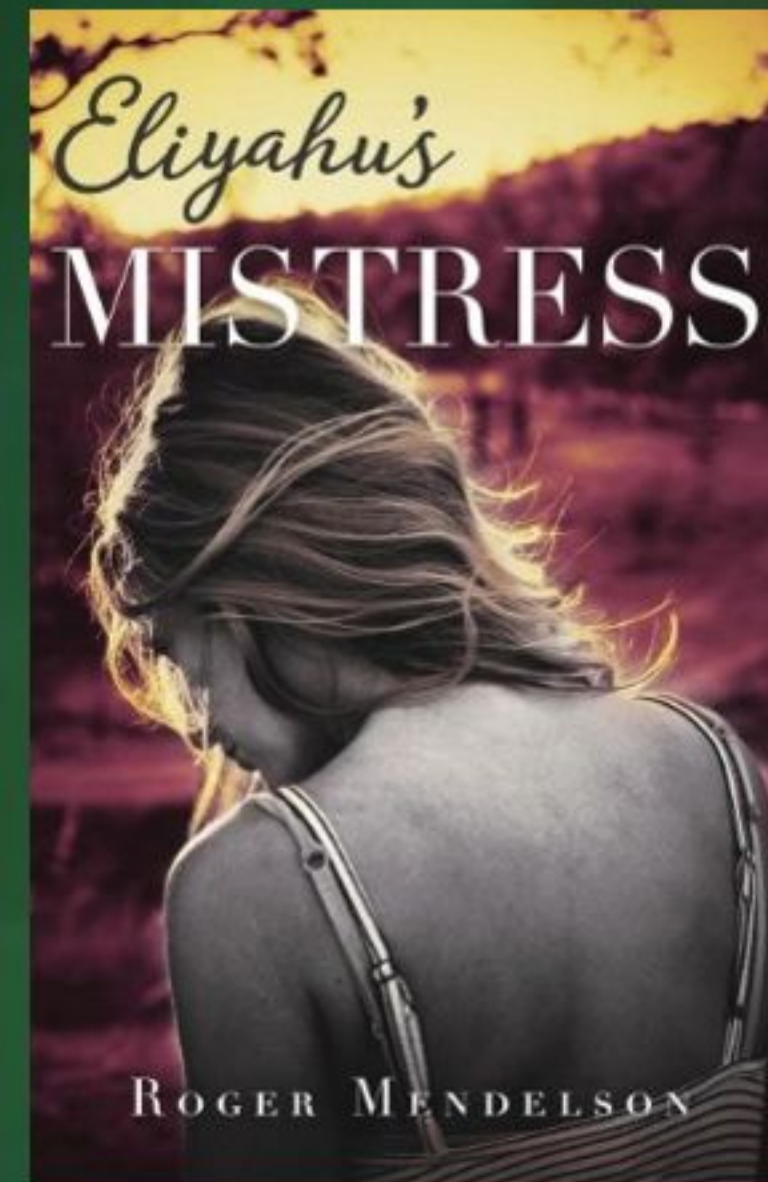
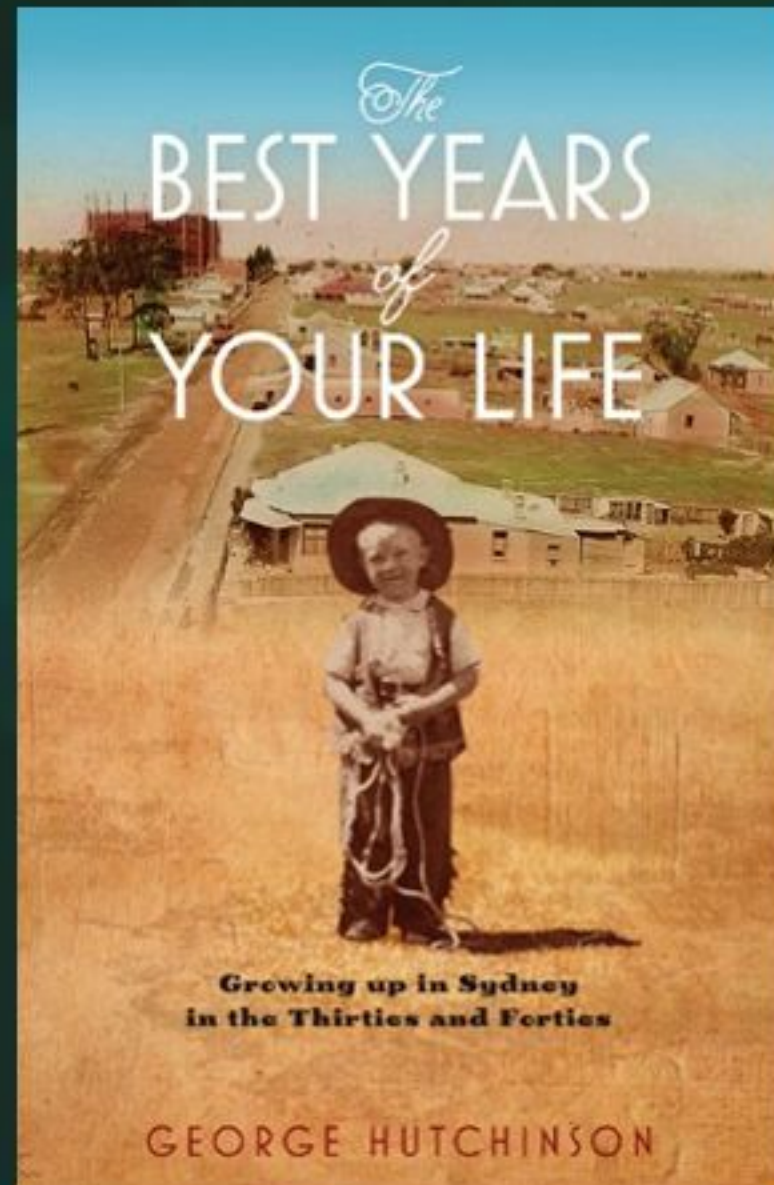
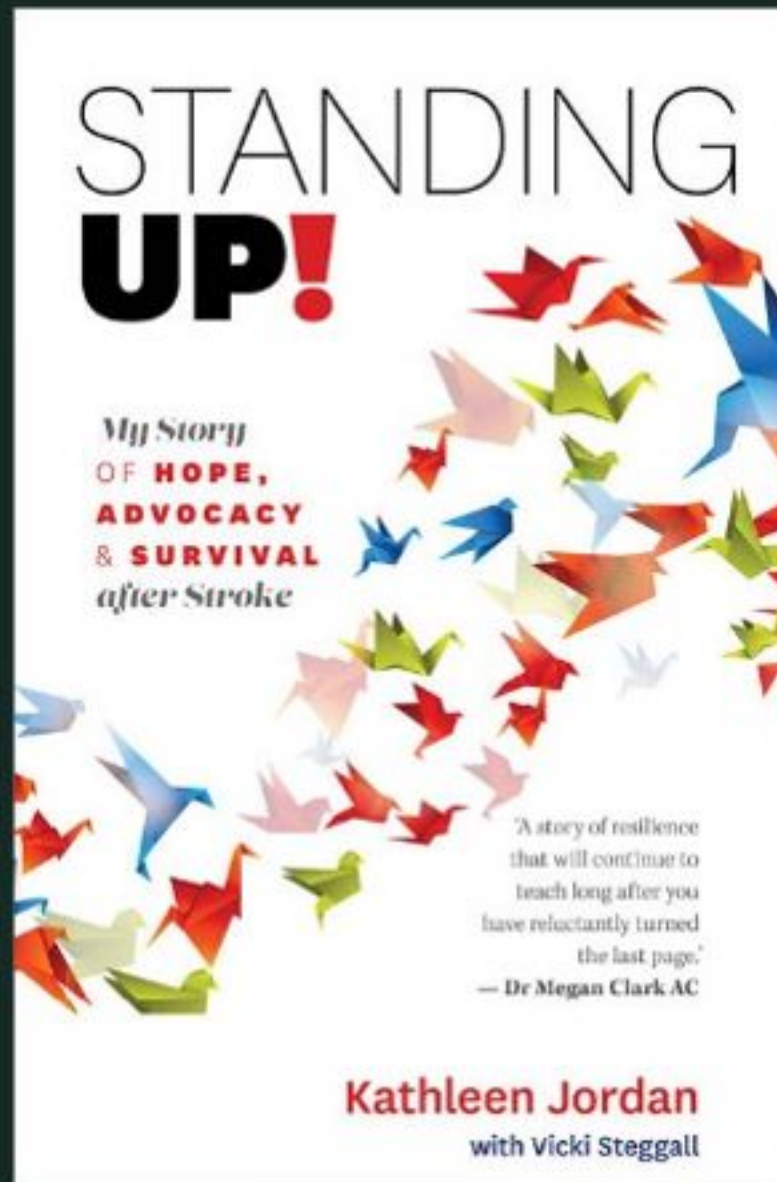


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How I found strength on my long walk to recovery

By **Maria Angela Parajo**, 21 September 2017

[WYZA Life](#)[Print this page](#)

On the phone, her voice is calm, clear, and full of positivity. You wouldn't guess that six years ago, Kathleen Jordan was lying in a hospital bed at Royal Melbourne Hospital after suffering a major right haemorrhagic



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On the phone, her voice is calm, clear, and full of positivity. You wouldn't guess that six years ago, Kathleen Jordan was lying in a hospital bed at Royal Melbourne Hospital after suffering a major right haemorrhagic stroke — one of the most severe and deadly forms of stroke.

"It was a major bleed." Kathleen explains, "In fact, one doctor said they'd never seen such a big bleed in anyone that had survived."

The doctors had warned her family to prepare for the fact that she may end up in an aged care ward for the rest of her life, or worse, she could be in a permanent vegetative state.

"They actually said to my daughters that they should probably consider an NFR. An NFR means a 'not-for-resuscitation' order, but the girls said, 'No, that's not gonna happen. She's going to be fine.'"

And Kathleen proved her daughters right. "I'm back doing all the things I used to do. I see my grandchildren, I go to the ballet and the opera, I see my friends, I'm living in the most wonderful retirement complex in Carlton ... and I've got lots and lots of friends," she says. "A lot of it is good and I'm very grateful for the life I've got."

Prior to the incident, Kathleen led a busy life, running her own leadership coaching business which sent her travelling around Australia and across the world. By contrast, having to spend almost two years recovering in hospital was a huge adjustment.

Stroke is one of Australia's biggest killers and a leading cause of disability. While Kathleen says her blood pressure was under control and there was no clear cause for the stroke, she recalls her doctor warning her to take it easy.

"My doctor had been saying to me, 'You need to slow down a bit, you're doing a lot.' And I would always say, 'But I'm loving what I'm doing.' I guess it's when your body is in resolves with your mind really."

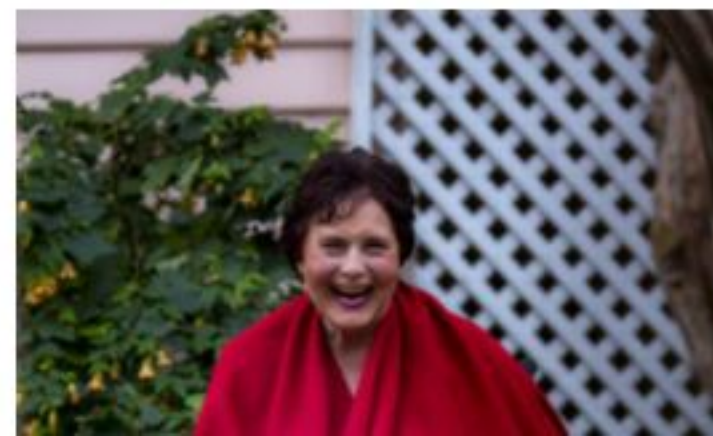
Sharon McGowan, CEO of the National Stroke Foundation, says 80 per cent of strokes can be prevented. "The advice is to know your blood pressure and maintain it within normal range, eat well, keep a healthy weight, don't smoke, keep blood pressure down, exercise regularly, and keep alcohol consumption to a minimum."

"Stroke doesn't discriminate. It can happen to anyone at any age, however risk factors do increase with age," she adds.

Recovering after a stroke

For Kathleen, the haemorrhagic stroke resulted in partial paralysis on the left side of her body. She is unable to use her left hand and will have to continue doing physiotherapy, probably for the rest of her life.

"Every single day is a struggle day, but I'm not going to give up that



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"Every single day is a struggle day, but I'm not going to give up that struggle because — even six years later — I'm still making improvements," says Kathleen.

"It's still very hard. Some silly things are difficult, like I was trying to get something out of a package before — and trying to do it with one hand. I was just getting very cross because I couldn't do it."

The operation to stop the significant bleed in her brain damaged some neurons, sometimes causing Kathleen to search for words when speaking — pausing mid-sentence or often repeating herself.

"It's called aphasia," explains Kathleen. "However, when I say that to my friends, they all just laugh and say, 'But we all have trouble finding words!'"

Overcoming adversity

Kathleen's resolve and tenacity following her recovery is inspiring, despite her initial fears of being unable to live a normal life again.

"I had to just rely on thinking about [my] strengths, and every time I made a little bit of progress, my family and my friends [would] help me celebrate that progress."

"For a long time I couldn't really walk or sit up without falling over but, with physio and determination, I am now walking around my apartment."

Kathleen actually set in place what she calls her 'Hope Team', made up of her close friends and family members. "Whenever I was feeling low, I could ring one of the people in my Hope Team and say, 'Help me, what do I need to do?' and they would very quickly give me some encouragement. So my Hope Team helped me tremendously. They just wanted to support me, even more than what was perhaps expected of them."

In her book, [Standing Up! My Story of Hope, Advocacy & Survival after Stroke](#), Kathleen shares the tools that helped her progress during her stroke journey, and how she achieved resilience and happiness by reframing issues.

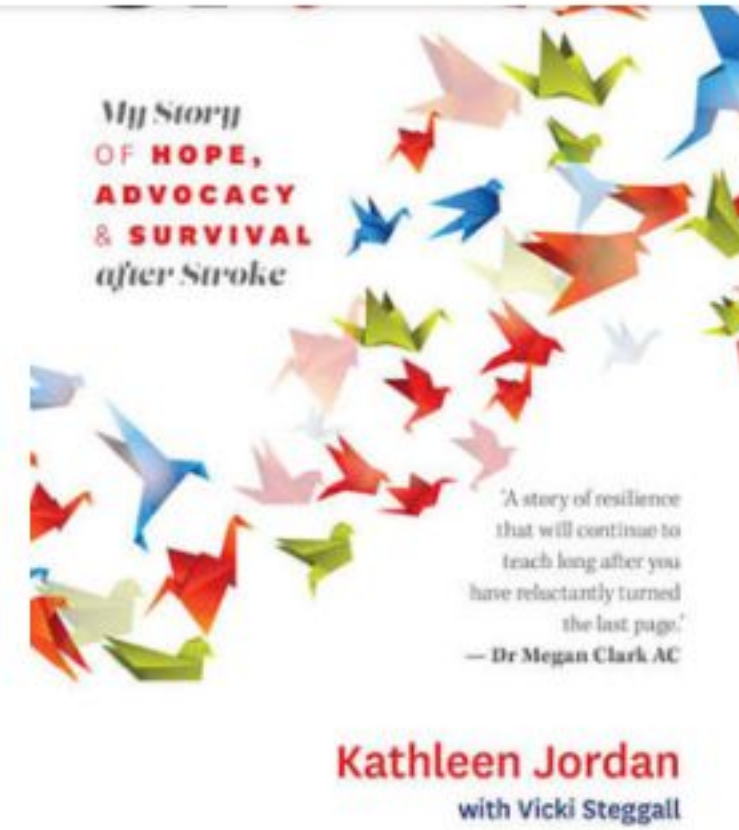


From the acute trauma, through to the stroke ward, Kathleen's return to everyday life is amazing



"I wrote the book for stroke victims and their loved ones. I want to give people hope that they too can recover from stroke, from other illness, by really focusing their minds ... [with] the belief that *you can*."

"Have hope that you can recover and work hard on your physio," she suggests. "Surround yourself with positive people ... perhaps



Kathleen Jordan
with Vicki Steggall

Kathleen Jordan's book tells her inspiring story of recovery

"Have hope that you can recover and work hard on your physio," she suggests. "Surround yourself with positive people — perhaps create a 'Hope Team' that will help you feel strong and focussed on your recovery."

While the road to recovery can be an uphill battle, there are platforms for the Australian stroke community to discuss and seek support. The [enableme](#) website is a good place to start. It provides a forum for stroke survivors, carers and loved ones to share their experiences, set recovery goals, and gain further knowledge about stroke.

"Setting personal recovery goals, and self-directed rehabilitation continues to play an important role in Kathleen's journey after stroke," says Sharon McGowan of the Stroke Foundation. "[She] is a true inspiration and her experience demonstrates the

determination, vital support, and services stroke survivors need to live well after stroke. Kathleen shows that there is life after stroke."

Although Kathleen has been able to return to semi-normality, she will have carers for the rest of her life.

"Sometimes I got a bit miserable about that," says Kathleen, "and then I thought, 'Kathleen, just be grateful for the fact there are carers available, and that they want to do a good job and look after you.' So that made me feel a lot better. Rather than feeling miserable, just think, 'What have you got?'"


"I am just so happy that my life is back on an even keel," she adds. "I can't do everything I used to do — for instance, I can't drive a car anymore, but I've got people who look after [me] and who care for me. I'm just blessed really."

Have you had to overcome a major trauma in your life? How did you find the strength?

Read more:

- [How 21 Aussie women are fabulous beyond their 50s](#)
- [The joy of fear](#)
- [In Praise Of... Ageing](#)



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Statewide Drive - 4 September

with Kia Handley on ABC Western Plains

Monday 4th September

Summary

Your local daily weather, headlines, sport and stories.

[More about this show on the ABC Western Plains website](#) >

Next Live on ABC Western Plains



PM - 4 September
with Matt Wordsworth

6pm - 7pm



LIVE Statewide Drive - 4 September - ABC Western Plains

3pm - 6pm





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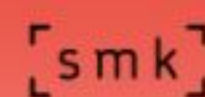
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Denis Walter is one of Victoria's most iconic voices, in more ways than one.

He has hosted 3AW Afternoons since 2008, keeping Melburnians up-to-date during the working week while interviewing local stars and some of the biggest international names around.

Before that, Denis presented news and weather on WIN and Channel Nine for several years.

He has also enjoyed a decorated singing career, with his incredible baritone voice giving Australians spine-tingles every Christmas Eve at the annual Carols by Candlelight concert.

Denis lives in Geelong and takes every opportunity to spruik his beloved Cats.

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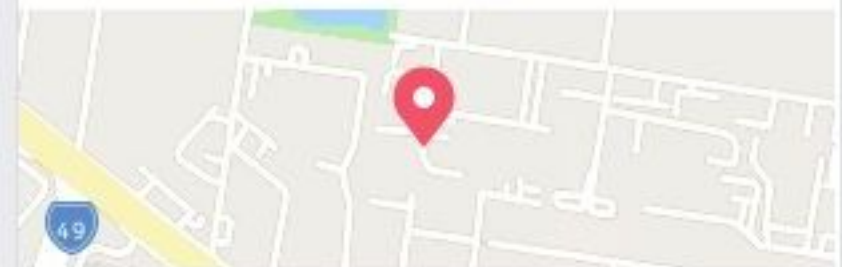
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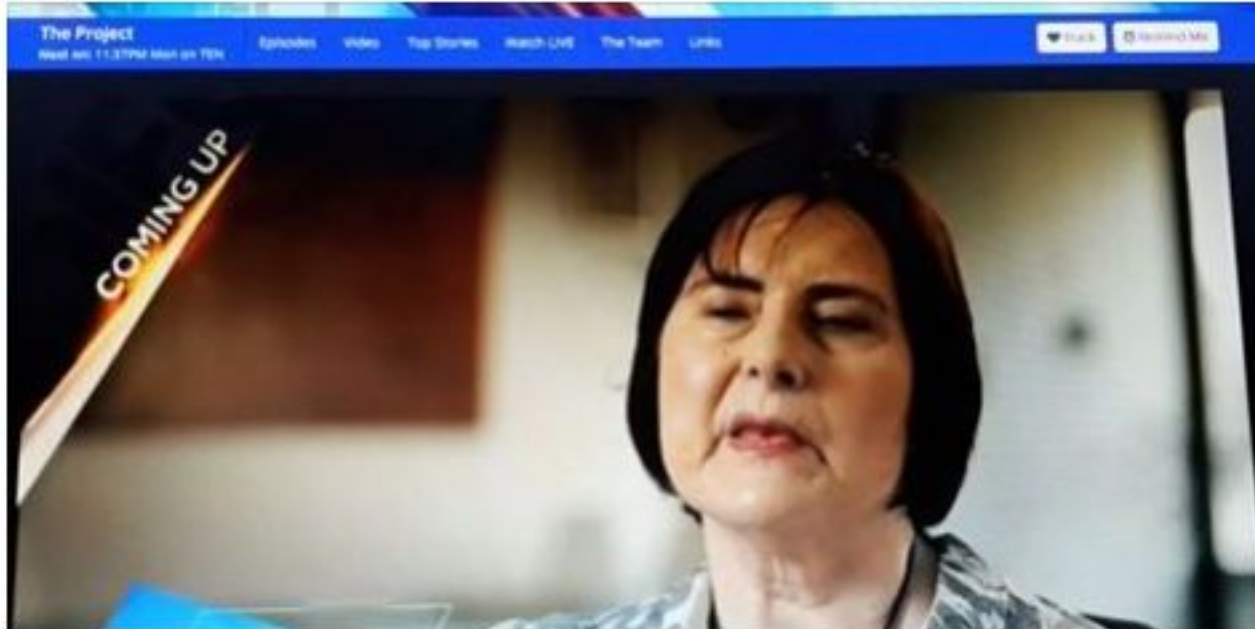
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WMC Public Relations Pty Limited added 2 new photos.

Just now

Kathleen Jordan's book Standing Up! about surviving a stroke was featured on The Project last night. And Kathleen's been busy with radio interviews all week. Denis Walter spoke to her earlier this afternoon and there's other one at 4.30pm.



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October 2017

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Dear member,

Welcome to the October issue of EXTRA!

In this month's edition you will find information on the launch of Seniors' Stories vol.3, tips for staying in touch with your grandkids using technology, how to have your say on the Retirement Villages Inquiry and celebrating Grandparents Day.

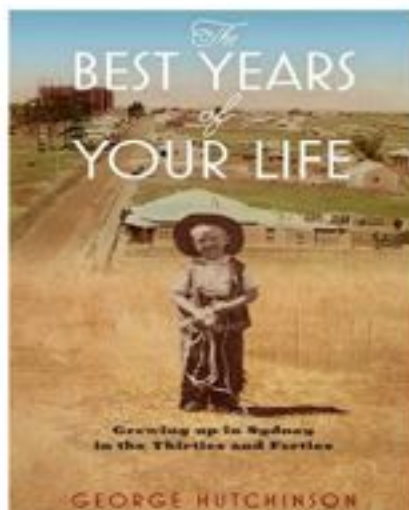
This month's newsletter also includes the usual range of exciting competitions, special offers, reviews and helpful articles.

Don't forget to check out the What's On section for a list of events and celebrations taking place across NSW in the month of October.

Enjoy!

Tania Davies
Minister for Ageing

[Seniors' Stories](#)[Back to top](#)



*30s and 40s in Sydney told
with love, humour and
engaging stories*

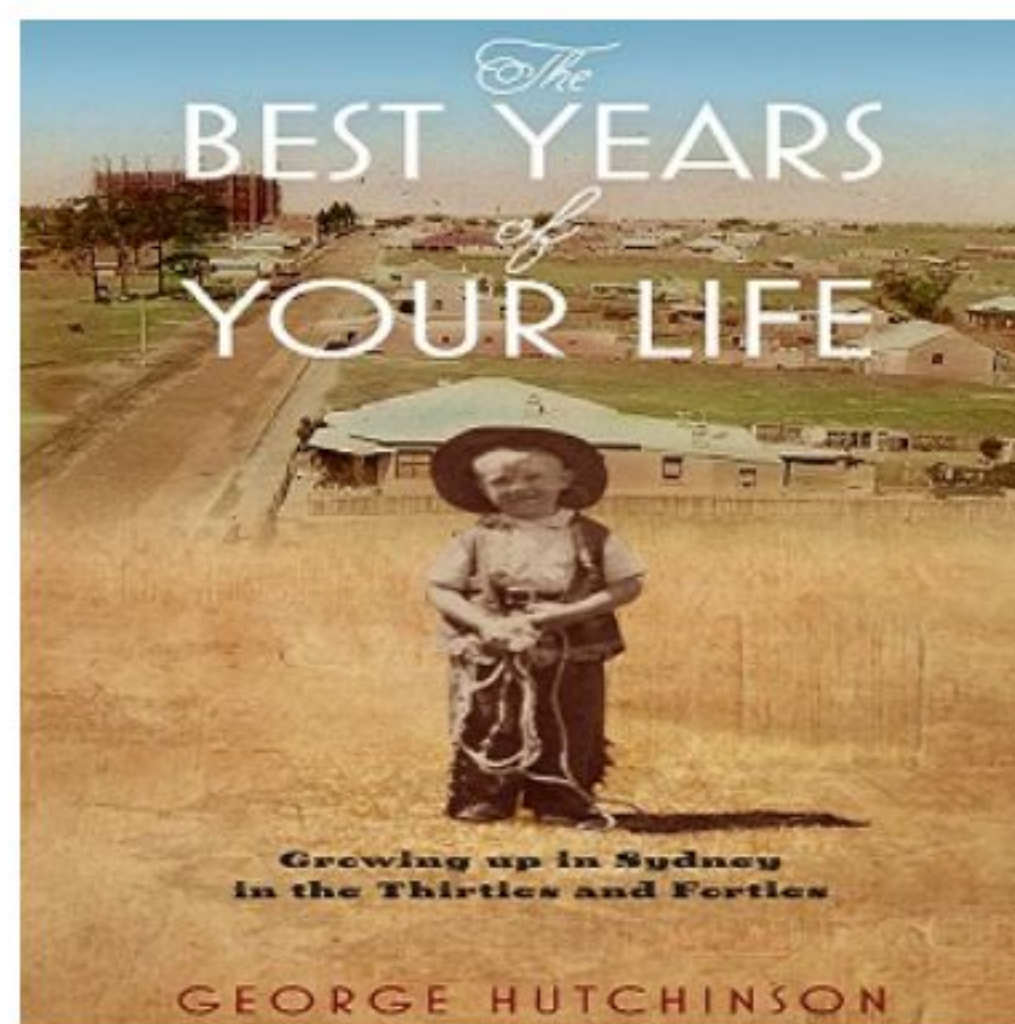
Author and international playwright George Hutchinson has written *The Best Years of Your Life*, a memoir that covers the first 15 years of his life from 1930 to 1945.

George grew up in western Sydney when it was grazing pastures, horse and cart was a principal mode of transport (cars

were a rare sight), and the wireless radio and local picture theatre were still new and wondrous forms of entertainment.

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*30s and 40s in Sydney told
with love, humour and
engaging stories*

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The 1930s and 1940s were a time of great local and global change. George's boyhood is set in an age of innocence framed by the legacy of the Great Depression and later by World War II. While many of his friends went hungry at times, George and his family never did.

Reviewer John Morrow said, "You don't have to know Sydney to enjoy this wonderful story and relish the tales told by this talented writer.

"This memoir has refuelled my thoughts of yesteryear; the days where you could buy a mouthful of happiness for one halfpenny and where your parents never had to tell you to go outside and play."

George brings to life times when they made stagecoaches out of wicker prams; digging an air-raid shelter in the backyard for protection from Japanese bombs; re-living bawdy and popular songs and parodies; the daily shopping, which he did every day after school because refrigerators were rare; and collecting golf balls from a mud swamp and selling them to buy lollies and hot chips.

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Living near the Parramatta River was a source of inspiration and homemade boating ingenuity, and we learn that boys going to primary school shoeless was a badge that asserted their nonchalant maleness.

In *The Best Years of Your Life*, George reflects on those formative years and shares a personal view of a world and a way of life that is now history.

One of six children, George Hutchinson was a high school teacher for seven years before becoming a full-time playwright with his plays performed overseas and in Australia.

Regarding one of his plays, *No Room for Dreamers*, London's Sunday Telegraph declared it as the best fringe play of the 1980 Edinburgh Festival. This play was also included on the NSW HSC Reading List.

The Best Years of Your Life has an RRP of \$24.95 and is available from all good bookstores. It can also be purchased online through [Booktopia](#) for \$19.95 (book) and \$7.50 (e-book).

We are also giving members a chance to win a copy of the book *The Best Years of Your Life*. Enter the [competition](#).

Competition closes on Tuesday 20 November 2017



Win a copy of The Best Years of Your Life book

Page 1 of 1

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River monster!

Adam Pieklarz couldn't believe his eyes when he hooked this massive mulloway just off Breakfast Point.

» Full story P4

STOCKS EXPOSED

TOP GUN SITES

Shooters are amassing arsenals in their homes

Jim O'Rourke

IT may come as no surprise Greenacre has the highest number of guns registered in the inner west given the spike in gun crime there in recent years.

But many other inner west suburbs are not far behind. Shocking figures from NSW Police reveal how many guns are legally owned by individuals. And the statistics may surprise you. For instance a single gun owner in Burwood owns no

less than 145 guns while another in Rozelle owns 48.

The figures have prompted calls for gun control laws to be revisited with a view to limiting the number of guns that can be owned by an individual.

There is also a push for police to immediately inspect the homes of private gun owners to make sure the firearms are stored correctly.

Is your suburb in the top 10 for the arms race?

» See full story, page 10

NEWS P9

PUSH FOR PUB POOCHES



NEWS P15

AFFORDABLE SUBURBS



INNER WEST

Back in the day

when a boy could roam free

Laura Sullivan

Historian reflects on 15 golden Inner West years

SYDNEY'S Inner West was a far different scene in the 1930s — grazing pastures lined the ground, horse and cart was the main mode of transport and the cinema was still new to the world.

Instead, today cranes dominate the skyline, roads are getting redeveloped and original homes are being knocked over to make way for highrise and motorways.

Local author George Hutchinson's new book *The Best Years of Your Life* takes Sydneysiders back to his first 15 years and gives readers a personal view of a

world and a way of life that is now history.

"What started as a record of my family history grew into a record of Australian social and urban history," Mr Hutchinson said.

The first 15 years of his life were a time of great change, taken up by two of last century's greatest catastrophes, the Great Depression and World War II.

"People had to survive long periods of unemployment and many had to leave the area," he said. "Quite a few of my school mates dis-

appeared into what was the vacuum of the Great Depression."

But in his book, he reveals life wasn't all grim, dull and hard living in the Inner West.

"For it was also a time of great change that saw the blossoming of those three great sources of pleasure and enlightenment for the masses: the talking pictures, the wireless and the gramophone," he wrote.

The 87-year-old said his fondest memories of the Inner West include explor-

ing Parramatta River with his friends, cricket games on the road and the freedom to roam the streets.

"The Inner West of Sydney has changed a great deal, pleasure now outweighs the pain," he said.

"I don't think the children living there today have the same freedom as the preceding generations."

Mr Hutchinson grew up in a federation home on Queen St, Concord West, and in the backyard there was a chook house, a peach tree and a vegetable patch.



Cabarita Pool on the river just before Mr Hutchinson was born.

He said it was knocked down almost three years ago to make way for a newer home. "It's moving to see that the home is gone, very sad for me.

"My whole family lived in that home, my mother, father, grandmother, four sisters and my brother.

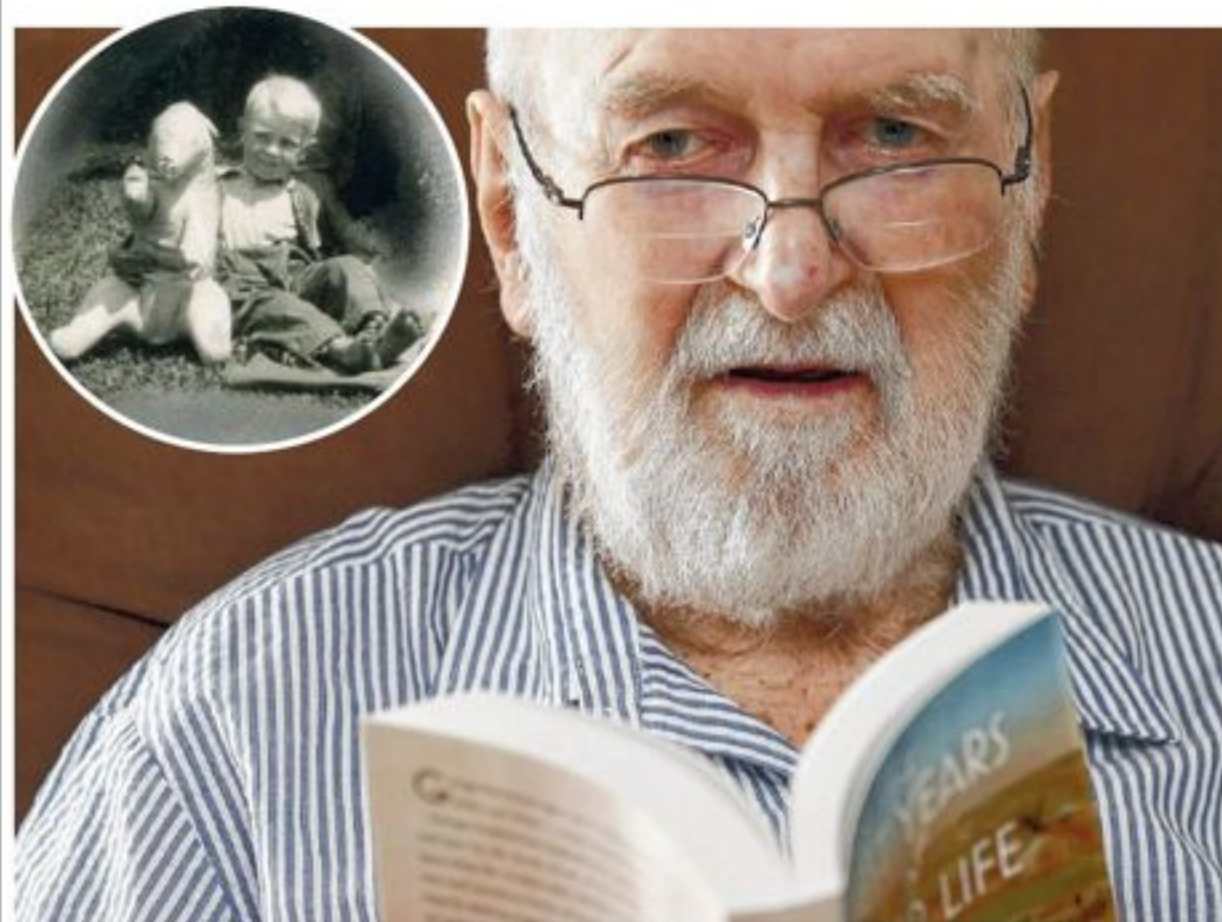
"Walking through the

A record of my family history grew into a record of Australian social and urban history

George Hutchinson

streets of the Inner West today stirs up a lot of memories."

He remembers the large patch of pittosporum trees at the front of his home which he used to climb up and grab pocket fulls of. "Even today, whenever I smell the unique sweetness of those berries, I am reminded of Queen St."



George Hutchinson with his new book and (inset) as a young boy. Main picture: John Appleyard

**Tigers
Duo to
Star for
Australia!**



Page 28



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VOL. 96 NO. 35 PUBLISHED 96 YEARS

MEET YOUR NEW COUNCILS and MAYORS

BY OUR CHIEF CIVIC ROUNDSMAN

Many new faces have been elected to local Councils as a major rebuff to the NSW Liberal Coalition State Government of Gladys Berejiklian.

No Councils in TWT territory will be dominated by the out of favour Liberal Party and none will have a Liberal mayor unlike before the September 9 Local Government elections when the mayors of Ryde and Lane Cove were both Liberal Party endorsed members.

Those two Liberal mayors the irrational Colonel Pickering in Ryde and the demure Deborah Hutchens in Lane Cove contributed to the Liberals poor showings in the polls. See details inside.

Independent Mark Bennett has been elected mayor of Hunters Hill by popular vote over Liberal contender Zac Miles and Angelo Tsirekas has been elected mayor of Canada Bay.

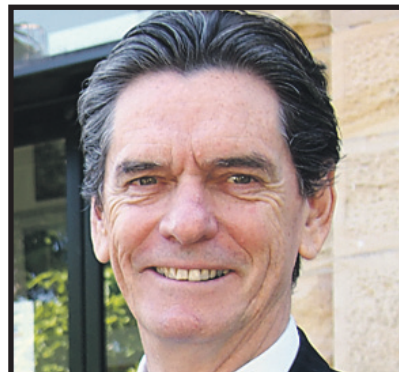
Independent Pam Palmer is favoured to

win Mayoral honours in Lane Cove where she blitzed the field and topped the poll in East Ward and Andrew Zbik has become the first Labor Councillor at Lane Cove in 70 years.

Three candidates may contest Ryde's mayoral election namely Labor's Jerome Laxale with four seats and possible support of two Greens, Liberal Sarkis Yedelian with four seats and Independent and a past mayor Roy Maggio.

Former federal MP Philip Ruddock has been elected mayor of Hornsby in a surprise move by the Liberal Party who rejected sitting Liberal mayor Steve Russell.

FULL COUNCIL ELECTION ROUND-UP INSIDE SEE PAGES 6, 7 & 8.



MARK BENNETT, former Deputy Mayor of Hunters Hill was elected the new mayor succeeding the popular Richard Quinn in a three way contest with Liberal endorsed candidate Cllr Zac Miles and a former mayor Ross Williams. Pictured right ANGELO TSIREKAS was elected Labor Mayor of Canada Bay a position he previously held before retiring to contest the last federal election in Reid.



Colonel Pickering's Magic Ton!

Former Ryde Mayor Colonel Pickering scored a magic ton of votes without the aid of the Liberal party machine at Ryde's Council election. Postal votes added to his original 79 votes to get him to 100 or 0.5 percent polled. Wonder where the other 99 came from.



LOCAL SCOUT LEADERS HONOURED - SEE PAGE 18

WIN! with TWT!

Family Passes to See Tigers at Taronga Zoo

Five TWT readers can win Family Passes to Taronga Zoo during the Spring school holidays to see exciting new arrivals including four Sumatran Tigers. SEE PAGE 2.

Hunters Hill Music Concert

Three TWT readers can win Double Passes to this Sunday's Hunters Hill Music concert featuring the accomplished Streeton Trio in Hunters Hill Town Hall at 2.30pm. SEE PAGE 2.

Best Years of Your Life Books

Five TWT readers can win copies of a new book "The Best Years of Your Life" by local author and international playwright George Hutchinson. SEE PAGE 19.



JB's World

LOCAL DEMOCRACY was the undisputed winner of the Local Government election results finally determined in the past few days with declarations of the polls now in all areas. Congratulations to all successful candidates and equally our thanks to all who displayed civic and community spirit in offering themselves to public service. We all owe you a debt of gratitude and appreciation for your commitment.

Continued page 3

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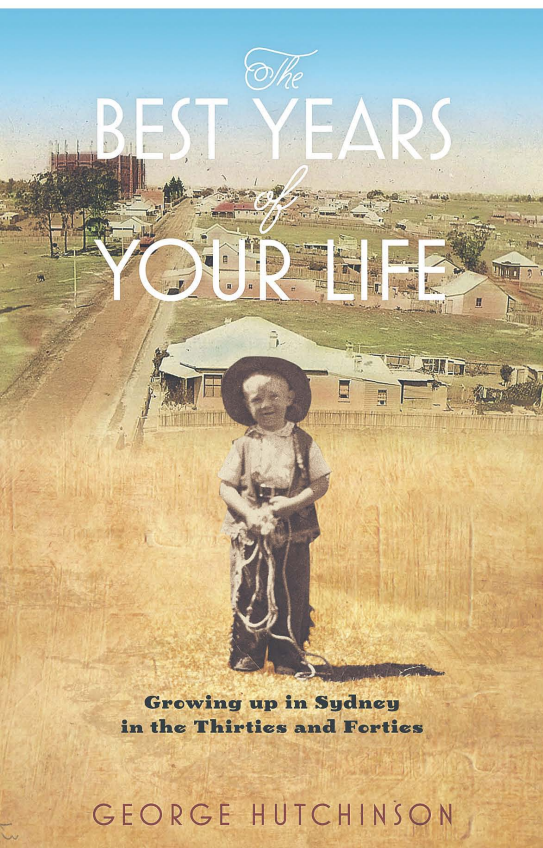
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Growing up in 1930s & 40s: The Best Years of Your Life

Five TWT readers can win copies of a new book *The Best Years of Your Life* by local author and international playwright George Hutchinson.

George has written *The Best Years of Your Life*, a memoir that covers the first 15 years of his life from 1930 to 1945.

In reading the book, you'll learn that George grew up when his 'territory' (Mortlake, Concord, Cabarita, Putney, North Strathfield, Ashfield, Burwood and along the Parramatta River) was grazing pastures, horse and cart was the principal mode of transport (cars were a rare sight); and the huge AGL gasworks at Mortlake dominated the skyline.

George's boyhood is set in an age of innocence framed by the legacy of the Great Depression and later by World War 2.

While many of his friends went hungry at times, George and his family never did.

The 1930s and 1940s were a time of great local and global change; an era when the wireless and local picture theatre were still a new and wondrous form of entertainment.

Reviewer John Morrow said, "You don't have to know Sydney to enjoy this wonderful story and relish the tales told by this talented writer."

"This memoir has refuelled my thoughts of yesteryear; the days where you could buy a mouthful of happiness for one halfpenny and where your parents never had to tell you to go outside and play."

George brings to life times when they made

stagecoaches out of wicker prams; digging an air-raid shelter in the backyard for protection from Japanese bombs; re-living bawdy and popular songs and parodies; the daily shopping, which he did every day after school because refrigerators were rare; and collecting golf balls from a mud swamp and selling them to buy lollies and hot chips.

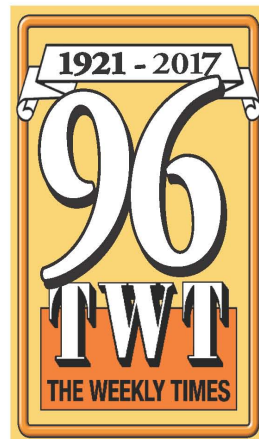
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The Best Years of Your Life has a recommended retail price of

\$24.95 and is available from all good bookstores. It is distributed by Dennis Jones and published by Sid Harta.

TO WIN email: competitions@weeklytimes.com.au or write your name, address and phone number on the back of an envelope and send to: TWT Best Years of Your Life, PO Box 123, Ryde 1680. Entries close 9am Friday September 29 and winners published October 4.



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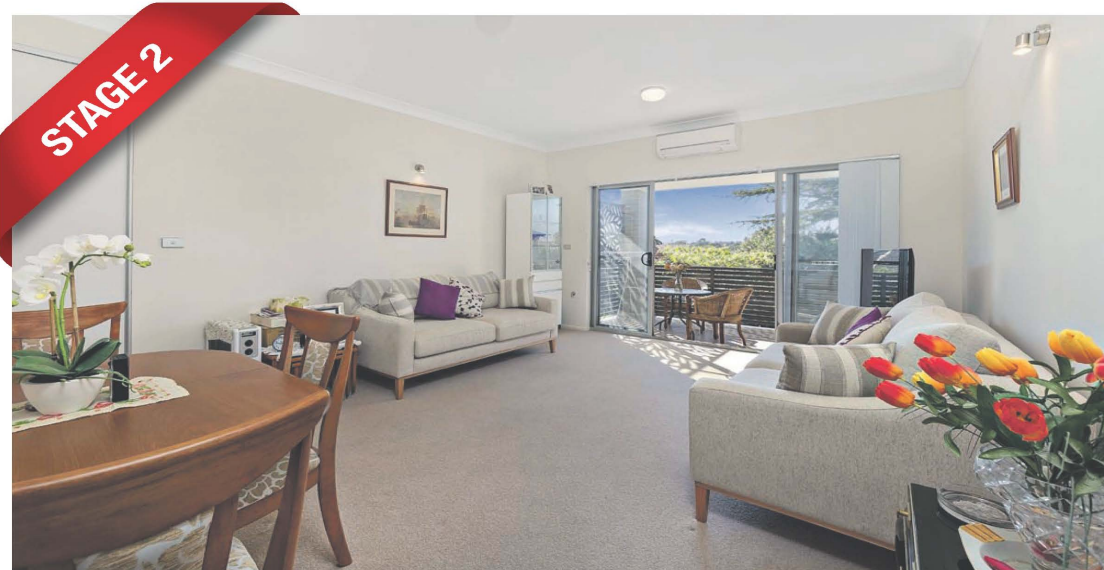
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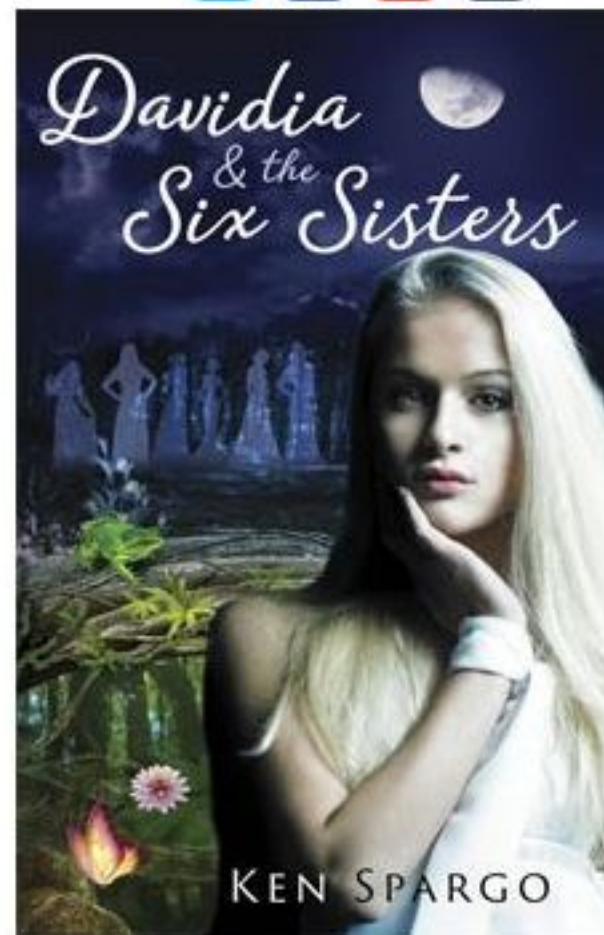
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They travel through mysterious woods, wetland and landscapes changing form into a weird range of animals as they fight off the Amazamachine, the evil Snich and Big Trevor as environmental vandals, guided by a secret diary to save the secret of the Six Sisters.

Conflict arises in each new location as the evil group searches for the special secret formula the trees possess and let nothing stand between them, greed and the music of money.

Snich strangely disappears in a mist after failing to find the secret of the Six Sisters.

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Sabine realises that a true friend is more important than cosmetics.

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Director: Jayson Thiessen
Genre: Animation
Rated: G
Running Time: 99 minutes

Synopsis: A new dark force threatens Ponyville, and the Mane 6 - Twilight Sparkle, Applejack, Rainbow Dash, Pinkie Pie, Fluttershy, and Rarity - embark on an unforgettable journey beyond Equestria where they meet new friends and exciting challenges on a quest to use the magic of friendship and save their home.

Release Date: November 2nd, 2017

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Kicking on to inspire others

PAGE 28

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LIFTOUT

Running man Ron was on the pace



PACE MAKER – Ron Stuart, 85, in training for the Blackmores Sydney Running Festival.

by GERALDINE CARDOZO

THERE were triple celebrations when 85-year-old Mosman grandfather Ron Stuart ran across the Sydney Harbour Bridge last month.

The veteran runner was one of about 30,000 people taking part in the Blackmores Sydney Running Festival.

And it wasn't only Ron marking his 85-year milestone at the annual event. It's also 85 years since the opening of bridge and the humble beginnings of the event's sponsor, Blackmores, pioneered by naturopath

Maurice Blackmore.

This year, more than 33,000 participants ran across the bridge and passed through some of the city's most famous landmarks, including the Opera House and the Royal Botanical Gardens.

With four courses there was a run for everyone – the 3.5km family fun run, 10km bridge run, half marathon and marathon.

In the 10km run, grandfather Ron clocked an impressive time of just over 80 minutes.

He said his pace is down to training: he clocks up 30km running a week.

"I run with a great group of people and the social interaction is really very beneficial to me," he said.

"The running is now almost a by-product; it gives me a reason to get up in the morning.

"Running not only keeps you fit and active, but it's good for the brain as one gets older."

Ron was a champion athlete as a young man, but at age 26 his athletics career was cut short by polio.

It wasn't until after his wife's death in 1991 that Ron decided to take up training again. He now runs regularly with the

Northside Running Group.

Ron believes it is important for his wellbeing to keep running for as long as he can.

"I have been relatively free from injuries, which I attribute to our trainer, so I have every reason to continue what I've been doing for so long.

"I am getting slower than I would like, but I still use a strong running action so I feel I am still running well.

"At the Masters Games in Auckland there was one competitor in the 100-plus age category, so who knows when I will stop!"

90,000 in home care limbo

SEVEN months after the much-feted introduction of a new home care system, figures show 90,000 people are on a national waiting list for home care packages. Story, Page 5.



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Letters rejoice that we still have them

BRIGHT red cast iron pillar boxes were once a common sight on the streets of Perth and country WA.

The name of the local foundry that made them, J & E Ledger, was stamped on the distinctive landmarks, giving Sue Hobson (nee Ledger) a tangible reminder of the early history of her family.

"Every time I saw one of the pillar boxes I would take a photo of it," Sue said.

This led to her researching and writing a book tracing how her colourful clan went from convict beginnings to pillars of society.

"There are about 50 of the post boxes left in WA," Sue said.

"They are unique to this state. They were decommissioned in the '70s when Australia Post formed, but a few places hung onto them."

Sue will give a talk on her family's



WHEN MAIL WAS KING – One of the remaining 50 or so pillar boxes in WA.

GIVEAWAY

When a woman loves a man...

ELIYAHU'S Mistress by Roger Mendelson is a mature love story set in Melbourne and the Dandenong Ranges.

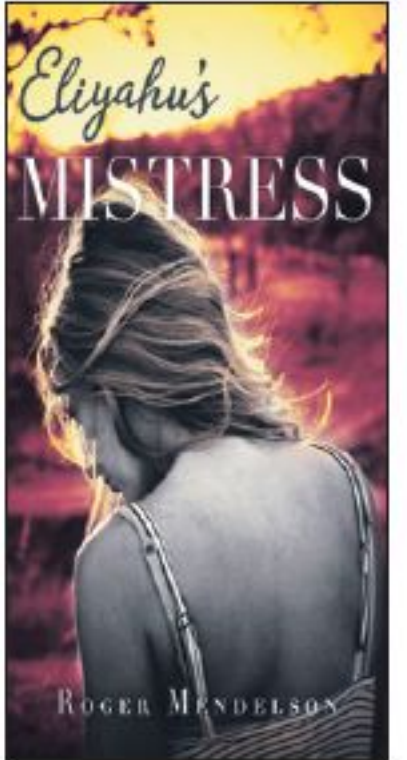
Frances is a divorced woman who lives a life shaped by nature, her spaniel, strong Catholic faith and part-time marketing job with a Catholic chain of op shops.

She meets Steven, who is Jewish but not religious, and their relationship develops into a deepening friendship, a

romance and completion of Frances' deeply spiritual journey.

The book covers issues including the dynamics of a relationship between a Catholic and a Jew. It has an unexpected and dramatic but redemptive conclusion that will leave a lasting impression on the reader.

■ *Eliyahu's Mistress*, by Roger Mendelson, RRP \$24.95, available at good bookstores or www.mendelsonbooks.com.au



■ The Senior has three copies of *Eliyahu's Mistress* to give away. To go in the draw, write your name, address and phone number on the back of an envelope and post it to: The Senior, *Eliyahu's Mistress*, PO Box 1404, Joondalup WA 6919. Entries close November 1, 2017. Conditions on this page.



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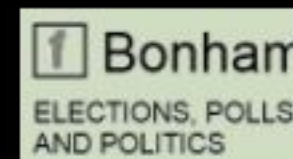
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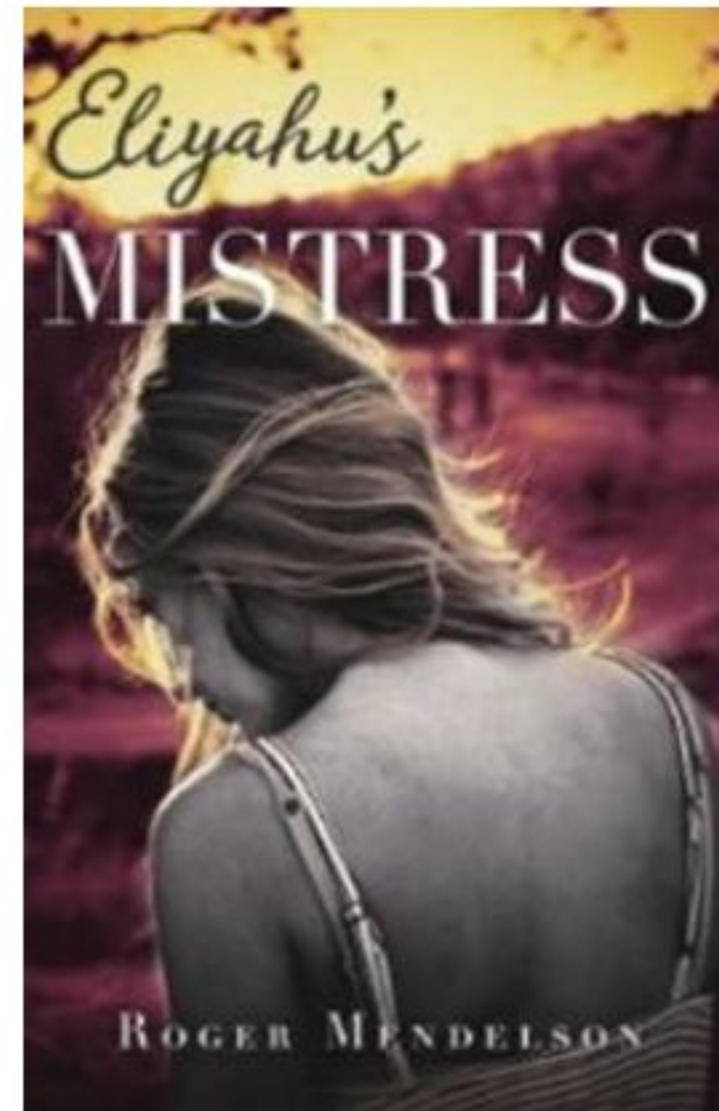


Books

Mendelson, music, mysticism and the mistress

Paula Xiberras

24.02.18 4:53 am



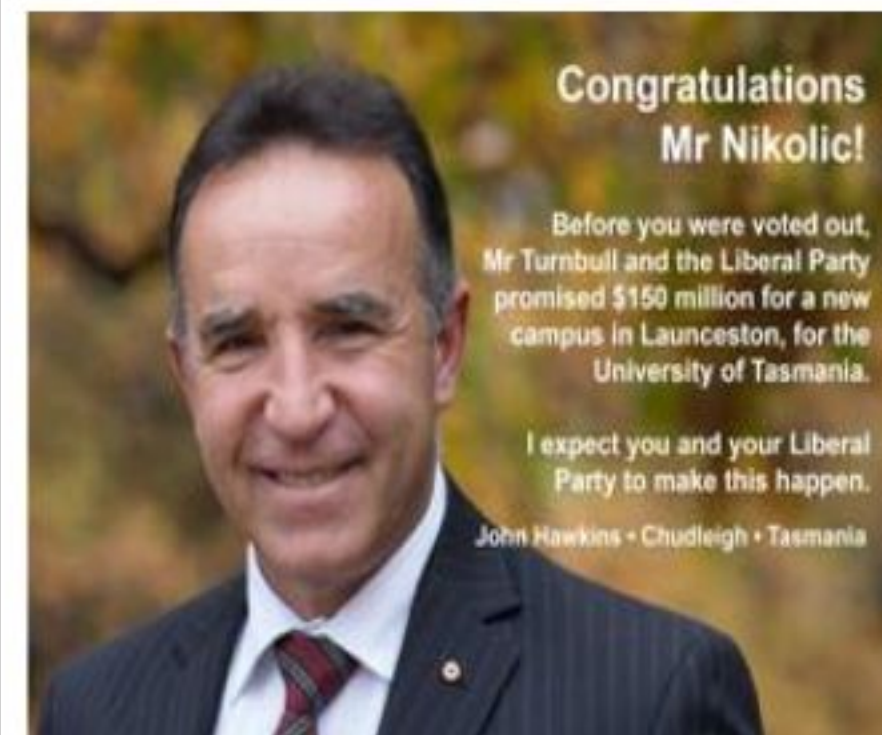
Roger Mendelson once considered making his home in Tasmania and has friends associated with, appropriately, the Friends school. Although living in Tasmania didn't materialise for Roger, he has found a similar place of natural beauty and quiet in Victoria's Dandenongs.

When we chat, Roger reminds me of Hobart, having Australia's oldest synagogue and the interesting fact of the synagogue in Launceston having front row benches reserved for convicts.

The discussion regarding the synagogues has relevance to Rogers's novel Eliyahu's Mistress, the love story of a catholic, Frances and Steven from the Jewish faith. The Eliyahu of the title is Frances' dog who is named after the music by Mendelson rather than the biblical character.

Steven is a businessman who values his Jewish heritage and although involved in the local community is not overly religious. Frances on the other hand has a strong belief in her Catholic faith and its mysticism. She is very much connected both to the natural and spiritual world and often can be found out in the unspoiled environment around her home, deep in contemplation.

Frances works for a Catholic charity and she meets Steven when he is recruited to help the charity in marketing and promotion. A business relationship between Steven and Frances develops into dynamic discussions on work



and perfect balance. Relationship between Steven and Frances is depicted as dynamic and vibrant. It is about religion and life.

The intellectual relationship eventually becomes something more, something forbidden because Steven is married but as we never meet his wife we empathise with the characters we know. Steven and Frances. The novel is refreshing in that it doesn't shy away from religious debate something rarely found in relationship novels and Mendelson is not afraid of describing his characters as something other than youthfully beautiful. That is not to say they are not an attractive couple. Frances is a beautiful woman but as well as the physical, there is the beauty of intellect and character.

A lawyer by profession, a career which demands precision, Roger finds fiction 'allows unrestrained freedom in developing characters'.

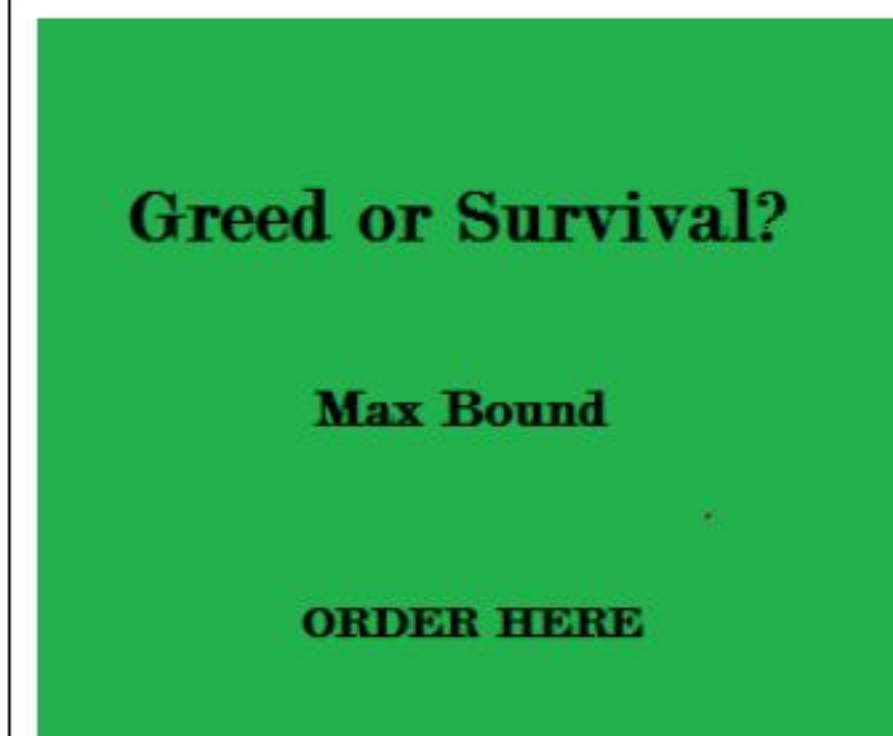
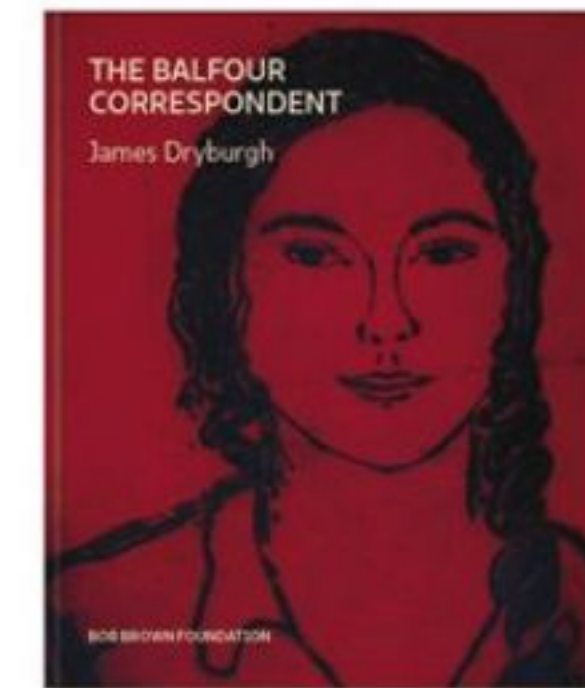
The novel, in keeping with its mystical feel, provides a suitable if surprising ending.

Eliyahu's Mistress is out now published by Sid Harta Publishers.



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Recent Reads: *Eliyahu's Mistress* by Roger Mendelson.

This book wasn't what I was expecting from the blurb... which is kind of silly, considering the title. Let's just say it is *very* much a romance - so much so that you probably don't want to read it on public transport because people might look over your shoulder and gawk 😊

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My Quickest Read: *The Shoe Princess's Guide to the Galaxy*, Emma Bowd
I devoured this book in a few hours and loved every second! Such a fun, lighthearted read!

Read it when: You're on holidays or need a little R&R. This would be the perfect vacation read as it's quick, lighthearted and lots of fun.

Be warned: You may find yourself wanting to go shoe shopping...

Romance Read: *Eliyahu's Mistress*, Roger Mendelson
This book is definitely a romance novel - with the most unlikely of pairs.

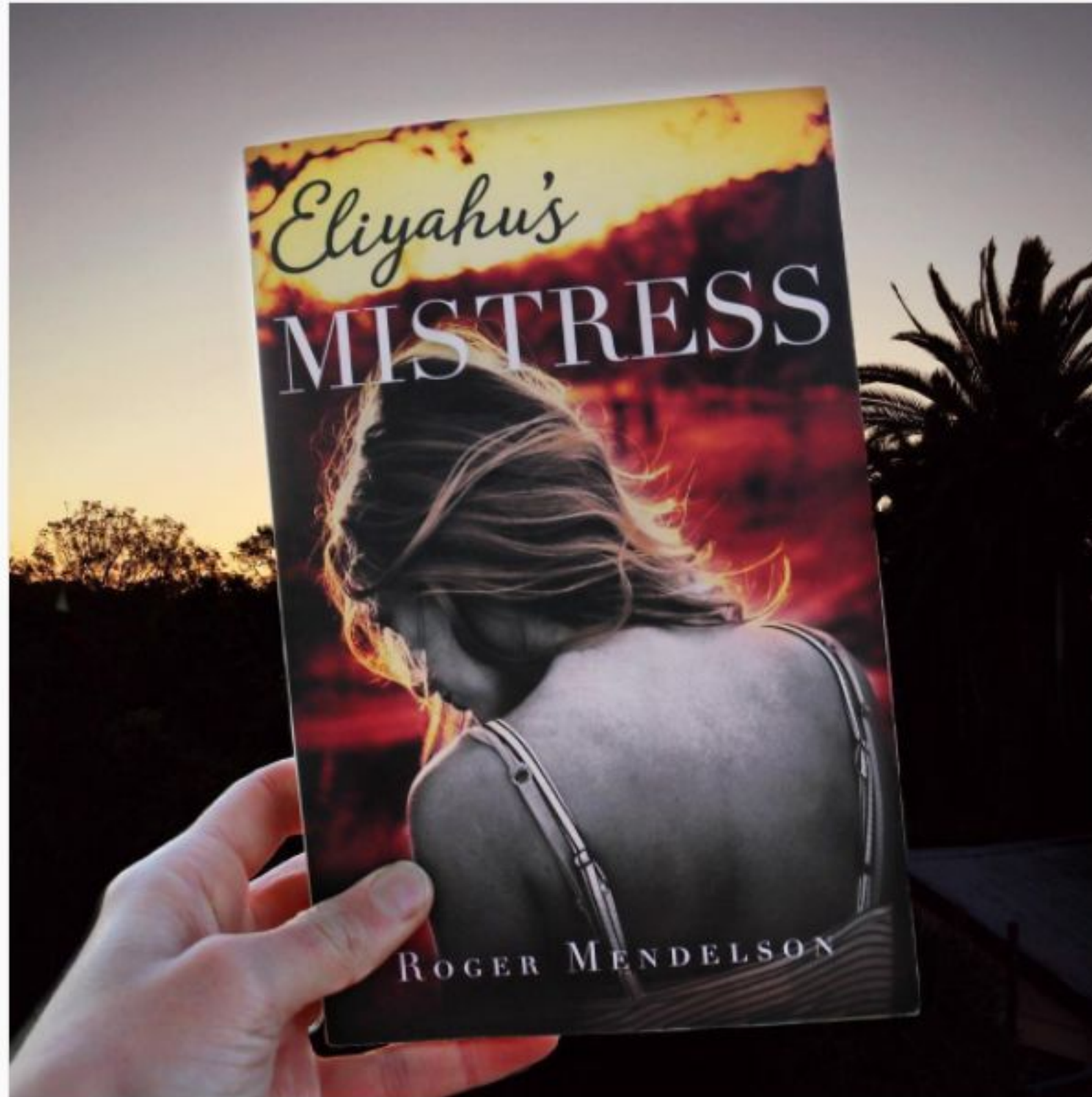
Read it when: You're not somewhere someone will be looking over your shoulder - and when you feel like something saucier.

Be warned: It's *definitely* a romance novel. There's a lot of R rated material - and it's also a book about adultery. I imagine it might be a little confronting/upsetting for someone who has experienced a partner cheating on them/adultery in their family etc.



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southerninlaw Just finished Eliyahu's Mistress. Not what I was expecting (a I don't really know why considering the title) but an incredibly well written story. A romance between two unlikely characters - but he warned, it's very much a romance... as in not G rated and not something you'd want to read on the train with people looking over your shoulder 😊

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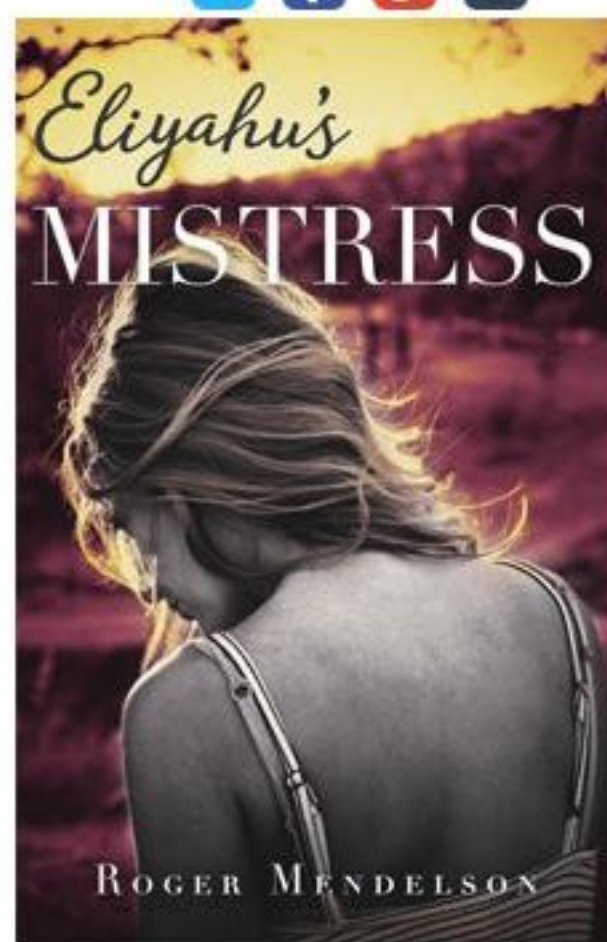


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Eliyahu's Mistress is the engrossing debut novel by Roger Mendelson, a Melbourne lawyer and businessman.

Set in present day Melbourne, the book is a seductive love story about Steven, a dynamic marketing man, Jewish but not religious, and Frances, a middle-aged practising Catholic woman who lives in the Dandenong Ranges.

When Steven begins developing a new business strategy for an established chain of Church-run op-shops, he quickly forms a strong working relationship with Frances, one of its board members.

Frances lives a life shaped by nature, her religion and the seasons. It provides her with contentment and a deep spiritual dimension.

The bedrock of their growing bond is the conversations they engage in as they learn more about each other through religion, history and the relationships that have defined them.

Both Steven and Frances maintain a steady control on their relationship with Frances experiencing a sexual awakening and Steven finding himself increasingly at odds with her deep spirituality.

Even as their relationship becomes more and more intense, their time together is heading towards an unexpected and dramatic finish.

Eliyahu's Mistress
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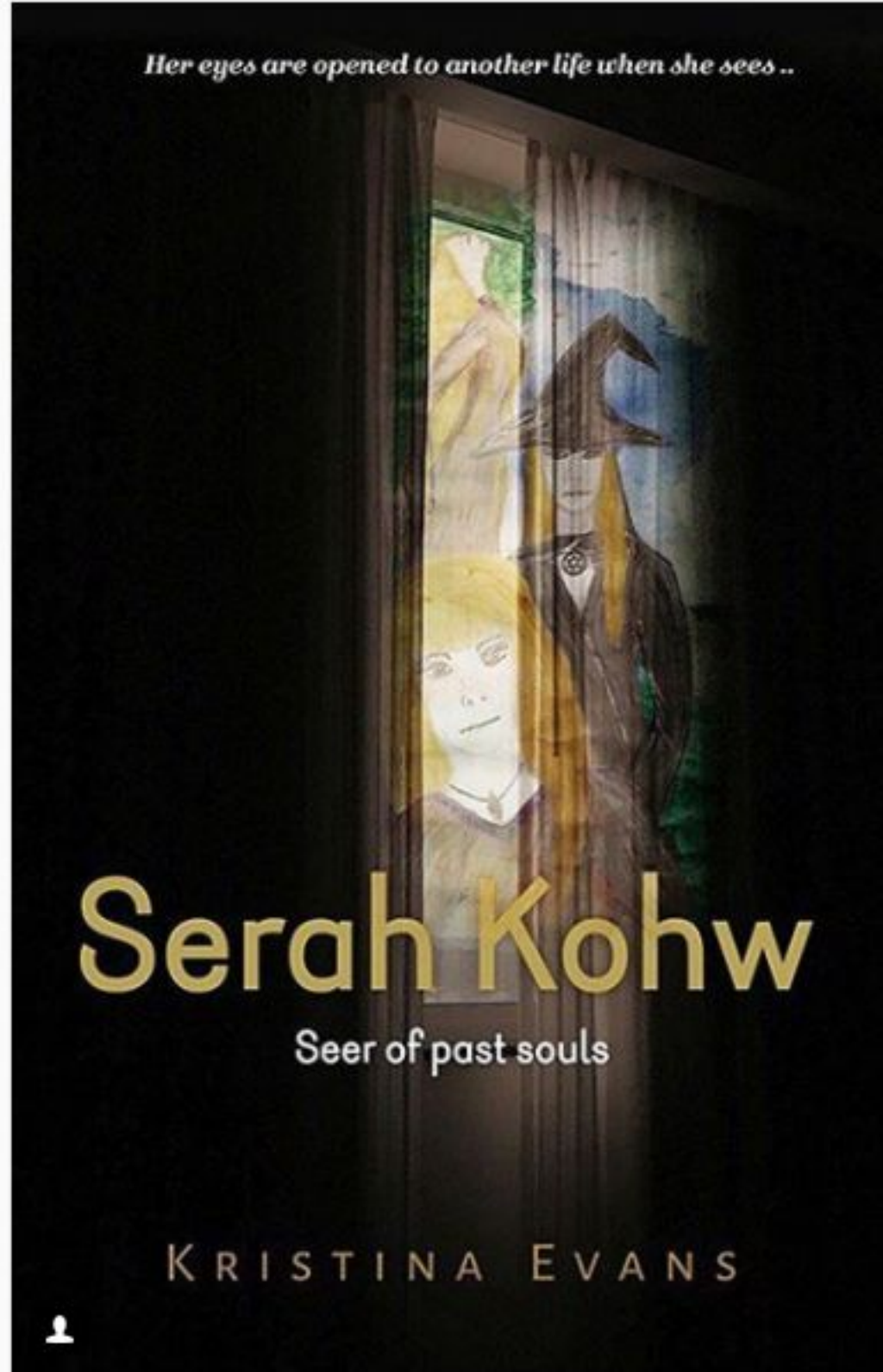
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Kristina's Magical Realism

SheSociety

SheSociety spoke to the effervescent Gold Coast mother of two Kristina Evans , about her latest novel- Serah Kohw/ Seer of past souls. It is the first book in her transcendence trilogy where factual adventures, romance and the supernatural come together. Kristina [...]

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Lady Marketing

Alexandria Bernard

Ladies, aren't you tired of how having a vagina is making so many things unnecessarily complicated? I am. Often times when I hear/read/see things like the subject of this column, I wonder if I am under-medicated and if these things are really [...]

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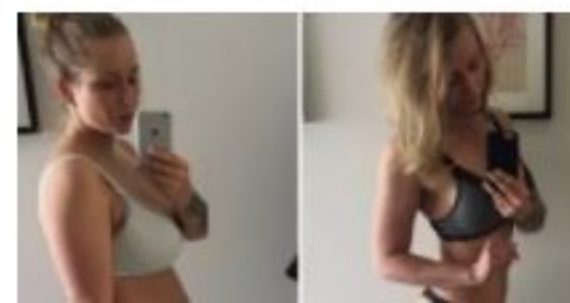


#SheHistory – 80 Years Since The First Commonwealth Games

SheSociety

The Commonwealth Games at the Gold Coast in April was preceded 80 years ago this month by the 1938 British Empire Games in Sydney involving around 500 athletes and officials from 15 nations. Timed to coincide with Sydney's sesqui-centenary (150 years since [...])

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Getting Your Body Back Post Baby

SheSociety

Looking to get back into training after having a baby? Here is a transformation story to inspire you from Wilda Fox. Finding out I was pregnant was one of the most emotional occasions of my

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It may be a day of love for many, but Professor Kristin Natalier of Flinders University shares some light on why so many people stay in a loveless



Kristina's Magical Realism

February 13, 2018

 **SheSociety**



SheSociety spoke to the effervescent Gold Coast mother of two Kristina Evans , about her latest novel- Serah Kohw/ Seer of past souls.

It is the first book in her transcendence trilogy where factual adventures, romance and the supernatural come together.

Kristina has previously published 10 novels in her magical realism series- A Snake is Amongst Us.

As her writing process is very different to other authors I made a point of speaking to her to find out more.

Early Life

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Kristina grew up in a “haunted” farmhouse in Wales and this may go a little way to explaining how her writing journey came about.

She still can’t go back to the farmhouse as she remembers it being haunted “in a bad and scary way.”

She also had a clairvoyant grandmother which may be why she hears and sees things from the spirit world and has no idea how this happened to her. She can however pinpoint exactly when the first spirit took control and drove her to write her first novel. It was eight years ago when she took a part-time job in a saddlery.

“My first experience was when I heard the voice of a girl in her late teens who had ended her own life and wanted to pass on a message to me not to cut our path short,” she said.

“She asked me to tell the truck driver (whose vehicle she’d jumped in front of) that she was sorry.

“I really thought I was going crazy and that it was because I was in a very boring job, but I had gone into a meditative state.”

From this time on Kristina’s words just started to flow and wouldn’t stop. She no longer wanted to go out with friends but just keep watching her laptop screen to see how the stories would unfold.

Kristina wrote in secret at first and had never really been a reader or writer before this time. The novels virtually write themselves with Kristina as the conduit.

“It’s like reading in a way as I’m typing so fast keen to see where the story is going. It’s almost like writing a script,” she explained.

Kristina’s books

Her first ten stories all have people’s names as their titles, from her first book Vanessa Smythe which gives an insight into suicide through to stories like those of Gavin McLeod who led Kristina into the world of aliens.

Many are set in places like Scotland, Egypt and even outer space and Kristina has travelled extensively with the guidance of her characters. The novels cover diverse topics such as reincarnation, healers and mythology.

They combine elements of travel , romance and mythology and all have lessons to teach us.

She tells me about seeing a building from one of her stories in a documentary.

“I was compelled to go there and see if it was for real and sure enough when I got there the carvings I’d described were exactly the same. There was a pendant in pewter of a woman in a tree that I’d described in my books. I still have that pendant today. I believe it could be my grandmother who died when I was thirteen.”

The Trilogy

Serah Kohw /Seer of the souls tells the story of an Australian woman who has some amazing travel adventures, not always travelling in this dimension, to places such as Alaska, Canada, Europe and Great Britain.

It’s also a love story involving a tour guide who is also a Templar.

“Serah Kohw showed me how easy it is to change and wants people to open their eyes so they can see



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“Serah Kohw showed me how easy it is to change and wants people to open their eyes so they can see which is their correct path, particularly in terms of health, happiness and unconditional love which can come from animals being a part of our lives,” she said.

The trilogies are all interconnected and one will even take us on a journey to Mars.

What’s next

Kristina says she has tried to stop, particularly after book five when she was told her stories were describing soul splitting, yet it seems impossible for her to do so, the pull is so great. This down to earth Queensland Mum seems genuinely puzzled by her compunction to write.

“At first I did find it scary. I wrote in secret not even telling my husband. Now I know I really cannot stop even if I try,” she said.

“I feel as though if I write seventeen books then that may be the end of it all. Opportunities also seem to come my way so that I can travel to many of the places I describe and there will be plenty of travel in my future.”

When I joke that it may be difficult to travel to Mars, Kristina says people will be travelling to Mars by 2024.

“There are already plans and people being trained to go there in the USA,” she said.



Kristina Evans


If you are a fan of the magical realism genre this local author’s work may be for you. You can find Kristina Evan’s novels on Amazon and in all good bookstores. Read them if you dare!




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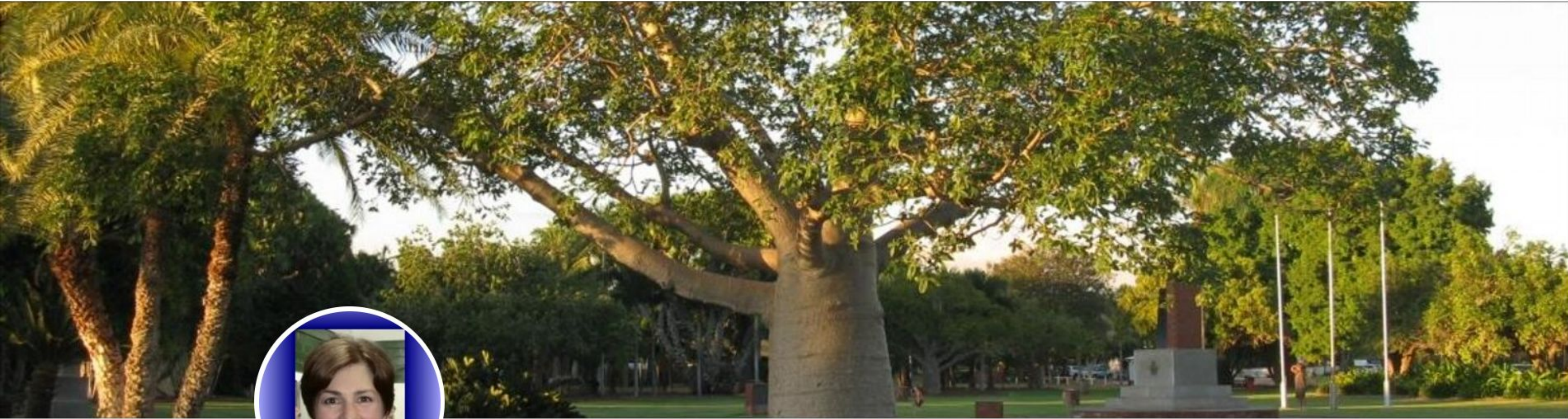
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Wendy McWilliams

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Author of Brand Engagement. PR services in Aust/NZ: media relations, brochures/newsletters, websites, etc. Birdwatcher and unashamed twitcher

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Joined October 2009

74 Photos and videos



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Interested in fantasy fiction? Check out this review on A Snake is Amongst Us series



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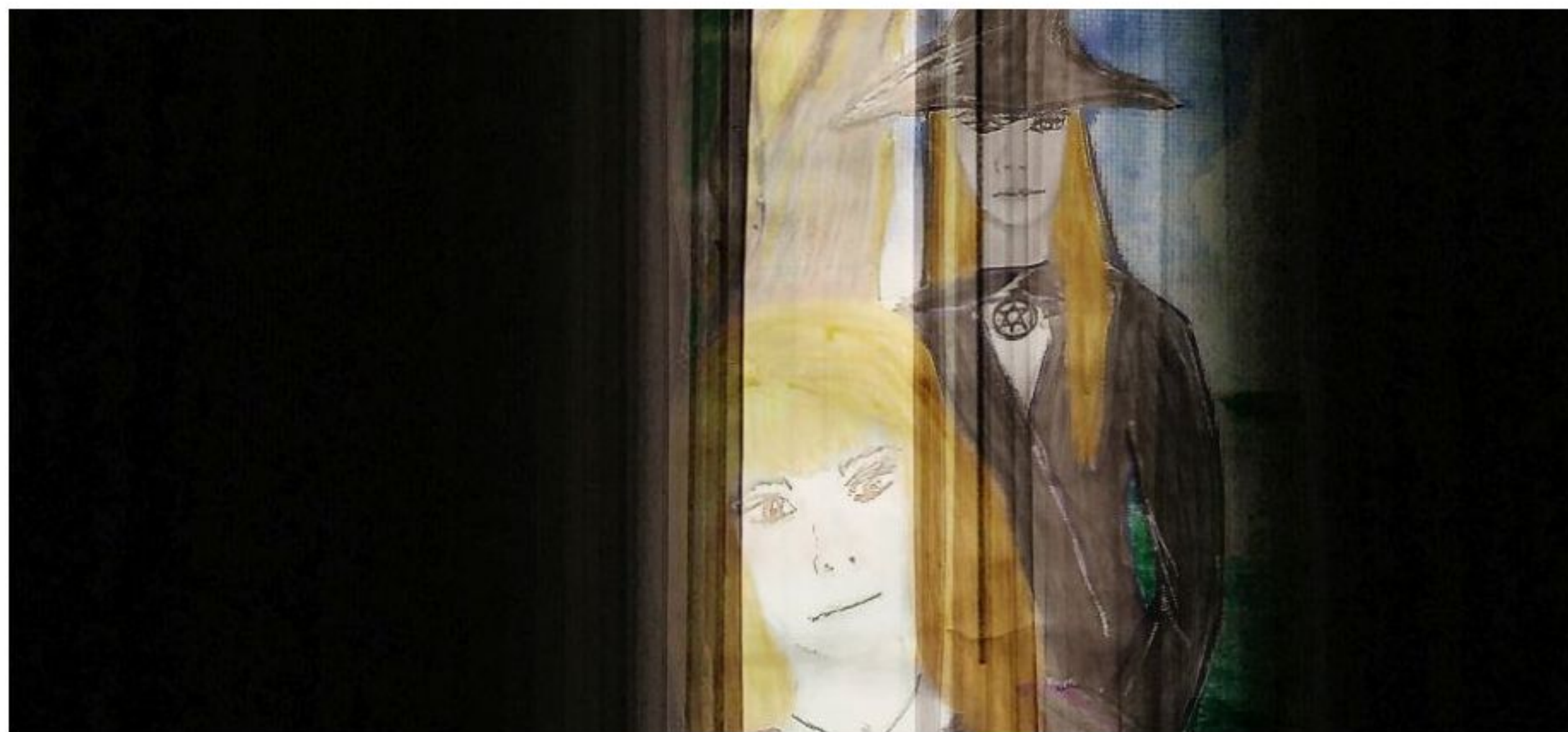
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SERAH KOHW – SEER OF PAST SOULS **Kristina Evans**

There's nothing we dream about more than being handed a ticket and itinerary for a round-the-world adventure. But for Serah Kohw, the circumstances of this scenario are initially devastating; she's just lost her friend, Sarah Cupsip, who has left her this once-in-a-lifetime package. But, in this fantastical tale by Kristina Evans, the events that follow see Serah on a journey traversing both place and time, and myth and legend. She sails across oceans on a cruise through Alaska, overlands on a bus in Canada, and roams from country to country in Europe and Great Britain, all while meeting new people and falling in love along the way. The 10th novel in Evans' series 'A Snake is Amongst Us', this story will plunge you into a new world that encourages you to look beyond the surface, wherever you may be.

asnakeisamongstus.com | AU\$25



A SNAKE IS AMONGST US

Published on January 25, 2018 | in Arts/Culture

Australian fantasy fiction author, Kristina Evans, has published her 10th novel in her magical realism series, *A Snake is Amongst Us*.

The new title, *Serah Kohw, Seer of Past Souls*, is the first book in the transcendence trilogy where factual travel adventures,

This captivating fantasy romance novel is set in two worlds, appealing to women who enjoy mythology, spirits, witches, ghosts, and time travel.

Evans weaves her love of animals into the book, creating a thread that brings to light the need for empathy and the welfare of

"We live in a world where anything is possible but only some dare to take a chance," said Ms Evans.

"In the first of the trilogy, I have turned Serah's dreams into reality where her desire for a soul mate coincides with a fairy-tale romance.

romance, and the supernatural come together.

Serah Kohw is an Australian woman who not only travels the world, but travels in different dimensions trying to overcome the spirit of friend Sarah Cupsip who dies. Sarah wants to continue to find love through Serah, leaving her a travel ticket and itinerary to journey through places, myths and legends.

Serah thought she knew her friend, but could not see the snake within her until it was too late.

living creatures.

Evans grew up in a haunted farmhouse in the United Kingdom’s South Wales, with a clairvoyant grandmother, which exposed her to the spirit world.

It was seven years ago that Ms Evans started writing fantasy fiction after becoming bored while working in a shop.

Her laptop then became the conduit to allow spirits to share their stories of what they learnt when they lived among the living.

“Paths lay before us and every day we decide which one to take. Serah Kohw shows what can happen when the choice is made for you.”

All previous books by Kristina Evans are also titled with a person’s name, the first one being *Vanessa Smythe* with others including best sellers named *Juliette Miller*, *Gavin Macleod* (the only male), *Rhianon Luna* and *Aerona Snave*.

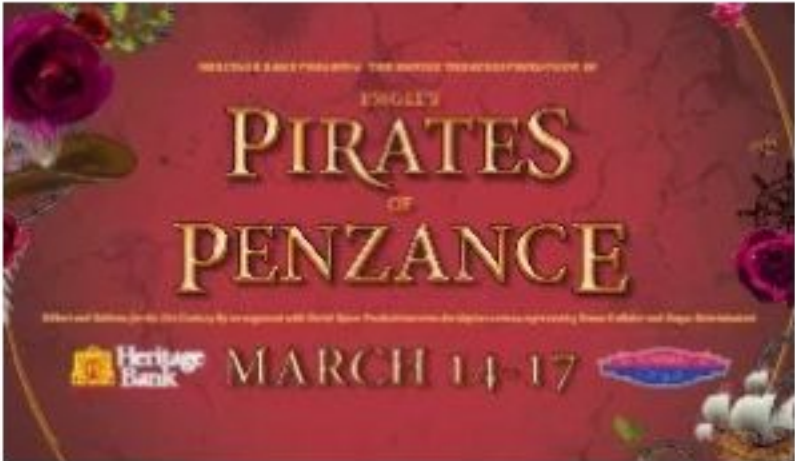
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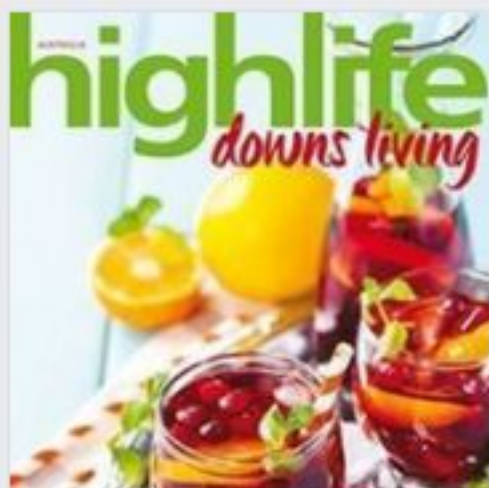
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Kristina Evans has added a 10th novel to her magical series A Snake Is Amongst Us #novel #fantasy #book



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Successful Australian fantasy fiction author, Kristina Evans, has published her 10th novel in her magical realism series, A Snake is Amongst Us

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