

Solving the mystery of life

WHY are some people happy with very little, while others are miserable in paradise?

While travelling and working in several different countries, award-winning author Janet Poole found herself on a mission to solve this human mystery.

Poole, who resides on a property near Oberon, has brought together a lifetime of study in her debut book, *How to Get Anything You Want - Just Like That!*

This Saturday, she will attend a book signing at Inspirations in the Bathurst City Centre, from 10am to 3pm.

"I spent a long time researching the human mystery," Poole said. "I hadn't thought I'd ever be a writer but I've always been passionate about understanding life so my work has taken me to exciting places."

"Our culture grows us to do what we are told. This book is all about you deciding your life."

The book was created to be a one-stop resource for understanding life. Poole's answers are liberating, empowering and have made her one of the happiest people she knows.

She said scientific evidence proves we are so powerful that every day we are each creating our own world and it is our choice to either wreak havoc in our lives or create anything we want just as easily.

"Most still believe in luck and fate, and think they have no choice over how their life turns out," Poole said. "They've forgotten that we need to follow our dreams."

"Somebody who is bored or frustrated with life is not living their own dreams."

Her mission is to inspire people to live an extraordinary life on their own terms, to reach their full potential and to wake up enthusiastic about their day - every day.

How to Get Anything You Want - Just Like That! is available from Books Plus in Howick Street, Inspirations in the Bathurst City Centre, Oberon Post Office or online at janetpoole.com.

Log on to Poole's website to download three chapters of the book completely free of charge.



SECRETS: Janet Poole is passionate about understanding life . Photo: JENNIFER STOCKS

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A timely seasonal warning

AS overnight temperatures regularly plunge to below freezing across many parts of the region, Essential Energy is urging households to use electricity safely during the winter months.

Essential Energy's South Eastern regional general manager Phillip Green said following a few simple steps could help reduce the risk of electrical fires in the home.

"It's always wise to check the condition of electrical appliances before use, particularly items like heaters and electric blankets that are stored for most of the year and can be easily damaged," he said.

"Some of the signs of electrical wear and tear include loose plugs, frayed leads or exposed wires, mechanisms not working as they should, broken power points or switches and unsafe wiring."

"Use a vacuum or dry cloth to clean dust from your appliances before use, but if you're unsure you should have the appliance tested by an authorised electrical repairer."

When the mercury drops, it can be tempting to sit too close to a heater or to move a portable heater into a bathroom for warmth.

"Keep heaters at least one metre away from flammable items like furniture, bedding, clothing, curtains or rugs and supervise young children at all times near appliances to prevent burns," Mr Green said.

"Only ever use a bathroom-safe model to heat a bathroom to avoid the potential for electric shock in the wet areas."

When choosing new appliances, be sure to consider all the safety and energy efficiency variables for different types of equipment.

"If you're looking for a new heater, make sure to choose a model that has an automatic cut-off switch that activates if the heater is accidentally knocked over," Mr Green said.

"Always switch off heaters and other electrical appliances before you leave the room or go to sleep - and make sure your fire alarms are working correctly."

Recognising regional youth arts and achievement

THE 2BS Youth Arts Award is a community award that recognises outstanding young people in our region.

This monthly award, proudly supported by the Bathurst Arts Council Inc, acknowledges the work of young people in the Bathurst region who have distinguished themselves in their particular field of the arts.



The award comprises media recognition and a \$100 cash

prize to be used to further the individual's artistic endeavours.

Monthly award winners will be eligible for the annual Bathurst Youth in the Arts Award to be presented as part of the Australia Day celebrations each year.

The winner of this annual award will receive a \$500 scholarship or subsidy to be applied to a specific arts-related opportunity.

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BE A PART OF THE TEAM IN THE NRL

Western Advocate READERS' TIPPING CONTEST

Tipping forms appear in each Wednesday, Thursday & Friday's Western Advocate

Weekly winner wins a meat voucher from Graham Sommers South Bathurst Butchery

