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OCTOBER 2015 - FREE

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From the team

We've reached the final stretch of 2015, the rat race is almost over. Spring is well and truly in full bloom, despite some rather temperamental weather, and the christmas holidays are finally in sight!

Our October issue marks our annual Seniors Special, filled with informative reads for those lucky souls enjoying, or nearing, their golden retirement years (20-25). Speaking of souls, whether you're a skeptic, full-blown believer or lie somewhere in between, our interview with renowned psychic Kerrie Erwin will have you utterly intrigued (35-36).

Looking for something to (literally) spice up your weekends? Look no further than Sydney's *Good Food Month*. We've done the research for you and mapped out the city's top tasting spots that'll have your tastebuds dancing (41).

Perhaps you're after some quiet nights in to prepare for the busy season ahead, but you've grown tired of the reality shows that have hijacked our TV screens (I'm looking at you Kardashians). In that case, be sure to check out our catch up with actor Erik Thomson on his starring role in the smash hit drama 800 words (12-13).

Happy October!
Sydney Observer editorial team



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From the readers

“My son Antonio is suffering from the Black Dog depression. He was in a car accident and lost his grandfather, his namesake. This all happened at the same time he was doing his HSC. As well as bullying by his friends on the phone and Facebook. As Antonio’s Mum, I read everything on mental health to better understand his feelings. My younger son Mackenzie even did a major work for the HSC about Antonio suffering from the Black Dog, as his condition effects us all in the family.”

Marry Benato, Hornsby.

“What I like most about this magazine is that it keeps me in touch with what is happening in the area I used to live in, which was Pymble!”

Kirsten Wedlock, Mosman.



Giveaways

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Australia’s premier beauty brand Napoleon Perdis has everything you need for fresh and flirty make-up looks this spring.

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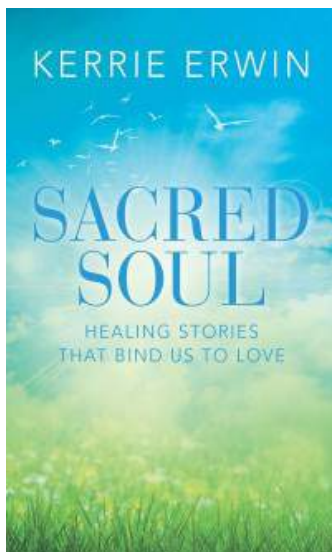
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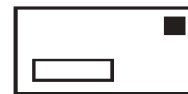


KERRIE ERWIN’S ‘SACRED SOUL’

Stories of pushy poltergeists, reincarnated love and overly amorous spirits; Sydney medium Kerrie Erwin shares extraordinary experiences between ordinary people and the spirit realm.

Two copies to be won

HOW TO ENTER



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 with your name, address, and contact number by the 20th of the month.

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PANDORA
UNFORGETTABLE MOMENTS

Alan November in November

THE 'I ON THE FUTURE' (iOTF) is launching its second conference this year on Saturday, November 7 at Turramurra North Public School. Author of 'Who Owns the Learning', Alan November and headmaster of Hartsholme Academy and St Giles Academy Carl Jarvis will be delivering keynote presentations and an interactive masterclass to an intimate audience of 150 educators. Some of the most prominent topics in education today, including the use of digital and communication tools for pedagogical purposes and student self-management in learning, will be discussed.



Twilight in the Park

KU-RING-GAI COUNCIL'S ANNUAL music concert *Twilight in the Park* is back at Wahroonga Park on Saturday, October 17 at 5-8pm. With the theme Sounds of the Sixties: Pop, Rock and Soul, audiences can expect to swing to the songs from the decade, performed by The Beatnix and The Diamonds.

"The annual Twilight concerts are always a great night out with family and friends and I am especially looking



forward to hearing many of my favourite songs from a decade of wonderful music," said Mayor Cheryl Szatow.

"Come along and enjoy a picnic, browse the range of delicious food and wine stalls, and settle in for a superb evening's entertainment."

Council recommends concertgoers to use public transportation as parking is limited around the park.

New play opens in Pymble

A DRAMA PRODUCTION by the North Shore's leading community theatre group Pymble Players Inc, opens on Wednesday, October 7. Directed by Patsy Templeton, *Playhouse Creatures* will give a glimpse into the lives of the first actresses allowed by law to perform and act upon the stage in England's 1660s. The story is based on

a play written by April de Angelis, as well as the real life of Nell Gwyn and other first English actresses.

Promised to be "a powerful human drama with a great heart", *Creatures* opens until October 31 at Pymble Players' theatre at the corner of Mona Vale Road and Bromley Avenue, Pymble.

**PLAYHOUSE
CREATURES**

PYMBLE PLAYERS INC

St Johns Church Fete

Anya Treurnicht

ST JOHNS CHURCH is delighted to announce their annual fete in Gordon, taking place Saturday October 10.

Having been the centre of worship in Ku-ring-gai for over a hundred years, the fete will feature a fascinating tour of its historic cemetery. A beautiful poppy installation will be at the military chapel entrance made of 1600 poppies for the service men and women of WWI. There will also be a number of Cadets from Barker College who will speak at the morning cemetery ceremony.

It is set to be a fantastic day to bring the family out and walk through the entire antique stall section, with

interesting memorabilia, collectibles, and thousands of books at bargain prices. Amongst the markets will be treasure and garden, crafts, jewellery, and even woodturning stalls for beautiful hand-made trinkets that make for perfect gifts.

The usual community interest stalls will be back again, with volunteers from Neighbourhood Watch, Easy Care Gardens, and Sydney Wildlife rescue to answer any of your questions or provide information on helping out in the community.

For a spot of afternoon lunch, Le Café has an array of lunch choices along with a spit roast BBQ that will be available. You

can also head over to the dessert stalls that will have cake, biscuits and jams, fruits, and vegetables as well as a jumping castle and plaster painting for the kids.

Champagne and strawberries will also be offered so be sure to stay until the drawing of the raffle at 2pm, as from 1pm a choir from Sing Australia Gordon as well as the band from Barker College will be providing musical entertainment that is not to be missed.

Held at the beautiful Anglican Church located on the corner of Pacific Highway and St Johns Avenue in the heart of Gordon, the fete will commence at 9am.

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New mayor for Ku-ring-gai

Stephanie Stefanovic

AS OF SEPTEMBER 15, Ku-ring-gai has a new Mayor. Gordon Ward Councillor Cheryl Szatow was elected as Mayor unopposed. She will be working alongside David Ossip, who was voted in as deputy by a margin of seven votes to three.

Mayor Szatow has been a Killara resident for 21 years, and has a wide range of professional experience. Some of her special interests include heritage, the arts, education, and sustainability. Most importantly, Mayor Szatow has vowed to be a consultative and collaborative mayor who engages and informs the community.



Mayor Cheryl Szatow

You have such a wide range of professional experience. Can you tell us about your career progression over the years?

“I’ve had a long, busy life. I was originally trained as a teacher, a senior English and history teacher. Then when I had children, I stayed at home but I did an honours masters degree in education administration. For my thesis, I looked at the relationship between girls’ schooling in independent single-sex schools and later career success. And then because I’d become interested in research, I didn’t really know quite where I was going to go.

“I don’t want to just issue edicts about what Council is doing – I want to engage with people and talk to them and see how we can make the place a better place.”

“I ran into a chap when my family was skiing down in Perisher Valley and we were chatting. He happened to work for the Royal Australian College of General Practitioners and he said ‘we’re looking for somebody to do some writing for the Secretary General’. The job also involved writing their newsletter and doing a sell of some rather controversial issues to general practitioners. [After moving to Manly and Hornsby hospitals] ... my husband decided I could be an asset to his company, so I changed my hat and did some courses in marketing and I did his marketing.”

Did you ever think you would do something like this?

“No, not really. We just had a rather unsympathetic development that was happening in our street and a few of us thought that we should do something about it. So I organised a cherry picker to come along and show how tall the building was actually going to be. It was publicised and word got round, so when there was an

election in 2008, there was a community group that asked me if I would stand for them. So I campaigned and Elise Keays and I both got in. I liked it so much that I stood again in 2012 and miraculously, was elected.

“I hadn’t thought about a career in politics, but when you look at my trajectory, the skills fit in. Because you have to be able to read a lot of material, you have to have people skills and you have to have organisational skills. And I guess I learnt all that along the way.”

What changes would you like to make as Mayor?

“I don’t want to just issue edicts about what Council is doing – I want to engage with people and talk to them and see how we can make the place a better place. So that we’re not just responsive to state government, we’re not just responsive to residents, but we’re actually leading by example.”

What would you say sets you apart from others?

“I think I really enjoy life and I think people know that. And I think I link very well with both sides of Council – with the liberal group and also with the independent group and our one labor member. The voting showed that I could bring those two groups together. I had supporters from both sides and I respect both sides.”

And, what do you love about Ku-ring-gai?

“I love the sound of the trains, actually. I think the railway is fabulous. I love the trees – the leafiness and the ambiance... And I love the houses and the gardens. Most of all, I like the way we’ve got little pockets that all have their own particular strengths and beauties. In Turramurra, South Turramurra and West Pymble, there’s all that lovely bushland. And Wahroonga of course is very grand and has a beautiful shopping centre. The whole area is unique in Sydney, and to be treasured.”

Ku-ring-gai tackles climate changes

Joanita Wibowo

KU-RING-GAI COUNCIL HAS released a draft policy and action plan to address the impacts of climate change in the area.

One of the main objectives of the plan is to reduce greenhouse gas emissions by 20 per cent in 2020, in line with international climate science findings and recommendations from Australia's Climate Change Authority.

"As an organisation that contributes to the world's greenhouse gas emissions, it is important for Council to act responsibly and play its part in limiting emissions to a level that ensures a safe climate for its Ku-ring-gai residents and beyond," Communications Officer for Ku-ring-gai Council Neha Malhotra says.

Planned changes in the community will focus on enabling higher energy efficiency. These include incorporation of energy and water efficiency measures at community facilities and assets, investment on relevant projects, and staff education and engagement.

"Investments that improve the energy consumption of buildings usually have additional benefits for the visitors and occupants of those facilities, such as improved air quality, improved lighting quality, and improved thermal comfort," Ms Malhotra says.

"Residents that use these Council facilities will directly benefit from the improved quality of these aspects."

Ku-ring-gai Mayor Cheryl Szatow said the predicted population increase is one of the reasons why the plan to reduce emissions is important.

"We remain optimistic that as a community and an organisation, we can meet our self-imposed target. Ku-ring-gai residents and our staff are very receptive to new ways of doing things that have a positive impact on our environment."

Public inputs and responses on the plans are welcomed at the exhibition. The exhibition takes place on October 15 at Council's customer service centre at 818 Pacific Highway, Gordon.

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Erik Thomson

800 Words or more

Sabrina Muysken

ERIK THOMSON EMBODIES THE quintessential

Aussie dad. When chatting with the actor, well known for his successful role as Dave Rafter in *Packed to the Rafters*, it's hard to imagine his real life persona stems too far from that lovable, all-round good bloke. Ironically, Erik's technically not even an Aussie. Originally born in Ireland, he was raised in Auckland, New Zealand before moving to Australia in his late twenties to further his acting career.

"When I came to Australia I was a bit of an outsider. I was in my late twenties and I hadn't come up through that network of NIDA (National Institute of Dramatic Art)," says Erik.

In spite of this the actor went on to beat all the odds landing ongoing roles in *Pacific Drive*, *All Saints*, and *The Alice*, which kept him on our golden soil. Skipping to 2013 and the roaring run of *Packed to the Rafters* was, at last, drawing to a close. It was at this time that an old Kiwi colleague and friend of Erik's sent him the script of what is now Seven's latest smash-hit television series, *800 Words*.

"As soon as I read it I fell in love with it. I immediately thought this could be something great.

"I responded to the script immediately on a deep emotional basis. It spoke to me because I'm an expat New Zealander, having lived in Australia for



the past 20 years. The thought of going home to shoot on location was really appealing."

Displaying New Zealand's picturesque landscape on the gold and silver screens is nothing groundbreaking. For major blockbuster films, *Lord of the Rings* and *The Hobbit* spring to mind, have already laid down that well trodden path. Even so, *800 Words* still manages to stun with its spectacular panoramic shots around the coast of the North Island. Refreshingly where the show deviates from its predecessors lies not in its visual representation of the land over the ditch but rather its commentary on our two

Nations' brotherly bond.

"New Zealand's that annoying little brother. From a New Zealander's point of view Australia's the big brother you just want to have acknowledge you. It's nice to have Australians and New Zealanders doing a show together and explore what our relationship with one another is really like.

"At the end of the day it's just the people that you've got in your life."

"We have so much in common. History has shown, when needed, we team together so well in so many different facets. Whether it be the ANZAC legacy or economically, we help each other out at the drop of a hat. Then in other arenas, mostly sport, we're the first to give each other shit and be fiercely competitive. You can only do that with people you really care about."

When pushed to take sides between the sibling rivalry Erik identifies himself as ultimately a Kiwi at heart.

"New Zealand is the county of my youth, it's where I grew up. Those places are very deep in your soul."

We'll forgive him for that. Mostly



because his uncanny portrayals of morally sound characters lead us to believe, with no disrespect to his craft, that he too is a stand up guy. Perhaps this is initially what draws Erik to these characters as he believes honesty to be the very foundation of screen acting.

"It's all about honesty. It's about being genuine in front of the camera and allowing your raw emotions to be read by the audience. I'm willing to be laid bare in front of the camera, I don't mask my emotional journey.

"When I do a scene whatever the words may be, it has to resonate with me. I have to believe that there is truth there. I never want to walk away from a scene feeling like I've not been truthful."

800 Words depicts the upheaval of recent widower George Turner, who on a whim uproots his two teenage children from their Sydney home and moves to far East Australia (New Zealand). With a fish out of water quality, off the bat the show is incredibly endearing. With Erik delivering his now iconic colloquial charm, it's not hard to imagine *Packed to the Rafters* fans seamlessly shifting their undivided attention to this fresh storyline.

"I felt that I needed to make that journey a little more subtly away from what I had been doing. I didn't want *Rafters* fans to be too confronted with having to accept me as something totally different.

"It's all about honesty. It's about being genuine in front of the camera and allowing your raw emotions to be read by the audience."

I thought it would be a really nice transition as opposed to doing something radically different."

Over the past two years television across the board has been dominated by the 'reality' genre. Channel Seven alone boasts a bevy of reality cooking and talent shows. With our fixation on these programs seemingly stronger than ever it begs the question, do shows like *Packed to the Rafters* and *800 Words* still have a wanted place on our screens? Or, will comedy-dramas be swallowed up by their reality competitors? Erik begs to differ, opting to have faith in the Australian audience.

"I did ask that question, 'Would the Australian audience come on the journey

with us?' but I think that *800 Words* landed just at the perfect time. People are disillusioned with reality and are craving something they can just disappear into.

"The drama constructed into these 'Reality' shows is fairly basic drama. *800 Words* offers more nuance, escapism, and is something you can really sink your teeth into."

With the ratings on their side, the team behind *800 Words* has created a show that not only transports everyday Australians out of their homes but also reinforces strong family values.

"We highlight the significance of the viewers personal relationships. Whether it be partners, families, or friends, I hope it helps strengthen those bonds.

"That's what the show is all about. For all the funniness that we go through and all the things that life throws at us, at the end of the day it's just the people that you've got in your life."

These are Erik's words to live by, "that the audience can walk away holding onto".

Seven's 'drama with a comedic heart' 800 Words airs on Tuesdays at 8.40pm. au.tv.yahoo.com/plus7/800-words/



Meditation and the ageing process

Is there real science in the spiritualism of mediation? Jo Marchant meets a Nobel Prize-winner who thinks so.

Jo Marchant

Meditation may seem like a world away from biomedical research. Yet, a team led by Nobel Prize-winning biochemist Elizabeth Blackburn is charging into territory where few mainstream scientists would dare to tread.

Whereas Western biomedicine has traditionally shunned the study of personal experiences and emotions in relation to physical health, these scientists are placing state of mind at the centre of their work. They are engaged in serious studies hinting that meditation might – as Eastern traditions have long claimed – slow ageing and lengthen life.

During the 1980s, Blackburn discovered an enzyme called telomerase that can protect and rebuild telomeres. Even so, our telomeres dwindle over time. And when they get too short, our cells start to malfunction and lose their ability to divide – a phenomenon that is now recognised as a key process in ageing. This work ultimately won Blackburn the 2009 Nobel Prize in Physiology or Medicine.

Soon after, Blackburn and Psychiatrist Elissa Epel explored the damage done to the body by chronic stress. Blackburn's research until this point had involved elegant, precisely controlled experiments in the lab. Epel's work, on the other hand, was on real, complicated people living real, complicated lives.

Over four years, the pair conducted a study of 59 women and collected blood samples. To give the highest chance of meaningful results, the women in two groups – stressed mothers and controls –

had to match as closely as possible, with similar ages, lifestyle and backgrounds. The results were crystal clear.

The more stressed the mothers said they were, the shorter their telomeres and the lower their levels of telomerase. The most frazzled women in the study had telomeres that translated into an extra decade or so of ageing compared to those who were least stressed, while their telomerase levels were halved. The study had connected real lives and experiences to the molecular mechanics inside cells. It was the first indication that feeling stressed doesn't just damage our health – it literally ages us.

"Ten years ago, if you'd told me that I would be seriously thinking about meditation, I would have said one of us is loco," she told the *New York Times* in 2007.

Trials suggest that exercise, eating healthily and social support all help protect us from the effects of stress. But one of the most effective interventions, apparently capable of slowing the erosion of telomeres – and perhaps even lengthening them again – is meditation.

The practice involves slow, regular breathing, which may relax us physically by calming the fight-or-flight response. It probably has a psychological stress-busting effect too. Being able to step back from negative or stressful thoughts may allow us to realise that these are not necessarily accurate reflections of reality but passing, ephemeral events. It also helps us to appreciate the present instead of continually worrying about the past or planning for the future.

"Being present in your activities and in your interactions is precious, and it's rare these days with all of the multitasking we do," says Epel.

"I do think that in general we've got a society with scattered attention, particularly when people are highly stressed and don't have the resources to just be present wherever they are."

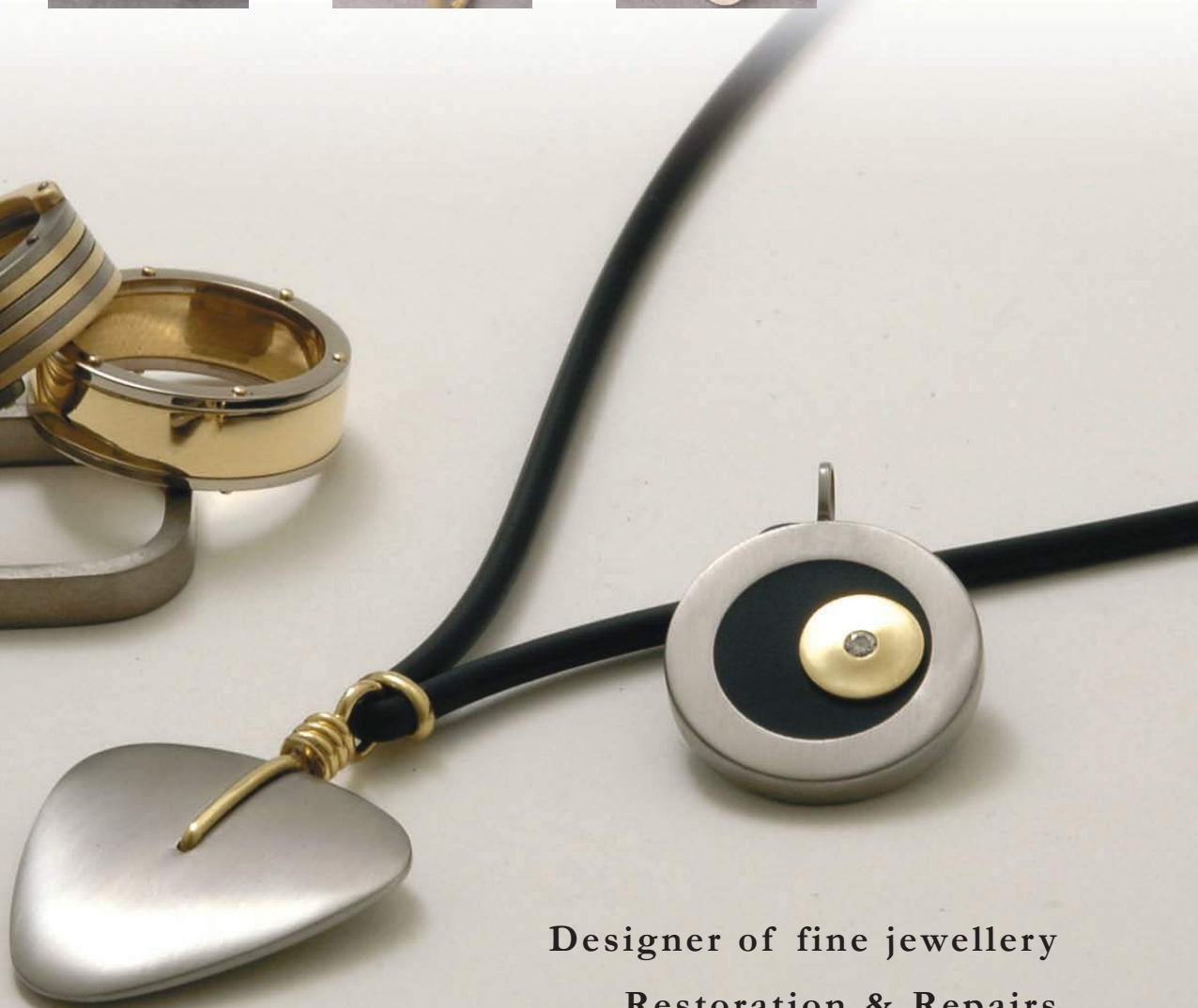
Inevitably, when a Nobel Prize-winner starts talking about meditation, it ruffles a few feathers. It seems that most scientists and politicians still aren't ready to leap across the interdisciplinary canyon that Blackburn and Epel bridged a decade ago.

Simply responding to the physical symptoms of disease might make sense for treating an acute infection or fixing a broken leg, but to beat chronic age-related conditions such as diabetes, heart disease and dementia, we will need to embrace the fuzzy, subjective domain of the mind.

Jo Marchant is a science journalist with a PhD in genetics. She has worked as an editor at New Scientist and at Nature and has written on topics from the future of genetic engineering to underwater archaeology. She is author of 'Decoding the Heavens: Solving the mystery of the world's first computer' (2009) and 'The Shadow King: The bizarre afterlife of King Tut's mummy' (2013). Her third book, 'Heal Thyself: The science of thinking yourself better', will be published by Canongate in 2015.

mosaicsscience.com/story/can-meditation-really-slow-ageing





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Wootube sensation

Hope William-Smith

WHOEVER SAID THAT maths can't be fun? Certainly no one from Cherrybrook Technology High School in Sydney's North West. Head of Mathematics, Eddie Woo, has become a Youtube sensation with his cleverly coined 'Wootube' - a maths learning channel of instructional videos has been viewed more than 850 000 times in more than 220 countries.

For Mr Woo, providing digital learning is the key to engaging the interest of his students and getting his message across in the classroom. For Year 11 student Brittany Ross, this has paid off.

"Mr Woo is a really dedicated teacher and will easily go out of his way to give his students help," said Brittany.

With videos ranging from instructional mathematical lessons to 'a day in the life of a maths teacher', Eddie Woo is generating theoretical and practical content in a whole new way.

What have you learnt about the power of your role as an educator from Wootube becoming so successful?

"I've learned that educators have more opportunities than ever to help a broad range of students through the use of very simple and common technologies. Though I'm only one teacher, I've had the privilege of being able to interact with and guide the learning of thousands of students from all over the world. People truly love to learn, and when we as educators put the right tools in peoples' hands, they will do so with great dedication. One of the most surprising things I've discovered is how much other teachers have benefited from the channel. The simple act of opening up my classroom and the way I teach has been helpful to pre-service, early-career and even experienced teachers".

How does engagement with technology aid critical thinking in maths?

"Technology enables us to visualise and interact with mathematics in new and very helpful ways. Dynamic graphing software allows students to understand the behaviour of mathematical models under different conditions, allowing them to focus on the meaning and implications of those models. Spreadsheets and geometry packages allow students to focus on meaningful patterns and logical connections rather than being held up with the calculations and constructions often needed to gain those insights".

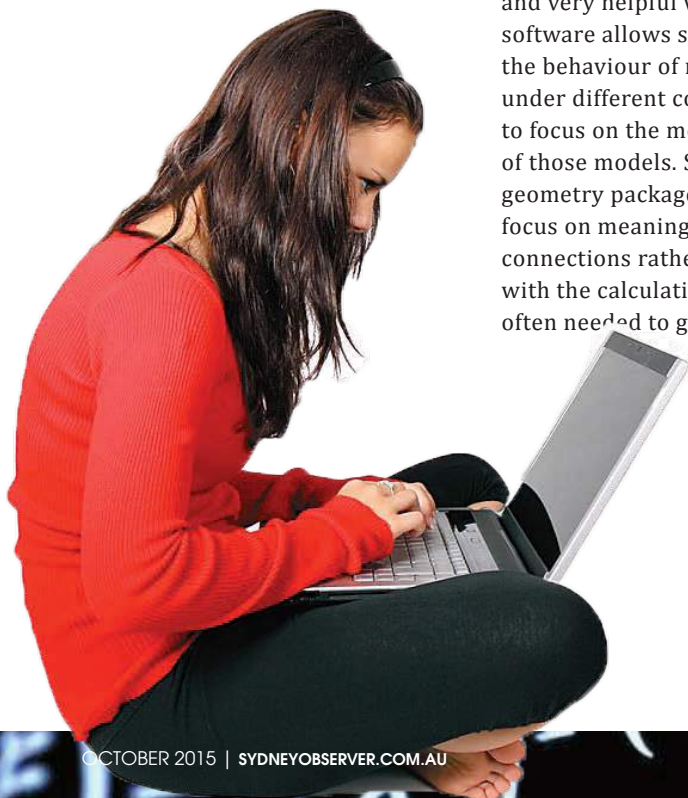


Eddie Woo

What are the perpetual benefits of face-to-face teaching?

"The central role of every teacher is not to deliver information, but to guide the social process of learning. The job of a teacher is to ignite students' ambitions, to challenge their assumptions, and to excite them to want to learn. They do this by ensuring that every student individually feels that they are important and accountable for doing the work of learning. These are all things that can be done most effectively when teachers are face-to-face with the students in their care. Technology can do a lot to support this process, but personal interactions are so woven into who we are as human beings that we will always be able to learn socially when we are in a physical community where we are present with our teachers and co-learners".

[youtube.com/user/misterwootube](https://www.youtube.com/user/misterwootube)



Sticking with studies

Stephanie Stefanovic

CHILDREN IN OUT-OF-HOME CARE often face a lot of pressure, with many concerned about where they are going to be living in the next few months. For this reason, many of these children struggle with their studies in primary and high school, and few go on to tertiary level.

The NSW government has responded to this by providing a new payment to foster, relative and kinship carers to help young people in out-of-home care complete secondary education after they turn 18.

The most recent statistics from the Australian Institute of Health and Welfare (AIHW) show that as of June 2014, there were 43 000 Australian children living in out-of-home care. With NSW being home to more of these children than any other state, the government felt it was necessary to take action against barriers to education.

"Access to quality education is important for every young person to succeed in life – I want to see young people in out-of-home care getting the same opportunities and support as young people in the wider community," said Brad Hazard, Minister for Community and Family Studies.

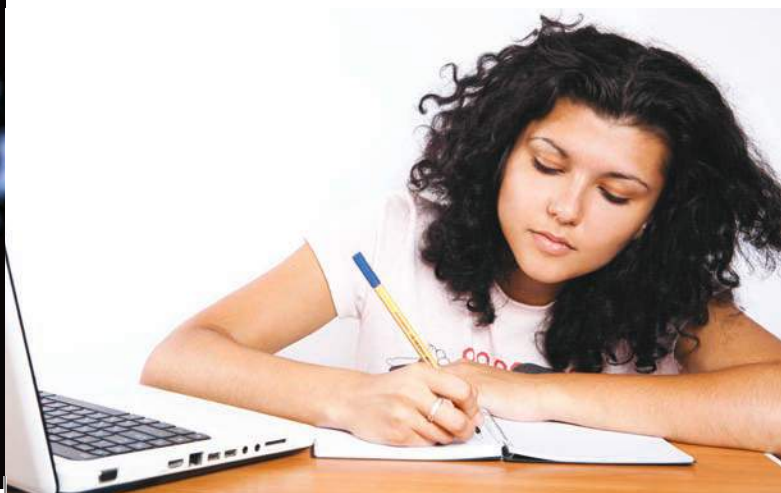
Traditionally, the cut-off age for out-of-home care is 18. This means that many children in out-of-home care are forced to start full-time work at this age in order to support themselves. This makes it difficult for them to complete tertiary studies, unlike children in traditional families, many of whom continue to live at home after age 18.

Studies by the AIHW also show that compared to children living in traditional homes, those in out-of-home care tend to struggle with literacy and numeracy throughout primary and high school. This creates another major barrier towards completing tertiary study.

Principal of Merrylands High School Lila Mularczyk said she was heartened by the initiative.

"Many young people in care need longer to complete their schooling than their peers and often experience fewer opportunities to go on to higher education and employment," she said.

"I am really heartened to see these young people, who have often faced many difficulties, getting much-needed support to help them reach their potential."



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INSPIRATIONAL EDUCATORS

Mrs Abi Woldhuis (pictured with Ms Julia Gillard) and Mrs Henrietta Miller, presented at the 2015 IB APAC Conference and, as Adobe Education Leadership Program members, inspired Mr Ben Forta, Adobe's Senior Director – Education Initiatives, to choose Roseville College as his only school visit in Sydney.

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Post-school options

Alex Dalland

IT'S MID-OCTOBER and with the end of the HSC in sight, you're almost at the end of your schooling. Next year could mean a gap year and travel, or it could be the start of further education and the next step towards your dream job. While many have already lined up TAFE, university or an apprenticeship, we take a look at some of the other possibilities that might await you.

Short Courses

After spending the majority of your life attending school every day, spending an extra three or four years studying might be the last thing you want to do! The good news is that there are a range of short courses offered by universities, TAFE and private colleges which cater to a range of future professions and may be particularly useful for careers in design or in providing administrative skills.

Most universities in Sydney, as well as TAFE and other education providers, run a variety of short courses which come with varying accreditations. Courses can be as short as one day or run over several months.

Volunteering

For those who want to experience the break and cultural change that a gap year offers while still continuing on the path toward your dream profession, a volunteer or internship program could provide the answer. What you can get into as a High School student varies depending on your experience, but many programs such as teaching English and even some business and medical assistant internships overseas don't require previous experience – just a willingness to learn! Spending time in countries as diverse as Argentina, Cambodia and Mongolia can be a great way to see the world and experience new cultures, all while building your resume before you've even started your course!

Volunteering agencies such as Projects Abroad and Global Nomadic run a range of volunteering and internship programs. Cost, duration and experience varies by the option chosen.



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Musical learning

Ella Hide

THERE IS A CLEAR link between how the study of music can increase overall cognitive and learning development. Decades of research indicate that there are strong ties between students who study music and those who achieve higher scores in standardised tests. This is a core reason why the Australian Government has included music in the national curriculum, and why students are encouraged from a young age to participate in learning and practicing music in order to develop crucial learning and fine motor skills.

The 2005 National Review of School Music Education has found that increased musical learning directly correlates to

substantial educational development.

“Raising the quality and status of music education will have a positive impact on the breadth and depth of aesthetic, cognitive, social and experiential learning for all Australian students and ultimately, for our society at large.”

With 89 per cent of Australians thinking that the arts should be an important part of the education of Australian children, it is obvious that the link between learning music and performing academically is a key factor in the development of school programs and syllabus’.

It is clear that studying and learning

music from a young age has significant positive impacts on the ability to learn and cognitively develop. What is also important about the link between music and learning is that while there is a clear correlation between high achievers and those who study music, research by Nature May also shows that music training helps under-achievers. If learning music is a common attribute of high achievers, and can be used as a tool to help under-achievers gain better results, it is clear why the inclusion of music in the schooling curriculum is so consistent and why learning music can help students in various different ways.



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For further information visit www.pymblelc.nsw.edu.au



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Who owns the learning?

Paul Taylor

ONE OF THE world's leading educators Alan November says that 'being taught and learning how to learn are not the same thing.'

In decades passed being a student in the classroom and working at school really seemed all about pleasing the teacher with the responses that they were looking for – the right answers – not the wrong ones. Content was 'delivered' to children in a kind of transfer of information. This caused many children to disengage and to think they couldn't do it.

Children were required to demonstrate their 'learning' by giving the teacher the right answers in the test at the end of the week or unit or even from the back of the textbook. The mark generated acted as some kind of measure of 'learning'. Maybe there should have been less of a focus on telling our children the answers and more of focus on helping children ask the right questions.

New syllabus documents have brought a strong focus back to the process of how learning occurs; as it is the value and richness of the learning experience that will enable young minds to grow most successfully. Teachers talk about the moment they see 'the light turn on' with children; the moment when children make the connection as to why or how something works. This rarely happens when children are told about things, but more likely occurs when children ask questions, are engaged and apply their thinking to the problem they are resolving. Some refer to this as inquiry based learning or Problem Based Learning – PBL.

The new Science K-10 syllabus requires teachers to design learning where students follow an inquiry-based approach. By responding to problems or questions posed students are challenged to think and apply as they learn by researching, analysing, critically thinking, summarising, collaborating, communicating and responding as they actively construct their own understanding and create their own



content. In following this approach teachers are designing learning that enables the learner to own their learning.

Our world needs confident young minds who can deploy resources at hand to successfully work independently and or collaboratively to work things out, to find new ways of doing things and to solve problems. Accessing and responding to information and forming meaningful relationships at home and at school or work will prove vital for all in the years ahead.

Our world also needs young minds that have explored and discovered their inner selves; their passions, strengths and areas of need. It is really only when we have discovered who we really are and what really drives us from within that we can expect to successfully explore and discover the world around us; the world within which we live. And when this world undergoes huge changes as it is right now, this idea of knowing our world within becomes even more important.

The future will pose problems that don't yet exist. Jobs of the future will be invented as and when these problems arise. Handing the learning to our learners

today will prepare our young minds to have the confidence, skills and agility they will need in tomorrow's world.

Each year our world population continues to rise and resources dwindle and the automation of our world is extending into parts of our lives that we would not have thought possible. Those with a desire for the need to know and find out and understand and drive their own growth will be the ones who will successfully compete and achieve in tomorrow's world.

It is when we begin to look at the bigger picture of change that we can see that there is a difference between 'being taught and learning how to learn' as proposed by Alan November from Boston.

Educators who would like to explore the notion of 'who owns the learning?' can hear Alan November speak live at Turrumurra North Public School Saturday November 7th. Alan will also be joined at the event by acclaimed UK Headteacher Mr Carl Jarvis. For details follow the iOnTheFuture link on the Turrumurra North Public School homepage www.turrnorthps.net.au.



Seniors health corner

Anya Treurnicht

AEROBIC SWIMMING

Visit your local pool or dip your toes in your own, and try some aerobic swimming. The benefits of water exercises and aerobic classes are endless for everyone. Swimming in itself is therapeutic, and provides all the benefits of regular exercise in promoting health, strength, balance, and especially brain fitness. Beneficially, the water supports your body, and significantly reduces the risk of any further muscle or joint injury. If you have a pool at home, there are a number of excellent online tutorials where you can follow a class and guide in your own time and pace (popular channels include MindYourBodyTV, DawnBlandFitness & Hayley Pittam).



TIME TO TRAVEL

Come retirement, it's a great time to lock up the house and experience some travel that's truly freeing. Traveling, whether it be overseas or locally, is linked to promoting strong mental health as well as encouraging overall fitness. Take advantage of those seniors discounts through travel agencies and experience the luxury of traveling all in your favour – being a senior isn't so bad after all! Using AirBnB or renting an RV are fantastic ways to get around and see some truly spectacular sights. Not sure where to go or what to do? Why not centre your trip around your favourite pastime. If you're a lover of golf, tennis or are simply in need of some new scenery for your morning walks, consider one of the many Australian tours exploring our beautiful national parks and golf resorts. Travel will inject a healthy dose of excitement into your relaxing retirement.



SENIORS SPECIAL

BALANCE YOUR EATING

Whatever your age, it's of overall importance to eat a healthy, balanced diet. Including an abundance of fruit and vegetables, getting in the starch you need from rice, potatoes, pasta – especially wholegrain varieties as well as foods that are rich in fibre – is the way to go to ensure you're taking care of your body from the inside, out.

Eating calcium and iron-rich foods can help avoid osteoporosis, and foods that contain a high amount of fibre are excellent for digestion. Constipation can become more of a nuisance as you get older, so it is best to avoid raw bran with your meals as this can prevent your body absorbing important minerals.

The top super-foods rich in iron and calcium are legumes, peas, beans and lentils, sardines, green vegetables, liver (high in Vitamin A), yoghurt, soya beans, and tofu. The aim is for less salt, supplementing unhealthy snacks for fruit, and plenty of H2O to keep the skin feeling and looking young and healthy.



Preventing falls

Stephanie Stefanovic

PHRASES LIKE 'HE FELL and broke his hip' are quite common, especially when talking about people over the age of 65. As we age, our bones become more brittle and we tend to lose our footing more often. Approximately 30 per cent of Australians over 65 suffer a fall yearly, with 10 per cent of these falls leading to injury. Injuries include fractures and dislocations of the hip and wrist, head injuries and abrasions, sprains, and bruising.

Although common, falls should not be dismissed as a normal part of getting older. Suffering a fall can be a warning that something is not right, so it's important to discuss any falls with your doctor and get proper help in the event that you do have a fall. Here are some prevention measures that you can take:

Inside your home

- Remove any clutter and make sure your home is well-lit.
- If you have slick floors, cover them with rugs, especially in areas you use frequently.
- Secure mats and rugs using adhesive strips, especially in tiled areas such as the kitchen or bathroom.
- Wipe up any spills immediately and in general, keep floors dry.
- Install grab rails in the bathroom, and lay down non-slip bath and shower mats.
- Install handrails on both sides of the stairs and walkways.
- Make sure commonly-used items are easily accessible.

In your yard

- Store away your tools.
- Get rid of any mosses, fungi and lichen, as they can make garden paths slippery when wet.
- Keep your outdoor areas well-lit.

- Keep your paths well-swept.
- Repair any broken, uneven or cracked surfaces.

Of course, it's also important to look after your health, considering that the underlying causes of falls are often health-related. This means attending regular check-ups to monitor chronic health conditions and manage medications, as well as abstaining from drinking alcohol. Keeping fit and doing exercises to improve your balance and muscle tone is also a great preventative measure, so consider taking up yoga or tai chi.

If you do happen to suffer a fall, don't panic. Remain still for a few minutes before evaluating whether or not you can get up by yourself. If not, call for help, whether it's someone else in your home, your local doctor or emergency services. And remember, even if you are not injured by a fall, it is still important to mention any falls to a doctor at your next check-up.

Looking after mature skin

Stephanie Stefanovic

AS WE GET OLDER, our skin tends to become drier and more prone to wrinkling. Wrinkles definitely offer a certain charm, and there is nothing negative about the natural process of ageing. However, the menopausal changes that take place after age 40 can wreak havoc with our skin, causing acne breakouts and excessive dryness. Here are some tips to help manage these new changes to your skin.

Brighten

With age, the skin can begin to look a little dull. You can restore your skin's natural radiance by using brightening products.

ASAP RADIANCE SERUM - \$70

Available from adorebeauty.com.au



Cleanse

With dry skin, it's important to choose the right cleanser. Many cleansers on the market contain harsh chemicals that strip the skin of its natural oils, causing the skin to feel tight and dehydrated. Choose a cleanser with natural, moisturising ingredients such as rosehip, jojoba and vitamin E.

SUKIN CREAM CLEANSER - \$10

Available from Priceline stores.



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

Available from Myer stores



SODA & CO SUGAR BODY SCRUB - \$23

Available from sodaandco.com



Moisturise

Just like with cleansers, it is important to choose the right moisturiser for your skin. 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 breakouts.

TRIOLOGY AGE-PROOF REPLENISHING NIGHT CREAM - \$54

Available from Priceline stores



ASAP SUPER A+ SERUM - \$70

Available from adorebeauty.com.au

Nourish

When it comes to keeping your skin at its best, good nutrition is just as important as skincare. Drink plenty of water and make sure you consume a good amount of protein and Essential Fatty Acids. You may also want to take supplements of vitamin E and C to protect the skin against free radical damage.

SWISSE ULTIVITE WOMEN'S 50+ VITAMINS - \$37

Available from Priceline stores



Home Care

Alex Dalland

NURSING HOMES CAN be an important part of maintaining good health and getting the assistance your loved ones need in old age. But recent developments in home care mean that help can be provided without the need to move out. In-home care can provide for varying degrees of independence, and at a reasonable cost.

General Support Services Care

For those who like to live independently with some minor help around the house, general support services provide a great alternative to moving into an aged care home. Carers can assist with household duties such as shopping, cleaning and doing the laundry as well as helping out in the garden or making changes in the home to provide easier use. And with many being on call services – available 24 hours a day – there is no need to have a live-in carer!

Health Care at home

Staying healthy later in life can be difficult, but even specialised health care services can be provided in the home. Nurse visits can be arranged as part of in-home care, and so can 'allied health' professionals – those that deal with general well-being. Physiotherapists, occupational therapists, speech pathologists and dietitians, among other specialists, can all provide home consultations and can be arranged through an in-home care service provider.

Personal Assistance Care

Personal assistance care is the highest level of in-home care and can delay the need to enter a nursing home. Carers can help with dressing, showering and using the toilet – they can also help prepare meals and with eating.

How much?

For the range of services provided, in-home care might seem like an expensive option but government subsidies make it affordable for most seniors. MyAgedCare.gov.au, the government website for senior care options, describes the basic daily rate for in-home care as up to 17.5 per cent of the single basic Age Pension. However, if your income is over a certain amount you may be charged an adjusted rate.

For further details on in-home aged care services, the government-run MyAgedCare website, myagedcare.gov.au, can help determine a provider that is right for those who require in-home care.

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Cut through the clutter of information overload!

Peter Vickers, Chartered Accountant, Lindfield

WHEN RETIREMENT IS on the horizon it's quite common for people to start taking a more active interest in their savings, partly triggered by the fear that they will not have enough to maintain the lifestyle they currently enjoy. With more time on their hands as children have grown up and left home and in an era where the availability of advice and information has never been so prolific, it has become increasingly difficult to separate the wheat from the chaff.

The online free resources are endless and the regulated sites provide good tips and tools to help you manage your money, such as ASIC's MoneySmart website and even the ATO has made the information on its site more intelligible. With so much advice and information at your fingertips it becomes increasingly difficult to make sure the advice that you're following actually takes all of your circumstances into account. There are so many factors to consider at this stage in your life, particularly as so many families are now

blended and it can sometimes be hard to have conversations with family members about the future.

Aged care planning can also be difficult to navigate. The whole industry is flourishing as the number of retirees in Australia increases. There are currently more than 6 million Australians over 55 and only 6% of them are living in retirement villages or residential aged care facilities (IBIS World) so it's no wonder that the industry is growing at about 4.5% pa with a current value of around \$18.3 billion.

A growth in the number of facilities in the country, large advertising budgets promoting them and the media messages about the wide range of care and services in these facilities means extra care needs to be taken when making this important decision, of where and how to downsize. Promotions of home equity release schemes via reverse mortgages can be a way to fund residential care or care at home but careful consideration needs to

be given to using what is likely to be your most valuable asset in this way. It is not a risk free choice as the loan may affect your pension eligibility, interest rates are generally higher than average home loans and there are other options to consider which you should be aware of.

Selling the family home is a way to free up cash but again what you do with the cash could have financial implications that you are unaware of and it will certainly have an emotional and practical impact on you and those close to you.

Do your research, talk to people in similar situations, but above all the most important advice we can give you which could save you significant sums of money is to seek advice from your accountant or financial advisor. This will ensure that you understand all the areas that could possibly be impacted by the choices you make.

vickersgroup.com.au/services/insurance/



Seniors What's On

OCTOBER 17th: Behind the Scenes Northside Produce Market Tour – Adults

8am-9am

Cost: Free, bookings essential. The tour will be taken by chef and food consultant, Tawnya Bahr around the market to introduce you to the growers, makers and bakers.

Where: Northside Produce Market, Civic Park, 220 Miller St, North Sydney.

Contact: 9922 2299.

OCTOBER 23: Northern Beaches Baby Boomers 50+ Happy Hour & Dancing

7pm-9pm

Cost: Free, \$7 cocktail offer, join the group and register online.

Where: Collaroy Beach Club

Contact: meetup.com/Northern-Beaches-Baby-Boomers-50-Meetup/

OCTOBER Thursdays & Fridays: Yoga for over 60's

2pm-3:15, doors open 15 minutes before each class.

Cost: \$12/\$15 with everything provided, this slow and wall-supported form of younger is targeted at over 60's to improve strength, stability and mobility.

Where: 175a Pitt Street Redfern

Contact: Jess at 0416 221 087 or info@themindandmovementcentre.com.au

OCTOBER 5th, 12th, 19th, 26th (EVERY MONDAY) Creative Movement for Seniors

2pm-3.30pm

Cost: \$3, safe exercise becomes dance – a playful, supportive experience to revitalise and relax.

Where: 58a Macleay St, Elizabeth Bay. Entrance near Baroda St.

Contact: 02 9265 9333

WEDNESDAYS (October 7th, 14th, 21st, 28th): Seniors Scrabble

10am-2.30 in Community Room, Ground Floor

Cost: Free, must become a member of the Neutral Bay Community Centre to participate (can join on the day).

Where: Neutral Bay Junction opposite Wycombe Rd. 190-192 Military Road Neutral Bay NSW 2089

Contact: (02) 9953 6447

OCTOBER 8: Pottery course for 8 weeks (October 23-December 18)

6.30pm - 9.30pm, each Friday evening

Cost: \$225.00 or Concession: \$168.75, contact the office directly to claim a pensioner concession rate. Learn the fundamentals of hand building, glazing, decorating and wheel work. Equipment and firing costs are included. Clay costs \$15 and can be bought at the workshop.

Where: North Sydney Community Centre – 220 Miller St, North Sydney.

Contact: 9922 2299

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A modern housing solution

Stephanie Stefanovic

WHEN THINKING ABOUT building or purchasing a house, there are a few key factors that need to be taken into consideration: cost, design, and environmental impact. With your standard brick home, you will typically need to compromise on one thing or another. Modular housing however, may just provide the perfect solution to all of your housing needs.

They currently comprise only 3 per cent of the Australian housing market, but according to Prefab Australia this is expected to increase to 10 per cent over the next five years, with Sydney-based company TEKTUM leading the way.

According to David Hartigan, the company's CEO, there has been a significant change in the attitudes towards modular homes.

"At first, people were looking to modular housing as a cost solution. But now people are turning to modular housing for environmental outcomes or as a solution to a problem," he said.

"More people are doing their homework, so they come to us with a positive attitude about modular housing."

So why choose modular housing?

It's fast

Build time varies between different companies and houses, but typically a modular home takes significantly less time to build than a traditional home. TEKTUM's "House2.0" for example, takes just 12 weeks to build in the factory and is ready to occupy within a week of on-site installation.

It's flexible

The options are virtually limitless with modular housing. Not only can they be designed to your taste and altered to suit your needs, but modular homes are also ideal for complex sites. For instance, Sydney has a number steep sites (particularly in coastal areas) which may be aesthetically pleasing, but are not ideal for traditional housing. Modular housing provides a solution to this problem through the use of a strong, rigid metal framework. This allows the home to be safely and securely placed in such a location without the need to use concrete or significantly alter the ground's surface.

It's cost-effective

Purchasing a modular home can be a great way to keep your costs down. Initially, you will save money on building costs due to the efficient construction process. However, that is just the tip of the iceberg. The majority of modular homes use environmentally sustainable materials and building techniques, which will mean less money spent on energy in your daily life. Modular homes also tend to incur less repair and maintenance costs than traditional homes because they are resistant to termites and other structural defects such as warping and rotting.

It's environmentally-friendly

One of the major benefits of modular housing is how conducive it is to the use of environmentally sustainable materials and building techniques. TEKTUM for example creates modular homes using almost exclusively renewable, recycled,

and recyclable materials whilst also incorporating features such as solar power, solar hot water, and recycled rain water. It's unarguable that building a traditional home with these features would cost much more, which is why environmental sustainability tends to fall to the wayside in the building of traditional homes.

It's safe

Modular homes can be designed specifically to address people with special needs, such as those in wheelchairs or the elderly who are less mobile and are fall-prone. The materials used in modular homes are also carefully considered, eliminating the use of toxic materials such as Volatile Organic Compounds and Formaldehydes. Companies such as TEKTUM have also engineered solutions to common health-threatening issues such as mould build-up, dust mites and other organic threats.

Clearly, there are countless benefits associated with modular housing. But it's not necessarily for everyone. One thing to keep in mind is that building a modular home will require you to purchase the land and home separately, meaning you will need to do your research and consult with the local council about building regulations. You will also be unable to secure a loan with the bank until after the house is built, meaning you will need to pay for construction out-of-pocket. If either of these factors is an issue, modular housing might not be the right option for you. But if you're looking for an aesthetically pleasing home that is flexible, environmentally sustainable and cost-effective, don't look past the modular home as your housing solution. ○



Balcony gardens

Hope William-Smith

DESPITE THE SURGE in high rise development in Sydney, it is easier than ever to sustain a bountiful and effective garden space on your own small balcony. For North Shore residents who may be downsizing, or young residents moving into a first home, a balcony garden is the perfect place to build your own environmental hub and flex those green fingers.

“There’s a lot that can be achieved in a very small space. You can incorporate bench seating and lounge spaces. Although people may be downsizing, it doesn’t mean that they can’t have the same things they’ve had all their lives,” says Landart Landscape Director, Matt Leacy.

“Looking out at green spaces is a lot better for your mental health than a harsh landscape.”

The first step when looking to grow plants on your terrace is acknowledging the conditions in which your plants will be living. This includes the temperature, sun exposure, and the force of winds.

Many plants need constant sun exposure, but others will thrive in a darker, moister condition.

For Matt Leacy, mapping out a plan and deciding on what plants will suit your area and lifestyle are key to designing your perfect balcony garden.

“How much light it gets, how much direct sunlight it gets and also how much wind. Higher balconies are very windy which you need to be very careful of as pots can dry out very quickly.”

If your environment is more suitable to plants that will enjoy the shade, consider fuschias, jumpseeds, azaleas, ferns, pothos, primroses, bleeding hearts, and pansies. If your balcony is under the sun, cacti, succulents, geraniums, hellebores and houseleeks will happily soak up the rays. For low maintenance options, daisies, bamboo, ivy, oleander, and bottlebrush are the most common and effective choices for your balcony retreat.

Herbs and fruit are also popular options for balcony gardens as the high structure reduces the risk of bugs and

pests from the ground. Garlic, tomato, carrots, snow peas, strawberries, and beans will all grow well on your balcony, provided your water system is correct.

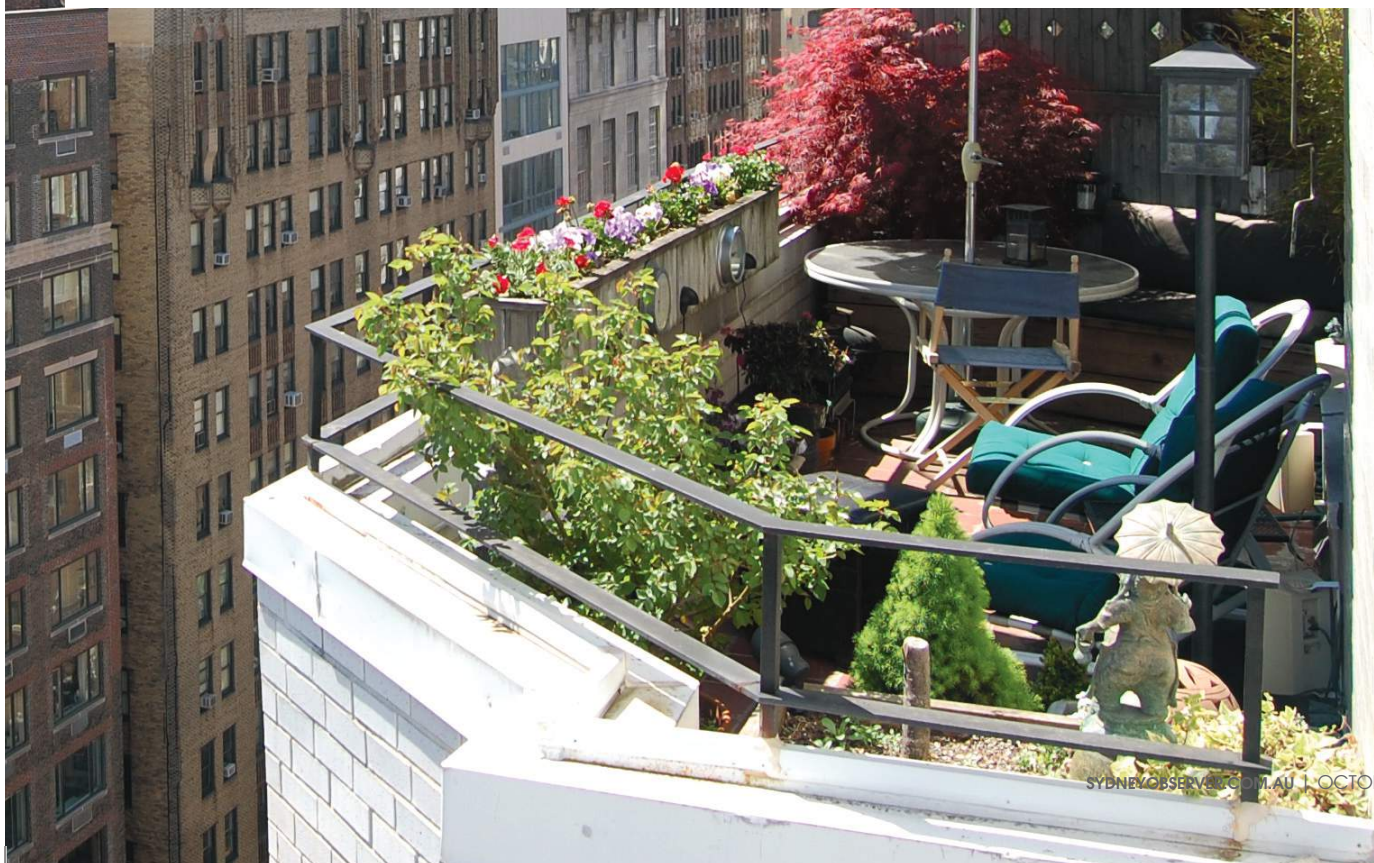
If you don’t have good drainage, you will get a lot of marking on your pavement or tiles,” says Matt.

“Living in an apartment comes with many compromises and plants will need some care.”

With so many options available to you however, you will be spoilt for choice when it comes to choosing the perfect flora for your compact plot.

Landart Landscapes based in Willoughby provides a variety of services in innovative garden design. From a concept plan right through to ongoing horticultural managements, your requirements and lifestyle can be easily adapted into a rewarding and exciting garden plan for your balcony, house or larger area.

landart.com.au



Spring cleaning

Anya Treurnicht

AS THE WEATHER begins to slowly but surely warm up, there's truly no better time to take charge with the fresh air, sunshine, and a pair of neon gloves to get your home squeaky clean and ready for summer.

In addition to taking care of décor, whether it be changing up the theme or colour, making sure you have your place truly freshened up from the inside, out is just as important. As fun as it is to go shopping, redecorate, and rearrange – simply dusting off the remnants of a long winter and doing a few bundles of curtain laundry (yes, it's a thing) or flipping the mattresses – goes a long way.

Here are four tips for making sure you welcome spring into your home the right way:

1. If you have custom drapery or some curtains that you wish to switch over or simply haven't dusted out in, well, years, it's recommended that you take them off and head towards the dry cleaners to freshen them up either for spring, or for next winter

3. Organise your closet! If you have extra storage space, take out those wintry coats and pieces you know you won't need for the warmer months and store them somewhere else to make room for those summer dresses, shorts, bikinis, and light-weight fabrics. This is also a great opportunity to even throw out some clothes you simply don't wear and donate them to a great charity. You'll free up some space (for more shopping of course!) but also feel lighter if your wardrobe needs a tidy-up

2. Already have a water-blaster on hand or some extra cash? Switch your carwash one week for a wash of the windows and vacuum around the panes, sills, and corners. To keep the view fresh and bright towards the sun shining outside, keeping a squeegee is super handy to wipe down every now and then throughout the seasons

4. Create a different mood and experiment with the colours that simply feel like spring and summer – designer Thomas O'Brien explains that he's always collected textiles for when the time comes to switch out bedding, towels, and table linens to bring out a new season or even for a special event. Turquoise with soft yellow tones are great for giving a beach-like feel and you can never go wrong with some copper or rose-gold décor. Flowers are also in bloom so next time you're out grocery shopping, grab a bunch and place them in the kitchen and bring spring inside.



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The Candle Effect

Sabrina Muysken

PLACING CANDLES IN your home may seem simple, but the calming effect they can have is profound. With good reason candles are used as sacred tools in religious and spiritual ceremonies across the globe. The restorative candlelight can not only help reduce overall stress but also help increase self-awareness and instill some tranquility back into your life.

Kyly Clarke, wife of Aussie cricketer Michael Clarke, has created an utterly delicious range of candles that'll transform your home into a serene escape.



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CROSSFIT CRAZE

Anyone interested in fitness has either tried, or at least heard, of CrossFit. Essentially, CrossFit is a strength and conditioning program that aims to develop an elite form of fitness by combining exercises that focus on developing power, cross training and other training modalities. What sets CrossFit apart from other regimes and what attracts so many people, is a lack of specialization. Other fitness programs focus on specific outcomes or goals, whereas CrossFit aims to develop, what they call, a "broad, general and inclusive fitness". The fostering of this type of physical development is hugely popular, and is definitely not for the faint hearted. If you're willing to give the program a go, be prepared for high intensity, and quick results.

GLOWING GREEN SMOOTHIES

Green smoothies are the new healthy alternative. They're easy to make, taste good, and are a simple and effective way of beating the morning caffeine kick-start or the 3pm energy slump. Why are people swapping their morning coffee for a green smoothie? According to Victoria Boutenko's Green Smoothie Revolution, green smoothies are packed with essential vitamins and minerals that have stabilizing effects for the body. They're very easy to digest, and when blended well, most of the cells in the greens and fruits burst, making the valuable nutrients easy for the body to assimilate. When the body can absorb these nutrients, energy levels increase and are maintained. It's hard to kick a habit, and coffee isn't one we're often very open to giving up, but green smoothies are certainly an alternative to consider.

MOVE, NOURISH AND BELIEVE - IN AN APP.

Lorna Jane's popular philosophy has been fostered in an app, allowing users to track their fitness movements and progress. The app features daily inspiration, recipes and fitness tips to connect "LJ sisters" interested in living a fit and active life. The app has been extremely successful in attracting female users wishing to have a tangible source of health motivation. It is currently the number one health and wellness app on iTunes and takes the guesswork out of how to live an active lifestyle by providing simple tips and tricks, and a range of different workouts and recipes that promote the Lorna Jane philosophy. It's the perfect fitness companion, easy to use and a great way to keep you on track and connected to the LJ community.



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Dr Ian Sweeney

Mouth Cancer: Early detection is the key.

AS MOUTH CANCER appears to be on the rise in the population, the role of your dentist in early detection has never been more important.

A large percentage of oral cancers are linked to lifestyle and environmental factors.

Early detection of mouth cancer results in approximately a 80-90 per cent 5 year survival outcome compared with survival rates of around 50 per cent following late detection of oral cancer.

Oral cancers are broadly divided into mouth and oropharyngeal cancers. Tobacco, in the form of cigarettes and especially unfiltered cigars appear to be responsible for up to 2/3 of mouth cancers, while excessive consumption of alcohol has been linked to the other 1/3 of all cases of mouth cancers. Oropharyngeal cancers originate in the throat immediately behind the mouth

and appear to have been linked to Human papillomavirus (HPV).

The HPV family of viruses is one of the most common viruses. The American centre of disease control say that 80 per cent of Americans will have HPV infections in their life time, with 99 per cent clearing the infection without consequence. Generally the body's immune system is able to rid the HPV infection without causing any problems. The HPV virus consists of almost 200 strains, of which only 9 are linked to oral cancers. Of the 9 that are high risk, only 1, HPV16, is strongly associated with oropharyngeal cancer.

The most rapid growth populations for oropharyngeal cancers are the otherwise healthy non-smoking 25-50 age range. Non-smoking males aged 35-55 are most at risk, with a ratio of 4:1 over females.

These figures are not meant to scare, rather educate. Although Oropharyngeal cancers are increasing, they still have a very low incidence in the community. However,

the American oral cancer foundation recommends that "Anyone old enough to have engaged in behaviours which are capable of transferring this very ubiquitous virus needs to be screened annually for oral cancer".

Existing treatment modalities for HPV infection work best in the early stage of infection. Treatment at this time shows the highest survival rates stressing the need for annual screenings to help early detection of this disease.

It is imperative that any ulcers, red or white spots in the mouth, hoarse voice, pain or difficulty in swallowing, numbness of the tongue or other parts of the mouth that persist for more than two weeks should be re-evaluated and considered for a biopsy.

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

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Breast Cancer Awareness

Hope William-Smith

OCTOBER IS BREAST CANCER AWARENESS month – a time to consider the sensitive, but also uplifting elements around one of our country's most serious diseases.

Breast cancer remains the most common cancer among Australian women, a disease that effects one in eight Australian women by the time they reach 85. Discovering breast cancer early provides the best chance for survival. 89 out of every 100 women diagnosed are now surviving five or more years beyond diagnosis.

The annual Awareness campaign encourages women to plan ahead to detect the early signs of cancer and to make the appropriate and necessary steps for coming to terms with it.

The McGrath Foundation, which recently celebrated it's ten year anniversary, will host a signature high tea in Sydney come October 23. This will be a throwback to one of the Foundation's very first fundraising initiatives. These events

encourage supporters to wear pink, enjoy tea, coffee, and treats together whilst donating to the awareness campaign.

Breast Cancer Awareness month calls for all women to focus on the impacts of breast cancer. It is imperative to find out what needs to be known about health awareness and share that information with family, friends, and colleagues.

Cancer Australia will hold the Pink Ribbon Breakfast at the Westin Hotel, Sydney on Monday, October 12. Purchase a tickets to hear inspiring speakers on survival and awareness, the latest updates on breast cancer and what can be done to reduce the impact of the disease.

The National Breast Cancer Foundation is also giving all women the chance to host their very own Pink Ribbon Breakfast, raising funds for life changing cancer research.

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INTERVIEW WITH THE PSYCHIC

Sabrina Muysken

THE TERM 'PSYCHIC' evokes a vast array of cliché thoughts. Horoscopes, crystal balls, con-artists, and ghost busters – for many, these are some of the words that immediately spring to mind. We've seen these so-called 'Psychics' saturate our television screens and have all too often walked down the library 'Self-Help' aisles, where books on spirituality take refuge.

As human beings dubiety inherently plagues our perception towards the unusual or unknown. We often opt to overlook psychic phenomena due to its inexplicable nature, throwing these paranormal inklings onto the crazy pile. Yet there still remains that quizzical question, what if? A question that beckons some of us, including myself, to consider the possibility of the unexplainable.

When sitting down with renowned Sydney Psychic Kerrie Erwin one thing is clear: skepticism doesn't phase her in the slightest. For Kerrie encountering dead people is nothing extraordinary. In fact, it's just everyday life.

"It doesn't bother me. I've always been very different," exclaimed Kerrie.

From a very young age hearing, seeing, and even speaking to the spirit world has been her reality.

"When I was sleeping, spirits used to wake me up at night. I would hear their footsteps, then sure enough I would look up and someone would be standing right above me," she recollected.

"I didn't know what they wanted; I was too scared to even ask."

Not dissimilar to most children, Kerrie grew up petrified of the dark. For the dark, as she explains it, is where the spirits live.

"In the dark they're there, they touch you and they can do things. I was terrified! That's why when I see a lot of mother's with children I always tell them

to put a light in their room."

I was then somewhat surprised to discover that Kerrie leads her very own séance group. For those of you not down with the spiritual lingo, séance is an ancient form of mediumship where people make direct contact with the dead. Essentially a spirit inhabits a mediums body and communicates through them. Eerily, a séance scene is staged at nighttime and requires utter darkness. From moving objects to jewellery being suddenly ripped off, Kerrie has seen it all.

"When I first started doing séances spirits would follow me home. My children would call out from another room and I would have to go and get rid of them. I've even done spiritual rescues where I've been thrown across the room, but that's another thing all together."

"I'm a Psychic and a Medium. Most people have one or the other. I have both,"

Séance is but one of the many spiritual platforms Kerrie works across. With accreditations in spiritual mediumship, clinical hypnotherapy, past-life regression, vibrational medicine, and healing – just to name a few – she ultimately classifies herself as both Psychic and Medium. A Psychic being someone who tunes into a persons energies through various techniques such as tarot card reading, whilst a Medium communicates directly with spirits.



Kerrie Erwin

"I'm a Psychic and a Medium. Most people have one or the other. I have both," Kerrie modestly acknowledged.

With that Kerrie began firing off seemingly outlandish statements about my very own life. She addressed my career aspirations, family history and, of course, my love life. Nothing appeared off limits to her finely tuned capabilities. I found myself in awe of not only her accuracy but her precision to detail. How could she know these things? I asked myself. I went into our meeting considering myself a 'believer' rather than a skeptic, but it wasn't until I was confronted with some startling truths that I truly considered the possibility of an actual spiritual realm.

It's hard to believe work as a Medium is solely consumed by love and light. When asked on bad experiences Kerrie immediately reflects on her time assisting the Australian police force.

"Working with the police just wasn't

for me. Dealing with murders was too dark and overwhelming. I've met some really bad spirits. They have a very dark energy, they're hard to get rid of and it's very draining."

Undoubtedly Kerrie would make for the ultimate dinner guest, with more fascinating stories to share than I have words. The next best thing would be reading one of her five books, specifically her latest release *Sacred Soul: healing stories that bind us to love*. Stories of pushy poltergeists, reincarnated love, and overly amorous spirits are just a few of the quirky tales.

"I'm very passionate about writing down my encounters and experiences with the spirit world. Everything in my book is real life stories. It's about

educating people and giving them a bit of hope and faith that they're not alone."

Kerrie hopes her books provide some solace for the psychically inclined as well, especially those starting out on their spiritual journey.

"I hope my books help young mediums. I really hope it gets easier for people like me. This is my legacy to encourage young Psychics, young Mediums, and everyone out there to step into their power."

When probed on how to decipher the quacks from the spiritually gifted, Kerrie smiles and cryptically says, "Trust your instincts. You'll know." ○

Kerrie Erwin's books are available for purchase through Amazon and Love&Write publishing.



pureview.com.au
loveandwrite.com.au/sacred-soul

World Food Day

Alex Dalland

AROUND 795 MILLION people go hungry every day, according to a report released by the United Nations. World Food Day will take place on October 16, the 70th birthday of the United Nations' Food and Agricultural Organisation (FAO).

The State of Food Insecurity in the World 2015 examines how widespread world hunger is, and the best ways it can be addressed. The 1996 target to halve the number of undernourished people to "half their present level by no later than 2015" has been met. However, factors such as war and national instability, as well as the cyclical nature of rural poverty, are slowing further success in this area.

This year's World Food Day theme is "Social Protection and Agriculture: Breaking the Cycle of Rural Poverty". For many of the world's hungry, most of

whom live in rural areas, the success of their next harvest can be the difference between life and death. Social protection, in the form of government plans to provide insurance for crops, or voucher and payment systems to help delay risk, can provide a safety net for these people.

"Without the programme I wouldn't have been able to open my small shop where I sell home-made bread buns, hats and dried vegetables, to hire somebody to work on my farm, to send my grandchildren to school and to buy medicines," says Poniso Mondandi from Zambia's Makalanguza village in an interview with the UN and UNICEF, while she waits in line for the 140 Kwacha (equivalent to around 27 USD) she receives every two months.

In Australia, Oxfam is planning to

celebrate World Food Day by raising awareness for the concerns many overlook when they think about food shortage.

"This World Food Day, Oxfam will be online and on the streets, sending a clear message to our political leaders that Australians are hungry for real climate action," Laurelle Keough, a spokesperson for the organisation says.

"Climate change is one of the single biggest threats to our chances of winning the fight against hunger."

"Extreme weather events, like Tropical Cyclone Pam in Vanuatu, are a forceful reminder that the people who have done the least to contribute to climate change are already being hit hard by its devastating impacts."

CHATting WITH PETE EVANS

Sydney Observer's Sabrina Muysken caught up with Pete Evans to chat about all things food, health, and the controversial paleo way.

Sabrina Muysken

Let's jump straight in. Have you always had a passion for health?

"I've always been pretty interested in healthy eating. In my twenties when I was a chef in Melbourne I was vegetarian and that's when I started to understand that the food you eat changes everything, particularly the way that you feel. But, even though I had always been pretty conscious about the ingredients I used to cook with and had a good palette for different flavours, there were still a few bits and pieces that weren't quite clicking for me. Sure, I followed the dietary guidelines - consuming lots of whole grains, fruit, veges, meat and fish, as well as a bit of dairy and pasta. But I still I just didn't feel like I was firing on all cylinders. My partner Nic and I started searching for alternatives and that's how we both became interested in paleo."

For those who don't know, what exactly is 'paleo'?

"All paleo is about is consuming a small amount (the size of your palm) of well-sourced meat from land or sea and choosing to eat from nose to tail. Then it's about filling your plate with an abundance of seasonal vegetables (cooked or raw), adding some good quality fat and finishing it off with some gut healing fermented veg and daily bone broth. It's not complex at all. Far from it, in fact, I don't reckon I've ever eaten so simply or have had food taste as good as it does now."

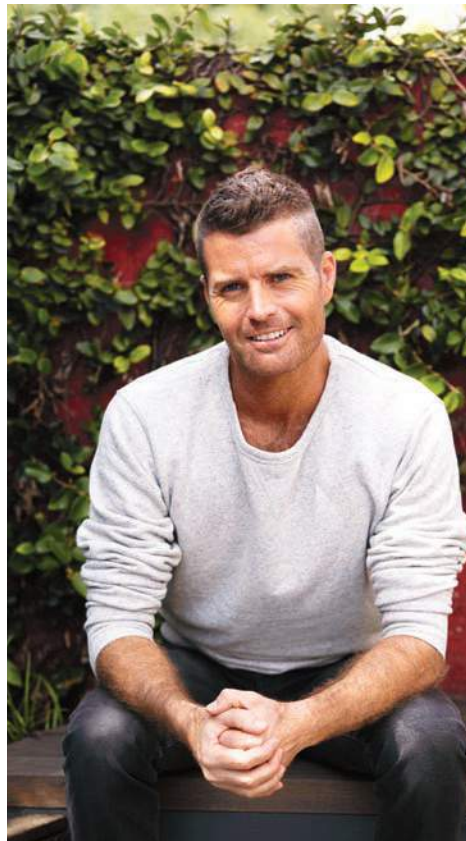
When transitioning to paleo, does your body go through a withdrawal or detox process?

"Any detox or withdrawal process really depends on what your diet was like

before going paleo. You might feel a bit off initially but what I found for myself was that, after cutting out dairy, sugar and wheat for three months, I had heaps of energy. Once I added some fermented foods and daily bone broth, the whites of my eyes began to sparkle and I started to feel physically and emotionally stronger. It gave me the energy to get out there and kick life in the butt."

So many of us lead such busy lives, how hard is it to keep to paleo even when we're on the go?

"The secret to paleo is planning, leftovers and a really good lunchbox. You can get these cool ones now that are all divided up so you can have your snacks



and your leftovers in a little chilly bag. At home, we make big portions of everything we cook and freeze stuff so when we are busy, we can just reach for those. I also don't eat out that much but when I do, I just try to choose the best possible option at the time. It's really awesome to see more restaurants serving paleo options on the menu in Australia that use lots of interesting ingredients."

There seems to be so much controversy surrounding the paleo way. Why do you think that is?

"That's because the paleo way challenges the status quo and threatens the vested, profit-driven interests multinational corporations have in our food supply. This is a movement that makes the processed food industry obsolete. It's about finding fresh food sourced locally, slowing down and enjoying the little things. For me, my favourite part of any day is spending time in the kitchen with my family preparing a meal then eating it together."

We're a nation that's been raised on classic grain foods like Weet-Bix, do you think it's going to be hard to change that mindset?

"No, not at all. This is about educating, freely sharing information with each other and talking about the changes we want to see in our food supply. By voting with their wallets, Australians are using their consumer power to change the game when it comes to what appears on our supermarket shelves. It's inspiring and awesome to see so many more people becoming more conscious of where their food comes from."



What is your fondest memory in your career thus far?

"The fondest memory of my career so far is hearing that our paleo books are the biggest selling health and cookbooks in Australia for the last two years. This excites me because it means the message is being received loud and clear. I also love the daily emails we get from people doing our program because of the most amazing health stories they share."

What can people expect from your new cookbook 'Fast Food for Busy Families'?

"I'm stoked and proud of that we've developed more than 100 fresh, nutrient-dense dishes that can be made in less than half an hour. We do live in a full-on world these days and none of us have a lot of time. That's what inspired me to want to do this book because I want to show people how easy and fuss-free it can be to live healthy every day. It was awesome to create some of my family's favourite comforts - yep there's paleo burgers and some ideas for the barbie in this little beauty. The other thing people can expect from this book it shows how some herbs,

spices, nuts and good fats can give big flavours to even the simplest of dishes. Plus there's a whole lot of cool recipes in there that I loved making with my kids and I hope other people get that same buzz when they create these recipes with their own families too."

Do you have a favourite paleo recipe?

"My favourite recipe right now has to be the lamb tortillas from my new book. It's such a quick meal but packed full of so much flavour."

Do you have any passions outside of cooking?

"I love the ocean, I love to surf and I love my family. There is no better morning for me than one spent in the surf with my girls."

Pete Evans new book 'Fast Food for Busy Families' is out now.

peteevans.com

thepaleoway.com



Spring races

The spring racing season has kicked off. Picking a winner outfit can present quite the dilemma. With so many elements to consider it's easy to feel overwhelmed and out of your depth. To help you through this year's racing calendar we've compiled a few fashionable tricks. Giddy up!

Sabrina Muysken

Hat-friendly Hair

Finding the perfect headpiece is half the battle. Deciding what hair to pair it with is just as crucial. If you're wearing a structured hat opt for a sleek pulled back, low bun. Let your headwear take the glory here to give you that minimalist, sophisticated look. Rocking a jewelled headpiece? Simple straight locks with a centre part works best. If you're considering a softer look with a flower crown, match your boho vibe with an all out wavy do.

Stand out

It's all too easy to conform to the typical 'rules' of race day fashion. We've seen these looks all before. The black and white trend, overly matching accessories, the classic fascinator and, of course, the little cocktail dress. Why not dare to be different? Embrace some of the latest fashion trends that will make you truly stand out from the racing crowd. A structured pantsuit, or jumpsuit, is a fabulous take on the cocktail dress. Pair with a sharp hat and a sleek up-do, you'll really make a statement. Not keen on the femme meets masculine vibe? A two-piece skirt and top set is your answer. Pair with a detailed headpiece and you've already set yourself apart. Remember opting for bold colours and interesting prints is key.



Survival Kit

Heading off to the races can make for a very long and tiring day. Being in the blistering sun and wearing high heels can be a tall order. Prepare yourself ahead of time with the essentials and you'll never look back. Write these down and don't forget them: Sunglasses, Band-Aids (high heels = oh-so-painful blisters), Mini Perfume or Deodorant, Panadol, Mini Sunscreen and a Standout Lipstick (a bold lipstick can instantly refreshen your makeup look).

Rent-a-Dress

Fashionista's rejoice! If you love designer fashion but your dream outfit's price tag sends you into a cold sweat fear not, because we've got the perfect solution. No longer are the days where clothing hire means outdated, perspiration stained, cringe worthy formal wear. With a bevy of trendy online sites run by fashionable women in the know, obtaining that dress (for a fraction of the price) is as simple as a click of your mouse. With the latest threads from Aussie designers like Zimmermann to Alex Perry on offer, you're guaranteed to be race-day ready without blowing your budget. Bonus points: most online rental stores even include dry-cleaning, so all you have to do is send back the garment on time and you're free of any stress.

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Guide to 'Good Food Month'

October is 'Good Food Month', with a world of exciting food events to experience across Sydney. Whether you're in the mood for a special dinner or just a quick and cheap eat, the world's largest food festival has it all. We bring you Sydney Observer's guide to Sydney's 'Good Food Month'.

Alex Dalland

Sydney Craft Beer Week

Over 70 bars and pubs across the city are participating in Sydney's own Craft Beer Week. Head down to World Square (near Town Hall Station) and enjoy a drink or just some lessons on craft brewing from the experts behind Little Creatures Pale Ale. Special events will be running throughout the week.

Where: 680 George St, Sydney
When: October 17-25, 12pm-10pm
Cost: Free Entry

Beachside Wine & Cheese

For lovers of wine and cheese living north of the bridge, The Pantry at Manly offers a good range of cheese with a great view of the beach. Yalumba wine is included as part of Good Food Month's 'For the Love of Wine and Cheese' event.

Where: The Pantry – Ocean Promenade, North Steyne, Manly
When: All October (closed Sundays), 12pm-11pm
Cost: \$32

Norton Street Festa

One of Sydney's most well-known Italian food streets will be hosting the 'Norton Street Festa', one of Australia's largest street festivals. Featuring a range of fun activities for kids as well as a wide range of Italian cooking demonstrations from professional chefs and members of the community.

Where: Norton Street, Leichhardt
When: October 25, 10am-5pm
Cost: Free Entry

Night Noodle Markets

One of the feature events of Good Food Month is the Night Noodle Markets – held in Hyde Park. With more food stalls than ever before, 2015 will be the biggest year so far for the markets. Experience a range of fantastic street stalls selling food from all across Asia.

Where: Hyde Park, Sydney
When: October 8-25, 5pm-9pm (10pm Thurs-Sat, 11pm Fri)
Cost: Free Entry

High Tea at Sea

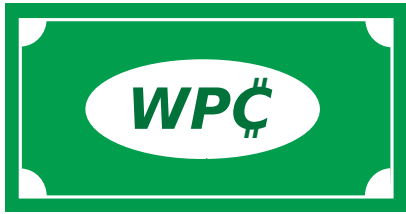
Cruise across picturesque Sydney Harbour while enjoying finger foods such as Crystal Bay prawns on dill blini with crème fraiche, porcini, chili jam and pork sausage rolls, and chocolate-dipped strawberries. Ticket includes one complimentary glass of champagne.

Where: No. 6 Jetty, Circular Quay
When: Wednesdays and Saturdays throughout October, 2:30pm-3:45pm
Cost: \$49 – for more information visit captaincook.com.au or call (02) 9206 1111

Marvels of Molecular Gastronomy

As part of Good Food Month, there are a range of masterclasses being run across Sydney. This class, run by culinary school the William Angliss Institute, focuses on how physics and chemistry can be used to create a multi-sensory cooking experience and is excellent for beginners.

Where: Ground Floor, 26 Waterloo St, Surry Hills
When: October 29, 6pm-8pm
Cost: \$50 – booking via eventbrite.com is essential



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Chatswood's simmering new restaurant

Stephanie Stefanovic

A SIMMERING NEW restaurant has just opened up at Chatswood Interchange.

Simmer Huang is a Chinese hotpot-based restaurant with over 500 venues worldwide, including four locations in Sydney.

If you're unfamiliar with hotpot, it's a cooking technique that involves the use of simmering to cook food – and it's delicious.

Cooked without using a single drop of water, meat is flavoured with sauces and vegetable juices, and is all done in a closed pot to speed up the cooking time. The food is not fried and the simmering process isn't affected by air, so all of the vitamins and proteins are kept intact and the meat is amazingly juicy and tender.

The best part? All of this happens right at your dining table, so you get to

watch the cooking process from start to finish.

Chinese hotpot certainly has a reputation for being delicious, and Chatswood's *Simmer Huang* definitely does not disappoint.

At the restaurant's opening in late September, countless tasty dishes were served, including a special limited edition duck salad created by Masterchef Australia star Alvin Quah. Light, fresh and extremely tasty, it was definitely star-quality.

However, the real winner of night was the braised pork ribs. Made using the simmering technique, *Simmer Huang* Chatswood produced some of the most tender, juicy pork ribs you could ever eat. Marinated in a delightful citrus sauce and combined with flavoursome vegetables

and herbs, *Simmer Huang's* pork ribs are a must-try.

But it doesn't stop there. *Simmer Huang* Chatswood is the first Sydney venue to contain a bar, serving inventive cocktails with unusual Chinese ingredients.

Unusual they were, but they sure were tasty. If you're a fan of Chinese fruit tea, you'll definitely enjoy these. Sweet, fruity and sometimes a little spicy, the cocktails acted as the perfect compliment to the delicious meat and noodle dishes that were served.

If you're looking for a great night out, don't go past *Simmer Huang* Chatswood. The unique cooking process makes for a fun, interactive atmosphere and the food and drinks are fantastic too. ○



PALEO MEDITERRANEAN CHICKEN PASTA

Hope William-Smith

PREPARATION TIME: 30 MINUTES

INGREDIENTS:

- 500g chicken breast
- 1 spaghetti squash
- 2 tbsp coconut oil
- 1/2 cup sun-dried tomatoes, julienned
- 90g sliced black olives
- 1/4 cup pine nuts (can substitute sliced or slivered almonds)
- 1/4 cup extra virgin olive oil
- 1/2 lemon
- 1 tsp arrowroot powder for thickening if needed
- Salt and pepper to taste
- 1 tsp garlic powder
- 2 tsp Basil

DIRECTIONS:

1. Heat oven to 190° (gas) or 225° (electric)
2. Cut spaghetti squash in half, lengthways and place facedown in 3-4cm of water
3. Bake for 55 mins
4. Cut chicken into chunks and season with salt and pepper
5. Heat coconut oil in pan over medium high heat then lightly sear chicken when hot
6. Simmer chicken until cooked and add sun-dried tomatoes, pine nuts, arrowroot powder and zest and juice from lemon.
7. Remove from heat and add olive oil
8. Place combines ingredients on to spaghetti squash and top with chopped basil
9. Serve hot



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Stopover in Abu Dhabi

Sabrina Muysken

IF YOU'RE TIRED of the long, red-eye flights to Europe consider incorporating a stopover into your next overseas adventure. And what better place to stopover than the Emirati city of superlatives: Abu Dhabi.

Known for its grandeur and luxury, Abu Dhabi is the pinnacle of the extreme. Home to the world's most expensive Mosque, fastest rollercoaster, and most expensive hotel, not to mention a second Louvre, it's easy to spot a pattern. Everything here is either bigger, flashier, faster, brasher, or all of the above. That's not to say that these lavish ventures aren't affordable. In fact unlike other flush cities, Abu Dhabi offers its visitors luxury at competitive prices. Fortunately the United Arab Emirates is not experiencing the unrest many other Arab countries are facing, making it a safe and enjoyable way of tasting what the Middle East has to offer.



KAHWA

The best way to start your morning is to do as the locals do, which is drink a steaming cup of delicious Arabic coffee.

SHEIKH ZAYED GRAND MOSQUE

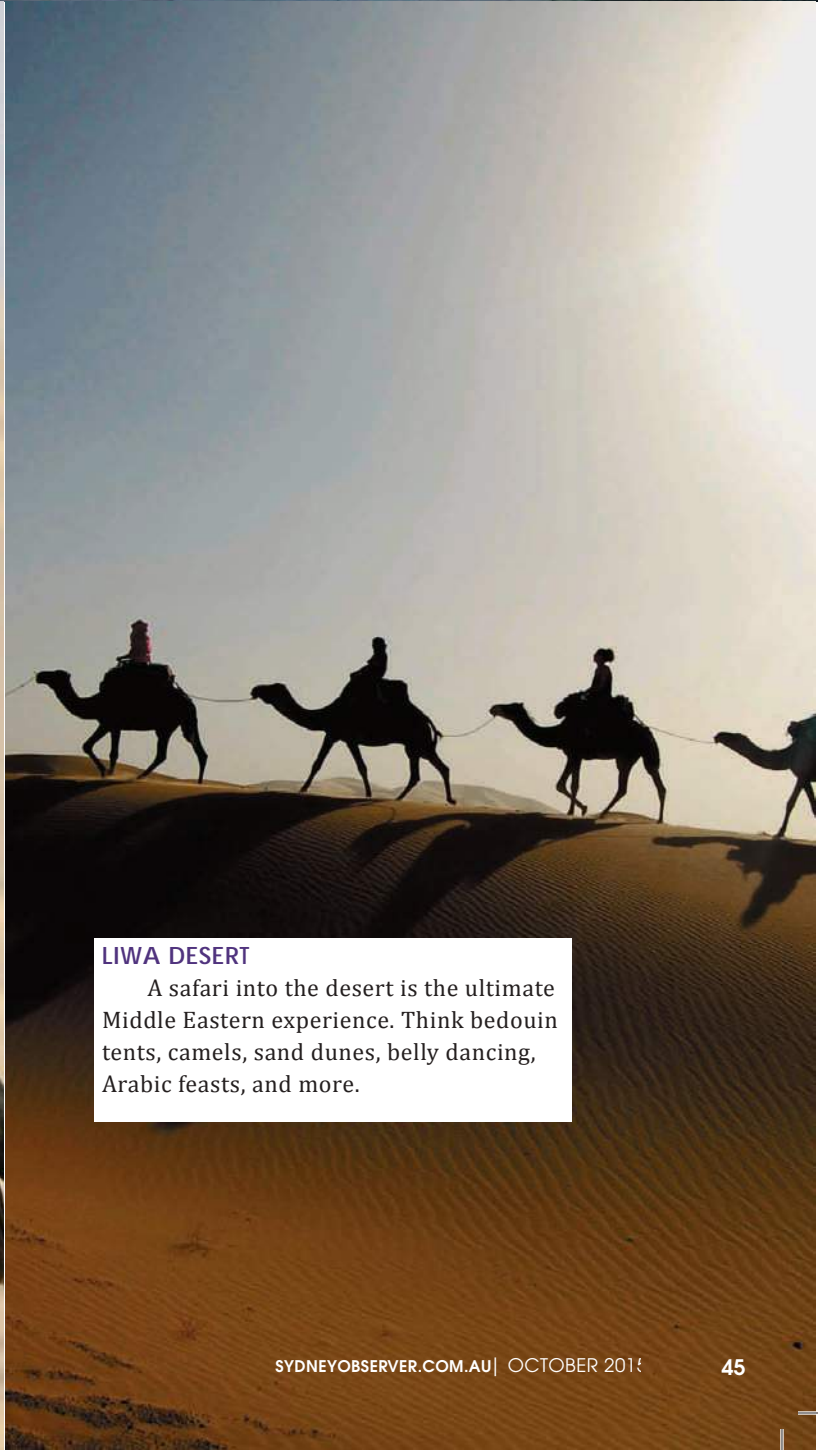
The saying 'If you've seen one, you've seen them all' doesn't apply here. With over 100 000 tons of pure white marble, a multitude of semi-precious stones, and 40kg of 24kt galvanised gold, this Mosque is something truly spectacular.



THE CORNICHE
A walk along Abu Dhabi's Corniche is a must. Sweeping the western side of the city the Corniche is the perfect chance to completely take in your awe-inspiring surroundings, turquoise water, skyscraper buildings, prayer time call, and all.



FALCON HOSPITAL
Falcons are an iconic part of traditional Gulf culture. A visit to this fascinating hospital will not only educate you on their unique role in Arabian history, but will allow you to get up close and personal with this incredible creature.



LIWA DESERT
A safari into the desert is the ultimate Middle Eastern experience. Think bedouin tents, camels, sand dunes, belly dancing, Arabic feasts, and more.

Ask clairvoyant Kerrie



Kerrie Erwin

Nicole

October, 1989

Will I have Children? If so, how many?

I feel there is an elderly woman in spirit around you and she keeps telling me when the time is right, you may have two or three healthy children but it is up to you as you are going to be very busy. As your career is very important and you are such a quite determined girl your life's purpose is to have balance. There may be a bit of stress this year so watch your health, being mindful of not burning the candle at both ends so to speak with work and play. Great opportunities with work this year.

Response: This is a great comfort. Thank you Kerrie!

Margaret

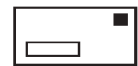
May, 1957

Where is my father's pigeon ornament?

I'm seeing the ornament wrapped up in paper in a box. I feel it has been discarded. This I feel was a passion your father had in his life. I am hearing a man talking, telling me it doesn't matter as he doesn't need it now. Racing birds is something he did throughout his life and a great passion. I get the name John, Bill and Les. I can also smell cigarette smoke. This was something he dearly loved.

Response: Oh my god! How did you know? I can't believe it! Thank you.

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READING?**



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

Spirituality and aging

SPIRITUALITY IS VERY important in the elderly, as it is a time to reflect on one's own mortality. Studies have also shown that spirituality tends to increase during later adulthood. Quite often when you take the time, elderly people have many interesting stories on how they have handled life and quite often they are aware of their own mortality and fragility with the aging process. It can be said that no matter what our beliefs, aging is a journey, which includes a spiritual dimension focusing on the meaning of life, hope, purpose, and explored relationships with others, all within the natural world.

WILLIAM

William was an elderly man that came to me for a reading. He had never been to anyone like me before, but was desperate to get in contact with his wife who had died two years previously from an aggressive cancer. When he came into my office he told me before he sat down that he was agnostic but after his wife's death had changed his mind as he was having vivid dreams and could feel his wife's spirit around the home. With all the visitations he thought he was going mad, but when their dog started barking excitedly as well, he was convinced there

was indeed an afterlife. No sooner had he stopped talking his beloved wife's spirit came into the room and gave him information he needed to hear. After she had finished he wiped his eyes, started laughing and told me he was no longer afraid of his own departure when it was his time, as he was over the moon that their love for each other was just as strong.

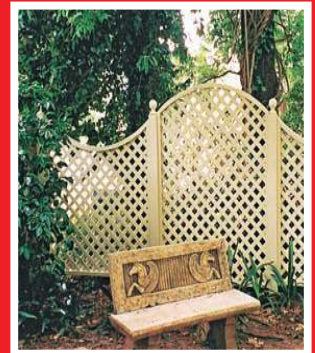
*Blessings and Love,
Kerrie*

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WHAT'S ON

October

2 October Sunrise Bender Free Yoga

Where: Bondi Beach South (meet near ramp – Bondi Icebergs side). Register online. Fluro attire recommended but not compulsory. Free organic treats from BondiWholefoods.

Cost: Free, bring yoga mat and fluro outfit.

When: 6:30am – 7:30am

Contact: trybooking.com/FJLA

5 October Pinot Palooza

Where: Carriage Works (Blacksmith's Workshop), 245 Wilson St Eveleigh, NSW 2015

Cost: \$60 (General Admission) - \$95 (VIP)

When: 1pm-6pm

Contact: pinotpalooza.com.au

18 October Picnic Markets Surry Hills

Where: Prince Alfred Park on Chalmers Street, near Central Station

Cost: Free

When: 18 October, 11am-4pm

Contact: picnicmarkets.com.au

31 October Oktoberfest in the Gardens

Where: The Domain (Phillip Precinct), Sydney CBD

Cost: \$39.90 - \$64.90

When: 31 October, 2pm-10pm

Contact: oktoberfestinthegardens.com.au

22 October Sculptures by the Sea

Where: Bondi to Tamarama coastal walk.

Cost: Free

When: 22 October - 8 November

Contact: +61 2 8399 0233, info@sculpturebythesea.com

4 October Barangaroo Reserve Free Giant Picnic

Where: Barangaroo Reserve

Cost: Free

When: 4 October, 11am – 5pm

Contact: barangaroo.com

11 October: Wellness Walk

Where: Government House and the Botanic Gardens

Cost: \$20 (Concession and Students) \$30 (Adult)

When: 11 October, registration and entertainment from 8.30am, walk at 10am.

Contact: wellnesswalk.org

Thursday Northside Produce Markets

Where: Civic Park, 220 Miller St, North Sydney

Cost: Free, running through the month of October

When: Every thursday for the month of october (1st, 8th, 15th, 22nd, 29th) 8am-2pm

Contact: 9922 2299

Wahroonga Food and Wine Festival

Where: Wahroonga Park, Stuart St, Wahroonga.

Cost: Free, wine tasting tickets and packages start at \$20

When: 25 October, 11am-5pm

Contact: wahroongafoodandwinefestival.com.au

Kirribilli Art & Design & Fashion Market

Where: Kirribilli Bowling Green 68 (cnr Burton St), Alfred Street, Kirribilli

Cost: Free

When: 11 October, 9am

Contact: kirribillimarkets.com/art-and-design-market

Mother Nature Art Exhibition

Where: Lavender Bay Gallery, 25 Walker Street, Lavender Bay

Cost: Free

When: October 9, 6pm

Contact: royalart.com.au

North Sydney Market on Miller

Where: Civic Park, North Sydney Council, 200 Miller Street, North Sydney

Cost: Free

When: 10 October, 8am.

Contact: 9922 2299

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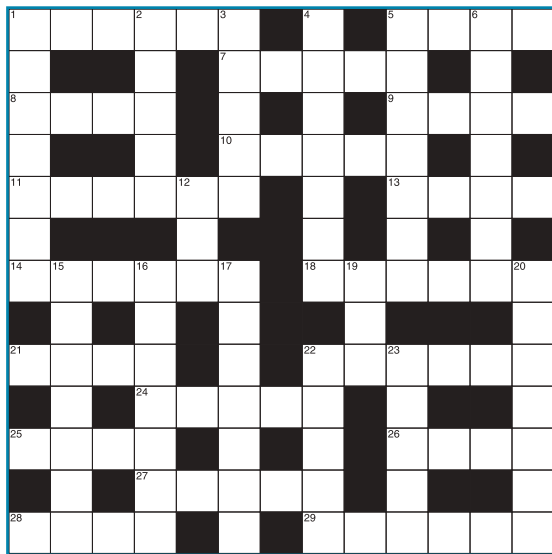
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Crossword



ACROSS

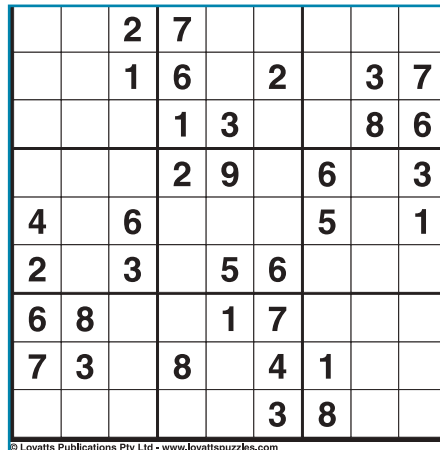
- 1. Wily
- 5. Pen tips
- 7. Lead-in
- 8. Brave man
- 9. On an occasion
- 10. Lazed
- 11. Have effect (on)
- 13. Scalp parasites
- 14. Oversee

- 18. Dress ribbons
- 21. Tropical tree
- 22. More profound
- 24. Irritating to the skin
- 25. Terrace level
- 26. Cattle prod
- 27. Run off to marry
- 28. Old
- 29. Becomes faster, ... up

DOWN

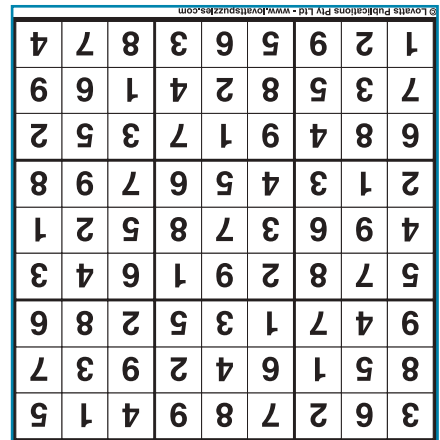
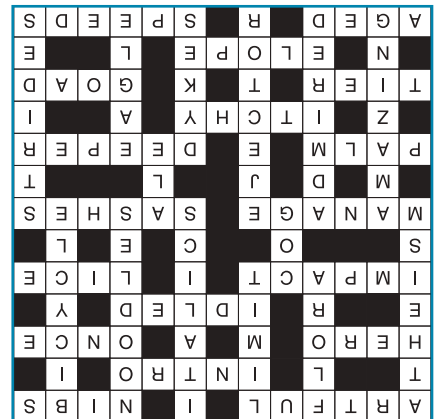
- 1. Religious non-belief
- 2. Local vegetation
- 3. Extent
- 4. Sloping typeface
- 5. Asian food items
- 6. Tour de France vehicle
- 12. Wheel tooth
- 15. Astounding
- 16. Respected
- 17. Pilot safety aid, ... seat
- 19. Beer
- 20. Long steps
- 22. Dutch sea walls
- 23. Golfer's two under par

Sudoku




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According to Member for Ku-ring-gai Alister Henskens, Ku-ring-gai has a high number of residents over 65. The electorate is in the top 25 per cent for this age group. With the number of senior citizens set to double by 2050, aged care services are becoming more important than ever.

“Many years ago, lifestyle facilities like Adventist Aged Care, were simply a pipe-dream”- said Mr Henskens. “Years ago, there was the notion that seniors were more a burden than anything. We've got a much better, positive and rewarding experience for our senior citizens today.”

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