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Sydney Observer

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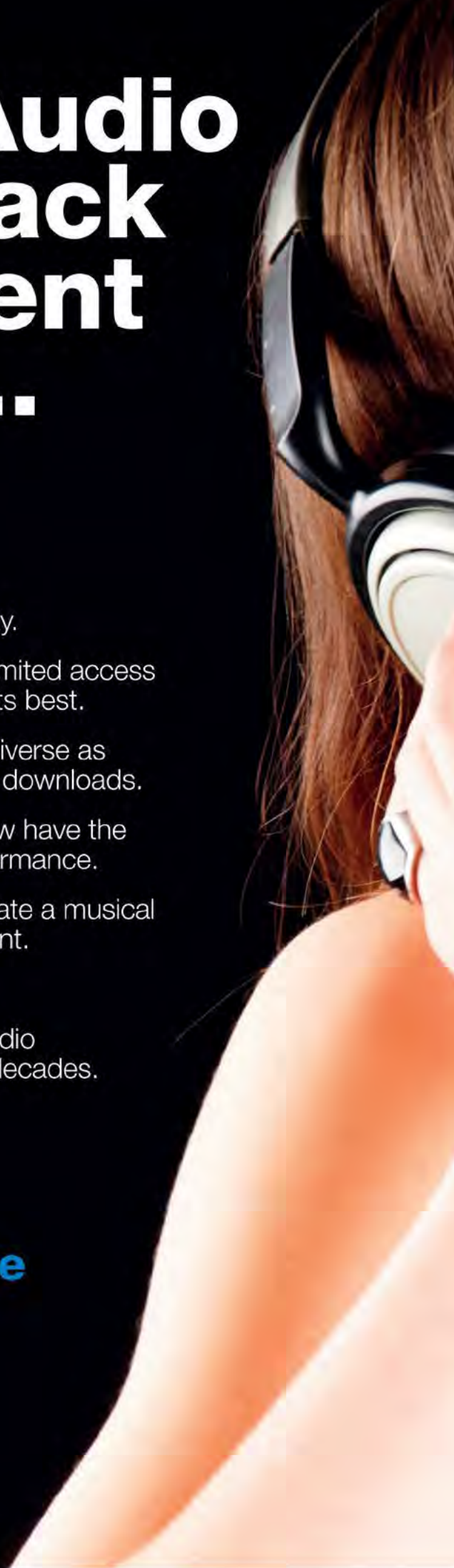
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FROM THE EDITOR

Welcome back to another year of *Sydney Observer*. In this issue, we have a stack of ideas and events to help you start your new year with a bang.

Our Fashion and Beauty section is filled with this year's biggest makeup trends (22), femme fashion that will leave you feeling fierce (23), and summer skincare tips and tricks to make the most out of the remaining days of sunshine.

If you feel like redecorating, check out our luxury living room spread in our Home and Garden section (26-31). Featuring this season's latest trends, try transforming your home into an indulgent paradise.

Do you have any New Year's resolutions you are planning to achieve? If so, our Wellbeing section has you covered. From the power of yoga (32) to weight loss myths with Tiffany Hall (36-37), we have all the motivation and inspiration to help you kick your goals!

For the month of love, we have a special Valentine's Day section showcasing delicious date night ideas (40), and a gift guide to treat your loved ones to something special (41).

So, to our loyal readers and new friends, we can't wait to start an amazing year with you all. Here's to the first of many more inspiring issues!



Hannah

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SNIPPETS

Community forum on waste strategy



Ku-ring-gai residents are being urged by the council to share their views on a new waste strategy. An online survey will be available to complete during the 14th of January until the 11th of February to help guide future plans. The strategy has been drafted against a backdrop of both NSW public and council concern regarding the future of recycling and management.

Mayor Jennifer Anderson said council wanted to gauge public opinion on local waste services currently provided, as well as potential changes to services in the future.

“Our community is interested in more sustainable waste disposal methods and the council’s strong community education program is all about empowering residents to recycle more.”

Willoughby Seniors Festival

North Shore seniors are being invited to take part in the annual Seniors Festival that features numerous specially discounted or free events. Sponsored by Willoughby City Council, the 2019 program includes free exercise sessions, workshops, art exhibitions, performances, talks, open days and more.

A native plant showcase on the 22nd of February will discuss bush spice and wildflowers for backyards and feature a cooking demonstration. Another event is the annual Seniors Celebration Variety Concert on the 19th of February at The Concourse Chatswood. This will feature live music and entertainment followed by afternoon tea. The Sydney Harbour Cruise on the 27th February is also a must-do, with a seafood buffet lunch for just \$50.

For more information on the Seniors Festival, check out our full-page spread on the event.



Giveaways

To enter follow the instructions on each giveaway and email your name, address and phone number with the subject of the giveaway to editor@kamdha.com. Please note we operate on a first in, first served basis.



To win a double pass to Leo Sayer’s show at Castle Hill, simply tell us your favourite Leo hit and why. Good Luck!



To win a summer skincare pack from The Sheet Mask Shop, simply tell us your best tip for glowing skin. Good Luck!



National Pet Adoption Day

Is your family on the lookout for a furry friend? If so, then the fabulous team at PETstock Artarmon and Macquarie will be taking part in the annual National Pet Adoption Day on the 9th of February. The initiative this year is hoping to double the number of pets adopted during 2018 to 1,000. In an Australian first, all breed labels will be removed from pets listed on petrescue.com.au in the week leading up to the day, to ensure as many loving pets of all types find the homes they deserve. PETstock Assist Charity and Events Coordinator, Jess Guilfoyle, says she hopes the move will help Aussies forget any preconceptions they have about rescue pets or breed characteristics and get to know the animals for who they are.

“Breeds come in and out of fashion and unfortunately the stereotypes around them can lead to people choosing the wrong pet for their families. Every pet is unique and individual, and I encourage people considering a new pet to keep an open mind – love really does know no breed.”

New LED lights for Lindfield oval

New lights have been installed at the popular sporting field in Lindfield, Primula Oval, in a bid to reduce future maintenance costs. The new LED's were installed at a cost of \$255,000 as part of Ku-ring-gai Council's energy-saving program. Demonstrating the power of technology, the LED lights are controlled remotely from the council's administration centre through a cloud-based timing control system.

The lights are anticipated to generate more than 30% savings in the council's energy costs. The cost of the installation was partially offset by a \$20,000 grant from Football NSW under their 'Let's Light Up Football' grant program. Primula Oval is a key training and fixture location for local soccer clubs.



Lunar New Year celebrations

Chatswood is set to transform into a hub of cultural brilliance for the annual Lunar New Year Twilight Parade. The festivity will showcase numerous exciting fanfares that will echo the traditions of Chinese fortune and prosperity. A free event on the 16th of February at 6:30pm, will see the city centre come alive with a celebration of lion dances, drummers, bright costumes and lots more!

“We are thrilled to host the Lunar New Year Twilight Parade for the first time in Chatswood,” Willoughby City Council Mayor Gail Giles-Gidney said. “Visitors can expect to be amazed as they experience memorable performances inspired by a traditional Lunar New Year street parade.”



The Sydney Metro is expected to be completed within the second quarter of 2019.

Work Begins on Metro Tunnel

Isabella Ross

Much to the delight of disgruntled commuters, work has officially begun on the Sydney Metro Tunnel from Chatswood to the Harbour. Minister for Transport and Infrastructure Andrew Constance said the Sydney Metro will have the capacity to run trains up to every two minutes and will be a game changer for the city’s transport system. Premier Gladys Berejiklian said it is another major milestone for the state.

“Yesterday we saw a metro train complete its first full journey on the entire length of the Metro Northwest railway line, and now we’re starting work on another key stage of the project,” Ms Berejiklian said.

Within the North Shore and Ryde area, there has been significant annoyance from the community regarding the shut down of the Epping

to Chatswood line. The upgrade of this section however is an important part of the \$8.3 billion Sydney Metro Northwest.

The Sydney Metro, which includes both projects mentioned, is expected to be completed within the second quarter of 2019, meaning commuters do not have to deal with the inconvenience for much longer.

2019 Local Woman of the Year

Isabella Ross

Member for Davidson Jonathan O’Dea, has announced Ms Kirsten Quinn, a resident of Belrose, as the 2019 Local Woman of the Year for the Davidson electorate.

“Kirsten makes an enormous contribution to the community especially through volunteering with Raise, a charity providing mentoring programs for young high school students, and her extensive work for people with a disability. Kirsten’s warm nature and ongoing commitment to helping young people is a fantastic example for others to follow,” Mr O’Dea said.

Kirsten is a single mother who has worked at Cerebral Palsy Alliance (CPA) for 20 years and aside from her paid role, also volunteers for CPA events. On Saturday mornings Kirsten is involved with Active Opportunities, which helps kids (6-12) with a disability to play soccer in a team. Mentoring is also a passion of Kirsten’s, having shown her support to St Ives High School teens for the past 4 years in their mentor program. Along with these incredibly selfless acts, she also volunteers as an age manager for a special Nippers group at South Curl Curl beach.



Kirsten has worked at Cerebral Palsy Alliance (CPA) for 20 years and volunteers for CPA events.



Ku-ring-gai Australia Day Award Recipients

Recognition for some of Ku-ring-gai's most selfless citizens was given at Australia Day celebrations late last month. The Ku-ring-gai Australia Day Awards are presented each year in recognition of groups and individuals who have made a significant contribution to their local community. The five awards consist of the Group Award for Outstanding Service, Senior Citizen of the Year, Young Citizen of the Year and the Citizen of the Year.

This year two Group Awards were presented, with the first going to the Mirrabooka Singers. For 50 years the Mirrabooka Singers have been providing musical entertainment for nursing homes, hospitals and seniors groups. The second Group Award went to the Community Aid Service Volunteers from Lifeline, who provide social support to people 65 years or older. Ku-ring-gai's Young Citizen of the Year is Killara resident Melissa Li. Melissa is a passionate speaker and advocate for racial and women's equality. She has worked with Ku-ring-gai Council and several high schools around Sydney to host events that encourage young people to speak up for change.

Wal Knowles was this year's Senior Citizen of the Year Award. Mr Knowles has taken on a number of volunteering roles in the community, including the East Killara Neighbourhood Watch group and President of the Bradfield Probus group. The final award, Citizen of the Year, went to Lea James. Not only does Lea coach Special Olympics bowling athletes, but she also volunteers



Mayor Jennifer Anderson with Lea James Citizen of the Year, Wal Knowles Senior Citizen of the Year and The Mirrabooka Singers who received the award for Outstanding Service to the Ku-ring-gai Community.

at the West Pymble Bicentennial Club 20 hours per week, despite working two jobs and looking after her family of four.

"The award winners and other Ku-ring-gai volunteers are the backbone of our community and give their time round the clock to help those in need. Australia Day is the perfect day to recognise their contribution," Ku-ring-gai Mayor Jennifer Anderson commented.

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Seniors Festival

North Shore seniors are being invited to take part in the annual Seniors Festival that features numerous specially discounted or free events. The 2019 program includes free exercise sessions, workshops, art exhibitions, performances, talks, open days and more. The NSW Seniors Festival is the largest event for seniors in the Southern Hemisphere, reaching approximately 500,000 Aussies each year. Whether you want the opportunity to socialise, make new friends or get amongst the fun events, make sure to get involved in the array of local community events happening near you. Some of the activities include watercolour painting, floral arranging, macramé, tai chi and more!

“The NSW Seniors Festival brings people together and inspires older people to try something new. I encourage seniors to get involved in the Ku-ring-gai Seniors Fiesta as well as Chair Yoga for Seniors taking place during the Festival. Several NSW Government initiatives support seniors to live life to the fullest,” Member for Davidson, Jonathan O’Dea said.

Local aged care facilities will also be getting involved in the action. Leader in retirement living, AVEO, will be continuing to offer fun-filled social activities to its residents including group exercise classes, card games, croquet and even arts and crafts. It will also be a great time to look into AVEO’s home care services and retirement options, to ensure peace of mind for your future.



From Wednesday 13 February to Sunday 24 February

Everything For Seniors Day

WHEN: 19 FEBRUARY

Happening at St Ives Village Green and Community Hall, this free event will provide seniors with a bunch of fun-filled entertainment. Activities include chair yoga, zumba, special talks from health specialists, along with singing and musical performances. Seniors can also learn about local services and initiatives that encourage engagement and togetherness.

Ku-ring-gai Community Workshop Open Day

WHEN: 21 FEBRUARY

Men’s Shed has become a staple within most Australian communities, promoting ideals of mateship, camaraderie and inclusivity. During the Seniors Festival, Ku-ring-gai Community Workshop will be looking to get more locals involved in the initiative. So come along, have a cup of tea with the members and see the facilities and equipment that the shed works with.

David Parsons Concert

WHEN: 12 FEBRUARY

For classical music lovers, this concert is sure not to be missed! The delightful and well-known Australian church and theatre organist David Parsons will be showcasing the sounds of the theatre organ. For only \$35 per person, refreshments and transport are also included in the fee, with lunch consisting of sandwiches, cake, slices, tea and coffee.

Lindfield Seniors Ballet

WHEN: 13 FEBRUARY

Who says those over 55 cannot enjoy a fun afternoon of dancing and balance exercises? This ballet program is specifically designed for seniors to improve balance, stability, flexibility, coordination and mental agility. With traditional ballet steps taught at a gentle pace while listening to classical music, you are sure to have lots of fun!

Young Citizen of the Year

Hannah Prasad

At only 15 years of age, Sophia Skarparis has accomplished more than the average teenager. Sophia's passion for the environment has seen her create an inspiring movement to say bye bye to the plastic bag. At the shock of hearing that NSW was the only state that hasn't banned single use plastic bags, Sophia created a petition, which received more than 12,000 handwritten signatures to say bye to plastic and hello to BYO.

Sophia is the epitome of being the change you wish to see, her motivation is inspirational and her influence will only continue to grow. Sophia was named Young Conservationist of the Year 2018 and Willoughby's 2019 Young Citizen of the Year. *Sydney Observer* sat down with Sophia to discuss why environmental education is so important and what she hopes to achieve in the future.

Sophia shares why she is so passionate about the environment and how she felt when she received 10,000 signatures.

"We only have one earth and the daily choices we make affect the earth which affects future generations, flora and fauna. From my religious beliefs, we need to care for the environment."

"I was happy that I achieved the goal and therefore the threshold so that the petition could be discussed in the NSW Parliament."

Educating individuals is important to help them understand the importance of the ever-



Sophia created a petition, which received more than 12,000 handwritten signatures to say bye to plastic bags.

changing environment and the detrimental affects plastic can have.

"If we do not educate people they will not be aware of the negative effects they are having on the environment and the harmful effects of using plastic. Educating people bonds the community to generate similar values to do with the environment. If we do not change the negative habits in respect to choices about plastic it will adversely affect future generations, flora and fauna."

"There is awareness but not to the extent that they as individuals have to make better choices. I believe that they are not aware of the extent of the crisis and that the changes need to happen now."

Sophia believes in the power of BYO. With her easy tips and tricks you can cut back on your plastic use and choose an alternative option.

"BYO! Bring your own reusable bag, reusable straw, and cutlery to avoid using unnecessary plastic. If you forget BYO refuse plastic. When grocery shopping choose food that is not wrapped in plastic - choose Bulk Food Stores. Consider giving up chewing gum as it is made from synthetic rubber. If you have plastic reuse."

Though Sophia has already accomplished so much, this is only the beginning. "I want to educate my local and school community on the impacts of plastic and make my school community more sustainable by initiatives such as introducing a waste management system. When I leave school I want to go to university and study environmental law and science and use the knowledge gained to educate others."

To learn more about Sophia follow her on Instagram @plasticfreesophia and check out her website plasticfreesophia.com.

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An exhibition of HSC 2018 Visual Arts from schools in the Hornsby and Ku-ring-gai district.

2 to 30 March 2019

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Mr Alister Henskens SC MP, member for Ku-ring-gai

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Home of Skittles celebrates 60 years

Isabella Ross

The Wrigley Company Pty. Ltd celebrated the 60th birthday of their Asquith factory. The factory, located in Sydney's Upper North Shore area, produces some of Australia's most well-loved confections such as SKITTLES® and JUICY FRUIT®.

Opened in 1958, the Asquith factory has long been considered a leader within the Wrigley network. The Wrigley factory is proud to have been consistently awarded as one of Australia's best places to work, this year ranking as the number one manufacturer in the 2018 Great Place to Work Awards. Ross Hannaford, the facility's Technical Manager, has worked at Wrigley for 36 years, and on his advice, his two sons have since joined him as Associates.

"For every Associate, there's real pride in what we do. We are asked to run the factory like it's our own business, so there is lots of autonomy and responsibility – which makes for a caring environment



Wrigley Company Pty. Ltd celebrate 60 years.

with a lot of mutual trust and respect," revealed Ross.

"As we celebrate this important milestone I'd like to thank the many people who

have worked here over the last six decades. It's our Associates who have made this site the successful and vibrant Australian manufacturing hub that it is," said General Manager, Andrew Loader.

Willoughby Council's Green Future

Willoughby City Council is continuing to lead the way for a sustainable future by calling on the community to give feedback on its ten year sustainability action plan, Our Green City Plan.

"During our strategic plan consultation, we received over 6,000 public comments from our residents overwhelmingly identifying that they want Willoughby to be a leader in sustainability," Mayor Gail Giles-Gidney said. "Our Green City directly responds, outlining the steps we will

take to deliver the community priorities that the local residents want."

The people of Willoughby City recently received a gold star for embracing a sustainable lifestyle in Willoughby City Council's Sustainability Action Plan Report Card. The report shows that the number of volunteers engaging with bush care rose to 295, and 507 people attended workshops on how to care for the natural environment – 80% more than the previous year. Yet there is still room for improvement.



The number of volunteers engaging with bush care rose to 295.

Reducing greenhouse gas emissions, improving access to renewable energy through solar installations and reducing water use are all key to achieving a green city by 2028.

Monetary Win for Davidson Seniors

To the delight of Davidson electorate seniors, 24 additional local businesses have signed up to the NSW Seniors Card program. A cost of living win, the program offers substantial discounted products and services to the seniors within our community. A recent survey of 35,000 Seniors Card members revealed NSW seniors are more likely to try a new business if it offers a Seniors Card discount or deal, and 70% of seniors would return to a business if it offered a Seniors Card discount.

Member for Davidson, Jonathan O’Dea, said a recent campaign by the NSW Government successfully increased the number of participating businesses state-wide by more than 28%.

“Being able to save on the cost of living when you have a fixed income is important and the Seniors Card is bringing more local discounts to our community than ever before. I urge all businesses in Davidson to join and see how the Seniors Card program can benefit your business by building a loyal customer base among seniors, while supporting our community,” Mr O’Dea commented.

Local business, Crown Carpet & Upholstery Cleaning, recently joined the program, and are now offering a 10% discount for seniors.

“By offering the discount we are helping to create a healthier indoor environment for seniors,” owner of the business, Debbie Hodge said



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“Acting has been so deeply ingrained into me, on almost this cellular level; it makes me feel alive.”

Magical Mavournee Hazel

Hannah Prasad

Liane Hurvitz - photographer
Meggy Smith - stylist
Janice Wu - makeup
Hermiz Daniel - hair

Mavournee Hazel is the shining star you may recognise from *Neighbours*, proving she is much more than just her character Piper Willis. Mavournee’s cool girl aura will see her radiate her way through 2019, accomplishing her dreams and pursuing new goals.

Sydney Observer sat down with Mavournee to discuss her career, style, and where she draws her inspiration from.

Mavournee’s love of acting doesn’t stem from a pivotal moment in her childhood. It is the combination of a curious imagination and a magical mind, that allows her to transform through acting.

“I wish that there was a film I watched as a child that lit a fire in me, that made me say,

‘that! I want to do that!’ but there wasn’t. Growing up, like many actors, I was constantly playing dress ups, and creating worlds and skits I would play out with my younger sister. This was to the extent of directing the scene we were about to do, and giving her character direction.”

“I reached my mid-teens, looked around and realised that my friends weren’t playing mermaids in the pool anymore, or fairies in the garden or even just playing outside. That really upset me. I still had this longing to play and make-believe but it didn’t feel socially acceptable. Acting saved me. It allowed me to make-believe in a condoned and eventually professional way.”

“Acting has been so deeply ingrained into me, on almost this cellular level; it makes me feel alive. It’s funny, I feel most

myself when I am playing someone else. I feel so lucky in that I’ve always known. I remember at school once we graduated, lots of the girls felt so lost in their career aspirations and what they would do next, whereas for me, I always knew. My gut was telling me that this was something I could do, and needed to do, and I listened.”

After a term studying a Bachelor of Arts and Bachelor of Advanced Studies (Media and Communications) at Sydney University, Mavournee was offered the role of Piper on *Neighbours*. She studied linguistics in her term and completed phonetics. This worked out perfectly by benefiting her dialect training, especially her American accent.

“I love Piper, she was a very easy character to embody and bring to life,

because we shared so many similarities from our love of Doc Martens, through to our morals. When I first started I would listen to a lot of the music she would reference and that I thought she would listen to. I think music is such a powerful medium and has the ability to completely shift and alter your perception of the world and reality, and Piper's was always skewed and a step ahead of mainstream. She is very much in line with 'The Outlaw' archetype, with most of her intentions coming from a place of desire for change and fighting for justice."

"I know this sounds silly, but some things are written for you. When I first read the script for Piper I was like 'I know this girl, I know her and I have to do this role.' So, at the start of my time on *Neighbours*, I drew so many parallels between Piper and myself, which was great and I loved her. Over time I had to learn how to make a conscious effort and establish the decision to draw a line between her and me."

"It is a blessing and a curse playing a character that is so much like yourself. I really struggled in the early stages to not let Piper's demons become my own and to leave her at work. It's hard because I feel like my work was its best during those times, but in hindsight, it was actually quite dangerous."

"I think a lot of actors think or believe they need to torture themselves for roles, the darker and deeper you are in a character's psyche, the more acclaimed your work becomes. I know I did and still do. I would love to see more actors starting a conversation about this side of our jobs, and even more so I would love to see adequate support for actors' mental health."

With a large following on social media and head-turning looks, Mavournee shares where her fashion inspiration comes from. Her look is curated and created by street style and is effortlessly chic.

"I very much draw from street style, I love oversized pieces, boots and sneakers, the more accessories I have to play with, the better. I think I am more in love with an individual's personal style over fashion itself, when someone is authentic and

"It is a blessing and a curse playing a character that is so much like yourself. I really struggled in the early stages to not let Piper's demons become my own and to leave her at work."



unapologetic and in their style. For me, my style is always evolving, I dress for the person I need to be that day almost?"

"I love the looks Bella Hadid wears, she is a constant inspiration between my stylist, Elliot Garnaut and myself. We even have a phrase; when an outfit is great, we call it a 'Bella'- 'is a vibe?' 'is-a-Bella vibe.' With red carpets and events, I never want to look the same, I think that's the actor in me, I love dressing up and becoming a different person."

Eating well, thriving off her passion, and continuously learning is how Mavournee stays calm and inspired in a fast-paced industry.

"I get a lot of my inspiration and motivation extrinsically, so through art and watching and studying actors and their performances in films. I feel my best when I'm grounded, when I am eating well, doing barre workouts and working on my craft. It gives me this clarity and energy to make the right decisions and be in tune with my body, listen to my gut and that propels me forward. It's a cycle."

Mavournee has a love for storytelling, which she wants to transfer into new roles that spread truth through powerful messages.

"Teenage/ coming of age series seem to be really prominent in the industry at the moment, and they are telling really important stories. For me, that's one of the reasons I love acting, the storytelling. The ability and opportunity to be someone the audience sees in themselves, and almost providing this sense of relief that other people feel the way you do, to get people talking, destroying stigmas and taboos."

To keep up with Mavournee, make sure you're following her Instagram @mavournee_hazel to see what she gets up to in 2019, and catch her on Neighbours at 6:30 on weeknights.

Mavournee Hazel plays the character Piper Willis, from soap opera *Neighbours*.



The path to a **dream career**

Hannah Prasad

As we settle into the year, new school leavers can feel anxious and stressed when deciding what career path to step into. There can be a sense of disappointment when desired results aren't achieved and a wave of worry can surface when individuals are left to make decisions that can shape their future. *Sydney Observer* sat down with Headspace Vocational Programs Manager, Carolyn Watts, to discuss how young people can look beyond their results and navigate the ever-changing employment industry.

Disappointment can be felt when you don't achieve the results you hoped for but young people should remember their character isn't defined by a number. Carolyn shares some tips on how young people can cope if they are disappointed with their final results.

"It's really important for young people to know that there are many pathways to further study and employment and lots of support along the way. Reaching out for support from family and friends, and hearing their stories of post school life can really help to show young people all the options available to them and to recognise that school results don't define them."

"If young people are feeling particularly distressed, it's also

important to access professional support, for example through their GP, local Headspace centre or online through Headspace."

"To stay motivated at any stage of your career it's important to try and maintain your wellbeing."

Carolyn Watts,
Headspace Vocational Programs Manager.

"Universities and TAFEs have great pathway options that often involve starting a qualification and transferring to another or receiving recognition of prior learning. It's always a good idea to ring and speak to student advisors and find out what study options might be available."

The path to a dream job can seem long and exhausting. Carolyn explains how young people can stay motivated and

excited for the future through constantly learning and acquiring new skills.

"Finding a job you enjoy is often about trial and error, and it's important for young people to focus on developing a wide range of transferable skills that will let them move between careers and industries. In fact the idea of a 'dream job' is really changing as young people realise they will have a range of different roles throughout their life."

"The employment landscape is changing rapidly. Young people today are expected to have 17 jobs across 5 careers, and we simply don't know what many jobs of the future will look like with changes to technology and globalisation."

"Viewing each job or volunteer position as a stepping stone that builds upon your experience is really important. To stay motivated at any stage of your career it's important to try and maintain your wellbeing by doing simple things such as keeping in contact with friends, eating well and getting enough sleep and exercise."

If you are feeling stressed, anxious or just need to talk to someone contact a Headspace centre or you can go to headspace.org.au to seek help. Remember, you are not alone.

Roseville College **Excels in HSC**

Impressing the North Shore community is Roseville College, which received exceptional results for HSC 2018 graduating class. Two of their students received stellar results, with both ranking first in course for one of their subjects.

A commendment to the College's teaching staff, the graduating class achieved the fourth highest number of First in Course awards in NSW.

Principal, Ms Deb Magill, says she is extremely proud of each student in the cohort, who together received 198 acknowledgments in the Merit and Distinguished Achievers lists. She announced the five Premier's All Round Achievers as Lucy Watson, Sarah Leatherbarrow, Camille Volckmar, Felicity Johnson and College Dux, Eva Yijia Wang.

"I am so proud the Class of 2018 and was delighted to learn that 56% achieved an ATAR above 90. The Class of 2018 is genuinely hardworking, tenacious and deserving of the strong result they have achieved. We congratulate each of you and your families, for doing your very best," she says. "The strong reputation of Roseville College graduates among post-school destinations has seen 68% of the Class of 2018 receive University Early Admission Offers, representing a success rate of more than 80% of total applications from Roseville College students."



Principal Ms Magill and students Sarah, Camille and Lucy.




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Upgrades for local schools

Isabella Ross

Public schools in the Davidson electorate will be given a facelift this summer season, with tradespeople sprucing up school grounds while students and teachers are on leave.

The summer holiday blitz is part of the NSW Government's record \$847 million school maintenance investment over the next four years. The government is investing \$6 billion over the next four years to deliver more than 170 new and upgraded schools as well as a record \$500 million to provide air conditioning in schools. This is the largest investment in public education infrastructure in the history of NSW. Jonathan O'Dea, Member for Davidson, welcomed the investment in local schools in the Davidson electorate.

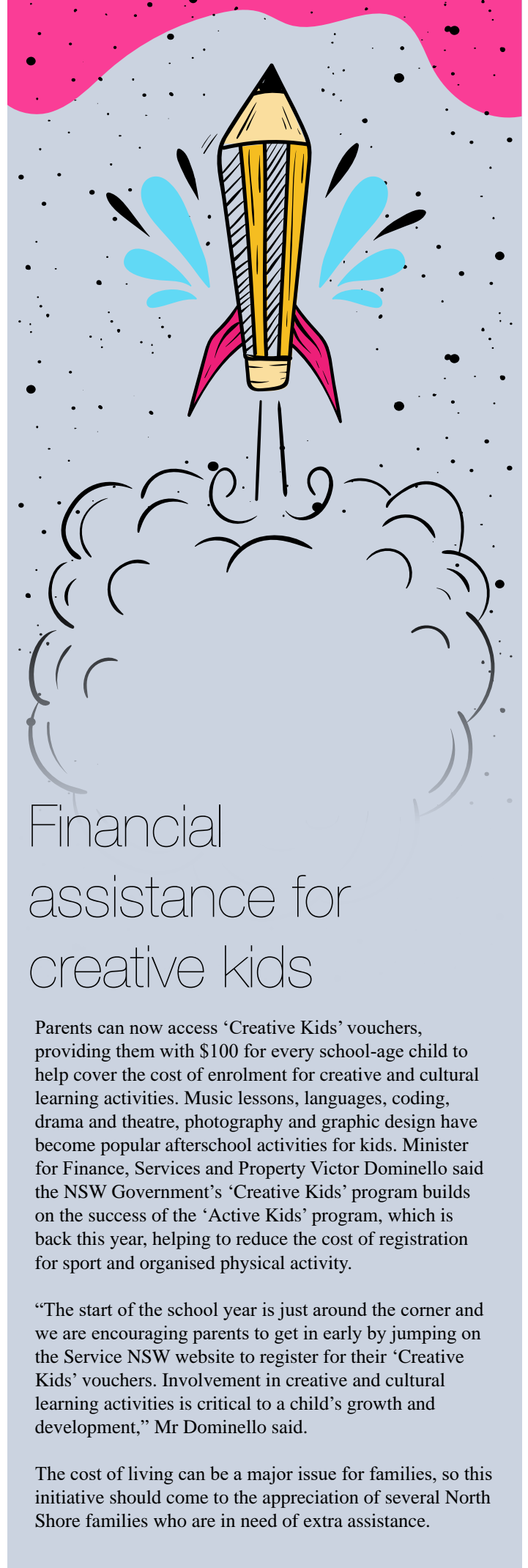
"Every child in Davidson deserves to have access to great school facilities. Keeping our educational facilities in tip-top condition promotes a sense of pride in our schools and helps students to learn and grow."

Education Minister Rob Stokes said the program is another example of the NSW Government's commitment to public education and local infrastructure to support communities across NSW.

"We carry out projects in our schools every day of the year, but we really ramp it up over summer to get schools in their best condition to start the new school year," Mr Stokes said.

"Keeping our educational facilities in tip-top condition promotes a sense of pride in our schools and helps students to learn and grow."

Jonathan O'Dea,
Member for Davidson.



Financial assistance for creative kids

Parents can now access 'Creative Kids' vouchers, providing them with \$100 for every school-age child to help cover the cost of enrolment for creative and cultural learning activities. Music lessons, languages, coding, drama and theatre, photography and graphic design have become popular afterschool activities for kids. Minister for Finance, Services and Property Victor Dominello said the NSW Government's 'Creative Kids' program builds on the success of the 'Active Kids' program, which is back this year, helping to reduce the cost of registration for sport and organised physical activity.

"The start of the school year is just around the corner and we are encouraging parents to get in early by jumping on the Service NSW website to register for their 'Creative Kids' vouchers. Involvement in creative and cultural learning activities is critical to a child's growth and development," Mr Dominello said.

The cost of living can be a major issue for families, so this initiative should come to the appreciation of several North Shore families who are in need of extra assistance.

Partners in Code

Coding now falls under the digital technologies learning area, which is part of a new Science and Technology Syllabus for all students in Years K to 6. The students at Our Lady of Perpetual Succour (OLPS), Catholic School at West Pymble are already experienced with coding in the classroom and have used coding technology such as Swift Playgrounds, code.org and Spheros robotics.

Coding came to life at OLPS during their Hour of Code celebrations in early December when students worked together with parent, Luke Higgins and his team from Accenture, leaders in innovation. Students with the support of the Accenture team flew drones, printed keyrings on a 3D printer and coded robots to fire balls at a target.

By the end of the day students were familiar with buzzwords such as the

Internet of Things, Visual Recognition and Artificial Intelligence, helping the students see the importance of coding. Students envisaged how drone technology could be used to deliver water to aid areas or even print their own sports car at home using 3D printers.

Spencer from Year 5 commented, “I learned how 3D printers work. Silicon, wood, aluminium and plastic material can be used to print 3D objects. 3D printers can actually print 3D printers. Awesome!”

“I experienced the modern coding world and how technology is affecting our world now and into the future,” Audrey from Year 5 remarked.

While principal Sue Host said, “We have been coding at OLPS for a number of years. It’s pleasing to see that coding is a part of the New Science and Technology Syllabus so I feel that we are a step



With the support of the Accenture team, students flew drones, printed keyrings on a 3D printer and coded robots to fire balls at a target.

ahead. One to one devices from Kindy to Year 6 certainly makes it possible to successfully support all students to further develop their knowledge and skills in all areas of the curriculum.”

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\$3.5m for St Ives

Indoor Sports Centre

An Indoor Sports Centre at St Ives High School is a big step closer to becoming a reality after Member for Davidson, Jonathan O’Dea MP announced that Ku-ring-gai Council had successfully secured a \$3.5 million NSW Government grant for the facility. The new Indoor Sports Centre is set to provide a multi-sport facility that can be used by the school and community year-round.

“A strong partnership between state and local governments should enable the development of this important community infrastructure, where locals can enjoy the benefits of activity and exercise at a world-class sports facility. I congratulate Ku-ring-gai Council on their successful grant application and urge them to now formally commit the remaining funding so that building can begin,” Mr O’Dea said.

Alister Henskens, Member for Ku-ring-gai added, “This is outstanding support for sport in our area by the State Liberal Government. Ku-ring-gai is one of the few places in Sydney where the Council has not yet provided a public indoor facility of this kind.”



Alister Henskens, David Lane, Yoel Hyman, Vicki Dean, Jonathan O’Dea at St Ives High Indoor Sports Centre.

Sports such as basketball, netball, badminton, wheelchair sports, floor hockey, volleyball, futsal and dodgeball will benefit from the new facility. Other activities that could be facilitated include active seniors, Indigenous performances, zumba classes, migrant dance classes, competitive cheerleading and school holiday programs, as well as hosting

local, regional, state, national and international competitions.

North Shore Basketball League Club Manager, Yoel Hyman said members are looking forward to this new endeavour. “Given we are already over capacity at the local high school gym, this is going to be a fantastic opportunity for the local community as well as for sports in the area.”

Extra safety for school crossings

School crossings across NSW will be made even safer with 300 more lollipop supervisors to be provided by the Liberals & Nationals Government. Premier Gladys Berejiklian and Minister for Education Rob Stokes said the initiative, with an investment of \$18.5 million over four years, would offer more protection for children and improved visibility for motorists.

“Keeping kids safe is our number one priority and every child in NSW

should be able to get to and from school safely. Lollipop men and women are such an important part of the community effort to making our roads safer for children,” Ms Berejiklian said.

“This initiative means more schools will be eligible for a lollipop supervisor, including 69 schools that had applied in the last two years and were found ineligible. School zones are some of the safest parts of our road network and since 2013 we haven’t lost

a single child in an operating school zone,” revealed Mr Stokes.

School zone safety has always been a priority for the Liberals & Nationals Government. There is now at least one set of school zone flashing lights for every school in NSW. More than 5500 school flashing lights have been installed. Even with these added safety precautions, motorists are still being urged to watch out for pedestrians and drive slowly and attentively when in the vicinity of a school.

Maths Champions



Prouille Catholic School at Wahroonga recently took out the Joint Team of the Year Award in the Maths Olympiad Competition with three students scoring full marks.

The Maths Olympiad is run throughout South-East Asia with over 30,000 students participating. The games are designed to give students in Years 5 and 6 a chance to learn and develop new problem-solving skills.

Thirty students from Prouille participated in five problem-solving competitions throughout the year.

The school won the Joint Team of the Year Award for Australian schools when they attained the highest score in the competition, alongside Holsworthy Public School who are also from New South Wales.

Ines Teixeira Pinto, Matthew Floresta, and Jonah Lee were the three Maths Olympiad top scorers at Prouille, with each scoring 100%. In the 2018 competition, only 48 students were perfect scorers, thus placing Ines, Matthew, and Jonah in esteemed company indeed.

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2019 Beauty according to



Isabella Ross

With a new year comes the opportunity to experiment with the latest beauty products and styles currently sweeping the market. Social networking application, Pinterest, is the place to uncover all things trending, including anything within the beauty industry. Determined on the amount of online traction each subject has obtained and its upward trajectory, these chic styles are the ultimate must-haves for the New Year. 2019 is all about mixing natural looks with bursts of gloss and colour, relevant for all skin tones.



Bold Lips

A simple, glowy base to your makeup along with a statement lip is a highly classy and classic sentiment. Standout pouts were even a standout on Pinterest, increasing trending by over +467%. With so many makeup brands on offer, both online and in-store, there are numerous options depending on what particular colours and ingredients you are after in your product.



Go Glossy

Highlighter is a girl's best friend. Fresh and flawless, a glowy makeup base is the ultimate way to still feel 'put together' but also look naturally immaculate. Crème highlighter products are the go-to according to Pinterest, as they blend seamlessly into the skin and create an airbrushed look. Glossy lips are also on the agenda, with glossy makeup rising an impressive +89%.



Eco Exfoliants

As the years go by, more and more of the population is becoming eco-conscious in their skincare purchases. Lush Cosmetics and Frank Body have an extensive range of sugar-based and coffee scrubs that are ideal for sensitive skin. Exfoliating is an important step in any good skincare routine, making it understandable why its searches boomed to +58%.



Ooh-la-Lashes

Full-on eyelash extensions seemed to be a raging success last year, but this year is all about magnifying natural beauty. Lash lifts have been around for decades, but women are now searching for simple solutions for gorgeous lashes. Castor oil, grapeseed oil, vitamin e serum and aloe vera all grew by +52% in this particular search trend.

Femme Fashion this February

Isabella Ross

Red with Envy

Be bold this summer season with warm tones. All things red are the hype currently, as well as terracotta, pink, tangerine and crimson tones. Suiting multiple different skin tones, this colour palette is highly versatile and complementary. Incorporating red into your accessories is also on the agenda – think bold berry handbags or even a lick of nail polish.



Creative Prints

Age is just a number – so regardless of if you are 60 or 20, why not get creative and play with prints in your repertoire. Camilla is one of the most popular designer Australian labels in the market, thanks to its unique patterns and textures. If opting for a printed top, make sure to pair it with some white linen trousers so that your outfit is fresh and modern.

Flowy Trousers

Whether it is for work, a casual affair or afternoon cocktails with the girls, every woman should own a pair of flowy pants. Perfect in numerous different shades, this piece of clothing can even be paired with a variety of footwear including sandals, sneakers or heels. So you are sure to get your money's worth with this purchase!

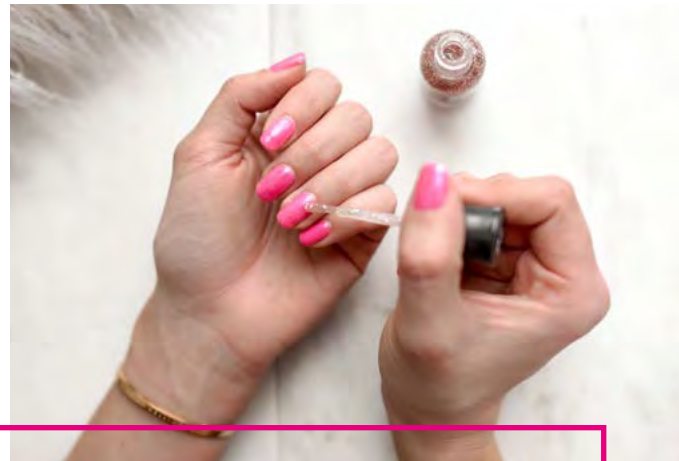


Floral, Fruity Scents

Perfume is highly personal but also a lovely way to complement any fashion occasion. For the ultimate femme fatale moment, think about investing in a good quality scent that has fruity and floral undertones, for example, Mark Jacobs' Daisy.

Blushing Beauty this Valentine's Day

Isabella Ross



Pretty in Pink

Conventional or Classic? We think classic! Pink is iconic for not only Valentine's Day but makeup trends in general. This blush tone looks fabulous on everyone, regardless of skin tone. Whether it is a swipe of colour on the nails, a pretty pout, or a sheer sweep on the eyelids, there are countless ways to incorporate pink into your beauty style.



Golden Glow

Starting with a flawless golden base is a cardinal rule when it comes to makeup application. If you are fortunate enough to not have acne-prone skin, then opt to use crème products as these will blend seamlessly into the skin. Otherwise, aim to stick with a matte foundation and highlighter as this formulation will cover the imperfections but not your natural beauty.



Pearly Whites

There is nothing more dazzling than the gorgeous gleam of a bright smile! Investing in an at-home teeth-whitening kit is a quick way to make a difference. HiSmile Teeth and SmilePro use non-invasive LED light mouth trays and whitening gels, whereas a more natural method is the carbon-based toothpaste from Carbon Coco. You and your significant other will therefore be able to take some lovely photos together this Valentine's Day.

Beachy Waves

With the summer season still in full swing, beach-inspired waves remain the go-to look for us ladies. Sometimes when it comes to the latest in hottest hairstyles, they can be difficult to achieve. All you need is some texturizing spray or mousse and a good night's sleep. So the night before the romantic occasion, place a generous amount of product on the ends of your hair, braid it into a plait and wake up the next morning with some lovely locks.



Summer Skincare

Hannah Prasad

Summer is the time for salty hair and sun-kissed skin but it is important to use the right skincare as the Australian sun is harsh and unforgiving. *Sydney Observer* sat down with our favourite beauty guru Jess, from The Sheet Mask Shop who shared her summer products that will leave you glowing all day long.

All featured products are available at sheetmaskshop.com.au

Oil-based Cleansers

Adding an oil-based cleansing step to the beginning of your routine can make an enormous difference, especially during the humid summer months. Oil cleansers dissolve and remove excess oil, making them great for oily and breakout prone skin, as well as fully removing makeup and sunscreen.

Try: *Mamonde Petal Spa Oil to Foam Cleanser.*



Soothing Serums

Hot days can irritate and stress skin. Introducing soothing serums and creams that contain ingredients like Centella asiatica and aloe can help calm and soothe your complexion while reducing redness.

Try: *Commleaf Skin Relief Fresh Serum.*



Sunscreen

We definitely could not leave sunscreen off our summer faves list! A great quality sunscreen that you love using is going to significantly improve the chances of you using it every day. Not only is sunscreen critical to protecting your skin, but it is also the best anti-aging skincare product you can invest in. It is especially essential if you are using any exfoliating acids in your routine and can help microbladed brows look better for longer too.

Try: *Thank You Farmer Sun Project Water Sun Cream SPF50+ PA+++.*



Cooling Sheet Masks

Hydration is critical for our bodies and our skin - all skin types benefit from it and air conditioning can really dehydrate our skin over summer. Sheet masks offer deep and rapid hydration and popping one in the fridge for a few minutes before application is also a wonderful way to help cool your skin, and you, down fast!

Try: *Benton Aloe Soothing Mask Pack.*

Create a **Kid's** Camping **Hideaway**

Isabella Ross

With the delightful summer evenings still a reality, summer is the time for kids to embrace the outdoors. Camping has and still remains an intrinsic part of many family holiday memories, with numerous Aussies loving to sleep under the stars. So, why not create a kid's hideaway in your own backyard? All it takes is a vivid imagination and a read of the following tips.

The first step is to set the mood. Think fairy lights, comfy pillows, snug sleeping bags, some insect repellent, a few handy torches and a statement tent for the kids. To make the little ones feel like they have been whisked away on a magical journey within the convenience of their own backyard, aim to impress with outdoor accessories. The easiest and cheapest way to do this is by hanging up some twinkling fairy lights across the fencing or shrubbery. When it comes to the tent, there are numerous online retailers that specialise in unique tenting for kids. Ikea and Yellow Octopus Australia are great options that will not break the bank.

What is a classic camping trip without some marshmallows? A must-have at any camping occasion is this delicious treat, that when roasted over a fire taste even better than you could possibly imagine. If possible, having a small campfire in the backyard is an option, or consider investing in a portable fire pit from your local Bunnings. Your kids are sure to love it! Just make sure an adult is present.

The final step is planning out the fun activities. To marvel at the solar system above, the kids can visit the app SkyView and stargaze the night's constellations and satellites. Another option is organising a treasure hunt where amateur pirates can search by torchlight for a hidden container of cookies! If the little

ones have already spent the afternoon being active, then treat them to a movie on a portable disc player. With plenty of fun and adventure, these activities are sure to tire the kids out enough to let them sleep through the night snug in their backyard oasis.

Lights 4 Fun



Yellow Octopus Australia



Creatively Clever Children's Bedroom

Isabella Ross



Zanui

Cosy Corner

Children lead very busy lives and are constantly on the run, exploring and expressing their imagination. So it's important that they have a quietly comfortable corner in their bedroom where they can rest, reflect and read a book. Look for a well-upholstered armchair, bookshelf, fluffy rug and cosy cushions.



Lights4fun

Funky Trunks

When it comes to the overwhelming chaos that is children's toys, parents can often be left to nag their little ones constantly to clean their room. A stylish yet practical solution is the humble trunk. Often characterised by its 1920's suitcase charm, trunks are super trendy in the current design market.



Circu Design

Cosmically Creative Night-lights

For lots of youngsters, the idea of turning off all the lights and venturing into complete darkness can be a little daunting. Night-lights have become a staple in most kid's bedrooms of the decades, thanks to their ability to provide a sense of comfort. Lights4Fun has a broad range of imaginative solar system lights!



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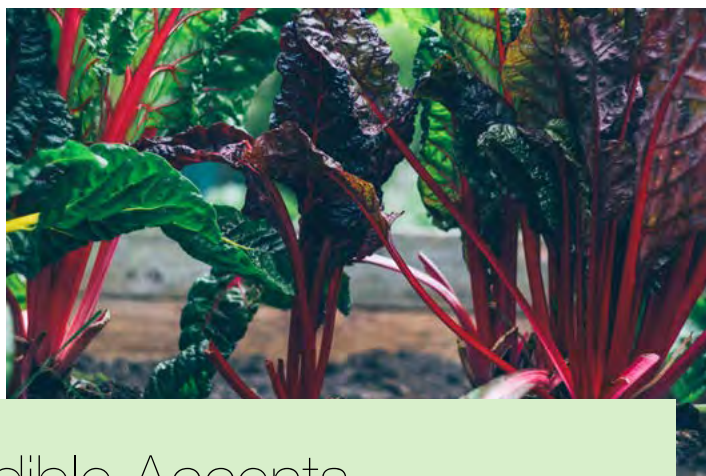
Summer is the specific time when our garden needs a plentiful amount of watering, as it needs to recuperate from the extreme heat notorious for this season. With the recent droughts that have affected the NSW basin, the Sydney community has been water conscious. Watering your plants at the correct time is one of the key steps. Excessive watering can drown a plant's root system and watering in the middle of a hot summer's day can in fact cause the foliage to burn. So aim to water your garden in the evening a few times a week to reduce evaporation and ensure the soil contains vital moisture.



Bunnings Australia.

Pretty Pots

Most gardens can be a little on the green side. To spruce up your garden's aestheticism consider adding some colour into the space. One of the easiest ways to do this is by investing in some statement pots. Crimson, berry and ochre tones should be on the list of colour choices, as these shades will contrast perfectly with green vegetation.



Edible Accents

Lots of gardens these days are predominantly just for show, but regardless of spacing, everyone should try to have a little veggie patch handy. Complementing your cooking, there is an abundance of edibles that are practically perfect. For apartment balconies, herbs are the ideal option, whereas those with a backyard should consider planting some beetroots, strawberries or red chard.

Stylish Succulents

Still in fashion is the fabulous variety of succulents – the perfect plant for when time is of the essence and you are unable to consistently attend to the garden. Idyllic for busy parents, workers or seniors who do not have the necessary energy, succulents are definitely edgy in terms of outdoor design. With its hardy temperament and extensive range of selections in different colours and sizes, now is the time to get your hands on these plants.



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Luxury Living

With the New Year fully underway, the early months are often characterised by transformation, makeovers and bold decisions. Many can be left feeling overwhelmed by the plethora and variety of design elements and crazes. So *Sydney Observer* sat down exclusively with the fabulous Australian Homewares label Design Edit to discuss all the interior design trends you should embrace within your living room space.

Matte Black Touches

The best part about this trendy tone is that you can incorporate matte black throughout the household for cohesion. Exteriors, tapware, lamps, homewares, appliances and lighting fixtures are just some examples. “Nothing beats the sophistication, drama and trendy style of matte black, and you’ll be seeing it pop up everywhere. It’s versatile, timeless and elegant, and perfectly complements most shades and materials, including all neutrals and metals.”



Beacon Lighting



Coral Hues

Coral was officially announced as Pantone’s Colour of the Year for 2019. With a bright and youthful ambience, this pinkish orange tone is the perfect representation of summer. Even though coral is bold and punchy, it can easily be introduced into your space in small doses. “Think artwork or soft furnishings rather than investing in large statement pieces,” says the Design Edit team. Aim to coordinate this colour with soft greys and matte blacks for a polished, modern look.

Curved Furniture

For an organic interior environment, curved furnishings and features are the way to go. With the sofa being the primary object within this space, why not embrace this shapely trend if you’re in the market for a new lounge. Scooped armchairs and accompanying ottomans are

Room Design

Isabella Ross



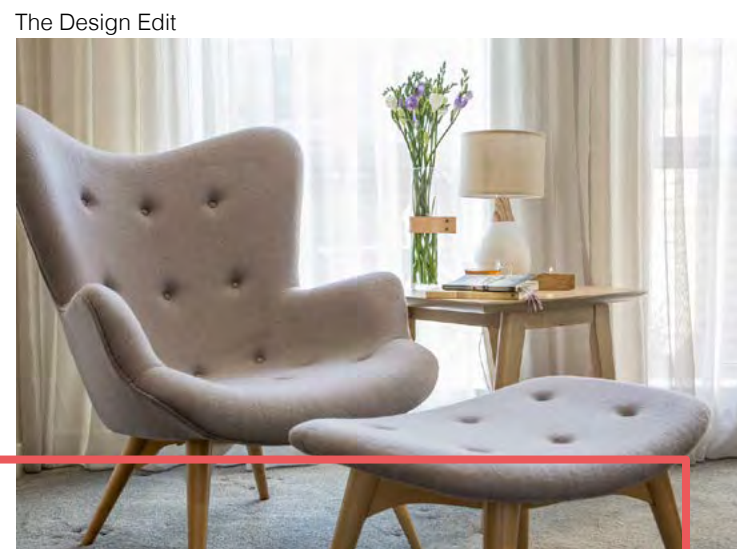
Essential Home

Art Deco

With a nod to the past, art deco design is all about the beauty of eras gone by according to the Design Edit team. “Mid-century modern is influencing the homes of interior lovers everywhere. While traditional Art Deco may seem over-the-top and gaudy to our modern eyes, the new look Art Deco will pop up in more subtle ways, such as through detailing on chairs and tables and through lighting.” Chaise lounges have been making a comeback lately, with most prominent homewares retailers having these statement furnishings on offer. Touches of gold, sparkling brilliance and bold jewel tones are staples when it comes to luxury art deco.



Koket Homewares



The Design Edit

another way to refresh your design. Also consider working this trend into your living room’s accessories, whether it be circular pillows or arched statement mirrors. As the Design Edit team notes, with softer lines and fewer hard edges, this trend is warm, inviting and oozes style.



Marg North is 80 and fabulous!

Yoga for Healthy Ageing

There is a turning tide and a fantastic shift in the community as we consider what it means to be a senior. The images in the past of the stereotypical grandmother sitting in a rocking chair have long gone and today to be a senior is a phase of life where we can honour the wisdom, confidence, and strength built over a lifetime of experiences.

To keep the body and mind healthy, at any age, we should stay actively involved in pursuits that are enjoyable. The community of friends, colleagues and social groups avoid isolation and loneliness while allowing the networks to remain open, which is great for the mind and great for maintaining a purpose!

For the body, we must stay strong to remain confident. A daily walk is excellent! Even if it is around the big shopping centres (in the cooler air conditioning). As we age it is important to keep the bones strong, which we can do through weight bearing exercises. Yoga is excellent for this because we use the weight of the body for resistance during various held body postures. There are no machines required. We keep ankles and legs strong which protects us from losing our balance (avoiding falls) and as a result maintain confidence.

Yoga is excellent to learn how to relax and stay calm and peaceful through the many mindfulness practices that are offered during a class. Learning to breathe is central to everything we do and keeping the lungs strong will be one outcome to keep you energised. Breathe in - breathe out! Repeat!

So, why not give Yoga a try? It is non-competitive, for men and women, and safe and achievable. Yoga is for everybody! Our Senior Yoga Teacher Margaret North is in fact 80 years old and a fabulous example of what it is to be a new age Elder!

Relaxation Corner

Hannah Prasad

Location: Echo Point Park



Mazing through a series of steps you will journey to the serene sanctuary of Echo Point Park. Hidden in bushland, Echo Point sits on the edge of a beach that is home to the calming rhythm of soft waves. This location is great for families as there is a play area, or it is the perfect place to escape to if you want some quiet time. With a café, picture perfect views and seating, your summer nights are sorted.

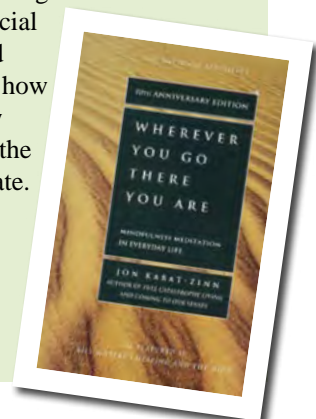
Sound: The Sway



You probably haven't heard of The Sway, but they will be on repeat after one listen. With two members from the North Shore, The Sway has a memorable sound that is inspired by the tropics. Try driving down Lady Game Drive while listening to 'Lost in Bermuda'. Feel the crisp freshness of the forest encapsulating your senses, while the sun cascades a halo of freedom as you get Lost in Bermuda. This track and my other favourite 'Small Eyes' will make you feel as though you are floating in a never-ending summer.

Book: Wherever You Go There You Are by Jon Kabat-Zinn

Wherever You Go There You Are by Jon Kabat-Zinn is a self-help book that focuses on meditation. Mindfulness is important in a chaotic world and ensuring you are in the moment can create special memories. The book features tips and tricks on mindfulness and a guide on how to meditate. As we settle into the new year it is important to give ourselves the chance to evolve into our happiest state. Try reading this book if you want to fuel a fire in your heart and mind.





"Our mission is to enhance the independence, mobility, and dignity of our customers with innovative and creative solutions", said Rej Punchayil.

Comfort Discovered Showroom

Comfort Discovered have been serving the needs of the North Shore community since 1984. They have moved to a brand new spacious showroom in Hornsby to provide better convenience and easy access to their customers.

The new air-conditioned showroom is now open to the public at 73 Jersey Street North, Hornsby. This location is equipped with convenient, easy and exclusive undercover parking on the ground floor at the rear.

You can find the showroom at the corner of Jersey Street North and Bridge Road, opposite Jay Car. It is close to the fire station and the motor registry. Access to the parking can be found from Jersey Street North, northbound.

"It is our privilege to serve the customers we have today. They are so wonderful, so special, and so very appreciative of our services. We wanted to stay as close as possible to our

customers," said Rej Punchayil from Comfort Discovered.

Comfort Discovered is a registered NDIS provider and supplier under various My Aged Care packages, Insurance Schemes, and DVA members. Please speak to us for further information on these packages and schemes.

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www.comfortdiscovered.com





Hidden traps for School Dental Care

Dr. Ian Sweeney

As life becomes busier and children take part in more and more extra-curricular sports and activities, the daily tooth brushing routine is increasingly under threat.

The days of the long slow breakfast, followed by a consistent 2 minutes of brushing, appear to be gone. Many children these days are eating breakfast “on-the-go” as they travel to school, or following their first sports training in the morning.

The statistics continue to show children still suffer from dental decay. The rate of children’s tooth decay has been increasing since the mid 90’s. Australian figures show nearly half of children aged 12 have experienced decay in at least one permanent tooth.

Energy foods may appear to be a good idea for ‘children on the run’ however, many of them are packed with lots of sugar, honey or dried fruit, all of which have the ability to cause dental decay. While we all strive to pack a healthy lunch, having a second look at what goes into a school lunch box may save your child from experiencing pain due to tooth decay.

It is also important to be aware of other ‘hidden’ snacks in your child’s diet. Classroom birthday cake, cupcakes and other snacks may creep into your child’s diet without you ever being aware.

Foods including fruits, dried fruit, muesli bars, snack bars, peanut butter, biscuits, crackers, and potato chips have the potential to lead to dental decay. Especially harmful are the sticky fruits and snack bars that stick to teeth for long periods of time.

Juice of any type has the ability to cause dental decay. Frozen juice bottles, although refreshing, will also prolong the food source for decay causing bacteria. Water remains the best option for a refreshing drink.

Many of these foods are hard to avoid, however it is worth reminding children of the importance of having a good drink of water after eating snack foods.

Cheese is one of the healthiest snacks for your child’s teeth. In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, Swiss and mozzarella all stimulate saliva glands to clear the mouth of debris. Saliva helps to protect teeth by neutralising acid produced after eating sugary snacks. Other good snacks are nuts and fruit (as long as you wash it down with some water straight after you’ve eaten).

Remember: Flossing teeth is the only way to prevent holes forming in between teeth and children need to brush and floss twice daily with adult supervision until age 12.



Dr Ian Sweeney is a dental surgeon at Northside Dental & Implant Centre, Turrumurra.



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New Year New You

Tiffany Hall reveals 5 weight loss myths

Isabella Ross

Many of us are looking to kick start a healthy lifestyle for 2019. In this confusing realm of weight loss news, it is important that you follow the advice of a professional. So who better than Tiffany Hall herself, previous Biggest Loser trainer and founder of online health and fitness program TIFFXO. *Sydney Observer* sat down with Tiff to discuss all things health and fitness and five weight loss myths you need to stop believing.

1 Restricting calories is the key to weight loss

“If you want to make sustainable changes to your life, restricting calories isn’t the answer. You may be depriving your body of vital nutrients like protein and carbohydrates, which help burn fat and build lean muscle. Plus you are more likely to go overboard and binge later,” reveals Tiff.

Opt to eat from every food group, and enjoy food rather than restricting it.

2 You need to spend hours in the gym

“It is the opposite actually! If you spend hours in the gym doing the same thing over and over, your body gets used to the movement, making the workout less effective. Instead, aim for short powerful workouts that keep your body guessing.”

For high intensity resistance training, try Tiff’s 20-minute TIFFXO workouts.

3 Juice fasts and detox teas help you lose weight for good

“Restricting calories is bad news. Well, the same goes for juice fasts and ‘teatoxes’. While you may lose weight during the fast, you’re going to put it straight back on afterwards.”

4 You can’t lose weight if you’re over 50

“Ever think back to your younger years where you could eat whatever you want, without the scales shifting? I sure do!”

While it’s true that every body changes with age, there is still no reason you cannot lose weight.

5

Shedding kilos will instantly make you healthier

“Losing weight does not automatically improve your wellbeing, and if you’re using drastic measures it could make your health worse. If you do have a weight loss goal, try to combine it with a fitness goal. That way you’ll be happy and healthy in no time.”

To check out the TIFFXO online fitness program visit tiffxo.com/commit

“If you do have a weight loss goal, try to combine it with a fitness goal. That way you’ll be happy and healthy in no time.”



Positive Psychology: helping parents and children

Sarah Wainwright

Positive Psychology is the scientific study of human flourishing and contributes proven strategies for a more satisfying and fulfilling life; enhancing wellbeing, pleasure, accomplishments and personal relationships. Positive Psychology is a branch of Psychology founded by Dr Martin Seligman, President of the American Psychological Association, proposing that psychology turn toward understanding and building human strengths to complement the traditional emphasis on healing damage.

Scientific research shows that certain strategies and skills help people to enjoy life, manage challenges more effectively and flourish despite adversity. Wellbeing and positive emotion (happiness) are measurable and teachable. Dr Seligman emphasises teaching our children and ourselves to look at our strengths rather than our weaknesses.

... THE HOW TO ...

Incorporating Positive Psychology strategies into family life:

- * Nurture personal relationships- meaningful relationships have the greatest impact on life satisfaction.
- * Identify and build on individual strengths and accomplishments.
- * Enjoy a state of 'Flow'- creativity, pleasure and total involvement in an activity for its own sake, and involving a challenge, such as sport, exercise, puzzles, games and hobbies. 'Flow' is the scientific life's work of psychologist Mihaly Csikszentmihalyi.
- * Practicing mindfulness- being fully engaged in the present; parents can bring awareness and savour moments with their children.
- * Finding meaning and purpose- engaging in something bigger than oneself; altruism and acts of kindness.

* Practicing gratefulness and making the 'good things' list- help children record at least 3 'good things' that happen each day, shifting the focus from the negative to positive things that happen.

Catching up with Tim Robinson, Chaplain at Knox Grammar School, Reverend Robinson explains that research shows that healthy students make the best learners.

Accordingly, Knox Grammar developed a 'Total Fitness Model' that focuses on explicit and implicit approaches to supporting the academic, social, physical and spiritual fitness of its students.

Staff are trained in Positive Psychology and every student is assigned a staff mentor who helps them identify strengths and set academic and personal goals. Through classroom learning, mentoring and coaching, students are encouraged to develop a 'growth mindset' in all they do, recognising the power of the word 'yet'.

A fixed mindset says 'I cannot do this.' However, a growth mindset says 'I cannot do this yet', recognising the potential for a student to learn and grow. Further, Reverend Robinson highlights the practical application of Positive Psychology with the Social Justice opportunities at Knox whereby students are able to engage in challenging activities, problem solving and practicing values in action.

Positive psychology doesn't deny the reality of negative emotions and experiences, however, suggests shifting focus and perspective in a positive direction.

To explore your 'signature' strengths visit Dr Seligman's Centre for Positive Psychology, University of Pennsylvania (www.authentichappiness.org).

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology), counselling, learning-support teaching assistant, third culture kid and mother of 4. Sarah is a Sydney-based parenting expert sharing her experience and observations on Instagram [_parentingtips_](#)



Italian Bruschetta



This is a recipe by John Ross, a professional executive chef with over 30 years of experience.

Ingredients

- 1 Pane di Casa loaf
- 1 Spanish red onion
- 1 bunch basil
- 1 punnet (approx. 250 grams) cherry tomatoes
- 50 grams fresh mozzarella
- 3 garlic cloves
- 45 ml olive oil
- 15 ml balsamic vinegar
- Salt & pepper to taste

Method

1. Peel the onion and cut in half. Cut onion from the centre into slices.
2. Peel garlic then finely chop into small pieces.
3. Add 30ml olive oil in non-stick pan on low heat and sauté onions for 1 minute, then add garlic. Continue to cook until onions are soft. Take off heat and add in 15 ml balsamic vinegar.
4. Put onions and garlic mixture into a bowl to let the flavours develop for approx. 20 minutes.
5. Cut the tomatoes into wedges, place in a bowl with shredded basil, salt & 5ml olive oil to marinate.
6. Slice bread, brush with olive oil. You can either chargrill the bread or put in a pan to add colour until toasted.
7. Add tomato and onion mixture on top of toasted bread. Then top with fresh mozzarella. Season with salt and pepper to taste.
8. The leftover basil can be used for roasted garlic and basil oil for later use with any Italian cooking.



The Perfect Date

Hannah Prasad

Everybody knows the way to a man's (and woman's) heart is through food. So, to celebrate all the love in the air *Sydney Observer* have found the most scrumptious places to eat that will make your heart skip a beat.



Lillah Kitchen

Nothing says love like sharing food with your family and friends. For traditional Middle Eastern food that has a contemporary feel try Lillah Kitchen in Lane Cove. Each dish tells a story through a unique set of flavours and love, while the rustic setting lined with terracotta tiles has a welcoming ambience. Their hummus bowls are packed with flavour while the baby barramundi is crispy yet flakes off effortlessly. This is the perfect spot to treat your nearest and dearest to a memorable meal.



Zeus Street Greek

Want to escape with your special someone to an exotic getaway without the hassle of flights or packing? Zeus Street Greek will transport you to the vibrant streets of Greece with their new menu that is inspired by Athens' late-night food scene and family recipes. From Apollo Pitas filled with succulent pork, Zeus Slaw with creamy garlic aioli and delectable Halloumi Chips, these comforting flavours that nourish the soul will leave your tastebuds and date equally impressed!



Spice Temple

If you want an extra special night, Neil Perry's Spice Temple will not disappoint. Winding down a number of stairs to an intimate setting, Spice Temple serves modern Chinese cuisine in a unique and sophisticated format. To calm those nerves before your meal, make yourself comfy at the bar, which serves drinks named after the animals in the Chinese Zodiac.

Gift Guide

Hannah Prasad

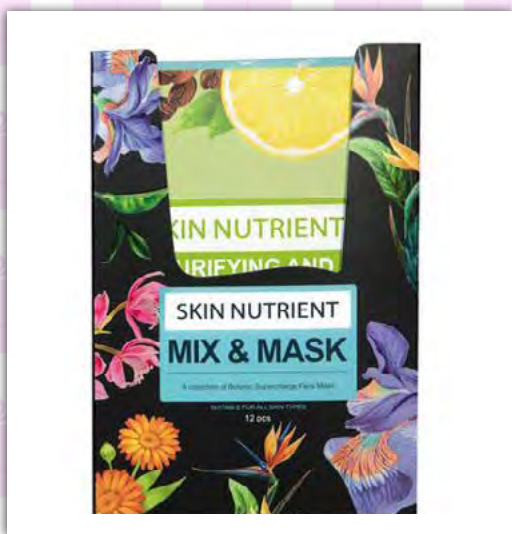
Are you still trying to think of the perfect gift to sweep your loved one off their feet this Valentine's Day? Well, you are in luck because *Sydney Observer* will be showcasing 5 gifts that won in the Product of the Year Awards, so you know they are sure to be a winner!



For your girlfriend

Gather Ultrasonic Essential Oil Diffuser

There is nothing more comforting than fresh sheets and essential oils. The Gather Ultrasonic Essential Oil Diffuser will coat your room with the comforting scent of oils, while its aesthetic design, which features ceramic and wood, will blend effortlessly with your décor. With a remote, colour changing lights, and a collection of relaxing sounds, it is no surprise this product won first place in the 'Air Care' category.



For your best friend

Skin Nutrient Mix & Mask, 12-piece Botanic Face Masks

The winner of the 'Skin Care – Masks' category will leave you feel fresh and hydrated. Created by herbalists and chemists, each mask focuses on a different skin issue. From dehydration, skin spots, acne and blemishes, this beautifully packaged box of masks will have all your pampering needs sorted. So, why not treat yourself and your best friend to a girls' night in, because like Charlotte said, "maybe we can be each other's soul mates."

For yourself

Bio-White Beauty

Rejuvenate and relax with Bio-White Beauty, the winner of the 'Anti-aging supplement' category. Bio-White helps maintain the appearance of skin by supporting the body's natural defences against ageing. Created from herbal antioxidants, which promote radiant skin, you will be glowing all night long!



For your boyfriend

Choceur Caramel Filled Milk Chocolate

Chocolate is the gift that will never go out of style. This creamy milk chocolate is filled with a sneaky surprise of gooey caramel that will melt in your mouth. With no artificial colours, flavours, or preservatives, this UTZ Certified chocolate is a deliciously deserving winner of the 'Chocolate' category.

What's On

February



Twilight at Taronga

Dates: 1 February – 9 March

One of Sydney's favourite music events is the Twilight at Taronga concert series, located at the iconic Taronga Zoo. With late-afternoon harbour views, alfresco live music and delicious food trucks, this is the ideal event to spend with loved ones and friends. The music is predominantly 90's Aussie rock along with some Triple J line-ups that are sure to impress the crowd.

twilightattaronga.org.au/



Cork and Canvas

Dates: 7 February

A great night out with friends, Cork and Canvas is officially back for 2019 by popular demand! Spend your summer evening with a delicious bottle of red and cheese platter while painting amongst the stunning sunset backdrop of Bondi. The all-inclusive pop-up event will give you and your friends the chance to try and replicate a visual masterpiece.

corkandcanvas.com.au/session/bondi-public-07-feb-dont-be-jelly/

Lunar Lanterns

Dates: 1 February – 10 February

With Chinese New Year underway, now is the perfect time to take the family to see the spectacular lunar lanterns. Featuring illuminated sculptures in the shapes of various zodiac animals, this magnificent art installation is set to turn heads! Located in the heart of the city, the 12 lanterns will be situated along a path from the Sydney Opera House to the iconic Rocks.





Benett Tsai opens the Eternity concert with Dvořák's timeless concerto for cello.

dbnsw.org.au



Chinese New Year Dragon Boat Races

Dates: 9 February – 10 February

The largest dragon boat race regatta in the Southern Hemisphere will be taking place during Chinese New Year celebrations in Sydney. The event goes over two days, with approximately 100 races running at ten minute intervals. Thousands of excited spectators are set to watch the ultimate race along Cockle Bay Wharf in Darling Harbour. The boats themselves are even a showstopper, with their ornate carvings, prints and bright, bold colours.

dbnsw.org.au/events/20605/

Willoughby Symphony Gala

Dates: 23 February – 24 February

For any classical music enthusiasts the Willoughby Symphony 2019 Season will be starting the New Year with a bang! Rhapsodic Journey is the name of the six concert program, with the annual GALA marking its first program in February. Chief conductor and artistic director Dr Nicholas Milton AM will take audiences on a unique musical excursion of Vienna. Waltzes, polkas and quadrilles will be performed, along with some of Sydney Pacific Opera's phenomenal singers.

theconcourse.com.au/willoughby-symphony-2019-rhapsodic-journey/

tjupiarts.com.au



Papunya Tjupi Arts Exhibition

Dates: 13 February

In celebration of Indigenous culture, The Incinerator Art Space in Willoughby will be showcasing the work of the talented artists from Papunya Tjupi Arts. Papunya is a remote art centre in a small Indigenous town by the same name in Alice Springs, Northern Territory. It is also the birthplace of Central Desert dot painting, with each of the iconic artists showcased being passionate protectors of their culture.

Dance the Night Away with **Leo Sayer**

Isabella Ross

What a way to celebrate being 70 – to tour across Australia!

I'm young at heart and Just A Boy at 70 is definitely symbolic of that. I'm still thinking like a young bloke and writing music. I've still got my strong voice, my hair and I can still bounce around on stage – so hey let's go with it!

So it's safe to say you won't be slowing down any time soon?

Think of Elton John, Mick Jagger and Paul McCartney – we never stop. The reason is that it's such a great thing to make music. What I've found lately is that my shows are becoming multi-generational and the kids these days are fascinated with everything from the 70's. I had a lovely three-generational family come to a show at The Crown Melbourne, and the funniest thing was that the grandkids seemed to be the bigger fans!

Which artist has been the most memorable to collaborate with?

It's very flattering when people appreciate your material and do their own versions. I bumped into Céline Dion and she said to me "Oh Leo, do you mind if I record 'When I Need You' because I just love that song." And Dolly Parton did a great version of 'Fool For Your Love'. She sent me a long letter telling me how much she loved my songs, so for a master songwriter like her to say that was complete flattery.

What are your thoughts on the state of the current music industry?

The one thing that I'm sad about is that it seems to be so predictable. It's hard for artists to relate to each other because music is so heavily marketed and pigeonholed into singular categories. At the end of the day it's all music and it should be mashed together. My songs take run from jazz to rock to ballads – everything. 'Orchard Road' is an urban hymn that portrayed the hardship of relationships. I kicked my ex-wife out of the house and went with a younger girl, then realised it was all wrong and I went to try and get my wife back. A lot of marriages go through low points so I think it is something that we can all relate to. And then on the opposite hand there is 'You Make Me Feel Like Dancing', which is genuinely just about having fun and dancing the night away! I'm a very autobiographical artist.

The marvellous Leo Sayer will impress Sydney audiences this February, at Castle Hill RSL. For more information or to book tickets visit:

castlehillrsl.com.au/entertainment/box-office/leo-sayer-just-a-boy-at-70/





Tomato Festival Sydney

Dates: 16 February – 17 February

Celebrate the magic of seeds with Tomato Festival Sydney. From sweet and juicy to plump and colourful, these little morsels of deliciousness just pop in your mouth. Why not embrace the beauty of this versatile fruit (not veg) at The Royal Botanic Gardens. With a collection of chefs and gardeners collaborating to share their knowledge, this is a fun summer day for the whole family.

rbgsyd.nsw.gov.au/whatson/tomato-festival-2019

Girt By Sea – Fine Art of Australia

Dates: 13 February – 24 March

With striking coastlines and glimpses into pristine waters, it is no wonder why Australian shorelines are internationally acclaimed. Transporting the viewer back to the raw summer, the collection brings together numerous visions of our seascapes, celebrating diversity in style. The wonderful artwork is being displayed at the Rochfort Gallery, a marvellous 1920's heritage building whose prime aim is to promote Australian artists – both emerging and established.

“The ocean and the rain serve to soothe a hot continent. Without water, there are no brilliant hues and sometimes the moist lush brushstrokes of a painting serve to form their own oasis. A great painting possesses the ability to quench the perpetual thirst of a dry land. With ten artists brought together from Western Australia, northern New South Wales and the broader Sydney region, a fragment of this nation’s oceanic beauty is captured,” reveals the lovely owner of the Gallery, Lisa Rochfort.

rochfortgallery.com/exhibitions/girt-by-sea



Pop and Beyond The Art of Ken Reinhard

Dates: 23 January – 23 February

The Grace Cossington Smith Gallery will be displaying its first exhibition for 2019 this month. Pioneering pop artist and educator, Ken Reinhard, will be the feature of this exhibition, revealing a snapshot of his creative life. Pop and Beyond presents works from the 1960’s to selections from his current suite of multiple works using reproduction designer chairs in a colourful, cheerful abstraction. Definitely a must-see for avid art lovers! Pop artwork emerged in the late 1950’s and drew inspiration from popular and commercial culture, characterised by vibrant colour.

artguide.com.au/exhibition/pop-and-beyond-the-art-of-ken-reinhard

What's On Kids



Lunar New Year stories and craft at Turramurra Library

Where: Turramurra Library

When: Thu 14 Feb 2019 at 4:00pm -5:15pm

Price: Free



Meet me at the library with illustrator Tannya Harricks

Where: Gordon Library

When: Mon 11 Feb 2019 at 4:30pm -5:30pm

Price: Free

How Cities Work

Where: Museum of Sydney

When: 15 December 2018- 21 July 2019

Price: Adult \$15; Child / Concession \$12; Family (2 adults & 2 children or 1 adult & 3 children) \$38; Under 5s Free; Sydney Living Museums Members Free; Sydney Museums Pass holders Free



Kidifornia Giant Colouring Wall

Where: Manly Beach, Opposite Wentworth St

When: Sat 2 Feb 6:30pm to 2:00pm
and Sun 3 Feb 7:00am to 1:00pm

Price: Free

DIY school supplies

Hannah Prasad

With summer flying by the school season has quickly crept up on us. What better way to get excited and inspired for the year than with groovy new school supplies. So, why not try some of these quick crafts that will make you the talk of the playground.

DIY pencil case

What you need:

- A plain pencil case
- Ribbon in different textures and styles

1. Take a hot glue gun and stick your ribbon on the case.
2. Cut off excess.

For another take on the pencil case all you need is a plain canvas pencil case and fabric paint or markers. You can use stencils to draw on designs, free hand flowers or even get creative with tie-dye. Damp your case with water then colour your case in with different colours at different spots. Keep spraying when necessary.



DIY notebook

What you need:

- Notebook
- Craft paper
- Stickers and tape

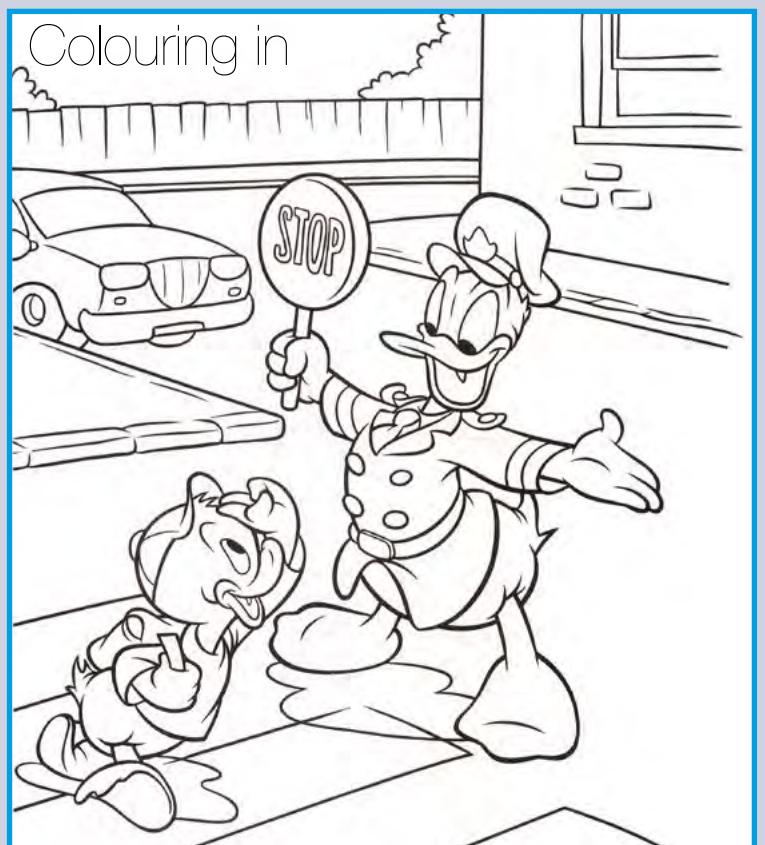
1. Fit the size of the paper to your notebook.
2. Cut it out and stick it on with glue.
3. Cover the binder with washi tape.
4. Add a phrase or your name with stickers in the same colour as your binder.
5. To take your school supplies to the next level cover your pencils with washi tape. You can match these to your notebooks or even customize them so you never lose your pencils again!

Water bottle pencil case

What you need:

- 2 bottles
- zipper
- glue gun
- scissors

1. Cut the first bottle just below its neck.
2. Cut the second bottle at $\frac{3}{4}$ of the bottom.
3. Apply a drop of glue to each side of the zipper.
4. Stick on the bottle pieces on either side.
5. Place glue on the zipper and roll the bottles so they stick.
6. Trim excess zipper and enjoy!



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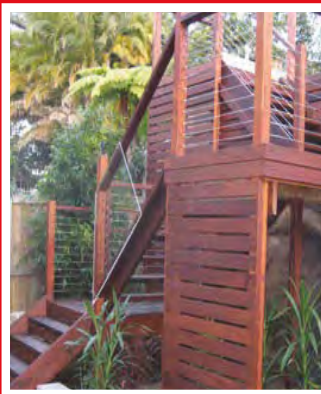
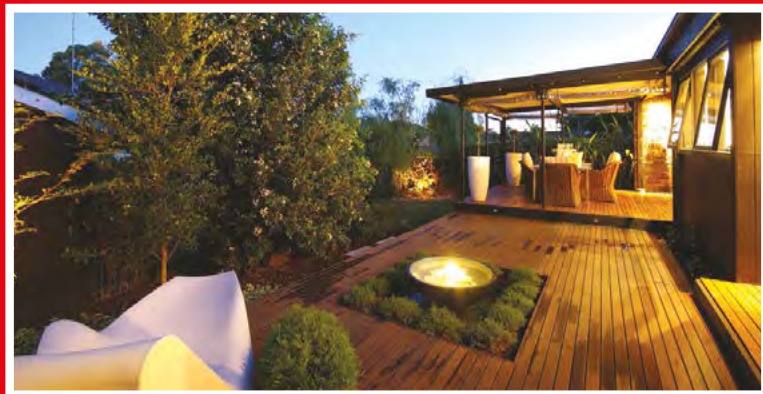
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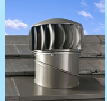
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Kerrie Erwin is
Psychic and Medium

The Year Of The Pig/Boar

Kerrie Erwin

2019 is an auspicious year of carefree festivity, good fortune and luck. It is also a good time to invest big in your dreams and to make money. Pig years are joyous and are all about being kind to yourself and others, understanding the karma of compassion, believing in yourself, and following all your hunches as there are rewards at the end of the rainbow.

What you give out will come back to you tenfold. The key is to surrender to this gentle, simple energy, keep your mind free of any clutter, and see only positive outcomes for yourself and others, which will lead to positive new realities.

They say life is a stage of continual learning of spiritual lessons and contracts, so it is up to you this year to be tolerant, work on removing obstacles and make the very best of any situation or opportunity that comes your way. You can do this by letting go of outgrown beliefs or old concepts in your life that may drag you down. This includes old grudges, 'poor me' mentality and going round and round in circles. Not loving yourself and not being able to just let go of any negativity that stops the natural circle and flow of this exciting new energy. When one door closes, another opens, so allow Pig energy, in its simplicity to harness the success you envisage for your own personal dreams and lifestyle by creating a better reality.

2019 IS ALSO A PERSONAL Year 3

$$2+0+1+9=3$$

KEYWORDS FOR THE YEAR 3

Lightness, courage, innocence, renewal, peace, friendship, fun, happiness, communication, beauty, laughter and love.

This universal year three is all about expansion, kicking up your heels, bringing in new hopes, joy, dreams, and aspirations with a clearer focus. It is a time to really go for what you want if you dare, and to not be afraid by holding yourself back. This new year is more about focusing on yourself and what your own personal needs are as they have been put aside for a while.

Real happiness is a feeling and an emotion that comes from deep within your soul. This new energy is giving you the opportunity to dust yourself down, give yourself a new makeover, and look at your own self-happiness and worth as you deserve it. It is also about looking at what makes you unhappy and finally leaving the past behind once and for all by taking personal responsibility and cutting toxic ties. The mantra for this year is "what do I want, am I on the right path and what makes my heart sing?"

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with your **name, D.O.B** and
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