

Sydney Observer

FREE - PLEASE TAKE A COPY DECEMBER 2021/JANUARY 2022

SYDNEYOBSERVER.COM

[f Sydney Observer](https://www.facebook.com/SydneyObserver) [@sydney_observer](https://www.instagram.com/sydney_observer) [@Sydney_Observer](https://twitter.com/Sydney_Observer)

IN PRINT SINCE 1996

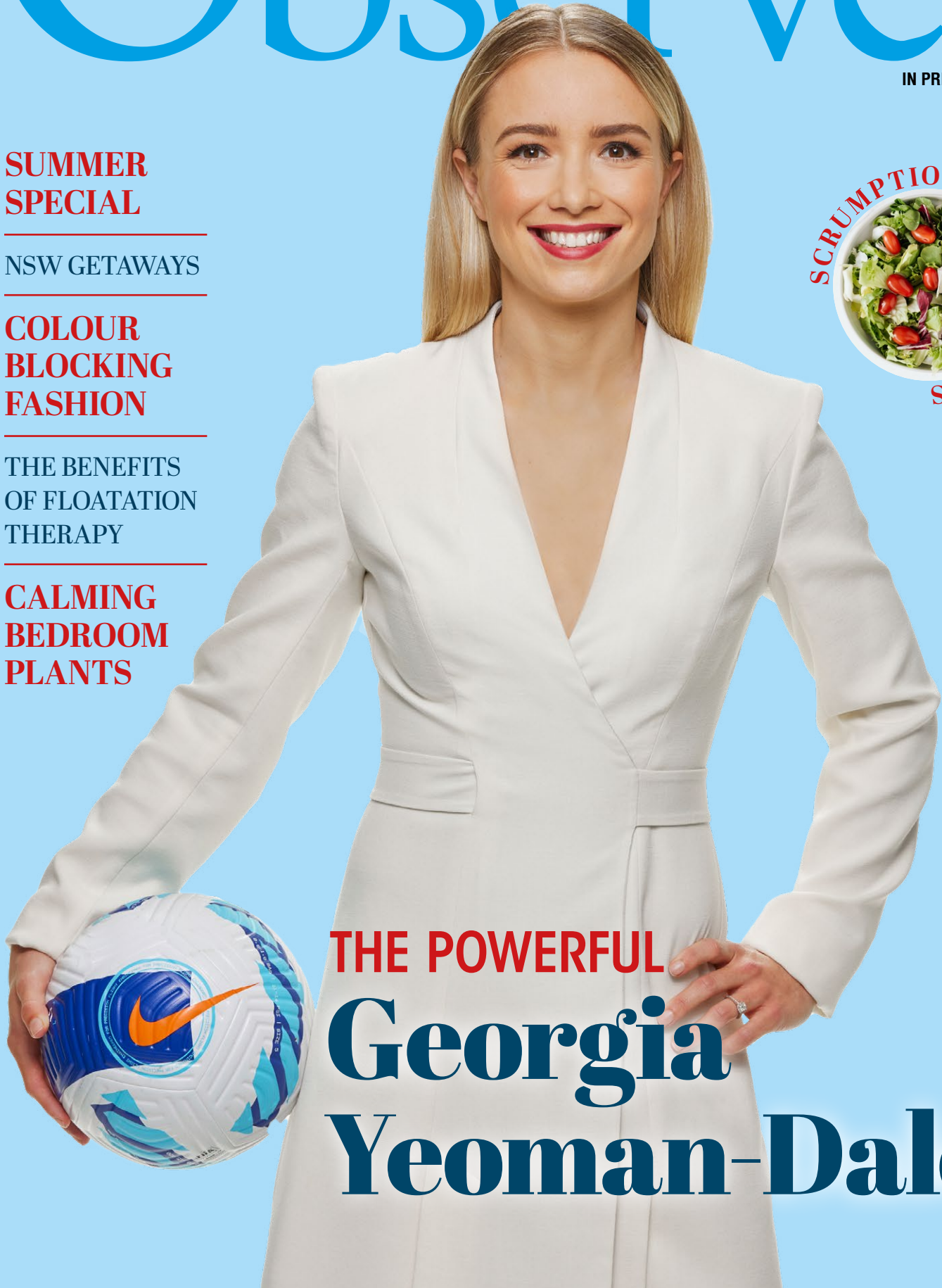
**SUMMER
SPECIAL**

NSW GETAWAYS

**COLOUR
BLOCKING
FASHION**

THE BENEFITS
OF FLOATATION
THERAPY

**CALMING
BEDROOM
PLANTS**



THE POWERFUL
Georgia
Yeoman-Dale

Len Wallis Audio takes you back to the moment of creation...

Join the HiFi revival.

Globally, music lovers are rediscovering High Fidelity.

During the last decade we have gained almost unlimited access to our music; now we are demanding to hear it at its best.

Your choice of music may come from sources as diverse as vinyl, or from newer formats such as Hi-Resolution downloads.

Irrespective of how you source your music, you now have the opportunity to get much closer to the original performance.

Never before have we had the opportunity to recreate a musical experience with such clarity, realism and involvement.

This comes naturally to Len Wallis Audio.

We have been playing in this space since 1978, audio excellence has been our passion for close to four decades.

Len Wallis Audio
64 Burns Bay Rd, Lane Cove
Phone 02 9427 6755
www.lenwallisaudio.com



From the Editor

Welcome to *Sydney Observer's* December/January Issue.



Summer is on its way and so are many celebrations. We will all be clinking glasses at the midnight hour on 31 December and crossing our fingers & toes for a healthy and happier 2022. The new year is a fresh book of opportunities, excitedly waiting to be filled.

Our profile this issue is a person who is embracing new beginnings. Footballer turned commentator, Georgia Yeoman-Dale is an incredible individual and she talked to *Sydney Observer* about her sport, respecting others for who they are and how they choose to live, plus her blossoming career in broadcasting.

In our Summer Special you will find tableware inspiration for the season's gatherings and learn about the secrets of the ocean through learning to dive. Our Food and Wine section has options for at-home dining plus a selection of dining out options for your festivities. There are informative and entertaining articles from our regular contributors. Find out more about the Year of the Water Tiger and learn about float therapy. There's food, there's fun and much more to devour in this issue!

Here's to a beautiful summer and a prosperous new year. May you acquire all that you desire. Now it's time to relax, sit back and enjoy reading the December/January issue!

Wishing your day brings you some laughter.

Jodie Wolf

PUBLISHED BY: Kamdha Pty. Ltd.

EDITOR: Jodie Wolf (editor@kamdha.com).

MEDIA RELEASES: news@kamdha.com.

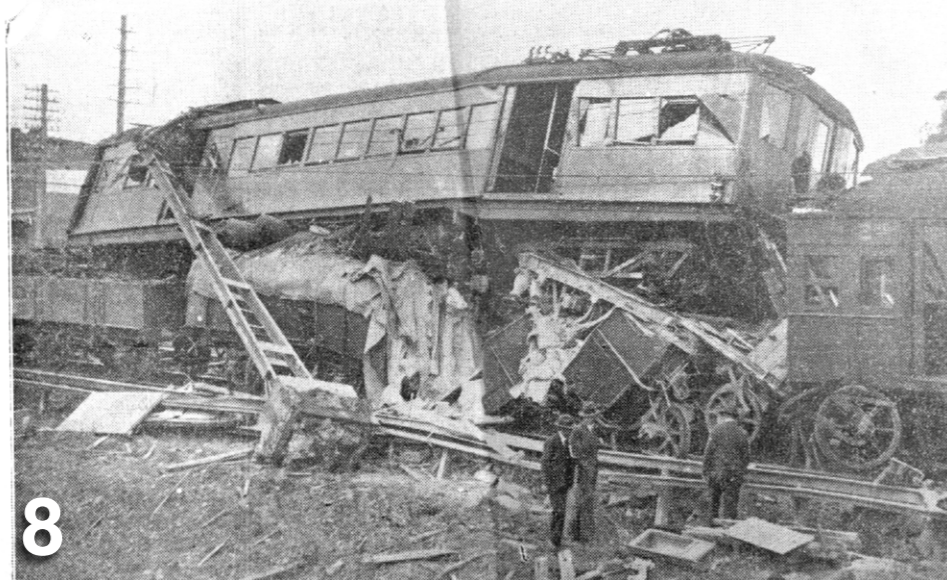
CONTRIBUTORS: Christa Nicola, Sara Zarrillo, Sarah Wainwright, Alan Toner, Rob Riddell, Russell Bailey, Dr. Sue Ferguson, Margaret Simpson, Rejimon Punchayil, Dr. Ian Sweeney, Amy Sandig, Kerrie Erwin.

DESIGNER: Frederico S. M. de Carvalho.

BOOKING DEADLINE: 15th of the month.

CONTACT: (02) 9884 8699.

COVER IMAGE: Nicholas Wilson.



CONTENTS

6. Snippets

8. Local News

14. Profile

16. Education

18. Home & Garden

24. Seniors

30. Summer Special

35. Beauty & Wellbeing

40. Food & Wine

46. What's On

48. Clairvoyant

50. Travel



SYDNEY OBSERVER is a monthly magazine published by Kamdha Pty Ltd (ABN 97 098 661 959). *Sydney Observer* Magazine, its Publisher and Editor, hereby expressly disclaim to the full extent permitted by the law, all and any liability arising from any negligence whatsoever of the Publishers including damage, consequential damages, liability, expenses, costs to any person and/or business/company arising from any action or inaction by any person in connection with any copy or arising from reliance on any copy which is published or failed to be published by the Publishers. The copyright of all material published in the *Sydney Observer* Magazine is owned by the Publisher, Kamdha Pty Ltd, and must not be used in any form without the written permission of the publisher. This copyright includes all advertisements unless photo-ready material is provided by the advertiser. www.kamdha.com

SYDNEY OBSERVER is distributed to all Ku-ring-gai plus selected adjacent areas of Hornsby, Lane Cove and Willoughby. Additional copies are available from local libraries, selected retail outlets and council offices. We personally deliver to businesses in most suburban shopping areas in order to remain community-focused and personal.

Home, Commercial and Bulk Delivery

Chatswood	Lindfield	Roseville Chase	Wahroonga
East Killara	North Turramurra	South Turramurra	Waitara
East Lindfield	North Wahroonga	St Ives	Warrabee
Gordon	Pymble	St Ives Chase	West Pymble
Killara	Roseville	Turramurra	Willoughby

December 1–24
Tue – Sat, 10am–2pm

Merry Giveaway

Spend \$30 at any participating specialty store and receive a \$10 voucher!

Simply show your receipt at Redemption Kiosk near Flight Centre every Tue – Sat, 10am–2pm

GordonCentre
GordonVillage
Arcade

gordoncentre.com.au
f @ gordoncentre

SNIPPETS



Sidneienis/wikimedia.org

Manly Beach

Monique Sharp (FLSSA)



Royal Life Saving Asking Readers to Keep Watch

Royal Life Saving urges families to be especially vigilant of children around the water this summer and to Keep Watch at all times. Their new research shows 532 children aged four and under drowned in the past 19 years. It also shows that a child's risk of drowning triples after their first birthday; 40 per cent of children were just one year old when they drowned. Summer is when young children are most at risk. Swimming pools are the leading location for drowning among children, accounting for more than half of all deaths. The four things they recommend to prevent drowning are: actively supervise children around water (supervise); restrict children's access to water (restrict); teach children water safety skills (teach); and learn how to respond in the case of an emergency (respond).

You can get more information at www.royallifesaving.com.au.

7NEWS Young Achiever Awards



"Since the creation of the Young Achiever Award in New South Wales and the ACT in 2014, it has applauded the leadership, vision, excellence and commitment of young people, whilst highlighting their efforts and success. The purpose of the Young Achiever awards is to acknowledge, encourage and most importantly promote the positive achievements of all young people up to and including 29 years of age." One of nine winners will be chosen as the 2022 NSW Young Achiever of the Year!

NOMINATIONS ARE OPEN IN THE FOLLOWING CATEGORIES

- OSMEN Creative Design Award
- First National Real Estate Leadership Award
- Aboriginal Education Council Aboriginal Education Award
- Freemasons of NSW Community Service Award
- TransGrid Indigenous Achievement Award
- Qoin Small Business Achiever Award
- Danmark Online Achievement Award
- NSW Ministry of Health Public Health Pandemic Response Award
- Western Sydney University Academic Achievement Award Category.

To submit a nomination, simply go online to www.youngachieverawards.com.

North Foundation: Christmas Fundraising Appeal

Summon some Christmas cheer and donate to your local public hospital. Local people in the community can give back to their hospital and say thanks to their healthcare workers through the NORTH Foundation who raise money for the Northern Sydney Local Health District. The areas that they cover include Royal North Shore Hospital, Ryde Hospital, Hornsby Hospital and others.

Visit <https://northfoundation.org.au/to-find-out-how-to-donate>.

Water Play

The summer holidays are almost here! Why not consider a day of exploration and adventure, visiting waterfalls, creeks and hidden gullies deep in the wild. You'll encounter all kinds of aquatic creatures who love the water, and compete in some wild and wet games and challenges ourselves. You'll need your swimming things or a change of clothes - getting wet might be part of the adventure!

Next Date: Monday, 13 December 2021 | 09:00 AM to 04:00 PM
Ku-ring-gai Wildflower Garden, 420 Mona Vale Road, St Ives 2075

Find out more at <https://www.krg.nsw.gov.au>.

Get a quote or order @ www.sydneydoors.com.au

SHOWROOM/FACTORY
80 Redfern Street, Wetherill Park NSW 2164
Ph: (02) 9725 4444
sales@sydneydoors.com.au

RENOVATING YOUR KITCHEN OR WARDROBES? Just replace the doors and save \$\$\$

Sydney Doors

CUSTOM MADE KITCHEN & WARDROBE DOORS & PANELS

Kitchen and Wardrobe doors

Hoisted On The Shoulders Of Another Train



The extraordinary position in which the electric carriage finished after it had crashed into and mounted a stationary goods truck between Pymble and Gordon stations 10-day.

LOCAL HISTORY

Gordon Station Train Crash

Ku-ring-gai Historical Society

It was pre-dawn on the morning of Friday 15th March 1935 when a steel passenger carriage, weighing 50 tons and carrying 11 passengers, crashed into a slow-moving goods train in a sensational early morning accident near Gordon Station. The passenger carriage was thrown 12 feet into the air, landing on the top of some goods carriages and smashing the guards van to matchwood. Incredibly, none of the passengers were seriously hurt.

The electric passenger train had left Hornsby at 5.10 am en-route to the city and it was still dark. The goods train was moving backwards from the points after having shunted several trucks into the council's depot about a mile up the line from Gordon station. The passengers, mostly in the front car, had a

terrifying experience. The first they knew of the trouble was when the driver of their train leapt through the door of his compartment into the middle of the first carriage. A second later, they felt a terrific jolt and were thrown from their seats to all parts of the carriage.

When they struggled to their feet and looked through the windows, they found themselves on top of three goods train trucks, and about 12 feet up in the air. Of the 11 passengers in the front car, only one was taken to Hornsby Hospital in shock – the others, merely bruised, refused treatment. Dawn revealed an amazing litter of wreckage, scattered for yards on either side of the lines – and the spectacle of one carriage completely on top of three goods train trucks quickly attracted several hundred residents. There was no sign of the guard's van at the rear of the train. Where it once stood was nothing but a

tangled mass of wheels, steel and splintered wood. Luckily the guard was not in the van at the time, as he was helping outside with shunting operations.

In some ways the smash helped to remove a popular misconception as to the risk of electrocution when an electric train meets with a mishap. It was little understood at the time that there were ample automatic devices designed to shut off power in emergencies. The Railway Department, in conjunction with the Road Transport Department, was able to restore the movement of passengers and the huge task of recovery was underway by 9 o'clock.

The Ku-ring-gai Historical Society's activities can be found on its website, www.khs.org.au.

Student Chef Won Us Over with Pastry

Pastry chef Gabriella Adeline from Lindfield has taken home the Vocational Student of the Year award at the 2021 Annual NSW Training Awards.

Gabriella said she first graduated from university with a psychology degree but decided to start training as a pastry chef at TAFE NSW.

"I knew I was on the right track when I explored how to become a pastry chef at TAFE NSW," Gabriella said.

"I have been taught by TAFE teachers who are industry experts and have given me career guidance, put me forward for opportunities and encouraged me to excel. "I've now completed my apprenticeship and I have a great job at a two-hatted restaurant. VET has changed my life. I've found my purpose."

NSW Minister for Skills and Tertiary Education Geoff Lee congratulated Gabriella on receiving the prestigious award after completing her Certificate IV in Patisserie, leading to a job at Bondi's



Icebergs Dining Room and Bar.

"It is a great honour to be recognised on a State level and I have no doubt Gabriella will go on to be a great ambassador for vocational education and training in the hospitality industry," Mr Lee said.

"The students, educators and training providers represented at the NSW Training awards are living proof that NSW's training system is gold standard.

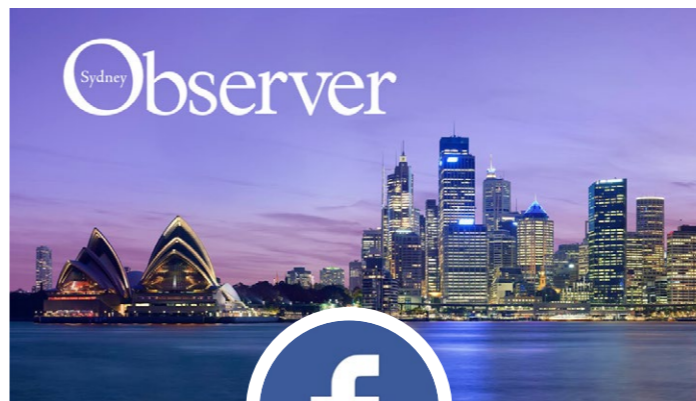
"I congratulate Gabriella on being named NSW Vocational Student of the Year and

wish her the best when she represents NSW at the Australian Training Awards."

The future holds much promise for Gabriella. She will be representing Australia at global competition the Australian Pastry World Cup Team, in Milan.

The NSW Training Awards are conducted annually by the NSW Department of Education in recognition of outstanding achievements in VET.

A full list of winners is available at https://www.training.nsw.gov.au/training_awards/.



Follow us on Facebook

If you are someone who is social media savvy, give Sydney Observer a follow on Facebook! Whether it's locals or businesses in the community, we are so incredibly grateful to any that have joined our tribe.

Given this issue is a combined December/January magazine, the best way to stay up to date with us is to follow us on Facebook, @SydneyObserver.

Throughout the summer we will continue to share important content with the community, both via our socials, newsletters and website!



PAUL FLETCHER MP
FEDERAL MEMBER FOR BRADFIELD

📍 Suite 1, Level 2, 280 Pacific Highway, Lindfield NSW 2070
☎ 9465 3950 ✉ paul.fletcher.mp@aph.gov.au 🌐 paulfletcher.com.au
📘 PaulFletcherMP 📷 [paulfletcher_mp](https://www.instagram.com/paulfletcher_mp)

Authorised by Paul Fletcher MP, Liberal Party of Australia, Suite 1, Level 2, 280 Pacific Hwy, Lindfield NSW 2070.



Ku-ring-gai Power Outages

It's safe to say that Ku-ring-gai has dealt with its fair share of power outages this year. One reason could be because of Ku-ring-gai's dense amount of greenery and bushland – with this comes a greater chance of trees falling on power lines and more. Another reason is the sheer amount of storms Ku-ring-gai tends to get, often in 'the line of fire.' It is definite that the NSW SES Ku-ring-gai branch is kept busy!

The statistics are as follows: *Sydney Observer* had a read through the Ausgrid reports issued throughout the year. In 2021, there were more than 40 cases of blackouts in our local government area. Reasons given included environmental, equipment fault, third party, lightning or cable digging. The most common reason in relation to Ku-ring-gai outages was environmental (60%), with more environmentally-related cases in the earlier part of the year compared to the latter part.

With this in mind, it makes sense why it is so important for local homeowners to have plans in place when it comes to extreme weather events – especially in summer. One fantastic initiative helping us prepare in cases like these is the Climate Wise Communities program. It aims to build local community strength and preparedness to extreme weather events. You can listen to the experts and watch sustainability webinars, as well as prepare your home by completing a ready check and identifying key risks to your home.



NSW SES Ku-ring-gai

If ever experiencing a power outage, you can find out more information via: <https://www.ausgrid.com.au/Outages>.

For Ku-ring-gai Council locals, you can look to this resource for information on planning, climate wise communities, bushfire policies, Council action, flood management and more: <https://www.krg.nsw.gov.au/Environment/Extreme-weather>.

Stop Junk Food to Help Environment

Christa Nicola

According to a study from the University of South Australia, cutting down on sweets, pastries, fried foods and processed meat can help curb greenhouse emissions - another reason to ditch unhealthy food.

We are living in a time when every choice we make has an environmental impact, including the food we eat. Sugar-sweetened drinks, alcohol, confectionery and processed meat are all considered 'discretionary' foods and account for between 27-33% of Greenhouse Gas Emissions (GHGE).

University of South Australia (UniSA) dietitian Sara Forbes, who led a review examining 20 studies on the environmental impacts of food consumption in New Zealand and Australia, says people need to consider their health and the environment when making food choices.

Ms Forbes told *Sydney Observer* that people should seriously start to consider

their diet when it comes to their environmental footprint.

"Discretionary foods are one of the two highest contributors to environmental impacts across multiple metrics: greenhouse gas emissions, cropland footprints, Ecological Footprint, and water scarcity footprint. Reducing our consumption of these foods is not only good for our health but also for the environment.

"It is time we better acknowledged the environmental impacts of the type and amount of food we eat, considering the planet as well as our health."

According to a Federal Government report from 2020, each Australian produces the equivalent of 19.7kg of carbon dioxide every day through diet. The majority of food related GHGE comes from staple or 'core' foods, such as meat, grains and dairy. Fruit and vegetables are two of the lowest contributors - all up 'core' foods contribute 67-73%. While the percentage of 'discretionary' foods environmental impact is slightly lower than core foods, Australians

are still consuming large amounts of high calorie, nutrient-poor junk food which is not helping the environment.

Unlike New Zealand, the Australian Dietary Guidelines (ADG), doesn't consider the environmental impacts of foods they recommend, and researchers believe Australia needs to rethink its current ADG.

The highest greenhouse gas emitters in New Zealand are meat, seafood and eggs (35%), while highly processed foods such as pastries and ice cream come in at 34%. Other factors like environmental impacts of water use in food production were also examined, finding Australian irrigators soak up eight million megalitres of water each year to grow crops. Ms Forbes thinks the way we think about food and food production is unsustainable and needs a massive overhaul.

"By 2050, the world's population is projected to reach ten billion people. There is no way we can feed that amount of people unless we change the way we eat and produce food."

Sydney Home

@sydneyhome_

We can design a social media campaign on Instagram for just \$69 per post.

Are you a **REAL ESTATE AGENCY** or **INTERIORS/HOMEWARES BUSINESS**? Are you on Instagram, one of the world's fastest-growing social platforms? If not, you should be! And we'd ❤️ to post your properties or products for you.

SydneyHome, is building up a great following on Insta with over **3000+ followers** and an incredible ERR (engagement rate by reach) of 15%.

We can also post on our sister brand, **Sydney Observer**, which has over **5500+ followers** and an incredible engagement rate of 10%. Two posts reaching nearly **10,000 followers** on SydneyHome and Sydney Observer is just \$99.

Just email hola@sydneyhome.com.au with details of what you'd like posted.

Ku-ring-gai Council

Ku-ring-gai Council Christmas and New Year operating hours

- Friday 24 December** – 8.30am to 12.30pm
- Monday 27 December** – closed
- Tuesday 28 December** – closed
- Wednesday 29 December** – call centre open 8.30am to 5pm; customer service centre closed
- Thursday 30 December** – call centre open 8.30am to 5pm; customer service centre closed
- Friday 31 December** – call centre open 8.30am to 5pm; customer service centre closed
- Monday 3 January** – closed

The staff and Councillors wish all our customers and residents a happy Christmas and best wishes for the New Year!

krg.nsw.gov.au
Enquiries: (02) 9424 0000

Council meetings and public forums

Ku-ring-gai Council will meet on **11 January 2022** to elect the Mayor and Deputy Mayor.

Public Forums will resume on **8 February 2022**. The Council meeting will be on **15 February 2022**.

For details visit krg.nsw.gov.au/meetings
Enquiries: (02) 9424 0000.

Library Up Late

Between December and February Ku-ring-gai Library Service will be offering free weekly author talks, carol singing, cryptic crossword classes, meditation sessions and lots more!

For more info and bookings visit krg.nsw.gov.au/libraryupdate

Sun's Out, Aussie's Out!

Sara Zarriello

The blistering Aussie summer has arrived and with it a number of activities catering for everyone big and small in the Ku-ring-gai Council area. We've put together a snapshot of the most exciting events to hit just in time for you to get out there and soak them up.

SANTA IN THE GARDEN

The big-bellied Mr Claus returns to Wildflower Garden from November, located in the botanical garden in St Ives. The little ones will love meeting Santa for a five-minute session and a bonus of three digital images for just \$80. Social distancing measures are to be taken by those in line to keep one another and Santa safe this Christmas season. For the straying parent or big brother and sister, the Wildflower Garden boast 123 hectares of bushland completely free to enter and is



the perfect setting for a long bushwalk or a quiet picnic.

SUNSET CINEMA ADVENTURE

The best place to catch a movie, this drive-in cinema returns in late October. Perfect timing for a catch up with friends, family fun nights or a date night. If you need some snacks during the film, the cinema provides delicious delights from various food trucks on sight. Completely Covid safe, the cinema promises to show you a good time in the safest way. What's safer than chomping on some buttery popcorn or slurping on a cold drink in the

comfort of your car? Ku-ring-gai Council Mayor Dr Cedric Spencer says the return of the cinema will "bring entertainment back to Ku-ring-gai in a safe and contactless way." Tickets are expected to sell out fast so get in whilst you can!

ANIMAL RESCUE NATURE PLAY

This one's for the kiddies. The ultimate morning of fun, learning and play, with animals. This program offers weekly, nature-based activities for kids to learn about the special people who rescue injured or lost animals. Costing \$20 per child with a single parent or carer admitted free, this one is for the inquisitive child. Located in Ku-ring-gai Wildflower Garden in a Covid safe way.

Find more to do via the Ku-ring-gai Council website; www.krg.nsw.gov.au/Things-to-do/Whats-on.

Mental Health Recovery Package Gifted by our Government

NSW Government's new \$130 million package will provide immediate access to help for anyone whose mental health has been impacted by the COVID-19 pandemic.

Member for Davidson, Jonathan O'Dea, said the funding boost will work to cut Headspace waitlists, provide more access to psychology, psychiatry and other allied health services, and introduce community led wellbeing programs and events.

The investment will also launch a state-wide suicide prevention training program for 275,000 parents, high school teachers, sports coaches, community leaders and youth workers – the biggest suicide prevention training program ever undertaken.

"This package focuses on making sure people young and old can turn to trusted people in every corner of their

community for support, whether that be a teacher or the coach or captain at the footy club, and when they do, they will not be turned away," Mr O'Dea said.

"As we enter our new COVID-normal this investment will boost capacity to meet demand and making sure the local community is at the centre of the recovery," he concluded.

Premier Dominic Perrottet said the lockdown combined with working from home and home schooling has seen a record number of people reach out to crisis lines.

"By reducing the wait time for local headspaces, and opening up more funded psychology and psychiatry places, we will ensure that parents, children and the most vulnerable in our community can get the help they need now," said Mr Perrottet.

Minister for Mental Health Bronnie Taylor said that the new funding will train 275,000 people in the community to become mental health first aiders.

"We want NSW to be a whole state of mental health champions, which is why we're launching a state-wide community training blitz to make sure help is always close at hand, from the schoolyard to the sports club and beyond." Mrs Taylor said.

"The boost will also provide nearly 150,000 additional consultations with psychologists and psychiatrists, free up more mental health beds, and introduce mental health initiatives in local sports clubs and community groups."

The new funding builds on the \$2.6 billion 2021-2022 NSW Mental Health Budget – the largest mental health investment in the State's history.

Good News for Lindfield Village Hub

The Council is negotiating with several parties for the construction of the long-awaited Hub project. Last year the Council called for tenders for the Hub, which proposes the western side of Lindfield centre be redeveloped. Plans include a new library, plaza with open space, a community centre and residential housing. However, due to the COVID-19 pandemic and subsequent economic downturn, the tender and resulting negotiations did not initially produce a viable outcome.

Earlier this year a revised market engagement strategy for the Hub project was initiated, and the Council resolved to continue negotiations with interested proponents. The initial stage of the negotiations has been completed with several proposals received. Following analysis of the proposals, a viable commercial outcome for proponents looks possible.

Ku-ring-gai Mayor Dr Cedric Spencer said 2021 had seen renewed interest in the Hub project. "The Council has seen a significant turnaround from the offers received during the 2020 tender process and subsequent post-tender negotiations," he said.

"This significant improvement in market conditions and commercial responses is important in progressing the negotiations on behalf of Council and our community."



Mayor Spencer said that negotiations with interested parties were underway and a further report would be considered by the Council in early 2022. He added that the Lindfield Village Hub was the first in a series of Hub projects for Ku-ring-gai that he was keen to fast track.

"The next project will be the Turramurra Community Hub and we hope to have news on that in the new year.

Lindfield Village Hub is the first major project to be launched as part of the award-winning Activate Ku-ring-gai development program which includes future town centre revitalisation for Turramurra, St Ives, Pymble, Gordon, and Roseville centres.

Are you a local business?

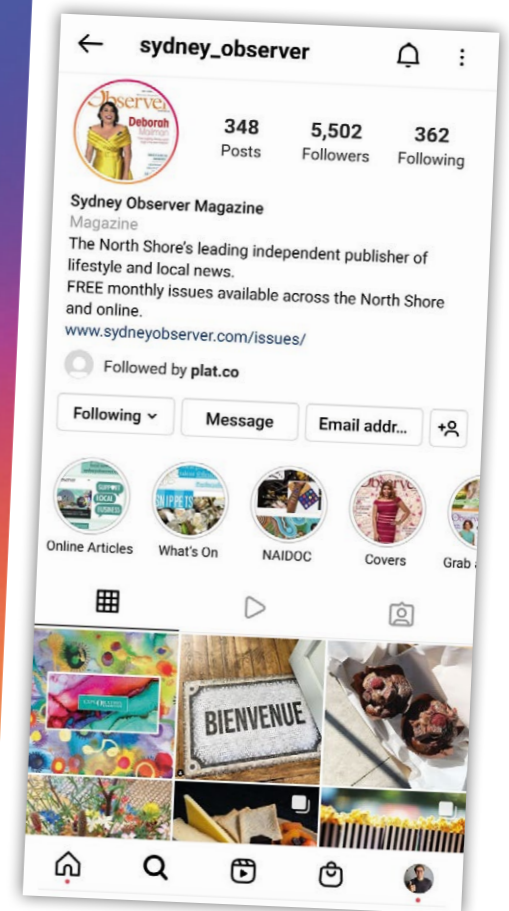
Are you on Instagram or want to be part of the fastest-growing social platform? We'd ❤️ to post your products or services for you.

We already have a great following of **5500+ followers** on Insta and an incredible engagement rate of 10%.

We can design a social media campaign on Instagram for **just \$69 per post**. Just email editor@sydneyobserver.com with details of what you'd like posted.

We can also post on our sister brand, SydneyHome, which has **3000+ followers** and an incredible engagement rate of 15%.

Two posts reaching nearly **10,000 followers** on Sydney Observer and SydneyHome is **just \$99**.



The Powerful and Inspirational Georgia Yeoman-Dale

Jodie Wolf

Georgia Yeoman-Dale is one determined individual. Starting a little later than most at nine years old didn't squash her ambition and she has grown to be known as one of Australia's most renowned football players. Her career began at Canberra United, then she moved on to play for the Newcastle Jets, Sydney FC and then Western Sydney Wanderers. With over 90 W-League appearances to her name and five international caps for the Commonwealth Bank Matildas since her debut in 2012, Georgia recently retired from playing professional football. Now she will be commentating for 10 Viacom CBS' football coverage. *Sydney Observer* was thrilled to discuss her new career path and the future of women's football.

As a child, Georgia began practising soccer with one of her sisters, in their back yard, using a flat basketball. She says that the game gave her, 'competitive spirit' an outlet but it was the friends she made along the way that really grew her love for the sport.

"With the amount of time that you're training when you get to a professional level your team becomes your family. You're going into battle with these people, so you grow really close."

When Georgia made the decision to step into the role of commentary, she tells me that it was a move she never thought she would make.

"When I started out, I would avoid speaking to the media at all costs. I was terrified of speaking in front of the camera. Getting the phone call for the first time to work on the panel for one of the games, I got off the phone and turned to my partner and I was like, 'I can't do it. No chance. I'm not doing this!' and she was like, 'you have to.' I knew that I needed to take the opportunity because everything's an experience in life. I can't remember what I said when I was on the panel for the first game, I was so nervous. I was most probably just waffling on but somehow got invited back! I'm still nervous, but they're fun nerves now."

Reflecting on her time as a player, Georgia notes that the training sessions and games were hard work, both physically and mentally and that it definitely makes you a 'mentally stronger person' in other areas of your life.

"You are smashing your body the whole time. Pre-season can be absolutely brutal. I've nearly been in tears when you're running, and you've got to keep going. The training can be full on. People are like- 'oh what an amazing career' and 'you get paid to do what you love' and I feel very fortunate that I had that opportunity, however you are putting your body under a lot of stress."

We discuss the quality of the women's game over her decade-long career and how much it has improved. "It's really starting to show the quality that we can produce. I think that in terms of where the projection for women's football can go, there's no ceiling on it," she says.

"I can see there being in the future no discussion of whether it's men's or women's- it's just football. The Matildas, have been a part of that movement as well and they've created this growth of women's football in Australia."

Having worked on the last world cup and the Olympics, Georgia is now getting the opportunity to offer analysis around her sport. I ask her about future footballers that she believes could hold promise. "In



Steve Christo

Diving Deeper

Favourite song pre-match. That's hard. The first one that comes to mind which always made the change room play list is Avicii, "Levels". That would pump you up before the game.

You're stuck in a lift with who and why? (Laughs). I hope I'm not stuck in a lift- I'm very claustrophobic! Someone funny to make light of the situation. Sam Kerr, she's hilarious she would keep me laughing!

Top tip for keeping fit? Find something that you enjoy doing. I'm loving my yoga and Pilates, a lower impact approach to fitness.

Space or place to relax? My couch. Just chilling out, watching something really easy. I've just binge-watched all the seasons of Friends. I'll probably start again because I loved them that much! (Laughs).

Biggest achievement and biggest regret? Regret- not playing overseas. But my biggest achievement was staying in Australia to complete a double degree in civil engineering and commerce.

Happiness means for you ... Love and support. Surrounding yourself with people that make you feel loved and support you in anything that you wanna do.



Australia, Mary Fowler. She's an absolute superstar and she's still only 18. I can't even imagine where her career is going to take her. Jessie Fleming for Canada, gold at the Olympics and now playing for Chelsea, she's a superstar and still very young as well."

She offers advice to young players who may be feeling disheartened. "The most important thing in becoming a pro footballer, or whatever, it is you wanna be, you need to be passionate and you need to love what you're doing. If you have that, your current ability doesn't matter." She laughs, "Being a kid I was far from the best player on the field! But I loved it and would train hard. I worked on the things that I needed to improve because every day I wanted to be better. If you're not getting selected in the top team, work hard, try and be better than you were yesterday. Don't compare yourself to everyone else around you. Follow what you want to do."

Georgia tells me that she has always felt supported to be who she is but can fully understand and empathise with the struggles footballers in the public eye face when it comes to their personal life. Adelaide United's Josh Cavallo recently announced to the globe that he is gay. "Being in a same sex relationship myself, at times I have felt like I need to be careful about who I talk to about that because of the fear of being judged. I'm amazed at his strength and bravery in coming out and so happy with the impact that it's going to have on others. I look forward to the day where people don't need to announce their sexuality. Whether you love a man or a woman, it's all love and it shouldn't matter."

She sounds full of life when I wish her luck for her future endeavours, "It's the first time I'm having the opportunity to be a big part of the broadcast team and be on games weekly. I'm excited about being a part of that but also it's something new for me so I wanna make the most of it!"

With a hugely busy time ahead, I make sure she will at least have some time for a Christmas dinner.

"Na," she laughs, "I think we get Christmas Day off. Having played through summer season the last ten years I'm used to not having much time off. It's one of those sacrifices."

To keep up to date with Georgia visit her Instagram [@georgiayd](#) or [@10footballau](#) [@10sportau](#) [@paramountplusau](#)



Cultivating a Culture of Giving: Having Its Roots Take Hold at Home

Sarah Wainwright

As 2021 comes to a close, for many this is welcome news, to be able to close the chapter on two very Covid-challenging years. In addition to the devastation, stress and strain, these two years have also seen great acts of selflessness and kindness, from our heroic Frontline workers, in the community, and indeed by strangers from one to another.

THE HEALTH BENEFITS OF KINDNESS

Studies have found that acts of kindness, helping others, are linked to increased feelings of wellbeing and happiness. Helping others improves your support network and encourages us to be more active. Further, helping others strengthens social connections and a sense of belonging, thereby reducing loneliness and isolation. Helping others also helps to keep things in perspective and provides a different perspective. A different perspective can increase optimism, resulting in a more positive outlook about your own circumstances. (Mental Health Foundation, UK 2021)

Catching up with my friend Cath Simes, The Kings School Counsellor and Psychologist, is always a pleasure, especially hearing Cath's valuable

The Home Kindness Challenge

- Help without being asked.
- Speak patiently to family members even when you don't feel like it.
- Express gratitude.
- Play a game or do an activity with a family member.
- Make something for a family member.
- Surprise a family member by doing a job for them.
- Cook a meal, bake someone's favourite treat.
- Leave a special note for a family member.
- Give compliments.

(Scott, S., 2020. Happier Human)

insights on how to grow helpful, kind, little people into helpful, kind, big people. Cath explains, 'Love is as love does.'

"Little children love a job, especially a real job. When my big guys, now 22, 19 and 15, were little guys, they loved to

help! A great way to grow little people into helpful, kind, thoughtful big people is to have them help with small, manageable jobs from their toddler years. A two-year-old can help with bringing in the mail each day, helping to feed the family pet, setting the dinner table each night. Praise them for a job well done, tell them how much you love it when they help, show them how much Fido appreciates them giving him his dog biscuits each night and you'll have little ones busting to help and experiencing a sense of pride."

"Cultivate this generosity of spirit in them by gently increasing your expectations of them. By mid-primary school, your children are capable of cooking a simple family meal each week. Leading by example, they will notice you helping an elderly neighbour, minding sick friends' kids and responding graciously to them when they need you. As I've said to my own boys more times than I can count, I want them to be intentionally thoughtful, rather than unintentionally thoughtless," reflects Cath.

Sarah Wainwright, BSc (Psychology), Postgraduate Diploma (Psychology). Writer, mentor-tutor, wife and mother of 4. Sarah is a Sydney-based parenting expert and shares her experience and observations on Instagram @_parentingtips_.

Revisioning Education After COVID

Russell Bailey, Redeemer Baptist School Headmaster

This has been another disrupted year of schooling! We've all had to explore new ways to foster engagement and enable progress. It's been like putting up a tent after a cyclone as a temporary dwelling while we contemplate rebuilding. The resilience of our students who kept on pushing forward in their academic careers has been truly remarkable. They all deserve a local hero award!

After severe damage to homes or community facilities following a disaster, there's an opportunity to rebuild with improvements. The vibrant city of Darwin is characterised and emboldened by new foundations laid in the wake of WWII bombings and hurricane Tracy. Often in human history, we rise from suffering more courageous, more thankful, more determined.

Following these two years of uncertainty, how do we revise our classrooms and end goals in education?

What about the enthusiasm we all felt as we came back to our school campuses? We became more aware of how much our humanity is enriched by each other. So perhaps we should find new ways to encourage the community to experience school. Not just as a place to be awarded a grade that prequalifies a career pathway but as a wider family who is genuinely interested in sharing the joys and sorrows of being human together.



Another possibility is retaining and developing the alternative entry pathways into university, based on senior school grades and school recommendations that were offered to students in the context of ATAR uncertainty. There will always be a need for discriminating between possible candidates for high demand courses like medicine. But, on the whole, relief from pathological HSC examination stress for the majority of students would be a welcome improvement.

This month we celebrate Christmas, where a boy was born into terrible circumstances, grew up to bless people with his teaching and healing miracles, and then suffered the horrible injustice of a criminal's death. And all of this because he loved us and wanted us to enjoy a better life. Let's share this hope of a better life with our students as we begin to walk away from the pandemic this Christmas.



REDEEMER BAPTIST SCHOOL a ministry of Redeemer Baptist Church

"Committed to a Christian Worldview in Education"



K-12 Christian School situated in a magnificent heritage precinct at North Parramatta

STUDENT ACHIEVEMENTS DURING COVID

- > Parramatta Junior Citizen of the Year & Environmental Citizen of the Year, 2021
- > Regeneron ISEF University of Arizona \$40,000US renewal scholarship, 2021
- > STANSW 1st in Chemistry Years 11-12, 2021
- > Primary Engineering Finalist, BHP Foundation Science & Engineering Awards, 2021
- > CSIRO Bebras Australia Computational Thinking Honour Roll, 2021
- > 1st MANSW Mathematical Investigations, AMC Prize, UNSW Mathematics Distinction Prize, 2021
- > Primary Schools Award & Individual 2nd, Dorothea Mackellar Poetry Awards, 2021
- > 2nd Sparklit Australian Christian Teen Writer Award, 2021
- > Redeemer alumnus wins Excelsia School of Education Postgraduate Achievement Award, 2021

Pioneers in K-12 multi-sensory literacy instruction based on phonemic awareness and incorporating traditional grammar

ENROLMENT ENQUIRIES

2 Masons Drive
North Parramatta NSW 2151

Email: redeemer@ozemail.com.au
Web: www.redeemer.nsw.edu.au

Phone: (02) 9630 6311
Fax: (02) 9683 5338



Antonio Rajaratnam (HSC 2020) with Headmaster Russell Bailey being awarded the 2021 Parramatta City Junior Citizen of the Year Award from the Mayor





The Positive Side to Bushfires

Alan Toner

The Black Summer Bushfires in NSW caused significant loss of wildlife and burnt over 5.4 million hectares of habitat. With the best intentions made by the NSW National Parks to prevent further loss of habitat, they conducted a controlled burn in October 2020 within Sydney's iconic North Head scrubland. However, this fire had devastating consequences.

Although this controlled burn by NSW National Parks was planned to reduce the risk of habitat loss from an unplanned fire, it achieved the exact opposite. It is estimated that more than 62 hectares of the endangered Eastern Suburb Banksia Scrub were destroyed when the fire jumped containment lines. Before this fire, the Australian Wildlife Conservancy had only just released numerous native Bush Rats, Brown Antechinus and Eastern Pygmy Possums in an effort to increase the animal populations that would have improved

the biodiversity within this fragile ecosystem. Sadly, the Australian Wildlife Conservancy reported a large decline in the populations of these native animals after the fire.

Fires are an important part of rejuvenating many Australian habitats. Fires assist with transferring energy across and through different ecosystems and many of the native flora found in the Eastern Suburb Banksia Scrub rely on slow and cool burns to regenerate. Plants such as the genus Banksia are reliant on cool burns to open the follicles to then release the seeds after a fire has passed by. The *B. serrata*, *B. ericifolia* and the *B. integrifolia* are excellent examples of plants within this sensitive ecosystem that rely on fires to do exactly this. But the North Head fire was extremely hot, and it has caused many Banksia seed pods to remain closed and we may have lost them for good.

There is a bright side to this fire though. The Orange Bracket Fungi (*Pycnoporus*

coccineus) and other decomposers like it are flourishing and busy breaking down organic matter like the Banksia branches. Also, the Kangaroo Apple (*Solanum aviculare*) seedlings have laid dormant beneath the thick layers of scrub and were last seen here in 2018. But recently, due to the burning of the scrub, the Kangaroo Apple has rejuvenated and can be easily spotted again. Similarly, the Native Sundew (*Drosera binata*) hasn't been spotted for several years and since the recent fire, this precious little flower is now growing out of the ashes throughout the scrubland of North Head. Remember though, seedlings are very small and can be easily walked on. So, avoid walking in these areas while they are regenerating and if you must go, use designated footpaths and an accredited tour guide.

Alan Toner is the owner and founder of Sydney Harbour EcoWalks Tours. Visit www.ecowalktours.com.au

YES

We have stock of home office chairs new and used

YES

We have stock of desks new and used

YES

We deliver free

YES

We are open 7 days – FOR NOW!

Please ring for advice on which home office chair will best suit your height weight and body

Call now for advice
New furniture – 9982 1077
Used furniture – 9938 5050

POSTUREMATE RANGE



- 3 Lever mechanism
- Adjustable ratchet back
- Adjustable seat and back height
- Seat tilt forward/seat tilt back
- Seat slider
- Adjustable height of arms and width of arms
- AFRDI Level 6 approved
- 10 Year warranty
- Completely Ergonomic
- Mesh back for flexibility and breathing
- Dual based foam for comfort



Showroom:
 824 Pittwater Road, Dee Why
 NSW 2099

Second Hand Office:
 7 Chard Road Brookvale
 NSW 2100



Decorate with Botanicals

A vertical succulent garden is the perfect way to spruce up a wall in the backyard and create a beautiful showpiece.

PLANT A LIVING PICTURE TUTORIAL

Purchase a vertical garden frame box, many of which are readily available online – just make sure it has mesh on the front. Once you have gathered your cuttings of favourite succulents, let's assemble! Put the box mesh side up on a work table, and

start to pack good quality soil into the box, pushing the dirt through the mesh with your fingers until full. Then, poke the plant cuttings one by one through the mesh and into the soil.

You should keep the planter box flat on the work table for a week or ten days to let the cuttings establish. For this week, keep it out of direct sunlight and slowly increase the level of light. Then feel free to hang it up! Water when the soil starts

to become dry, perhaps every week or so – just be sure to remove the box from the wall, lay flat and water rather than when it's hanging.

For more tips and tricks on how to take care of your hanging succulent plants visit: [sunset.com/garden/backyard-projects/diy-vertical-succulent-garden-project#planting-succulents](https://www.sunset.com/garden/backyard-projects/diy-vertical-succulent-garden-project#planting-succulents) or [bhg.com/gardening/container/plans-ideas/make-a-living-succulent-picture/](https://www.bhg.com/gardening/container/plans-ideas/make-a-living-succulent-picture/).

Calming Bedroom Plants

Christa Nicola

With the busy season upon us, there is no better time to invest in some relaxing shut-eye. But did you know plants can help?

Incorporating some indoor plants into your bedroom will not only look great, but some have amazing health benefits that will improve your sleep environment and help you sleep better.

Sydney Observer spoke to Horticultural Journalist and author, Meredith Kirton from Gro Urban Oasis to get her opinion on the four best plants to quiet your mind.

From Snake Plants to Lavender and Peace Lilly to Rhaps Palm, Ms Kirton thinks having a plant in the bedroom can help relax the body into a restful sleep. "Lavender is an outdoor plant but it's the best one for sleep. It's a relaxant and makes you calmer. Plant it in a pot



Lavender is a relaxant, can make you calmer and is the best plant for sleep.

outside, in full sun and take a few sprigs to keep by your bed."

The Snake Plant and Peace Lilly are known for ridding the air of toxins and can stand low light environments. The Snake Plant emits oxygen at night that helps you sleep better.

"There's a top ten list of plants from NASA they tested some years ago which are good for taking toxins out of the air. Peace Lilly is also in that group," Ms Kirton said.

These purifying plants remove some harmful chemicals from the air such as xylene, trichloroethylene, toluene, benzene and formaldehyde. "They did this experiment to see if they sent astronauts up to space what would be good to put with them, to naturally remove these chemicals that were from the man made environment, and plants did a really good job of that."

Ms Kirton says people need to think of the environment of the bedroom. "The bedroom is a fairly dark room, so you need to think of plants that can survive and, take out chemicals while emitting oxygen."

The Rhaps Palm will grow in dark spaces, is a great air purifier and has beautiful lush leaves.

"These plants are able to survive which is key really, there's no good going to sleep with a dead plant."

Herbs for Health

There is much to be found in nature that can both heal and harm, knowing the difference is paramount. A simple herb can help with a headache or increase your vitamin levels. How much do you know about herbs and their benefits?

We've gathered some below that you can grow at home on your balcony or in your garden.

BASIL

Basil is used traditionally for the treatment of colds, snakebites and inflammation within nasal passages. Macronutrients such as calcium and vitamin K are found within this ancient herb.

SAGE

Sage contains small amounts of magnesium, zinc, copper and vitamins A, C and E. This strong-smelling spice contains caffeic acid, chlorogenic acid, rosmarinic acid, ellagic acid and rutin- all of which contribute to good health according to the National Library of Medicine.

CORIANDER

V. Chithra, of the Department of Biochemistry in India states that animal studies have revealed that coriander seeds reduce blood sugar by promoting enzyme activity that helps remove sugar from the blood.

OREGANO

You can satisfy around 8% of your daily vitamin K needs, which is the equivalent of one teaspoon of dried oregano!

PARSLEY

Originally grown in the Mediterranean, Parsley is packed with vitamin K which is an essential nutrient for bone health.

THYME

Thyme essential oil, is often used as a natural cough remedy. A combination of thyme and ivy leaves helped to lessen coughing and symptoms of acute bronchitis in one study by Bernd Kemmerich.

ROSEMARY

Kathy W. Warwick confirmed that a great source of iron, calcium, and vitamin B-6 is contained within rosemary and that possible health benefits include improved brain ageing, concentration and digestion.

CHIVES

This plant is native to Europe, Asia, and North America. They are a wonderful source of choline which is a B-vitamin that aids memory, learning and sleep.

MINT

Mint is made up of a potent source of antioxidants. These protect your body from oxidative stress, a type of damage to cells caused by free radicals, research by Bin Shan confirms. Also, mint contains vitamin A, which is essential for eye health.

BAY

This herb, *Laurus nobilis* is native to the Mediterranean. Dr Nandhini of the Veda Wellness Centre, says that bay leaves can be helpful in reducing anxiety and stress, reduce congestion and maintain a healthy scalp by using as a post-shampoo rinse.



Sensational Kitchens

We create Beautiful Bespoke Kitchens, Laundries and all other Custom Cabinetry.

Book a Free Design Consultation
www.SensationalKitchens.com.au

Now in two convenient locations:

Flagship Store: 987 Pacific Hwy, Pymble, NSW, 2073
Display Kitchen: HIA Ltd, 17 Murray Dwyer Cct, Mayfield West, NSW 2304 (By Appointment)

info@SensationalKitchens.com.au





Home Building Work: Don't Get Boxed In

Rob Riddell, Piper Alderman

If you have engaged a contractor or consultant e.g. an architect or engineer to provide construction work or related goods and services on your current or future home, you need to be aware of the *Building and Construction Industry Security of Payment Act 1999 (NSW) (SoP Act)* and its ramifications.

The SoP Act provides a mechanism for contractors to make interim claims for payment for work performed. If the contractor issues an invoice containing words similar to 'This is a payment claim made under the *Building and Construction Industry Security of Payment Act 1999 (NSW)*,' you need to be especially careful!

If you are happy with the payment claim, you are fine. However, if you are not happy, you must respond by providing a 'payment schedule' to avoid the worst of the new pay now, argue later regime for owner-occupied work.

A payment schedule must identify:

- the payment claim to which it responds;
- the amount (if any) that will be paid (Scheduled Amount); and
- any reasons why the Scheduled Amount is less than the amount claimed.

There are strict timeframes for the payment schedule being within the time provided in the construction contract or ten business days after the payment claim was served (whichever is earlier). Not providing a payment schedule results in the amount claimed in the payment claim becoming a statutory debt, allowing the contractor to enforce the amount claimed very quickly and leaving you unable to delay payment on grounds that should have been raised in the payment schedule.

Contractors are entitled to apply for adjudication of a disputed SoP Act payment claim if:

- the Scheduled Amount in the payment schedule is less than the claimed amount, or
- you do not pay the contractor the Scheduled Amount by the due date for payment.

Also, if you fail to pay the amount due on time, the contractor is entitled to suspend work.

The adjudication process opens the way to an enforceable determination, usually within four weeks of the contractor lodging an adjudication application. This is a fraction of the time it would take in a court or tribunal.

Contractors will rely on the SoP Act as it provides a shortcut to a judgment debt. For homeowners, it presents the risk of losing the right to dispute excessive contractor claims. Homeowners face a pay now, argue later regime. You can go to court later and try to recover your over-payment, but that will often involve more cost and anguish than it might be worth.

So, pay special attention to payment claims and if you are not happy, issue a well-drafted payment schedule to protect your interests. That may involve some legal, technical support. Piper Alderman has decades of experience assisting clients in resolving the security of payment claims. If you have any questions about the SoP Act or have received a troublesome payment claim, feel free to discuss it with us.

Mother Nature: She's on Trend Again

Jodie Wolf

We can expect a huge European influence in 2022 with colours and lifestyles mirroring a calming Mediterranean aesthetic. Coupled with our climate and a newfound appreciation for freedom, the great outdoors looks set to appear indoors in the new year for many months to come.

People are saying farewell to fast furniture and welcoming vintage pieces that will endure for more than simply a season. As human beings, we subconsciously lean towards a connection with nature and so maintain this bond by bringing elements of the wild into our homes.

Definition of *biophilia*: a hypothetical human tendency to interact or be closely associated with other forms of life in

nature, a desire or tendency to commune with nature.

Biophilic design, incorporates natural materials and patterns, preserving a link with nature. According to a paper by Terrapin Bright Green Designs, 'Building Upon the Effects of Biophilia' this type of design has been proven to support cognitive function, physical health, and psychological well-being.

Think natural timber furnishings and fixtures, concrete and stone. Marble leads the way for kitchens and coffee tables whilst adding nature-themed artwork and indoor plants to your space will complement this theme. Let the light in and arouse the senses with a rainforest soundtrack to finish.

Raw and primal, your home will be screaming 'Jumanji' in no time!



A new home in time for Summer



Secure your place on our waiting list

Experience the latest in self-care retirement living, perfectly located in the heart of Mosman.

Our modern self-care apartments offer complete privacy whilst providing the advantage of living in a caring community environment.

MacKillop Grange offers on-site management and a 24 hour medical alert.

Join our waiting list to secure your chance to live at this exclusive address in the heart of Mosman.

Call April on **02 8969 3240** to arrange an inspection or email april@mackillopgrange.com.au or view us online at mackillopgrange.com.au

mackillopgrange.com.au



MacKillop Grange

Bringing people together

Get Caught Up in a Challenging Activity

Dr Sue Ferguson

Flow is the state of being thoroughly absorbed in an activity that is neither too easy (which is boring) nor too hard (which can be frustrating). It's sometimes referred to as being 'in the zone.' It's a pleasurable state in which you're not easily distracted and so focused on the task that you're often unaware of what's going on around you. When experiencing flow, you're not thinking of regrets in your past or worrying about the future and tend to lose track of time.

The experience of flow motivates people to perform at a high level and persevere with difficult activities. This may then contribute to maintaining cognitive function as we age, as we know that performing a range of intellectually challenging activities may help prevent dementia. Research has also shown that flow experiences can improve wellbeing,



particularly competence, achievement, and life satisfaction.

So, why not take up a new activity? Select something that will challenge you to learn something new, such as doing a course or researching your family history. Develop a new skill (such as a new sport, craft, or musical instrument), or extend your creativity (such as a new art form, or a different writing style). You could also challenge yourself to improve your skills in an activity you already perform (such as improving your chess game, or craft technique).

When selecting a task:

- Set yourself clear goals.
- Choose something where you can tell how you're progressing (feedback) as you go.
- Make sure you have no distractions.
- Ensure that it will be challenging throughout the task.

Remember, try to pick something that's a bit of a stretch (not too easy), but not so hard that it will be so frustrating that you're likely to give up. To find out more, watch this video clip: www.youtube.com/watch?v=6YBkpnMccrE

Give it a go and enjoy the challenge!



Dr Sue Ferguson is an Honorary Associate Lecturer in the Department of Psychology at Macquarie University.

Illustrations from William Sandys' 1852 book



Christmas Day: There is More to Remember

What events have occurred on one of the most famous days of the year? Let's zip back in time to December 25th through the ages!

1758

HALLEY'S COMET RETURNS

Johann Georg Palitzsch, German farmer and astronomer, spotted the fireball confirming Edmond Halley's theory of 76-year cycles.

1809

THE FIRST ABDOMINAL SURGERY IN THE U.S.

It was performed by physician Ephraim McDowell. A 22 pound ovarian tumor was removed during this surgery!

1914

THE CHRISTMAS TRUCE

During World War I, as morning came, the Germans left their trenches and crossed the deadly 'No Man's Land,' unarmed, shouting "Merry Christmas!" Their enemies followed suit and they all shook hands and exchanged gifts of cigarettes and plum puddings.

1920

'OUTSIDE THE LAW' RELEASED

It becomes the most viewed movie of that year.

1931

THE METROPOLITAN OPERA

It broadcasts its first full opera over the radio. The show was Engelbert Humperdinck's 'Hänsel und Gretel.'

1941

SURRENDER OF HONG KONG

The day after Pearl Harbor, December 8, 1941, the Japanese began bombing. Facing death by dehydration, the British garrison in Hong Kong City, raised the white flag of surrender on Christmas morning.

1962

'TO KILL A MOCKINGBIRD'

The film version is released, starring Gregory Peck.

1977

CHARLIE CHAPLIN DIED

The silent film-star remains a comedic icon. We fondly remember his 'Tramp' character.

1989

SCIENTISTS IN JAPAN ACHIEVE -271.8° C

This was the coldest temperature ever recorded!

1990

'THE GODFATHER PART III' PREMIERES

Starring Al Pacino, Diane Keaton and Andy Garcia. It was Directed by Frances Ford Coppola.

2000

PARTIAL SOLAR ECLIPSE

The Annular Solar Eclipse occurred in 1954. This was the first partial Solar Eclipse since then!



When Sago was Common Place

Margaret Simpson

Most 50s and 60s kitchens had a row of six aluminium, tin, enamelled or plastic canisters of diminishing sizes labelled: 'flour', 'sugar', 'tea', 'rice', 'coffee' and 'sago'. These cooking staples were bought loose from the grocer who kept them in bulk and weighed out the amount required.

But what is sago I hear you ask? According to my *Cook's Dictionary*, sago is a 'starchy pith obtained from the inner trunk of palm trees processed into flour or granules and used for baking, thickening soups and puddings'. Our mothers typically used it for summer desserts such as blancmange, sago snow and sago fluff cream as well as passionfruit, pineapple and fruit sago. Sago lost popularity as a dessert when creamy shop-bought ice cream became readily available. By then, the fridge freezer had increased from a tiny compartment that previously only fitted two ice-block trays.

For some lucky housewives, the kitchen was dominated by the bulbous fridge with rounded edges and chrome fittings. Curiously, it was reminiscent of the cars of the period and sometimes made by the same manufacturer such as General Motors-Holden who made the 'Frigidaire'!

A Bakelite mantle radio, drop-sided toaster, ceramic jug and the ubiquitous Sunbeam Mixmaster completed the kitchen appliance wish list. The Mixmaster heralded a new scientific method of food production.

Decorative touches in the kitchen included frilly cross-over Terylene curtains, plates hung on walls and miniature pots containing plants or plastic flowers held by scrolled metal wall-fittings. A glass-fronted wall dresser was used to display china and decorative kitchenware.

However, perhaps nothing represents the kitchens of the 50s and 60s better than the easy-clean Laminex tables and tubular chrome and plastic-covered chairs. All these things, together with fry pans, pressure cookers and meat mincers have largely disappeared from our modern kitchens.

All you've ever wanted.
Everything you'll
ever need.

An easy choice for lovers of shopping,
culture, food and sport.

Retirement Apartments
from \$590,000.

Completion July 2022.

Call 9299 3953.

kokodaresidences.com.au

KOKODA
RESIDENCES
at Waitara

Your time. Your place.

Correct as at November 2021. 62588

Asbestos-related Health Crisis Caused by DIY Surge

Australians are being asked to think twice about asbestos as new research reveals a surge in DIY home improvements during the COVID-19 pandemic. The survey of 1506 home improvers commissioned by the Asbestos Safety Eradication Agency, for National Asbestos Awareness Week (22-28 November 2021) found that 28 per cent of those who had found asbestos admitted to illegally disposing of it, most commonly placing it in their household bin or a neighbour's.

Asbestos Safety Eradication Agency CEO Justine Ross said the increase in home improvement has prompted concerns over an increase in asbestos exposure and that Asbestos is still causing cancer in Australians.

"While there is no safe level of exposure to asbestos fibres, with the right knowledge and tools, we can safely manage asbestos, and avoid exposure to its deadly fibres to prevent a new wave of suffering," she said.

"We want to see Australians treat asbestos with the same caution as electricity. People working on homes built before 1990 can stay safe if they know where asbestos is, if they don't disturb or damage it, and if they seek professional help to locate, manage or remove it."

It is estimated that over 6 million tonnes of legacy asbestos remains in the built environment and at the current rate of disposal is, likely to remain in significant amounts until at least 2060.

For more information on Asbestos Awareness Week visit: www.asbestossafety.gov.au

Is 'Independence' On Your List?

Rejimon Punchayil

Tech companies know more about us than we do about ourselves these days. Ask Google, Apple or Amazon. They know where we shop, what we eat, what we like etc better than our family or friends. It's the thought that makes the difference. In every gift, we also pack our time, our thoughtfulness, our consideration and our care.

Think outside the box this year when you select your Christmas gift for your loved ones. Consider what would make that difference in the lives of those who receive your gift. If you are too busy to think, specialised vendors would have gifts suitable for people in a particular demography. This Christmas show you care by wrapping 'independence' for older people in your family. A mobility store is a great place to start.

When you have older family members visiting you for this Christmas, please ensure that the experience is the least inconvenient for you as well as your guests. Plan ahead and hire for short term some mobility aids, like a chair, a shower stool or even a wheelchair. It will make a world of difference to those who need them.



Get away from the hassle of parking at a shopping Centre. Head to comfortdiscovered.com or their store with very convenient covered parking for Christmas shopping this year! Make sure you have included the independence of your loved ones in your list.



We'll support you to live life well.

When living in your own home is no longer an option, you're most welcome to make our home yours and live in safety and comfort. Residential care is a natural next step in life for thousands of Australians every year. With us, your life continues on your terms – you decide when to get up, eat, socialise and relax.

We'll arrange the services important to you

Every resident is unique. We'll work with you to create a personal care plan for your exact needs. Those needs will be met by our team of carers, lifestyle officers, spiritual and wellbeing coordinators, registered nurses, and any specialists needed.

Dedicated to quality care

The Aged Care Quality Standards provide reassurance that you will be treated with kindness, dignity and respect. We continually evaluate our training, systems and processes and strive to exceed these standards.

We're for people, not for profit

Southern Cross Care has supported older people in NSW and the ACT for over 50 years. As a not-for-profit organisation, we're solely focused on providing the best care we can.

Visit our home with a tour

To support the community in these difficult times, Southern Cross Care is offering up to 28 days of free* respite care at our Marsfield Residential Care home, for a limited time only. We'll be happy to arrange for a tour, please ask when you call.

Assistive Technology Specialists

73 Jersey St North, Hornsby, NSW 2077 | www.comfortdiscovered.com **9987 4500**

Comfort Discovered

AT ASSESSMENT CLINIC
CPD TRAINING**

REGISTERED NDIS PROVIDER

myagedcare

DVA

LOWEST GUARANTEED PRICE

Wrap a Helpful Solution this Season!

World's Lightest, 11.8 kgs*

* For a personalised report for equipment suitability and funding justification. Call 9987 4500 today for details or an appointment.
**Free Training and CPD points for Therapists. Book your seat today.

Home Care Beds, Rise Recliners, Mobility Scooters, Wheel Chairs, Walkers, Day Chairs, Toilet, Bathroom and Daily Living Aids.
Registered Provider for My Aged Care, NDIS, DVA and Insurance cos.

Contact – Free Delivery Available

NSW & ACT

Southern CrossCare

Residential

Marsfield Residential Care

16 Vincentia Street, Marsfield

1800 958 001
sccliving.org.au

Local Heroes of West Pymble



Family owned & operated
GROCERY SUPERMARKET

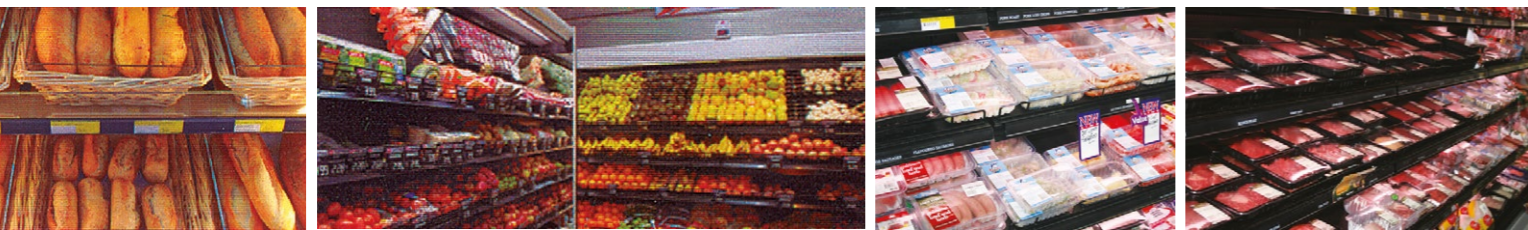
www.iga.com.au

HUNDREDS OF WEEKLY
SPECIALS ON OFFER

Come and see Tony and his staff for
a large selection of Christmas fare!

Great selection of gourmet foods

Christmas confectionery and biscuits, cake and puddings.



Great Daily Baked Bread and Pastries | Fresh Fruit & Vegetables | Fine Gourmet Meats



Fresh Christmas Trees

Available on Sat 11/12
and Sat 18/12 (until sold)

Servicing the local community for 33 years



Call us Now on 9498 5224
PLENTY OF PARKING

Shop 8, the Phillip Mall Kendall Street, West Pymble

Visit our store for a unique selection of imported goods

Open every day, except Christmas Day, New Year's Day and Good Friday!

Phone orders and home delivery | Working hours 8am-8pm

Payment Methods Accepted: MasterCard Visa Amex EFTPOS

New Hearing Technology for the Festive Season!

At AUDiOHEALTH, we are bringing to the community a new product designed to give a more in-depth, connected listening experience. Hear more of what you want to hear and less of what you don't, which is what we all wish for, especially in today's noisy world.

Hearing aid technology, along with all sorts of other communication devices, gets better and more sophisticated. People want products that are easy to use, basically just fit and forget. With the new micro-processors, the sound is processed quicker and more accurately, giving the wearer a more comfortable and natural experience.

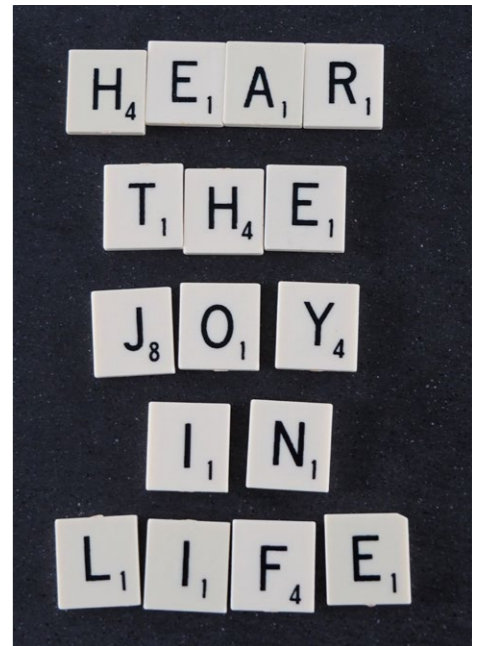
With direct connectivity, the sound is streamed effortlessly and clearly into the hearing devices, whether it be from your mobile phone, computer, iPad or television. The Ear-to-Ear wireless communication in the hearing devices communicate with each other

eliminating the need to manually adjust both devices.

Many new products are rechargeable, making them easier to use, just set them into the charger unit at night and they are ready to go in the morning. No fiddling around with tiny batteries. Thanks to advanced hydra-shield technology devices are resistant to water, humidity, perspiration and corrosion – both inside and out making them durable and extending their life.

They are designed to enable voices in front to be amplified better than the background noise behind and are engineered to deliver maximum comfort and the clearest speech possible even in noisy environments.

So, if you want the best hearing possible this festive season – ease of use, clarity, comfort and the latest technology combined look no further. AUDiOHEALTH



is one of the first clinics in Australia to offer this new technology.

With our Festive Savings Offer and 0% interest payment plans it has never been more affordable to enjoy better hearing.

For details contact 1800 301 321 and hear the difference for yourself.

“UNLOCK A NEW WORLD OF SOUND”

'Tis the season for socialising! Now is the time to have your hearing optimised, ready for connecting with your loved ones.

- ✓ Find a hearing solution that suits your lifestyle
- ✓ Engage in conversation with confidence in all environments
- ✓ Enjoy easy relaxed listening with direct connectivity

*Conditions apply. Book before 20th January 2021

Aaron Magee, your local independent hearing expert.

BOOK NOW
CALL 8880 9922

26/767 PACIFIC HWY **GORDON**, GORDON VILLAGE ARCADE
THIRD GENERATION FAMILY PRACTICE

Local Festive Gift Guide

Buying festive gifts can always be a bit of a mind boggle – what will the person like, what suits their tastes etc. Something quite unique but universally loved are the following gift ideas – celebrating Australia and our local area!

With lots of small local businesses still reeling from the year's lockdowns, a great way to show your support and appreciation is to buy festive gifts from them. Whether it's a gift voucher, experience or present – there's something for everyone.



Flora/Fauna Paraphernalia

Many of us adore our country's beautiful flora and fauna. There's such a variety of gifts that are wrapped in a modern Australiana print. Tea towels, mugs, teapots, artworks, bookmarks, water bottles, vases, gardening tools and more. Another fantastic option is to shop from Indigenous-owned businesses and purchase some gifts showcasing Aboriginal art prints and symbols.



Donations

For those who have everything possible and are a challenge to buy for, or those who aren't gift-oriented – consider something different. Perhaps a donation in their name to a favourite charity is one option. Or for animal lovers, you could adopt a koala in their name with the Australian Koala Foundation. Last but not least, the Star Registry Australia lets you purchase and name a star – very unusual but quite hilarious!

Puzzles

Such a great way to celebrate the local area or a favourite photograph is to create a custom jigsaw puzzle. Simply upload a photograph online (options include myjigsawpuzzle.com, photobookaustralia.com and more), choose how many pieces you want and get it delivered!



Paint by Numbers

Paint by Numbers became an absolute cult favourite pastime during lockdown, and it continues to be a hit with creative people, regardless of artistic experience! You can purchase these online at various retailers, with some Sydney scenic paint by number varieties. The kits come with instructions, mini paint pots, brushes and the stretched canvas ready to be painted.



Paper Republic



Greenwich Baths



christineknight.me



Chinamans Beach

Sydney's Best Harbour Beaches

Sure, we all know the iconic Bondi Beach, Balmoral Beach and stretches of coastline on the Northern Beaches. And yes, they are fantastic spots. But this summer, let's uncover some of our local harbourside spots.

GREENWICH BATHS

Albert Street, Greenwich NSW 2065

This spot is a great Lower North Shore option, as it is netted, has flat water and a view of the Sydney city skyline.

CHINAMANS BEACH

McLean Crescent, Mosman NSW 2088

Chinaman's Beach is a little inlet spot nestled away from busy Balmoral in Mosman. This beach is a hit with families, with some shady areas, lovely water, rockpools on either side and sometimes an ice-cream boat!

WOOLWICH BATHS

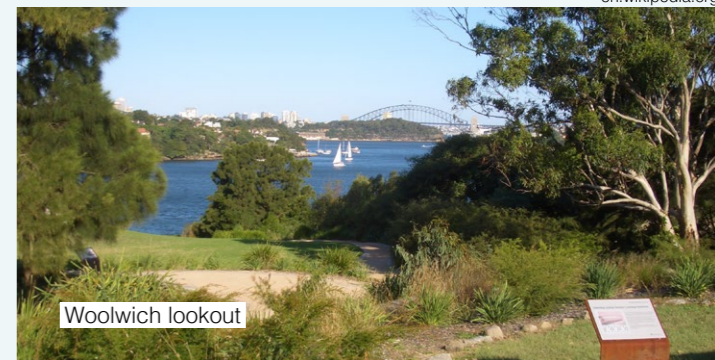
Collingwood Street, Woolwich NSW 2110

Not far from leafy Hunters Hill, Woolwich Baths is an incredibly scenic spot. There's also some great eateries and cafés nearby. Like the other Baths, this one too is a shark-netted enclosure on the Lane Cove River.

NORTHBRIDGE BATHS

2 Widgiewa Road, Northbridge NSW 2063

Another highlight on the Lower North Shore, Northbridge Baths are located amongst the native bushland of Middle Harbour. This option is also very family-friendly and great for ocean lap swimmers.



Woolwich lookout

Hornsby Jewellers

Local Family owned & run Jewellery Business

- Alterations
- Engagements
- Re-modelling
- Weddings
- Repairs
- Anniversaries

Onsite Workshop

Together we can design an original piece of jewellery and quote while you wait.

If you have your own gold

- whether to save or sentimental - we can reuse
- We also buy gold & jewellery in any condition

Kurt & Daniel Seifert Jewellers
 1A William Street,
 Hornsby 2077
 Phone 9476 4711

Simple Seasonal Tableware

Christa Nicola

Summertime is on the way and all the entertaining that goes with it, whether it be Christmas celebrations, New Year, Hanukkah, or BBQs on the long weekend, we have you covered with gorgeous and effortless tableware your guests will swoon over! Think fresh, clean, natural colours that can be moved from inside to outside with a touch of classic glamour.

Tvis Cutlery, 16-pieces, Gold

Available at royaldesign.com.au. **\$250.00**

Danish Broste Copenhagen brings you this gorgeous, slick and stylish 16-piece cutlery set that will lift any table setting. The golden colour gives a touch of elegance with a modern take, that can be dressed up or down. Perfect for summer festivities and celebrations while adding a flicker of luxury.



royaldesign.com

Georg Jensen Wine Tray

Available at David Jones. **\$220.00**

Serve your guests their aperitifs, digestives or wine with this classy, understated and classic wine tray. Crafted with the utmost care and passion only a well-seasoned wine drinker will recognise, enjoy seeing their eyes sparkle with delight as you pass them their drinks.



David Jones

Villeroy and Boch Dinner Set

Available at David Jones. **\$225.00**

Villeroy & Boch have been satisfying customers since 1748 and their 'It's my match love at first sight' set does not disappoint. Using only the best quality of premium porcelain in a gorgeous mineral green, this seven-piece tableware set can be used for breakfast, lunch, dinner, outside brunches or dress-it up for a subtle Christmas lunch.



David Jones



Amara

Saint Germain Picnic Basket

Available at Amara. **\$297.00**

Who said you can't picnic in style? Add some rustic grace with this wicker Saint-Germain picnic basket from *Les Jardins de la Comtesse*. Surrounded by warm brown leather and traditional gingham lining, you will have everything you need for an irresistible picnic. Plates, glasses, melamine coated cutlery, napkins, salt and pepper shakers, a corkscrew and a bottle opener are all included, as well as three sections in the basket to each hold a 75cl bottle of wine to add a little spice to your outdoor event.



Williams Sonoma

Olivewood White Marble Boards

Available at Williams Sonoma. **\$92.00**

Serve up your decadent cheese boards, grazing platters, baked goods and fruit with these stunning olive wood white marble boards from Williams Sonoma. Bold striking grain and richly coloured Italian olivewood are paired beautifully with cool Greek white marble.

Olivewood Salad Servers

Available at Williams Sonoma. **\$45.00**

With their earthy and smooth textured tone, this olivewood salad bowl and servers make for an attention-grabbing addition to any salad or cold pasta dish. The dramatic variations in colour are unique with every piece and will set you apart in more ways than one.



Williams Sonoma

Diving Into Summer

Jodie Wolf

The mysteries of the ocean and the creatures that live beneath are being explored more now than ever according to data from the global diving association PADI. They have found that a massive 96% of domestic diving certifications are earned by Australians and an increase of 31% in 2021 has occurred when compared to 2018.

PADI Master Scuba Instructor, John Warner, from Frog Dive in Sydney's North Shore, became a dive instructor in 1991 and is an expert in maintenance and servicing for several brands. John is responsible for the diving training at the shop as well as the store manager. He says that the pandemic heavily impacted the number of new divers they have seen over the last 18 months but now people are returning and their weekend courses are booking out.

"A lot of the divers booking courses with Frog Dive at the moment are mentioning they are getting their PADI certification before travelling," he says.

"We've been hearing many of our guests say that they have trips booked in Australia, either heading up the New South Wales coast or to Queensland for a holiday. Whilst the divers that come through Frog Dive are generally more aware of the importance of ocean conservation, we're not yet finding that ocean conservation is an inspiration to learn to dive. Adventure-seeking is still the primary reason."

The Great Barrier Reef may be the first place that comes to mind when you think of diving in Australia but there is much to be discovered in your own backyard! What are you waiting for? The seabed awaits!

HERE ARE FIVE OF THE BEST SECRET DIVE SPOTS TO EXPLORE IN NSW

- 1. Julian Rocks, Byron Bay:** Expect to see many species of tropical and non-tropical marine life including Turtles, leopard sharks and wobbegongs.
- 2. Fly Point, Nelson Bay:** With an abundance of life and colour, Fly Point

is a favourite amongst visitors and locals. Submerge in the shallows to see schooling fish of all sizes, peer through the seagrass and kelp for octopus and sea hairs.

3. Clifton Gardens, Sydney: Clifton Gardens is one of the best macro sites in Sydney, with octopus, cuttlefish, sea horses, nudibranchs, decorator crabs, luderick, rays and so much more. For beginner divers, this is the perfect place to perfect your buoyancy.

4. Old Man's Hat, Sydney: Soak up the sea life with plenty of weedy sea dragons, Port Jacksons, crested horn sharks, flying gurnards and rays around the sand line. You will find Eastern blue devilfish, Mado, sweep, and pomfret.

5. Martin Island, Wollongong: Martin Island offers an exciting dive with the opportunity to experience a range of marine life! It has a variety of sponge gardens, channels, crevices and walls, hiding plenty of life such as Bleekers, blue devilfish, large bat rays and nudibranchs.



Tom Park/PADI Ambassa Diver

Step Into Christmas and Away From the Ordinary

Jodie Wolf

Have you considered branching out this year and exploring alternatives to a traditional Christmas tree? Here are five options for an artificial tree to spruce things up in your home this year. Creating something whether alone, with children or your family in itself will prove to be tree-mendously good fun!

Temple and Webster



Twiggy

If bare is your thing, then it really is as easy as choosing the right twigs for you. White iron options are popular for this look or simple, painted wood. Decorations can be added or small chocolates for that little something extra.

Put a Cork in It

A fun way to recycle and create your masterpiece using used corks from friends and family. Build your tree as tall or as small as you like and complete your masterpiece with a tree topper of your choice.



Recylart

Etsy



Deconstructed

These can be bought or made at home using timber and rope. You can hand paint them and add small hooks to hang your baubles. Loosely drape some lights across it and finish by stacking some gifts at the foot of the structure.

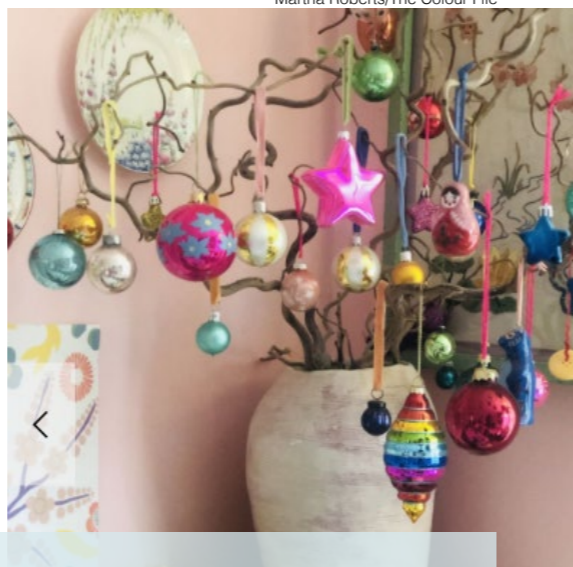
Spell/Pinterest



Fairy Lit

Who doesn't want a visit from the fairies? Invoke a sense of magic this year with some simple lights snaking their way on your wall. Leave them bare for a minimalist look or add dried flowers or small decorations to compliment.

Martha Roberts/The Colour File



Rainbow Shades

Bring the tropical into your home this summer with all the colours of the rainbow! Choose a large vase and have a ball, opting for the vibrant or tone it down with pastels.



The Benefits of Floatation Therapy

By Jodie Wolf

Have you heard about the latest trend in wellness currently making a splash? Are you in need of some serious self-care and looking for something new to dive into? Would you consider trying Float Therapy? Let's discover more about this intriguing experience.

In 1954, John C. Lilly, an American physician and neurologist, built his first tank to research the beginnings of consciousness. A study conducted in 2016 found that the floatation-REST group experienced large reductions in stress, sadness, anxiety, and worst pain while seeing significant increases in optimism and sleep quality.

Jeremy Hassell, 33, from Brisbane, is the Co-Founder and CEO of City Cave Balgowlah. He and Tim Butters opened their first centre in August 2016 with, he tells me, 'our bare hands.' Skipping forward to the present day and they currently have 36 locations, growing to 50 before Christmas this year.

"Float Therapy provides restricted environmental stimulation therapy (REST), meaning that a person experiences minimal sensory stimulation when inside the tank, allowing them to relax, with some users entering a meditative state," says Jeremy.

"Some people find it hard to switch off initially, but people often report feeling tranquil and even euphoric at times."

Water is heated to match your body temperature and filled with 400kg of Epsom salt, providing buoyancy, so you float effortlessly. Encouraging your body into a deep state of relaxation, your brain can then slide into a place of repair and rest. Treated to your own private room, you can slip into the pool nude and disconnection from all outside stimulation can begin.

Everybody's first float experience can be different I am told, but generally, people claim to feel relaxed and calm after their float.

"You might feel emotional, euphoric, or slightly disoriented. We like to tell our guests to allow themselves some recovery time in our chill-out space to rebalance themselves, and to drink a lot of water to make the most of the detoxification benefits," Jeremy says.

"Almost all our guests enjoy their experience. Our day-to-day lives are incredibly busy, it's almost impossible to disconnect. Float therapy helps to give you the time to completely let go and relax."

Infrared panels sit above the water to keep the temperature consistent, the light and sound are set to your preference. By

Benefits to float therapy:

- Decreased stress and anxiety and general mood improvement.
- Sleep improvement.
- Muscle and athletic recovery.
- Improved immune health.
- Pain management.
- Reduced inflammation.
- Boosting creativity & mindfulness.
- Magnesium absorption.
- Trying float therapy while pregnant, can provide relief from aches and pains, and help soon-to-be mums feel more connected to their baby post-float.

creating float rooms, they hope to minimise the chances of someone experiencing claustrophobia during their float experience and rather than the traditional tanks, maximise relaxation without restriction.

Jeremy explains that Floatation therapy is suitable for everyone but not recommended if you experience epilepsy, have kidney disease, low blood pressure, any contagious disease (including diarrhoea or gastro – and for 14 days following), open wounds or skin ulcers.

I ask him how often someone should consider introducing floating into their routine.

"Think of it like going to the gym – one visit will allow you to experience what it's like, but you won't feel the full benefits until you go regularly. We find that the benefits of a float session last beyond a day. Sessions could be limited to once or twice a week."



Association Between Teeth and Falls

Ian Sweeney

As the world's population ages, falls in the community are becoming a major health problem. In the UK, approximately 33% of people over 65 years reported a fall in the previous year, 10% in the US experienced serious injury from falls, while in Japan 12% of all falls in the over 65-year age group resulted in the need for long-term care.

It has been suggested that tooth loss is a risk factor for postural instability and a reduction in balance. A study comparing patients with dentures versus natural dentition showed better body balance and gait posture in the group with their own teeth. They showed the number of falls occurring in patients with no teeth or poorly fitting dentures increased statistically.

Studies have also shown that an incorrect 'bite' is a risk factor for falls due to a decrease in balance function, while another study indicates a reduction in bite force was associated with a higher risk of falls.

Scientific research has shown chewing or mastication increases blood flow to the brain. Their results also indicate that chewing caused increased activity in the brain.

A recent study has looked at the risk of falling in an ageing population. Several different variables were assessed and the results showed a significant association between the risk of

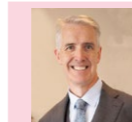
having a fall with increasing age, depression and the patient's ability to perform activities of daily living.

The same study also showed there was a statistically significant association between the number of teeth present in patients and their risk of having a fall. Patients with 19 teeth or less experienced a moderate to high risk of falling when compared to those with 20 teeth or more.

Although research into this area has been occurring for many years, researchers are still not currently in a position to categorically indicate an exact correlation. There is, however, increasing evidence to indicate some link between good oral health, ageing and the risk of falls.

These findings suggest that poor oral function or bite, having fewer teeth, not wearing dentures or wearing incorrectly fitting dentures are potential predictors of a patient with a fall risk.

It is never too late to improve your oral health. Regular routine dental care is the best form of prevention of dental disease. Should you have any concerns or worries, please discuss these with your local dentist.



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

and a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions.

NORTHSIDE
DENTAL & IMPLANT
CENTRE

NORTHSIDE
SEDATION
CENTRE

Trusted by generations of families, our friendly team at **Northside Dental®** can be relied upon to take expert care of your entire family's dental needs.

We have two **family dental practices** where we provide preventative and cosmetic dentistry, everything from children's dentistry to oral surgery under anaesthesia.

Our Turramurra practice has wheelchair access and a hoist and is purpose built to cater for patients with special needs. We also specialise in the treatment of anxious or phobic patients. Free parking available. Call now, we look forward to hearing from you.

Special Services

- ♥ Dental Implants
- ♥ Crowns & Veneers
- ♥ Whitening
- ♥ Preventive Dentistry
- ♥ Children's Dentistry
- ♥ Senior's Dentistry
- ♥ Special Needs
- ♥ Root Canal Therapy
- ♥ Sedation
- ♥ General Anaesthesia
- ♥ Fear Of Dentistry
- ♥ Anxiety In Dental Chair
- ♥ Failure Of Local Anaesthesia
- ♥ Surgical Procedures
- ♥ Patients With Gag Reflex
- ♥ Special Needs Patients
- ♥ Hoist Available

Let our family,
give your family,
a reason to smile!



Turramurra Practice

1253 Pacific Highway,
Turramurra 2074

☎ 02 9144 4522

Hornsby Practice

79 Burdett Street,
Hornsby 2077

☎ 02 9987 4477

At **Northside Dental & Implant Centre** we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access

Visit: www.northsidedental.com.au





Skin Savers

Amy Sandig

Enjoy the best of both worlds. Relax in the sunshine while still ensuring your skin remains protected against excess UV light and sunburn.

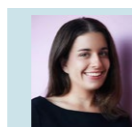
Maintaining a glowing complexion is about nourishing your body from head to toe. From hydration to nourishing, post-sun skincare products, you can choose how to protect your skin.

Certain essentials like sunscreen and 50+ SPF protection never go out of style. With a myriad of sunscreens to choose from, it can be hard to work out which ingredients will suit your skin best.

There are two essential types of sun cream, first, those that nourish and hydrate your skin and secondly ones that act as a barrier to the sun. Zinc oxide is the main ingredient in sunscreen, and it acts to create a reflective surface that blocks the sun's rays from penetrating your skin. An effective barrier to you and the sun, this product won't stop your skin from dehydrating or becoming flaky with too much sun. That's why it is important to pair your favourite sunscreen with moisturizing aftercare products that will ensure your skin's natural healing mechanisms get a chance to work. This includes seeking out creams with hydrating ingredients such as vitamin E and aloe vera. Applied

generously before and after your time in the sun, these products act to boost your skin's resilience and provide a stronger surface for the sunscreen to adhere to, helping you to avoid unwanted patches of red or easily irritated skin that often come from changes in the weather.

The key to finding a good after sun product to complement your sunscreen is in the ingredient list. Look for protective, healing ingredients such as calendula oil, olive leaf extract and nettle extract. These herbal botanicals are all suitable for sensitive skin or sun-damaged skin. Be cautious in using products that contain alcohol or other toning lotions that will further dry your skin out. While these products might be wonderful for removing the sticky feeling left behind by a heavy application of SPF – they won't contribute to your skin's natural self-protection mechanism. For a supermarket alternative or when you are buying in a rush, you can't go past the Thursday Plantation Aloe Vera gel. This product is also commonly stocked by the local chemist. For those after something more exotic, be sure to try the Dermalogica After Sun Repair.



Amy is a North Shore local and social media consultant with a particular interest in health and beauty. See Amy on Instagram @amy.sandig.

Colour-Blocking Fashion

What is Colour-Blocking? It's a very clever styling trick – pairing pieces of clothing that are the same or of a very similar colour to create a head-to-toe block colour outfit.

Bold Colours: For those who love a bright outfit, be bold and inventive! Jewellery is a fantastic way to pull together a look and bring some colour further, as highlighted in the orange-esque get-up image. Bright and funky citrus tones, shades of blue (including teal, navy, aqua, baby blue and more) – there are so many ways to be tonal when it comes to fashion.

Neutral Colours: If really bold prints and colours aren't your vibe, no need to feel left out – you can still embrace colour-blocking when it comes to neutral tones too. Pink is a very simple and flattering colour palette that universally suits all shapes, sizes, colours, ages and genders. A candy pink dress, soft pink bag, nude-coloured heels and rose lip to match – genius. Beige is also a great shade to work with – a cream top, camel-coloured flare pants, tan slides and chocolate brown sunglasses.

Breaking the 'Rules': Conventionally, colour-blocking is specific to only one colour but there is no reason why you can't double it up and colour-block with two contrasting hues! Black and white are a classic combination, along with pink and teal – embrace the rainbow.



STIVES CYCLERY
www.sicbikes.com.au

- ✓ SALES
- ✓ SERVICE
- ✓ REPAIRS

Instore bike brands: (Road, MTB and e-bikes)
Giant, Merida, Norco, NCM, Bianchi, BYK, Apollo.

Instore Scooter brands: Prodigy, Grit, District, Proline, Globber.

9988 0511

190 Mona Vale Road St Ives 2075

1958 - 2021
63
YEARS
PRICE'S
pharmacy
WEST PYMBLE

Our happy, dedicated staff give caring, family friendly attention to all of your pharmaceutical needs

Hornsby Ku-ring-gail Local Business Awards
WINNER OUTSTANDING PHARMACY AWARD 2020

PRICE'S PHARMACY, WEST PYMBLE
THREE TIMES A WINNER 2017, 2018 and 2020.

PRICE'S PHARMACY 2 PHILIP MALL, WEST PYMBLE, 2073
PH: 9498 5552 FAX: 9498 7537
pricepcy@bigpond.net.au | www.pricesspharmacy.com.au

Delia's Traditional Christmas Pudding

by Delia Smith

This Traditional Christmas Pudding is the perfect way to satisfy your guests this Christmas. Get ready for the clink of spoons on empty bowls, because with this dessert there will be no leftovers!

Essential kit

You will need: a 1.2 litre pudding basin, lightly greased, baking parchment, foil and string, and a traditional or fan-type steamer.

INGREDIENTS (makes 1 pudding)

- 110g shredded suet
- 100g white breadcrumbs
- 1 level tsp ground mixed spice
- ¼ tsp nutmeg, freshly grated
- A good pinch ground cinnamon
- 225g soft dark brown sugar
- 110g sultanas
- 110g raisins
- 275g currants
- 25g whole candied peel, finely chopped
- 25g whole almonds, chopped (skin on is OK)
- 1 small cooking apple, cored and finely chopped (no need to peel)
- The grated zest of ½ large navel orange
- The grated zest of ½ large lemon
- 2 tbsps rum
- 75ml barley wine
- 75ml stout
- 2 eggs
- 50g self-raising flour, sifted

METHOD

1. Begin the day before you want to steam the pudding. Take your largest, roomiest mixing bowl and start by putting in the suet and breadcrumbs, spices and sugar. Mix these ingredients very thoroughly together, then gradually mix in all the dried fruit, peel and nuts followed by the apple and the grated orange and lemon zests. Don't forget to tick everything off as you go to make sure nothing gets left out. Next in a smaller basin, measure out the rum, barley wine and stout, then add the eggs and beat these thoroughly together. Next pour this over all the other ingredients and begin to mix very thoroughly. It's now traditional to gather all the family round, especially the children, and invite everyone to have a really good stir and make a wish! The mixture should have a fairly sloppy consistency – that is, it should fall instantly from the spoon when this is tapped on the side of the bowl. If you think it needs a bit more liquid add a spot more, stout. Cover the bowl and leave overnight.

2. Next day stir in the sifted flour quite thoroughly, then pack the mixture into the lightly greased basin, cover it with a double layer of baking parchment and a sheet of foil and tie it securely with string (you really need to borrow someone's finger for this!). It's also a good idea to tie a piece of string across the top to make a handle. Place the pudding in a steamer set over a saucepan filled with simmering water and steam the pudding for 8 hours. Do make sure you keep a regular eye on the water underneath and



top it up with boiling water straight from the kettle about halfway through the time. When the pudding is steamed, let it get quite cold, then remove the baking parchment and foil and replace them with some fresh ones, again making a string handle for easy manoeuvring. Now your Christmas pudding is ready for Christmas Day. Keep it in a cool place away from the light. Under the bed in an unheated bedroom is an ideal place.

3. Two hours before you sit down to eat your Christmas dinner, fill a saucepan quite full, with boiling water, put it on the heat and, when it comes back to the boil, place a steamer on top of the pan and turn it down to a gentle simmer. Put the Christmas pudding in the steamer, cover and leave to steam away until you're ready to eat it. You'll need to check the water from time to time and maybe top it up a bit.

4. When you're ready to serve the pudding, remove it from the steamer and take off the wrapping. Slide a palette knife all around the pudding, then turn it out on to a warmed plate. Place a suitably sized sprig of holly on top. Now warm a ladleful of brandy over direct heat and, as soon as the brandy is hot, turn out the flame and ask someone to set light to it using a long match. Place the ladle, now gently flaming, on top of the pudding – but don't pour it over until you reach the table. (If you don't have a gas hob, warm the brandy in a small saucepan.) When you do, pour it slowly over the pudding, sides and all, and watch it flame to the cheers of the assembled company! When both flames and cheers have died down, serve the pudding with Christmas Rum Sauce, or Cumberland Rum or Brandy Butter.

5. If you have any left over, it will reheat beautifully, wrapped in foil, in the oven next day. If you want two smaller puddings, use two 570ml basins, but give them the same steaming time.

If you want to make individual Christmas puddings for gifts, this quantity makes eight 175ml pudding basins. Steam for 3 hours, then re-steam for 1 hour before serving. They look pretty wrapped in baking parchment and muslin and tied with attractive bows and tags.

This recipe and many other delightful Christmas treats, can be found in *Delia's Happy Christmas*.

Take Your Taste Buds to The Mix!

Travelling at the moment is well ... complicated! But that doesn't mean you have to compromise with your dining options. The Mix at Chatswood Place has recently welcomed three delicious new restaurants, just in time for your festive season catch-ups.

Travel to Korea and experience a new rendition of Korean barbecue at The Yook. Dine surrounded by modern ambience and enjoy quality ingredients. They are open now for dinner seven days a week. Call 02 8040 2257 to book or visit theyook.com.au.

If it's a big family get-together like the ones at Nonna's House, then look no further than Pellegrini's Italian Restaurant. Pellegrini's prides itself on being a traditional Italian restaurant with an Australian twist which means they are all about sharing great food with family and friends. Open seven days, discover it for yourself. Call 02 7228 0452 to book or go to pellegrinis.com.au.



There's always room for dessert, especially when it's a little bit naughty and a whole lot nice! Meet Fresh is the newest restaurant to join The Mix at Chatswood Place.

Experience fresh, natural, healthy and authentic Taiwanese desserts that everyone can enjoy. You'll find them on Restaurant

Level at The Mix. Call us on 02 8068 7327 or, to learn more, visit meetfresh.com.tw/en.

Searching for more dining options and your old favourites? Ramen Zundo, Chat Thai and Eat Fuh are here too. To celebrate this festive season, go to chatswoodplace.com.au.



CELEBRATE AT THE MIX

Dine in this festive season.

Take your tastebuds to Taiwan with Meet Fresh, Korea at The Yook and Italy with Pellegrini's Italian!

Continue your journey across the globe with old favourites like Ramen Zundo, Chat Thai and Eat Fuh.

Search chatswoodplace.com.au to book the perfect restaurant for your next celebration.

All retailers are operating under COVIDSafe Plans

3 HOURS
FREE
PARKING



Facebook Instagram chatswoodplace
chatswoodplace.com.au

THE MIX
— AT —
CHATSWOOD
PLACE

260 VICTORIA AVE, CHATSWOOD NSW

Delicious Summer Salads

Italian Pasta Salad

Ingredients

- Chopped cherry tomatoes
- Green olives
- Sun-dried tomatoes
- Capers
- Dried oregano
- A squeeze of lemon
- Feta
- Minced garlic
- Heap of olive oil
- Splash red wine vinegar and black olives
- 4 tsp Dijon mustard
- Salt and pepper
- Your choice of pasta (farfalle, orecchiette, fusilli, penne etc.)
- Fresh basil

Method

1. To make the sauce, whisk together the olive oil, oregano, red wine vinegar, Dijon mustard, salt, pepper, minced garlic and lemon in a bowl until smooth.
2. In a serving bowl, add the cooked pasta, cherry tomatoes, freshly chopped basil, crumbled feta, sun-dried tomatoes, olives and capers. Toss to combine and drizzle the sauce throughout. Be sure to serve the pasta room temperature, not just cooked! Taste and season further if you like.

Mediterranean Cauliflower Salad

Ingredients

- Black olives
- Currants
- Feta
- Slivered almonds
- Sliced carrots
- Chopped coriander
- Half a cauliflower
- A squeeze of lemon
- Tbsp of sumac
- Heap of olive oil
- Splash white wine vinegar
- Salt and pepper

Method

1. In a food processor, pulse the cauliflower florets, olive oil, sumac, lemon, salt, pepper and white wine vinegar until it is a crumbly consistency like cous cous. Add this to your serving bowl.
2. Add the carrots, coriander, slivered almonds, crumbled feta, currants and black olives. Taste and season further if you like.

Potato Salad

Ingredients

- Small kipfler potatoes
- 2 tbsp sour cream
- 2 tbsp/ mayonnaise
- A splash of white wine vinegar
- Chopped cherry tomatoes
- Diced bacon
- Baby arugula
- Chives
- Salt and pepper

Method

1. Place the kipfler potatoes in a large pot of salted water and boil until tender.
2. To make the sauce, whisk together sour cream, mayonnaise and vinegar in a bowl.
3. Once the potatoes have cooled down, cut them into chunky bite-sized pieces and add to your serving bowl, along with the tomatoes, bacon, arugula, salt and pepper. Gently fold in the dressing sauce and top with chives. Taste and season further if you like.

Easy Tips to Dodge Christmas Kilos

Christa Nicola

Being in the best shape of your life doesn't need to end in December. With numerous dinners, parties and family get-togethers, feeling good and staying lean seems almost impossible. But fear not! *Sydney Observer* spoke to Premier Fitness and Sheraton Hotel Personal Trainer, Heidi Lindahl, on the latest tips to keep you on track.



getting the sleep in and find ways to manage stressful situations. Try deep breathing, meditation, chilling out to a good podcast or your favourite music or even going for a nature walk," Ms Lindahl told *Sydney Observer*.

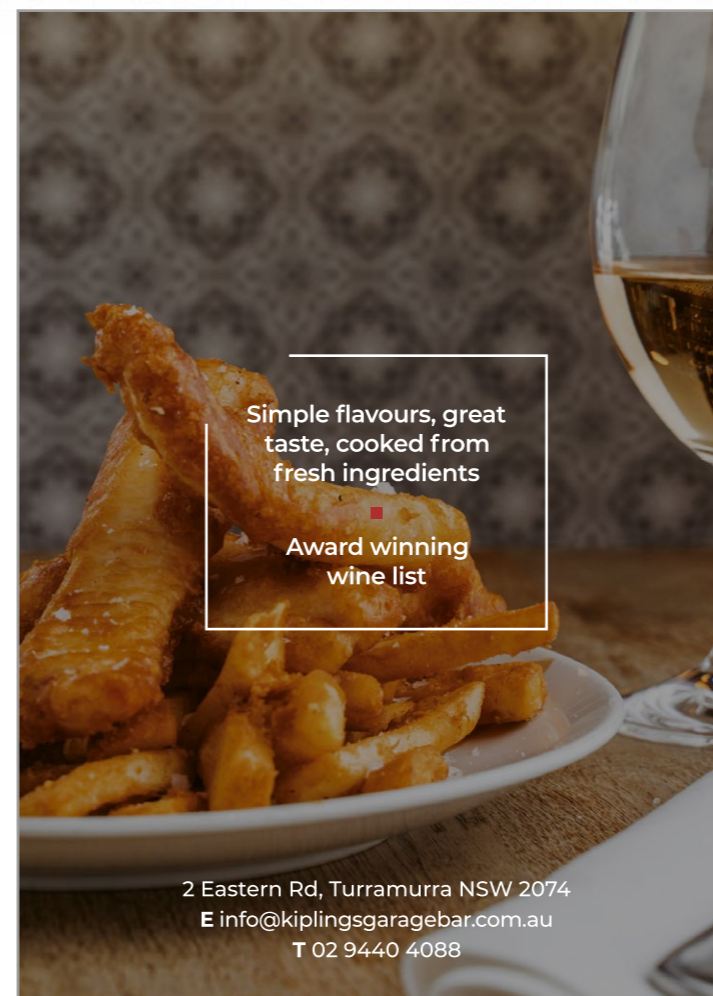
Ms Lindahl says people become more careless over the festive period and let all disciplines fly out the door. "Practise 'mindful eating'. Often chocolates, lollies, gingerbread houses, shortbread and cheese platters are left out on the table, don't just eat it because it's there," she said. "And just because it's the silly season doesn't mean you can drink alcohol every day, aim to limit alcohol to only a few days of the week maximum or at least alternate between soda water and lime/lemon and alcoholic drinks or drink wine spritzers (wine with soda water) or shandy's (beer and soda) instead of full beer."

Being organised has a lot to do with maintaining a healthy lifestyle which doesn't need to stop at the end of the year and start again on New Year's. Ms Lindahl thinks people are more rushed and stressed in December and make poor food choices for the whole family. "If travelling pack nutritious snacks, like fruit, muesli bars and yoghurt."

As far as exercise is concerned, we really don't need to overcomplicate it. It's about moving regularly. Working out looks different for everyone but if you're looking for something a little more intense circuit training can be done anywhere. Choose 5-10 exercises, perform an exercise for 45seconds, rest for 15seconds and repeat for as long as you have time for. "I suggest choosing compound exercises such as squats, lunges, push-ups, burpees and step to get a really good overall body workout. Alternatively, you could try a Tabata style session too," she said.

When we are stressed, we sleep less and tend to run into overdrive. Hormones play a massive role in how we feel and look. Keeping ourselves calm and mindful can have a huge effect on our weight. "Prioritise

"You don't need access to a gym, you just need to prioritise moving your body consistently, whether that's playing beach cricket with the family, going for a kayak, fitting in a 5km walk as soon as you get up and after dinner, even vacuuming the house."



Simple flavours, great taste, cooked from fresh ingredients

Award winning wine list

2 Eastern Rd, Turrumurra NSW 2074
E info@kiplingsgaragebar.com.au
T 02 9440 4088



Open for lunch every day

Special \$55 3-course lunch including tea/coffee

Hours

Monday – Friday: 8am – Late
Saturday - Sunday: 11:30am – Late

Reservations online at
www.kiplingsgaragebar.com.au



@kiplingsgaragebar

Celebrate with Champagne

Jodie Wolf

When the clock strikes midnight on December 31st there will be many of us popping a bottle of bubbly with zest. Good riddance to the trials and tribulations of 2021 and a warm welcome to a fresh new year of opportunity! Maybe you will be clinking glasses at Christmas, maybe you are swinging into Summer, or maybe you are just saying a huge 'cheers' to us all for sailing the turbulent sea of the past year and managing not to drown in the process.

Champagne symbolises happiness and good fortune for some people. For others, it's an excuse to live luxuriously.

According to Chaumette Vineyards and Winery, creating champagne is not a simple process. They say that it has to be run through an arduous process called Méthode Champenoise or the 'Traditional Method.'

They say that. "To start, grapes must all be hand-picked and immediately pressed

– only twice – in a covered environment. The juice is blended and placed in cellars. After that comes the most important step in the entire process: the second fermentation, which takes place in the bottle itself! Here, carbon dioxide is created and captured within the bottle, which carbonates the wine."

The result is the yeasty character and crisp acidity that makes this delightful drink so delectable.

CHAMPAGNE FACTS

- Champagne is both the name of a place and a wine. Sparkling wine that is produced in the region of Champagne, can be called Champagne. Sparkling wine produced in France- or anywhere across the globe cannot legally be called Champagne.

- Don't confuse sparkling wine with champagne! Champagne is also a sparkling wine; however, not all sparkling wine is champagne. Think prosecco, cava, and sekt.



Our Top Four Champagne Hot Spots in Sydney

THE CHAMPAGNE BAR

Sofitel Sydney, Darling Harbour.

REIGN AT THE QVB

Level 1, Queen Victoria Building, 455 George Street, Sydney.

CHAMPAGNE ROOM

Upstairs at The Winery, 285A Crown Street, Surry Hills.

BISTRO MANLY

Novotel Manly Pacific, 55 North Steyne, Manly



Bellabot to the Rescue!

The Matterhorn has been experiencing staff shortages like everybody else in the industry, so they have introduced some new technology into the business in the way of *Bellabot* from Pudu Robotics, to assist the floor staff in taking food to the tables and also clear them.

The robot can carry twice the load a human would and deliver over 400 dishes per day! She also has a 24-hour non-stop working battery which means that she never gets tired.

The Matterhorn Swiss Restaurant in Turramurra was born in 2020. After successfully operating a variety of food businesses over several years, Roland Schai and his wife Liarne decided to take the leap and follow their dream of opening a Swiss restaurant in Sydney, bringing food and culture from his homeland to Australia.

During the lockdown, Roland has been rather busy sourcing ingredients and creating a new menu. From Smoked

Duck to beef tartare, The Matterhorn sausage to escargot, an abundance of choice awaits you when visiting this divine venue and thanks to this happy-to-help robot, the extra pair of hands allows the floor staff to spend less time tidying, and more time getting to know their customers.

To book your table or to meet *Bellabot* in person visit the website below!

www.thematterhornswiss.com.au



ESCAPE.UNWIND.RELAX.INDULGE

THE SPRINGS EXPERIENCE PEATS RIDGE

TAKE THE TIME.
TAKE THE DRIVE.

Escape to The Sitting Duck at The Springs in the hinterland of the Central Coast and experience Chef Dan's locally sourced and creatively plated farm to plate menus.

"Lunches with Chef Dan" every Friday, Saturday and Sunday is an indulgence not to miss. Innovative individual and share plates created from what Dan sources from local suppliers and our own garden to bring you the ultimate food experience.

Sit on the deck and soak in the bushland views or play a game of outdoor chess while you sip on one of our mixologists bush inspired cocktails, taste a local craft beer or have a flirt with a local gin.

Desserts created with fresh ingredients like local pecans, local honey, oranges and berries are best to savour inside on one of the chesterfields or cowhide lounges along with designer teas and indulgent coffees.

Once you have escaped to a Springs Experience you will keep coming back. We will be waiting for you.



1080 Peats Ridge rd, Peats Ridge NSW 2250 | Ph: 02 4373 1522
the-springs.com.au/ [the-springs-peats-ridge](https://www.facebook.com/the-springs-peats-ridge) [the-springs-peats-ridge](https://www.instagram.com/the-springs-peats-ridge)

The Matterhorn
Swiss Restaurant

WWW.THEMATTERHORNSWISS.COM.AU

Authentic Swiss Food IN A CLASSIC SETTING

OUR OPERATIONAL HOURS ARE TUE - SAT FROM 6PM.



1305 Pacific Hwy Turramurra NSW 2074 • 0412 365 545



Private Group Dining at SEA LIFE Sydney Aquarium

Dine amongst the turtles, rays, sharks and tropical fish at SEA LIFE Sydney aquarium. Throughout December, you can book a private dining experience with your loved ones, enjoying a three-course dinner (set menu), two-hour drinks package and exclusive after-hours access to SEA LIFE Sydney Aquarium.

Date: Available until Monday 20th December 2021
Time: Time selection of your choice
Where: SEA LIFE Sydney Aquarium
Cost: \$225 per guest, minimum of 10 guests
www.visitsealife.com/sydney/tickets-passes/experiences/group-dinning/

Artisans Market

Set at the stunning and historical Coal Loader in North Sydney, find a unique, creative and handmade product from emerging and contemporary designers. In the stalls you will find art, ceramics, sculpture, basketry, eco products, fashion, jewellery, accessories, wool creations, textiles, food, children's design and much more!

Date: Sunday 5th December 2021
Time: 3:00 PM – 8:00 PM
Where: Coal Loader North Sydney
Cost: Free
www.facebook.com/pg/CoalLoader/events/?ref=page_internal

Cryptic Crosswords workshop with Liam Runnalls

Professional crossword compiler to The Saturday Paper, Sydney Morning Herald and The Age, Liam Runnalls wants to give you advice on cryptic crosswords. Tea and refreshments will be available – spaces are limited!

Date: Thursday 9th December 2021
Time: 6:30pm to 7:00pm
Where: Gordon Library, 799 Pacific Highway, Gordon 2072
Cost: Free
www.eventbrite.com.au/e/cryptic-crosswords-workshop-with-liam-runnalls-tickets-200590289957

Carols In Willoughby Park

Have a festive night out under the stars at Willoughby Park this December. The kids will be entertained with fairground rides and Santa making a special appearance. There will be international food and a carol sing-along performance starting at 6:30pm.

Date: Saturday 11th December
Time: 4:00pm to 8:00pm
Where: Willoughby Park, McClelland Street, North Willoughby
Cost: Free
www.willoughby.nsw.gov.au/Community/Festivals-and-markets/Festivals-and-major-events/Carols-in-Willoughby-Park

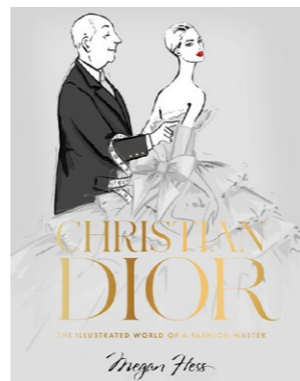
The Woman in Black

The Ensemble theatre in Kirribilli presents the dark West End thriller, The Woman in Black. Prepare to jump out of your seat in this terrifying British horror story in the unsettling intimate surrounds of the Ensemble theatre.

Date: Closes 12th December 2021
Time: Choose a time that suits you from Matinees to evening performances
Where: 78 McDougall St Kirribilli NSW, 2061
Cost: Various
www.ensemble.com.au/

Christian Dior: The Illustrated World of a Fashion Master

In this beautifully illustrated biography of the iconic designer, Megan Hess brings Christian Dior's legendary world to life through his love of flowers, creativity, femininity and good-luck charms, which were all woven into his incredible designs.



Time: Out now
Cost: \$39.99
www.hardiegrant.com/au/publishing/bookfinder/book/christian-dior-by-megan-hess/9781743797266

The World that Feels Warm

Visit a place where you will be engulfed by the best sides of humanity. Featuring a range of intriguing art practices, including painting, photography, sculpture, installation-based work and video art. The exhibition will give you an insight into the harmony between art, nature and humankind and leave you feeling exhilarated!

Date: 27th January – 20th February 2022
Time: 10:00am to 4:00pm
Where: Incinerator Art Space, 2 Small Street, Willoughby 2068
Cost: Free
www.willoughby.nsw.gov.au/Events/The-World-That-Feels-Warm

World Days to Get Behind

December and January have got some fantastic holidays we can celebrate. But more than that, there are also lots of smaller, hilariously weird and wonderful national days to mark too.



Bake Cookies Day

A lovely activity to do by yourself, with your partner or with the kids/grandkids, Bake Cookies Day is the perfect excuse to have a baking bonanza! Celebrated on December 18th, you could consider baking gingerbread cookies for the festive season or the universally loved choc chip variety.

Cheese Lovers Day

Cheese please? Brie, parmesan, cheddar, blue cheese, mozzarella, feta, gouda, camembert – say no more! Cheese Lovers Day is 20th January, and there are lots of ways to celebrate the delicious dairy product. You could go on a picnic and take a cheese platter. You could create a meal based around your favourite cheese, perhaps something Italian. Or you could do a cheese tasting in Sydney or some picturesque NSW spots.



Poinsettia Day

December 12th is Poinsettia Day – the perfect time to get into the Christmas spirit if you celebrate. The poinsettia is an iconic Christmas plant, which looks fabulous in the garden but also as a centrepiece for your table. With lovely red and green floral foliage, this is a great day to pick up a pot plant for yourself and get into the festivities.



Games Day

Get your friends and family together for a fun game's day or night on December 20th. Puzzles, trivia, card games – the options are endless, plus it's a great way to reconnect with loved ones and have a laugh. Interestingly, this event has its origins in the UK, but has been embraced across the world.



Veganuary Month

Veganism is one of the fastest growing diet lifestyles/choices in Australia, with the vast majority of Sydney cafés now offering vegan options or specialising in it. If you are interested in veganism and want to trial it, or if it's a way you would like to show your support for the environment, then try Veganuary in the first month of 2022. The recipe inspiration and variety these days is endless!



Bird Day

With our incredible bushland on the North Shore, we are very blessed to have such amazing birdlife. There are also some fantastic bird photographers in the local area too! Take some pictures of the birds in your backyard, do some painting and drawing of birdlife, or watch an incredible David Attenborough documentary to mark Bird Day on 5th January.

Year of the Water Tiger

Welcome to the year 2022, which is the year of the water tiger. The water tiger is said to be the symbol of a living symbol of strength and power and sets out to inspire fear and respect. On an energetic level, this is a positive and productive year, symbolizing determinism, spontaneity and a period of great growth. After the last two years of the great #reset, after the shock and upset we suffered in the world, as it stopped still, the new energy brings waves of unforeseen changes and surprising developments, with a quickening in the energy and a very changing world we once knew. People will be regaining battles they once suffered and lost and there will be major advancements in medical technologies, inventions, space projects and psychology.



2+0+2+2= is a 6 year which is a key that gives us the keyword and symbolizes 'PERSONAL RESPONSIBILITY'. It's now time to take on all those projects, home, family, friends, mindsets and things that are important to us and care about to another level of joy and happiness. Make your home the foundation of your life as you conquer the world, moving forward, making things happen with all your dreams, ambitions and ideas. Be more mindful and caring of others, less fortunate than yourself, be of service in the community and be careful of our nature and the world around you, as mother earth shines and grows with you, bringing more peace and harmony into the world as a collective. Take the time to assist when needed and now is a good

time to perhaps join a charity. You will see over time the more you give out, the more you will receive as the law of Attraction does work in wondrous ways. It's time to make the planet a better place to live in and we all move forward positively and constructively.

The mantra for this year is 'I accept my responsibility with love and joy.'

Taking personal responsibility is really powerful to make your life a much better journey. Time to polish yourself, not give in to the blame game, take action where once you may have hesitated with all the things you want to do. Be bold and let go of any toxic relationships that no longer serve you or have kept you trapped and weak. Get rid of and clean up all those bad habits you no longer need, pay all your bills, check your health, move into that new home you always dreamt about, start

that new business venture you have been thinking about for so long, ask for that raise and generally make things more comfortable and better for yourself. Time to step forward and shine in the world and live life how you have always dreamt. This is a great year for things to happen. Don't be afraid to let your hair down as you reach for the stars.

Love, light and blessings!

Get in touch with Kerrie via www.pureview.com.au or kerriejean888@gmail.com. Or you can purchase her book *Sacred Space, Find Harmony with Feng Shui*.



Kerrie Erwin is a Psychic and Medium pureview.com.au

INTERESTED IN A PSYCHIC READING

Email editor@kamdha.com with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.

Sydney Observer

We are local and we are making a difference.

Advertise in this space from \$220 per month.

Contact us on 02 9884 8699 or email us at advertising@kamdha.com

ROOFS ABOVE & BEYOND

Don't Wait Until Your Roof Has Started Leaking... Act Now

Contact us for a free no obligation quote

Phone: 9654 6000 www.roofsabove.com.au

Our services available include.....

- Repairs, Restoration and Replacement of Metal & Tiled Roofs
- Guttering, Downpipes & Leaf Guard

Free Edmonds Supervent valued at \$300 with every full roof repair or reroof

Northside Washer Service

Washing Machine & Dryers, Repair & Sales

- All major brands
- Covering the Hills and the North Shore areas
- Over 35 years experience

Graeme Shepherdson
Ph: 9457 9162 / 9481 8505
MOB: 0418 679 596

authorised agent

BLIND INSPIRATION

Shutters • Curtains
Blinds • Awnings • Home Automation

YOUR LOCAL SHUTTERS & BLINDS

1300 925 463
FREE IN HOUSE DESIGN CONSULT

Unit 14/2-4 Chaplin Dr, Lane Cove West

www.blindinspiration.com.au

GORDON MARKETS

2nd Sunday of every month

Gordon Station Council Park (middle level)

12 Dec, 9 Jan & 13 Feb
8.30am to 3pm

UNDERCOVER
Protected from heat and rain!

Information: www.gordonmarkets.com.au

PH: 9997 8888

THE RUG CLEANING SPECIALISTS

- Complete washing & detailing of all types & styles of area rugs
- Stain & Odour Removal
- Treatment of 'Pet Accidents'
- FREE Quotes
- Pick up & Delivery Service

For our other services, visit our website at: agcarpetservices.com.au

A.G.I Carpet Services
2/45 Bassett St, Mona Vale

Try ZoZo Organics,

natural skincare products, created with love and science.

We are a brand dedicated to creating vegan skincare solutions for all genders and ages.

- Natural vegan skincare
- Treats a variety of skin concerns
- Pharmacist formulated
- Australian made
- Family owned and operated business

Free Shipping Available

www.zozoorganics.com.au • Instagram @zozoorganics

Silver Sands Nail & Beauty

- Nail - Pedi (OPI)
- Microblading (Tattoo)
- Eyelash Extension
- Eyelash Lift
- Tinting
- Spraytanning
- Wax
- Facials

Aqua peel 20% OFF FACIALS
Special promotion

1003 Pacific Hwy, Pymble
Phone: 0427 567 860

[pymble.beauty](https://www.instagram.com/pymble.beauty)



Love Cabin

Rejuvenating Getaways in NSW

Christa Nicola

Vaccinated Sydney siders are finally allowed to travel, and what better way to get your groove on than in NSW itself. We have all felt a little closed in and out of sorts during this lockdown, but nothing a serious refresh can't fix! NSW has some of the best wellness retreats, spas and invigorating destinations in the world, so let's have a look at the top three.

Carved out of rock or in the middle of the wilderness, these cabins are set in the heart of the Blue Mountains. Prepare yourself for the best views in the world while simply relaxing, cooking or having a spa. Going back to basics is the Love Cabins motto. Be transported with the everchanging skyline and sparkling stars, while being hypnotised by the crackling fireplace and silence of the bush. Reinvigorate your mind and body with nature and take the time with a loved one to completely recharge.

A quick 45 minutes outside of Sydney, reconnect with nature and yourself in this stunning eco yoga retreat that focuses on meditation, mindfulness and nutrition, all while nestled amongst the tranquil bushland of Maraylya in Northwest Sydney. Choose from a range of optional wellness programs that include twice daily yoga, evening meditation plus additional

workshops exploring yoga, mindfulness, stress, self-care and nutrition.

Set in one of the most beautiful places in the world, Arajilla Retreat is a luxurious getaway tucked under the beautiful palms and trees of Lord Howe Island. Whether you want to indulge in the decadent spa, explore the island or have some romantic dinners under the stars, Arajilla Retreat has everything you could possibly need. This World Heritage-listed haven was once described by David Attenborough as "so extraordinary it is almost unbelievable," with breathtaking views and incredible walking trails this is a sanctuary not to be missed.



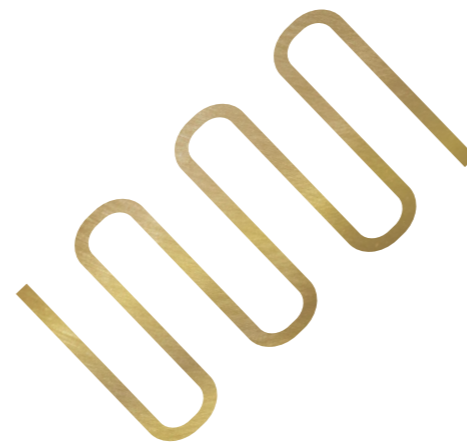
Arajilla Retreat



Billabong Retreat



Love Cabin



UNDERFLOOR HEATING

"Invisible luxury"



Comfort Heat Australia is a leading supplier and installer of Hydronic and Electric floor heating systems, as well as designing more complicated hybrid systems incorporating pool heating, solar capture and radiators. As each project is unique, Comfort Heat designs each system to reflect the required outcome of the clients as well as taking into account each plan and location. The systems can be controlled manually or designed to be completely automatic. Areas can be zoned or controlled as one system.

Ask your builder or architect today for an efficient heating system in your new home or renovation. Visit our website - www.comfortheat.com.au



1300 13WARM
sales@comfortheat.com.au
www.comfortheat.com.au



ComfortHeat
Superior Floor Heating Systems



Nodi Sofa, Nomad Chair, Shindi Rug, Dunes Side Table, T-Table & Vis a Vis Coffee Tables by Tribu.



Otway Table & Armchairs by Kett.



Tao Table & Tosca Armchairs by Tribu.

Luxurious furniture from leading designer brands for indoors and out.

Luxurious, but always discreet.

coshliving

Level 1, 69 O'Riordan Street, Alexandria

02 9317 3011

www.coshliving.com.au