

Sydney Observer

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MARCH 2019

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Seniors

Section

Cheeky and

Charming

Tommy Little

Epilepsy

Awareness Month

State Election

2019

Tips and Tricks for

Glowing Skin

Jen Bishop
Interior Design Queen

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FROM THE EDITOR

The month of March is full of creative ideas that will inspire you to make the most of the last days of warm weather.

The Local News snippets will keep you in the loop (6-7), while our Seniors section is full of hobbies and advice for happy and healthy living (18-21).

Our Wellbeing section showcases Purple Day, an important cause that increases awareness about epilepsy (24), and we also learn about the power of mighty magnesium for soothing aches and pains (26).

The Fashion and Beauty section is filled with tips and tricks on how to maintain glowing and radiant skin (28-29), and as always, our What's On section is packed with events (30-31), and a sneaky interview with the charming and cheeky Tommy Little (32).

So sit back, grab a snack and immerse yourself in our March issue.



Hannah



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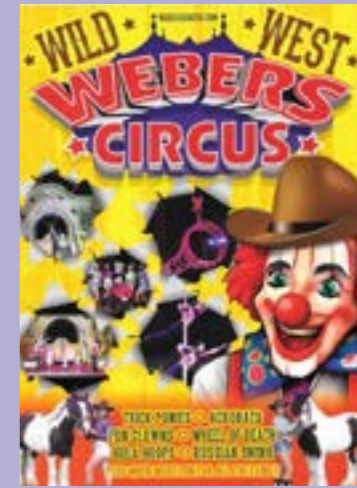
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Killara	Roseville	Turramurra	Willoughby

To enter follow the instructions on each giveaway and email your name, address and phone number with the subject of the giveaway to editor@kamdha.com Please note we operate on a first in, first served basis.

Giveaway Galore



Webers Circus

Webers Circus is back again with fantastic fun for the whole family! With exciting performances and show-stopping tricks, this is an event not to be missed! To win 1 of 5 family passes, simply tell us what your favourite part of the circus is.



Saturday Night Fever The Musical

To win a double pass to Saturday Night Fever, simply tell us your favourite song from the classical soundtrack and get ready to boogie the night away!

Enbacci

Enbacci's Vitis Vinifera Rejuvenating Essence, is a toning and skin balancing solution that will leave you feeling fresh and rejuvenated. To win a bottle of Rejuvenating Essence, simply like

Sydney Observer and Enbacci on Facebook, and tell us your favourite tip for healthy glowing skin.

Star Wars Identities: The Exhibition

Immerse yourself in the intergalactic atmosphere of Star Wars Identities. In this interactive exhibition, you can build your own personal and unique Star Wars hero who will make you feel like you're in a galaxy far, far away. To win 1 of 5 tickets to this exciting exhibition, simply tell us who your favourite character from Star Wars is and why! Good luck and may the force be with you!

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When: 11 – 31 March

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Mighty Magnesium

Amazing Oils is a family run business that harnesses the power of magnesium to soothe aches and pains. To win a magnesium pack which includes, Amazing Oils' Natural Relief Oil, Gel Roll-On and Bath Flakes, simply tell us what you would like to see in the next issue of Sydney Observer.

The Greatest Love Of All: A Tribute to Whitney Houston

Belinda Davids will captivate you with her stunning vocals in this tribute to the great Whitney Houston. To win a double pass to The Greatest Love Of All, simply tell us what your favourite Whitney hit is and why.

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SNIPPETS

Clean Up Australia Day



The 29th annual Clean Up Australia Day commences on March 3rd, with the Ku-ring-gai Council endorsing locals to get involved. The event is the first since the October 2018 passing away of founder and Sydney yachtsman, Ian Kiernan, who initiated the organisation in 1990.

Community participation in keeping the environment clean is a great incentive for boosting civic spirit and pride. "Ku-ring-gai prides itself on its natural beauty, and it's wonderful when people come together to help keep it that way," said Ku-ring-gai Mayor, Jennifer Anderson.

To take part in the nationwide rubbish reduction, residents can join a registered clean up site or organise to run their own, by registering on the website cleanupaustriaday.org.au. Any donations made will contribute to gloves, bags, and information packs sent to groups once they have signed up.



New 10.5 Million Park Reopens

Approximately 3000 people per week are expected to use the new and improved Gore Hill Park in St Leonards, as part of Willoughby City Council's largest project for 2019. Reopening this March, 10.5 million was invested into redeveloping and designing the park's sports and community facilities. It is set to become the jewel in the crown of the Lower North Shore's sporting community, with a new synthetic oval, walking track and large-scale playground.

"The new offerings ensure more people can use the space more often. The car park, perimeter path, change rooms, community function room, toilets and playground will be accessible for prams and wheelchairs, ensuring easy access," Mayor Giles-Gidney said.

Parents Urged to Preach Road Safety

For many parents, the school run can be a stressful time of the day. But for Hornsby Hospital's Director of Emergency Medicine, Dr Clare Skinner, there has been an increase in road crossing related injuries. Making the necessary changes is

fundamental, with Ms Skinner reminding parents to preach road safety to little ones.

"As a parent, I've seen others do things in school drop off zones that they really shouldn't be doing, like three point turns

or using their mobiles. Then I come to work in emergency and see children who have been hit by cars. It's heartbreaking because often it's something as simple as obeying the road rules that will prevent these sorts of accidents."

The Hawkesbury

4 April to 9 May 2019

EXHIBITION OPENING SATURDAY 6 APRIL 2-4 PM

The tides, mangroves and mudflats, weathered jetties, bridges and oyster leases are reference points that frame and link the artists Lyndall Beck, David Collins and Viola Dominello, to an unruly and spectacular Hawkesbury river landscape.

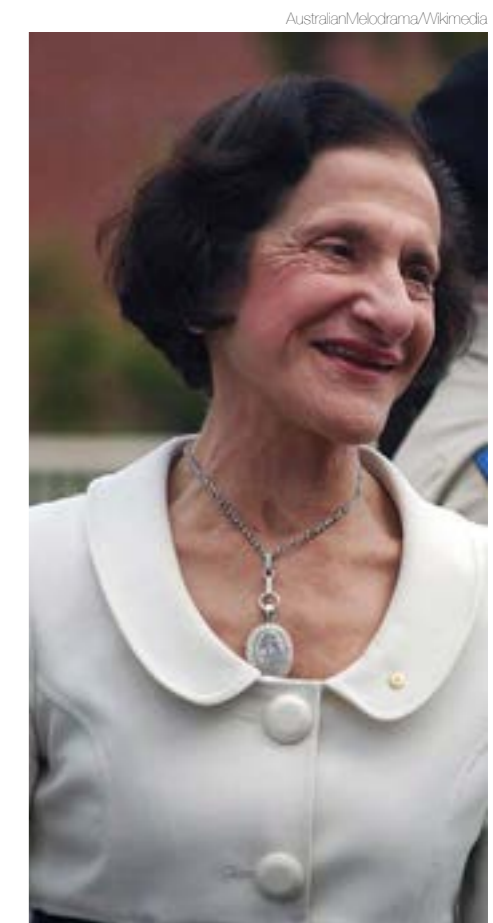
Curated by Elisabeth Cummings

Artists left to right: Lyndall Beck, David Collins and Viola Dominello

International Women's Day Breakfast

The second-longest serving and first female Governor of NSW, Professor Dame Marie Bashir, will share her personal experiences at a breakfast hosted by Mosman Council to celebrate International Women's Day 2019. The theme for International Women's Day 2019 is #BalanceforBetter with a call to accelerate gender equality, and promote gender balance as essential for economies and communities to thrive. Mosman Council's International Women's Day Breakfast will be held at Mosman Art Gallery on the 8th of March.

"It is an honour to have Professor Bashir as our guest speaker. Professor Bashir is an extraordinary and inspiring role model for everyone, and women in particular," Mosman Mayor Carolyn Corrigan said.



Professor Dame Marie Bashir, will share her personal experiences at a breakfast hosted by Mosman Council.



Turrumurra Youth Centre opens Tuesdays

From 3.30pm - 6.30pm on Tuesdays, those aged between 12 to 24 are welcome at 'The Landing' Youth Centre at 5 Ray St Turrumurra, for food, games, and a chance to connect with the council's youth services team. A BBQ, table tennis, board and computer games, PlayStation, and crafts will be available on site.

The centre is the latest addition to the area, following the lead of the AWOL Youth Hub in Gordon and Fitz Fridays in St Ives. Each centre offers different games and facilities, but all have a lively social atmosphere, where youth can seek support and time out from their stresses. Staff from StreetWork, a not-for-profit organisation aimed at assisting youths, will be manning the BBQ as well as being available for a chat.

Safety Improvements for State's Waterways



Gladys Berejiklian recently announced an extra \$37.6 million in funding for Marine Rescue NSW over the next four years. To the delight of boaters on NSW waterways, this initiative hopes to save lives on the water by delivering new purpose-built rescue vessels, upgraded operational centres and improvements to the marine radio network.

"The NSW Liberals & Nationals government will establish a new rescue unit on Lord Howe Island, as well as new or upgraded bases and boat buildings at Tweed Heads, Ballina, Narooma, Lake Macquarie, Middle Harbour, Newcastle and the Central Coast," commented Minister for Emergency Services Troy Grant.

Killara High School Upgrade

Local families will benefit from a further \$15 million major upgrade to Killara High School, funded by the NSW Government.

The upgrade will include the delivery of 17 classrooms, new staff areas and new toilet facilities.

Member for Davidson, Jonathan O’Dea, stated he is ecstatic about the changes and the positive difference this investment will create for school students, families and teachers.

“This \$15 million upgrade is great news for local families and educators. It’s so important that we have top-quality school facilities for Killara High School students now and into the future,” Mr O’Dea said.

Education Minister, Rob Stokes, said this is another initiative the NSW Government is supporting in order to provide school resources and opportunities to make a difference. Part of the NSW Government’s record \$6 billion school building program, this plan includes more than 170 new and



School Captain Joe Blackburn, Director of Educational Leadership Sally Egan, Killara High School Principal Jane Dennett, Education Minister Rob Stokes, Member for Davidson Jonathan O’Dea and School Captain Hannah Mackay.

upgraded schools, including, upgrades to St Ives North Public School, St Ives High School and the new Lindfield Learning Village, which opened earlier this year.

Previously benefiting from \$7.9 million in NSW Government funding,

in 2014 Killara High School received 22 permanent classrooms, shared learning spaces, a replacement sports court and the removal of 6 demountable classrooms. The current \$15 million upgrades are set to transform the school.

Encouraging Healthy, Active Kids

Isabella Ross

The hugely popular Active Kids program is set to expand with Gladys Berejiklian announcing that two separate \$100 vouchers will be available for each NSW child. Easing the costs of living, the Premier revealed that more than 1 million vouchers have been issued since launching. The overarching aim of the initiative is to encourage an active lifestyle and participation in sports, given that approximately 28% of Australian children are overweight.

From July this year, families will be able to access two Active Kids vouchers, so that the little ones are financially able to play sport throughout the whole year. Sports registration, membership expenses and fees for physical activities such as swimming, football, netball, dance lessons and cricket have been popular options that parents have used with their vouchers.

“We are doing everything we can through our strong financial management to ease the cost of living burdens on families. Because of the strength of the NSW Budget, we are able to allocate more funding because we want more kids to be happy and healthy,” commented Treasurer Dominic Perrottet.



From July this year, families will be able to access two Active Kids vouchers per child.

The two vouchers cannot be combined to pay for a single program costing more than \$100. Instead, the voucher is designed to help pay the cost of two separate terms of sport such as the

summer and winter season of netball. To apply for the Active Kids voucher, parents can register online with Service NSW and find a registered sport or physical activity, club or organisation to use their voucher.

The most liveable region in Australia

Isabella Ross

The Northern Sydney region is set to become the most liveable region in Australia, with eight proactive councils joining a landmark conference to map a path to success. A first-time occurrence, over 90 councillors, mayors and senior staff heard from experts at the Northern Sydney Regional Organisation of Councils (NSROC) conference.

On the agenda were discussions of smart planning, creative cultural infrastructure, housing affordability, transport and sustainability. The NSROC conference included non-profits, experts, politicians, shadow ministers and senior government representatives, to ensure a diverse and rich view of what it takes to be the most liveable

region of Australia. NSROC President and Willoughby City Council Mayor Gail Giles-Gidney opened the conference.

“With a squeeze on space and conflicting demands, NSROC has been proactive in shaping the region into the most enviable and liveable region in Australia. Affordable housing, open space, sports facilities and an environment that supports healthy lifestyles all contribute to liveability,” Ms Giles-Gidney said.

Speakers included the Department of Planning & Environment, Create NSW, Greater Sydney Commission, National Heart Foundation, Minister Anthony Roberts and the NSW Premier.



“NSROC has been proactive in shaping the region into the most enviable and liveable region in Australia,” Ms Giles-Gidney said.

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Time to Choose Your Representative

Election of the 57th Parliament of New South Wales will be held on 23rd March for all 93 seats of the Legislative Assembly and 21 of the 42 seats in Upper House-Legislative Council.

Around 5 million people will dedicate their time to choose their representatives for the next four years. So, *Sydney Observer* introduces to you the candidates that raise the North Shore flag and run for the Lower

House and first Indian origin Liberal Upper House candidate.

The vote in NSW is compulsory, to make sure where to vote and see other information about the election, access elections.nsw.gov.au

Pallavi Sinha



Standing for the Legislative Council, Pallavi Sinha is a Young Liberal who advocates against domestic violence. She is also the first woman of Indian origin chosen by the Liberal Party for the NSW Upper House.

Known as a gender and cultural defender, she is seen as a strong community leader. Pallavi believes that a collaborative, all-inclusive, preventative, educational and tailored approach to prevent violence against women is required.

Ms Sinha currently serves as Vice-President of the Australia Indian Business Council (AIBC), is Co-Chair of Women in Business (AIBC) and is on the Multicultural Consultation Council of the Anti-Discrimination Board of NSW.

Amanda Keeling



Amanda Keeling is the Labor candidate for Ku-ring-gai in 2019 State Election. Ms Keeling aims to make her electorate an even better place to live, work and raise a family. High on her agenda are delivering better places to learn, hospitals and community services.

Ms Keeling's priorities are health, education and urban planning and she will put in all her efforts and fight for real investments in schools, hospitals and TAFE.

She believes that local quality of life is impacted negatively by an overdevelopment of communities, starting by the congestion on roads, that are the result of deficiency of investments in public transportation. Funding for domestic violence services is another issue that Ms. Keeling plans to fight for.

Felicity Davis



Felicity Davis is The Greens candidate for Davidson in this year's State Election for the Lower House. Living in Bayview, on the northern suburbs of Sydney, for the last 25 years, Ms Davis is passionate about renewable energy sources, environmental conservation and efficient urban planning.

Climate change has been a concern for her and that is what motivated her to start in politics and join The Greens in 2010. To help fight for those changes, Ms Davis's focus is on initiatives that bring up quality of life and environmental benefits. She is fighting for the transition to renewable energy, conservation of urban trees, banning plastic bags, returning planning back to the people and affordable housing.



Jonathan O'Dea Supports Active Community

Sport and recreation is a wonderful way to stay active, relax and spend quality time with family and friends. I continue to champion local sports and recreational activities by advocating for greater funding and improved local facilities, which include:

- Over \$5.7 million in sports facility grants for St Ives venues, which will benefit basketball, hockey, cricket and football players.
- More than \$550,000 in grants for improving local football, rugby, tennis, bowls, school playgrounds and ovals in the past 6 months.

- Opening school grounds and sports facilities to the public during school holidays, e.g. at St Ives Park Public School and Kambora Public School.
- Dedicating land for new futsal courts and a new park in Belrose.
- A mountain bike park being constructed at the former Belrose landfill site, opening this year.
- Managing weeds and expanding our local national parks.

The Government is also promoting sport and recreation across NSW through:

- Ensuring each school-aged child is eligible for two \$100 Active Kids

- vouchers and one \$100 Creative Kids voucher.
- \$150 million for new and improved parklands and open spaces.
- \$150 million for upgrades to over 1000 national park walking tracks.
- Adding a new national park in South West Sydney.

While the NSW Government is investing a record amount in health and education, it is also important that we invest in sport and recreation facilities for a healthy future.

*Jonathan O'Dea MP
Member for Davidson*



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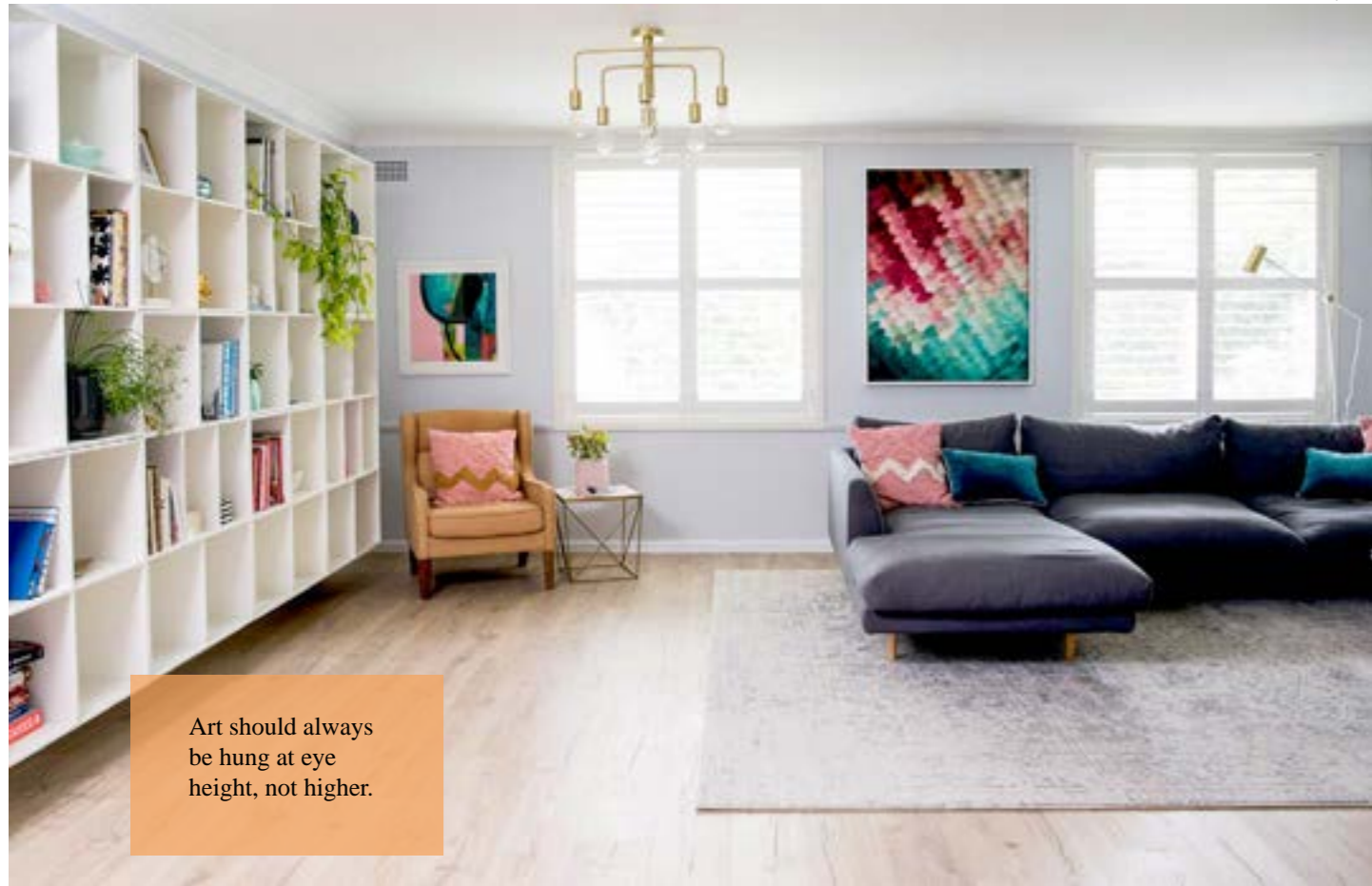
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Liberal for Davidson



- ✓ Caring for our local community
- ✓ Experienced with integrity
- ✓ Delivering results for Davidson

Authorised by Chris Stone, Liberal Party of Australia, NSW Division, Level 12, 100 William Street, East Sydney NSW 2011.



Art should always be hung at eye height, not higher.

Interior Design Queen Jen Bishop

Hannah Prasad

Jen Bishop is the interior queen that transforms spaces into design dreams. From starting out as a journalist to establishing her blog, The Interiors Addict, Jen has turned her passion for design into a flourishing career. Jen will be hosting two Interior Design Talks at Chatswood Chase, where she will discuss how to create a timeless nursery and a living room that is attractive, stylish and cohesive.

Sydney Observer spoke to Jen about her career, decorating inspiration and how to elevate an outdoor area.



When it comes to rugs, bigger is always better!

Jen showcases her love for design on her blog, The Interiors Addict, a hub for design inspiration that started as a hobby.

“I started working as a reporter at my local newspaper when I left high school in the UK at 18. I worked my way up through the ranks at various newspapers to editor, then worked at a few magazines before moving to Australia at the age of 26. I was the editor, then publisher, of a business magazine in Sydney for five years. I had already started my blog as a hobby when I was made redundant and I decided, encouraged by many of the entrepreneurs I’d interviewed for the magazine, to try and turn it into a business. Almost seven years and two kids later, it’s still going strong!”

Jen showcases her love for design on her blog, The Interiors Addict, a hub for design inspiration that started as a hobby, which is now Jen’s full-time job.

“Interiors Addict started as a place just for me, to store all the interior inspiration I saw online and small projects I did in my home. Being a journalist by background, it was second nature for me to approach interior designers and stylists to profile them. Word got around about the site and it snowballed into something much bigger than I ever imagined. I still pinch myself that it’s my job!”

“These days, the site is very much a place for the everyday person who wants a nice home to find tips and tricks, the latest trends and products, inspiring before and afters of people’s renovations and interviews with people in the industry, sharing their secrets and beautiful projects.”

It is no surprise Jen’s house is a designer’s dream. She loves creating warm and inviting spaces for her two boys, and shares a glimpse into the aesthetic of her bedroom.

“I love planning and decorating bedrooms. In my own bedroom, I’ve gone for a bit of a luxe hotel feel with navy walls, a custom fuchsia velvet bedhead and brass details. I like the cooler months when I can really layer up my bed and give it a more

interesting look. My sons’ bedrooms were both great fun to create. I’ll be talking about kids’ bedrooms in one of my talks and sharing what I did for my boys.”

Jen will be hosting Interior Design Talks at Chatswood Chase throughout March. Audiences can expect practical advice that they can use in their homes, with a mix of existing and new, high-end and cheaper buys. Jen shares her tips on how to create a fabulous outdoor area. She also gives our readers three design tips to elevate a room.

“Here in Australia, we are lucky to have a climate which means we spend a lot of time outside, not just in summer. You should definitely think of your outdoor area as an extension of your home and another living space. Indoor/outdoor flow is key in Aussie homes and creating a space which is low maintenance but still comfortable in all seasons, is key. If

you have space, it’s great to zone areas like entertaining, play space for the kids and a decorative garden area. Sun awnings, fire pits and patio heaters make your space useable all year round.”

To book a ticket to a talk go to chatswoodchasesydney.com.au/whats-on/interior-design-talk-series/ and make sure you’re following Jen @interiorsaddict for all your design inspiration needs.

“Creating a space which is low maintenance but still comfortable in all seasons, is key.”

Wallpaper is a great way to add interest to an otherwise featureless room, like a powder room, small bedroom or study.



The next generation

Headmaster Russell Bailey

In just over twelve months since it was launched, the online game Fortnite, became a cultural sensation with more than 200 million players worldwide. That's eight times the population of Australia. Last June, thousands of fans flocked to the first live stadium tournament in Los Angeles, where players paired up with celebrities to compete for a top prize of \$1M US. Imagine the future impact of this new e-sports culture! What's at stake here? The survival of an onscreen avatar.

Fifty years ago, NASA astronaut Neil Armstrong was the first man to walk on the moon. This was seen live on television around the world thanks, in part, to 'the Dish' radio telescope at Parkes. The astronauts were trained in every detail of their mission – physically, mentally and emotionally. Their habits had to be ready for precision responses to get all the way to the moon and back on a pioneering mission where much was still unknown. What's at stake here? Not only

the pride of the USA but also the lives of the astronauts and their families. Any mistake could end in human tragedy.

So what's at stake when children turn up at school every weekday, 40 weeks each year, for thirteen years (or even thirteen weeks), we cannot simply discard the avatar student and start the game over again. What happens at school every day has to count for a lifetime. Cyber experts say that the vocational futures of our children are at least as difficult to predict and prepare for as the Apollo landing on the moon. So, we must make wise choices about curriculum and pedagogy to equip our next generation with content and habits that will prepare them for their uncertain future.

At the 5th International STEM in Education conference in Brisbane last November, Australia's Chief Scientist, Dr Alan Finkel, advocated for a 'content-rich curriculum'

at schools, where students worked towards mastering particular disciplines, especially science and mathematics. It's so important that our students learn to understand what they are reading from different sources, with critical thinking to discern true and important inputs for life decisions.

To make the best use of every day at school, I believe that education should aim to lead our students through rich content and excellent pedagogy towards discovering the truth about our world, human destiny, moral accountability, right living, and their potential. At my school with a Christian worldview in education, this is brought together in the context of an eternal hope grounded in God's unfailing love for all the world revealed in Jesus Christ.

Let's seek to make every day educationally beneficial for all of our children at school throughout this new year!

Barker thrive at BHP Awards

Lucy Lake's (2018) Biomimicry inspired carbon fiber racing oar has seen her placed second in the Engineering category of the 2019 BHP Foundation Science and Engineering Awards.

Lucy designed the racing oar to improve rowing efficiency and power. The design aims to reduce drag and enhance performance. "This is the third phase of oar design, following on from timber oars, laminated oars and now introducing biomimicry inspired design," Lucy explained.

She was one of only four students to qualify to attend the International Science and Engineering Fair (ISEF) Finals to be held in Arizona. Over 1800 high school students from 75 countries, regions and territories are given the opportunity to showcase their independent research.

Fellow Barker student, James Casey-Brown (2018), was placed 3rd in the Engineering category for his minimally obtrusive 'Surf-



Safe' swimming device designed to be activated when a swimmer in the surf is at risk of drowning.

James said he had designed and produced a piece of equipment to prevent drowning in the surf through an inflation device situated around the waist. "The device has been deliberately designed so that users do not feel stigmatised as unable to swim, encouraging them to use the 'surf safe' device," he said.

The BHP Foundation Science and Engineering Awards are a partnership between the BHP Foundation, CSIRO, the Australian Science Teachers Association and each state and territory Science Teachers Association.

Since 1981, the awards have been recognising student excellence.

In 2018 Oliver Nicholls (2017) was awarded 1st place in the Engineering category at the BHP Billiton Foundation Science and Engineering Awards for his autonomous robotic window cleaner, going on to achieve further worldwide recognition at the ISEF with another win in his category.



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- > Parramatta City Council Australia Day Young Citizen of the Year, 2019
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- > 1st, Dorothea Mackellar Poetry Awards, 2018
- > Gold Award, NESA WriteOn, 2018
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New Principal Drawn to St Ives Community

Jayne When has been teaching in Sydney schools for more than twenty years, but when the job of principal arose at Corpus Christi Catholic Primary School in St Ives, she saw it as a unique opportunity.

“It really caught my attention, even though I was happy at my previous job,” she explained. “I wanted to come back to this community.”

The community of children, parents, teachers and locals was familiar to Mrs When, as she had previously worked at Corpus Christi as a Kindergarten and Year 5 teacher from 2004 to 2007.

“It’s a happy and fun place to be,” she said. “It’s a great community school with a strong sense of family and community spirit.”

Mrs When began work as the principal in January after working in leadership and teaching roles in Catholic Schools in the Parramatta, Sydney and Broken Bay Dioceses. She brings with her a passion for literacy and STEM subjects, as well as an interest in student-led learning across all subjects.

“English and literacy is my first passion,” she said. Adding that she hopes to develop further opportunities for students to direct their own learning, particularly in writing.

“We are giving children the chance to design their own flexible learning spaces in the classroom,” she said. “Our teachers not only assist the students to direct their own learning but also work collaboratively with their peers.”



Another big drawcard for the 160 students at the school was the grounds, Mrs When said.

“It’s a very aesthetically pleasing environment,” she said. “We have brand new play equipment with bridges, wooden teepees and a lovely sandpit. It’s designed to blend in with the trees and it has a big emphasis on play-based learning with an outdoor classroom for teachers to use.”

Mrs When said the classroom facilities also offered many options for students, including a large deck which is covered and can be used by the students for quiet activities or lunch clubs. “It is a school with so much to offer,” she said.

Montessori Education

Principal Adam Scotney

The educational sector is ever-changing. It continues to present a variety of ‘opportunities’ or ‘options’, which are touted as ‘modern’ or ‘progressive’, but is this really true?

Montessori Education has been an established and successful method of education for over 100 years. It is highly regarded because it has always focused on the development of the child, which we now know as ‘modern best practices’ in education.

As someone who has been involved in education for over 20 years, I have seen a steady movement towards more agreement on the best characteristics of quality education.

It is widely agreed that the more personalised the education method is, the more effective it will be for the learner. This intrinsic motivation is much more valuable to developing life-long learners than extrinsic motivation. We understand that a community of learners work better than those in competition with each other. Increasingly, creativity and divergent thinking are going to be more useful skills in the future, while a love of learning is highly valuable and should be fostered.

These characteristics might seem obvious, but they are however, not the cornerstone of most educational methods. While there have been efforts in many educational sectors to adapt to the changing face of education, these changes are still largely cosmetic and focus around the grouping of children by age and alternative ways to deliver the curriculum by the teacher. There is an appetite for change, but not a strong pedagogical basis to implement these changes effectively.

Alternatively, Maria Montessori developed her educational method based on scientific research that identified all the elements that we now see as highly valuable in education. These elements are the basis of Montessori education and include:



It is widely agreed that the more personalised the education method is, the more effective it will be for the learner.

- Personalised learning
- Child focus
- Intrinsic motivation
- Developing problem-solving and critical thinking
- Collaborative approach to learning
- Multi-age groupings
- Real-world opportunities and interactions
- Value creativity equally
- Student-directed, not teacher centred
- Encouragement of self-confidence and self-esteem

These elements are embedded into the teaching methodology of Montessori education and give students the best opportunity to develop to their full potential.

At Northside Montessori School, students have the opportunity to excel in a learning environment that is focused on their individual needs. Come and see how the Montessori method of education can make a difference for your child’s educational journey.

northsidemontessori.nsw.edu.au
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Ph: 02 9144 2835



Ku-ring-gai
artcentre
ROSEVILLE

TERM 2, 2019
BOOKINGS OPEN:

11 March current students

25 March new students



Images from left: ‘Agapanthus Series 2’, watercolour and polychromos pencils, Shipra Shah (tutor); ‘Untitled’, mixed media on paper, Cilla Davis (tutor); ‘Rings’, sterling silver, agate, titanium, bronze steel, Susanna Strati (tutor)

Enrol at: kmc.nsw.gov.au/artcentre



Original Style Mosaics

Hobbies for Retirees

Isabella Ross

Mosaic Making

A unique yet artistic hobby loved by many retirees is the art of creating your own mosaics. The perfect way to get the creative juices flowing, Ku-ring-gai Art Centre is the place to go if you wish to trial this leisurely pursuit, as the equipment and tiles are all included within the one-off fee. With the term starting up again in April, now is the time to book yourself into a Mosaic Design and Techniques class at the centre.



Call 13 28 36 to book a tour today

Life's better together at Aveo

We all know that life's better when it's shared with the ones we love. In fact, research shows that being connected to others can help improve our mental and physical wellbeing. Aveo retirement communities are places where life-long friends are made and new experiences are had. It's where family is always welcome and a friendly ear is around every corner. It's where a conversation turns into a connection, a place where lives are enhanced and the whole community looks out for each other.



Vibrant community & active social calendars



Friends & family always welcome



Group exercise classes



Range of living options



Gardening & maintenance staff



Caring staff on-site

Create Bonsais

The bonsai is an Asian art form that uses cultivation techniques to yield miniature plants that mimic the shape and scale of a full-sized tree. Bonsai Art Pty Ltd in Belrose has a range of workshops, including beginners' classes designed for people who are interested in learning bonsai, with trees available for you to purchase and work on.



Bird Watching

One of the most relaxing pastimes that more seniors should consider is the humble bird watch. With the chance to surround yourself amongst nature, enjoy a stroll and learn about some adorable feathered friends – what's not to love! The Morcombe & Stewart Guide to Birds of Australia app also allows you to explore the native birds within your local area. North Shore residents are in luck, as there are numerous organisations that run tours, including Willoughby Council's midweek Bird Watch on March 7th.



Feel free to drop into any of our 10 retirement communities throughout Sydney and have a chat to us. To book a tour call 13 28 36 or visit aveo.com.au to find out more.

10 welcoming communities across Sydney

13 28 36 aveo.com.au





Keeping Active in Retirement

Isabella Ross

A necessary aspect of any healthy lifestyle is to keep active – regardless of age. Particularly in the older years, it is important to keep the bones and muscles pumping to improve circulation. Not to mention, it is a great mood booster! So for retirees who are looking to implement some exercise into their everyday life, here are three great options to choose from!

Tai Chi Australia have specialised senior classes so that no one is restricted from learning this ancient Chinese martial art. The moves taught in the class have been modified by Chinese Professors at the Beijing Sport University to ensure suitability for senior members of the community. Run by specially trained and qualified instructors, people between the ages of 50 and over are welcome – even if you are over 95! Studies have also suggested that tai chi is associated with reduced stress and anxiety levels.

tcfa.com.au/



Aqua aerobics is an exciting exercise group to join, as it is all about having fun, socialising and moving in the water. An ideal way to keep fit if you struggle with chronic pain, aquatic movement and hydrotherapy is often recommended by doctors and orthopaedic specialists. Another benefit is that it requires our bodies to push against the weight of the water and gravity, therefore building endurance. Ryde Council offers a low-cost Aquatic Exercise program for seniors that should definitely be on your radar.



Barre-based exercise uses a combination of postures inspired by the ballet beam that consist of small, isometric movements. Unlike a ballet dance class, anyone can take part in barre says local trainer Anja Lineen. “With each isometric movement, you target the tiny muscles that often get ignored if you are sticking to single-plane movements or standard cardio. These exercises improve posture, increase flexibility, have a very low injury risk and almost no barrier to entry meaning anyone from any background can do them.”

goforfit.com.au/



Essential Accessories for a Mobility Scooter



A mobility scooter enhances the independence of its user. It opens up possibilities that are not even conceivable to someone with limited or restricted mobility prior to using one. We have discussed how to select the most appropriate mobility equipment, how to use a mobility scooter in regards to the safety of the user and community, and other related topics. This month, we examine the most commonly used accessories for a mobility scooter.

A scooter flag is a must, as it enhances the visibility of the mobility equipment

when out in a public or private space. It helps pedestrians, drivers and other road users spot a mobility scooter, which makes the road safer.

You can either put a bag or basket in front, or at the rear of your scooter. The size and type will largely depend on the size of the scooter and the requirement of the user.

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

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

For more information visit comfortdiscovered.com



FREE seminar

Do you want to understand more about the costs associated with retirement living?

Join us for our upcoming financial talk with Robert Craven from Affinity Aged Care Financial Services. Located at our newest retirement village in Normanhurst, Uniting Bowden Brae.

Tuesday 19 March 10.00am to 11.00am

Call 1800 864 846 or visit uniting.org/financial-talk to register.



Ticking all the Boxes

When award-winning television actress Sonia Todd, who you may recognise from, *Police Rescue*, *McLeod's Daughters* and *Home and Away*, was helping her parents find the right place to move, after many happy years of their marriage spent living in the family home, she was surprised to find the choice as easy as it turned out to be.

"The Cotswolds Village had everything they were after. Mum and Dad wanted an independent living unit with plenty of space and light. The beautiful gardens at The Cotswolds made leaving their own home and established garden a bit easier. The friendly, caring and supportive environment at The Cotswolds was obvious straight away and we all felt it was the right choice."

When Mrs Todd sadly passed away two years ago, Sonia's dad found the unit a little too large on his own.

"Dad moved into an assisted living apartment in the main building of the Village. It was comforting for him to know that any profit he made on the first unit was his to keep entirely. Many retirement villages don't seem to run this way – you hear such terrible stories about older people losing so much of their investment in retirement units; it was very reassuring for him to know that this is not the case at The Cotswolds Village."



Mr. Todd with his daughter, actress Sonia Todd.

Mr Todd enjoys the well-organised variety of activities available at The Cotswolds Village. He also values the friendships he has made there, especially in the last couple of years.

"It's great to know Dad can join in as much or as little as he wants. He also finds the cooking and cleaning included to be first rate. It's very reassuring for the rest of the family to know he's happy and busy. We feel very fortunate to have found the caring and friendly environment at The Cotswolds."

Health Corner

Tita Smith

Mental Health

Ever noticed that you're becoming more introverted with age? It's a thing. A psychological process called 'intrinsic maturation' causes humans to gradually become more introverted as they marry and have kids, leaving their more sociable years behind. But, as retirement nears, reaching for the phone book and meeting with friends can enhance mental health, self-esteem, and physical health. Volunteering at local organisations, joining the gym, or activity groups are great options. Better yet, start a crossword club. Puzzles and crafts are proven to help mental health and keep your brain sharp by improving memory.



Coffee

Coffee is controversial, but moderate consumption can offer major benefits. Caffeine increases neurological functioning, which helps support memory, reaction time, mood, and energy levels. One or more cups of coffee a day can significantly reduce the risk of type 2 diabetes, dementia, Parkinson's disease, and some cancers. With antidepressant and antioxidant properties, coffee can help boost motivation and concentration - ideal for working out, and an excuse to socialise. However, moderation is key. Overconsumption can have deleterious effects, like dehydration, jittering, nervousness, and insomnia. To make the most of the benefits of coffee, seek advice from your GP to determine what amount suits you best.



"The Cotswolds" at North Turrumurra has been providing a wonderful lifestyle for "over 55's" for more than 35 years and has always enjoyed an excellent reputation. There is something for everyone with accommodation options for those who wish to be independent and serviced apartments for people either requiring additional services or looking for "easy living".

The units are set in clusters throughout the beautiful gardens and the serviced apartments are conveniently located in the main building which is the hub of the village and encompasses the administration area, community lounge and dining rooms, generous indoor heated pool and attractive barbecue area.

At "The Cotswolds" there are **NO DEFERRED MANAGEMENT OR EXIT FEES**. To arrange a no-obligation inspection any time, please call **Julie at Turrumurra North Real Estate on 9449 3075 or 0418 606 006 for an appointment.**

Designs available:

- Studio serviced apartment
- One bedroom serviced apartment
- One bedroom self-care unit
- Two bedrooms, one bathroom self-care unit
- Two bedrooms, two bathrooms self-care unit
- The prices range from \$170 000- \$798 000.

PLEASE CALL JULIE RODGERS ON 9449 3075 OR ON HER MOBILE 0418 606 006



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Shine Bright with Your Smile

Dr. Ian Sweeney

With so many teeth whitening options available, it can be a challenge to separate fact from fiction. So, we have answered some commonly asked questions to make your choice easier.

'In-chair whitening' means the whitening process occurs in the dental chair, over a time period ranging from 60 - 90 minutes. A 'take-home procedure' means most of the whitening happens at home. The patient will wear a customised tray that fits snugly around the teeth. The tray is then filled with a whitening solution and is worn for a period of time, generally a week, either during the day or at night.

Modern technology ensures the effects of teeth whitening are dramatic and lasting. Professional in-chair teeth whitening is a fast and effective way to improve the brightness of a smile. In approximately an hour it is possible, in some cases, to brighten teeth by up to eight shades. Patient comfort is maximised by using adjustable intensity settings, meaning most patients experience little or no sensitivity.

Over the counter products cannot match the effectiveness of professional whitening.

The first step towards teeth whitening is to arrange a general check-up and clean with your dentist. Teeth whitening is totally safe, but it is important to ensure gums and teeth are healthy prior to whitening.

The next step is to decide which system is suitable for you – in-chair or take-home. Either way, this will generally involve having impressions taken, which are then used to make custom fitting bleaching trays. Often following a professional in-chair procedure, patients are given a take-home kit to help 'top up' the whitening process.

Both options will whiten teeth however, the in-chair whitening technique is more immediate and arguably gives a brighter result.

A beautiful smile can work wonders for feeling fabulous and looking flawless. If you would like to brighten your smile, or remove ageing or smoking stains, book an appointment with your dentist today!



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

Purple Day: Encouraging Epilepsy Awareness

Isabella Ross

On March 26th, Australians are urged to end the stigma, spread awareness and 'Go Purple' – the international colour for epilepsy. A common brain disorder that takes the form of recurring seizures, approximately 250,000 Aussies live with the condition, according to the Epilepsy Australia Foundation. Purple Day aims to encourage people to talk about the condition and to remind those who live with seizures, that they are not alone. Sydney resident, David Ross,

knows all too well about the impact epilepsy can have.

"In 2001 I suffered from two brain aneurysms, and luckily after immediate surgery I was fortunate enough to be alive, given the low survival rate. However, due to the event, I had scarring between my brain and skull, which can cause epilepsy. So for the past 18 years I have had approximately 8 – 10 seizures, and the downside of it is that when I have a seizure I lose my license for 3 months."

"I will be on medication for the rest of my life for epilepsy, but in terms of the severity, I have a mild case compared to many other Australians. At the end of the day, I would classify myself as a very lucky person because I'm a healthy 53-year-old who if things had gone differently could be six-foot-under."

By sharing experiences like Mr Ross', we hope that more light is



Mr Ross with his mum, Rieta.

brought to conversations regarding the neurological condition. So make a difference this upcoming Purple Day by starting a conversation with your loved ones regarding epilepsy, "because no one with epilepsy should go it alone."

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- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
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- ♥ Special Needs Patients
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Soothe Aches with Mighty Magnesium

Isabella Ross

According to Pain Australia, one in five Aussies are currently living with chronic pain, with this statistic rising to one in three for people over the age of 65. With so many natural cures, remedies and products being promoted online, it can often leave you feeling overwhelmed at the sheer amount of information.

For those with mild joint aches, magnesium is a good option to look into for soothing relief. In comes Amazing Oils. Established in 2012, in response to a terminally ill family member, Amazing Oils is a family run and operated Sunshine Coast company specialising in topical magnesium. Spanning over 1 million unit sales since launch, the brand has also donated hundreds of thousands of dollars to a range of charities that struck a chord with their values.

With the aim to help those with chronic pain symptoms, Amazing Oils recommends the following application regarding magnesium oil.

Magnesium is used within at least 1,200 functions of the human body.

“As skin is the largest organ of the human body, topical application is the most effective means of magnesium supplementation and can assist in the aid and relief of muscular injuries, cramping, headaches and migraines, arthritis and inflammation.”

According to a recent study, patients using transdermal magnesium therapy saw a 25.2 percent increase in their cellular magnesium levels after 12 weeks of using magnesium sprays and soaks. This finding is monumental, given that the mineral is used within at least 1,200 functions of the human body, with consequences often being in the form of joint discomfort. Available in a range of formulas including a spray, gel, bath flakes and more, it is definite that those struggling with mild aches should give mighty magnesium supplements a go.

For more information visit: amazingoils.com.au/



Jessada's story

Jessada (below, middle) was diagnosed with blood cancer in 2014. He was constantly tired all the time, losing weight, and when he felt a lump on his stomach, he knew deep down it was cancer.

Getting cancer at 17 changed everything. My friends and my focus on school faded into the background so I could focus on my health, and I remember not feeling the support I really needed at that time.

I'll never forget going on my first three-day CanTeen camp. The social worker at the hospital said I should try it out, and I'll never forget listening to a 13-year-old tell his story one night and feeling inspired and empowered by it.

I've made so many friends whose mums and dads have cancer, or whose brother or sister has passed away, and it makes me realise we're all human and can connect to each other regardless of our cancer experience.

That's why I'm giving back through my job as a nurse. My dream is to make a great change in the healthcare community and to work in palliative care.

How everyday Aussies help

It's important to know the kind of impact a bequest to CanTeen will have on young people whose lives are turned upside down by cancer. By supporting young people just like Jessada by becoming a Partner for their Future, Aussies are nurturing an inspiring group of young people to achieve long-cherished dreams.

Please read below for more information on how you can help.



Invest in me

Every day, 63 young people aged 12-25 are affected by cancer, whether it's a close family members' diagnosis or their own, and they need your help to navigate through their cancer experience.

CanTeen provides vital practical and emotional support tailored specifically to their individual needs – including counselling, camps and connecting with other young people online. Your bequest to CanTeen is an investment in helping each young person affected by cancer build coping and resilience skills that last a lifetime.

Become a Partner for their Future

For more information or a confidential discussion please contact Duncan on: (02) 9007 0225 or email: duncan.knight@canteen.org.au



Feel Great with Grapes

Hannah Prasad

The Australian sun is harsh and unforgiving. With 80% of aged skin the result of exposure to ultraviolet rays, Enbacci's Vitis Vinifera Rejuvenating Essence harnesses the power of grapes, while offering nourishment and stabilising collagen. *Sydney Observer* spoke to the founder of Enbacci, Yong-Li Zhou, to discuss the benefits of grapes and tips for healthy and youthful skin.

"The grapes we have cultivated stem cells from are a dark purple coloured variety, which contain very high concentrations of antioxidant-rich anthocyanins. These antioxidants essentially help to protect the skin from the harmful effects of free radicals and other environmental stress factors that cause ageing in skin."

The beauty of Enbacci's refreshing mist is it has a multitude of uses. Best used after cleansing but before moisturising, this spray brightens skin and will leave you feeling refreshed.

"We formulated the Essence with slight astringency with the addition of natural witch hazel. This not only helps to remove any excess impurities that might be left on the skin after cleansing, but more importantly it helps to tighten pores, prevent clogged pores and lock in moisture."

"I also love keeping this product in my bag or on my desk as it is super refreshing and helps to reinvigorate your skin. We also have many clients who are makeup artists who love using it as a setting spray, as the mist is so light, it doesn't disturb the makeup."

Yong-Li believes a combination of tailored products for your skin and a healthy diet is the basis for a youthful complexion.

"Healthy skin isn't just about what you use topically, we need to focus more

importantly on how well we look after our insides. So my number one tip - make sure you are drinking plenty of water. We should be aiming for at least 2-3 litres of water a day but some of us may need more (particularly during the summer). You can't expect your body to do all the amazing things it is supposed to do when it isn't even properly hydrated."

"My second tip - always moisturise your skin. The signs of ageing are caused by the lack of moisture in our skin and as we get older, our cells are not able to retain as much moisture. Also, just because you have oily skin doesn't mean you are exempt from this! If you don't regularly moisturise your skin, you could worsen skin problems like acne. Lastly, protect your skin with broad spectrum SPF products. Tanning (and any amount of sun damage) is unfortunately too good-a-friend of ageing."



The dark purple variety of grapes contains high concentrations of antioxidant-rich anthocyanins that help to protect the skin from the harmful effects of free radicals and other environmental stress factors that cause ageing in skin.



Glow with Golden 8

Hannah Prasad

Golden 8 Skincare harnesses the healing properties of Australian native ingredients, with crocodile oil and the Golden 8 complex creating a warm glow that helps maintain luminous skin. *Sydney Observer* spoke to brand ambassador, Kaia Wright, to discuss the power of natural ingredients and a simple skincare routine.

"Crocodile oil has been used for centuries for its natural healing properties and regenerating powers. It is a by-product, sourced ethically and has one of the best incentive-driven conservation programs in the world."

"Crocodile oil is full of omega 3, 6, 7 and 9, oleic, and linoleic acid which are crucial to skin health and integrity. They serve as essential building blocks for the skin's surface, however the human body is unable to produce omegas 3 and 6 on its own, which means that we need to obtain the nutrients from other sources. The peptides in crocodile oil kill bacteria and are vitally important to wound healing."

"Most important of all, crocodile oil is a rare source that has an abundance of omega 7 — probably the most overlooked of all the omega's. This omega naturally decreases in the body with age, which can result in dull, lifeless, lined skin. Omega 7 helps to internally hydrate dry skin and fight inflammation which can help to combat blemishes."

Kaia discusses why Australian ingredients and skincare will shine in 2019.

"Natural beauty is very big right now, as people are becoming more and

more concerned with what they are putting on their skin. At Golden 8, our philosophy has always been healing through the power of nature, and to look to the past to create beautiful skincare for the future. Australia is home to a wealth of natural skin-loving ingredients which have been used for centuries by traditional healers."

Kaia shares her routine and tips for radiant skin that glows.

"For me, less is definitely more. I'm not a fan of complicated skincare routines, I find them impractical and hard to maintain. Morning and night, I wash my face with warm water and Kiehl's Calendula Cleanser. I like that it's natural and the key ingredient is also in Golden 8's products, so I'm not mixing too many things on my skin."

"After cleansing, I put the Golden 8 Anti-Ageing Serum on. I let it sink in and reapply 10 minutes later because I love the plump and fresh complexion two applications gives me. If it's the morning, I then apply a tinted moisturiser, a bit of bronzer, Golden 8 Lip Balm, mascara and I'm good to go!"

"Other than lots of water and a healthy diet, hydration is the key to glowing skin. Face moisturisers are good, but face serums and oils are so much better. Some people presume they leave your skin greasy, but they absolutely don't. They leave you with a fresh-faced glow and act as incredible primers for smooth makeup application."

Kaia Wright, Golden 8 ambassador.



"Crocodile oil has been used for centuries for its natural healing properties and regenerating powers."



What's On

March



Star Wars Identities: The Exhibition

Dates: 1 – 30 March

The Powerhouse Museum is inviting all Star Wars fans to build their own personal Star Wars hero in their new immersive exhibition. Designed for visitors of all ages, the exhibition consists of a series of interactive stations where each answer you give will define a unique character that you will then create and meet at the end of the experience. With original props and costumes also on display, what's not to love about this sci-fi spectacular! May the force be with you.

maas.museum/event/star-wars-identities-the-exhibition/



Art Month Sydney

Dates: 7 – 30 March

Revelling all things art, creativity and talent, Art Month Sydney is a citywide festival that celebrates contemporary artists and galleries. There is no denying that Sydney has numerous exquisite art galleries, with spectators frequently exploring our thriving art scene and diverse community. With a plethora of exhibitions, workshops, panel discussions, tours, parties and more, this event is set to showcase the true prowess that Sydney artists have to offer.

artmonthsydney.com.au/

That Great Lindfield Market

Dates: 17 March

Bring the family down to enjoy the sounds, smells and good vibes of the great market. Indulge in food, coffee, and live music while you browse an assortment of local produce from jewellery and fashion to plants and jams.

thatgreatmarket.com.au

Saturday Night Fever Musical

Sydney audiences are set to boogie the night away at the upcoming premiere of the Saturday Night Fever Musical this March. The coveted lead role of Tony Manero has gone to rising star Euan Doidge, known for his roles in Priscilla Queen of the Desert, Les Miserables and Legally Blonde. Tim "Timomatic" Omaji will join the cast of Saturday Night Fever as Monty. Tim has starred in the hit musical Fame along with Madiba the Musical. Australia's original disco diva, Marcia Hines, will play the role of The Diva, who performs at Disco Odyssey 2001.

"I'm sure we have the hottest cast that has ever played on Sydney stages. With the sensational Marcia Hines and our wonderful ensemble of singers pumping out those disco hits, and the most talented dancers in Australia strutting those moves, I know the audience will be on their feet every night," said Australian theatre producer John Frost. "The incredibly unforgettable, toe tapping songs in Saturday Night Fever are loved by all, young and old, so it's sure to be a party every night at the Sydney Lyric Theatre."

The iconic hit musical Saturday Night Fever, will be premiering in Sydney at the Sydney Lyric Theatre from 27 March 2019.

For tickets visit: sydneylyric.com.au/saturday-night-fever/



Taste of The Opera House

Dates: 17 March

Foodies form a line because this is the tour for you! Dine around the Sydney Opera House at a selection of the city's best restaurants, while being escorted by your very own tour guide. Make your way around the iconic inner-city water views, for cocktail making at Opera Bar, then a masterclass on poke bowls at Opera Kitchen. Stop for lunch at Portside with matched Australian wines and finish with dessert at Bennelong Restaurant and Bar.

sydneyoperahouse.com/visit-us/tours-and-experiences/taste-of-the-opera-house-1718.html



The Greatest Love Of All - A Tribute To Whitney Houston

Dates: 12 April

Belinda Davids embodies Whitney Houston in The Greatest Love Of All. In this spectacular showcase that pays tribute to the great Whitney Houston, the audience is taken on a musical journey of Whitney's greatest hits. So, get ready to dance with somebody and revel in the songs we all know and love at this beautifully crafted tribute.

Whales | Tohorā Exhibition

Dates: 1 – 30 March

Discover the friendly giants of the ocean in the exhibition Whales | Tohorā at the Australian Museum. Created by the Museum of New Zealand, the exhibition is touring Sydney, giving visitors the opportunity to come face-to-face with the world's largest animals. With the latest cetacean research from the international scientific community on offer at the museum, visitors will also uncover the cultural significance whales have played in South Pacific Islander history.

australianmuseum.net.au/exhibition/whales/



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Tommy Little: Talented and Thriving

Isabella Ross

With sharp wit and a wicked sense of humour, there is no denying that Tommy Little is crushing it on both the media and comedy scene. With his consistent role on *The Project*, a radio show with the lovely Carrie Bickmore, and numerous stand-up shows across the country, Tommy is one busy man. *Sydney Observer* sat down with Tommy to discuss all things comedy, frozen genitalia and the fabulous Jane Fonda.



Last December, Tommy ran one of the toughest marathons in the world in minus 20°C Antarctic temperatures, in order to raise much-needed funds for Spinal Cord Injuries Australia.

“It’s absolutely an important cause to me and it should be for everyone. On a physical level, it costs a lot of money to support someone who has a spinal cord injury. Awareness is great – but raising money is better. I froze my nuts off, lost two of my toenails and had to run 42km in the freezing snow, but it was for a good cause. I can’t imagine ever doing something like that for fun, but then again don’t underestimate the amount of nut jobs out there – there are apparently people who think running is fun.”

When asked who has been his favourite person to interview on *The Project*, Tommy was adamant about the one and only Jane Fonda.

“Oh yeah, she is absolutely gorgeous. What an awesome lady she is. I’m very lucky to be able to chat with people like that. Sometimes I just pinch myself and realise I’m in a very privileged position, so I try and enjoy every second of it!”

With his stand-up show, ‘Self-Diagnosed Genius’, part of the upcoming Sydney Comedy Festival, everyone should be booking tickets to our city’s largest annual night of laughs. With a cracking story to share, it is definite that Sydneysiders are sure to fall in love with the legend Tommy Little.

“I work my arse off to make sure the audience enjoys the show and has some fun, given they have spent money to come see me. It’s just a big, fun and filthy night of comedy. Whatever dramas you’ve got going on in your life, come on down for an hour, forget your troubles and have a good laugh. With me, at me – I don’t care. The end result is the same.”

Tommy Little will perform his show ‘Self-Diagnosed Genius’ at the 15th annual Sydney Comedy Festival on 17th and 18th May. To book tickets visit: sydneycomedyfest.com.au





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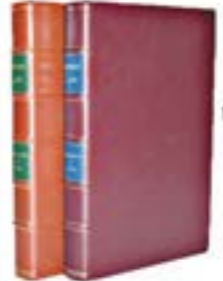
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Our Beloved Pets

Kerrie Erwin



Kerrie Erwin is Psychic and Medium

Ever since I can remember I have always had a pet. Our beloved pets, like our children, are innocent and must always be protected from harm's way. They are here as simple companions, are part of our family and more importantly, also teach us about unconditional love.

On a personal level, I have always loved cats, and have had the pleasure of owning one ever since I can remember. As a child, whenever I saw spirits walking around the house I noticed my cat would also see the same thing. Often it would hiss or just stare in the direction of where I thought the spirit was in the room. Many of us have experienced the same thing and I have heard many people remark over the years how they think their dog or cat is psychic.

Many years ago, I used to sit in a group called the angel service. A gentleman called Peter ran the small group. Each week we would talk about angels, healing, and meditate. The people who went were all very spiritual and I got to meet many like-minded individuals. I also got to meet Peter's dog and one-eyed cat that constantly wandered in and out of the hall whenever we had our meetings. Without a doubt, they were attracted to the calming, healing energy, which presented itself in the room whenever we gathered.

One of my cats, Charlie, a yellow Burmese, would always meow constantly whenever I did healings in my office in the back of my old home. As soon as I finally opened the door to my healing room, he would run in as fast as his legs would carry him, jump

on the client and proceed to give whoever was laying on the table a little healing massage with his paws. Luckily, I had some lovely understanding clients in those days that didn't mind. They just thought it was hysterical when they saw how determined he was to get in the room.

One day after the angel service, Peter took me aside and asked me if I would have a look at his dog Penny. She was an elderly Alsatian, which had developed a rather large tumor in her abdominal region and was due to have an operation in the next couple of days. The whole family was beside themselves with worry, as the dog had been part of the family for many years. Laying the dog down on a blanket, I gently placed my hands on her stomach and psychically tuned into her cells and energy.

After about 20 minutes, I lifted my hands off the dog's stomach, closed down my energy and turned to Peter who was sitting patiently beside me.

"Peter, are you and your family going overseas soon?" I asked rather quietly.

"Why yes," he replied, with an odd look on his face.

"What has that got to do with the tumor?" he asked, perplexed by my question.

"What I am actually getting is that you have all been talking to each other about your trip and the dog has been listening. She is scared she will be left behind with nobody to look after her and does not understand what is going on. You need to

reassure her you are coming back and she will be well looked after."

"Her tumor is benign, and not cancerous, but I feel she has grown it for attention as she is terrified she is no longer wanted. As far as she is concerned, she is going to be abandoned. Haven't you realised that every time you talk about your family trip, she hears everything you say? I think you have to learn to spell," I laughed.

"That is totally unbelievable," laughed Peter, relieved that his dog was not going to die. "Who would ever have thought that? We're not going to leave you, Penny! We have a lovely lady coming in who is going to spoil you to death and take you for long walks till we get back, okay?"

After the operation, Peter rang and thanked me for my advice.

"You were right, the tumor was benign and the dog is going to be fine. And, by the way, we tell Penny every day what is going on so she will no longer fret and she seems a lot happier."

Working as a medium in private sittings and stage work I often will see an animal or bird fly or run across the room or be sitting quietly next to someone in the audience. I have seen dogs, cats, birds and horses that have all crossed over to spirit and have been asked more than once by clients if I could find out how their beloved pet is going and if they can give me some confirmation that their pet is now safe. This is easily done as like our loved ones in spirit they are connected to our love for all eternity.



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