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f Sydney Observer

# Sydney Observer

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## FROM THE EDITOR

Sydney's spring season is in full bloom! Despite the irritating hay fever these few months may bring, the *Sydney Observer* team is embracing the springtime themes of rebirth and renewal by setting ambitious new goals and adopting fresh mindsets. And, what better month to start taking better care of our mental wellbeing than Mental Health Month October (34)?



October marks our annual Golden Years Feature (20-25) with everything from expert advice on health, finances and driving safety, to the ultimate seniors social calendar. Not a senior yet? Our October issue is also packed with a Family Holiday Special (28-33) that should evaporate any of your fears of travelling with young children.

If you're after some inspiration in the kitchen, have a read of this month's profile (12-15). Cover star and Australian cooking royalty Maggie Beer dishes on her incredible career and family life. If her passion for food isn't enough to whet your appetite, flick to our Good Food Month guide (40).

Enjoy the new possibilities springtime brings!

*Sabrina*



# 28



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

**PO Box 420, Killara NSW 2071 or email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, address, and contact number by the 20th of the month.**

# From the readers

I have a son due to start school next year, so the Education Special in your September issue was of great interest to me. I picked up a few tips on helping him prepare for school and read with great interest Juliana Kichkin's piece on how important communication is for early learning. Everyday conversation is certainly something that my family values and we have encouraged our children from a young age to engage in conversation with other children and adults, ask questions, listen, give answers and problem solve.

*Emma Thurlow, Collaroy.*

Thank you for your excellent magazine – with so many interesting articles it's hard to choose which one to write about, but one stood out for me. Your Timebanking article – how inspiring! The opportunity to contribute in a useful way can be a huge boost to the confidence of handicapped or older people. Perhaps I could teach someone to do cryptic crosswords then get some help in my garden. Many small interactions can build a true community.

*Ailsa Maybury, Wahroonga.*

The article on Spring Veggie Gardens has inspired me (and probably other readers) to get digging and grow some of our own food. This is a healthy outdoor pastime that produces delicious results. Thanks for the inspiration!

*Jocelyn Kwan, Gordon.*

R U OK? Day is the best article as it addresses a serious issue in modern society. Many people suffer emotional and mental issues and the stigma associated with it stops them from getting the help that they require. The more we talk about this issue the better!

*Debbie Mosselson, St. Ives.*



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# Snippets

danielle armour

## Mayor Calls For Calm Over Eruv Issue

Amid the controversy over the application for an eruv in St Ives, Mayor Cheryl Szatow has called for a show of understanding. The council is expected to make a decision on the eruv by late October, with the application calling for plastic conduits on power poles in public land to create the space.

An eruv is an urban area enclosed by a boundary which symbolically extends the private area of the household into public areas, allowing members of the Jewish faith to conduct activities on the Sabbath within this area. Without the eruv, they are not permitted to do so.



## Speed Dating

Speed dating may sound like an awkward and cringe worthy event to be avoided at all costs, but what about when it involves talking to someone who can help you plan your next renovation? Ku-ring-gai Council is giving you the opportunity to 'speed date' an expert for sustainability advice with some of Australia's leading experts on sustainable architecture, energy efficiency, solar power and natural building techniques. The event will be held at Ku-ring-gai Town Hall in Pymble on Saturday 22 October, with residents who attend the event encouraged to bring plans and drawings with them to get the best advice.



## dementia Home visits

Over the last two years, weekly nursing home visits to dementia patients in St Ives by some of the children in Ku-ring-gai Council's Family Day Care program have proved to be a huge success for all involved. The program allows Family Day Care children and their educators to visit a nursing home and spend up to 40 minutes interacting with residents with dementia. They engage in activities including conversation, singing nursery rhymes and reading their favourite books.

The nursing home staff say that the residents become more animated when the children visit, and they often stay upbeat and happy long after the children leave. Family day Care educators have also noticed both the dementia residents and children benefiting from the program.

"They don't have to share their time with anybody else because they're both living for the moment, with no expectations on either side. They can just enjoy themselves," says Michelle Klass, one of the Family Day Care educators who has participated in the program.



## Youth Creative Writing Workshop

Following the success of the Ku-ring-gai Council Mayoral Creative Writing Competition in August, the Council is holding a youth creative writing workshop at AWOL Youth Hub on Wednesday October 5 from 9am-4pm. The workshop will be run by a professional writer who will assist budding writers in experimenting with words and finding sources of inspiration.



# Ryde's Reality TV Star

danielle armour

**RYDE LOCAL, YOLANDI Franken** has been selected as Australia's representative in the international reality television program **Miss Multiverse**. Along with 30 other contestants, all representing different countries, Yolandi will travel to the Dominican Republic this month to film the show.

Miss Multiverse is in search of the world's most multifaceted lady. Contestants on the show will be tested on their inner and outer beauty, emotional and social intelligence, and entrepreneurial and leadership skills through a series of challenges. The show will culminate in a final pageant-style show, with the top ten models being selected to participate and compete for the title of Miss Multiverse 2016.

"I am very excited about this opportunity and experience, admittedly a tad nervous about the challenges, but that is only because I don't know what they will be. I've been preparing for this show for over a year and making sure that I am mentally fit to take on anything that is thrown my way," said Yolandi.

In order to be selected as the Australian contestant for Miss Multiverse, Yolandi had to compete in the Miss Multiverse Australia contest, where she had to compete in a number of intellectual and runway challenges.

As well as modelling and acting, Yolandi is a film producer, having worked both here in Australia and in her home country, South Africa. She is also largely involved with charities, in particular,

ovarian cancer charity, Teal Wings of Hope.

[missmultiverse.com](http://missmultiverse.com)



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# MAYOR RESIGNS AMID BULLYING CONCERNS

alex dalland

**In a SHOCK** move, long-time Ku-ring-gai councillor and Mayor for the past eight years Cheryl Szatow resigned from the Liberal Party last month amid concerns she was "openly bullied and harassed" by members of the NSW Liberal Party.

"I will always hold Liberal values but I believe my position on Council as a Liberal member has become untenable and is adversely affecting my health," Councillor Szatow said in her resignation letter to Liberal Party of Australia NSW Division State Director Chris Stone.

"I understand that you would like to see more women in government however the culture of bullying in the Liberal Party is certainly not conducive to attracting good female candidates."

Former mayor Szatow also referred to a report published about her by Channel 9 News; a segment which insinuated that she was fighting against council mergers for personal gain and to "protect her own entitlements," according to material published on Channel 9's Facebook page.

"The specific nature of the comments directed at me, in the scurrilous Channel 9 'expose' would never have been directed at a man."

"Members are the backbone of our organisation and it is unfortunate when any member chooses to resign their membership. Increasing both the recruitment and advancement of women within the Liberal Party and in public office is one of the organisation's key priorities," A spokesperson for the NSW division of the Liberal Party said.

Councillor Szatow's departure from the Liberal party has seen her continue her candidacy as an independent, albeit one who is no longer mayor after the last council elections – held toward the end of September when her colleague, Councillor Jennifer Anderson,

a Liberal candidate, was voted in as Mayor for her third non-consecutive term.

"At this point in its history Ku-ring-gai Council needs far-sighted and conciliatory leadership that is looking to the future for our community," Mayor Anderson said.

"I take this opportunity to thank my colleague Councillor Szatow for her term as Mayor and for her service to the Ku-ring-gai community."

The fate of Ku-ring-gai's councillors remains in question, as Ku-ring-gai broadens its appeal against a proposed merger with Hornsby Shire Council as part of the Baird Government's 'Stronger Councils' program.



# KMC Loses Amalgamation Battle

danielle armour

**THE AMALGAMATION OF** Ku-ring-gai Council and Hornsby Council looks set to continue after Ku-ring-gai's legal battle against the merger was dismissed by The Land and Environment Court.

Ku-ring-gai Council was one of five councils to have their proceedings dismissed, and were given until September 27 to lodge an appeal against the court ruling. Depending on the success of the appeal, Ku-ring-gai and Hornsby will likely amalgamate as early as this month.

Land and Environment Court Chief Justice Tim Moore stated that all the councils whose proceedings were dismissed raised a number of common complaints.

"I am satisfied that all the common complaints are without foundation and that the various grounds pleaded by each of the councils concerning them fail," he commented.

However, members of Ku-ring-gai Council have been left upset, after court findings showing a delegate's report to be flawed was not enough to put a hold on the proposed amalgamation. A similar flaw by a government appointed delegate was enough to delay the merger of Mosman and North Sydney Councils,

with Justice Moore deciding their merger needs to be reconsidered.


Justice Moore found that in the case of Ku-ring-gai and Hornsby Councils there would be "no functional utility" in fixing the error in delegate Garry West's report recommendations, dismissing the appeal.

Former Ku-ring-gai Mayor Cheryl Szatow, who opposes the amalgamation, labels the court's ruling as a disappointing result for Ku-ring-gai.

"Our concern has always been how Ku-ring-gai will be treated as the junior partner in a merger with Hornsby Council. Our residents will have very little say in how or where their rates will be spent," she says.

After recently resigning from the Liberal Party of Australia NSW Division, Szatow now stands as an independent councillor for Ku-ring-gai.


Hornsby Mayor Steve Russell is looking forward to being able to contribute to the formation of a new council, believing that amalgamations statewide are beneficial for ratepayers.

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# MAGGIE BEER:

## Australian Cooking Royalty

**Sabrina Muysken**

**M**AGGIE BEER IS synonymous with high quality, gourmet foods and delicious quince paste.

No longer is the name attached to one singular person, instead it is recognised as a heavyweight culinary brand in itself. It is therefore hard to imagine that not even 50 years ago, this Australian cooking empire was merely the dream of a 20-something-year-old Sydney girl with no formal chef's training.

"As a profession I was never taught, it only happened through necessity and luck," Maggie modestly reflects.

"I still have to pinch myself when I look back at my career. It is truly incredible to have achieved what I have, all simply from a passion for food and home cooking."

A passion for food is almost an understatement for Maggie. Food was something that had defined her childhood, long before her career success. Cooking, as she says, became a part of her DNA.

"Despite going through various times of financial hardship, our family always ate well. I was very lucky to be brought up in a family where food was so important and integral to everything we did. I'm 71 now, so I'm talking a long time ago when food was not nearly as sophisticated and much more focused on the basics.

"Growing up cooking was about picking out the produce and learning about the ripeness of food. It was about choosing the perfect time for the fish or the oysters and using every part of the animal."

After relocating from Sydney to the Barossa Valley, Maggie forged a triumphant career that has so far spanned almost five decades. From running her own restaurants to producing a delectable range of gourmet foods in her own namesake, Maggie is well versed in the hard work needed to make it big in Australia's tough food industry.

"I never set out for fame. It took 20 years to be an overnight success! Tenaciousness and consistency is what I attribute the longevity of my career to."

**"I still have to pinch myself when I look back at my career. It is truly incredible to have achieved what I have, all simply from a passion for food and home cooking."**

More recently, Maggie's enthusiasm in the kitchen and zest for baking can be seen on TV. Following on from a successful debut season, Foxtel's *The Great Australian Bake Off* returns to our screens this month with an eagerly awaited second instalment. Beloved judge Maggie will once again offer up her mentorship to the 12 hopeful home bakers in their efforts to be crowned Australia's best amateur baker, a role she thoroughly relishes.

"Filming is an absolute delight, the atmosphere is simply amazing. With Matt (Moran) having this wicked sense of humour and with Claire (Hooper) and Mel (Buttle), who just absolutely crack us up, there is this fabulous, enjoyable mood on set."

Despite some fierce competition, *The Great Australian Bake Off* has managed to find success amongst the sea of reality

cooking shows that currently battle for Australian television ratings. Maggie attributes the show's ability to set itself apart from competitors to a unique homely feeling of warmth and friendship.

"It is a very warm show and embracing of something that genuinely makes everyone feel very good – baking. From the smell of home baking to the passion and comradeship of the contestants, there really is this great warmth about the show that hopefully transcends through to the audience."

Outside of her television roles and growing culinary empire, the food enthusiast found time in 2014 to establish her own charitable organisation – the Maggie Beer Foundation. Putting Maggie's cooking expertise to good use, the foundation has set out to increase culinary standards for those in aged care, a cause Maggie grew passionate about after becoming Senior Australian of the Year in 2010.

**"I never set out for fame. It took 20 years to be an overnight success! Tenaciousness and consistency is what I attribute the longevity of my career to."**

"Our aim is to try and change the landscape of food in aged care. Our mission is to share the knowledge that



**“Our aim is to try and change the landscape of food in aged care. Our mission is to share the knowledge that beautiful, nutritious food can provide both health and pleasure and that both are equally important.”**

“The foundation is all about the pulling together of research that is in the world domain, but difficult to find in one place, as to how to make life better for those who are in conditions we would not accept ourselves.”

Now the matriarch of her own family, with two daughters and five grandchildren, Maggie has instinctively passed down her enviable cooking knowledge and food appreciation.

“I inherited an instinct for food from my father and our eldest daughter Saskia has inherited that same instinct, where we just naturally know how to cook. Our youngest daughter Elli has also developed an incredible tasting palette. Today food is the basis of both their businesses and they undoubtedly have that same passion I do.”

With her long reign over Australia’s cooking industry it is easy to assume Maggie has mastered the art of cooking, to this she strongly disagrees.

that beautiful, nutritious food can provide both health and pleasure and that both are equally important.

“I am still always learning. If a day goes by where I haven’t learnt anything then I am surprised and disappointed!” Maggie quips.

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# University Rankings: How important are they?

Juliana Kichkin

**T**HE LATEST IN global university rankings have been released, which confirm Australian tertiary institutions as a top competitor on the international scale. For every Australian higher education institution, there are numerous ranking schemes that measure its international competitiveness.

Each use a different methodology and for Professor Anthony Welch the numbers don't reveal much, except our obsession over rankings that are increasingly driven by market principles.

The primary take-home from the recently published university rankings is that universities are now dominated by a "market driven system."

The latest findings of The World University Rankings from Times Higher Education puts the University of Melbourne as Australia's top university, coming in at 33rd place globally.

This is followed by the Australian National University, 47th, the University of Queensland and the University of Sydney coming in at equal 60th place. Monash University follows not far off at 74th and the University of NSW at 78th place.

The most respected rankings, the Academic Ranking of World Universities (ARWU), place the University of Western Australia as a top contender and leaves out the University of NSW.

These ranking systems vary and use different methodologies to assess higher

education institutions. However, the rankings alone won't reveal this, causing a lot of confusion about what makes a top University.

For the Chinese-based ARWU system, its methodology is unapologetically clear. It measures research output and ignores teaching quality and the student experience.

"The ARWU is the most robust and reliable measure, but it only looks at research output, it doesn't look at the quality of teaching or anything else," said Professor Welch.

Numbers have increased in student drop outs with the Federal Department of Education finding that up to 1 in 5 students now drop out of university, which calls into question whether focusing on an international market is disadvantaging domestic students.

Professor Welch reflects that universities today have little choice.

"Australian universities are so heavily reliant on international student income, more so than pretty much any other system..."

"They're out there selling themselves to the world, particularly in Asia."

He proposes that the system itself needs to be addressed of how universities sustain themselves, rather than criticising the ranking system, which is a symptom of a much greater concern. He characterises

the state of universities today as:

"Mass underfunding at a time of mass higher education."

In 2003, Australia had just 13 top 500 universities in the ARWU and now there are 23 as higher learning institutions have competed globally to secure funding through international markets.

"There are a lot more people inside Universities, spending a lot more time and energy and resources and money, carefully checking all their data..."

"Cleaning it up and submitting it to the ARWU to make sure that it shows their institution in the best light."

Resources at Universities are increasingly dedicated to collating and cleaning up data rather than providing quality higher education.

"It consumes a significant number of staff time... That staff time is then not available for other activities including teaching and doing research... it is consuming a lot of resources."

The desperately underfunded state of Australian universities has created a reality where higher education institutions have become a hub of market survival.

"There are real limits to its effectiveness."

"If you have a system driven by market principles, without always being well regulated, that's a problem."

## Local Girls' 'Robot Dance' Wins Sydney Competition

Roseville College girls Jessica Weiling and Cassie Baker won first place after dancing their way to success with some unlikely partners.

**TWO LOCAL YEAR 8** girls won first place at robotics competition RoboCupJunior Sydney Regional Competition and recently competed at state level after developing a choreographed series of dance moves for their robots.

"I grew up with robotics because it was my Dad's hobby," Jessica says. After sharing 'the robotics bug' with her friend and now team-mate Cassie, the two did extensive training before and after school, as well as during their lunchtimes and collaborated to design and build a ramp for the robots to use as part of their routine.

"When Jessica and Cassie arrived at the State Competition, they expected to do well after the 'highs' of winning their Regional round. However, in unfamiliar and changing conditions, the girls discovered that their robots didn't perform consistently, as planned. Despite this, they didn't give up and completed their routine with a smile," explains Mr Charles D'Silva, Roseville College Mathematics teacher.

Co-curricular activities like Roseville College's weekly STEM\* Club are a great way for students to connect what they learn in school with activities they enjoy, and teachers like D'Silva and Learning Innovator Mrs Kim Maksimovic believe they have further benefits including a sense of belonging, connecting with other girls with similar interests, developing computational thinking and project management, as well as learning perseverance, teamwork and emotional regulation.

At Roseville College, developing strong, positive character attributes is as important as providing a robust curriculum and encouraging students to explore areas of personal interest and ability. In addition to STEM Club, the School offers co-curricular options in a wide range of areas, such as for community service and charity groups, Crusaders, performing arts, debating and public speaking, Antipodeans Abroad and Duke of Edinburgh's Award scheme, exchange opportunities, languages, mock trial, sports, leadership (such as SRC), photography and creative arts.

\*STEM stands for Science, Technology, Engineering and Mathematics

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### COLLEGE NEWS

#### CONFIDENT IN STEM

Roseville College Year 7 Mathematics students enjoy learning coding within the curriculum, which now incorporates Dr Nicky Ringland's National Computer Science School (NCSS) Competition.



Roseville College Year 8 STEM Club members, Jessica Weiling and Cassie Baker, literally danced with robots into first place at the Robo Cup Junior Sydney Regional Competition to compete at NSW State Competition.

For more, see Media and News at our website.

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# Planning Your Schoolies

alex dalland

**W**ITH THE HSC nearly at a close, Schoolies week is on the mind of almost every student across Australia as their final Year 12 exams come to an end. Whether it's Byron Bay, Surfer's Paradise – or even Fiji – official website 'Schoolies.com' has booked over half a million holidays since the event's launch in 1988 and expands the event to include Queensland's Whitsundays this year.

"Schoolies 2016 is fast approaching and it is anticipated that approximately 30,000 Schoolies will visit the Gold Coast from November 19, injecting in the order of \$48 million into the local economy," A spokesperson for Schoolies said in a recent statement to media.

So what do you need to get prepared?  
*Sydney Observer* investigates.

## Heading Overseas? Know Your Destination

It sounds obvious, but many rules in overseas Schoolies destinations seem harsh in comparison to Australia. In Fiji, it is illegal to be intoxicated on an aeroplane or at an airport, and you can be detained by police even on arrival, while both Fiji and Bali carry harsh sentences for people arrested with any quantity of drugs. It is also important to be aware of any range of travel scams that can often occur to tourists overseas. If you're not sure, visit [smartraveller.gov.au](http://smartraveller.gov.au) – knowing in advance can help avoid unwanted situations that might ruin your fun!

When you get into your accommodation, read the contracts carefully – make sure you follow any rules, as you could lose your deposit otherwise. Staff can be either your best friend or worst

enemy, so always be respectful!

## Keep Calm On Social media

Unfortunately, even the best of us make mistakes – particularly with most Schoolies reported to consume over 10 drinks on average every night of the week. Try to limit posting on social media, and only put up photos you would be comfortable with your family and future employers seeing.

## Add An I.C.E Number To Your Phone

An I.C.E (In Case of Emergency) number is one which goes straight to your most valued emergency contact, in case you find yourself in an emergency. While many parents would suggest they be the very first point of call, it is also a good idea to include a trusted responsible person in the local area as an emergency contact, even someone from your accommodation if they are willing. Then if anything happens, a local emergency contact will be able to show up on scene to help you out of a bad situation.

## Have Fun, But Keep Safe!

Schoolies is renowned for outrageous behaviour, and no one expects you not to go crazy while you're away! However, it is important not to go overboard and end up in an uncontrollable situation – keep track of your friends and look after them if they need it, keep an eye on your drinks; make them yourself and watch out for drink spiking, and call emergency services if anything goes wrong – even if you have broken the law they are there to help. If you are at an official Schoolies destination like the Gold Coast, take advantage of your Schoolies pass – there are a range of activities and events that are free or discounted for Schoolies!

# Spoilt for Choice... Choose Wisely

Barbara Maxfield, Principal, Northside Montessori School



## FAMILIES LIVING IN

Sydney's Northern Suburbs have an abundance of choice when it comes to education. A child's attitude, motivation and ultimate success in school commences as early as Preschool and certainly from Primary school, so choosing the right school for your child from the start is vital.

So, what makes a school right? It will be the school that most closely matches parent's values

about education and how your child learns best. This means thinking more broadly about what really is the right match for your child and not merely sending your child to the sort of school you went to.

Teacher quality has changed over time. Teachers with the very same qualification, even from the same university, can be vastly different practitioners depending on the culture, ethos and teaching methodology of the school where they work. A school that focuses on well-researched teaching methods coupled with practices that are truly child-centred will have better outcomes for children. Indeed, the strength of the relationship between the school (teachers and Principal), the child and the parents has a significant influence on motivational factors for children and their incentive to learn.

A child has a natural motivation to learn but this can easily be stifled from quite a young age if the school is not delivering on key elements: teacher quality, school culture and relationships. You will normally find these elements in a child-centred school where the student quickly gains a sense of belonging, particularly when the relationship with the teacher is good. The influence of good teachers goes further than good academic results. A supportive, caring and child centred approach will foster personal growth, psychological and social development and their dispositions



toward learning and general well-being. These skills are referred to as non-cognitive skills and are at least as important in determining success in adult life as academic results.

Character traits can be learned and fostered where the culture of the school puts an emphasis on non-cognitive behaviours that provide a critical foundation for success in later life. These skills include organisation, discipline, participation, enthusiasm, teamwork, resilience, courage, leadership and effort. Beware, these are generally not cultivated so well in a culture of competitiveness nor in a teacher-centred classroom.

So, despite thinking that a traditional approach to teaching, good facilities, small class sizes and a breadth of co-curricular offerings will guarantee success for your child, think again. Your child's start in education is too important to simply go for the most expensive or most prestigious school. Yes, they may well be okay for your child but explore the options you have in your area. Find out how a typical classroom in the school operates, ask to observe a class in action and get the feel for the relationships that exist in the school. Ask how the non-cognitive skills are encouraged. By really doing your homework you will make a well-informed and wise choice.

*Barbara, a former Maths teacher, has been an educational leader in both traditional and progressive schools for more than 20 years. These have included primary and secondary, selective, religious and many high performing schools.*



# Golden Years Feature



## What Happens After Retirement?

Peter Vickers, Chartered Accountant, Lindfield

**T**HERE HAS BEEN a lot written about how one goes about saving and how one then invests savings. The topic of tax comes up and then this leads to superannuation and how one uses super to save tax. A lot of this is driven by investment advisors who like to produce financial plans and charge advice fees on devising investment plans in lots of hard to understand trust investments.

However, little has been written about the depressing forecast as our savings diminish, as we get dementia, our partner dies and our children can't cope with our foibles.

The first thing to consider is the date of our death. Very few of us have an exact date in mind. Some look at their family history or observe their state of poor health. Google states that Ethel turned 113 in South Australia. The average life expectancy was 82.1 years in 2012. The figures are updated every five years. This means that half the population will live longer than that age. And what about if you are the one that reaches 113 and you only thought that you might reach 95 and planned your drawdowns accordingly? What do you live off for the next 18 years?

You thus need to stay working as long as you can as, once you retire, no new money will be coming in. Once you stop earning a full income then you begin to start drawing down on your savings. Savings diminish in the same way that savings compounded. At first the drop in your savings is fairly small but then it becomes noticeable. One grandpa that I knew really annoyed his grandchildren because all he talked about was the cost of tinned tomatoes at Aldi. Everyone knew his wealth but he only saw his savings going down.

Some 50 years ago, one retired at 65 and died at 67. Thus on retirement you cashed in all your assets and put them in the bank. You did not want to get caught in the down part of the investment

cycle. If you now retire at 75 and you are ensuring that your money will last till 105, you have 30 years of retirement – this will go over three investment cycles. This is long term investing. Being at the mercy of inflation and tax over 30 years will kill your capital.

You have thus ensured that you have enough to last to 113. However, at about 90 you start to forget. I have a client whose family did not get an enduring power of attorney and when they had to deal with her affairs they had to hand over all responsibility to the public guardian, which made life exceptionally difficult in addition to coping with Mum. At some time you will need to hand over your financial affairs to someone else, so please do not upset all your children. One client with eight children asked me what their retirement plan was, as they had no money to save. I said do not upset all your children, as you will need to move in with one of them.

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# SENIORS HEALTH CORNER

danielle armour

## vitamin d and Osteoporosis

Vitamin D plays a large role in the prevention of Osteoporosis, a condition that causes brittle bones. Coming out of winter, where many people, particularly seniors, have low vitamin D levels, it is important to get the necessary time out in the sun. Vitamin D is essential in regulating calcium levels in the blood. Heading into summer, it is recommended that seniors spend between 10 to 50 minutes in the sun, depending on skin tone. Food cannot provide an adequate amount of vitamin D and most people are reliant on sun exposure to reach recommended levels.



## Get Active

With the weather warming up, there is much more incentive to get outside and be active and social. There are many programs in the local area encouraging people of all ages to improve their physical health and maintain their social interactions. Ku-ring-gai Council holds Pilates classes for seniors as well as fitness classes that target flexibility and balance as a form of fall prevention. If you are more into social activities, Seniors Clubs are available across the North Shore, offering activities such as chess, dancing and theatre.



## Taking Health Digital

Much of the technology in our lives is aimed at making things easier and more convenient for us. This is true when it comes to health, with numerous apps able to be downloaded onto smartphones to help manage your health. Apps such as Pillboxie keep track of your medication, sending you a reminder when it is time to take your next dose, while games such as Words with Friends allow you to test yourself and keep your brain engaged.



# SENIORS EXERCISE

Juliana kichkin

**EXERCISING IN YOUR** golden years can be tough on joints, muscles and bones. Here are some low impact ways of getting your body working without subsequent aches and pains!

### Gentle Flow Yoga

Gentle Flow Yoga can be best described as movement meditation, where breath and movement are viewed as pathways to keep the organs healthy and joints lubricated. Its psychological benefits are also lauded around the world, giving the practitioner a sound mind by slowing and harmonising the pace of mental activity.

The focus of this type of yoga is holding poses for a longer period of time, without exerting yourself extraneously. Through holding various positions and building a moderate heat, the body gets rid of toxins naturally, building strength and stability.

Practice over time increases flexibility and repairs muscles and is a perfect way to remain active and enjoy mental balance in later life.

### Water Aerobics

Water aerobics exercises are a great way to build muscle resistance without the extreme joint impact land-exercises can have such as running. Health concerns such as diabetes, arthritis,

menopause, cardiovascular problems, back problems and osteoporosis can benefit from the gentle and cooling effects of pool activities.

For those who wish to target the lower-body, stand in chest-deep water with your left side against the pool's wall. Place your left hand on the pool's side for balance. With your legs straight, slowly lift your right leg forward and elevate it on rotating intervals for five seconds. Swing your leg backward and make five complete back-and-forth swings.

### tai Chi

Practicing Tai Chi is a proven method of improving balance and stability in later life. Those with specific health concerns such as Parkinson's disease can benefit from this gentle but effective exercise. It is also a proven way to increase the quality of life with people suffering from heart disease, cancer, and other chronic illnesses.

Tai Chi has been practiced for centuries and involves certain postures and gently movements with mental focus, breathing, and relaxation. Movement is not usually forced, and connective tissues are not stretched. It is a versatile form of exercise that can be adapted to walking or still postures such as standing or sitting.



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# WHAT'S ON: SENIORS

## Helping Older People Stay In Their Own Home

**When:** Thursday September 29, 10am – 12.30pm  
**Where:** Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon  
**Cost:** FREE

Find out about the different services available for older people, how they can apply for these services and the local services from which they can choose.

## Free Movie: Bridget Jones's Baby

**When:** Tuesday October 4, 10.30am – 12.30pm  
**Where:** Events Cinema Macquarie Macquarie Shopping Centre, North Ryde  
**Cost:** FREE

To celebrate International Day of Older Persons, Ku-ring-gai Council is sponsoring a free movie for seniors! Bookings essential, see council website for details.

## Carers' Count: Forum for National Carers' Week

**When:** Thursday October 20, 10.15am – 12pm  
**Where:** Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon  
**Cost:** FREE

The talk will cover guardianship, legal issues and the complaints process for all carers in our community. There will also be updates on progress in implementing NDIS.

## Birkenhead Point Outlet Shopping Excursion

**When:** Tuesday November 22, 9.30am – 2pm  
**Where:** Bus leaves from Marian Street Theatre  
**Cost:** \$18

Explore over 100 outlet shops in a stunning harbour setting. A great opportunity to do some Christmas shopping!



## master your mind

**When:** Thursday November 24, 10.30am – 11.30am  
**Where:** Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon  
**Cost:** \$7

Come along to this seminar to create a toolbox of techniques to prevent and deal with unhealthy levels of stress.

## Cooking Demonstration - Christmas Ideas

**When:** Tuesday November 29, 11am – 1pm  
**Where:** Church of Christ Community Hall, 217 Bobbin Head Road, Turramurra  
**Cost:** \$10

Home Economist Caren Miller demonstrates some Christmas recipes to taste and try at home.

## Fairground Follies & Lunch at Cafe Gioia Leichhardt

**When:** Tuesday December 6, 9.30am – 3.30pm  
**Where:** Bus leaves from Marian Street Theatre, Killara  
**Cost:** \$50

Sing, dance and reminisce amongst this great collection of self-playing instruments. The finale of the tour will include a ride on their elaborate 100 year old carousel.

# Seniors Driving Safety

alex dalland

**M**any taSkS BECOmE harder to perform with age and driving is no exception. While many people do not lose their ability to drive or their licence, drivers aged over 75 are three times more likely to be killed in a crash than people in their twenties – with the risk increasing for drivers aged over 85, according to data from Roads and Maritime Services NSW. With this in mind, *Sydney Observer* looks at a few tips on how you can continue driving and minimise your risk at the same time.

## Don't Rush

Speed can be a major factor in road fatalities and injuries. Many older drivers, although they do not realise it, have sensory impairments such as decreased reaction times which mean that their risk of an accident at high speed is increased. It is always important to drive to the conditions and to your own personal limits, rather than to the speed limit.

"It's easy to feel pressured to speed up if there's a line of traffic behind you, drivers are beeping or tailgating," Geoff Keogh, Head of Customer Value for Australian Pensioner's Insurance Agency says.

"Instead of feeling like you need to keep up, find a safe spot to pull over to let them pass. It sounds like common sense, but it's an easy one to forget when you're under pressure."



## Get Enough Sleep To Drive

Research has shown that being awake for 17 hours has the same impairment on driving capability as a Blood Alcohol Concentration of 0.05 and this increases for every hour you remain awake. According to statistics from Transport for NSW, fatigue was the second most likely factor in any road death or injury after speed.

"Older people produce less melatonin, making it difficult to get to sleep at night. Many diseases can also affect sleep, such as arthritis, osteoporosis, Parkinson's disease, incontinence, heart disease and indigestion difficulties," a spokesperson from the Australian Seniors Insurance Agency said in a recent statement.

"As getting enough sleep is essential to driving well, it's important to improve night time sleep conditions as much as possible."



Aim for a sleep of between seven and nine hours, avoiding stimulants including caffeine and nicotine before bed. It is also important to maintain a regular sleep routine.

## Be Medication Wise

"Some medications can cause a variety of impairments including drowsiness, increased reaction time, loss of mental concentration, shakiness and affect coordination, and these all make it unsafe to drive, cycle or use machinery," Dr Tanya Smyth from the Queensland University of Technology says.

"The concern is that drivers may be assessing themselves as safe to drive, when in fact they are not."

As we age, it is often inevitable that we require more medication to treat certain conditions, including chronic ones. Some medicines, including prescription medicine like benzodiazepines and over-the-counter pain relief including codeine can impair driving ability. It is important to read warning labels on medication and take the necessary precautions, including making the decision not to drive if necessary.



# Live Art at Chatswood Chase

danielle armour

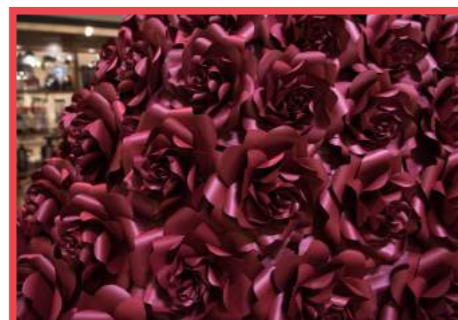


"They don't always understand that each rose has been individually made, they probably think that we just buy them at the shop. Each part of the process is very involved and there is a lot that goes into this, a lot of man hours," she explains.

A 'very involved' process is almost an understatement with Bradley and her assistants putting in many hours in the UK before they flew themselves, and nearly 400 paper roses, across to Sydney. As well as going through the initial design elements such as the type of flower and different textiles she planned on using and hand making every paper rose, Bradley and her team created a scale model of the piece, and consulted with a technical team based in Sydney who helped build the framework for the dress. This culminated to 100 hours of work before Bradley's team even made it to Sydney.



Having worked with primarily with paper for the past ten years, Bradley is no stranger to this kind of process. Bradley credits her time with proclaimed designers Alexander McQueen and Michiko Koshino for exposing her to working with materials such as wood, rubber and felt, and ultimately discovering her passion for paper.



**WHEN AN ARTWORK** is described by its creator as "somewhere between floristry and couture", it is almost definitely going to be unusual and intriguing. UK artist Zoe Bradley's creations are just that. Working mainly with paper, Bradley has created and installed a piece entitled 'The Red Rose Dress' at Chatswood Chase.

Known for her larger than life creations, The Red Rose Dress is no exception. The spectacular dress, standing 3 metres high and 4 metres long, features 392 handmade paper roses with over 12 000 curled petals.

As with many of her pieces, Bradley aims to go beyond fashion design to create a theatrical spectacle, using Alice in Wonderland as her inspiration.

"Often we make the pieces larger than life so when the viewer is standing with it, it is literally double their height. There is almost that childlike element to it," she says.

More unique than her work itself is that Bradley brought the piece to life in front of an audience, building the piece over 3 days in the middle of Chatswood Chase. Bradley believes that social media popularity has driven people's desire to see the process behind the installation rather than just admire the finished product.

"I started working with paper and it was quite successful. It would fold, stay stiff and do what I wanted. It became like an immediate, dynamic silhouette. From there it just evolved into my medium and I just kept playing with it," says Bradley.

The Red Rose Dress will be on show on Level 1 at Chatswood Chase until 30 November.

John Klein, Marketing Manager of Chatswood Chase Sydney said, "We are delighted to showcase the work of such a talented international artist in Sydney for the very first time."



# CHATTING WITH JULIE

Sabrina Muysken chats with Julie Milne, owner of Killara's The Crewel Gobelin about all things needlecraft and celebrating 40 years on the North Shore.

## Happy 40th birthday to The Crewel Gobelin! What is the store's history?

"The Crewel Gobelin started with three friends creating a home-based needlework shop in 1976. A couple of years of success saw the store moved into a shop on the Pacific Highway, and then moved again to our current location on 9 Marian Street, Killara. I took the plunge and bought the store in 2012, after working there part-time. Throughout its long history The Crewel Gobelin has continued to be a speciality needlework shop, continually evolving as needlework enthusiasts tastes have changed over time."

## In an age of technology it's nice to see needlework is still alive and well! Why do you think that is?

"Stitching is yoga for the mind – when you are focusing on your stitching you think of nothing else, it allows you to mentally escape and for most of us it is a relaxing thing to do! And as an interest it can be incredibly personal and rewarding – you are creating something that may be for your own enjoyment or for the enjoyment of others. We often see people turn to needlework when life is at its busiest, it can be an escape or reward after a busy day, or an activity shared with friends."

## What does a typical day at The Crewel Gobelin look like?

"There is never enough time to do everything and each day is different! We are often busy with local customers in store, or dealing with online and telephone orders. Many of our customers are regional or interstate and some are overseas. We regularly have people visiting who have travelled a long way to see us – we are a true destination shop."

For me, the day doesn't end when the shop closes. Like all small businesses, there is a lot done behind the scenes to make sure everything runs smoothly. Keeping the shop looking fresh, discovering new products and responding to customer requests and interests is key to keeping our customers coming back. I love what I do – and it's important to have people working in the shop who feel the same way, it's much more than a local needlework store."

## Favourite place to eat on the North Shore?

"We are lucky to have so many choices, I would never say no to an opportunity to dine at my local, French restaurant Café Lyon. It's our restaurant of choice to celebrate family events and a special dinner with friends. For lunch and afternoon snacks, my children and I can often be seen in Makiato, or Delish, who also cater for our classes at the shop."

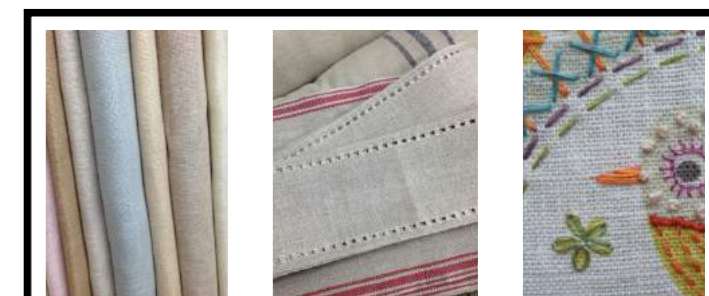
## Favourite place to grab a coffee?

"Next door of course – Marian Street Café. Andrew makes a great coffee!"

## The North Shore's best kept secret?

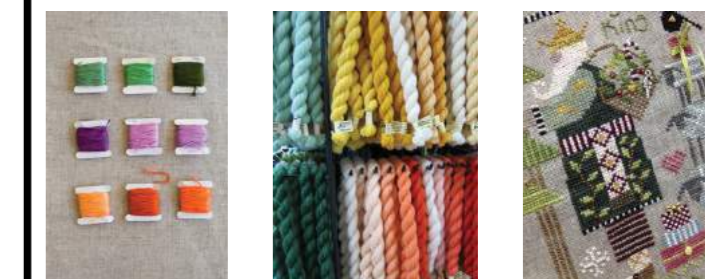
"So many things, but possibly little shopping centres like Marian Street. With good street parking, a café, post office, the National Trust shop and us, it's a lovely place to spend some time."

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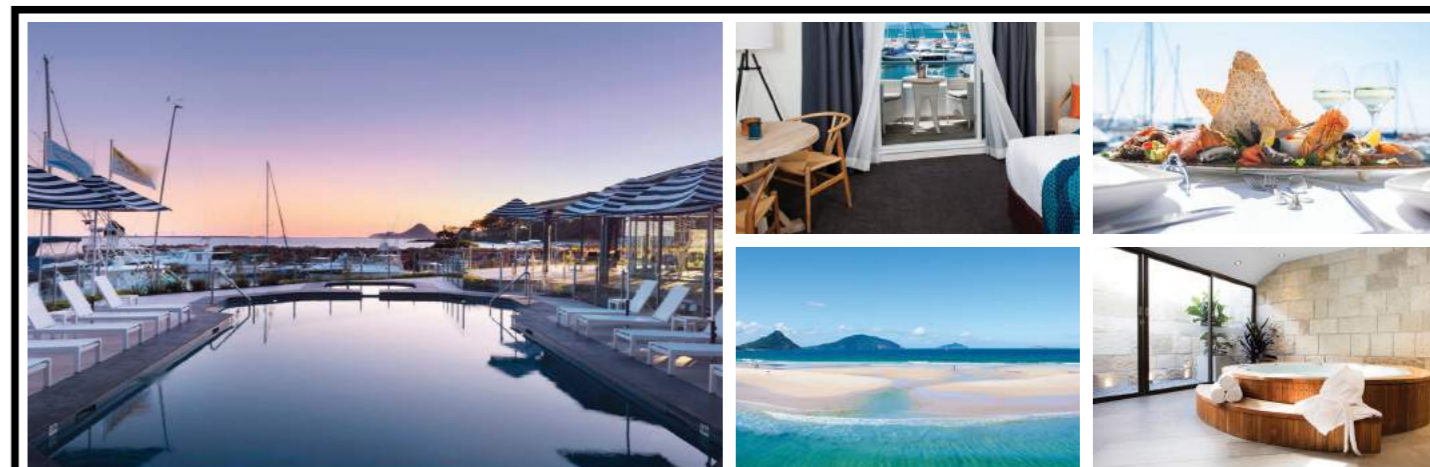
Combining adventure, relaxation and quality family time, this is the ultimate holiday destination. A trip to Anchorage Port Stephens will leave the whole family feeling refreshed and revitalised to take on Sydney life once again, not to mention planning your next trip back!

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

With stunning water views and immediate beach access there is endless fun to be had on the rolling sand dunes. Whether it be sand boarding, quad biking, surfing, sailing or fishing, Anchorage has an incredible experience for everyone.

As the sun goes down, find local delicacies to savour and remember. Whether you're sharing fish-of-the-day for lunch, a cheeky cocktail at five or a plate of oysters at seven, you'll find mouth-watering menus, passionate chefs and lovely tables for the whole family at Anchorage. After the kids have gone to bed, strike out along the gorgeous coastal walks for a truly romantic and memorable experience.

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**ANCHORAGE**  
PORT STEPHENS

# TRAVELLING WITH CHILDREN

Juliana Kichkin

**T**RAVELLING WITH CHILDREN can be a daunting task, even for the most seasoned traveller. *Sydney Observer* has consulted the experts and here are their top tips for keeping the family peace – at least until you get home!

## Be Flexible With Time

Toddlers and youngsters don't care for carefully planned deadlines. The best way to reduce time related stress is to have a flexible daily agenda. Set realistic goals about activities the whole family can enjoy day to day, and the less pressure to pack events in, the more enjoyable and stress-free the holiday. This will also come in handy when sudden changes in the weather throw plans into oblivion – it will be easier to take the odd day indoors if the weather doesn't meet expectations.

## Turn Travelling Into A Communal Event

If you want to keep an efficient pace, consider teaming up with another family before you go and discuss expectations, what each person wants to do on the trip and how to best split chores. Approach this with the balance of spending time with the little ones, and having a rotating schedule of the children being minded together by one or two adults.

For those happy to be travelling with the little ones for the entire trip, you may want to consider a home exchange with another family. This means that the place you holiday is already a child-proofed home and has toys to play with and information on things to do and healthcare services. Websites like [homlink.org](http://homlink.org) and [matchinghouses.com](http://matchinghouses.com) are great for family home swaps.

## Consult A GP

When planning a trip overseas, it is highly recommended to see your doctor at least two months before you leave to discuss your plans.

When attending the appointment, bring the whole family's vaccination records. If any of your children has a pre-existing medical condition be sure to ask for help in identifying a doctor in your destination who specialises in the same condition who could possibly liaise with your GP.

Also consult a GP about whether the country you are travelling to is one in which malaria is endemic and, if so, seek advice on the appropriate antimalarial medication. Be sure to take supplies of insect repellent, appropriate clothing to cover children in the

evenings and bed-nets impregnated with insecticide.

## On the move

A pram or buggy can be useful on holiday even if your children are able to walk to ensure you can travel around with mobility, and these also serve as makeshift beds for daytime naps.

If travelling in groups, be sure to designate a meeting point in each new place in case anyone gets separated from the group. You could consider turning this into a game of treasure hunt, which is a game the whole family can enjoy and works for a good incentive to stay together.

When on the move with younger children it could be helpful to keep an eye on them in crowd dense places with child monitors, in places like airports and shopping malls. The parent carries the tracking device – about the size of a TV remote control, while the child wears a watch-like contraption. If the child wanders too far, the alarm sounds, which could help moving through crowded places with greater ease.

## General Wellbeing

When travelling to extremely hot climates, choose clothes made from natural fibres and choose lighter shades of clothing, as darker colours tend to absorb heat. For infants, change your baby up to three times a day to prevent sweat rash.

Make sure to protect your eyes and bring along sunglasses or goggles with elasticated caps that can stay on better. Consider using a more sensitive sun care measure like zinc around the nose and eyes to prevent any irritation or sensitivity.

Be sure to remember that children are particularly prone to dehydration, mostly because they're not yet aware of how much they need to drink unless they feel thirsty. If travelling with a baby, drink more whenever it's hot so that you produce slightly diluted milk, however if the weather is extreme, give them some water to drink as well. Also check your children's urine from time to time; if it's darker than usual, cloudy or strong-smelling, insist they drink more.

# PLANNING YOUR HOLIDAY PARK GETAWAY IN PORT STEPHENS

**a tRIP tO** a holiday park can be an affordable and easy option for a family trip this summer. Just a couple of hours from the North Shore, Port Stephens is the perfect getaway for everyone – whether it is a few weeks off over the Summer holidays with the kids, or just a quick weekend escape.

## Fingal Bay Holiday Park

Fingal Bay Holiday Park is just five minutes from the heart of Nelson Bay, and lies right across the road from a patrolled surf beach. Fingal Bay Holiday Park is pet friendly on sites outside of peak holiday season, so even the family dog is welcome! Visitors can relax in the resort pool and cook in the camp kitchen or on-site barbecues – all while staying in luxurious self-contained cabins. The park also has an assisted living cabin for those with disabilities.

## Halifax Holiday Park

Silver winner of a New South Wales tourism award for 2015, if you love the idea of staying in a beach front property, Halifax Holiday Park has you covered – with two and three bedroom villas available that have direct access to Shoal Bay Beach! Boasting an in-park playground and a range of activities running through the School Holidays, Halifax is a great choice if you are looking for somewhere to take the whole family.

## Shoal Bay Holiday Park

Winner of a 2015 Hotels Combined Stellar Stays Award, Shoal Bay Holiday Park is perfect for any holiday. Take a quick swim, with the beach just across the road – or, if you're feeling sporty, play a bit of tennis or basketball on the park's courts. The park also has a games room and on-site wireless internet access, so you can easily stay connected while you're away. If you want to unwind without leaving the park, this may be the place for you!

For more information on the Holiday Parks listed, visit:

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



**VIP SPECIAL- 20% off all sites, Enter promo code (VIP16) when booking.**

Conditions apply. Minimum 2 night stays. Not valid with any other offers. Valid to 21.09.17. Not valid during school holidays, long weekends or public holidays. Valid on camping and van sites only.

Located just 10 minutes from Nelson Bay, Treescape is set on 8 hectares of stunning bushland & nestled on the edge of the magnificent One Mile & Samurai Beach sand dunes. The property offers powered van & unpowered camp sites as well as 1 bedroom studios and suites. Enjoy a soak in the pool or heated spa or if you're feeling active have a game of valley ball or tennis.

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# Cutting Holiday Costs

danielle armour

**T**HERE IS **no** question that family holidays can be expensive. Depending on the destination, costs can add up quickly, making it easy to blow the budget. Here are a few tips for having the holiday you dreamed about at a price you can afford.

## accommodation

There are numerous ways to save on accommodation. Comparing deals on travel websites can help find the best price possible. These sites also often have daily deals and specials that can make travelling more affordable. They also frequently have holiday packages, combining flights and accommodation for a better deal. Alternatively, renting a house can be a cheaper alternative to a hotel. Airbnb is an online service where people rent out their houses to holidaygoers.



## Flights

For a holiday on a budget, it is best to consider a destination you don't have to fly to. Australia's coastline is the perfect setting for a road trip, with options such as Melbourne, Byron Bay and the Gold Coast. However, if your destination requires flying the best advice is to book early, especially for travel in peak times such as school holidays. If you have done prior research online before booking, clear your cache (the part of your computer that stores data) before purchasing plane tickets, as your computer may have stored an old quote instead of a new, possibly cheaper price.



## transport

Check out the public transport options of your holiday destination. Particularly in major cities, there will be buses or trains that travel to most tourist hotspots. Public transport is a much cheaper alternative to travelling by car. If a car is essential, book early, as many car rental places are near airports and tend to put up their price for last minute decisions.



## Food and drink

Food and drink expenses tend to be one of the largest unplanned expenditures of any holiday. Packing or buying reusable water bottles can significantly reduce how much money is spent on drinks and can be easily refilled from taps and bubblers. Choosing accommodation with kitchen facilities allows you to cook frequently instead of going out for meals. Look into local markets at your holiday destination that may be a cheap place to buy produce.



# SHOAL BAY HOLIDAY PARK

## NEW SAFARI TENTS TAKE THE HASSLE OUT OF CAMPING

**SHOAL BAY HOLIDAY** Park's new permanent safari tents are open for bookings!

Offering a more than comfortable camping experience, the tents are set just 100 metres from the blue, dolphin filled waters of Port Stephens.

With eight spacious tents, all with ensuite bathrooms, families and busy couples are able to enjoy the thrill of camping without any hassles of packing and setting up tents and camping gear.

Each of the tents can sleep up to six people, and one 'easy access' tent is fitted to cater for guests with mobility issues. The tenting arrangement is complete with large undercover decks and a shared BBQ dining area, making the safari tent precinct the perfect place for fun family and social get-togethers.

"We've seen a growing demand for affordable and unique accommodation," says Rebeca Smith, Business Development Manager for Port Stephens Beachside Holiday Parks.

"The strong enquiries and future bookings for these new safari tents is a positive indication that they will be a successful upgrade for our accommodation offering."

Marking the exciting opening, Shoal Bay Holiday Park is offering a special three-day weekend deal, where Guests can stay Thursday to Saturday or Friday to Sunday, costing \$420 for two adults and up to four children under the age of 18 for free. Valid from October 3 to December 25, 2016 and January 30 to April 12, 2017, this incredible offer is available until sold out and is not to be missed!

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



## Shoal Bay Holiday Park



**Shoal Bay Holiday Park's new safari tents take the hassle out of camping**  
**Three-day weekend deal: from \$420\* (conditions apply)**

Shoal Bay Holiday Park's new permanent safari tents are open for bookings, offering a comfortable camping experience just 100 metres from the blue, dolphin-filled waters of Port Stephens.

For more information about the new Safari Tents and to take advantage of the three-day weekend deal, visit [www.shoalbayholidaypark.com.au](http://www.shoalbayholidaypark.com.au) or phone **1800 600 200**.





# HEALTH CORNER

danielle amour

## Technology Over trainers

According to a recent survey by broadband network NBN, over 50% of Australians say they would use the internet to help improve their fitness progress and research nutrition. Of those who use the internet for fitness purposes, two thirds watch online video tutorials, while just under half research the latest fitness trends. The research also found that 62 per cent of people prefer training in their living room instead of the gym due to the cost. Yoga, Pilates and weight training were found to be some of the most popular fitness searches online.

## Cupping Therapy

At the Rio Olympics, commentators were quick to point out unusual circular marks on athletes such as US Swimmer Michael Phelps. Cupping is an ancient Chinese medical therapy where heated glass suction cups are applied to the skin for better energy flow. While many athletes and celebrities are sold on cupping to relieve sore muscles, as with many alternate therapies, not everyone is convinced. Some experts believe that cupping produces a placebo effect at best, while others believe that it can be effective in helping with pain management, facial paralysis and acne.

## Healthy aussies

The Australian Institute of Health and Welfare's nation report card, released in September found that 85 per cent of Australians aged 15 and over consider themselves to be in good health. This is despite half of all Australians having at least one chronic disease and one fifth being diagnosed with a mental health disorder in the past 12 months. The report also reveals that although 55 per cent of Australians do enough physical activity, 63 per cent are overweight or obese. However, life expectancy has gone up with boys born between 2012 and 2014 expected to live to 80.3 years, with girl's life expectancy at 84.4 years.



Dr. Ian Sweeney

# TONGUE TIE

**A TONGUE TIE** is a piece of tissue that holds the tongue to the floor of the mouth. Tongue ties are extremely common with some studies reporting up to 10 per cent of infants experiencing a tongue tie of varying degrees. There are various classifications used to describe tongue ties. As a general guide, a measurement from the tip of the tongue to the tissue attachment on the under surface of the tongue of 16mm or more is deemed to be clinically acceptable, while measurements of less than 10mm may require a procedure called a tongue tie release.

There are three generally accepted reasons to perform a tongue tie release.

**Difficulty in Feeding:** Depending on the severity of the tongue tie, an infant may have difficulty attaching and swallowing,

while older children may complain of not being able to lick an ice-cream.

Often an infant will feed slowly and frequently, resulting in poor sleep patterns for both the mother and infant. Mothers often describe feeding as painful which may lead to premature cessation of breast feeding due to repeated bouts of mastitis.

**Poor Development of Speech:** Some children may show a slower than normal development of competent speech or the inability to correctly make certain sounds due to the lack of mobility of their tongue.

**Oral Hygiene:** The tongue plays an important role in clearing debris from the mouth. Both children and adults with tongue ties have difficulty removing food particles from around their teeth, lips

and check.

Once a severe tongue tie has been diagnosed, the treatment objective is to remove any structural abnormality via a number of different techniques.

Follow up treatment may require a lactation consultant to improve breast feeding and correct poor sucking technique, while a speech pathologist may be required to correct any speech and language problems.

Should you have any concerns about your tongue or your child's tongue, ask your dentist for advice.

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

# MENTAL HEALTH CARE

danielle amour

**OCt OBER maRks a** whole month in NSW dedicated to encouraging the importance of looking after our mental health, run by mental health charity WayAhead. This year's theme is 'Learn and Grow', with the message being that each of us learn about the significance of mental health and grow throughout the process.

CEO of WayAhead Elizabeth Priestley believes that Mental Health Month is helping society become more accepting of mental health assistance and early intervention procedures by breaking the stigma surrounding mental illness.

"Early intervention is essential to great mental health in the wider community. The earlier mental health needs are identified and assisted, the less costs there are in the long run," she says.

Despite a shifting health focus towards the mental aspect, in recent years technology, specifically social media, has been counteractive. Multiple studies have shown that increased time on social media can lead to feelings of envy and loneliness, especially within the teenage and young adult age bracket.

"We know that many people on social media sites often present idealised versions of their lives, leading others to make upward

social comparisons, which can lead to negative emotions," says Dr Shannon Rauch of Benedictine University, Arizona.

"Social media is delivering a reinforcement every time a person logs on. It becomes hard for a person who has developed this habit to simply stop."

Whilst erasing your digital footprint altogether may be unrealistic, it is important to implement healthy strategies to reduce time spent online. Setting specific time allowances per day or enforcing a weekly social media free day are great ways of looking after your mental wellbeing.

Mental Health Month will see various community events being held throughout October. One of the highlights is 'Yarning about the Good', a daily event held in Redfern that encourages everyone, particularly Indigenous Australians, to get together and talk about the good things in life.

Another popular event will be an outdoor cinema held in Mosman on October 27, where a documentary about the links between nature and mental health will be shown.

[mentalhealthmonth.wayahead.org.au](http://mentalhealthmonth.wayahead.org.au)



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# Face Mapping

danielle armour

**EVER WONDERED WHY** all the skin care products you've tried don't seem to get rid of the redness, puffiness or dark shading on your face? It could be because your diet isn't right for you.

Using a technique called face mapping, naturopathic experts can determine almost instantly what area of a person's diet is causing poor skin and premature aging.

Here are some of the indicators of the different 'face' types, and what can be done to make them better.

## Sugar Face

According to face mapping, your digestive tract is linked to your forehead. Therefore 'Sugar Face' symptoms include blotches and horizontal lines on the forehead, as well as sagging under the eyes and a gaunt looking face. The gut imbalance caused by an excess consumption of sugar can also lead to pustular spots over the face and shoulders. Any reduction in sugar intake can reduce the severity of these symptoms.



## Wine Face

'Wine Face' is characterised by pronounced lines or redness between the eyes, droopy eyelids, enlarged pores and reddish cheeks and nose. Despite the name, these symptoms can be caused by the overconsumption of any type of alcohol due to its high sugar content and ability to dehydrate the skin. Cutting down on alcohol is the solution here, with experts recommending an 80/20 system, where people only have the occasional glass of wine.



## Gluten Face

Symptoms of 'Gluten Face' include dark pigmentation patches, puffy red cheeks and spots around the chin. Gluten can cause an inflammatory response, leaving the face looking swollen or bloated. Experts agree that the most successful way to reduce 'Gluten Face' is to cut gluten out of your diet altogether.



## dairy Face

Lactose intolerance is one of the most common food intolerances, and through the use of face mapping can be easily detected, with symptoms including puffy eyelids, under eye bags and dark circles on your face. The hormones in products such as milk can also disrupt the balance of sex hormones in the body. Cutting dairy from your diet is the best solution for getting rid of these symptoms.



# ADMIT TO AGEING: IT'S NOT A WEAKNESS, EMBRACE IT WITH JOIE DE VIVRE!

Vera Randall, Founder of Knitwit and Owner of Just Better Care Northern Suburbs

**It HaS BECOme** almost frowned upon to admit to being scared of ageing these days, as if it is a weakness. As life goes on wrinkles deepen, our hair colour and body shape change and we can't do the physical things we did in the past because of a medical condition – or just being older. This does not mean ageing is a weakness.

Consider what the people of France have to say about ageing. In a recent survey one third of the population said "old" begins at 80 – as do an increasing number of Australians. Embracing their attitude could help us admit to ageing with *joie de vivre* rather than feeling it is a weakness to be hidden away.

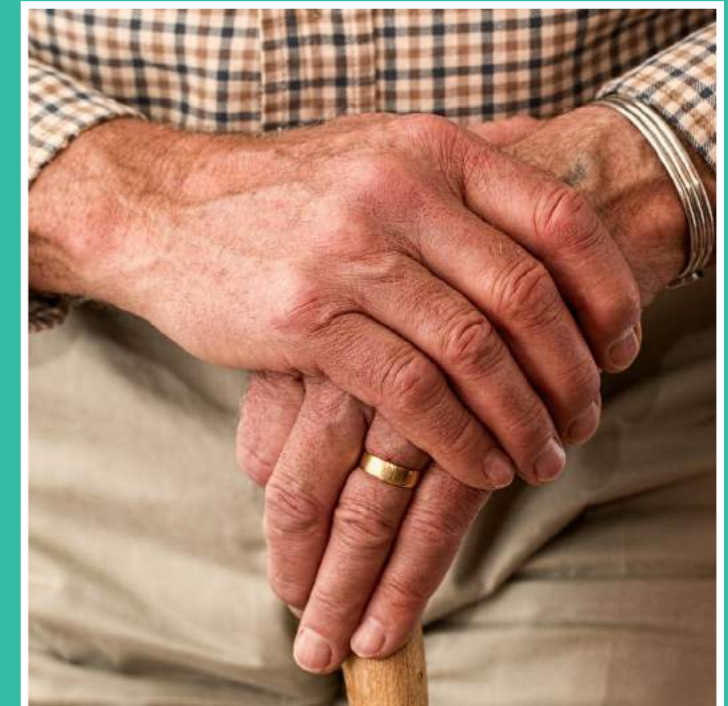
My decision as I acknowledge that ageing is a slow beating drum is to live in the moment and plan for the future – to the fullest extent possible, knowing that a disease like dementia could creep up on me. At Just Better Care, we support many people with dementia – and their families – by providing respite services.

One support worker worked with a spiritedly woman with dementia and documented her life story. Sorting through boxes of photographs triggered details of memories precious to her. On Google Earth they visited places identified in the photographs; where she grew up, schools attended, places she went on holidays. At the end of the project, our client was bursting with pride and her family filled with astonishment at her achievements. They too re-lived many forgotten memories now held safe on a DVD.

I'm sure none of us have dementia on our bucket list, however it's

out there and, should a diagnosis come your way, accepting help from trained professionals will make the journey easier.

So, let's admit to ageing life with an attitude of *joie de vivre* and accept that it's OK to receive a little help along the way as joints stiffen and tiredness takes over. Remember, we're here to help with a wide range of in-home health care services along with spring cleaning and gardening.



Spring Cleaning Available

Do you or a loved one need some help around the house, perhaps some assistance with meal preparations, or some personal care? Our services are flexible, reliable, and tailored to match your in-home, social and lifestyle support needs and provide the solutions you want.

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# SPRING HOME TRENDS

alex dalland

**WITH THE WEATHER** getting warmer and Spring starting to come into full effect, there is no better time to update your home's style than along with your Spring cleaning! *Sydney Observer* spoke to Jennifer French from Roseville's Inside Out Colour and Design about some of this year's hottest Spring trends.

## nature

"Spring is the perfect time to bring nature into your home," French says.

"There are numerous artworks featuring botanicals and animals which you could include. Bring in some greenery or change the orientation of your living room away from the fireplace, and face out to the garden."

Bringing wood into your interior spaces or using natural sunlight to light your rooms can also help bring in the calming feeling that incorporating nature into the home provides.



## artisan

"This is a big buzz word for design right now. People are moving away from the mass produced items and looking for something more unique, hand-made or tactile," French says.

Choosing to use timber, linens and cottons in furniture, soft furnishings and bedding can help provide your home with an artisanal look. Hand crafted items that provide the 'artisan' feel also help give soul to objects and can often be timeless pieces that blend with any other design style.



## Colour

Nothing changes the look of a home more than colour. With changes in fashion, new homewares will soon become available, according to French.

"Pantone released the Colour of The Year for 2016 last November and for the first time it was two colours – Rose Quartz and Serenity (Powder Blue)," French comments.

"Walking around the shopping malls you can really see these colours start to appear in the Spring/Summer 2016 fashion collections, meaning they will quickly soon be available in homewares."

If you want to add new colour to your home, one of the easiest ways to do this is through your furnishings. Keep a few soft furnishings, like rugs or cushions, in a plain colour to let your feature colours stand out. If you like a summery vibe, trade in your cool winter colours for some yellows and oranges to brighten up your rooms.



# The Heat Is On... So Stay Cool!

Elegant Outdoors, Turramurra Garden Centre

**WITH SUMMER FAST** approaching, your garden needs to be ready for those hot days so you can relax and enjoy sitting in it on those balmy nights.

**The Art of Watering:** Yes! Watering is an art – flailing the hose around willy-nilly for 5 minutes every now and then is not how to keep your plants alive. You need to monitor your garden daily to determine its needs through the hotter months. Consider your soil, the type of plants you have, as they will all have different requirements, and pay attention to the weather forecasts – hot, windy weather dries out the soil very quickly. Frequent, shallow watering keeps roots from growing deep and makes plants susceptible to drought. Over-watering can drown plants by filling up soil pores with water, leaving little or no oxygen for plant roots. Also, excessive watering leaches away nutrients and can contribute to groundwater contamination.

Hand watering keeps you in control but can be time consuming and inconvenient for you, as the ideal time to water is first thing in the morning. Drip irrigation systems require an initial investment of time and money but, once installed, are convenient and conserve water. You can set up a drip system to meet the needs of individual plants precisely and then alter it throughout each season as watering needs change. Sprinklers have the disadvantage of wasting water by watering paths and other open

spots in the garden. They also lose water to evaporation and wind drift. Because they wet the foliage, sprinklers also can promote the development of leaf diseases.

## GUIDELINES FOR LUSH, STRESS-FREE PLANTS:

- **Seedlings** need to be kept moist without being drowned, so water gently every day or two using a watering can with a rose on the end or a soft spray nozzle or arm on the hosepipe.
- **Newly planted and developing** plants need to be watered deeply but less often to encourage deep root growth. Water to a depth of at least 15cm then let the surface 4 cm dry out completely before watering again – a moisture meter is an excellent tool to gauge this, or use your finger!
- **Established** shrubs and trees will have developed a deep root system and will need a thorough watering every 5 days during summer. The soil surrounding a plant's roots (the "root zone") serves as a storage tank from which the plant draws moisture and nutrients. Most trees and shrubs shed rain water to the "drip line", much like an umbrella. The most active water absorption area is at the drip line and beyond, not close to the trunk. This is where you should water as most of the roots spread 2 to 4 times as wide as the plant's canopy.

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

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# 'GOOD FOOD MONTH' GUIDE

Sabrina Muysken

**S**YDNEY'S GREATEST FOOD festival 'Good Food Month' returns this October, bigger, better and more delicious than ever! From private dining experiences to grand food markets, here are *Sydney Observer's* top picks.

## FOR THE LOVE OF MEAT

**What:** An educational dinner and panel discussion about the ethics of meat, featuring dishes such as carrot and lardo, pigs' ears, lamb breast, pork shoulder and pork legs.

**When:** 6:30pm arrival, Monday 24 October

**Where:** 4Fourteen – 414 Bourke St, Surry Hills

**Cost:** \$150 per person; includes three-courses, beverages from Yalumba wine, Coopers beer, Thatchers Cider and Schweppes, panel discussion and book signing

## SPRING SOCIAL

**What:** The inaugural 2016 Spring Social presented by Pimm's will wrap up Good Food Month in unparalleled style. Walk the red carpet, then mingle with old friends and new as you enjoy the unforgettable menu – all while enjoying Pimm's cocktails and croquet.

**When:** 12:00pm-6:00pm, Sunday 30 October

**Where:** Centennial Parklands & Dining – 1 Grand Dr, Centennial Park

**Cost:** \$95; includes six tokens for food and beverages

## WELL SENSERED FOOD

**What:** A secret sensory dining experience that will change dining out as you know it. The whole experience is a bit of a mystery, from the secret location to the hand drawn map and a menu that's revealed on the night.

**When:** 6:30pm arrival, Thursday 20 – Saturday 22 October

**Where:** Good Food Month Sydney

**Cost:** \$190 per person; includes food + drinks

## NIGHT NOODLE MARKETS

**What:** The Night Noodle Markets are back, with all the sights, sounds and smells of an Asian hawker market plus the buzz, hype and vibe of a huge outdoor festival. The 2016 instalment will showcase delicious new food offerings, thirst-quenching drinks and an incredible lineup of entertainment under the stars.

**When:** 6-23 October, opens 5:00 pm

**Where:** Hyde Park, Sydney

**Cost:** Free Entry

## FOOD FOR mind & BODY

**What:** Go and enjoy a cooking demonstration followed by a healthy vegetarian lunch, all to promote vegetarian eating to the community with a panel of distinguished guest speakers who will talk about health and social wellbeing.

**When:** 12:30pm, Sunday October 2 & Sunday October 9

**Where:** IBAA Chatswood Buddhist Centre – 4 Spring Street, Chatswood

**Cost:** \$50 per person; includes three-course vegetarian meal

## t Omat O SEduCtIOn

**What:** Chef Guillaume Zika celebrates spring with a five-course degustation menu dedicated to the versatile tomato. Each course features tomato either as the main ingredient or to complement others.

**When:** From 12:00pm, Friday October 14

**Where:** Cottage Point Inn – 2 Anderson Place, Cottage Point

**Cost:** \$120 per person; \$55 extra with matched wines

# ATLANTIS BAR & DINING

A Lavish Restaurant Bar Dining experience in North Ryde

**ATLANTIS BAR & DINING** offers superb food and wine in a high class, restaurant bar setting. Conveniently positioned in the heart of Sydney's North Ryde, the restaurant is just a stone's throw away from Lane Cove and the North Shore.

Available for group bookings and functions, Atlantis Bar & Dining is the ultimate place to celebrate your next event. From christenings and birthdays to corporate functions, Atlantis' set menus will have your guests salivating before they have even arrived! With set menus starting from \$39pp for two course to a deluxe three course menu for \$65pp, look no further than Atlantis Bar & Dining for your next event.

## Melbourne Cup Day

What better way to embrace the exciting Melbourne Cup festivities than by enjoying a sumptuous two or three course set menu. From \$39pp, the menu features the freshest of seafood, magnificent mains and delectable desserts that will have everyone feeling like a winner.

Coupled with beating facilities, large plasma TV screens, a lucky door prize, sweep stakes, and even a best hat competition, Melbourne Cup Day at Atlantis Bar & Dining is not to be missed!

## Christmas Day Dining

Celebrate Christmas Day with your loved ones over a delicious extended set menu that stars the Atlantis signature dishes plus Christmas favourites for the whole family to enjoy.

From \$99pp for Adults and \$35pp for Children, Atlantis offers the perfect mix of magnificent food and holiday charm that will make your Christmas Day one to remember!



## yoUR nORtH SHORE dEstInatIOn FOR FInE dInInG & FantaStIC EvEntS!

Atlantis Bar & Dining provides the perfect central location for a great meal or to celebrate any event.

**Melbourne Cup:** Tuesday November 1 - Any 2 courses **\$39 PP** or 3 Courses **\$45 PP**

**Christmas Day Lunch:** Sunday December 25 - **\$99 per adult & \$35 per child**



## Opening Hours:

**Breakfast 6:30am-10:00am Lunch 12:00pm-3:00pm dinner 6:00pm-10:00pm**  
Open 7 days

**P: 8899 8980 W: www.atlantisbardining.com.au E: bookings@atlantisbardining.com.au**

# October Hotspots

Juliana Kichkin

## SUMMER'S HOTTEST NEW DRINK: FROSÉ

Already a hot trend in the states, Sydney venues are racing to turn the newest alcoholic beverage into a social media phenomenon just in time for summer. So what exactly is it? Frosé originated in New York's Bar Primi and came to fruition out of simple experiment, the result of throwing Rosé into a slushie machine. It's Rosé with a slightly fuller texture and a fairy floss appearance, promising to be one of summer's most covetable drinks.

In Sydney, Manly Wine is already pouring the wine-based, frozen cocktail. For eastern Sydneysiders, Pelicano in Double Bay plans to open a courtyard dedicated to it from September 23. It is a drink that promises to light up Instagram feeds around Sydney with its delicate pink hues and icy textures come October.



## GLEBE TASTING TREK

All Sydney-siders are invited to two dining walk events as part of the year's Good Food Month on the Village Food Adventures program on October 13.

Including a small bar walk of Potts Point and Kings Cross – enjoy a fun night out of high-end cocktails, fine wine and craft beer, with matching tasting plates at three of the best small bars on two different walks.

Discover subterranean treasure on William Street, a Spanish inspired 50's style diner, get a history lesson on the way and celebrate what the Sydney dining scene has to offer.

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

## HUNTER VALLEY UNCORKED

In its 10th year, Hunter Valley Uncorked is being held at Balmoral this October. On Sunday October 9, Hunter Valley Uncorked will be landing on the sunny shores of Balmoral Beach, 11am – 6pm.

Take the opportunity to immerse yourself in the Hunter Valley way of life and unearth the tastes, sights and stories of the picturesque Balmoral Beach. Meander through an assortment of stalls and sample gourmet delights, or just sit back in the sunshine and enjoy the live music from Soul Shack Entertainment.

During the day, The Mosman Rider and free shuttle buses will run every 15 minutes from Mosman and Spit Junction to Balmoral Beach.

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



# THE CLASSIC AUSSIE MEAT PIE

alex dalland

**m**eat PIES REMAIN one of our most popular and iconic foods, with Australians consuming 270 million pies annually – or 12 pies a year each, on average. But with healthy eating and fad diets becoming the new norm, where does the humble meat pie fall in the cuisine of modern Australia? *Sydney Observer* investigates.

Meat pies have been enjoyed ever since the Greeks first created a dough out of flour and water and wrapped it around meat to seal in the flavours. After the Romans picked up this recipe and spread across their empire, with the tradition being continued through the medieval ages, colonists eventually carried their baked goods throughout the world and to our continent – where they have become a staple of Australian culture. The meat pie has changed along with the changes to our country, and its future remains assured – if not a little different to its past.

## The Big Pie Makers

Much like Australia's iconic and fiercely state-loyal brewing industry, some of Australia's biggest names in pies started in small bakeries operating out of capital cities. It is thought that one of the first was George Sargent's bakery in Glebe, which since its humble origins in 1886 has expanded into one of Australia's largest pie producers – with a factory in Colyton that accounts for about half of Sydney's pie market.

In Bendigo, Victoria, Leslie Thompson McLure's pies, brought to the Royal Melbourne Agricultural Show in 1947, led to an expansion of his business into Melbourne. Now McLure's famous "Four'n Twenty" pies are produced at a rate of 50 000 per hour and are sold throughout Australia, New Zealand and the US.

## Pies Gain Recognition

With meat pies enjoyed throughout Australia on such a large scale, it is no surprise they have become such a stereotypical part of our food culture. One of Sydney's most famous street outlets – 'Harry's Cafe de Wheels' – remains popular today since the days when celebrities like Robert Mitchum, Frank Sinatra and Colonel Sanders visited the well-known food truck, with its iconic 'Tiger' pie with mashed potato and mushy peas still enjoying popularity with those visiting the inner city.

Other famous pies like Bremen's 'Flaming Ron' in Umina lures customers in with what could, at 1 463 700 scoville units, be the world's spiciest pie. Customers are placed in the hall of fame and get a free plain meat pie if they finish in under ten minutes.

## Gourmet Pies

Meat pies will always have their place as Australia's convenience food, but with more Australians choosing restaurants over fast food and artisanal over mass-produced, the pie has also faced a need to adapt.

'Black Star Pastry' in Newtown and their Beef Brisket and Young Henry's Pie topped *Time Out's* list of best pies in Sydney this year for its succulent combination of tender slow-cooked beef and flaky pastry, as a new addition to one of the most famous gourmet patisseries in Sydney. Down the road, 'The Pie Tin' may be another one of Sydney's most glamorous pie shops, boasting a pie menu that includes 'Sweet Roasted Duck with Cointreau & Seasonal Vegetables' and 'North African-style Slow Roasted Mutton with Chermoula'.



# MATURE AGE BEAUTY

Sabrina Muysken

**AS WE AGE** our skin tends to become drier and more prone to wrinkling. Although the process of ageing is nothing but natural – wrinkles do offer a certain charm after all – these changes can often wreak havoc on our skin and upset the natural oil balance. Here are some ways you can combat the negatives and embrace your mature skin.

## Cleanse

As your skin becomes drier it's importance to choose a gentle cleanser that doesn't strip the skin of its natural oils. Many cleansers on the market contain harsh chemicals that can leave skin feeling tight and dehydrated. Products containing natural, moisturising ingredients such as Vitamin E are ideal.

**ELIZABETH ARDEN GENTLE HYDRATING CLEANSER, \$42.**

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



## Exfoliate

As we age, the outer layer of our skin becomes thicker. This makes exfoliation more important than ever, as removing dead skin cells leaves the skin looking brighter and smoother.

**ELIZABETH ARDEN CERAMIDE LINE SMOOTHING EXFOLIATOR, \$65.**

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



## Brighten

With age, the skin can begin to look a little lacklustre. Brightening products can help restore your skin's natural radiance.

**ASAP RADIANCE SERUM, \$70.**

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



## moisturise

Moisturisers containing Retinol and glycolic acid are particularly good for mature skin, as they have exfoliating and brightening properties. They can also help to address any pesky menopausal breakouts.

**TRIOLOGY AGE-PROOF REPLENISHING, \$54.**

[trilogyproducts.com](http://trilogyproducts.com)



## nourish

When it comes to keeping your skin healthy, good nutrition is just as important as skincare. Drink plenty of water and consume enough protein and essential fatty acids.

**SWISSE ULTIVITE WOMEN'S 50+ VITAMINS, \$37.**

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

**THE BEAUTY CHEF GLOW INNER BEAUTY POWDER, \$59.95.**

[thebeautychef.com](http://thebeautychef.com)



# OCTOBER

## 20 October – 6 November

**Sculpture By the Sea**  
**Where:** Bondi to Tamarama Coastal Walk  
**Cost:** Free  
**When:** 20 October – 6 November  
**Contact:** sculpturebythesea.com

## 5 – 15 October

**The Wharf Revue**  
**Where:** Glen Street Theatre, Belrose  
**Cost:** Adult \$51, concession available  
**When:** Performance times vary  
**Contact:** glenstreet.com.au

## 9 October

**North Shore Light The Night**  
**Where:** Alfred Street, South Bradfield Park, Milsons Point  
**Cost:** Free  
**When:** 5:30 pm (Bradfield Park), 4:00 pm (Reid Park, Mosman)  
**Contact:** lighththenight.org.au

## Now – 6 November

**Cirque du Soleil – KOOZA**  
**Where:** Entertainment Quarter, Moore Park  
**Cost:** Starting at \$60  
**When:** Show starts at 8:00 pm  
**Contact:** cirquedusoleil.com

## 31 October – 17 December

**A Flea in her Ear by Georges Feydeau**  
**Where:** Sydney Opera House  
**Cost:** Starting from \$88, concessions also available  
**When:** Performance times vary  
**Contact:** sydneytheatre.com.au

## Now – 5 November

**My Fair Lady The Musical**  
**Where:** Sydney Opera House  
**Cost:** Starting at \$49  
**When:** Show starts at 1:00 pm, 3:00 pm or 7:30 pm  
**Contact:** myfairladymusical.com.au

## 20 October

**Amber Affair**  
**Where:** 18 Argyle Street, The Rocks  
**Cost:** Free entry  
**When:** Begins 6:00 pm  
**Contact:** skye.chalmers@sCHF.org.au

## Now – 9 October

**Archibald, Wynne and Sulman Prizes**  
**Where:** Art Gallery of NSW  
**Cost:** \$18 for adult, concession also available  
**When:** 10:00 am to 5:00 pm  
**Contact:** artgallery.nsw.gov.au

## Now – 30 October

**Confluence Festival of India**  
**Where:** City centre  
**Cost:** Ranging from free to paid entry to events  
**When:** Event times vary  
**Contact:** confluencefoi.com/sydney

## Now – 16 October

**Wildlife Photographer of the Year**  
**Where:** Australian National Maritime Museum  
**Cost:** \$30 for adult, concession also available  
**When:** 9:30 am to 5:00 pm  
**Contact:** anmm.gov.au

## 1 – 3 October

**Manly Jazz**  
**Where:** Manly Central Business District, Manly Corso  
**Cost:** Free  
**When:** Performance times vary  
**Contact:** manly.nsw.gov.au

## 6 – 23 October

**Night Noodle Markets**  
**Where:** Hyde Park, Sydney  
**Cost:** Free entry  
**When:** Opens at 5:00 pm  
**Contact:** goodfoodmonth.com

**Zumba Classes**  
**Where:** North Sydney Community Centre, 220 Miller Street  
**Cost:** \$135  
**When:** 11 October – 6 December  
**Contact:** northsydneycentre.com.au

**Lego Building Fun**  
**Where:** HomeHQ, Artarmon  
**Cost:** Free  
**Time:** 10am to 2pm daily  
**When:** Monday 3 to Friday 7 October  
**Contact:** homehq.com.au

**Edible Art for Children**  
**Where:** 220 Miller Street, North Sydney  
**Cost:** Free  
**When:** 6 October  
**Contact:** northsydneycentre.com.au

**Australian Ballet's 'Giselle'**  
**Where:** 409 Victoria Street Concourse Theatre, Chatswood  
**Cost:** Varies  
**When:** 4 – 5 October  
**Contact:** australianballet.com.au

**Northern Beaches Girls Night In**  
**Where:** 932 Pittwater Road, Dee Why  
**Cost:** \$55 per person  
**When:** 7 October  
**Contact:** nbgirlsnightin.com

**North Side Produce Markets**  
**Where:** 220 Miller Street, North Sydney  
**Cost:** Free  
**When:** Until 17 December 2016  
**Contact:** northsydneycentre.com.au

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# MANIFEST THE LIFE YOU DESIRE

Kerrie Erwin



**H**avE yOu EvER wondered why things never go right for you in your life? Why you are constantly lacking energy? Why you feel stuck and no matter what you do in life you never seem to get ahead? Do you feel you attract bad luck? If this is how you think and see yourself it's time to make a change. Now is the time to take action and become the creator of the life you want.

self-talk, look in the mirror and be aware of what you think. If it's negative, replace it with something positive. As you go about your day, be aware of your thoughts and attitude. If you catch yourself thinking something negative, sweep it away and replace it with something positive. Positive thinking is not about ignoring the more challenging aspects of life, it's about approaching all situations in a positive and productive way.

Learning how to work with energy can bring more peace, harmony and fulfillment into your life. The benefits of understanding how to harness positive energy are numerous and include:

- Finding that you love yourself, your family and your friends.
- Enjoying what you do.
- Nothing can stop you once you learn to play and understand energy.
- Trusting your instincts.
- Not being afraid of change.
- Having the faith, hope and drive to give everything a go.
- Inspiring others to believe in themselves.

## SELF LOVE

Most importantly, learn to love yourself. If you don't, nobody else will. Be willing to forgive loved ones, people, or friends who have hurt you in some way. This can be really hard, as these painful lessons can take you off your path, dis-empower you, and hold you back from where you are meant to be. It may be sad in some cases not to have them in your life again, but if they are meant to come back and are the right energy for you, they will return when they have completed their own lessons. An easy way to do this is to simply place them in a large pink healing bubble of love, tell them that you forgive them, and let them go, surrendering your pain to the spirit world. Once you have done this, you will feel healthy and light of mind, body and spirit and you will be open to enjoy life's beautiful garden of incredible gifts.

By taking personal responsibility of your life and clearing the negative energy in your home, you can change your life forever and bring more peace and fulfillment into your life. This process will not only make you happier, healthier and more prosperous than you could ever imagine, the energy will also completely shift around you, bringing more positive experiences in.

Once you have done this, your life will without a doubt dramatically change in the most incredible ways imaginable and you can sit back and watch as your hopes, wishes and dreams finally become a reality.

## LIKE ATTRACTS LIKE

The first step is *positive thinking*. The power of positive thinking is an incredible force. Your body, mind and emotions are made up of energy. The energy is designed to flow in and out like your breath, but sometimes it can get stuck. Energy can have a positive or negative charge. The Law of Attraction is based on the concept that like attracts like, that positive energy attracts positive energy. If you can train your mind to think positive thoughts, then you will attract more positive energy into your life.

Positive thinking takes practice. Start by observing your own

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