



## WHAT'S ON in September

### **1st Central Park All-ages Playdate**

3pm, no RSVP required

### **4th Father's Day**

Don't forget about our fabulous Aussie Dad's back home!

### **8th Central Park All-ages Playdate**

10am, no RSVP required

### **9th Girls Night Out**

Cocktails @ Dream Hotel, from 7:30pm  
RSVP required

### **14th September Coffee Morning**

Australian Consulate, 10.30am, \$5-  
No RSVP required

### **16th All Ages Playdate - Upper West Side**

10am, email for address, RSVP required

### **21st Central Park All-ages Playdate**

3pm, email for address

### **Oct 4th Wildlife Australia Event - Invite Only**

The Jimmy, James Hotel, SOHO  
Volunteers needed to assist with the event -  
please email [belinda.Jackson@prosell.us](mailto:belinda.Jackson@prosell.us) if you  
would like to volunteer, or for more information  
on the event

# INTHISISSUE

- p3 Details for the **September Coffee Morning** and **Committee meeting**.
- p4 **Writing a book is...**  
**Karen Jacobsen** explains how she managed to write her first book.. in 90days!
- p5 **NEW YORK LIVING: 9/11, 10 years later**  
{Linda Crawford}
- p6 **NEW YORK LIVING: REVIEWS**  
Aussie Eats in NY
- p6 **NEW YORK LIVING: MUST SEE EVENTS**
- p7 **Mums and Bubs Report**  
By Megan Brown
- p9 10 QUESTIONS with: **Tara Falkiner**
- p10 **Classifieds and AWNY committee contact details**

**facebook**

**Have you joined us on Facebook?**

... a great way to keep in touch with AWNY news and events, and share information with other members.

**Link to us at > [facebook/awny](https://www.facebook.com/awny)**



*If you would like to subscribe to the Consulate's eblasts on Australian events within the New York area, please email [Fiona.Gosschalk@dfat.gov.au](mailto:Fiona.Gosschalk@dfat.gov.au).*

Australian Women in New York is a program of the



**New York Living Tip: ACE Hotel**

Looking for a place to get some work done in a uber cool setting with free wi-fi and great coffee (+ cocktails for afternoon cram sessions!)? Check out the lobby in the ACE Hotel located on 29th St between Broadway & 5th Ave. The ACE Hotel is also home to the Breslin restaurant - a Michelin starred restaurant by the owners of The Spotted Pig (West Village).

<http://www.acehotel.com/newyork>



**EDITORS' NOTE:**

We are always looking for fresh new content for the newsletter... if you have a story, event or restaurant review or details of something going on around the city, please drop us a line, we would love to hear from you!

Newsletter content needs to be submitted by the 20th of each month to be included in the following months newsletter and can be emailed to: [linda@lkconcepts.com](mailto:linda@lkconcepts.com), [tara.falkiner@gmail.com](mailto:tara.falkiner@gmail.com) or to any of the committee members listed on the last page of this newsletter.

Have a fabulous {and safe!} Labor Day weekend and a productive and {hopefully} relaxing, September all!

# WHAT'S ON IN September?

## AWNY COFFEE MORNING || Wednesday Sep 14th, 10:30am

*Where:* Australian Consulate, 150 E.42nd St, 34th floor (Committee meeting prior to coffee morning @ 9:30)  
(Subway- Grand Central Station)

Please bring I.D for entry to the consulate.

*Cost:* \$5-

September coffee morning- our guest is you! This month is 'meet and greet month'- we encourage and welcome all new members or those we have not seen in a while to join us for our meet and greet coffee morning. Please join us for coffee and conversation about life in NY and beyond.

## AUSSIE FATHER'S DAY

Just a quick reminder that Aussie Father's Day is this weekend, **Sunday September 4th!** If you are stuck for gift ideas (and short on time), perhaps check out some of the fabulous, fun things Red Balloon has to offer... <http://www.redballoon.com.au/>. Interflora has also not failed me yet - they are super convenient for those 'last minute Larries' and have a good selection of 'non' flower items: <http://www.interflora.com.au/html/Home.aspx>. A card with a few meaningful words is a lovely touch and can always be sent at the last minute via <http://www.hallmark.com/online/> or any of the other online (and often free) e-card services. Wishing all the Aussie Dads a memorable Father's Day!



## GIRLS NIGHT OUT



*When:* **Friday September 9th || from 7:30pm**  
*Where:* **Rooftop drinks @ pH-D (12th floor) at the Dream Downtown Hotel**

355W 16th St (btw 8th & 9th Aves).

A group of us will probably move onto a nearby restaurant for a casual dinner.

<http://www.dreamdowntown.com>

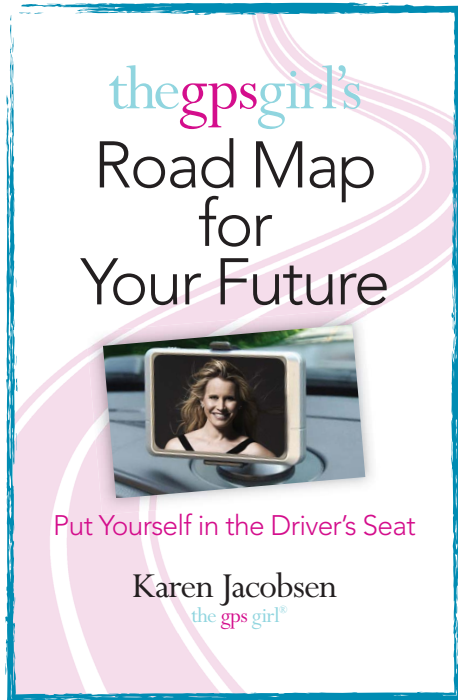
*Cost:* Drinks purchased individually.

*RSVP:* By **Friday September 2nd to [meganbrown10@gmail.com](mailto:meganbrown10@gmail.com)**

*Organizer:* Megan Brown

What better time for a night out than after a long, hot summer and surviving the first week back at school! The revised details for this event are listed above. Please let Megan know if you'd like to join, if only for drinks, as she will need to ascertain how much space will be needed.

# WRITING A BOOK IS..... by KAREN JACOBSEN



## Writing a Book is a lot like Reaching any Destination

I've spent the past 90 days writing a book. You read correctly. 90 days. It is my first book and when my business coach told me in April I was going to write a book so quickly I had my reservations. How on earth, with a 3 year old was I going to do this?

As I write, the first run of my first book is at the printers and I'm told they will ship today. It seems like a miracle. Having recorded and released 7 CDs on my independent record label I know how to create and follow through on a project but wasn't a book much harder?

How do you learn how to do something new? Ask people who've done it. My friend Rachael (Bestselling Author Rachael Bermingham) whispered in my ear to get myself organized and reassured me I could do it.

My secret weapon? Google became my right hand man.

Thankfully my desire to have something to say that just may help someone in their life became greater than my fear and my concern of

'what people might think.' This was the hardest part of writing a book. Getting over myself and having the gumption to share what has worked for me in my life regardless of the "haters" out there. Now that I think about it that was the hardest part about recording my original songs in the early days.

How did I finish the book in 90 days? After my son went to sleep I would set myself up to write for at least half an hour a night. Within four weeks the first draft was done.

In the end writing a book is a lot like reaching any other 'destination' in life.

Put yourself in the Driver's Seat.  
Choose a destination.  
Create a Road Map.  
Continue in the right direction.  
Recalculate when necessary.  
Remember to refuel along the way.

Oh, and the most important "direction"?

Enjoy the Ride.

**Karen Jacobsen's first book "The GPS Girl's Road Map for Your Future" will be released on 11/11/2011 through Bookbaby. Visit <http://www.thegpsgirl.com> for more info on how to "Recalculate" in life and live in the Driver's Seat.**



Karen Jacobsen  
PO Box 2042, New York, NY 10101  
+1 646 345 4642  
karen@thegpsgirl.com

# NEW YORK LIVING: 9/11, 10 years later

Linda Crawford

The events of 9/11 will be forever etched in my memory - even though I witnessed the events only through my television on the other side of the world. The complete and utter feeling of devastation. The desperation and total helplessness felt as we watched innocent victims making the decision to jump to their death - trying to imagine, for a brief moment, what we would do faced with the same decision... the conclusion was inevitable, someone else had already made sure of that. The horror of knowing the unthinkable, barbaric acts that we humans are capable of committing. And then the sense of pride felt watching people come together to assist those in need and to help begin the gut wrenching job of sorting through the debris.

I cannot begin to imagine how it must have felt living in New York at that time let alone being associated, in any way, with someone who perished on that fateful day.



Photo Credit: Courtesy of the Prints and Photographs Division. Library of Congress.

For most of us, that feeling of devastation has long since gone. 9/11 is all but a distant memory, a tragedy that most of us have put away at the very back of our head to never, or rarely, be revisited again. Unfortunately though, too many people are only just now feeling the full affects of the attacks - the first responders, the volunteers etc. - these people are just now dealing with the health affects of being exposed to the various toxins that inhabited the area around ground zero during the days following the attacks. Toxins such as asbestos, lead, mercury, dioxin and hydrocarbon were released around the area from the fires and rubble and have been linked to diseases such as pulmonary fibrosis, lung cancer, mesothelioma and a number of other cancers. Some of these diseases, especially mesothelioma which is linked to asbestos exposure, can have a long latency period - sometimes as much as 20 to 50 years between exposure and the development of the disease.

As we approach the ten year anniversary of 9/11, I implore us all to take a moment to give consideration to those who risked their lives to help others and are still now feeling the devastating aftershock both mentally and physically. These are the people we cannot forget and need not be forgotten.

# NEW YORK LIVING: REVIEWS

## RESTAURANT REVIEW: AUSSIE EATS IN NEW YORK

Celebrating Aussie Father's Day in NYC? Consider stopping by some of the following locations to give Dad a taste of 'home' on this special day:

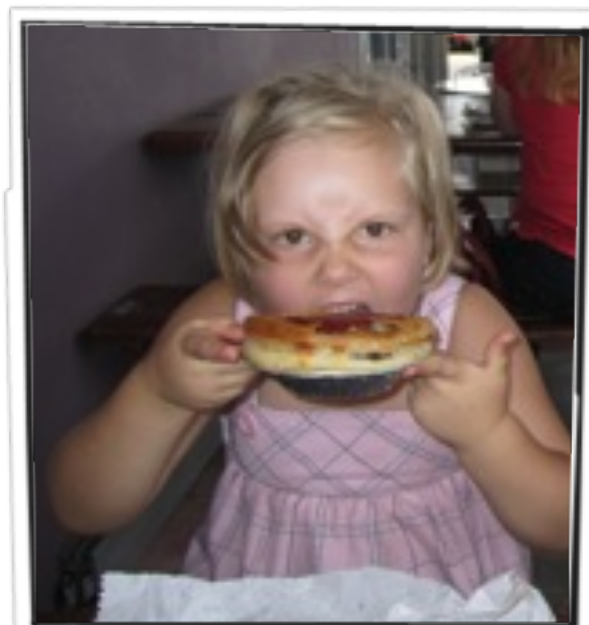
Take Out  
{or eat at the counter}:



Meat Pies, Milo & Lamingtons  
<http://www.tuckshopnyc.com/home.php>

Dine In:

<http://www.kingswoodnyc.com/>  
<http://www.theaustraliannyc.com/>  
<http://www.eightmilecreek.com/>  
<http://www.thesunburntcow.com/>



# MUST-SEE EVENTS

★ **2011 US Open** - Aug 29 - Sep 11th, Flushing Meadows, Queens

No stay in New York can be complete without catching at least one live game at the US Open! [http://www.usopen.org/en\\_US/index.html](http://www.usopen.org/en_US/index.html)

★ **2011 Fashions Night Out** - Sep 8th, 6-11pm, around the city

For the 3rd year in a row, the after hours shopping extravaganza is back! <http://fashionsnightout.com/>

★ **Brews, Blues & BBQ** - Sep 10th, 12pm, Governors Island {free}

Bring your beach blankets and lawn chairs out to Governor's Island for an afternoon of craft brews, rockin' blues, and tasty barbecue! <http://thebeachatgovernors.com/events-inner.php?Event=Nw==>

★ **BMW Guggenheim Lab** - through Oct 16th, Houston St @ 2nd Ave

The BMW Guggenheim Lab is a mobile laboratory traveling to nine major cities worldwide over six years. Led by international, interdisciplinary teams of emerging talents in the areas of urbanism, architecture, art, design, science, technology, education, and sustainability, the Lab addresses issues of contemporary urban life through programs and public discourse. Its goal is the exploration of new ideas, experimentation, and ultimately the creation of forward-thinking solutions for city life. <http://bmwguggenheimlab.org/>

★ **The New Yorker Festival** - Sep 30th + Oct 1st & 2nd, various locations

[http://www.brooklynvegan.com/archives/2011/08/new\\_yorker\\_fest\\_3.html#more](http://www.brooklynvegan.com/archives/2011/08/new_yorker_fest_3.html#more).

★ **The San Gennaro Festival - The 85th Annual Feast of San Gennaro** - Sep 15-25th, Little Italy, 11:30am-11:30pm

The Annual Feast of San Gennaro is a celebration of the Patron Saint of Naples. Check out some of the processions and musical performances. Play some carnival games. Eat some traditional San Gennaro Festival foods. [http://gonyc.about.com/od/autumninnewyork/a/san\\_gennaro.htm](http://gonyc.about.com/od/autumninnewyork/a/san_gennaro.htm)

# MUMS & BUBS COORDINATED BY MEGAN BROWN

The details for our End of Summer Girls Night Out on Friday September 9th have changed slightly. The Buddakan booking has been dropped, and our meeting time for Dream Downtown's rooftop bar brought forward to 7.30pm. There will still be a casual dinner held somewhere in the Meatpacking District on the night so hopefully more of you can make what is looking like less of a late and expensive evening. Please rsvp to me as soon as you can as I'd like to ascertain numbers and begin looking for some casual restaurant options.

I would like to begin transitioning someone into the role of Mums & Bubs Coordinator as I step down and pursue other things. If it is something you would consider, I'm more than happy to talk to anyone about the role and what it entails. It has been a great way for me to meet a lot of new friends in New York and I appreciate all the words of thanks I have received recently.

As always, I'd love to hear from anyone interested in hosting a playdate in their home (particularly newborn/pre-walker), or an event of any kind. As we head into the cooler temperatures of Fall, indoor playdates in people's homes become more important. Many thanks to Stephanie Martin and Annie Tennant for their August playdates, much appreciated.

Megan Brown || AWNY Mums & Bubs Coordinator  
e:[awnymumsandbubs@gmail.com](mailto:awnymumsandbubs@gmail.com) || C: 646 752 4725



{View from Dream Hotel's Rooftop bar, pH-D}

## September EVENTS

### CENTRAL PARK ALL-AGES PLAYDATES

**When:** **Thursday 1st September, 3pm;**  
**Thursday 8th September, 10am; &**  
**Wednesday 21st September, 3pm**

**Where:** held under the trees adjacent to Turtle Pond in Central Park (just opposite the southern end of The Great Lawn)

These dates are weather dependent. In warm weather, the venue of these playdates may move to the Natural History Museum terrace where there are water fountains for the kids. *Weekly emails will reflect any changes.* No need to rsvp, just turn up and bring along a picnic rug, snacks and any games or toys your kids might want to run around with.

### ALL-AGES PLAYDATE

**When:** **Friday 16th September, 10am-midday**

**Where:** Upper West Side - mid 80's, email for full address

**RSVP:** by **Friday September 12th,**  
[meganbrown10@gmail.com](mailto:meganbrown10@gmail.com)

### END OF SUMMER GIRLS NIGHT OUT...

**When:** **Friday September 9th, from 7:30pm**

**Where:** **Rooftop drinks @ pH-D (12th floor) at the Dream Downtown Hotel**

355W 16th St (btw 8th & 9th Aves).

A group of us will probably move onto a nearby restaurant for a casual dinner.

**Web:** <http://www.dreamdowntown.com>

**Cost:** Drinks purchased individually.

**Organizer:** Megan Brown

**Rsvp:** by **Friday September 2nd,**  
[meganbrown10@gmail.com](mailto:meganbrown10@gmail.com)

What better time for a night out than after a long, hot summer and surviving the first week back at school! The revised details for this event are listed above. Please let me know if you'd like to join us, if only for drinks, as I'll need to ascertain how much space we'll need.

## FAREWELLS

In September we farewell another long-time member of our Mums & Bubs Group, Julia Morris, and her family. Continuing the exodus from the Montana Building on the UWS (beginning to think there is something in the water there!), Julia & Andrew and their 2 girls Heidi and Lucy have moved to Surrey in England after a number of years calling New York City home.



Julia has always been there to offer a helping hand in the set up or clean up of many of the AMB parties, and has been a regular attendee of our Girls Nights Out over the years. We wish them all well in their new life in England, and they will be greatly missed by many in our group.



{A few of the Australian girls farewelling Julia and Melissa Ruffa in the West Village last month.}

## STORK REPORT

Katrina and James Hetherington are thrilled to announce the birth of their third son, Hugo Maxwell Alexander. Hugo arrived on August 9th at St. Luke's Roosevelt Hospital with an impressive weight of 9lbs.



James is pleased to continue the growth of the family football team, Katrina is getting used to being out numbered 3:1, and Hugo's big brothers Charlie & Archie are thrilled to have such a cute baby brother at home to dote on.

Congratulations to the Hetherington clan and best of luck to Katrina with 3 boys under 4 in a Manhattan apartment!



# 10 QUESTIONS with: TARA FALKINER



## Hometown

I grew up about an hour south of Melbourne on the Mornington Peninsula, then moved to the city for work.

## How long have you lived in New York?

My husband and I arrived in New York on the 15th of May this year, so it's coming up to four months.

## What neighborhood or borough do you live in?

The Lower East Side.

## What brought you here?

My husband and I always wanted to live and work overseas but we didn't want to follow the majority of Aussies and move to London. I had never been to New York, but I loved the idea of living in such a vibrant and unique city, and I haven't regretted the decision to move here for one second.

## What do you do?

I worked in IT as a Business Analyst in Melbourne, and I'm looking for the same sort of work in New York.

## What do you love most about New York?

Besides a few unbearably hot days, I absolutely love the weather, especially considering that it's the middle of winter in Melbourne! I'm also thoroughly enjoying the food, perhaps a little too much, and how cheap most things are thanks to the strong Aussie dollar.

## What do you love least about New York?

The lack of space and the cost of rent. I also don't think that I've slept an entire night through since moving here because of the constant noise - car horns, rubbish trucks, sirens... it's endless!

## Favorite NY spot?

Central Park. Unfortunately we don't live very close to it, but we make the effort to go there regularly and either walk around or settle down on the grass and read a book.

## Memorable "only in New York" moment?

Riding the subway, observing all the passengers, and realizing that New York has the most diverse population of people I have ever seen in my life. I don't know of any other city that has such a mix of people, and I think that they were all in the same train carriage as me that day!

## What do you miss most about Australia?

My family and friends, although Skype makes it easier, and having a backyard with a pool.

# CLASSIFIEDS



## *Learn to Paint - no experience required!*

Have you always wanted to paint outdoors and wondered where to start? In my One Day Workshops you are guided, step by step, towards creating your very own masterpiece. Even if you have never held a brush before; you will finish the day with the experience of a life time and a completed painting to take home for the memories!

Danielle

\*All materials required (paints, brushes, easel etc.) can be supplied for you.

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

**AWNY members get \$20 off a Workshop until SEPT 15, 2011.**

First time participants only.

### Would you like to contribute to the AWNY Newsletter?

If you have visited somewhere of interest recently, in or beyond New York, or have book, restaurant, or entertainment recommendations, we would love to hear from you!

The deadline for Newsletter contributions is the 20th of each month.

We welcome your submissions and ideas.  
Please contact us!

Like to promote your business or let other AWNY members know about an event, project or organisation you are involved in?

### Need to sell, swap or buy something?

Classifieds can be sent to Marcia L. Callaghan  
[marcia.callaghan@aaanyc.org](mailto:marcia.callaghan@aaanyc.org)



### The NYC Aussie Expat Meetup

If you're interested in meeting fellow Aussies (or even just Yanks who love Australians!) think about joining the New York City Aussie Expat Meetup. You'll find great gatherings like Rooftop BBQ's, Cricket in Connecticut for the Annual Ashes Match, Anzac Day Celebrations and much more:

<http://www.meetup.com/aussienyc/>



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