



YOUR CUT OUT AND KEEP GUIDE STARTS ON PAGE 34

HOLIDAY FUN FOR THE WHOLE FAMILY

Fun. Family. Great ideas. Things to do. Places to go.



NEWS LOCAL

Mosman Daily & NORTH SYDNEY

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Australia's Community Newspaper of the Year*

REALESTATE

Rugby hits right chord

RUGBY and musical theatre don't always mix, but one Mosman house has struck a chord with both Darren Junee and Anthony Warlow.

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LIFESTYLE

Staff inject a little colour

STAFF at Royal North Shore Hospital have found a cure for the blank walls of the new hospital building. They are injecting them with their own colour.

PAGE 36

SPORT

Dedicated to sport he loves

JEREMY Brown's dedication as a soccer volunteer has won him a Junior Sport Star Service to Sport award nomination.

PAGE 140

Picture: DAVE SWIFT



Our eco-warrior

Michael Stevens has single-handedly collected three cubic metres of trash in 80 visits from North Sydney beaches in a year. Full report, page 12



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Lifestyle.



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AWARDS

LEARNING TO LET IT GO

DEALING WITH FIFTY SHADES OF STRESS

Kate Crawford

NO wonder women are reading *Fifty Shades of Grey* — they're suffering fifty shades of stress, Marie Rowland says.

She says the success of the book may be less about sex and more about escape — showing just how stressed women are.

"The book is saucy but it's also about fantasy and surrendering control," she said.

"It's not wonder the book has been so successful. It offers a respite from the daily grind for women. Who wouldn't want to be swept up into the arms of a rich, dashing man who does all the thinking for you?"

"The feminist in us rejects this out of hand but there is something very appealing in just letting go."

Rowland, a counsellor and psychotherapist, is running a workshop at Mosman on October 6.

The workshop is entitled *The Superwoman's Toolkit* and Rowland says it's time women ripped off the cape and saved themselves. The workshop, also run by



Marie Rowland and Sarah Anne Evans are running a workshop called the Superwoman's Toolkit.

Picture: SIMON COCKSEGE

holistic health and lifestyle coach Sarah Anne Evans, includes advice on managing stress, practical strategies and how women can look after themselves.

"Women tend to do everything for everybody else and they are last on the list," said Rowland.

She says despite feminism, women's workload has increased

dramatically and even a supportive partner may not alleviate the treadmill of domesticity, work and children.

"Even in affluent middle class communities, such as Mosman, there is lot of distress and anxiety behind closed doors," said Rowland. "Women do so much. It's innate with them and it can

also become a pathological avoidance of self, avoiding even thinking about what we need to make us happy."

The workshop will be held at Yoga Sivana in Mosman between 1pm and 4pm on October 6. Cost is \$95, including refreshments. Bookings essential on: yogasivana.com.au.

fast lane

Comics on stage

Comedian Gary Bradley, who entertained audiences at the Melbourne Comedy Festival with his adventures entertaining troops in the Middle East, will be on stage at the **Crows Nest** Hotel on October 4, along with fellow comedians Mike Goldstein and Chris Radburn (pictured). Details: crowsnesthotel.com.au.



Exploring the bush

Following a successful year as a finalist in a string of art prizes, **Greenwich** artist Neil Taylor is holding a new exhibition exploring the Australian bush, at the Wagner Art Gallery in Paddington, opening on Saturday until October 24. Details: wagnerartgallery.com.au.

take a number

3

km walk highlighting North Sydney foreshore flats is on October 21. The tour, hosted by Dr Ian Hoskins, will include the Blues Point Tower and take about 2½ hours. Comfortable shoes recommended. Starts 9.45am. Bookings: 9936 8400.



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