step Collagen Skin Fit Mask* from *The Sheet Mask Shop*.

Minimise

The final step to your skincare routine should be applying a pore minimising solution to your skin in order to seal in the previous mask’s serum. With the ability to refine the appearance of pores, a minimiser is used to blur imperfections while reinforcing the skin’s hydration barrier and elasticity.

“A product designed to soothe and seal the skin should also be applied straight after a mask to protect exposed pores from environmental pollution and address specific skin concerns,” adds *Enbacci* founder Yong-Li.

We recommend *Enbacci’s Pore Minimiser*. Simply apply a small amount of the solution to the face and gently massage.



Fashion For The Beautiful Bride

Isabella Ross

Bridal Suits:

Who says you need to wear a dress on your special day? Chic wedding suits have boomed in popularity, especially amongst mature brides or those looking to make a more unique and edgier statement. Whether it is the classic blazer and fitted pant, or jumpsuit, there is definitely more freedom and fashion options for brides to choose from.



Photo credit: dhgate

The Classic Strapless:

If royal minimalism is not your thing – no need to worry! The return of the sweetheart neckline and the plunging strapless dress has come to the delight of all bridal beauties. Still wielding a sense of poised grace, this style is known for its daring features, modern design and seamless structure.



The Bouquet:

One of the most enjoyable outfit accompaniments for the bride to seek is the bridal bouquet. Wedding flowers play a more integral role in the design of the big day than most people realise. With the bouquet having to coordinate with the décor, dress, groom's suit and venue, it is definite that flowers can truly elevate an outfit. This season has seen a surge in country-classics, dusty-rose tones and extra greenery.

Beautiful Bows:

For any bride in search of the perfect whimsical gown of your wildest childhood dreams – the bow applique is perfect for you. Bows on bridal gowns are nothing new when it comes to the wedding industry, but at the 2018 Bridal Fashion Week, we saw these appliques in a fresh, new light. Adding a draped or ribboned bow to the shoulders, waist or back of the wedding dresses, were a prominent feature.



All Things Royal:

Thanks to the exquisite nuptials between Meghan Markle and Prince Harry, the wedding industry has seen the rise of the 'Meghan Markle Effect.' Designers are now opting for a heightened sense of minimalism and elegance, with simple yet classic dresses on the agenda for many brides-to-be.



Photo credit: popsugar



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Create your own Outdoor Cinema

Isabella Ross

With daylight savings officially here, along with the breezy, warm nights of summer, now is the perfect time to start designing your very own outdoor cinema. A great idea for families trying to save some money but still impress the kids, or for a romantic treat for your significant other, an outdoor cinema will delight all. With simple steps and a relatively affordable budget, this project is definitely worth the consideration, time and money.

The Snack Bar:

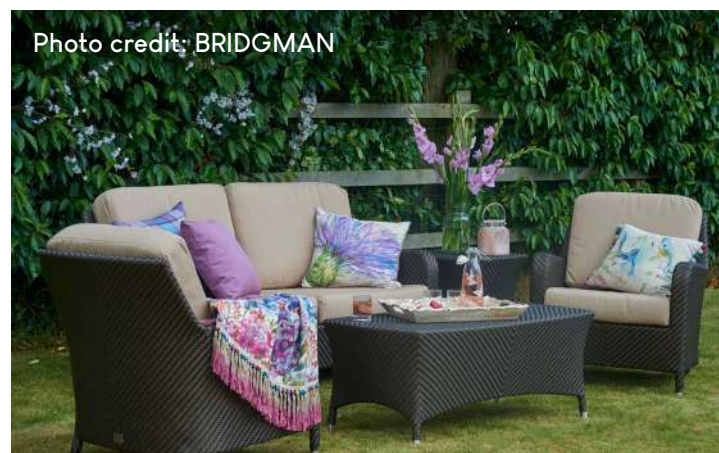
There is no doubt that a cinematic experience without the snacks is just not up to scratch. Whether it is the well-loved choc tops, salty popcorn or bag of lollies, a movie night always needs to have a special stash of delicious but not so nutritious goodies! Readily available on gumtree, vintage popcorn machines or sweet dispensers are all the rage lately, and will look especially good in your backyard cinema. You could even make your own special popcorn when hosting private screenings, by simply purchasing a regular bag of popcorn and adding sticky, caramel sauce over the top to create something extra-special.



The Cinema:

What is the most important factor of an outdoor cinema you ask? Why the projector of course! To be able to design this cinema space, you will need an area within the backyard where the projector can stay secured safely and is waterproof. Along with your projector, the outdoor cinema will need a screen. For your DIY outdoor cinema, inflatable screens are the way to go, coming in multiple different sizes to suit any area. Just make sure you have extra storage room, when the weather is a little gloomy. Numerous retailers in Sydney have projectors and screens available for purchasing, including the Big Screen Hire in Manly and Outdoor Movies Australia in Arncliffe.

Photo credit: BRIDGMAN



The Décor:

Having cosy, intimate surroundings when watching any film is key when creating the ultimate movie-watching experience. Since your cinema is in the backyard, the seating should be specifically designed for the outdoors. This could include a set of sun lounges, bean bags, or an outdoor day bed. Dress with an array of statement cushions and throw rugs for a stylishly contemporary yet comfortable sitting area.



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Luxe Bathroom Trends

Isabella Ross

An opulent sanctuary. Edgy yet modern style. Indulgent features. All of these wondrous design details are proof that bathrooms have blossomed into luxury havens of relaxation. Highgrove Bathrooms Brand Specialist, Wesley Sinclair, spoke exclusively with *Sydney Observer* to discuss the latest trends in bathroom design this season.

“We will see bold colours, patterns and textures dominate new renovations. Spring and summer of 2018 is the emergence of the ‘brave’ bathroom.”

Mix Materials

Mr Sinclair suggests combining a mixture of different textures and materials to give your bathroom a contemporary feel. “Natural stone and timber have always been favourites, but when paired with brushed brass fittings, it can really elevate the look and feel of any bathroom.”

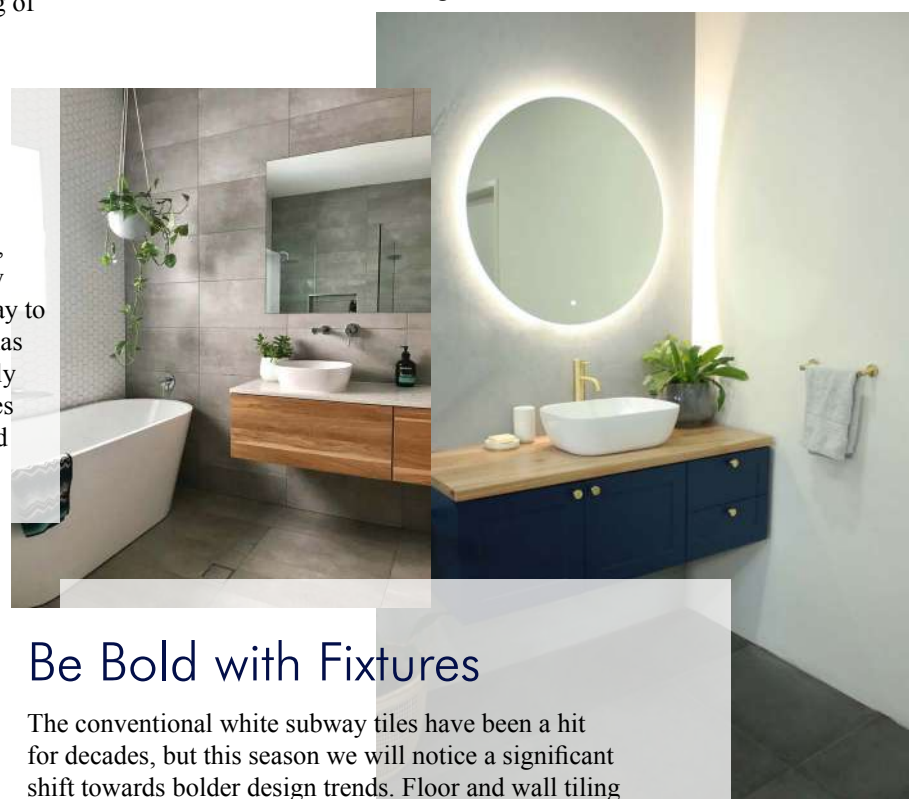
For example, opt for a light wash timber vanity and pair it with some gold or brass fixtures against a marble wall tile. An additional tip is to remember that adding a pop of greenery in the bathroom not only exerts an organic ambience but also coincides with this mixing of materials trend!



Photo credit: Norsu Interiors

Timeless Design

When it comes to classic interior design, the key is to choose pieces that exhibit the perfect balance of traditional and modern. The timelessly beautiful clawfoot baths and vintage door handles are perfect statement pieces that are guaranteed to ooze sophisticated luxury. Mr Sinclair advises accompanying these features with sleek wall-mounted tapware or a frameless shower screen to ensure your bathroom still has a modern edge.



Be Bold with Fixtures

The conventional white subway tiles have been a hit for decades, but this season we will notice a significant shift towards bolder design trends. Floor and wall tiling is paramount, with unique patterns and mosaics set to be featured prevalently throughout luxury bathrooms. Working with a small space? Don't worry, Mr Sinclair has a solution. “Opt for larger tiles with more vivid colouring to create the illusion of a wider bathroom.”

Accessorise with Colour

One of the easiest and potentially cheaper ways of revamping your bathroom is to experiment and accessorise with colour. “Add colour through towels, vases, the shower head or even tapware to inject new life into the space,” says Mr Sinclair. Another fun way to play with this trend is investing in a new basin that has a pop of colour or features a unique mosaic. Currently trending in interior design are rich jewel-toned shades like navy and royal green paired with soft pastels and neutral colours.

Photo credit: English Blinds

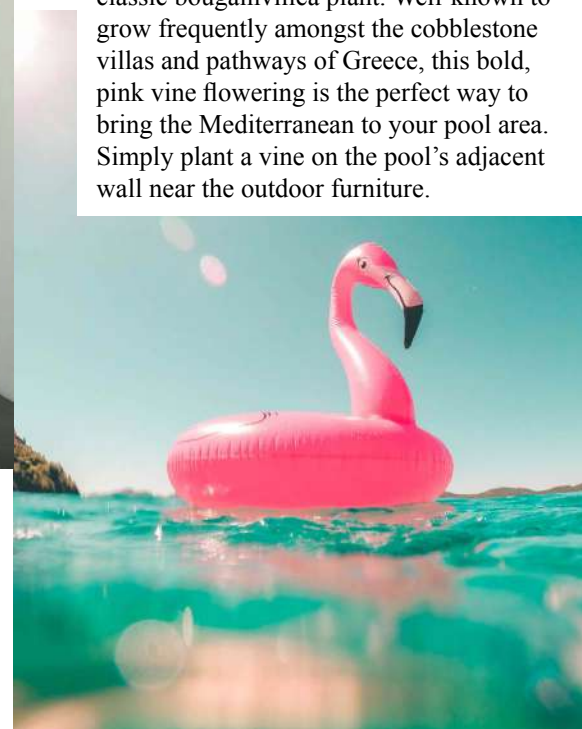


Dive Into Pool Design

Isabella Ross

Greek-inspired Surroundings:

There is nothing more relaxing and aesthetically pleasing than Mediterranean themed décor – especially when it is featured in outdoor design. For the furnishings, look for soft, sandy coloured timber as this can be easily paired with white seat covers and pale blue accents that will have you reminiscing of the Santorini scenery. Nothing says Greek chic more than the classic bougainvillea plant. Well-known to grow frequently amongst the cobblestone villas and pathways of Greece, this bold, pink vine flowering is the perfect way to bring the Mediterranean to your pool area. Simply plant a vine on the pool's adjacent wall near the outdoor furniture.



Tropical Pool Toys:

It is no question that inflatable toys are a necessity when it comes to any pool. But this does not necessarily mean the toys have to be tacky or overtly childish. Tropical pool toys are the latest craze to sweep all swimming enthusiasts, with inflatable designs including flamingos, swans, pineapples, bananas and even palm trees. Perfect for any family photo or Instagram shot, these tropical inflatables are sure to bring out the child-like joy in anyone.

Patio Paving:

If you are in the market for some new patio paving for your pool, then this is perfect for you! Picking the right pool paver is a necessary step in ensuring the design of your pool is contemporary and fresh. Pale-coloured pavers are ideal, given they can be cleaned easily, are low-care and will fit seamlessly with the pool interior. Travertine pool pavers are arguably the most popular on the market, thanks to their natural limestone material and slip-resistant properties.

Infinity Pool Design:

If you are a lucky duck whose pool backs onto beautiful scenery, such as any houses within the Northern Beaches, then perhaps consider doing some design renovations. With the benefit of adding value to your home and backyard, infinity pools are the epitome of luxurious style and vacation inspiration. All it takes is for the home owner to be willing to loosen the purse strings, contact a pool specialist and designer, and work with them on achieving the ultimate infinity pool for your outdoor space.



Mobility Scooters

Rejimon Punchayil

A mobility scooter user is deemed to be a pedestrian under the NSW road rules. Most mobility scooters are safe if used appropriately. A survey conducted by the ACCC, NRMA, Choice and EnableNSW found that about 95% of trips on a mobility scooter involve no injury or damage of any kind.

This might be a comforting discovery for many of us, but these companies do not want you to know the good news, so that you either postpone or avoid the use of a scooter for the fear of potential accident or injury. It is further reassuring to learn from the same survey that 93% of the users have chosen to use a mobility scooter for better ability to maintain independence. So if you value your independence and are able to use a scooter do not put off that decision.

It is important that you buy the scooter from someone who has the experience and knowledge to guide you on the most appropriate equipment to purchase, but who can also assess whether the potential user is capable enough to manage and use the scooter safely. In the "Guide to using motorized wheel chair" the RTA provides several safety tips:

- Take extra care when leaving the curb to cross the road.
- Attach a safety flag. At night use light and reflectors to improve visibility.
- Avoid highways, major roads and other areas used by heavy vehicles. Always be prepared to stop.
- Like everything else in life, use common sense and prepare in advance for your trip. If you are in doubt about a route, do not forget to contact the local council's Access Committee. They may be able to provide information to plan a safer trip.

In the meantime if you think you want to test drive a scooter, please do not hesitate to contact the friendly team at *Comfort Discovered*.

comfortdiscovered.com



Backyard BBQ Space

Isabella Ross

With summer just around the corner, now is the perfect time to let your creative juices flow and start planning your own backyard BBQ space. Perfect for families, seniors and young couples who love to entertain, an outdoor kitchen area is the ideal way to spruce up your garden design. For numerous family units, food is an intrinsic part of kinship, bonding and a way of expressing familial love and dedication.

Choosing the layout of your BBQ space is the first rule in any design project. For homeowners who have an outdoor patio, deck or pergola – your task is a lot simpler. Having decked or paved flooring is an essential when designing your cooking cove. Another handy tip, is when planning the layout make sure it is situated close to the house so that you have convenient access to the kitchen and utensils. Opt for a lounge-seating area close by to the outdoor kitchen space so that your visitors can enjoy the delicious dishes in comfort.

Having the simple barbeque stand in the corner of your backyard has become quite juvenile in terms of efficient design standards. Access to practical bench space, storage, and a small sink and bar fridge is ideal. For those who are willing to loosen the purse strings, look at investing in an accompanying pizza oven showpiece that is guaranteed to impress your guests.

Now is the fun part – choosing the ultimate BBQ. Depending on your budget and size of the outdoor entertaining area, there is an extensive range of barbies on the market. Retail giant Weber BBQ is known famously for their charcoal, electric and gas barbeques, which are tailor-made to ensure legendary flavour is harnessed.



Photo credit: Kahla BBQ



Photo credit: GlobeWest



Photo credit: Lagoon Homewares

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Halloween: Trick-or-Treat or Dental Nightmare?

For many years I was the crazy dentist who gave out toothbrushes on Halloween! Now that I have become a parent myself, we try to find a balance between embracing the fun of Halloween whilst still looking after the kids' smiles.

Everybody knows sweet food and drinks lead to dental decay. Bacteria in our mouths use sugars to produce acid. It's this acid that will then dissolve the enamel on your teeth, creating holes. The more sugar you have, the more holes you will get.

The duration of time that sugar is in your mouth will determine how many and how quickly these holes will form. One quick sugar burst will have less of an effect than a prolonged supply of sugar. Way back in the 1950s, dentists had already determined that sticky and chewy sweets caused decay faster than a single sweet treat like a piece of chocolate. This is because the length of time that the teeth are bathed in acid is prolonged.

Nobody wants to be the Halloween scrooge, so here are a few considerations

to help decide on your choice of Halloween treats whilst balancing the Halloween spirit with your healthy values.

Chocolate:

Chocolate is always a favourite with kids. Remember, dark chocolate generally contains less sugar than milk chocolate and is a healthier alternative.

Sticky Lollies:

Sticky means hard to remove from teeth, which increases the risk of decay.

Lollipops:

The last thing we want are children running around with sticks in their mouths. You would be surprised at the damage they can cause if children fall. Lollipops also last a long time hence have more potential for causing damage to teeth.

A few possible alternatives to handing out lollies on Halloween night may include: Bottled water, sugar free treats, apples, glow sticks, small inexpensive toys such as super balls, crayons, pencils or stickers. It can be hard to resist snacking on lollies and chocolate when you're hungry. To avoid this, eat a full meal

before taking your kids (or yourselves) out trick or treating.

The easiest way to neutralise acid produced in the mouth is by drinking water. Skip the sweet drinks and encourage your child to drink water after eating any lollies or sweet treats, as well as prior to brushing their teeth. Don't forget to floss well before bed.

Remember, **all things in moderation**, and have a fun night!



Dr Ian Sweeney

northsidedental.com.au

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

Relaxation Corner

Hannah Prasad



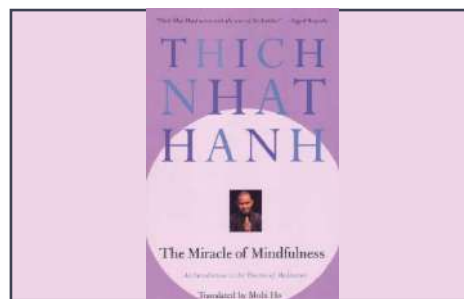
Location: West Head lookout

Located in Ku-ring-gai Chase National Park, West Head lookout is the perfect spot to unwind and soak in the sun. With views of Broken Bay, Pittwater and Barrenjoey Headland and lighthouse, this picture-perfect spot will make you feel like you have escaped to a tranquil paradise. There are benches to enjoy the view from, or if you feel like having a snack, head to the Resolute picnic area. This spot is great for families, couples, or to just clear your head.



Sound: Michael Jackson- Thriller

Michael Jackson's albums are timeless works of art that produce an aura of happiness when played. Thriller in particular, featuring 'P.Y.T (Pretty Young Thing)' and 'Billie Jean', is an album flowing with love and groovy beats. Michael Jackson has the gift of transporting you to a place of pure bliss, where worries fade and feet start tapping. If you are feeling stressed and need to escape for a couple of hours, listen to this album, relax at West Head lookout and fade into your thoughts.



Book: 'The Miracle of Mindfulness' by Thich Nhat Hanh

In a world that is consumed by social media and appearances, 'The Miracle of Mindfulness' by Thich Nhat Hanh is a manual on meditation, taking you through practices and exercises to gain a new perspective on mindfulness. This book highlights the importance of being in the moment, and using each moment as a guide to working towards your greater self. So sit back, enjoy West Head lookout and take minute to think of all the things you're grateful for.

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Apps for wellbeing

Marlene Even

Smart phones are often categorised for having adverse effects on people's wellbeing but there is a plethora of apps that do the exact opposite. *Sydney Observer* will showcase apps that transform your everyday smartphone into a wellbeing guru.



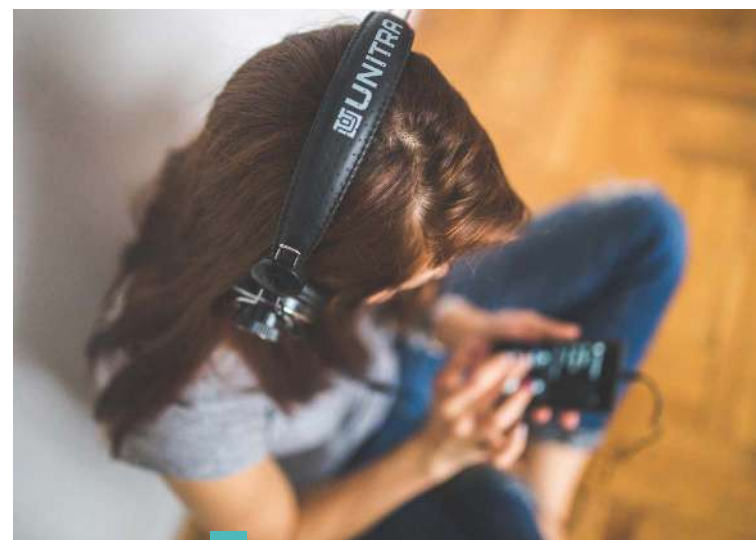
Healthdirect

Healthdirect is a government funded service which provides free health advice and information. The app has a useful symptom checker tool to help you make an informed decision on the steps to proceed in. Their Australia-wide directory assists you to find GP's, hospitals, pharmacies and after hour services in your area.



FoodSwitch

This cool gadget is your new supermarket buddy! Simply scan the barcode of packaged food and instantly receive the nutritional information, health star rating and a list of healthier choices. There are options for people looking for gluten-free products, or items with less salt, sugar, fat or any other baddies.



BorrowBox Library

What better way to improve your wellbeing than lending an ear to a good book? This app is an extended service to your local library. Simply login using your library card and access their collection of eBooks and eAudiobooks.

Lumosity

A brain-training app that will keep you on your toes. There are brain games testing memory, attention, speed, problem solving and flexibility. They even provide a personal training program that can easily become part of your daily routine.



#Own Your Tone Campaign

Marlene Even

This November, Cancer Council is spreading awareness for skin cancer with their #Own Your Tone campaign. Cancer Council and the Australasian College of Dermatologists are encouraging Australians this National Skin Cancer Awareness Week (18-24 November), to embrace their natural skin tone instead of tanning.

UV radiation can cause discolouration, fine lines, wrinkles and skin cancer. 2 in 3 Australians will be diagnosed with a form of skin cancer by the age of 70 according to Cancer Council. Despite the known risks, as a society we are still infatuated with tanning. The desire to have a tan has been part of Australia's culture since the 50s. In the 1980's-1990's solariums were once advertised as a healthy way to get a tan. We now know they produce up to five times the UV rays of midday sun and were consequentially banned due to their staggering link of using solariums to the likelihood of developing a melanoma.

The #OwnYourTone campaign has been popular with the United Kingdom Cancer Research since 2016. In June this year they campaigned on Twitter encouraging people to feel empowered all summer long by embracing your natural skin tone.

As we head into summer, make sure you put your health and long-term skincare first. Style your outfit with a lovely sun hat and sunglasses. If you want to embrace a positive trend from the 50s, ditch the tan and wear your cat-eyed sunglasses and bring a retro beach umbrella instead.



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Babyccino in Lindfield

Hannah Prasad

Babyccino in Lindfield is the fresh new café that offers a fun experience for the whole family. With a focus on children, Babyccino features an upstairs play area for the kids, making it the perfect hideaway for the little one's, while you enjoy a coffee. One of the best parts about this café aside from the food, and inviting space is the babyccino's are free!

Sydney Observer had a chat with Ken, one of the owners, about his vision, goals and the most delicious meals at Babyccino.

What inspired the creation of this café?

I have two kids, and I know how hard it is to take them out to enjoy a meal. I wanted to create a space where people can bring the kids, and the whole family can enjoy each other's company.

The idea is that kids can play everywhere, while parents can sit and relax.

We have tried to reduce visible storage in order to keep the café simple and clean. I have seen a lot of mums in the area, but there is not a place for them to go. A lot of places in Lindfield are two-storey, so it makes sense to use the upstairs area, converting it into a playroom.

What inspired the name?

I have been in the coffee industry for more than 20 years, and I have seen a lot of coffee shop names. Babyccino made sense because I have kids, and I know how much they love babyccinos. It's also a fun drink to create. Kids love it. The best part about our café is we don't charge for the babyccinos.



What sets you apart from other cafes in the area?

Five out of ten times I don't know how my kids will act when we go out. I can never enjoy a meal for more than 15 minutes, but in this place kids have an area to play, so parents can worry that little bit less.

What cuisine do you showcase?

The menu is created by my wife and inspired by fusion food. She created the menu for our first café in St Leonards. We like going to different cafes, so we tried to draw aspects from our experiences into our own place. There is a little bit of Japanese, Western, and as I am from Hong Kong, a bit of Chinese influence as well.

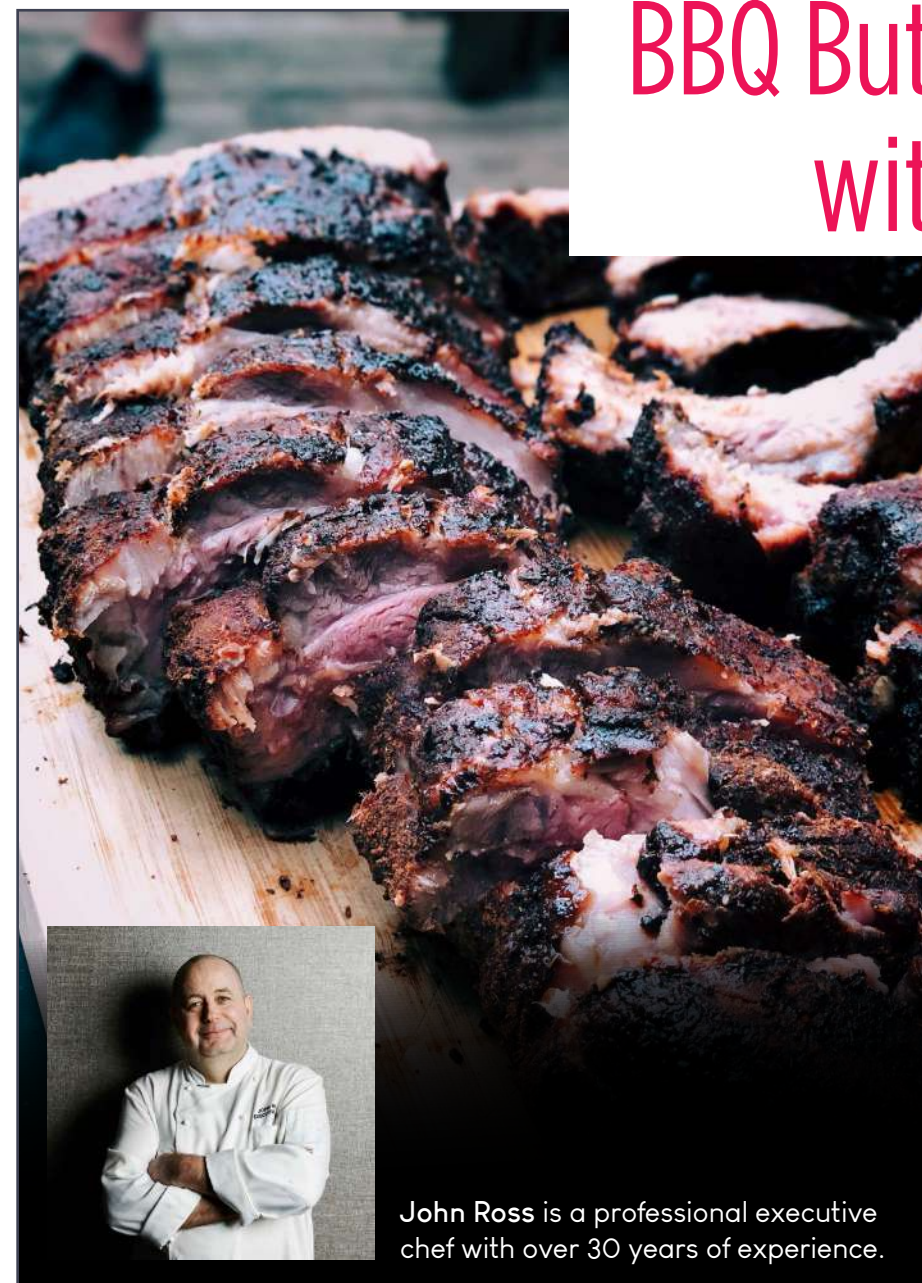
What dishes would you recommend?

Our chicken Katsu Burger and Slow Cooked Lamb are popular. We have tried to make the names of our dishes fun. For example the Bacon and Egg Roll is called the "oink oink" roll. The Angus Moo Moo is tasty, and everything is homemade. They are all my wife's recipes, which makes them extra special.

Follow their Instagram [@babyccinolindfield](https://www.instagram.com/babyccinolindfield) for more tasty treats.



BBQ Butterflied Lamb with Chimichurri



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

Ingredients

- 1 lamb leg (ask your butcher to butterfly the leg of lamb)
- 4 cloves garlic peeled
- 1 head iceberg lettuce
- 80grams shaved parmesan
- 2 bunches of asparagus
- 400grams kipfler potato (buy the pre-washed)
- 40ml olive oil
- Salt & pepper to taste

Lemon Dressing Ingredients:

- 60 ml olive oil
- 20 ml fresh lemon juice

Chimichurri Ingredients:

- 1 small bunch flat leaf parsley
- 2 cloves garlic peeled
- 2 white parts of spring onion
- ½ teaspoon chilli flakes
- ½ bunch oregano
- 45ml red wine vinegar
- 135ml olive oil
- Salt & pepper to taste

Method

1. To make the chimichurri – in blender add chopped garlic, spring onions, washed and picked herbs (no stalks), vinegar and oil. Blend, season to taste with sea salt and black pepper.
2. Marinate the non-skin side of the lamb with chimichurri marinade. Cut the garlic in half and then slice each half into 3 portions. Make small holes in the meat and place the garlic in it, and then leave in fridge for 5 hours to let the garlic soak through the meat.
3. Heat your BBQ for 10 mins so it is hot, season lamb skin with salt and pepper. Sear skin side on BBQ until golden brown, and then continue to brown all sides.
4. Turn BBQ down and continue to cook with lid down for 5 - 10 mins, depending how you like your meat cooked. Rest meat for 5 mins in wrapped foil.
5. Use large roasting tray, lined with baking paper, and place the kipfler potatoes seasoned with salt & pepper and olive oil into the tray.
6. Roast in oven for 20 mins at 200 degrees until golden brown and cooked.
7. To prepare the asparagus, gently bend the end of each asparagus, in order to get rid of the woody part, throw in bin.
8. In a pan of boiling salted water, cook asparagus for 1 min and drain water off. Add olive oil to coat asparagus, and then take the asparagus to BBQ to chargrill until finished.
9. Cut iceberg lettuce in half, wash and drain. Cut into wedges, season with salt and pepper, dress with vinaigrette and place on serving dish with added shaved parmesan.
10. On a large platter place the roasted potatoes, asparagus and sliced BBQ lamb. Baste any juices from the BBQ onto the meat for extra flavour. Use the rest of the chimichurri to go with the lamb or your favourite mustard.



Boonah Creative Art Studio Exhibition

Isabella Ross

In our previous issue, *Sydney Observer* brought you the heart-warming story of Boonah Creative Art Studio – an initiative designed specifically to meet the needs of artists living with a disability. To our delight, the Studio in West Pymble will be hosting their annual art exhibition in December to showcase the marvellous talent of its artists. Romny is an Activity Support Partner at Boonah, and has been teaching art at the studio for over 6 years.

“We make sure that every single artist who attends a session at the studio is represented and has the opportunity to exhibit their work. Some of our clients take an entire year to complete one work of art, so you can imagine the immense pride they feel when they see their artwork beautifully framed.”

With the exhibition running for over 20 years, the annual event has always been a highlight for the artists and local community.

“It is a culmination of the year’s work, and the process of creating art always brings so much joy and enthusiasm,” says Romny.

Kicking off on 8th December, the exhibition runs until 15th December and is open every day from 9am – 3pm. There is no question that Boonah Creative Art Studio has provided many artists with a sense of belonging and purpose, reinforcing that art knows no boundaries.

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

WHAT'S ON NOVEMBER

Sydney Open

When: 3 - 4 November

Discover Sydney’s most inspiring and intriguing buildings and gain access to the areas usually off limits to the public. With 60 historic and modern buildings to choose from, such as the QVB, St Mary’s Cathedral, The Great Synagogue, Macquarie Group building and the Old Escalator Room, there is something for everybody to explore.

sydneylivingmuseums.com.au/sydneyopen

Mini British Film Festival

When: 23 October-14 November

The Mini British Film Festival, exclusive to Palace Cinemas, includes 16 movies from the eagerly anticipated 2018 films to the classic swinging 60s. The opening night begins with premier movie ‘Colette’ starring Keira Knightley.

britishfilmfestival.com.au

Dance Rites

When: 24- 25 November

The much-anticipated nation-wide Indigenous dance competition is coming to the Sydney Opera House. Dancers from across Australia will compete for the \$20,000 prize while coming together to share and celebrate the continued cultural dance practices of Australia’s first peoples.

GORDON MARKETS

2nd Sunday of every month

Gordon Station Council Park (middle level)

11 Nov, 9 Dec & 13 Jan
8.30am to 3pm

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Information: www.gordonmarkets.com.au



Photo credit: Peter Meecham (Pop-up Globe)

Pop up Globe

When: 20 August - 2 December

Go back in time to relish in classic theatre at the Pop-up Globe. The world’s first full-scale replica of the second Globe - resembling the theatre Shakespeare and his company built in 1614. Enjoy the Shakespeare festival at Sydney’s Moore Park with four productions to choose from: ‘A Midsummer Night’s Dream’, ‘The Merchant of Venice’, ‘Macbeth’ and ‘The Comedy of Errors’.

popupglobe.com.au

‘Harvest of Shame’ (1960)

When: 29 November

As apart of The Power of the Documentary: Breaking the Silence film festival, The Museum of Contemporary Art is showcasing Harvest of Shame (1960). This eye-opening documentary revealed that a form of slavery continued to exist in the United States during the mid-20th century. The museum has collaborated with Riverside Theatres to produce this informative and interesting series.

mca.com.au/whats-on/the-power-of-the-documentary/pilger-harvest-of-shame/

Newtown Festival

When: November 11

The inner-west’s favourite local annual event, Newtown Festival, is returning on Sunday November 11 to Camperdown Memorial Rest Park. The day will feature, numerous artists, stalls, music, events and activities, and some of the Sydney’s best food.

newtownfestival.org



‘That Sugar Film’

When: 29 November

Riverside Theatres will take you on journey to discover the bitter truth about sugar. In this film Damon Gameau highlights the issues that plague the sugar industry and the way people think about “healthy food”. Featuring cameos from Stephen Fry, Isabel Lucas and Brenton Thwaites, this film will change your perspectives on food and sugar.

riversideparramatta.com.au/show/that-sugar-film/

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Child	\$18
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NARRABEEN

Thur 15th Nov	6pm	Sat 24th Nov	2pm and 6pm
Fri 16th Nov	7pm	Sun 25th Nov	11am and 3pm
Sat 17th Nov	2pm and 6pm	Thur 29th Nov	6pm
Sun 18th Nov	11am and 3pm	Fri 30th Nov	7pm
Thur 22nd Nov	6pm	Sat 1st Dec	2pm and 6pm
Fri 23rd Nov	7pm	Sun 2nd Dec	11am & last Show

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BOOK ONLINE: www.webercircus.com

Festival of Lights

Isabella Ross and Hannah Prasad

Indian Feasts

RASHMIN INDIAN NEPALESE RESTAURANT

Known amongst the Roseville community for their tantalising specialities of Lamb Vindaloo and Malabar Prawn, is *Rashmin Restaurant*. With high calibre reviews thanks to their excellent food, impeccable service and reasonable prices, this eatery is the perfect family dinner destination.

MANJITS WHARF

If you are looking to marvel and sample a stunning menu in a venue of luxury and classic sophistication than look no further. *Manjits Wharf* prides itself on providing guests with a fine dining experience matched with modern Indian cuisine. With locations in Darling Harbour and Balmain, now is the perfect time to enjoy India's fragrant delicacies, subtle flavours and exotic aromas.

LAVENDRA

Conveniently nestled in the leafy north shore suburb of Lavender Bay, this restaurant has a unique twist compared to other Indian eateries. Lavendra's head chef designs a seasonal menu that contains fresh herbs and vegetables grown in his garden. On offer is an experience of nine micro-courses, with the dining menu promising to take its customers on a journey through Indian cuisine, whilst explaining the origins and inspiration of each dish.

MALABAR CROWS NEST

For those who are not interested in fine dining and more enthused about authentic Indian food, *Malabar Crows Nest* is the place for you. A cheery two-level restaurant with bright, colourful murals that boasts great service and highly affordable prices, *Malabar* is a great local place to get your Indian fix. Try the Southern Indian speciality Dosa, which is a savoury Indian crepe with deliciously spicy fillings.



Fabulous Fashion

One of the most significant features of Indian culture, apart from the food, are the outfits. Vibrant and bold, these costumes are eye catching and luxurious. The beauty of wearing Indian attire is it transforms your whole persona, making you feeling like a golden goddess adorned with opulence.

SAREE:

Saris come in a plethora of hues and designs. The fabric draped over the body flows effortlessly, and this outfit is easier to assemble than you may assume. Wrapping the fabric over your waist, and ensuring the pleats are even will have you ready to party all night long.



LEHenga:

If you prefer a ready made piece, try a lehenga. This ankle-length skirt is full, and the shape is flattering on all body types. With floral, velvet and embellished designs, lehengas are a timeless pieces that illuminate modern elegance. Paired with a blouse, this outfit will make you feel like a princess from an exotic fairy tale.



Celebrate At These Events

DIWALI CRAFT FOR KIDS

2 November
Location: Parramatta Library
Time: 4pm – 5pm
Cost: Free, booking essential
cityofparramatta.nsw.gov.au/events/diwali-craft-activity-7-10-years

DEEPAVALI FAIR

3 November – 4 November
Location: Parramatta Park
Time: 11am – 9pm both days
Cost: Free
deepavali.com.au/

DIWALI ART SPACE EXHIBITION

7 November
Location: Strathfield South High Street Library
Time: 6pm
Cost: Free
facebook.com/events/501809670275366/

BLUE MARTINI PRESENTS DIWALI PARTY

10 November
Location: Pymble Golf Club
Time: 7pm – 12am
Cost: \$110 adult, \$60 child
app.eventsframe.com/e/ppnZvqXhS/blue-martini-diwali-party-2018/

BOLLYWOOD FILMS AT EVENT CINEMAS

1 November – 30 November
Location: Parramatta Event Cinemas
Time: Varies
Cost: \$15 per person
eventcinemas.com.au/EventsFestivals/Bollywood

JEWELLERY:

Another way to get in on the festive spirit of Diwali, is by transforming outfits through the use of accessories. Accessories are the garnish to the main meal. Earrings and necklaces with lavish cuts and stones will leave you feeling rich and regal. If jewellery is your statement item, a bold pair of Jhumka Earrings, that encapsulate the shape of a chandelier, are the perfect touch to finish off an outfit.



HENNA:

Henna has seen a rise in popularity due to music festivals and markets. This reddish brown dye stains the skin and is a symbol of beauty and joy, traditionally worn as part of a woman's wedding day outfit. With intricate designs, that cover arms and feet, a Mehndi ceremony is a special part of wedding day preparation. If you feel like unleashing your creativity through Henna, try experimenting with designs and patterns before applying the paste to your skin. A sneaky trick to ensure your Henna will last longer, is by combining a mixture of sugar and lemon, and applying this to the design after it has dried.



WHAT'S ON FOR KIDS



Little Bang Discovery Club

Where: Gordon Library

When: Four week Program: 14 November, 21 November, 28 November, 5 December 4:30-5:30pm
or Four Week Program on Wednesdays 14 November-5 December, 4:30pm-5:30pm

Price: \$30 per child (6-8 year-olds)

Gingerbread House Making Workshop

Where: Turramurra Library

When: 13 November 10am -12pm

Price: \$10 per person

Also, at Gordon Library 9 November 10-12pm

The 91-Storey Treehouse

Where: The Concourse Theatre, Chatswood

When: Thursday 29-Friday 30 November at 10am-6pm

Price: \$39

Pirates Ahoy

Where: Powerhouse Museum

When: November Tuesdays 10am-10:45am or 11am-11:45am

Price: \$10 per child, \$8 per adult

Art Safari: Spectacular Sounds

Where: Museum of Contemporary Arts

When: 6 November and 23 November 10:30-11:30am

Price: \$22 general admission, \$17 Concession

The Happiness Box - A Family Concert

Where: Sydney Opera House

When: 4 November 2pm

Price: \$39



MY DINKI-DI AUSSIE COLOURING BOOK

Take a journey into the wonders of Australia with this illustrated colouring book. See extraordinary flora and fauna and spectacular places that tell a story of Australian culture. So kids, now is the time to pick up your crayons or colouring pencils and let your creativity run wild!

The author, Patricia Concha was born in USA but has lived in Australia most of her life. To Patricia, Australia is her greatest joy. She has been a winner and finalist of several Sydney art prizes and also exhibited her art in various group exhibitions in Sydney galleries.

My Dinki-di Aussie Colouring Book – Patricia Concha

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Available on Austinmacauley.com, Amazon, and all good booksellers.

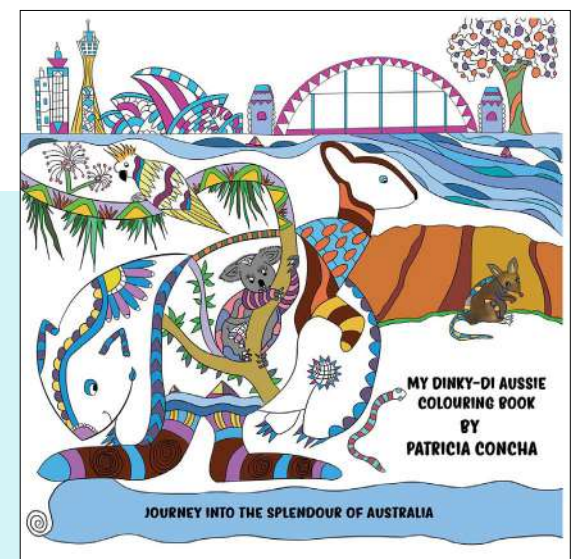


COLOURING COMPETITION

To win 1 of 3 My Dinki-di Aussie Colouring Books:

1. Follow [@sydney_observer](https://www.instagram.com/sydney_observer) on Instagram.
2. Take a photo of your child showcasing their My Dinki-di colouring sheet.
3. Post a photo and tag [@sydney_observer](https://www.instagram.com/sydney_observer) with the hashtag [#SydneyObservercolouringcomp](https://www.instagram.com/hashtag/SydneyObservercolouringcomp)

Good Luck!



The Haunted House



Kerrie Erwin
Psychic and Medium

Michael and Lisa are friends that my husband and I often meet up with for long nature walks, café dates and outings. Spring is also my favourite time of year, as not only is the weather cooler but it also heralds a magnificent time of bloom for all the beautiful wild flowers that grow in abundance in the Australian bush.

Sometimes when I am alone, I will go out into the wild and make up an essence or two from some of the wild flowers, as they have incredible medicinal properties.

This is something that I have been doing for nearly 30 years now and which I first learnt while living in Norway as a student nurse. My friend Lisa is what I call an 'empath' and quite psychic in her own right as she seems to be able to 'tune' into people's problems easily.

It is no wonder she works as a counsellor to troubled children. She often talks about her children as little lost angels who teach her things about herself every day. Like most healers I know, she has found her calling and is extremely driven by her work, and often calls everything she does in her practice a service to humanity.

Lisa says how humbled she is to do the work and not a day goes by without her learning something new. She also says each child she meets is special, and finding methods to ease their journey is such a wonderful experience with the basic tools she implements. A very dear teacher once told me that if you find something in life that gives you passion and commitment then grab it with both hands, as it will take you a long way in life and keep you young.

One day Lisa told me how frustrated she was, as since they had moved into their new home, she felt as if she never had any energy, was stuck and unable to do much of the work she loved.

On another level, she was also worried about the

time that had passed since they had moved into the rented home, as it was not their intention to stay so long and it felt as if the home had a hold on her.

They had been there for two years and were starting to feel nervous and disheartened about ever finding their own family home. She was also worried about her son as he kept complaining of a spirit in the home coming into his bedroom. The spirit was an old lady who kept him up all night and made the room feel icy cold. After listening to the conversation, I was convinced that the house was haunted and told her that I could help clear the energy.

Their home was a massive old three-story building that faced the sea, and was exposed to the elements. It looked eerie and reminded me of a scary movie. I could feel invisible silent eyes staring down at me from the windows above, and the energy felt so cold. Protecting myself with white light, I walked around the home while the others sat downstairs in the kitchen and felt the presence of not one spirit, but several that seemed confused and angry.

As I called on the spirits to leave, I imagined a vortex of great light coming down from the heavens and asked them to step into the light to return home as they were lost and did not belong in the house, or our dimension for that matter.

Within a matter of minutes they all left and the energy in the room felt incredibly lighter, brighter and all the negativity that was present, disappeared. Lisa, who had joined me earlier, appeared stunned and kept repeating she had never experienced this type of phenomena before. Beaming with relief, she told me she was overjoyed to know that at last the old home would be returned back to normal, so everyone, including her own family could move forward.

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




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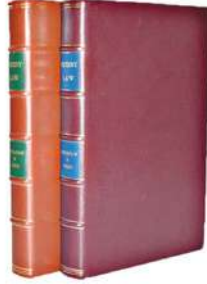
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Amanda Hall Psychic

November Stars

Aries

Wealth

This is a time to keep an eye on your spending as we head towards an expensive time of year. Having a little spending spree is okay, but be cautious about your purchases.

Love

This could be a tricky month for love. For those seeking love, it will be a difficult time to step out, so just be patient.

Destiny

This is a time when your job and career need attention. Engaging in further education may help your dreams become a reality. There will be a big decision that needs to be made.

Taurus

Wealth

There are money and travel plans for the next few months. Just go with the flow and spend your money, you will have fun.

Love

It's time to take a break and bring a spark back into your romantic life. Seek love around work and attend all functions.

Destiny

Lady luck is smiling on you. Brand new ideas will ensure you make extra money soon.

Gemini

Money

Money and finances have created a little strain on your personal relationships. This is a good time to start saving.

Love

To ignite love and romance, plan some special time together. To seek love, step up your game and explore new activities.

Destiny

It is now time to put your skates on. Big plans are coming your way, which will have you ready to leap forward.

Cancer

Money

If you're looking to spend money, consider a touch of luxury to make your home more beautiful. This is the time to spend freely on your home, creating the sanctuary of your dreams.

Love

Spending time at home is perfect for romantic interludes, especially with luxury surroundings. Love can be found by shopping for the home.

Destiny

Now is the time to move forward with confidence in this month's planning. Life is now expanding, and it's something you deserve.

Leo

Wealth

Money is something that you love to have and spend often, but it's been a bit short recently. Not to worry, your finances will be looking up before you know it.

Love

The right energy and loving relationship is important to you. When looking for love, make sure to check out all the cool hangouts.

Destiny

Your positive outgoing personality means the heavens are moving in your favour, there will be more money coming in.

Virgo

Wealth

Money and finances need an overhaul. This isn't due to a lack of money, it is just being overly cautious, but this is the time to spend.

Love

Your love life now needs a kick-start to blossom again. To find love leave home, or try online dating as that may work for you.

Destiny

You can now look for other ways to improve finances form a home base. Try venturing into the online world.

Libra

Wealth

The Libra Scales have been out of balance when making decisions for work & career prospects. There will be money coming through that can be used for spending.

Love

This is a special time of year when love and romance shine. When looking for love spend time in nature or go shopping.

Destiny

Now things are back into balance, we can spend more on luxury items. Pamper yourself, as there is no time like the present.

Scorpio

Wealth

Life seem as if it has been a bit of a drag and money has been tight. There will soon be opportunities to earn extra cash.

Love

Love and romance have been the last thing on your mind. This is the time to change that by searching for love in new places.

Destiny

Some days on the job have been hard. Keep smiling though, as lady luck appears to be with you. Opportunities are coming soon. Be ready.

Sagittarius

Wealth

You are feeling long overdue for a trip away. Money means freedom to be able to travel when you want or need to.

Love

This is a time to really show your partner love and appreciation. Seek love by venturing into the outdoors.

Destiny

Studying and learning new skills will keep you fresh and alive. These skills are never a waste of money. This could be time to take a leap of faith.

Capricorn

Wealth

There is a big focus on when is the right time to look at making investments. This is the best time to slow down, observe, perform, research, then act.

Love

With a twinkle in your eye, spend time with your lover. For singles, attend money making events, as your soul mate maybe there seeking to create their fortune.

Destiny

Financial agreements need to be very carefully analysed before proceeding in any agreements. Take everything slow and steady.

Aquarius

Wealth

Lack of money, or not wanting to spend money on items is not urgent. Try to keep an open mind when deciding what to do next on the financial front.

Love

Now is the perfect time to take a little romantic trip. For singles, try exploring new horizons, and events.

Destiny

Life sometimes has twists and turn for progress. This is the time to expand your knowledge with new gadgets.

Pisces

Wealth

This is the time to let your creative juices flow. Money will come in thick and fast, just in time to spend it on loved ones.

Love

You just love spending time with your partner. For our single fish, explore new creative endeavours and events.

Destiny

Feeling restless and creative? Day dreaming about what the future brings and how much money you will be making.

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