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# Sydney Observer



SPRING  
FASHION  
FORECAST

TRAVEL GUIDE



**GOLDEN  
YEARS  
FEATURE**

THE TIME OF  
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IDEAS

# SAMANTHA JADE

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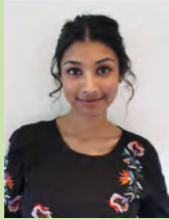
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## From the Editor

Spring is the perfect time for aesthetic lunches, refreshed rooms and new fashion trends. And this October, *Sydney Observer* has you covered, with a fabulous variety of features that will have your lifestyle needs sorted.



Our Local News section showcases Mr. Perfect, a charity that aims to create a safe and comfortable space for men and their mental health, while our Education section features tips to thrive during the HSC.

The Instagram worthy spring brunch article will help you create a special setting in the comfort of your own backyard, and our fashion forecast will leave you with the perfect outfit to match your beautiful brunch!

Our Golden Years Feature has an array of articles that will help the body, soul and mind. From events to the latest apps and local stories, there is something for everyone.

So sit back, grab a snack and enjoy our October issue.

*Hannah*

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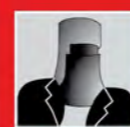


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# SNIPPETS

## Smoke-free North Sydney CBD

North Sydney Council has voted to ban smoking in the North Sydney CBD, making it the first Sydney council to do so.

The councillors supported the proposal unanimously after feedback from community consultation indicated that the majority of people were in favour of making the whole of the North Sydney CBD smoke-free.

Community consultation was undertaken between 22 October 2018 and 28 February 2019 to determine if there was community support. There were 577 responses with 80 percent of people supporting the proposal.

The ban will be implemented in two stages. The first stage will focus on spreading awareness of the change and self-regulation for a three-month period. Footpath decals will be installed advising people that smoking will be prohibited in the CBD as well as the area north of the CBD (up to the Council Chambers and the Civic Centre). A further report will go to council at the end of this period to review whether self-regulation is working or enforcement of the prohibition is needed.

## Ku-ring-gai Council Community Grants

Over 50 grants worth \$93,570 have been awarded by the council to groups and organisations helping the Ku-ring-gai community.

The council voted to approve the funding at its meeting on 17 September. Grants funding was awarded in three categories: small equipment, community development programs and arts & cultural programs.

The annual grants program helps organisations deliver new and innovative projects and services to the local community. Successful applications this year will fund camping equipment for scouts and guides, IT equipment for volunteer groups, a new employment program for the disabled and music therapy for Parkinson's sufferers.

Some of the more innovative applicants this year include the StreetWork organisation, which gained \$2000 to launch new outreach programs for young homeless and disadvantaged people called Street Sizzle and Street Jam.

## Baseball Facility Proposal

Community consultation is underway on a second batting cage to be installed for baseball at Sir David Martin Reserve.

The proposal to install a second batting cage at Sir Martin Reserve – also known as Auluba 3 – is to help meet the needs of the growing Kissing Point Baseball Club.

The proposal is on public exhibition for comment from 9 September until 7 October and residents near the reserve are being notified by letter.

According to the club, the existing batting cage at Auluba 1 and 2 is not able to cater for all players. A new batting cage at Auluba 3 would enable players of all ages to centralise training activities and to warm up before playing. The location of the proposed second cage has been chosen to minimise impact on other park users.

Kissing Point Baseball Club has secured funding of \$50,000 from the Community Building Partnership Program to contribute towards the new batting cage, if approved by the council.

Comments on the proposal can be made until 5pm Monday 7 October. The results of the public consultation will be reported to the council later this year.

## Action on Climate Change

Hornsby Shire Council has passed an important resolution, acknowledging the impact of climate change and committing to fulfil its obligations. Council resolved to align itself with the NSW Government target of net-zero carbon emissions by 2050 and the Federal Government commitment to the Paris Agreement. The resolution also confirmed support for a wide range of actions council is already undertaking, which will reduce Hornsby Shire's carbon footprint by more than 1,000 tonnes.

### THESE INCLUDE:

- The roll-out of LED street lighting, which uses significantly less electricity.
- A range of energy efficiency measures, including solar panel installation at council facilities.
- Increasing the landfill diversion rate from 44 percent to 70 percent.
- A concerted effort to make sustainability a leading factor in all purchases.
- A commitment to plant 25,000 trees by September 2020.

## Twilight Concert

It's all things Abba at the free Twilight Concert at Wahroonga Park on Saturday 19 October.

The main act is Abbalanche, who will be playing some of Abba's best loved hits in their tribute show.

Supporting Abbalanche will be another classic tribute to Australia's favourite music of the 70's, 80's and 90's – Countdown Explosion. They will be performing nostalgic hits such as *Dancing Queen* and *Waterloo* to name just a few.

Concertgoers are invited to arrive early at the park so they can get a good seat close to the action.

"Bring your own picnic or buy dinner from a range of delicious food stalls. Then settle in for a great evening's entertainment," said Mayor Jennifer Anderson.

Public transport to the concert is recommended as there is limited parking near the venue.



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# Stay Connected in Your Community

Local residents can now find out more about Ku-ring-gai and Northern Beaches Councils and the services they provide at the click of a button, Member for Davidson, Jonathan O'Dea stated.

Mr O'Dea said the NSW Government's Your Council website allows local residents to access comprehensive statistics on the operations of their local council and the profile of their community.

"At the click of a button residents can see their local council's expenditure on infrastructure and services as well as the number of facilities such as swimming pools, libraries and public halls within their local government area," he said.

"The website also has an interactive map where ratepayers can compare their council to others around



the state on a range of measures such as rates, expenditure, and infrastructure backlogs."

Minister for Local Government, Shelley Hancock, said the Your Council website showcases the great work of the state's 128 local councils.

"This new interactive website clearly demonstrates the sheer size and scale of our local government sector," Mrs Hancock said.

"Not only can residents learn about their own local council, they can also see the great work of our state's councils as a whole with a comprehensive snapshot of the NSW local government sector."

The website draws on data already collected by the Office of Local Government from NSW councils and other agencies and presents it in an easy to understand and user friendly way. It will be updated annually as new data becomes available.

The Office of Local Government will continue to work with local councils to further develop the website. It will also help guide development of a new Performance Measurement Framework with consistent benchmarks for all NSW councils.

*Your Council can be accessed at [yourcouncil.nsw.gov.au](http://yourcouncil.nsw.gov.au)*

## Council Halfway to Planting 25,000 Trees

As revealed in our Snippets section on page 7, Hornsby Shire Council is officially halfway towards reaching its goal of planting 25,000 new trees by September next year.

Hornsby Shire Mayor Philip Ruddock and Councillor Mick Marr yesterday planted the 12,500th tree in Berowra Heights.

"This is a significant milestone towards completing one of council's most important initiatives," Mayor Ruddock said.

"It is proof that council cares about the challenges facing our community and is willing to address them through tangible actions rather than grand declarations.

"It is a massive step up from the 2,000 trees that were previously being planted each year.

"Increased tree canopy brings a vast range of benefits, which go far beyond the obvious assistance to our natural environment.

"It also brings real improvements to local quality of life, such as cleaner air and cooler summer temperatures.

"I would like to commend council's staff for their excellent work in making this vision a reality, as well as the many community volunteers who have offered invaluable support."



Hornsby Shire Mayor Philip Ruddock and Councillor Mick Marr, planting the 12,500th tree with the assistance of council staff members Brendan Martin and Duane Artis.

# Get Your Finances Back on Track

As part of 'Anti-Poverty Week 2019' The Salvation Army's Moneycare financial counselling and capability service is again holding a free information day to help people on the road to financial wellbeing.

The head of Moneycare, Tony Devlin, is encouraging anyone interested or needing help managing their finances to attend Hornsby Salvation Army for a "Let's Talk about Christmas" event on October 8 at 10:30am.

The Moneycare team will be discussing saving tips and budget ideas to take the stress out of Christmas planning, and will answer any questions you may have on budgeting and finances, with morning tea provided afterwards.

The Salvation Army is encouraging the community to reach out before hitting crisis point.

In 2018, around 130,000 people accessed Salvation Army financial assistance, with more than 16,000 receiving financial counselling. Among these, the most rapidly increasing groups were Australians aged 18 to 24, as well as 65 and over.

"Moneycare counsellors can help with a range of issues including money management and information on how to reduce debt," Mr Devlin said.



Mr Devlin says financial counsellors can provide options that are safer and more effective to risky forms of borrowing or going to commercial providers for help.

"Pay day loans, buy now pay later, and consumer leases (goods rental) are often acquired when people find themselves in financially vulnerable situations. However, these arrangements will usually only worsen the problem," Mr Devlin said.

"Moneycare financial counsellors can be powerful advocates. Not only can they help you address your current situation, they also can help you build longer term capability and resilience, so you can stay on top of your finances." Moneycare will be holding more than 30 financial wellbeing expos around Australia, as part of Anti-Poverty Week.

*For more information call 02 9633 5011 or visit [salvos.org.au/moneycare](http://salvos.org.au/moneycare) to find your nearest service.*

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# Mr. Perfect – Mental Health's Mate

Hannah Prasad

When solitude is no longer bliss and a feeling of contentment and understanding is craved, it can be hard to find a place to confide in when society is plagued with judgment, expectations and critiques. Combating these barriers is the grassroots charity Mr. Perfect, founded by Terry Cornick. With the intention of creating a safe space that supports men and their mental health, the Mr. Perfect Meetup BBQs create conversation in a supportive and casual environment. Terry shares the importance of speaking out and how the meetings create a connective form of community.

“My own experience going to a GP inspired me to start this group, which was reflected in my day-job with doctors telling me they had two options, give someone like me medication or a generic leaflet. I then told my mates in the pub one day and they did not run away. In fact, they mentioned they had their own issues.”

Through sharing his story, Terry aims to spark conversations around men's mental health.

“We tend (generally) to bury the big, deep stuff. It festers inside us and then, unfortunately, can come out in ways that are not helpful or damaging, or we internally destroy

ourselves. Talking, in whatever depth men are comfortable with, helps relieve some of that tension and make you realise others are doing the same.”

“The BBQs are held in an open space, a public park where the host cooks up the food and greets everyone, casually introducing people to each other. The attendance can be anything from 5 people to 20 on a busy day. Some incredibly



deep, real and powerful but relaxed discussions have come out of our BBQs and friendships have formed. There are many laughs too. Anything discussed is completely confidential and non-clinical. You can certainly be assured of a feeling of community and connection.”

*The next meeting will be held on Sunday 27 October near Freshwater Beach, the park and BBQ area at the corner of Gore St & Kooloora Ave. You can find out more at [mrperfect.org.au](http://mrperfect.org.au)*



Terry Cornick founded Mr. Perfect with the intention of creating a safe space that supports men and their mental health.

# Home Sweet Home Forum

A home-based business forum is set to take place this month. The free event on 15 October is ideal for those already running a home-based business or thinking about setting one up.

The forum is being co-hosted by the CSIRO at its Lindfield facility along with Ryde and Ku-ring-gai Councils to mark NSW Small Business Month. The forum will be opened by a representative from the NSW Small Business Commission, with the closing address by NSW Minister for Finance and Small Business Damien Tudehope MP.

Guest speaker Robert Gerrish will deliver the keynote address called ‘Crush the Commute’ - how to make working from home really work.

Robert Gerrish supports individuals starting, growing, fine-tuning or exiting their business. He founded the Flying Solo online community and co-wrote the bestseller of the same name.



Other forum highlights are workshops on important topics for home-based businesses, including targeting customers through research; social media marketing; pitching your business and compliance issues.

There'll also be an opportunity to network informally with other people running home businesses and talk to mentors about specific issues.

Mayor Jennifer Anderson said home-based businesses were often overlooked

but were a vital and growing segment of the local business scene.

“In Australia nearly 1 million people run a business from home. These businesses are playing an increasingly important role in Ku-ring-gai's local economy.”

“The forum will provide useful advice from the experts but perhaps more importantly, lead to networking opportunities and help lessen the isolation that home-based businesspeople can sometimes experience.”

Registrations are open now for the forum, which will run from 9.30am to 1.30pm with morning tea and lunch included. CSIRO Lindfield is located at 36 Bradfield Road West Lindfield with free parking available.

To register and for any enquiries contact Will Adames at Ku-ring-gai Council on 9424 0757 or email [wadames@kmc.nsw.gov.au](mailto:wadames@kmc.nsw.gov.au)



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# SAMANTHA JADE

## THE HUMBLE STAR

Hannah Prasad

From the moment Australia met Samantha Jade on *The X Factor*, her stunning vocals and the effortless ease in which she held the stage captivated us. It was clear this is where she belonged and years later, she has only continued to shine, releasing numerous hit singles, making her acting debut and inspiring countless individuals with her music and persistence. *Sydney Observer* spoke to the star about her career and her sweet new single, *Bounce*.

Music has always been a significant part of Samantha's life. From a young age, her passion for music was present and her dreams have now become a reality.

"When my cousin left the keyboard at my house, I started to learn chords, then I started to write. I always liked to write poems, then I would turn those into songs.

"Music has always been the biggest inspiration for me and it has always been huge in my life. My parents would always play music when I was growing up and they loved all the different genres. At about 12 is when I truly started loving it and thinking it could be a career. My cousin left a keyboard at my house because she was a musician and I started writing my own songs to it. I think that's when I knew I really loved music and all that comes with it."

*"Music has always been the biggest inspiration for me and it has always been huge in my life."*

I would get the poetry and make it a little bit more verse-chorus. I wrote my first song when I was 13."

With a supportive and loving family behind her, at 25, Samantha's parents encouraged her to audition for *The X Factor*.

"I kind of had done everything else. I had been in the industry for so long, behind the

scenes. Then I thought the only thing I haven't done is a TV show, where you're right in front of actual people. I hadn't really thought to do that yet. I looked at



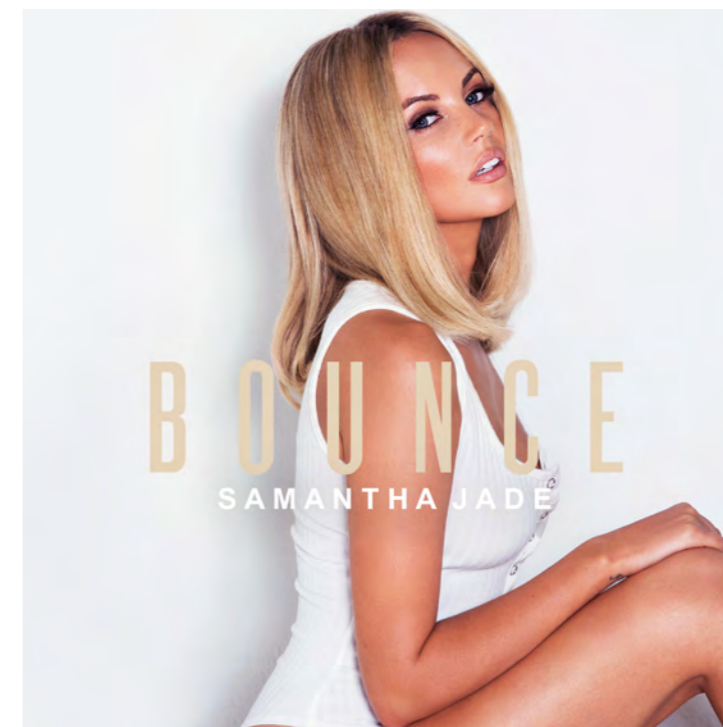
the success of different people in Australia such as Guy, Kylie and Natalie Imbruglia, Nat Bass and Dannii Minogue. People that I looked up to had all come from shows, so I thought TV must be the way here. I think that's because Australians are very real so they want to be part of your journey from the ground up."

Samantha has also delved into the world of acting, appearing on *Home and Away* and in *INXS: Never Tear Us Apart*, where she embodies Kylie in a role that was made for her.

"I love acting, it's something that I'm really passionate about, it's very different to singing. It's also a full-time job. So I think when I commit to a role I have to really take the time out of music and commit to that completely. It's about the right role too, I never just take anything on to take it on, I take it on if it's the right role."

Samantha's forthcoming studio album showcases a vulnerability audiences haven't seen before. Though *Nine* was personal, in her latest project Samantha shares the harsh realities behind the competitive nature of the music industry.

"I think that *Nine* was very real and vulnerable because it was about my family and my mum and that experience I had. And there are some songs on there that were very deep. But this in a different way is the most vulnerable when it comes to the industry for me. I've never spoken about how deep I've been cut by the industry. My whole life I've put everything I've known into



singing, and so when that did cut me deep it was like my life was over by the time I was 21. So that's the first time I've talked about it, which I think is really powerful."

Her latest single *Bounce* is a feel-good track that is fun, fresh and reminiscent of Samantha's signature sound.

"*Bounce* is about having a little bounce put in your step by the person you love. I think that when you find that person, that is your person, they make you want to be better, they make you want to love harder, they make you want to better yourself and I think that puts a little bounce in your step."

Samantha hopes to continue to inspire individuals through her music. Showcasing resilience and the power of persistence, she is an empowering role model who radiates hope and love.

"When people come up to me and say, 'that song, I love that it got me through this,' or you know, I've had a lot of people come out and say 'oh, you know when I was coming out, that really helped me,' or 'when I wanted to follow my dreams I listened to this song,' and those are the moments where you think, 'I need to do this, and I need to continue to do this.' That's ultimately what you want people to say about your music, so I just hope it keeps giving people hope."

To keep up with Samantha follow her @samanthajade on Instagram.



# EXAM STRESS

**Daniel Merza**

The pressure to perform, the fear of failure, a mountainous study load and waves of future uncertainty represent some of the stressors that many Year 12 students are experiencing today, heading into the HSC.

Stress is a normal part of life and essential for building resilience. It cannot be avoided, only managed. What can be avoided is distress.

So, if you are a parent, what can you do to help your child manage stress and avoid distress heading into the HSC?

## OBSERVE THE SIGNS

Keep a constant eye out for signs of distress, such as constant panicking, agitated, nervous, fatigued, nauseous, distant behaviour, as well as forgetting to eat and losing sleep. Is your child feeling

hopeful and confident, or dreadful and wanting to escape?

## GET TO THE BOTTOM OF IT

Open 'non-confrontational' dialogue to identify the root cause of distress, providing a safe outlet for your child to express themselves. Seek first to listen and understand, rather than to give advice. Make them feel heard and supported.

## TIPS TO THRIVE

A few parental tips and messages to support your child:

- Close the expectation gap by mutually agreeing on what is realistic and achievable.
- Throw out the ATAR expectation and replace this with the 'personal best' expectation.
- The fruit is in the pursuit and the person they become in striving for success, regardless of the result.

- Perspective - The ATAR is not the be-all and end-all. There are pathways galore post-Year 12.
- Comparison hurts so avoid it.
- Healthy eating, adequate rest and exercise are essential for keeping a healthy mind and optimal performance.
- Encourage regular study breaks to avoid burnout.
- Keep the fun and connectedness alive with regular family activities.
- Help out in the background by cooking favourite meals or keeping the noise down at home.
- Deliver daily doses of encouragement, reminding them that you will love and support them, no matter what.

*Daniel Merza is an award-winning speaker, author and student wellbeing specialist. For more information head to [danielmerza.com](http://danielmerza.com)*

# Write-a-Book-in-a-Day at Roseville College

90 Roseville College students in Years 7 to 10 were busy planning, writing, illustrating, editing and printing a 5000-word book in just twelve hours as part of The Kids' Cancer Project's Write-a-Book-in-a-Day Challenge. Every two years, Roseville College participates in the Challenge which raises money for Westmead Hospital. Rhea Jayaram of Year 8 says the good cause matters to her team.

"It feels great knowing we are raising money for others while we're having fun," she says, adding that they are effectively writing a story that a child at Westmead Hospital can read. Rhea's team was thrilled to contribute \$970 towards the College's record amount of \$4500 raised this year. College Head of Library Services, Mrs Jeanette Harkness, says this is the school's fourth time in the meaningful competition.

"It is an exciting day for everyone involved. Teams began at 8.00am – with no prior preparation allowed – and work until 6.00pm tonight. Every inch of their workspaces are covered with ideas, notepads, sketchpads, devices, and all manner of food from sushi and pizza, to fruit salad and a supermarket aisle worth of lollies! However, most rewarding at the end is the achievement of producing a 4000 to 5000-word book of their own creation, while contributing to the important task of fighting cancer in children."



Roseville College Year 8 students participating in the challenge.



## BEST WISHES TO YEAR 12

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

The College 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.



## PERSONALISED TOURS

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

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

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

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The Conversation

# Workforce: What is in Demand and Decline

**Isabella Ross**

When it comes to choosing what to study, it is always interesting to note the changing job market and skillsets required. *The Australian* recently collated statistics from the Australian Bureau of Statistics, uncovering which particular occupations are on the rise and which are on shaky territory. Jobs on the rise included sales assistants, ICT workers, engineering professionals, physiotherapists, civil engineering professionals and social workers. Psychologists, transport service

managers, bank workers, real estate agents, paramedics, environmental scientists and manufacturers were mentioned as part of the declining occupations. However, it is important to note that this is not the be-all-and-end-all, with the market constantly evolving.

“Future jobs right across our economy are going to rely even more heavily on the skills of building knowledge, fostering creativity and strong communication. Universities need flexibility on student places to be able to respond to the needs of our economy and society,” said

Universities Australia Chief Executive Catriona Jackson.

A report from Universities Australia found that approximately 500,000 national university students are receiving real-world experience through degree-incentivised placements and internships.

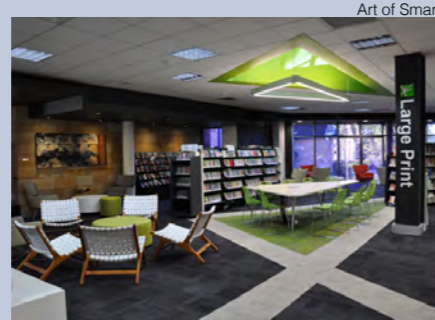
“This latest report adds to the many powerful reminders that we must invest in more student placements at universities to ensure Australians aren’t locked out of these new jobs as our economy changes,” noted Ms Jackson.

# There is Hope During HSC

**Isabella Ross**

HSC exams are scheduled to be held across NSW in over 750 exam centres staffed by over 7,500 supervisors and presiding officers this month. In the lead up to the first day of exams, students are encouraged to try their best, study and look for some support in the HSC Study Guide 2019. NSW Education Standards Authority Acting CEO Paul Martin said the guide is an invaluable resource for Year 12 students.

“It’s full of helpful information for parents and carers wanting to know more about the HSC and supporting students to do their best. My advice to students: education is a lifelong



Art of Smart

journey and the HSC is an important point in that journey, but it’s important to balance study with healthy habits including rest, fun and exercise,” said Mr Martin.

For north shore students in need of a quiet, motivational space to study, Gordon Library has you covered. The

library will be keeping its doors open for 2 nights this month, October 3 and 10, to allow HSC students private access to the library between 8pm and 10pm. A stress-free zone, students will have access to all library resources, free Wi-Fi, friendly staff available for assistance and light refreshments. To secure your spot, send an email to [younglibrary@kmc.nsw.gov.au](mailto:younglibrary@kmc.nsw.gov.au)

The HSC is intrinsically stressful. But with a supportive network of loved ones around you, an optimistic mindset and effort to try your best, students can flourish. Remember – you are more than just a number. We wish lots of luck, positivity and well wishes to all high school students commencing their HSC exams this month.

# New Partnership Improves Access to Resources

Not-for-profit organisation, Sydney North Health Network (SNHN), has entered into a bold partnership with SchoolTV where it will subsidise access to the digital wellbeing platform for 92 public, private and independent high schools in its catchment area.

The partnership, between SchoolTV and SNHN, is for high schools within the Northern Sydney local government areas of Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Mosman, North Sydney, Northern Beaches, Ryde and Willoughby.

SchoolTV provides access to fact-based information and educational material relating to youth wellbeing, for parents, teachers and the wider school community to navigate some of the more difficult and even fun challenges they will encounter through their journey to adulthood.

“The SchoolTV program is part of SNHN’s Community Activation strategy to grow health, knowledge and awareness of parents, teachers and young people to strengthen the support of the communities they live in,” Donna Pettigrew, Community & Partnerships Manager with SNHN said.

“Information and advice on the modern-day realities faced by schools and parents is easy to find but cutting through the noise to find clear, relevant and fact-based material around raising safe, happy and resilient children, has been difficult for local parents and this was a primary motivator for why we were keen to take part in this program.”

SchoolTV co-founder James Wilson said he was delighted schools in the Northern Sydney area would now have access to SchoolTV.

“SchoolTV is an essential and powerful resource designed for schools and their parent communities,” Wilson explained. “The platform is individually branded for each school and is the first wellbeing resource to provide real-time reporting and analytics highlighting any areas of concern. This feature enables schools to then tailor a program around addressing the issue.”

Each school that subscribes to SchoolTV receives a link to its own SchoolTV launch site where they have access to an extensive archive of topics as well as the new topics published every month. SchoolTV also publishes Special Reports, which address current issues affecting youth wellbeing.



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# Elegant and Luxurious Local Designs

An impressive home located on Telegraph Road, one of Pymble's most well-known and affluent streets, has proved to be a winner at this year's prestigious Master Builders Association (MBA) Awards. Built by Chateau Architects and Builders, the company was established nearly 50 years ago by Malcolm McDonald, to build custom design homes and provide an alternative to project home builders. Now run by sons Rod (Director of Architecture) and Alex (Director of Construction), this award is far from the first for this multi award-winning family team, who have built several quality homes in the area.

Chateau Architects and Builders won the highly competitive Design and Build segment for homes between \$1.7-2m with a fine example of a French provincial home. The site is in the vicinity of several heritage homes, and the brief was to create a design which was sensitive to the location and street, whilst optimising the views and taking advantage of the sloping site and northerly rear aspect. In creating the design, Architect Rod McDonald faced multiple design challenges including a rigid budget, heritage issues and the owner's instructions for an imposing external façade, which conflicted with council's strict height controls.

*Chateau Architects and Builders won the highly competitive Design and Build segment for homes between \$1.7-2m*

Builder, Alex McDonald said, "we are delighted to receive another award from the MBA and are proud of the authentic detailing and quality finishes throughout the home. The project was made easier by having a client with great taste who embraced all that Chateau has to offer, from design concept through to construction and interior design services."

The company was also co-winner of the MBA Spa Award with landscaping company The Other Side Landscapes. Chateau was also an MBA award winner in both 2013 and 2015.



# Ku-ring-gai Wildflower Garden

With the weather heating up, the summer term of the Walks and Talks Program at Ku-ring-gai Wildflower Garden is set to commence on Monday, October 14 and close on Monday, November 11. A great activity for anyone that wants to immerse themselves in the great outdoors, this month's topics include *Leptospermum* and *Baeckea*, native grasses and native orchids. Guided by members of the North Shore Group of the Australian Plants Society, this is a great opportunity to learn about the wonderful variety of native plants that surround us.

Suitable for everyone, meetings commence from 10:00am at Caley's Pavilion. All you need is a hat, shoes, water and appropriate footwear!

Cost is \$5 and includes notes. For more information visit [austplants.com.au/North-Shore](http://austplants.com.au/North-Shore) or call 94175217.



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# Beautiful Brunches Perfect for Instagram

Isabella Ross

Brunch is the perfect occasion to spend quality time with family, friends and kids. One of the greatest aspects of the warmer weather is that we now have the opportunity to enjoy the fresh air and great outdoors. But weekend brunching can be quite a challenge, trying to beat the crowds, and hear loved ones over the incessant chatter. So, we are here to help you plan the perfect, Instagram-worthy brunch experience in the comfort of your own home!



Sophie Allport

## The Setting

Next on the list – table settings! Table runners are a great way to spruce up the aesthetics of the spread. Sophie Allport, and Bed, Bath & Table have a great assortment of patterns, shades and styles to complement any home's décor theme. Flowers are also a lovely touch, as well as napkins and fine china. Another great way to create an inviting ambiance is to add a diffuser nearby, something that is not too overpowering but inspired by spring's fresh floral scent.



Bridgman

## The Space

In the north shore, a lot of us are fortunate enough to have decent-sized backyards, where we can entertain guests. Having an outdoor seating area is all the rage in exterior design, as well as tropical-inspired seat cushions. Choosing cool-toned colours for outdoor decor is currently trending.



## The Spread

The final step, and arguably most important is the food. Waffles, avocado toast, fruit, smoothies, yoghurt, pancakes, bacon and eggs – you name it, the options are endless!

A crowd-pleaser is always the humble pancake, and it is also a little bit more aesthetic than a full cooked breakfast. Add some berries, lemon and sugar, maple syrup or Nutella and voilà. Offer drinks like fresh juice, hot tea or perhaps a cheeky mimosa and your guests will leave your home refreshed with their bellies full.

# Refresh Your Home's Design

Isabella Ross

It is spring-cleaning time - out with the old and in with the new! Refreshing your design and décor can always feel like a bit of a challenge and definitely overwhelming. But not to fear, because all it takes are simple strategies that can make a great difference. Whether it is colour, textiles or standout furniture pieces, there is something to suit every budget.

Garden Trading



## Let Artwork Inspire

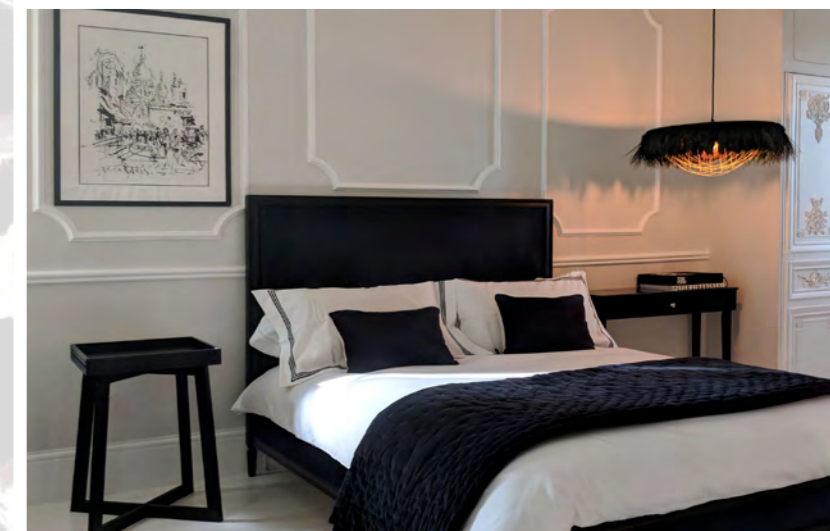
Art is a very personal expression of taste and creativity. Everyone likes different art pieces, whether it is Indigenous dot paintings, traditional scenic murals or modern sculptures. My recommendation is to pick something you feel a connection to, and then base your colour scheme on the tones within the artwork.

The French Bedroom Co



## Storage Strategies are Key

A mundane but essential activity, maintaining a clutter-free space that is organised accordingly is really important, especially for family households. Garages are often teeming with forgotten items, out-of-date tech junk, as well as cleaning and gardening supplies. First and foremost, get rid of anything unnecessary – it may be challenging to let go, but chances are if you have not used it in 5 years, you probably will not for the next 5 years either. Storage solutions such as maximising on wall space with hooks, plastic tubs and built-in shelving are all options.



## Focus on the Basics

All it takes is a transformation of the basics to make a difference in your home's décor. First, start with the linen – picking a new doona cover is always a great way to spruce up a bedroom – something airy and not too busy. Natural lighting is also a must-have, especially in spring. Skylights are a great addition throughout your space, as well as choosing light-optimal blinds like shutters for your windows. Refresh your painting where needed and add a new cushion or two – humble steps that should not break the bank.

# Fashion Forecast for Spring

Hannah Prasad

Spring fashion gets us ready for warm days and breezy nights. This season, the fashion forecast is looking light and bright with hints of florals. Showcasing contemporary and chic fashion, the warm and welcoming Chris from Avenue Luxe shares what is trending and how to create looks you will love.



## Keep it Light

Linen is versatile, wears well and is cool in summer. I also think it plays well with other pieces. For example, linen pants with contrasting fabrics and colours create an eye-catching look full of texture and vibrancy.

## Pastel and Pretty

A soft feminine look is effortless and chic. Floral prints with light tones that have an airy and calm feeling are perfect for this season.



## Make a Statement

Earrings are a great statement piece. You can always make an outfit pop with earrings that say something. If you have linen pants, statement earrings and a simple top, you have an effortless and chic look. The beaded earrings are a unique, light and easy way to elevate an outfit. Hats are also great in the harsh Australian sun and are an easy addition to any outfit.



To see what else is on-trend, follow @avenueluxestore on Instagram.



*In Style Turramurra*

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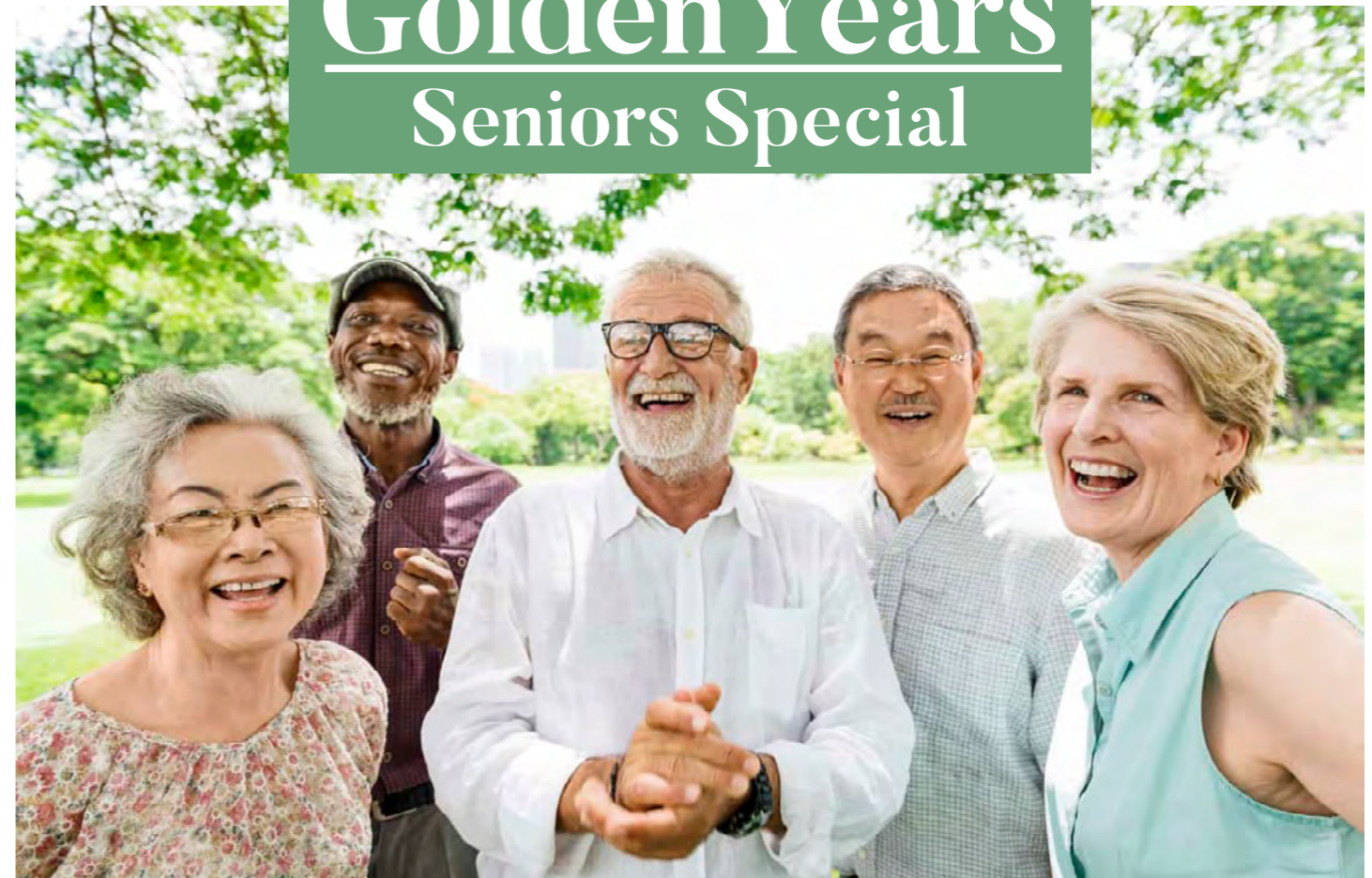
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# Golden Years Seniors Special



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| 26. Accessible Apps    | 30. Mental Health Support | 34. Deals for Seniors |
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# What's On

## NEW SENIORS BALLET CLASS

**When:** 2, 9, 16, 23, 30 October  
**Where:** Studio 2, Ecole Ballet and Dance Theatre  
**Prices:** Free first trial class, \$18 per class or \$80 for 5 classes



## GET ONLINE FOR SENIORS

**When:** 14 October  
**Where:** Customs House  
**Prices:** Free



## HEALTH TALKS FOR SENIORS – ARTHRITIS

**When:** 15 October  
**Where:** Lionel Bowen Library, Maroubra  
**Prices:** Free



## SENIORS WALKING FOOD TOUR

**When:** 17 October  
**Where:** Chilcott's Butchery, Concord  
**Prices:** \$20 per ticket

## SPRING TWILIGHT CONCERT IN THE PARK

**When:** 19 October  
**Where:** Wahroonga Park  
**Prices:** Free

# Retirement Income Review

In a bid to ensure Australians are well-supported during their retirement, an independent review of the retirement income system is set to take place. The review aims to examine the current policy framework in terms of the outcomes it produces for retirees and the long-term sustainability of the system.

COTA Australia Chief Executive, Ian Yates, maintains that current policies do not produce optimum outcomes for enough older Australians and are not sustainable given the changing economic climate, and an overhaul is needed to meet the challenges of an ageing population.

"The retirement incomes system is complex. Many older Australians do not rely on a single income source but draw on a variety of resources to support themselves. This is an opportunity to step back and examine the system holistically and ensure that government policies are helping the greatest number of Australians achieve a comfortable retirement at a reasonable cost to taxpayers," commented Mr Yates.

The review will present its findings by 30 June 2020, giving the government time to consult, review and prepare a comprehensive policy response in the 2021 Budget.

# A Step Up with ACORN

ACORN Stairlifts have been giving people who struggle with their stairs freedom and independence, nationally and internationally, for more than 25 years. General Manager Simon Hughes says one of the things that is unique about Acorn Stairlifts is their fast track rail.

"We're fast, we use the fast track system, which has industry-leading installation times," he says.

"And we're the only Australian company to install our own products."

Acorn Stairlifts are the ideal affordable solution for people with a disability; people who have suffered strokes or seniors with decreased mobility. Simon says there is often one person in a relationship that has difficulty with the stairs and so the couple might start asking, "should we move?" but it ends up being more expensive than the stairlift.

"With a stairlift, whoever has the issue is not restricted to one level of their home and they can get up and down their stairs safely," he says.

"Most importantly, it also means they don't have to give up all the memories that were made in their home."



## Jonathan O'Dea Member for Davidson

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

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

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# Accessible Apps for Seniors

Isabella Ross



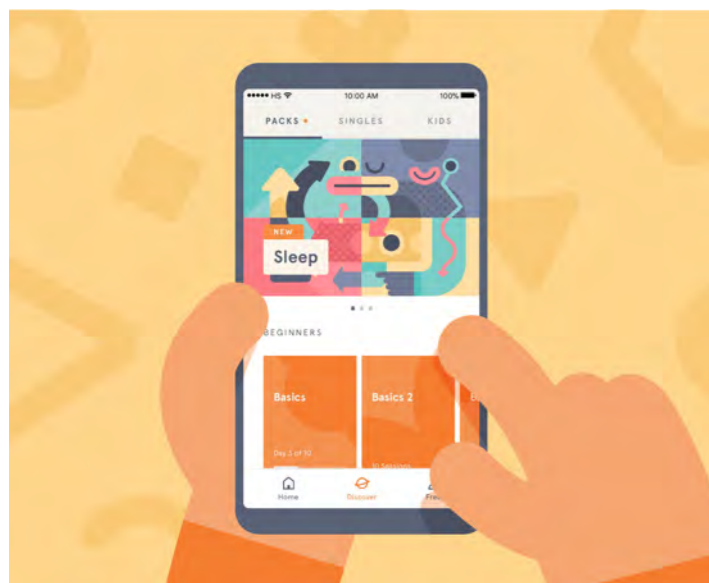
## Puzzle Apps

A popular activity with seniors, puzzles are a great way to keep the mind functioning and active. Studies from Alzheimer's Australia have revealed the benefits puzzles like jigsaws, crosswords and sudokus can have. Other than supporting cognitive function, apps like such are ideal to also keep busy when feeling lonely or bored. Scrabble is always fun to play, and it is available digitally on the Apple Store, as well as Peak, and WordBrain, apps that are designed specifically to train the brain.



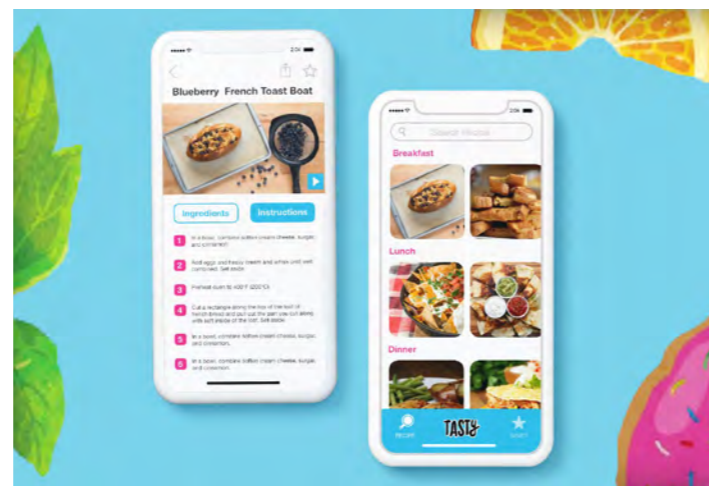
## Music Apps

Songs and music hold great meaning in our lives – they provide entertainment, can resonate emotionally and can be shared with loved ones. For many seniors who enjoy tunes from their earlier days, it can be challenging to find stations on the radio suited to their taste. Golden Days Radio Australia plays music requested frequently by seniors. The Podcast App is also a great choice if you are interested in talk shows regarding specific topics such as politics, science, art and history.



## Health Apps

Going to the doctors is important, but it is often the case that seniors find going to seek help challenging whether it is for financial or location reasons. It is important to stress the necessity for professional help, but apps are an additional method that can be of great use for monitoring purposes. Medisafe is one of the most popular apps in the demographic of seniors, thanks to its programmed medication reminders. The Blood Pressure Monitor is a handy tool to have on your smart device, as well as wellbeing-incentivised apps like Headspace and Smiling Mind.



## Food Apps

Cooking is not everyone's favourite task. One of the great things about the digital realm is that we all now have access to apps such as Uber Eats – platforms, which can deliver us food at the touch of a button. In times where health is not ideal, time is running short or you just do not feel like preparing food, this app can come in handy. For those who get a kick out of cooking, there is a plethora of apps that have lots of yummy meal ideas like Tasty and Taste.com.au Recipes.

# A Place to Call Home

Mrs Betty Saunders has lived at Uniting Tredinnick for the past 23 years, but her unique connection to the place spans far further back than that. When Uniting Tredinnick opened in October, 1972, 46 years ago, Betty's mother, Mary Edwards, was there, having been the first resident to move into the village some months previously.

Mary moved to Uniting Wesley Gardens nursing home up the road at Belrose.

Not long after Mary settled in, a few dramatic events occurred. In the space of two years the newly built Tredinnick village was threatened by not one, but two bushfires. The fire of 1979 came over the nearby hill and came so close to the village that residents were evacuated.

Betty remembers her mother as a strong woman, who had had a hard life growing up without her own mother. During Mary's final six years at Tredinnick, Betty



at Tredinnick. Some of those residents remain today, having lived in the village for around 25 years.

Betty has lived an eventful life, too. "I always liked to dance. I was a tap dancer; I danced for the troops returning from the Second World War," she said.

Later, she line-danced at the Easter Show, eventually starting the Forestville line dancing classes that would host 50 new starters in their first class.

Betty has stayed in the same unit, and the same cat ornament sleeps opposite the couch in her living room. She's the welcoming face of the village, a link with the past, but a pointer to the future.

would visit her mother every week. She would stay the night and they would go to church together the next day.

By the time Betty moved in, she already knew a whole generation of residents

It's thanks to people like Betty and her mother, Mary, that Uniting Independent Living Villages can continue to provide a welcoming community to long time and new residents alike. Thank you, Betty!

## Uniting retirement villages Mosman.

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# The Future of Foot Analysis

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When a patient is standing you can see the pressure, which you will not necessarily see visually, giving you that extra bit of information that allows treatments to be adjusted and customised in accordance to an individual's needs. This comprehensive and intuitive software ensures an accurate and appropriate treatment program is created.

For more information or to book a service, contact the friendly team on 9144 6227.



Video Gait Analysis allows the podiatrists to see any problems in action, giving them an informative and in-depth look at issues that cannot be seen on the surface level.

## Health Corner

Lewis Godwin

# VOLUNTEER



### VOLUNTEERING

A study conducted by Mather Lifeways Institute on Aging has found that volunteering can benefit a senior's wellbeing.

Using data from the National Study of Daily Experiences, researchers interviewed adults between the ages of 50 and 84, asking about the emotions they experienced day-to-day and if they performed any volunteer work.

Participants were found to report fewer negative emotions if they had done volunteer work earlier that day or the day before. Volunteering also provides older adults with community engagement and meaningful experiences.

### HEALTH TRACKERS

New technology does not only have to be for young people. With the convenience and easy accessibility of devices such as Fitbit, we are seeing an increasing number of seniors who use fitness and health trackers.

These devices are beneficial as they not only monitor the user's vital signs, such as blood pressure and heart rate, but also feature fitness tracking metrics that encourage physical activity. Regular physical activity helps fight against potential health issues like high blood pressure and diabetes.



"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".

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# Peninsula Villages Support Mental Health

Local residents at Peninsula Villages in Umina have come together to lend a hand to aid mental health, crafting 200 paper aeroplanes to donate for a public display to raise awareness for a critical community issue.

The aeroplanes will be showcased at Newcastle Airport in October as part of Mental Health Month, which is coordinated through NSW, Victoria and the ACT by charity WayAhead.

Residents teamed up with children from Wallaby Street Early Learning Centre in Blackwall, just a short drive from their Umina residence, to fold and decorate the planes. After a few sessions of folding and decorating, the Peninsula Village planes will be donated to WayAhead to be part of a fleet of others donated by community groups from across the region.

Peninsula Villages Chief Executive Officer, Shane Neaves, explained how the paper planes conveyed a special meaning for mental health awareness.

“The really special thing about the 200 planes our residents have made and donated is that no two are the same,” said Shane.

“Whether it be their design, colour or markings, each plane is unique. The planes we have made are even more special by the intergenerational partnership with the local kids from Wallaby Street Early Learning Centre, who helped our residents with the folding and making of them.”

As part of its awareness initiatives for Mental Health Month, WayAhead encourages people to connect and relieve isolation.

The sense of community encouraged at Peninsula Village is said to be vital to maintaining the mental health of all residents.



“Whether it be through activities, excursions, or sharing a cup of coffee, the simple act of connecting with others can make such a difference at any stage of life, including later life,” continued Shane.

“A big part of the excellent quality of life our residents enjoy is the fact they always have the opportunity to engage with others, be it their fellow residents, family, friends, or our caring staff,” he concluded.

# Get a Spring in Your Step!

That is what Mavis got literally and figuratively this spring. She needed a walking aid to improve her mobility, but could not find a suitable one, until she found the ultra-light gorgeous looking carbon fibre walker with wheels, brake, seat, basket and backrest, which weighed no more than five kilos! This aid was the perfect mix of functionality and aesthetics.

So if you have not found that spring in your step, this season is the time to look for it. There are walking sticks of all hues, prints and styles that suit any conceivable taste. There are walkers with wheels, brakes, seats and baskets. There are also ultra-light three-wheel walkers. The choices are endless.

As we embrace spring, let us examine what we can do with a renewed dedication that will have a positive impact on our health and wellbeing. Spring is a great season to resume some of the good habits we left behind, like going for a walk. It is not too hot, not too cold.

Mobility is such an important aspect of our everyday life. Mobility promotes not only our social and emotional wellbeing, it also plays a vital role in our physical wellbeing and the functioning of our critical internal organs. Ask your GP how mobility is personally and specifically relevant to you.



So this season, why not think about your long-term mobility needs. Are you going to surrender your independence because of the loss of a driving licence, or your inability to drive due to a physical condition or disability? Being

mobile is one sure way of retaining your independence. A mobility scooter is a great option.

Check out [comfortdiscovered.com](http://comfortdiscovered.com) for more information on mobility.







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Registered Provider for My Aged Care, NDIS, DVA and Insurance Companies.





# Easy Living with Adventist Aged Care

**M**aking a lifestyle change is a significant decision for anyone. Des and Elaine from Elanora Heights had not given much thought to retirement living, until Des assisted his sister in looking for alternative accommodation after hip placement surgery. A lifestyle change is not just financial or superannuation management, as each person has their own unique needs and wants, as they get older.

Des and Elaine both appreciate the integrated living that Adventist Aged Care Sydney provides, which includes nursing home accommodation for the future. “We love the privacy. There is no sense of being jammed in on an estate and our lounge room overlooks the bush and the

balcony, which is the ideal spot to relax for a meal, a quiet read or a chat with the many species of, colourful, avian visitors,” says Des and Elaine of Adventist Aged Care Sydney’s Independent Living Units.

Since the building of Adventist Aged Care Sydney’s Kings Langley Village in the early 1960s, their services have expanded to include modern facilities in Wahroonga and Hornsby. The philosophy has moved well beyond the concept of caring for frail people of advanced age, to providing a wide range of accommodation and care options for lifestyle changes.

Adventist Aged Care Sydney’s holistic approach ensures a continuum of care

over time. Their level of care and compassion ensures a significant edge in a very competitive market.

Located in the leafy north shore, Adventist Aged Care Sydney has a wonderful community of like-minded people and staff. Walking paths lined with native plants take you around the village, where you can enjoy the sounds of the bush. It’s a perfect balance of nature, location and convenience, with shops, restaurants, and clubs only a short drive or bus ride away.

*For more information or to book your tour, please visit: [aacsyd.org.au](http://aacsyd.org.au) or telephone 02 9487 0600.*



Dr Sue Ferguson has a Masters in Clinical Psychology, and a PhD focused on Positive Ageing from Macquarie University.

## Mindfulness

*Dr Sue Ferguson*

**T**here is a lot of hype around the concept of mindfulness at the moment. Is it justified? Is it relevant to those of us who are 50 plus?

Mindfulness involves focussing your attention on the present moment. The first step is often simply focussing your attention on your own breathing. Other mindfulness exercises often involve noticing thoughts and feelings or aspects in your surroundings as they come, then letting them go. So it can perhaps stop us, at least briefly, from dwelling on regrets about our past, or worries for the future. However, mindfulness can occasionally be harmful, so those with schizophrenia or bipolar disorder should consult with their psychologist first.

For seniors, research does suggest mindfulness may reduce stress, improve sleep, and perhaps even help our attention and memory. MBSR (Mindfulness Based Stress Reduction), which includes other strategies to deal with stress, illness, pain or sleep, as well as mindfulness, may be better. Mindfulness is also a

useful part of some treatments for depression, anxiety and pain. Group meditation and support programs specifically for seniors may also be useful (see your local Community College or University of the Third Age).

If you want to give mindfulness meditation a try:

- I use the *Breathing Meditation* downloaded from the University of California (UCLA) Mindful Awareness Research Center website, which is also on the *UCLA Mindful App* (from iTunes or Google Play).
- *Calm* and *Smiling Mind* are also good apps for meditation.

Or, if meditation is not your thing, but you would like to try mindfulness:

- Read the fact sheet: ‘Mindfulness in everyday life’ from the Black Dog Institute website, and try some of their suggestions.

As Eckhart Tolle said: “In today’s rush, we all think too much — seek too much — want too much — and forget about the joy of just being.”



# Loving Care Home Christian

WE BELIEVE THAT A LOVING & RESPECTFUL ENVIRONMENT IS THE BEST PLACE TO LIVE AND TO CARRY OUT OUR WORK.

Join us at Adventist Aged Care Residential & Independent Living Units, please call us on 9487 0600 or visit us at [www.aacsyd.org.au](http://www.aacsyd.org.au)



Adventist Aged Care

*Sydney*

# Discounts and Deals for Seniors

Jonathan O'Dea

There are some great ways the NSW Government assists older people, which may be surprising if you haven't used them.

Especially helpful, as we approach bushfire season, is the AIDER Program from the NSW Rural Fire Service. It is a free, one-off service to reduce bushfire hazards around your property. Call (02) 87414955 or go to [rfs.nsw.gov.au](http://rfs.nsw.gov.au) for more information.

Pensioners can get vouchers for free and discounted train travel in regional NSW. If you move about in a car, boat or caravan, there are many rebates and discounts available. If you love nature, you could enjoy free entry to national parks. There are also concessions for pensioners on

the cost of mobility parking stickers and hospital parking fees too.

Another popular benefit is the Gold Seniors Opal card, which gives Seniors Card holders unlimited public transport travel for no more than \$2.50 a day across Sydney and nearby regions.

The NSW Seniors Card has been an outstanding success. There are now over 7,400 businesses state-wide offering around 9,000 discounts. You can use a book, computer or phone app to find deals.

The government recently added the NSW Senior Savers for older people working more than 20 hours a week. It offers some immediate relief from the growing cost of everyday living.



RFS AIDER Program.

To make sure everyone is energy smart, there are offers for cheaper appliance replacements. If you are eligible, you could save 40% off the cost of a new fridge and 50% off the cost of a new television. The government also offer discounts for energy-efficient lighting and rebates for water and energy.

There are services to help with paying bills and the No Interest Loans Scheme (NILS) offers people on low incomes safe and affordable access to credit. Further information is available at Service NSW offices or at [service.nsw.gov.au/campaign/cost-living](http://service.nsw.gov.au/campaign/cost-living)

# A Loving Home

Group Homes Australia provides dementia care, high care, respite and palliative care in an approach that values independence and resident involvement.

Ensuring residents live with dignity and a sense of purpose is essential for happy and healthy living. Group Homes Australia supports residents to wake up in their own time, make individual food choices and form meaningful relationships.

They provide guidance and support with a wide range of assistance available, which includes, personal care, memory care activities, meal preparation, housekeeping and laundry. There is a focus on supporting residents to live beyond their diagnosis of dementia. The resident's experience:

- Cherished moments
- Human flourishing
- Purposeful and meaningful engagement

For more information head to [grouphomes.com.au](http://grouphomes.com.au)





## For Sale

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

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

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**MacKillop Grange**



## Do you know someone living with Dementia?

- Respite
- Dementia Care
- Palliative Care



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**GROUPHOMES**  
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Doing Dementia Differently



## Third Culture Kids

Sarah Wainwright

A third culture kid is a person raised in a culture different from their parents' or different to the country named on their passport.

As reported in BBC Worklife, as a third culture kid, you are citizens of everywhere and nowhere. With globalisation, being a third culture kid is becoming more common, and most third culture kids, myself included, make their first transition before the age of 9.

I have lived in 7 countries, and by the age of 12, I had lived in 3 of these countries: Singapore, Indonesia and Australia. My mother is British. She was born in Assam, India and then she lived in Nairobi, Kenya. My father is Scottish, and later when serving in the British Army in Kenya he met and married my mother. They moved to Singapore where my brother and I were born. 5 years later we moved to Jakarta, Indonesia, where we lived for 8 years.

These were years of childhood fun, freedom and relative stability. Third culture kids crave stability! Throughout my childhood and adolescence, I also stayed for extended periods in Kenya with my mother and brother. Aged 11, I came to boarding school in Sydney and I remained a boarder until the end of Year

12. I became an Australian citizen aged 15. Aged 20-21, I briefly lived in Norway and then returned to Sydney.

When I was 30, my husband and I moved overseas, living abroad for 14 years and having our 4 children. We lived in Tokyo, Singapore and Switzerland. I travelled full circle in 3 decades, as our second child was born in the same hospital in Singapore as I was born 34 years earlier! As a family, we moved house and/or country roughly every 2 years. Our passports were always close to hand! We returned to Sydney in my mid-40s and relished the sense of belonging, feeling anchored at home with our children and in our community.

### TRIGGERS FOR THIRD CULTURE KIDS

- Chronic instability.
- Absence of extended family.
- Saying frequent goodbyes, this is especially hard for children.
- Lacking stable friends, a community or network.
- Language barriers, and even speaking a foreign language or your mother tongue with an accent can cause a sense of

alienation, as you may not feel included or accepted.

These triggers can lead to feelings of isolation, loneliness and stress....

### SURVIVAL KIT FOR THIRD CULTURE KIDS

- Adapting to a great deal of change and being flexible.
- Establishing new friendships quickly.
- Making meaningful connections in the workplace, at school and in the community, all enhancing a sense of belonging.
- Making the most of opportunities to work, volunteer and travel abroad.

When people ask where am I from, it can prompt a long answer as I feel like I am from everywhere! I am also happy and privileged to say that I call Sydney home!

When you next ask where someone is from, perhaps they are a third culture kid!

### For further reading

[sydney.edu.au/international-house/news/2018/12/10/where-is-home-third-culture-kids-at-international-house.html](http://sydney.edu.au/international-house/news/2018/12/10/where-is-home-third-culture-kids-at-international-house.html)

*Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), counselling, learning-support teaching assistant, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @\_parentingtips\_*

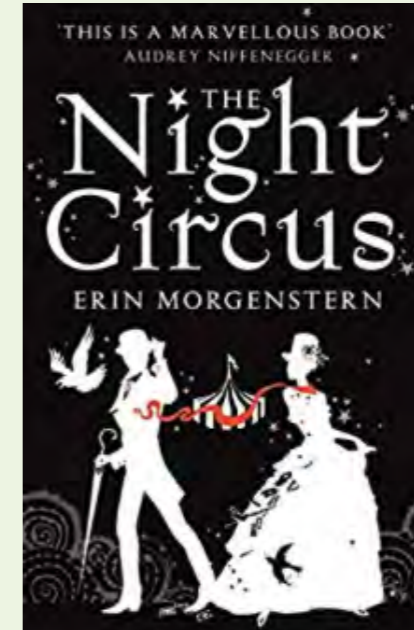
## Relaxation Corner

Lewis Godwin

### BOOK

Erin Morgenstern's 'The Night Circus' is a fantasy novel set in Victorian London about a wandering magical circus that appears one day unannounced; a circus that is only open at night.

Le Cirque des Rêves (The Circus of Dreams) features many ethereal attractions such as a blooming garden made entirely of ice, acrobats flying without nets and a floating cloud maze. The vivid descriptions of the circus itself are a breathtaking feat of fiction, transporting the reader into an enchanting world of childlike wonder and imagination. The sight and sounds of the performances and the taste of the food are all captured so vibrantly, you'll much like the characters, quickly become enamoured with Les Cirques des Rêves.



### SOUND

*Hymn to the Immortal Wind* is the fifth album by Japanese post-rock band, Mono; one of my favourite artists. A vast sonic shift from their previous works, it features the band performing with a 25-piece string section and a flutist to create stunning, emotive instrumentals.



From the moment its opening track, 'Ashes in the Snow', fades in with the sound of a music box and gently picked guitar, it captures you with a sense of calm and serenity. The song continues to build over eight minutes shifting gradually into a cathartic wall of distortion, strings and crashing drums that pull at your heartstrings.

The band's routine transition from a soft, mellow dynamic into something more explosive is seamless and an essential part of the magical, expansive soundscape they create.

## TURRAMURRA PODIATRY CENTRE

Our trusted Podiatrists at Turramurra Podiatry Centre have years of experience in correctly diagnosing and treating conditions of the foot and lower limb. Conditions may result from bone and joint disorders such as arthritis, injuries to the feet and lower limb, immobility, muscular, neurological or circulatory diseases.

We use an advanced form of video gait analysis to assist us in diagnosing complex motion related pathology of the foot, ankle, knee hip and lower back. The ability to analyse the gait cycle frame by frame makes it far easier to detect subtle biomechanical faults and excess pronation.

Our Podiatrists take the time to properly assess your foot condition ensuring the best positive outcomes for your lower limb health.

We are dedicated to developing new skills that provide the highest level of specialised foot care. Strapping, strengthening, dry needling, joint mobilisation and orthoses are some treatment options available.

At Turramurra Podiatry Centre we encourage an active and pain-free lifestyle in our community. We look forward to meeting you.

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

# Senior's Health: A Dental Perspective

*Dr. Ian Sweeney*

**B**y the year 2050, over 20% of the world's population will be over the age of 80.

The senior population can be roughly divided into three different groups:

- Functionally independent older adults - 70%
- Frail older adults - 20%
- Functionally dependent older adults - 10%

These percentages are estimated to change over the next 20 years with an increase in the number of frail and functionally dependent adults.

Many of these patients have, with the help of a dental professional, retained their teeth to an advanced age. However, there are a number of problem areas facing the aging population in regards to their dental needs:

**Dry Mouth & Saliva:** Saliva has the effect of lubrication, taste, healing, digestion, dilution, buffering of acids and tooth remineralisation. Medications that reduce anything from blood pressure, pain, hay fever, fluid retention and asthma all have the ability to reduce salivary flow resulting in decay.

**Decay Rate:** Previous gum recession exposes more root surfaces to potentially damaging effects of tooth

decay. The root surface is softer than tooth enamel, and this combined with a reduction in salivary flow increases the decay rate.

**Manual Dexterity:** A reduction in effective cleaning due to arthritis and other age-related problems increases the risk of dental decay.

**Eyesight:** A reduction in vision increases the risk of dental decay due to poor cleaning.

**Heavily Restored Teeth:** Teeth that have been heavily restored with a number of fillings are prone to fracture. Fracture of a tooth in the mouth may have dramatic effects, particularly if the tooth in question was a front tooth or a key support for a partial denture.

**Mental Health:** As the population age, so does the number of people suffering from dementia. Current data suggests that the prevalence of dementia in the community varies from 1% in the 60 – 65 year age bracket, increasing to 30% - 50% in the over 85+ group.

These problems are increasingly likely to occur after the age of 60 and the patient may live for another 20 or 30 years in a gentle medical and physical decline.

The key to minimising the effects of decay in patients of any age and state of health is regular dental maintenance.

a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and

## NORTHSIDE DENTAL & IMPLANT CENTRE

## NORTHSIDE SEDATION CENTRE

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We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

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- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

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# Escape to the South Coast

Andrew Mevisen

I'm certain if our hotel room was any closer to the sea it would be classed as a cruise ship cabin. Our room even boasts a balcony hovering over the waves, just like on cruise liners. And it's on that sun-kissed balcony that we're ensconced in our deck chairs, fixated on the mesmerising view. But it's hard to know what to focus on – the waves caressing the clifftops just metres

below or our resort's uber-cool infinity pool with its inviting water seamlessly melting into the Pacific. So this is how the other half lives?

Our heavenly coastal hideaway is Bannisters by the Sea, which is perched, spectacularly, above the sea at sleepy Mollymook on the NSW South Coast, three hours from Sydney. Framed by gums and hugging absolute waterfront real estate, this luxury, boutique resort

dissolves stress, slows your metabolism and makes you put your phone down. It's a tonic for the soul. And a lot of its magic comes down to that view, over the pool and out to sea. Even at night, the sea works its charms, with the soothing sound of the waves lulling you to sleep.

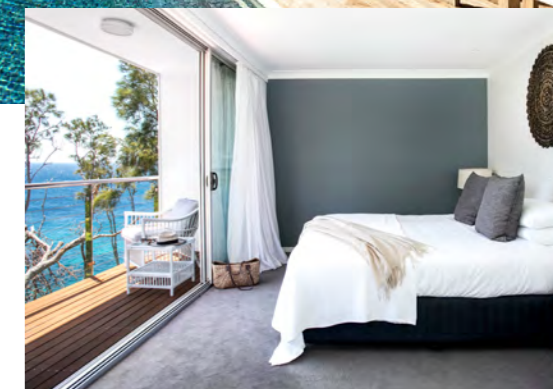
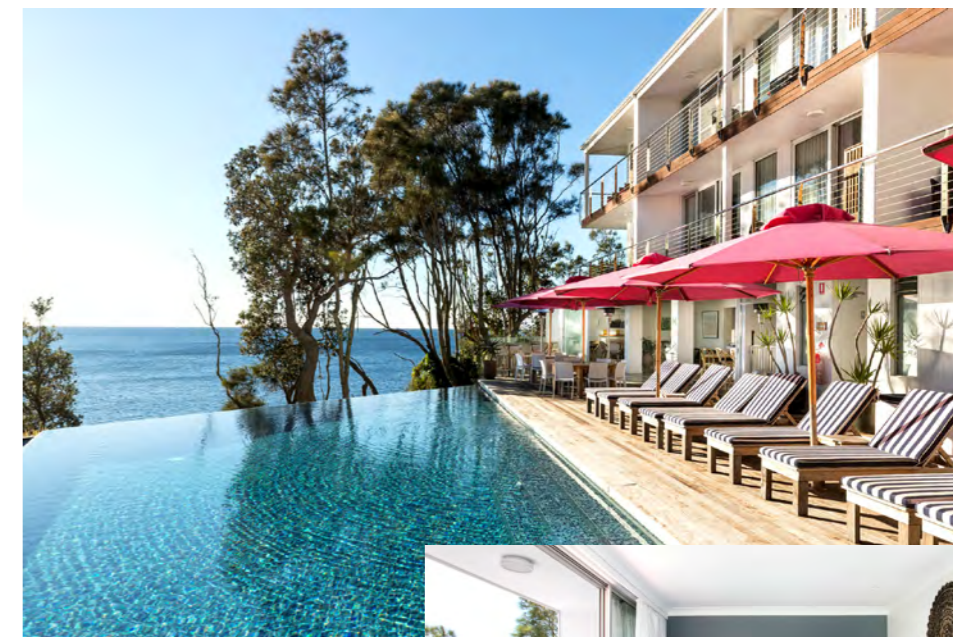
Bannisters by the Sea oozes chic coastal cool, calming frayed nerves as soon as you park the car and glimpse sight of the shimmering pool, with accompanying

bar. Grab a drink or one of the resort's gourmet pizzas, relax, unwind and feast on the views. How's the serenity now?!

The location was once a quintessentially bland '70s motel but in 2002 was transformed, totally, into a luxury getaway for discerning city escapees who like their views paired with gin and tonics, sparkling wine and craft beer as well fine gourmet cuisine starring the best, fresh seafood on the NSW South Coast. Overseeing the culinary offering is celebrity chef, Rick Stein who gives the resort's waterfront restaurant its name.

At Bannisters by the Sea in Mollymook, dreamy days can be spent watching the sun rise over the sea, paying homage to the beautiful breakfast buffet, disturbing the ripples in the pool, soaking in the rays, grazing on your balcony (each of the 32 luxury rooms afford sea views - of course), walking and swimming at the nearby beach and pampering your palate with amazing food at Rick Stein's elegant restaurant a few metres from your room. You have not visited the South Coast until you have tried the local prawns, oysters, crab and lobster – all enhanced by Stein's inimitable flavours. And you have not been to Rick Stein's until you have chosen from the menu the hazelnut and coriander-dressed scallops, lobster ravioli and chocolate fondant - a trio of legendary dishes almost as divine as the views from your Bannisters balcony.

*Dreamy days can be spent watching the sun rise over the sea, walking and swimming at the nearby beach, and pampering your palate with amazing food at Rick Stein's elegant restaurant.*



Sated by crispy skin salmon and vanilla hazelnut affogato, we hit the road to explore a little before heading home. The eclectic antique stores and cafes of Milton not far away are always satisfying as is tasting the local drop at Cupitts Winery near Ulladulla. The more active can climb the birdcage-shaped Pigeon House Mountain, which was named by Captain Cook as he sailed up the coast in 1770. The blindingly white sands of Jervis Bay are tempting and the succulent oysters at Greenwell Point near Nowra are legendary but we are in the mood for

a scenic drive so we follow our intuition and trace secreted, winding lanes through verdant hills and valleys behind Kiama, marvelling at Eden-like landscapes, before stopping for an ice cream in Berry and motoring home far more chilled than we headed south.





# Lively London

Isabella Ross



London's calling! The iconic city in the United Kingdom is one of the most popular destinations worldwide, thanks to its traditional culture, modern cityscape and historical monuments. With so much on offer, London is definitely a classic to put on the bucket list!

## LONDON'S FOOD SCENE

Now for one of the best aspects of British culture: the pubs! Known for their superb yet humble pub meals, sense of community and love for a pint or two, London pubs are a foodie's dream. Chiswick in West London is an upmarket spot in the city that has a wonderful selection, with the suburb's leafy exterior reminding me a lot of Sydney's north shore.

In the summer, local markets have a fresh and sweet selection of berries, which for a pound or two for a carton were delicious! Harrods' luxury shopping also has a foodie section, filled with selections of your wildest dreams – I recommend the Godiva chocolate-covered strawberries.

## ICONIC MONUMENTS

With so many beautiful historic landmarks to see in London, I will just focus on some of the highlights. Understandably, Buckingham Palace is a premier sightseeing destination for royal enthusiasts – but do not forget Windsor Castle as well! Known as the oldest and largest occupied castle in the world, the Windsor estate and its surrounding gardens are exquisite.

Another iconic sight was the absolutely adorable crimson telephone boxes dotted along Westminster. The suburb of Notting Hill was also a major highlight considering I am an avid fan of the synonymous film. The markets on Portobello Road had such a quirky collection of ornaments that I loved!

## QUINTESSENTIAL BRITISH ACTIVITIES

Wimbledon for me was the ultimate experience during my London trip – a day filled with tennis, Pimm's cocktails and spring-inspired fashion. I was lucky enough to get debenture tickets, meaning I did not have to brave the tedious queues. The iconic strawberries and cream combo along with a selection of scones was the perfect end to a fabulous day. I also loved watching the change of the guard at Buckingham Palace, a very traditional display of British pageantry.



## Moreton Bay Bugs & Brown Rice with Sesame Dressing

The Sydney Seafood School is serving up another delicious recipe this month, with a Moreton Bay bug salad. The sweet flesh of the bug contrasted against the nutty flavour of the brown rice ties perfectly with the sesame dressing. This healthy and light salad is perfect for a spring BBQ or a lazy Sunday lunch.

### Ingredients

- 12 cooked Moreton Bay bugs
- 1 cup brown rice, boiled in salted water until tender
- 1 bunch green asparagus, trimmed, blanched and sliced
- 6 cups mixed baby salad greens, to serve
- ¼ cup flaked almonds, toasted

### Sesame Dressing

- ¼ cup rice vinegar
- ¼ cup peanut oil
- 1 tablespoon sesame oil
- 1 tablespoon light soy sauce
- 2 teaspoons grated ginger
- 1 small red chilli, seeded and finely chopped
- 1 teaspoon sesame seeds, toasted

Make Sesame Dressing: combine ingredients in a screw top jar and shake well. Set aside until needed.

### Method

1. Slice bugs lengthways and remove the meat from the shells, remove the digestive tract (grey thread) running down the middle of the tail meat. Cover and refrigerate.
2. Place rice, asparagus and salad greens in a large bowl. Add dressing and toss well to combine. Divide between plates, top with bug tails and sprinkle with almonds.

### Tips

If asparagus is thick and woody, discard the woody bottom section and peel the spears with a potato peeler.

Blanch asparagus in well-salted boiling water for 30 seconds to 1 minute, then refresh in ice water, or cold running water, to stop the cooking process.

Toast sesame seeds and almonds in a dry frying pan for a couple of minutes, tossing gently to prevent them burning, or under a griller (but watch them closely).

Alternative species: Balmain bug, marron, prawns, redclaw, scampi, yabby.

# What's On | October



willoughby.nsw.gov.au

## TITAN

**Dates:** 2 and 3 November

One of the most sought after violinists in Australia, Alexandre Da Costa, will join Grammy-nominated Chief Conductor and Artistic Director Dr Nicholas Milton AM and the Willoughby Symphony Orchestra as they round off the 2019 symphony season with a bang in a titanic concert featuring Mahler's Symphony No 1 in D major. Mahler's epic first symphony is a youthful work of genius alive with a superabundance of emotions, musical ideas and the pulsating beat of fervent passion. This ceaseless ebb and flow is mirrored in a wide spectrum of musical styles, from child-like simplicity to transcendent profundity – folksong beside fugue, parody beside pathos, tempest beside tranquillity. Mahler himself wrote, "My First Symphony will be something of which the world has never heard the like before."

*For tickets head to [theconcourse.com.au](http://theconcourse.com.au)*

## HEALTHY BRAIN AGEING – YOUR BRAIN MATTERS

**Dates:** 3 October

Presented by the Health Promotion Services for Older People, 'Your Brain Matters' is an Alzheimer's Australia brain health program designed to advise how to reduce the risk of dementia. The free session will take place at Hornsby Library and cover topics including the brain, dementia, its symptoms and risk factors, changes to memory and thinking with age, and five simple steps that can help maximise brain health.

[hornsby.nsw.gov.au](http://hornsby.nsw.gov.au)

## CIRQUE DU SOLEIL KURIOS SYDNEY

**Dates:** 3 - 6 October

One of the world's greatest circus shows, Cirque du Soleil, will be returning to Sydney in October. With their combination of dramatic circus acts and street entertainment, Cirque du Soleil is unlike any show you have seen before. You don't want to miss this spectacular.

[cirquedusoleil.com/australia/sydney/shows](http://cirquedusoleil.com/australia/sydney/shows)



## BILLY ELLIOT THE MUSICAL

**Dates:** 10 October – 3 November

Seen worldwide by over 12 million people, Billy Elliot The Musical is an extraordinary theatrical experience that has wowed audiences and critics alike. Having won over 85 awards internationally, Billy Elliot returns to the Sydney Lyric Theatre for its highly anticipated 10th-anniversary tour.

[sydneylyric.com.au/billy-elliott-the-musical/](http://sydneylyric.com.au/billy-elliott-the-musical/)

## WALK TO WORK DAY

**Dates:** 4 October

With the celebration of Walk to Work Day comes the chance to meet fellow commuters, while learning about the benefits that walking to work brings for both you and the planet.

Come along to Currey Park in Chatswood and bring a reusable cup for a free coffee.

[emergefestival.com.au/events-2019/2019-events/walk-to-work-day-2019/](http://emergefestival.com.au/events-2019/2019-events/walk-to-work-day-2019/)



## HANS ZIMMER LIVE

**Dates:** 5 October

After selling out arenas on his last tour, the Grammy, Golden Globe and Academy Award-winning composer Hans Zimmer makes his anticipated return to Qudos Bank Arena with Hans Zimmer Live. It is a multi-layered, must-see concert experience, taking audiences through the back-catalogue of one of cinema's most inventive minds and celebrated composers.

[qudosbankarena.com.au/Event-Calendar/Hans-Zimmer](http://qudosbankarena.com.au/Event-Calendar/Hans-Zimmer)

## SYDNEY GOOD FOOD MONTH

**Dates:** 6 October

Celebrating 20 years of unforgettable food events, this program showcases the chefs and restaurants that have helped shape Australia's culinary landscape as well as the talent that will define its future. Hyde Park Palms, Good Food Month's vibrant pop-up restaurant, will return to Hyde Park North, hosting conversations with Australian culinary talents such as Neil Perry, Bill Granger and Christine Manfield. Up to 40 stalls will fill Hyde Park when the Night Noodle Markets return.

[goodfoodmonth.com/sydney/](http://goodfoodmonth.com/sydney/)



## POTTERY AND PROSECCO

**Dates:** 9 October

A pottery wheel evening workshop, this event is great for art enthusiasts and amateurs alike. Grab a friend, enjoy a complimentary glass of Prosecco and learn to use a pottery wheel while making a fabulous creation of your own. All materials are provided in the Leichhardt workshop.

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

## SPRING SOUNDS ON THE PLATFORM

**Dates:** 12 October

The Coal Loader Platform celebrates spring with over 20 musical acts, kids instrument making workshops and interactive performances, bringing something for everyone. With more family-friendly activities taking place in the afternoon, the event will transition into a relaxed evening allowing visitors to enjoy the Platform Bar and its stunning sunset views. Entry is free. While food and drinks are available, attendees are welcome to picnic.

[northsydney.nsw.gov.au](http://northsydney.nsw.gov.au)

## NATIVE PLANTS AND WEEDS STALL

**Dates:** 13 October

Setting up in the Gordon Markets, this stall offers expert advice for every gardener. Learn about native plants and how to identify pesky weeds, while eliminating them for good. You can also ask about getting involved with local Environmental Volunteering Programs.

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



## SPRING CYCLE

**Dates:** 13 October

Now in its 36th year, Spring Cycle is Sydney's largest recreational bike ride, bringing in approximately 9000 cyclists of all ages. The event gives you the chance to explore the stunning landscape and attractions of Sydney, including a ride across the Harbour Bridge. Riders can take part in the 10km City Ride, 18km City Ride, 50km Classic Ride or the 105km Challenge Ride.

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

## COUNTRY WOMENS' ASSOCIATION

**Dates:** 15 October

The Country Women's Association is the largest women's organisation in Australia and aims to improve conditions for country women and children. Reaching that aim in various ways, which include lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities, the CWA are an integral part of the community. CWA Hornsby is trialling an evening Friendship Meet Up to attract women who would like to join a CWA branch. So why not go along, meet some inspiring women and make some new friendships.

Meet up is at Magpies Waitara RSL Club from 6pm to 8pm.



## RIDE2WORK DAY

**Dates:** 16 October

Hosted by Ku-ring-gai Council, Ride2Work Day is all about encouraging locals to jump on a bike, get active and 'ride to work'. With a light breakfast and bike check provided on your morning commute between 6:30am and 8am, the sustainable event will be hosted at Gordon Recreational Ground in Sydney's north shore.

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

## LIFE AFTER BREAST CANCER INFORMATION SESSION

**Dates:** 17 October

There is no question that overcoming cancer is a life-changing moment. Relief to have survived, but trauma lingering after the ordeal. Gordon Library is partnering with the McGrath Foundation and Sydney Adventist Hospital, hosting an expert panel at the library between 6pm – 7:30pm. The aim is to aid patients, survivors, carers, family and friends in the journey and gain insight from medical professionals.

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

## THE ROYAL EDINBURGH MILITARY TATTOO

**Dates:** 17 – 19 October

Swish your kilts and get ready for some big noise – The Royal Edinburgh Military Tattoo will be centre stage at Sydney Olympic Park this October! An extravaganza of drums and bagpipes, the world's favourite military theatrical showcase is set to wow audiences with marching bands, dancers and fireworks.

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

## THE MINDBODYSPIRIT FESTIVAL

**Dates:** 17 – 20 October

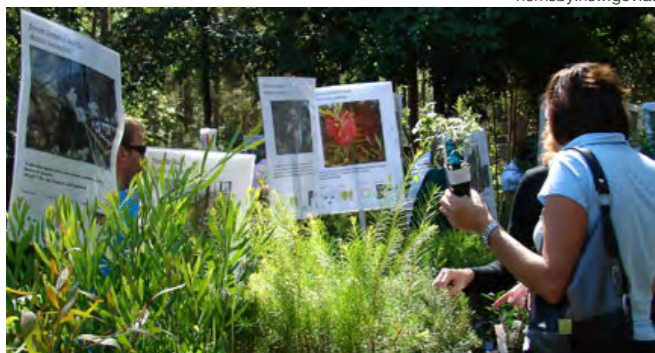
Australia's largest health, wellbeing and natural therapies event, the MindBodySpirit Festival is a great way to ignite a balanced and sustainable lifestyle and wellbeing. Tarot card readings, crystal stalls, inspirational seminars, meditation sessions, food stalls and psychic readings are all on offer. With over 200 exhibitors, the festival will be bigger and better than ever!

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



**WILLIAM STREET FESTIVAL PADDINGTON**

**Dates:** 19 October  
 Eastern Sydney's favourite street party, the William Street Festival is the perfect event to take the family. With fashion markets, food stalls, independent shops, craft hubs and music, there is something to please everyone. There is also plenty of great eateries nestled along the street, meaning you can go for a shop and snack after a hearty lunch in one of the upmarket pubs.  
[visitpaddington.com/william-street-festival-2019](http://visitpaddington.com/william-street-festival-2019)



**NATIVE PLANT GIVEAWAY HORNSBY**

**Dates:** 20 October  
 Residents from Beecroft, Castle Hill, Cheltenham, Cherrybrook, North Epping and West Pennant Hills are invited to Hornsby Community Nursery to choose four free native plants for their gardens. Trees are also on offer if residents have space in their backyard. Volunteers will be on-hand to help with questions regarding natives, water schedules, and any other queries.  
[hornsby.nsw.gov.au/environment/flora-and-fauna/plants/native-plant-giveaways](http://hornsby.nsw.gov.au/environment/flora-and-fauna/plants/native-plant-giveaways)



**WATER SENSITIVITY GARDEN DESIGN**

**Dates:** 23 October  
 With the current water restrictions in Sydney, locals are often left perplexed on how to create a garden that is both beautiful and water sensitive. Ku-ring-gai Council is leading the way, with a seminar full of tips and tricks regarding landscaping and plant selection. So do not let strict water limits wilt your gardening ambitions.  
[kmc.nsw.gov.au](http://kmc.nsw.gov.au)



**SCULPTURE BY THE SEA**

**Dates:** 24 October – 10 November  
 One of Bondi's premier events for the year, Sculpture by the Sea is a Sydney icon. Celebrating art, culture and originality, Sydneysiders are urged to go for a walk along the coastline with the family and check out this year's exhibition. The sculptures boast a diverse range of artists, including top and emerging talents from across Australia and overseas.  
[sculpturebythesea.com](http://sculpturebythesea.com)



**OKTOBERFEST IN THE GARDENS**

**Dates:** 26 October  
 Bratwurst, sauerkraut, schnitzel and beer will be in plentiful supply at The Domain, paying homage to Germany's annual Oktoberfest event. With live music, polka dancing, stalls, food and alcohol in abundance at the festival – what is not to love! Expected to attract quite the crowd, be sure to book your tickets to Oktoberfest in the Gardens soon.  
[oktoberfestinthegardens.com.au](http://oktoberfestinthegardens.com.au)

**FOUR-LEGGED FRIEND BUSHWALK**

**Dates:** 27 October  
 For a chance to interact with other local dog owners, get some exercise and spend time with your four-legged pal, Hornsby Council is hosting a bushwalk. Join them on a stroll through the bushland along Pebble's Fire trail in Berowra National Park. All dogs must be leashed and accompanied by a responsible adult.  
[hornsby.nsw.gov.au/lifestyle/events/](http://hornsby.nsw.gov.au/lifestyle/events/)

**SEVEN BRIDGES WALK**

**Dates:** 27 October  
 In a bid to raise much-needed funds for Cancer Council Australia, Sydneysiders are urged to get their walking shoes on to raise money in the Seven Bridges Walk. A long stretch, the 28km course is not for the faint-hearted, making it a popular choice for experienced joggers. With iconic Sydney scenery, including harbour and bushland, there are also plenty of food stalls and entertainment along the way.  
[7bridgeswalk.com.au](http://7bridgeswalk.com.au)



# Rachael Leahcar: Showing Her True Colours

*Isabella Ross*

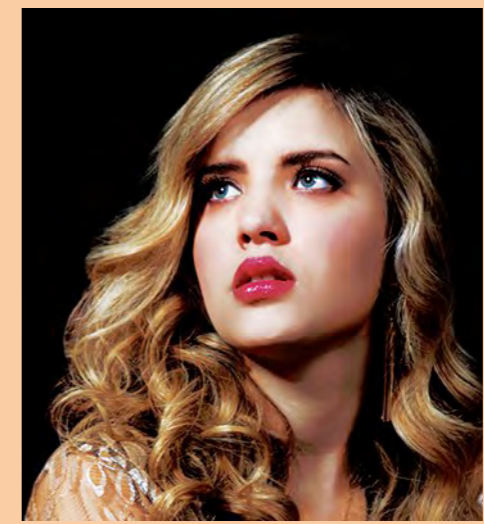
The *Voice* singing sensation, Rachael Leahcar, is embarking on her *Colours Of My Life* tour, coming to Sydney on October 5 at The Joan Sutherland Performing Arts Centre. Known for her spine-tingling performances and raw emotion, Rachael sure knows how to put on a good show. Defying her vulnerabilities and limitations through the gift of music, Rachael Leahcar wants to be known not as the blind girl who sings, but rather as the singer who happens to be blind. *Sydney Observer* was fortunate enough to sit down with the star.

**I bet you are incredibly excited about the upcoming live performances!**

Yes definitely - I think it has been a long time coming. I have done the show so many times in South Australia, about 20 times, so it has been something I have wanted to do interstate for over four years.

**What was it like to sing with Andrea Bocelli's orchestra in Italy? I can imagine that would be quite powerful considering he too is blind.**

He has been such an inspiration to me, and his music is beautiful. An orchestra is the next level. I remember in the rehearsal I was expecting to sing 'La Vie En Rose' with just a piano, but the conductor sat me



down and revealed the whole orchestra – I was in tears it was so beautiful – the effect music can have hey!

**How does your guide dog Ella respond to the music when you are rehearsing or songwriting nearby?**

She is my best judge! She either gets up and walks away or she stays and has a sleep. I'm looking forward to her coming with me interstate and for people to meet her, because she is part of the show too.

**What is it like to open up to an audience while performing?**

I can't imagine it being any other way. I really want people to see all of me. If anyone can get any inspiration from me it is that life isn't always roses and daisies. I love what I do but it can be hard. There are always ups and downs and I want to show the audience that.

*To purchase tickets and keep up-to-date with Rachael Leahcar, visit [rachaelleahcar.com.au](http://rachaelleahcar.com.au)*



# What's On Kids



## PLAY WORLD AUSTRALIA

When: 5 - 6 October.

Where: International Convention Centre, Darling Harbour.

Prices: Child (4-12) \$19.95; GA (13 & older) \$24.95; 1 Child, 1 GA Package \$39.95; 2 Child, 2 GA Package \$65.



## SPOT ON CHILDREN'S FESTIVAL

When: 1 - 5 October.

Where: Riverside Theatre Parramatta.

Prices: Prices vary.



## SUPERHERO TRAINING WORKSHOP

When: 9 October.

Where: Pennant Hills Community Centre.

Prices: \$10.

## MY KIDS MARKET - FIVE DOCK

When: 13 October.

Where: Five Dock Leisure Centre.

Prices: \$4 per adult, free entry for children.



## LEGO CLUB 2019

When: 21 October.

Where: Pennant Hills Community Centre.

Prices: \$5 per child.



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Psychic and Medium  
[pureview.com.au](http://pureview.com.au)

# Using Light Energy For Protection

**Kerrie Erwin**

As an energy worker and medium, I have learnt from a very early age, as a sensitive soul, to use protection, as there is a lot of negative energy in our world and toxic, nasty people that do not serve you and wish you nothing but harm. These types of spiritual teachers can come in many forms like family members, work colleagues, toxic friendships, people in high positions and the wrong partners. We can also have a build-up of negative energy, or negative spirits in the home or workforce and once we remove this with sage the space will clear, but we still need to protect ourselves so we can feel confident and safe.

As energy is often described as light or dark, it is evident that colours and light itself can help clear and protect you from undesirable energies, as well as draw in energies to your sacred and living spaces.

The most universal positive light energy resonates to a white colour - which is actually a combination of all the colours in the spectrum - and so harnesses all the positivity from all the colours, creating a natural balance. Using white light energy is one of the fundamental ways to create a protective barrier to darker or unbalanced energetic forces.

Based on the power of faith and good intention, the following exercise is the first step in protecting your aura from negative energies. You can use this energy anytime, anywhere. It is especially effective if you find yourself around toxic people - just imagine the white light coming out of your finger and wrapping its beautiful energy around you or your loved ones like a protective cocoon.

## WHITE LIGHT VISUALISATION

You do not need any special tools or even a specific space to perform this exercise. It can be performed quickly and effectively in any situation. It is most effective in a space where you feel particularly vulnerable, such as counselling or practice rooms, your office or workspace, even in your car to protect you from traffic accidents.

## PROTECTING YOURSELF FROM NEGATIVE ENERGIES

1. Gently close your eyes and breathe in and out three times, letting all the stress from the day go.
2. Now imagine white energy of pure love pouring in through the top of your head and travelling down into your body. You may begin to feel a warm sensation or a type of tingling on your skin.
3. Direct this energy towards the space, person or object you wish to protect and imagine it surrounding them, like an energetic shield.
4. If you feel the protected space or person is starting to be under attack again, 'top-up' this protection by repeating the exercise. Once you have surrounded yourself in white light, you can activate this protective energy as a tool to protect spaces around you. Or use a similar exercise to protect cleared or positive spaces from being infected by negative energies. You can also use it to protect loved ones, family, pets, homes, cars or anything that needs protection. I love using this technique before going to sleep. I mentally wrap white, protective light around my bed and room so that nothing can disturb my important night's sleep.

Love and Blessings.

## INTERESTED IN A PSYCHIC READING

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

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