

BIG SHIP SAILING ON THE OCEAN

turningpoint

Your Lifestyle, Your Well-Being

Pilot 0 – August 2017

McGREGOR
ON LIFE

**MUSIC AND
PURPOSE**

JOY PRIME

**ON FEELING THE
FEAR AND TAKING
THE PLUNGE**

CHARITY BEGINS

WHERE?

AUNTY OLGA'S

FUN RUN

**HEALTH AND
WELL-BEING,
THE MANY
WAYS TO BEGIN**

**FREDDY
McGREGOR**

**INTERNATIONAL
HEALING &
PLAYFULNESS
RETREATS**

**ESTHER AUSTIN
GLOBAL COMES
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**LAUNCH OF
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RANGE AT AFRICA
FASHION WEEK**



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From the EDITOR



Greetings lovely people. Welcome to the birthing of this Pilot issue of EAG: Turning Point: Your Lifestyle, Your Well-Being. The magazine will be published quarterly and is geared towards men and women 45-65 who have come to a cross roads in their lives and who are asking the questions Who am I, Where do I go now? and What do I want to do with my life.

People who are looking for support and guidance to these questions. The magazine will present articles encouraging your spiritual, mental, physical growth as well as your creative and playful growth and engagement, which is often missing from many of our lives as grown-ups.

This magazine has been part of my inspirational drive and dream for a long time and is now a dream come true, and I am sooooo eggcited. Oooo P.s – I just couldn't resist using the above photograph with me holding my lovely grand-daughter. Just a bit of showing off going on here. Being a glamma as I'm called is an energetically exciting journey and I'm loving it.

By Esther Austin

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Well we are half way through the year already, Summer has sprouted her wings and the year has already been an amazingly eclectic journey in many ways. As always there has been a lot of spiritual growth on my part as I am always mindful of my own processes and the journey of self-mastery is always interesting, exciting, sometimes challenging yet transformative all the same.

One of my main lessons for this year was to take control, make a firm stand for my beliefs and not to hand over my power to anyone as I underwent a huge lesson a few months ago that almost “took me down” so to speak. This year so far I have been empowered to become more of the butterfly that I am and as I spread my wings into an expanse of unlimited opportunities it feels grrrrreat. I'm feeling so much freer within myself and as the song goes “I'm loving it, loving it, loving it, I'm loving it like this.” So now that we are half way through the year what golden nuggets of learning have you discovered so far?

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I am super duper excited about this Pilot issue of Turnaround: Your Lifestyle, Your Well-Being because I have been privileged to have met some amazing people who share a common thread to “Live life in Purpose and Feel the Fear and Do it Anyway.” Hence why I was over the moon when I finally managed to get a hold of Freddy McGregor, Singer, Musician, Producer after six months for my feature article one of Reggae's top artists.

Also I was semi-mega chuffed to catch up with Joy Prime who I interviewed four years ago because her story really is one of courage and tenacity and hopefully one which will galvanise you to step out of your comfort zone as she has gone from strength to strength.

Talking about stepping out of your comfort zone brings me onto my podcasts where I have had the pleasure of interviewing ordinary people doing extra-ordinary things. Take a listen at www.estheraustinglobal.com/podcasts. I set up a wonderful project in November last year called “Where are They Now? where I wanted to honor and remember Old Skool artists who are alive

Artists who inspired and influenced us as a generation of music lovers and party people and I wanted to know what had happened to them and what was their story so far

So take a listen to Little Anthony from The Imperials or Martha High who once sang with the legendary James Brown for 30 years and many others.

So what's in store for you in this issue besides lots of positive encouragement of “Come on and Do it” messages? Well more positive “Come on and Do it” messages! There are articles about health and well-being to get you thinking a little more about what you are putting into your temple and maybe for the first time in your life you are looking to review what you are putting into your bod..day.

Would you put Sunflower oil in your Porsche and expect it to run efficiently?

Also see what Aunt Gertrude has to share with you, the magazine's personal Agony Aunt who adds a spice and a touch of Bajan humour to life. She tells it as it is and from a place of love.

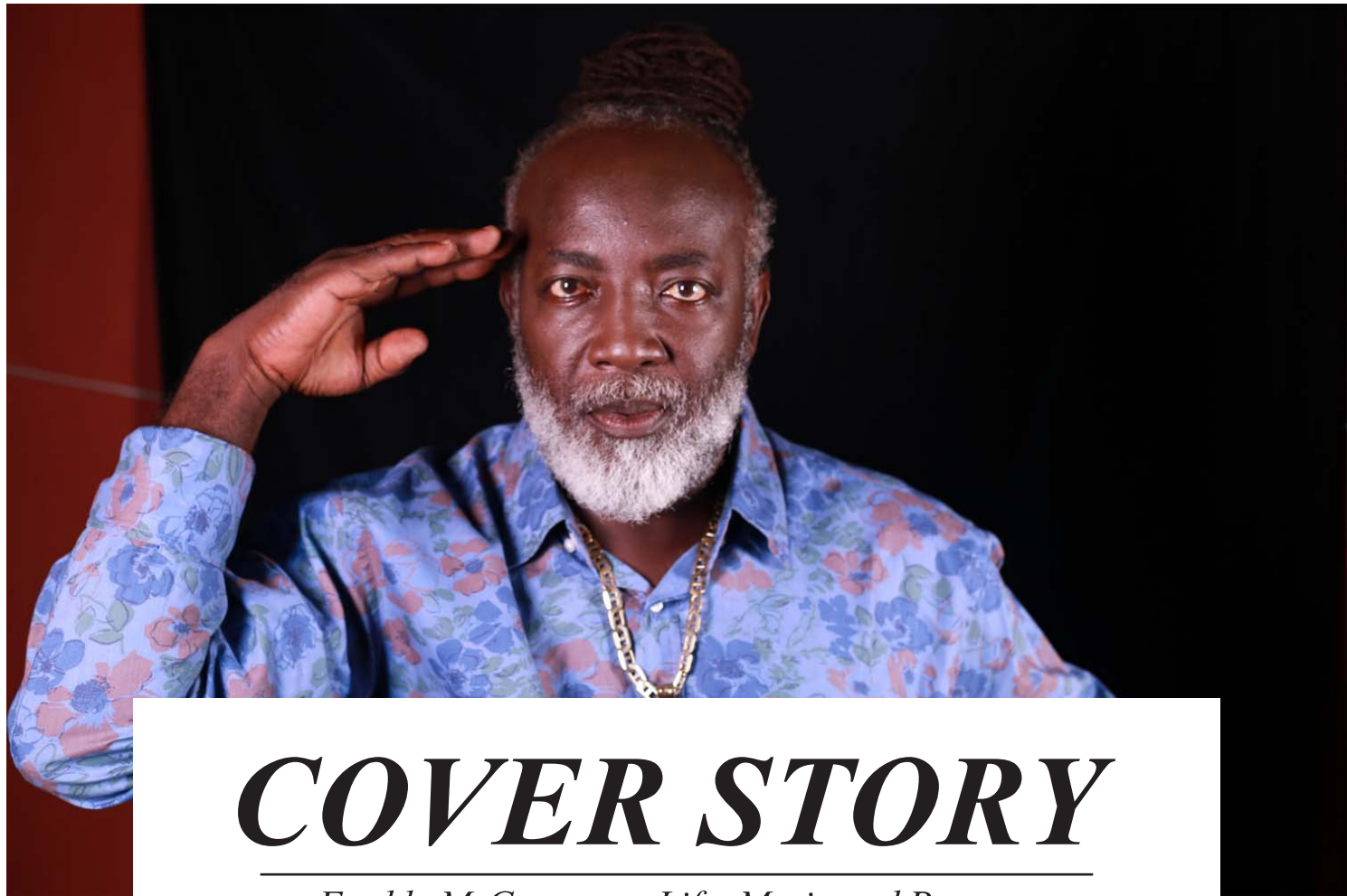
There are also lots of freebies and goodies being given away in this issue as well as interesting articles to help you step into your SOUL PURPOSE as you transition through life.

Also a huge thank you to all my contributors Kenneth Barrett, Matt Burgess, Karan Joseph, Sistahintheraw (Rev. Anita McKenzie), Rebecca Norrington.

I'd better go now before I talk you into slumber. Thank you for your support and I'm looking forward to you taking this journey with me. Suggestions are always welcome.

By Esther Austin

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COVER STORY

Freddy McGregor on Life, Music and Purpose

I had the pleasure of interviewing one of the Reggae industry’s best loved figure recently. I had been after an interview with Freddy McGregor for six months. Like a dedicated stalker, I persistently hounded this incredibly busy man as he jetted around the world on business. I wanted to talk to this man who had greatly inspired so many people with his music, through his lyrics and also by his character.

Freddy oozes a strong sense of purpose with a grounded sense of self which is then infused into his music and which audiences all over the world gravitate to. His dedication to his art form is commendable and his passion for the people even more so. Here Freddy talks about his life, his passion and his upcoming tour to the UK at the end of July.

Esther: Good morning, welcome to “Where are they Now?” with yours truly Esther Austin. Ladies and gentleman I have been trying to get this man for the past six months, so it just shows what perseverance and tenacity and share stubbornness can do. Ladies and gentleman I have on the phone with me Freddy McGregor. Freddy welcome.

Freddy: Yes, greetings, good morning.

Esther: Good morning. Freddy I always ask my guests in a nutshell; **who is Freddy McGregor?** Or you can be in a coconut shell; **who is Freddy McGregor?**

Freddy: I’m just another brother from a humble beginning, a very simple one too. In fact, whom God has given an inspiration to do a particular work which happens to be music and this brother is just trying to do it to the best of his ability and to please the fans

Esther: Fantastic. I love your energy that's why I was so keen to get hold of you because I knew that it wasn't just to interview Freddy McGregor the Celebrity, but to interview Freddy McGregor the man with the message because I can really feel a message in you and your music. Who have been some of the people who have inspired you personally along the way?

Freddy: There are a lot of people, musically I would start with people like Stevie Wonder, Dennis Brown, early artists like Marvin Gaye, people who sang a lot of “message” songs.

Then locally you have people like the Alton Ellis. Just about all the great artists came through the early years and were inspiring. Dennis Brown most certainly, being in that age group together and that’s how I start in terms of people who inspired me greatly.

I can single out one person, musically that I can say is a great inspiration to me and that’s Bob Andy. I still listen to Bob until today and I still try to figure out, how did he come up with those songs? I actually asked him personally and one day he sat with me and told me this song.

“People see me acting strange
They might think it's a burning shame
But the people don't realise
The pangs of hell that I feel
So let them say I'm mad
They don't know how it feels to be sad
I don't know who could be glad
In a situation like this

My last shirt's torn off my back
But that's not quite the fact
My shoe is down to my socks
No place to lay my head
Don't even own a bed
I can't remember when I've eaten bread

They don't seem to realise
What really keeps me alive
It's the power that's so great
That no man can destroy
They'd like to understand
Just where I get my helping hand
So they criticize”