

Sydney Observer

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 Sydney Observer

Season
of Celebration

Christmas
Recipes

Escape with
a Backyard
Hideaway

Giveaways
Galore!

Party
Platters

Keep it Clean this Summer

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FROM THE EDITOR

Summer is finally here and Sydney Observer can't get enough of the warm rays of sunshine as we head into the holiday season.

Our giveaway page is our biggest yet with a prize suitable for everyone. There may even be a sneaky Christmas gift if you are looking to treat a loved one (6).

The Summer of Celebration section has Christmas table setting designs (20), fun gift wrapping ideas (22), and picturesque picnic locations (23).

If you don't plan on going away these holidays, why not create the perfect backyard hideaway in your own home (28). For friends and family staying over, our five star guest bedroom makeover will leave your visitors feeling like they are at an indulgent escape.

Our What's On section features an array of activities that will have you dancing all night long (41-45). From carols to food and wine events, this summer is set to have many magical moments and dreamy lazy nights.

Look after one another, give your loved ones a hug and enjoy some well-deserved relaxation and rejuvenation as we head into the new year. We wish you a warm Merry Christmas and a Happy New Year from our family at Sydney Observer to yours.



Hannah

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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.

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



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

Giveaway Galore



Rolling Stones Exhibition

Take a sneak peek into the Rolling Stones private archive featuring fashion, artwork and of course instruments that have molded the iconic band. To win 1 of 5 double passes to the Rolling Stones Exhibition, let us know your favourite song by the band and why.

sydneyfestival.org.au



Brett and Wendy - A love story bound by Art

A love story bound by Art captures the artistic partnership between Brett and Wendy Whiteley. Through a course of events, that eventually lead to the creation of Wendy's Secret Garden, the Riverside Theatre tells the love story of two of Australia's most celebrated artists.

To win a double pass to A love story bound by Art, tell us where your secret garden or hideaway is.

Sydney Santa Spectacular

The Sydney Santa Spectacular is back and it is bigger than ever. With rides, entertainment and a Winter Forest, you will be transported to the North Pole in no time! To win 1 of 5 family passes to Sydney Santa Spectacular let us know what you are asking Santa for this Christmas.

Booming: A life changing philosophy on ageing well

Booming: A life changing philosophy on ageing well by Marcus Riley Is a guide on how to make the most of life as you head into your golden years. To win a copy of Booming, tell us your best tips for feeling forever young.

Kapow Meggings

Mark my words, meggings will be the next biggest trend in men's fashion. Meggings are designed to fit like a second skin. They are made with premium high stretch polyester and elastane for free movement, comfort, and durability.

To win a pair of 24 carat gold Kapow Meggings tell us where you would wear these beauties.



Nexba Kombucha

Nexba pride themselves on their naturally sugar-free soft drinks, and they have now come out with a kombucha range that is not only good for gut health but tastes delicious. To win a pack of Nexba Kombucha tell us your go-to summer drink.

The Broadsheet Italian Cookbook

The Broadsheet Italian Cookbook is a collection of recipes and stories inspired by Italian culture and heritage. To win a copy of the Broadsheet Italian Cookbook let us know what you will be cooking on Christmas day.

Feyre Home

There is nothing better than fresh sheets and Feyre Home's luxury bed sheets

will have you dreaming all night long. To win a King or Queen bed set by Feyre Home, let us know your favourite way to relax before bed.

Choral Christmas Celebration

A Choral Christmas Celebration is a wonderful celebration of the holiday season with music performed by St. Mary's Cathedral Choir and Sinfonia Australis. To win a family pass to the 11am A Choral Christmas Celebration tell us your favourite Christmas carol.



Bulldog skincare

Bulldog skincare is purpose built for men and enriched with amazing natural ingredients. With products created to specifically target skin issues faced by males, Bulldog skincare will leave you feeling so fresh and clean. To win a Bulldog skincare pack tell us what you would like to see in the next issue of *Sydney Observer*.

Sharkbanz

As we head out to the beach this summer there is always the risk of sharks. Sharkbanz has developed a simple, effective and affordable strategy to reduce the risk of shark bites. To win a band, tell us your favourite beach to go to and why.

THOMSONS

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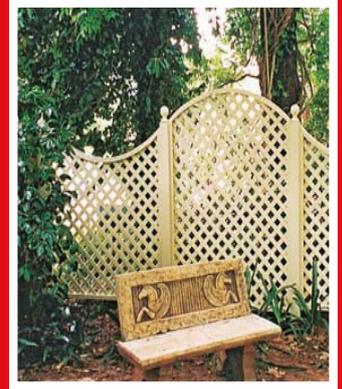
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SNIPPETS



Ku-ring-gai Mayor's Christmas Appeal

Donations of tinned and packaged food and toys are being sought to make up hampers for disadvantaged local families in a council initiative. The Mayor's Christmas Appeal is on behalf of Lifeline Harbour to Hawkesbury, which in previous years has distributed around 130 hampers to families within the Hornsby and Ku-ring-gai areas. Donations will be accepted until 5pm 14 December. Donated gifts can be left at Ku-ring-gai libraries in St Ives, Lindfield, Turramurra and Gordon or at the Council's Customer Service Centre at 818 Pacific Highway Gordon.

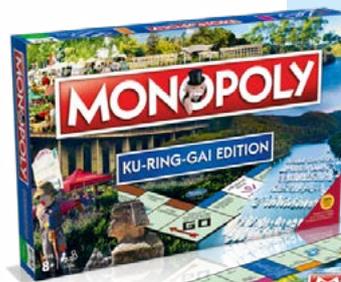
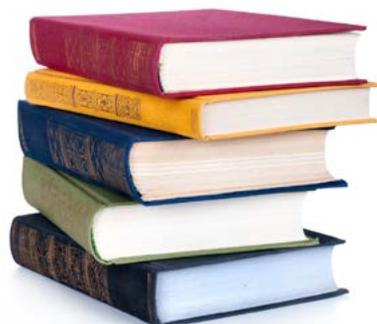
"Although Ku-ring-gai is thought of as being affluent, there are some residents among us who are struggling for a variety of reasons," stressed Mayor Jennifer Anderson.

Amnesty for Overdue Library Books

Now is the time to bring in your overdue library books! Ku-ring-gai libraries at St Ives, Turramurra, Lindfield, and Gordon are offering a fine amnesty between 1st – 14th December for tardy borrowers who return their items during the two week period.

To the delight of many, no questions will be asked and all fines waived during the amnesty. Library staff are hoping their gesture of goodwill will be matched with a haul of forgotten books and other items.

The fine waiver only applies however to overdue items, not those that are lost or damaged. Extra library staff will be on hand to assist borrowers returning items during the amnesty period.



Ku-ring-gai Monopoly

A Ku-ring-gai edition of Monopoly is available to order just in time for Christmas.

The limited-edition board game will include our local gems such as Ku-ring-gai Wildflower Garden, St Ives Showground and Bobbin Head Road. All the profits for the sales will be distributed to charities such as Hornsby Ku-ring-gai Women's Shelter, KYDS Youth Development Services, Lifeline Harbour to Hawkesbury and St Lucy's School. The feel-good stocking filler can be ordered from Bendigo Bank (<https://bit.ly/2OUtLj9>).

One of Australia's happiest and safest areas

Bond University's 'Happiness Index' gave Ku-ring-gai some of the best ratings for safe and happy living in Australia. The project is a large-scale data matching initiative which uses more than 17,000 data points to investigate the geography of advantage and disadvantage across Australia.

The 'Happiness Index' analyses data including Census findings on nine key lifestyle factors including housing affordability, education, community, jobs,

wealth, accessibility, work-life balance, health and safety. The project's intent is to establish what areas in Australia are doing well on lifestyle aspects, whether through their volunteering rates, educational achievements or low crime rates. The project also examines the initiatives, programs and structures that might contribute to a high quality of life.

Along with Woollahra, Ku-ring-gai scored the highest out of 540 areas on safety with a perfect 10 out of 10. Ku-ring-gai also scored

highly in other categories including the overall best quality of life and educational achievements. Mayor Jennifer Anderson said Ku-ring-gai's parks and sporting fields, natural environment and proximity to good schools, the city and beaches were some of the factors that contributed to the high satisfaction score.

"I've always believed that Ku-ring-gai is a wonderful place to raise a family and this study certainly underlines this".

New 2019 Road Safe Calendar

The annual road safety calendar is now available to all local north shore residents. The 2019 calendar is a collaboration between Hornsby, Ku-ring-gai, Lane Cove, North Sydney, Northern Beaches and City of Ryde Councils. Each month features messages relating to road safety according to NSW Police Chief Inspector Phillip Brooks:

"This calendar is an important reminder of the need for all drivers, riders, cyclists and pedestrians alike to make sure that they are doing all they can to keep themselves and others safe on our roads."

For a free copy of the calendar, simply contact one of the participating councils.



Free Event

Australia
2019
day
Saturday 26 January 10:30am - 2:00pm

Bicentennial Park

Prince of Wales Drive
West Pymble

Featuring ABC-TV's Bananas in Pyjamas live show at 11.30am and 1.30pm. Meet & greet 12.30pm

Plus face painting, sheep shearing, sheep dog trials, kindy farm and reptile show, bush band and cultural performances.

kmc.nsw.gov.au/australiaday





Avalon Named Top Surf Club

Marlene Even

Avalon Beach Surf Life Saving Club (SLSC) has been named Australia's top surf club at the 2018 National SLSC Awards of Excellence.

The Avalon SLSC had great success in the 2017/18 summer season, winning two Aussie Gold medals, and being commended as the largest nippers' team to partake in the State Championship at Blacksmith Beach.

"Our great achievement this year was working together as one club. As a movement, we're doing incredible things as lifesavers

and we really can be the heart and soul of our community," Richard Cole, the outgoing president said.

"Across the board, we raised our patrol attendance, patrol hours, the number of Bronze Medallions and SRC certificates we trained as well as doing well financially which allowed us to purchase new lifesaving equipment."

For the future, the new president Ashley Cardiff said, "we want to do better", aiming to improve the educational aspect of the club by working with children and junior members.

Ku-ring-gai Joins Solar Energy Agreement

Marlene Even



Ku-ring-gai Council has joined 17 other NSW councils in a joint agreement on renewable energy, which will see the council obtain 30% of their energy needs through solar power.

This agreement means 30% of Ku-ring-gai's public buildings electricity will be obtained through solar power. The solar power will be sourced from Moree Solar farm through Origin Energy and is part of the council's aim to strive towards zero greenhouse gas emissions before 2045.

The Power Purchase Agreement allows the council to

purchase renewable energy without the risks involved in an unstable electricity market.

"This is an exciting first for NSW Councils who will benefit from the fall in the costs of solar. The fixed price contract also protects us from future electricity price rises, while reducing our carbon footprint by about 2,600 tonnes a year," Ku-ring-gai Council mayor Jennifer Anderson said.

Some of the other local councils that joined the renewable energy and retail electricity contract include North Sydney, Willoughby City, Waverly and Ryde.

Local JPs 50-year Service

Isabella Ross

Member for Davidson Jonathan O’Dea today congratulated Mr Noel Brown of Belrose and Mr John Randall of East Killara for 50 years of service to the community as a Justice of the Peace. “Mr Brown and Mr Randall are two of the longest-serving JPs in the state, donating countless hours to helping local people,” said Mr O’Dea.

Mr Brown and Mr Randall are among more than 250 NSW JPs who are celebrating their golden jubilee of service in 2018. Both JPs attended a NSW Parliament ceremony today where they were presented with commemorative certificates. The NSW online register of Justices of the Peace is undergoing improvements to make it faster and more convenient to find a local JP.

A JP acts as an independent and objective witness to important documents. They witness affidavits and statutory declarations, as well as certify copies of original documents. JPs provide their services on a voluntary basis.



NSW Parliament Ceremony Celebrating 50 Years of Service for Davidson Electorate JPs, Noel Brown and John Randall.



Season's GREETINGS

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December (9.30am)



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The Highwayman's Hotel in Hornsby, formerly known as the Railway Hotel.



Insight into Hornsby's Historic Hotels

Isabella Ross

Pubs and hotels have played a major role in Australia's cultural identity thanks to their ability to spur community spirit and togetherness. A recent and exciting project from the Australian National University (ANU) Archives has brought the history of some of Sydney's oldest pubs online to achieve easy access for everyone. The ANU Archives now feature a new online exhibition, showcasing the history of significant NSW brewer and hotel owner Tooth and Company.

To the excitement of historical buffs, two historic hotels in Hornsby are available to explore in this digital archive. An informative yet thoroughly intriguing source, the exhibit features valuable historical information, photographs, an interactive map and even links to all the records located in the ANU Open Research repository.

ANU Archivist Catherine Ziegler said the project offers a unique insight into the operations of early century pubs, including the local communities around them.

"They act as a great index to all the other files and photographs available. These can be a windfall for researchers interested in the history of hotels, which is the history of the community that gathered within them," said Ms Ziegler.

To discover more about our local area's history or to view the exhibit visit:
<http://library-admin.anu.edu.au/toothhotels>

Apartments honour eucalyptus conservation

Marlene Even

A new block of apartments has been named after renowned artist Hans Heysen, a famous landscape painter of Australian gum trees. The development named 'The Heysen' is surrounded by a conservation of three century year old eucalyptus trees. The trees on site are a part of conservation effort to revitalise Sydney's depleted Blue Gum High Forest.

The development built in Turrumurra, includes 41 boutique apartments in a 4-storey building. It is the second project and first self-delivered development by the Aqualand company. The company had an in-house builder to create personalised homes rather than cookie-cutter dwellings.

The Heysen has sparked attention from local Ku-ring-gai residents with 65%

of the buyers moving from within a five km radius. New resident Julie Mead is drawn to the locality of 'The Heysen' apartments.

"The location is fantastic, it's close to the CBD and the freeway. Throughout the entire development, The Heysen has got the peace and beauty that living in the North Shore brings," Ms Mead said.

Stronger Penalty for Bushfire Arsonists

Marlene Even

Bushfire arsonists could spend more than 20 years in jail after the NSW Government introduced tougher sentencing for the targeted offence. Previously, the maximum sentence for starting a bushfire was 14 years. The government has now extended this sentence to 21 years.

“Such thoughtless acts place lives, homes, businesses, and entire communities at risk. These new penalties will give courts the power to impose tough sentences in line with community expectations,” Attorney General, Mark Speakman said.

The Attorney General also suggested to the Securing Council of NSW that the five-year non-parole period for a bushfire offence be increased, with calls for a review of maximum penalties for a range of other arson offences.

“The reforms will provide a strong deterrent to would-be arsonists while more than 99 percent of the State is gripped by



drought. With low rainfall predicted in coming months and large swathes of bushland looking like a tinderbox, we must do all we can to protect the State from another disaster,” Minister for Police and Emergency Services Troy Grant said.

NSW Rural Fire Service has also welcomed the tough sentencing, urging the community to be vigilant and report suspicious behaviour to crime stoppers.

Crime Stoppers: 1800 333 000

Ku-ring-gai
artcentre
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'Holdsworth and Jersey Woollahra', oil on board, Kevin McKay (tutor)

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Stephanie

Laura

"After our first eBook 'Keep it Clean, we quickly realised both Laura and I wanted to do more with our audience."

Keep it Cleaner

Hannah Prasad

Stephanie Claire Smith and Laura Henshaw are the glowing goddesses flipping conventional ideas of health, beauty, and fitness on their head. From meeting at Fashion Week 5 years ago to becoming the boss beauties of their company Keep it Cleaner, a business that is continuously expanding, the girls don't seem to be slowing down anytime soon.

Sydney Observer sat down with Steph to discuss food, lifestyle and what health means to the girls.

Through frequently lingering in each other's company, Steph and Laura's friendship blossomed into an undeniable bond. Taking this connection one step further, they thrive as business partners for Keep it Cleaner, their business which aims to encourage young girls to radiate luminous beams of self-love light.

"We were booked on a lot of the same shows, so we spent a fair amount of time together in fittings and rehearsals which meant we got to know each other pretty quickly!"

"Laura and I then respectively travelled and lived overseas but kept in touch. You know those friends you make where you may have only known each other for a few months, but you know they are going to be a close friend for the rest of your life, it was like that for us. Two peas in a pod!"

"Our mutual passion for health, wellness and producing healthy recipes, stemmed into the creation of our very first eBook 'Keep it Clean'. We quickly realised both Laura and I wanted to do more with our audience."

"We wanted to be able to support and educate young girls on how important

self-love is in today's society, whilst sharing our own journeys. Our ultimate goal is to make healthy living as accessible as possible."

Keep it Cleaner runs on the idea that a healthy lifestyle shouldn't be a fad. Health is not a crash and burn diet that is demotivating and stressful, it should be a fun and exciting journey. Keep it Cleaner encourages a balanced lifestyle, fuelled by exercise, wholesome food and motivation that flourishes into all aspects of life.

"Laura and I have both been on our own journeys and we have both come to the realisation that living a wholesome life is the key to success and happiness. We believe there is no 'perfect' healthy lifestyle, but a whole bunch of imperfectly perfect ones! We created KIC to reinvigorate girls' attitude towards fitness, food, and life. We wanted to make sure that if we were influencing people, we

were doing it in the right way. There is a lot of negative stuff online, we wanted to keep it simple, Keep it Cleaner.”

With a collective following of over 1.4 million, the girls are no strangers to social media. Steph has humbly created a mass audience of followers who revel in her everyday life and adventures. With an appreciation for travelling, Steph seizes every opportunity to explore the world.

“Travel has probably been the biggest ‘pro’ to having a large social media following. Free clothes and skincare is obviously amazing and I am very lucky but being able to see the world is priceless. I feel incredibly fortunate to have seen and done everything I have, because of my job.”

As social media is a highlight reel of moments individuals strategically choose to post, there can be many assumptions

about the people you choose to follow and images posted. As the golden girl that shines like summer, Steph shares an insight into what may be a false assumption about her.

“A false assumption would be that I’m a ‘beachy chick’. I grew up camping by the Murray River as a kid, so I’m a freshwater country baby rather than a beach baby. I secretly hate getting sandy and have a fear of waves and deep dark blue water!”

As the new year quickly dawns upon us, we start making resolutions we wish to accomplish, letting our goals from 2018 sneakily hide in the corner while we create new bursts of inspiration. Sticking to tasks that help improve yourself, rather than physical goals is a great way to get into a healthy mindset.

“If you’re making goals and they are fitness related, make sure they are not

physical goals. I think it’s best to strive for goals like a personal best time, distance in a run, certain amount of push-ups, or being more of a mindful eater. If you get too stuck on physical goals like ‘get abs’, it can be incredibly discouraging if you don’t get there.”

“You have to remember that physical goals can be difficult to reach as each individual’s body is different, we all tone up and hold fat in different areas!”

As 2019 approaches there is no doubt Steph and Laura will only accomplish more of their goals while inspiring everyone around them.

Make sure you are following the girls’ socials to keep up to date with their food, lifestyle, and travel journeys.

@stephclairesmith
@laura.henshaw
@keepitcleaner
keepitcleaner.com.au

this Summer

With a collective following of over 1.4 million, the girls are no strangers to social media.



Keep it Cleaner runs on the idea that a healthy lifestyle shouldn't be a fad.



Career Spotlight: Media

Hannah Prasad

This month *Sydney Observer* spoke exclusively to Jade Hodge, the Channel Manager for the New Zealand Territory for BBC Studios. She gave us an insight into her industry, what a typical day consists of, and how individuals looking to pursue a career in media can get a foot in the door.

“I started at BBC Studios four years ago as a Programming Assistant which involved ensuring all shows were delivered to the broadcaster ready to air and maintaining the EPG (Electronic Programming Guide).”

“I then moved onto becoming an Acquisitions Executive where I acquired programmes for all BBC Studios channels in Australia and New Zealand. After that, I moved on to become the BBC Knowledge Programmer on Foxtel and later I Programmed BBC First on Foxtel. I started as the Channel Manager for NZ in January 2018.”

“When I entered full time work I started as a Sales Assistant at a Free to Air network. It was an intense and high pressure workplace but I learned a lot about the importance of resilience in the workforce. While in this job I realised I had a real passion for story telling through television and took steps to move towards the programming industry. I started by moving into a promos coordinator role and later I moved to BBC Studios and became a Programming Assistant.”

“A typical day involves viewing newly made content and reading scripts which are available to purchase for our channels. When we’re viewing the programmes we keep our audiences front of mind and consider if they would enjoy it.”

“If we decide to purchase it we then choose the best place to premiere the programme based on a series of ratings analysis and programme availability. Once we know where and when we will premiere the new shows, we look at the television schedule like

a puzzle and fill 24 hours of television based on what audiences like to watch and when.”

Jade shares the most rewarding part of her job as well as aspects that can be challenging at times. “The best part of my job is when I find a programme for the channels and audience that I really believe in and love. It can be really rewarding when it premieres and the ratings and feedback from viewers is positive. A lot of effort goes into programmes once we buy them so if the viewers love the show too, it’s a really great moment for us.

“The most challenging part can be that programmes sometimes have to move in the schedule or a show will be cancelled and the viewers write to us complaining. It’s challenging because we are sometimes unable to provide each individual viewer with what they want, despite how much we would like to. We do read every email, letter and social post we receive and try to respond personally to them all. We normally share the same sentiment we receive from the viewers!”



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- > Parramatta City Council Australia Day Young Citizen Award, 2018
- > Western Sydney VET in Schools Student of the Year, 2018
- > 1st, Dorothea Mackellar Poetry Awards, 2018
- > Gold Award, NESA WriteOn, 2018
- > ICAS Medal, Mathematics, 2018
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Killara High School Revamped

Marlene Even

The NSW Government has released the new concept designs for Killara High School's building upgrade. The upgrade will produce a three-storey school building with 15 classrooms. This expansion includes two new science labs, upgrades to the outdoor learning area, bathrooms and staff facilities. This upgrade also means the school can remove the demountables to create more space for students.

Member for Davidson, Jonathan O'Dea said the upgrades will commence this December and assist in meeting the future demand of student placements. "This major upgrade will be a fantastic, modern facility that will help us support local students to excel at school and get the best possible start to life," Mr O'Dea said.

Killara High School's upgrade is part of the NSW Government's School Building Program which will deliver 170 new and upgraded schools over the next four years.

"We want to build schools that inspire our students every day, and if these new pictures of the future Killara High School are anything to go by, then I'm sure they'll do just that," Education Minister Rob Stokes said.

\$330,000 in Local Community Grants

The Davidson electorate has secured a whopping \$330,000 in funding for a total of 13 projects through the NSW Government's 2018 Community Building Partnership Program. Jonathan O'Dea, Member for Davidson said the funds will deliver much-needed improvements to local facilities including playgrounds, community centres and sports grounds.

"This grassroots funding is fantastic news for Davidson. It will directly help to create a more vibrant and inclusive local community with positive social, environmental and recreational outcomes. The NSW Government's strong economic management ensures we are in a position to invest in these important local projects," said Mr O'Dea.

Some of 2018's successful Davidson electorate projects include: St Ives Youth and Community Centre Upgrade (funded \$56, 100); Wakehurst Public School Oval Renovation 2018 (funded \$18, 300); The Roseville Park Tennis Pavilion for Roseville Park Tennis Club (funded \$30,000); Installation of an Underground Irrigation System for Three Bowling Greens at Lindfield Bowling Club (funded \$30,000); Playground Equipment Replacement and Provision of a New Sunshade at Gordon East Public School (funded \$65, 181).



MAKING
Christmas
MAGIC

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Grandmother Creates School App

Marlene Even

A 52-year-old grandmother has created an app after being frustrated with the lack of communication between schools and parents. Sharlene Barnes created the Skool Loop app, which is currently used by over 700 schools across Australia and New Zealand.

“I grew tired of finding that my son Dylan had left his togs at home again, not alerting me to a swimming day event. I kept thinking to myself, there has to be a better way to streamline all of this school admin,” Ms Barnes said.

One of the app’s features includes notifying parents when school events occur, where schools can send permission forms straight to parents’ phones. This allows parents to use

e-signatures to sign forms on the spot. The Skool Loop app can also send school newsletters, and allow parents to directly call or email the school in the absentee reporting system.

One feature that has proved invaluable is instant alert. This feature ensures an alert banner appears on the lock screen of the phone, notifying parents instantly of emergency situations.

“The app instantly notifies all parents at the school, eliminating the need to personally call or text each parent, giving school staff the much needed time to deal with the emergency happening instead,” Ms Barnes said.

“I grew tired of finding that my son Dylan had left his togs at home again, not alerting me to a swimming day event.”

Ms Barnes



otarc.blogs.latrobe.edu.au



The research was conducted by Dr. Kristelle Hudry.

Autistic Children Succeed in Preschools

La Trobe University has shown in a world first, that toddlers aged between 15 and 32 months with autism demonstrate equal capacity to learn early-life skills. The study utilised an early-intervention technique - the Group-Early Start Denver Model (G-EDSM), developed at La Trobe, and was applied to all toddlers in the study, not just the 44 children with autism.

Conducted over a three-year period, La Trobe researcher Dr Kristelle Hudry confirmed the findings that toddlers with autism showed improvements in vocal, social interaction, imitation, verbal cognition and adaptive behavioural skills. The study was conducted jointly across La Trobe University’s Olga Tennison Autism Research Centre and the Community Children’s Centre, and Gowrie Victoria. Community Children’s Centre Director and Training Coordinator, Kristy Capes, said that the researchers are “... proud to have worked to fill a gap in autism research.”

Get creative with Christmas Trees

Isabella Ross

A merry miniature fir tree

Lights4fun

If you want to celebrate with Christmas cheer but have little room to spare – do not fear because we have you covered! Whether it is a small apartment, dorm room, or work office, all it takes is a simple miniature fir tree to spread some seasonal joy.



Mi Ideas

A festive floating tree

Originality is the foundational feature of the iconic festive floating tree. If you have a flair for creativity, then try putting your skills to the test by creating this spectacular showpiece. All it takes is a bunch of your favourite baubles, ornament hooks, jewellery string and a handy DIY guide.



SheFrames Co

A magical bauble tree

A unique and cleverly designed tree, this metal bauble design is modern and stylish. The metal structures are easily available on Etsy, along with a plethora of boutique ornaments that can be paired with the contemporary design.

Quality Carpets Co



A delightful driftwood tree

Is your property near the beach, or do you have a special love for beach-themed décor? Why not incorporate some coastal inspiration into your Christmas decorations. Driftwood trees have become the latest hit on handmade craft store Etsy, with lots of sizes and styles available for purchase. Pairing your tree with some shell ornaments creates a chic coastal-inspired look, which is sure to set you apart from the pack.

A very jolly twig tree

For those who prefer minimalist design, then this Christmas tree style is ideal for you! Clean cut, classy and festive, this twig branch is simple but still packs a punch. For a bit of glam, simply spray paint your twig model either gold or silver to match your bauble theme.

Outdoor Furniture Store



PAUL FLETCHER MP
Federal Member for Bradfield
Minister for Families and Social Services

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Authorised by Paul Fletcher MP, Liberal Party of Australia, Level 2, 280 Pacific Highway Lindfield NSW 2070

The ultimate

Christmas Table Showstopper

Isabella Ross

For most Australian families, the food is an intrinsic part of celebrating the Christmas season. Whether it for breakfast, lunch or dinner, designing your table is a necessary part of the process. So to help our readers ignite their own creativity and become budding decorators, here is our guide to creating luxe table décor that is sure to impress your family and loved ones this festive season.

Let's start with the base. When designing our Christmas feast table, the linens are the first step in determining your theme. Do you prefer vintage chic? Traditional crimson holly and trimming? A golden affair? Or a winter wonderland? Regardless of the theme, it is important to choose



Inspired By This Blog

look at maintaining the simple white porcelain style for a classic and fresh look.

Now for the *pièce de résistance* – the centrepiece. Let your imagination and originality run wild when it comes to choosing your Christmas table centrepiece. A traditional yet stylish centrepiece is the candle display, featuring a range of tall candlesticks along with complementary greenery and a table runner. The best aspect about this centrepiece is that it is not gaudy, therefore giving you room to get unique with your party favours. Whether it is bauble stand-up nametags, personalised Santa stockings, or just the always-popular bon bons, there is such an abundance of Christmas favour ideas.



Pinterest

linens that act as the structure. This simply means choosing fabrics, textures and colours that are not too busy or over-the-top, as decorative elements such as the centrepiece, dinnerware and Christmas favours still need to compliment the overall aesthetic. Once you have chosen your linens, the cutlery and dinnerware comes next.

I personally, love all things gold, so for my Christmas table I would try and exude some creativity by opting for gold cutlery. Not only will these utensils coordinate with the table's décor, but they also exude a sense of luxury and class. For the plates,

A traditional yet stylish centrepiece is the candle display, featuring a range of tall candlesticks.



Good House Keeping

Regardless of the theme, it is important to choose linens that act as the structure.

Gold cutlery exude a sense of luxury and class.

Not On The High Street Boutique



The Christmas Cart



Dinnerware and Christmas favours still need to compliment the overall aesthetic.

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PLENTY OF PARKING

Isabella Ross

Gift Wrapping Ideas

Traditional Holly

The perfect style of gift wrap for any avid Christmas fan, a traditional print of paper and touch of berry-red holly is sure to bring extra jolly. Stick to a contrasting red base and white ribbon, to give the gift a sweet candy-cane effect.



Burkatron



Rustic Charm

This Christmas wrapping theme is great, because it suits both genders, with this rustic yet classic ensemble being perfect for mums or dads. Simply going to your local craft shop to find some decorative faux greenery, accompanied with twine and subdued paper is sure to put a smile on the receiver of your present.

Lemon Thistle



Winter Wonderland

Many families whose ethnic roots are from the Northern Hemisphere can often reminisce about the fond memories of the snowy weather, toasty fireplace and warm hot chocolate. So for these special people, a winter wonderland themed present ensemble is sure to touch their heart and remind them of fond memories.

Coastal Christmas

For anyone whose festive season is often spent near the beach, this gift wrap theme is perfect for you. All it takes is gathering some small shells, coral or faux starfish from the nearby coastal shore, or visiting your local craft shop for some supplies. Simply glue the applique onto a piece of ribbon, choose some ocean-inspired wrapping paper and you are set.

Sand and Sisal



Festive Elegance

For those in your familial circle who are a little more sophisticated and mature, an elegant gift wrap is ideal. Simple patterns, crisp-cut edging, and a tasteful Christmas-inspired applique are definitely the way to go.



Sydney's

Idyllic Picnic Spots

Isabella Ross



Barangaroo Reserve

The recently re-designed location in Sydney's harbour foreshore is the iconic Barangaroo Reserve. The area is an architectural masterpiece, with the calm of the headland reserve complimenting the urban atmosphere of the southern retail precinct. With lots of picnic spots, this location is sure to provide an innovative and unique view of Sydney.

Bronte Beach

One of the most premiere beaches in all of the Eastern Suburbs is Bronte Beach. Situated just far enough to be away from the hustle and bustle of Bondi and the inner city, this beach spot is unique because it has on offer the beach, a rockpool, a saltwater swimming pool and the neighbouring park nearby.



Ku-ring-gai National Park

What better way to spend a warm sunny day than having a picnic amongst the shady green foliage of Ku-ring-gai National Park! Located in Sydney's north this heritage listed location features a number of spectacular locations including the Barrenjoey Lighthouse, Bobbin Head and Aboriginal Heritage Walk.



Wendy's Secret Garden

Situated in the aesthetically plush suburb of Lavender Bay, Wendy and her renowned artist husband, the late Brett Whiteley set up their family home in 1970. Later on in life in a bid to pay homage to her late husband, Wendy threw herself into designing and creating this magnificent garden amongst her family home. The touching backstory makes the picnic location even more poetically beautiful, with such distinctive care put into making this public garden a place for loved ones to come together and cherish one another's company.

Balmoral Beach

If you are looking for a beach day but do not wish to travel too far then Balmoral Beach is the way to go. This harbour-side beach is a favourite amongst North Shore residents thanks to its family-orientated ambience and gorgeous blue water. With the beach neighbouring on a lush green park, there is plenty of room for you and your loved ones to set a picnic.



For men

Isabella Ross

Bulldog skincare

A well-thought-out skincare routine is just as important for men as it is for women. So to help the men in our life up their skincare game, Bulldog Skincare For Men has an extensive and high quality range of products designed to freshen, cleanse and protect. For more information on summer skincare for men, visit our beauty and fashion section of the issue.



Kapow Meggings sportswear leggings

With our idyllic leafy surroundings, cycling is a common and well-loved pastime for many dads. If this rings true to someone you know, then gifting them some premium sporting leggings is the perfect present this Christmas! Kapow Meggings has recently released their new Holo-Glitter Range of high-quality men's compression leggings, designed with a premium 4-way stretch fabric and ergonomic waistband.

kapowmeggings.co.uk

A shark deterrent band from Sharkbanz

Ideal for the individual who loves everything to do with water-related activities, such as swimming, surfing or paddle boarding, this gift is both highly practical and sure to impress your recipient. Shark deterrent bands from Sharkbanz have boomed in popularity lately, due to the recent news of increasing shark attacks across our East Coast. Backed by reputable research over the last decade, Sharkbanz is on a mission to provide Australians with an effective and affordable device that has proven to turn sharks away.



For women

Isabella Ross

Dream fly with the birds

Nothing compares to the feeling of fresh sheets. A luxurious sheet set creates a tranquil and calming experience, where you are able to float into an abyss of sleep. So, this Christmas why not make your loved one's dreams come true with Feyre Home's premium bed linen. Feyre Home believe in the beauty of simplicity, as well as quality without compromise. Produced from Supima cotton, cotton that boasts a calibre superior to anything else on the market, you will feel the comfort as you get ready for a summer of snuggles.



A pamper experience

There is no question that a pamper package for your lovely lady should be high on your gift ideas list. There are multiple different ways that you can interpret this luxurious experience, whether it is a facial, mani-pedi, massage or spa treatment. Endota Spa offers an extensive range of special packages including the Surrender experience, which consists of an aromatic 75-minute organic infusion facial along with a scalp and foot massage.

Her favourite fragrance

When it comes to fragrance, it is essential the scent is tailored to an individual's personal taste and preference. So to ensure the receiver of this gift does not have to sneakily return your gift, instead purchase a perfume that you know she is sure to love. Simply work fragrance into the conversation and let them tell you what is their signature scent. With this personalised gift, the special woman in your life is guaranteed to appreciate the gesture. Scents that are currently hot on the market include Black Opium from Yves Saint Laurent, Vanille Fatale from Tom Ford and Pure XS For Her from Paco Rabanne.



A fine China set

If you are unsure what to get your beloved Grandmother or Great Aunt, why not give her a delicately delightful fine china teacup and saucer set. A present that is both meaningful yet practical, fine china is considered a sign of respect, quality and poise, making it the perfect gift to bestow. Victoria's Basement and T2 Tea are the places to go when looking to purchase some exquisite teawares to add to your extraordinary woman's classic collection.

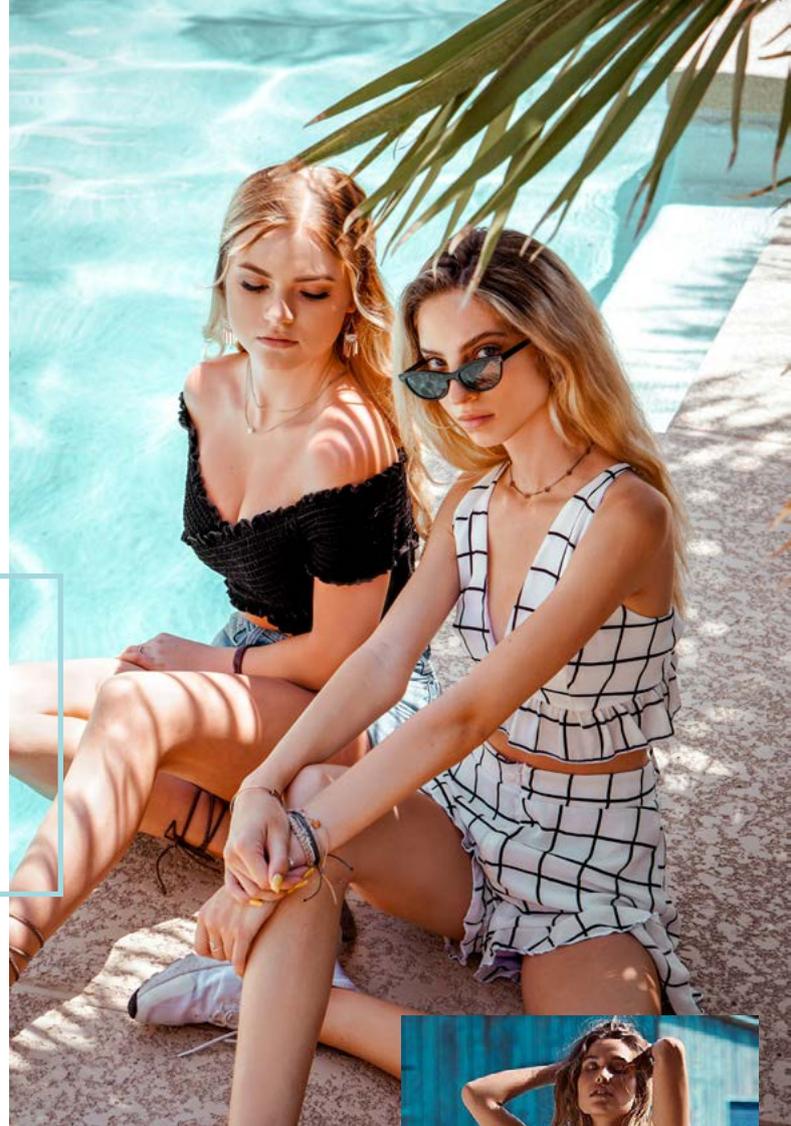


Breezy, Beautiful, Fashion

Isabella Ross

Matching Sets

One of the latest trends this summer is the iconic comeback of matching clothes sets. A popular trend in the 90's, sets are effortlessly chic thanks to their fashion-forward design and originality. One great aspect of this summer staple is that these sets can be coordinated with any of the other fashion looks listed.



Light Fabrics

Soft, breezy clothing choices are ideal when it comes to the hot temperatures of summer. Whether it is linens, cotton, silk or chiffon, there is no question that light-weight fabrics are a must-have this season.



Shop Style

Modern Boho

A common mistake when it comes to bohemian clothing attire is that it can often leave people looking a tad too hippie. So finding the perfect balance when it comes to this style is important. Try pairing a flowy skirt with a tight bodysuit, or a Tigerlily jumpsuit with some modern, edgy gold jewellery.

Glittering Gold

Store away your silver because gold jewellery is officially the new number 1! Perfectly complimenting sun-kissed skin, gold accessories echo the warm, glistening aura of summer. Whether it is some statement hoops, a dainty coin necklace or band rings, there is so much to choose from when it comes to jewellery.



Lime Lace



Men's Skincare: Tips and Tricks

Isabella Ross

When it comes to social gatherings of masculine bravado, discussion of skincare is seldom brought up. However now is the time to change this way of thinking and for men to start getting passionate about keeping their skin looking its best. Sydney Observer has teamed up with Bulldog Skincare For Men to talk about important tips and tricks when it comes to keeping your skin looking fresh and nourished this summer.

1. Do wash your face morning and night

A long day's work can often affect our skin more than we realise, due to the excessive sweating and humidity associated with the warmer months. Using a good quality exfoliating scrub like Bulldog Skincare's Original Face Scrub is the best way to remove sweat, excess oils and dead skin.

2. Do moisturise your skin

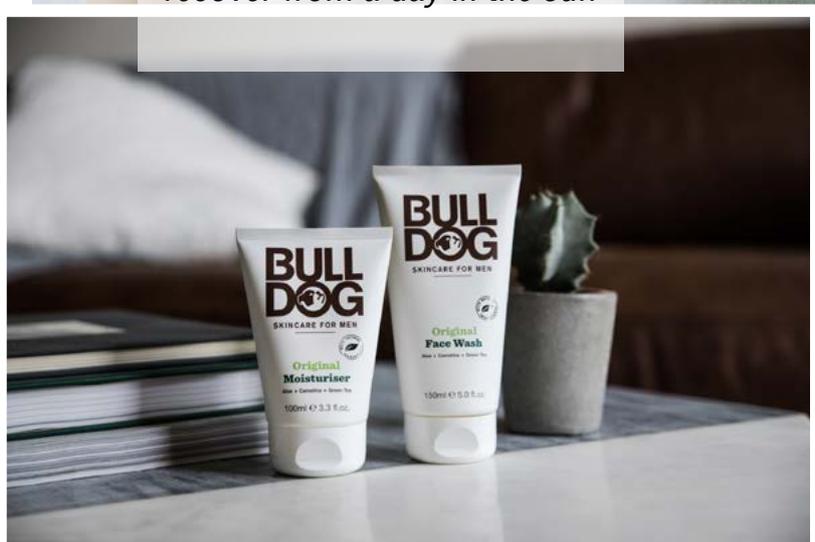
Most men rarely think twice when it comes to moisturising their skin, but Bulldog Skincare stresses that this is a necessary step in any skincare routine. "The Bulldog Skincare's Original Moisturiser is designed to help your skin recover from a day in the sun – just remember to apply moisturiser to the neck as well."

3. Don't get sunburnt

Even though our Aussie summers are notorious for being harsh and unforgiving, saving yourself from sunburn is actually quite simple. The answer – continual application of a good quality sunscreen. "For optimum protection, make sure to use SPF30+ on a daily basis under your moisturiser," says Bulldog Skincare. If looking at going to the beach, consider using a water-resistant sunscreen to avoid gnarly sunburn.



The Bulldog Skincare's Original Moisturiser is designed to help your skin recover from a day in the sun



Design a Backyard Getaway

Isabella Ross

With the chaotic and busy stresses of our everyday lives, we should have an area within our living space to relax, unwind and escape our troubles. What better place to have a chill-out zone than in your own backyard! The outdoors is where you can take in the serene beauty of nature, breathe in fresh air and reflect peacefully.

Transforming the garden into an oasis should not break the bank or take up too much energy to the point of unnecessary added stress. Rather, sit back, read this guide and start brainstorming thoughtfully and in your own time how you can have the ultimate holiday – and not have to leave the house!



Lights4fun

Say Aloha to the Tropics

One of the most popular holiday destinations for Australian travellers is jetting off to the tropical islands of Hawaii. Known for its breath-taking oceanic views, volcanoes and tropical surroundings, Hawaiian-themed design has increased in popularity in both exteriors and interiors. Planting a bunch of golden-cane palm trees, and pops of colour like a hibiscus shrub are ideal. Purchasing simple white wooden furniture, and styling it with some gorgeous printed coastal cushions will definitely have you saying Aloha to Hawaii!

A Balinese Hideaway

For those dreaming of the sunny shores, ocean and rainforest textures of Bali, this design theme is perfect for you. First and foremost, plant some lush greenery along your fence as a privacy screen. Adding white pebbles into your garden bed, along with a ground cover plant will ensure the hideaway oozes serenity and zen vibes. Taking inspiration from Balinese culture is also a fundamental design element, whether including Buddhist sculptural references or water features.

Solus Décor

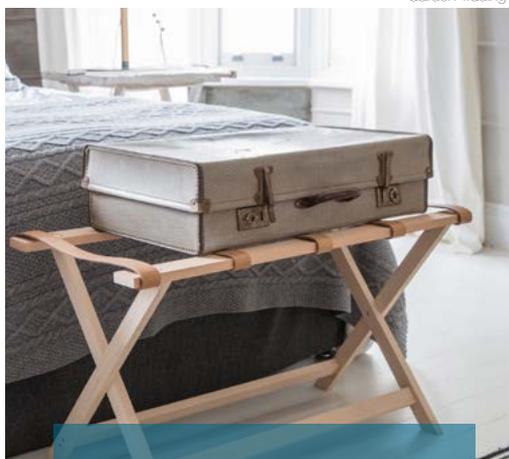


Country Classic

With Australia having the perfect climate for plants that require little water, this country-themed backyard design can be easily achieved. For those who have little time in their day to upkeep a garden, this theme should be on your radar. Succulents are the way to go, with cacti, agaves, bromeliads and kangaroo paws all being country classics. Investing in a good quality fire pit and bench seating is also a must-have for any true-blue Aussie garden.

Garden Trading





Be Practical with Storage

With any travel occasion, the humble suitcase is an intrinsic part of the journey. Having space within your guest room for visitors to hang their clothes, and store their luggage, is a necessary practicality. Another great staple is having a small portable linen closet, where you can store spare towels, sheets and blankets.

Create a Five-Star Guest Bedroom

Isabella Ross

Do you want to Airbnb your room? Are you interested in impressing the in-laws? Or do you have international friends coming to stay? Whoever the visitors are, a beautiful guest bedroom is essential to ensure a joyful experience is attained. When it comes to designing any room within the household, there are numerous details that can elevate a space from sufficient to spectacular. To create a comfortable and inviting ambience for your future guests, let the following tips and tricks inspire you.



Cosy and Comfy

Plush furnishings, soft throw rugs, and clean bedding. These bedroom linens are essential to ensuring your guests' stay is a comfortable one. When styling the bed, aim to choose quilt designs that echo modern sentiments and a cool-toned colour palette that can be accompanied with an array of decorative cushions.



Bedside Lighting

In any marvellous five-star hotel, the ambience of the room is characterised by its lighting. Having bedside tables positioned on either side of the bed, along with accompanying twin lamps is fundamental. These statement light fixtures not only have a practical use, but they also serve as design features for your guest room. Opt for bold-patterned lamps and crisp white bedside tables for a modern look.

Personal Touches

One of the best parts of any hotel stay is the little bundle of treats placed neatly on the linen pillows, or in the bathroom suite. This personal touch can be easily replicated in your guest room while sticking to a budget. Ideas include some lovely artisan soaps and lotions from the market, a small jar of sweets, or even a hot water bottle for the cooler seasons.



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Don't Cramp Your Style

Isabella Ross

Clever and practical elements are fundamental when it comes to designing your outdoor balcony. There are many different ways to maximise space and efficiency when it comes to any design challenge, so do not fear!



Entertaining and dining

Instead of having a clunky and conventional rectangle table on your balcony that takes up a significant amount of space, why not opt for a bench seating area? Not only will this design trick save room, but it will also ensure your balcony can entertain more people, particularly for Friday afternoon drinks.



Choose Spacious Colours

Now when it comes to this handy tip, the idea of choosing 'spacious colours' can be a little confusing. However, this simply means to look for shades and colour palettes that are not too dramatic or make a room look smaller. So to fool the eye and make your balcony appear more spacious, use light base colours with clever contrasts. For example, give your exterior walls a light-coloured wash along with natural timber for the bar bench and decking. This then gives you the opportunity to accessorise with colour, such as the bar stool cushions and plant baskets.



Room for the furry friends

There is no reason why you have to say goodbye to your furry friend if living in an apartment. It is becoming increasingly more common for landlords and strata corporations to allow tenants and homeowners to have small pets due to the current demand. Whether it is an adorable bunny, toy-sized poodle, or another precious pet, having a space on your balcony specifically for your pet is ideal. When it comes to miniature dog breeds, all it takes is a simple puppy toilet pad in the corner of the balcony, along with an easy to pack away pillow or bed.

Style with flora

There is no question that any outdoor area is not styled to perfection if there is no greenery or plantation in sight. To provide your balcony with an organic, natural ambience but not overtake on the already limited space available, look for a range of succulents and flowers. Small in size but definitely not in presence are these gorgeous plants that are sure to pack a punch when placed in baskets that can be attached easily to your railing.



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A Christmas Smile

Dr. Ian Sweeney

Christmas and the holiday season is just around the corner and this is the ideal time to make a dental appointment for the entire family.

Christmas is the season to be merry and this often means an abundance of sweet and sugary treats, overindulging in soft drinks and party food and disrupting our normal routines including tooth brushing.

Keeping up a consistent tooth brushing regime through the holiday season is very important for the entire family. It is vital to keep up brushing and flossing twice a day, while trying to eat healthy meals- despite the abundance of treats on offer. If you want to be doubly sure of your dental efforts this Christmas, schedule a dental check-up after Christmas to make sure your smile or your child's smile gets off to a healthy and Happy New Year.

The Christmas holiday season is typically the time children are most likely to damage their front teeth. With more time to enjoy the outdoors, playing in the park, the edge of swimming pools, riding new bikes or scooters can be risky endeavours. Children can easily get caught up in

the excitement of their new toys or having fun in the sun, without thinking about potential risks.

When a Tooth Knocked Out:

If a **Permanent tooth** is knocked out, rinse it briefly in milk and if possible gently push the tooth back into the space it came out of. If this is not possible, place the tooth into milk, or wrap the tooth in cling wrap. The quicker the patient is seen by a dentist, the better the long term prognosis for the tooth.

If a **Baby tooth** is knocked out or dislodged, rinse the tooth with milk and wrap it in cling wrap. **DO NOT** attempt to replace the tooth. Make a dental appointment as soon as possible for a review. If the tooth cannot be found, it is still important to see your dentist, as the tooth may be dislodged into the lip, swallowed or even inhaled.

Finally, why not treat yourself or a loved one to a dazzling white smile this Christmas. Christmas is the perfect time to give a gift voucher and tooth whitening is a gift that will keep on giving, smile after smile.



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

Window Safety This Summer

Marlene Even

During summer, there is usually an increase in children admitted to hospital due to falls from windows and balconies, so it is vital that residents check that their window locks are safe.

In March 2018, legislation was passed to ensure that all strata buildings in NSW must be fitted with child-proof locks that stop windows from opening more than 12.5cm. Windows that are 2 meters above ground, and windows inside that are less than 1.7 metres have to be fitted with a lock. Dr Soundappan from The Children's Hospital at Westmead hopes this legislation will lead to a decrease in hospital admissions.

"I'm hoping to see no falls this upcoming summer," says Dr Soundappan, head of trauma at The Children's Hospital at Westmead.

Dr Soundappan encourages residents to check their window locks are compliant and robust. If not, he says residents should be proactive in contacting strata.

Parents should also be considerate of furniture, where children could climb up to reach windows. A worry in particular are beds positioned next to windows in small apartments. The hospital's 'Kids Can't Fly' campaign also reminds Australians that flyscreens do not prevent a child from falling outside the window.



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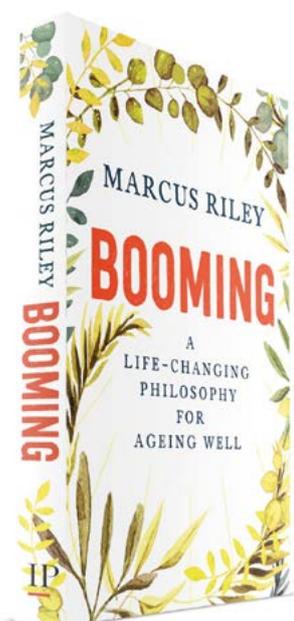
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Price is for 2 adults. *Accommodation in a Lemur Room or a Wild Encounter Room in uShaka Lodge - upgrades available to other uShaka rooms and suites from \$100/couple, or to a Giraffe Treehouse. (POA) **Australian Hotels Association 2017 Awards for Excellence



"Say 'yes' to new opportunities, to invitations, to following your passions, irrespective of your age, health or social circumstances."



'Booming' by Marcus Riley
400 pages
Ventura Press

Ageing Well with "Booming"

Hannah Prasad

Growing old is often associated with negative connotations, but thriving on life can be done at any age, especially as you mature. Older age is a time to seize opportunities and create a life you wish to flourish in. Marcus Riley encourages readers to grasp every moment in his book 'Booming', a life-changing philosophy on ageing well. With warm words and inspiring wisdom, this book will unravel a lust for life that may have been sequestered in the depths of your heart. *Sydney Observer* sat down with Marcus to discuss his book, how to find your purpose in life and how to make the most of your Boom years.

Why do you think growing old is often put in a negative light?

Across our society, we have an ingrained ageism which underpins a very negative and stereotypical perception of growing "old". This ageism or prejudice about being "old" creates a belief that ageing equals decline, that we become less valuable as we get older and should reduce our participation in society. There is also a lack of awareness of the potential to actually age with energy, passion, and purpose even as we become a little frailer and a little slower.

How do you find your purpose in life?

My purpose in life is found by firstly understanding what is important to me – my relationships that matter, my passions and pursuits. The roles I play be they at work, in my family or my local community, my ambition, dreams and the adventures I want to embark on. We can identify what's important by reflecting on our past and present and thinking about our future. As we get older we're at risk of not thinking about our future but we should no matter what age we are. With this self-knowledge, we can then plan our lifestyle to prioritise what's important to us thus fueling our drive and engagement with life aka our purpose!

What are your tips and tricks for ageing successfully?

Know that successful ageing is self-defined and therefore it is possible for all of us. Say 'yes' to new opportunities. To invitations, to following your passions, irrespective of your age, health or social circumstances. Remember we all have passions to be pursued, potential to be realised and happiness to be attained.

What is one thing you want readers to take from your book?

As individuals we have a wonderful opportunity to thrive and revel in our later life, and as a society we have a responsibility to foster successful ageing for all.

How would you encourage individuals to make the most of 2019?

To reflect on the year just gone, contemplate what you want from the year ahead, plan for it and embrace the opportunity the coming year offers you.

Your Dream Job with Sophia Symeou

Hannah Prasad

When your career no longer fulfils you it can be a difficult decision to swap comfortability for the fear of the unknown. Knowing when it is time to move on and make a change can allow you to redefine yourself and create a career that is motivating and inspires you. *Sydney Observer* sat down with Sophia Symeou, CEO of INS Career Management to discuss tips and tricks on how individuals can advance their career paths and find the courage to execute changes at any stage of life.

One of the hardest parts of a career change is knowing when to leave. The new year is a great foundation to start thinking about what aspects you appreciate at your job and what areas you would seek change in.

“The start of a new year often spurs us to review and rethink our lives and our careers – to take stock and remind ourselves what we want out of our working lives.”

“If you dread weekday mornings, can’t bear another team meeting, you’re not consistently delivering up to your normal standard or don’t quite care as much, then it might be time to update your resume.”

“Curiously, thinking about changing jobs is often talked about being a response to a negative experience like the events above. This need not be the case. Changing roles can also be about taking control of your career



Sophia Symeou, CEO
of INS Career Management.

and your working life. It might be that you love what you do and have gone as far as you can in that particular role. Looking for a new challenge, a way to progress your career or to move in a completely new direction, are also valid reasons to explore the job market.”

Making a career change can be a daunting experience. A new workspace and environment can be difficult to adjust to, but understanding what motivates you and why you want to make a change is a great way to tackle what could be a difficult decision.

“The great thing about this process is that the sky is the limit. So take this opportunity for what it truly can be. A new beginning.”

“A good place to start is to define why you want a career change. Are you motivated by money? Annoying colleagues? A bad boss? Chasing a dream? Defining your motivation will help you determine whether you need a full career change, or whether a new role might suffice. It will also help you remember what you’re looking for as you evaluate new courses and positions. Ask yourself what you’re passionate about, where your strengths lie and what motivates you.”

Knowing the difference between being tired, run-down and needing a break, compared to being in a position at your job where you are no longer being fulfilled, are important factors when thinking about leaving your current career.

“Sometimes we feel like we need a change, but we’re not sure what exactly needs changing. If this is you, I encourage you to stop and take stock. Are you experiencing fatigue and lack of motivation? Even people in their dream jobs need a break sometimes. However, if after a lovely break that feeling of dread returns quickly and the things that previously gave you joy just don’t cut it anymore, then it may be time to make a career change.”

“So why stay where you are if it does not make your heart sing? Take action, talk to people in the know and spend your precious time doing what you love.”



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CHRISTMAS AT HOME

Cranbrook at Home's bespoke home care services give peace of mind to families over the festive season.

For families who travel over the Christmas and summer holiday periods, the worry about looking after ageing relatives can be tricky to navigate. Fortunately, for families on Sydney's Lower North Shore, leading aged care provider Cranbrook Care's new private in-home care service, Cranbrook at Home, will alleviate that worry with the introduction of a new service – Christmas at Home.

Cranbrook Care has commenced their own private in-home care service without the need for a Government assessment, and with no wait lists. The Christmas at Home service provides immediate peace of mind for families on the Lower North Shore who are seeking support in caring for their ageing relatives over the festive season.

Christmas at Home's services range from companionship, housekeeping, laundry, bed-making and ironing to grocery shopping, meal preparation, basic

home maintenance, pet care, medication monitoring, help with personal care, and travelling to appointments. What makes Cranbrook's Christmas at Home unique is that in addition to these services and part of our bespoke offering, we can provide daily dining, entertaining and exciting leisure and lifestyle events and activities at our aged care residence Lansdowne Gardens in Neutral Bay.

"The peace of mind that the Christmas at Home service brings is a significant benefit for families with older relatives, particularly if they don't live close by or are going away over the festive season," said Cranbrook Care's CEO Kerry Mann.

"There's plenty of scientific evidence to suggest a lack of social connection has been linked to deteriorating health conditions including cardiovascular disease, dementia, poor sleep and depression. Our Christmas at Home service means that knowing their loved ones are not alone during that time and are enjoying events and festivities with others can be a huge relief," she added.



Aged care residence
Lansdowne Gardens
in Neutral Bay

"The benefits of in-home care are also well recognised. This type of service can keep loved ones comfortable, enable them to continue with their daily routine, allow them to enjoy one-on-one attention from a care giver, and even provide them with access to a customised home care plan to suit the individual and their family's needs," explained Ms Mann.

Cranbrook at Home and the Christmas at Home service will initially be available to clients living on the lower North Shore.

For additional information:
www.cranbrookathome.com.au

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bellavistagardens.com.au



BENEFITS OF 红茶菌

(KOMBUCHA)

Hannah Prasad

Gut health and kombucha have been a focal point of health discussions within the last few years, but what exactly is gut health and is kombucha just another trend? *Sydney Observer* sat down with Drew Bilbe, Co-founder of Nexba. Bilbe shared an insight into the importance of gut health, good bacteria and how Nexba has created a kombucha that is not only good for you but tastes delicious as well.

What are the health benefits of kombucha?

The fascination of health benefits from fermented foods has always been there, but it was not until science proved that there was some solid evidence for this was when the hype began. Kombucha is essentially the product of fermenting green or black tea which is a process activated by a symbiotic culture of bacteria and yeast (also known as SCOBY) to release probiotic bacteria. A healthy gut is a delicate balance of good and bad bacteria.

Consuming kombucha helps replenish the good bacteria and maintain your gut. Probiotics have also been proven to boost immunity, lower cholesterol and reduce symptoms of eczema.

Why is gut health so important?

80% of your immune system is located in the digestive tract, so a healthy gut is integral in maintaining your overall wellbeing. The gut is closely connected to the brain and studies have shown that an imbalance of bacteria is associated with Parkinson's disease, Alzheimer's disease, and even schizophrenia. Bacteria in the gut also produces the chemical responsible for weak blood vessels in your brain, which can cause strokes and seizures, a condition affecting every 1 in 100 people today. Nexba's Kombucha is our way of supporting every Australian to make small, practical and easy steps towards better gut health.

Kombucha has a signature taste that isn't always so palatable, does Nexba

Nexba Co-founder
Drew Bilbe.



Kombucha have the same delicious taste as all the other products?

All of our drinks are naturally sweetened with Erythritol and Stevia leaf extract. Erythritol is 100% natural and a zero-calorie food. Unlike artificial sweeteners, which are man-made synthetic chemical compounds formulated in a lab, Erythritol appears naturally in fruits such as pears, melons and grapes, as well as foods such as mushrooms and fermentation-derived foods such as wine, soy sauce and cheese. We combine this with dried stevia leaves which are steeped in hot water to extract glycosides: the sweet-tasting parts of the leaf. Simple but delicious.

We are MOVING to a great new showroom in HORNSBY

Wrap a helpful solution this season

We may be coming older, but we still love the magic of Christmas. One of the best things about the Christmas/New Year season - besides the food, families and fun - is the exchanging of gifts. Who has not received a Christmas gift that they either did not like or did not want? Comfort Discovered has put together some unique gift ideas to help you wrap something helpful this Christmas to suit every budget. Plan ahead if you would like to have the delivery before Christmas

When you have family members visiting you this Christmas, please ensure that the experience is least inconvenient for you as well as your guests. Comfort Discovered has a host of equipment that are available on hire.

We are moving to a new showroom in Hornsby shortly. We are clearing a lot of stock during this time. So if you have been planning to get a new Electric Bed, Rise Recliner, Scooter or some accessories, let us know how we can further assist you in making it a reality.

Comfort Discovered



www.comfortdiscovered.com

Phone 9987 4500
511 Pacific Hwy, Mt Colah
(next door to McDonalds. Easy parking)

The Ultimate Christmas Feast



These are recipes by John Ross, a professional executive chef with over 30 years of experience.

Special Glazed Ham

Ingredients

- 1 whole ham
- 100 grams brown sugar
- 100 grams honey
- 50 grams dijon mustard
- Whole cloves to stud ham
- 100ml water

Method

1. Pre-heat oven to 150 degrees – the ham will go on the bottom shelf.
2. Prepare the ham by (if unsure how to do this, watching a YouTube tutorial is best) making a cut through the skin at the shank. You can do a straight cut or a van dyke cut (zigzag).
3. Gently put your hand under the skin of the ham and gently lift the skin off, leaving behind a good layer of fat.
4. Score the fat with a sharp knife into diamond shapes. Stud the diamonds with the whole cloves.
5. Keep the skin and place it in the baking tray. Place the ham on the skin within the baking tray, add a good portion of the glaze over ham, and add room-temperature water to the tray. This helps the glaze not to burn during cooking. Cook ham for 1 ½ to 2 hours.
6. Make sure to keep a leftover portion of the glaze so that you can baste the ham every 20 mins.
7. If you choose to make gravy for your Christmas occasion, use any leftover glaze and skin to make gravy as it adds great flavour.



Fresh Oysters with Shallot Vinegar Dressing

Ingredients

- 2 French shallots – (small oval onions)
- 90ml forvm cabernet vinegar – buy from quality grocery stores
- Salt & pepper to taste
- Garnish with fresh lemon slices
- Freshly shucked dozen raw oysters (Sydney Rock Oysters are ideal)



Method

1. Peel shallot, finely dice shallot small. Add salt & pepper.
2. Add vinegar. Let it sit for an hour, and then serve so that the flavour matures.

This is used as an accompaniment for raw oysters. Can be kept in the fridge for usage over the festive period or until your oysters are finished.

Vanilla Panna Cotta with berries

Ingredients

- 500ml single pouring cream
- 45 grams castor sugar
- 7 grams powder gelatine
- 1 tsp. vanilla extract or paste
- 1 punnet of strawberries
- 1 punnet of raspberries (optional)
- 20ml Grand Marnier liqueur (adults) or fresh orange juice (kids)
- 20 grams castor sugar (for strawberries)



Method

1. Soak gelatine with 40ml of cream. With the rest of the cream, add it with the sugar and vanilla paste in a heavy base pot and bring to the boil.
2. Take cream off the heat and whisk in the soaked gelatine in cream mixture. Stir until dissolved.
3. Pour into 4 clear glasses and let sit in fridge until set. Can be made the day before.
4. Wash and hull the strawberries, cut in half and slice into small wedges.
5. Mix the cut strawberries with sugar and Grand Marnier liqueur, or fresh orange juice if recipe is for kids. Do this 30 minutes before you serve your panna cotta.

Seafood with Cocktail Sauce

Ingredients

- 80ml quality mayonnaise (Hellman's brand is ideal)
- 40ml tomato ketchup
- 5ml worcestershire sauce
- 5ml horseradish
- 2ml tabasco sauce
- Garnish with fresh lemon slices



Method

1. Mix all ingredients together.

This is used as an accompaniment for cold seafood – prawns, crab, bugs, can be kept in the fridge.

Summer Party Platters

Isabella Ross

Summer is the time for friends, family – and food of course! As the weather heats up, outdoor party plans and events should definitely be on the agenda. With lots of delicious delights to choose from, here is our ultimate guide on designing the perfect summer-inspired party platters.



Mediterranean Assortment

Delicious and decadent, Mediterranean food is one of the most popular cuisines, so you can be certain that your guests will love this platter theme. Start with an assortment of Italian cured meats, like prosciutto and pancetta. This can be paired perfectly with some Greek-style marinated olives, along with an accompaniment of fresh sourdough and balsamic olive oil. Pop open a bottle of rosé and says cheers to a fabulous foodie occasion.



The Classic Combo

A staple at any event is the classic sampling platter, with lots of cheeses, crackers, and fruit, but this platter can be elevated to the next level with some additional accompaniments. A delicious quince paste is a must as it can be paired with a good quality blue cheese. Add a few breadsticks and some fresh figs to guarantee that the platter is sure to please all.



Fresh and Fruity

A girl's garden brunch. A kid's birthday party. An afternoon tea after Pilates or yoga. All of these occasions would be perfectly paired with a fresh and fruity platter. This is a health-orientated option that should consist of some exotic fruit and tasty yoghurt accompaniments. Simply present the platter creatively, and this dish is sure to impress your guests and compliment your Instagram lifestyle.

The Dessert Bar

The perfect way to end a food-filled event is with a luscious dessert bar, filled with delicious delights. Loaded donuts are the latest craze to hit the market, with fresh fruits, cream and decorative elements perched perfectly on top of the desserts. Another must-have is an assortment of macarons – the ideal finger food that will fix any sweet tooth.

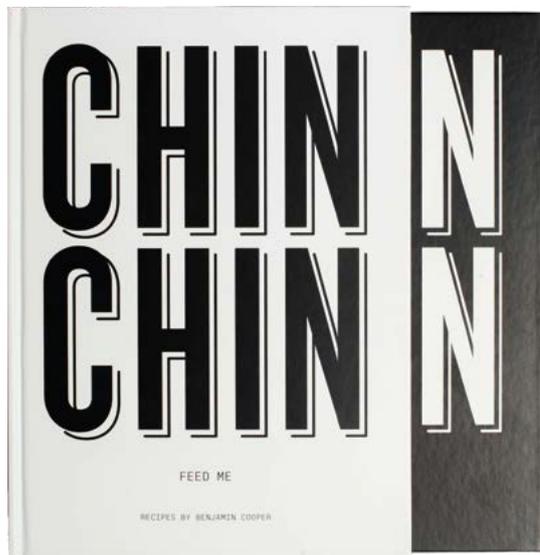


Gift Ideas for Foodies

Hannah Prasad

'Chin Chin: Feed Me'

If you have always wanted to create Chin Chins signature meals at home then you are in luck! The iconic restaurant located in Melbourne and Sydney has launched their cookbook that follows the structure of their 'Feed Me' option when dining. With a variety of recipes for foodies to duplicate, get ready to feast on the intense and scrumptious flavours of Chin Chin in the comfort of your own home.



Sydney Seafood School Summer Program

There is nothing better than salty air that lingers on skin, warm rays of sunshine, and the smell of seafood to tantalise your taste buds.

If you're looking to perfect your cooking skills, why not take a class at the Sydney Seafood School Summer Program! The program features an array of delicacies to cook that will leave your mouth watering. From easy Italian, Sushi and Sashimi Basics, to the famous Singapore Chilli Crab, why not treat a loved one, or yourself to a special and memorable gift that will leave you with skills to last a lifetime.

Classes run from November through to February. To book a class or purchase a gift certificate head to: sydneyfishmarket.com.au/seafood-school/cooking-classes

'Broadsheet Italian Cookbook'

The Broadsheet Italian Cookbook is a collection of 80 recipes from the best Italian restaurants across Australia. This book is a guide on Italian-Australian dining in all its forms, showcasing restaurants and chefs who have been inspired and influenced by Italian heritage. The book features an array of beautifully crafted illustrations that pay homage to the authenticity of Italian cuisine in a contemporary format. With a combination of delectable recipes and timeless stories, this book is sure to please the foodie in your life.





Carols in Willoughby Park

When: 1 December 4 pm

Bring your picnic rug, singing voice and your family for the perfect evening out. Listen to the carols, shop for some presents at the markets, get a photo with Santa or join the Circus Akimbo for interactive activities.

willoughby.nsw.gov.au

Floral Wreath Workshop at St Ives Shopping Village:

Dates: 5 December - 12 December

Add a personal touch to your Christmas festivities by creating and decorating your very own fresh wreath. This workshop is part of the Santa Special currently running at St Ives Shopping Village, with a meet and greet with Santa and gingerbread house workshop also available throughout the season. For only \$40 per person, booking is essential for this event.



Sydney Santa Spectacular

When: 7-27 December

Wishing for a white Christmas this festive season? Enjoy a cool Christmas this summer, with Sydney Santa Spectacular arriving at Rosehill Gardens Racecourse. Take the kids to Santa's enchanted forest with live a snowfall, or have a snowball fight at the Polar Bear playground. Enjoy the silly season with Australia's largest portable ice rink, or get competitive on the toboggan slide.

sydneysantaspectacular.com

Chatswood Mall Christmas Market

When: 10-23 December

Marvel in the spirit of Christmas at Chatswood. With market stalls providing arts, craft, fashion, and fresh produce, this is the perfect location to find a unique and memorable gift.

willoughby.nsw.gov.au/whats-on/chatswood-mall-market/chatswood-mall-christmas-market/

What's On

December & January



Christmas Gingerbread and Wreath Making:

Dates: 11 and 13 December

Get ready to celebrate the Christmas season with the joy of making! This December, come and enjoy a family-friendly evening of creation by making your very own gingerbread house or Christmas wreath.

villagechurch.sydney/christmas/

Willy Wonka Heading to Sydney

Marlene Even

New York actor Paul Slade Smith is heading to Sydney, to play the role of Willy Wonka in the Charlie and the Chocolate Factory musical. Paul played Grandpa George in the original Broadway cast and previously appeared in *My Fair Lady* and *The Phantom of the Opera* on Broadway.

Sydney Observer, had a chat to Paul about how he got into character for the quirky role of Willy Wonka.

“I love in the book how [Willy Wonka] is so excited to welcome everyone to his factory because he thinks they are all going to respond to it the same way he does and of course most of the kids don't because they are selfish, greedy and they care only about eating and don't listen well. It's very easy for me to be that character who's creative, imaginative and a little bit evil.”

Paul believes the story is told through the framework of Willy Wonka's morality, which is also Roald Dahl's sense of morality.

“Roald Dahl had a very honest view of humankind which is that there is a lot of not nice people in the world, Charlie



Bucket is only one in five, and the other four are really rotten kids. It is fun to be the person that tells them what the downsides are to being rotten.”

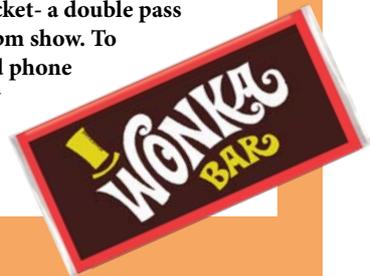
“There's a reason why this story has lasted as long as it has and will last centuries, it is a story that speaks to the creative spark in each of us.”

Charlie and the Chocolate Factory, is at Capitol Theatre from 5 to 12 January.

Tickets can be purchased at www.ticketmaster.com.au/artist/844247

Win a golden ticket to the musical!

Sydney Observer has one golden ticket- a double pass for the Saturday 12th January 7.30pm show. To enter email your name, address and phone number with the subject line 'Willy Wonka' to editor@kamdha.com Please note we operate on a first in, first served basis.



A Choral Christmas Celebration

When: 14 December 11am or 7pm

Listen to the choral works of Bach, Handel, Bruckner, Rutter and your favourite Christmas carols resounding through St Mary's Cathedral. The St Mary's Cathedral Choir is celebrating their 200th anniversary, as the oldest musical ensemble in Australia. This year's Christmas carols will be presented in two concerts, at 11am and 7pm performed by the talented St Mary's Cathedral Choir and Sinfonia Australis.

cityrecitalhall.com/events/choral-christmas-celebration

Woolworths Carols in the Domain

Dates: 22 December

The perfect festive celebration for the whole family is Carols in the Domain, being a classic and well-loved Christmas occasion for many Aussies in Sydney. All you need is, a picnic blanket, an electric candle, your best singing voice and lots of cheer!

carolsinthedomain.com



Prada's Priscillas: An All-Male Christmas Revue

Date: 22 December

Australia's most sought-after drag queens are bringing their glittering drag spectacular Prada's Priscillas: An All-Male Christmas Revue, to The Juniors Club in Kingsford, Sydney. This special edition of Prada's Priscillas will also feature some of the most loved Christmas hits performed by the world's greatest divas including Jingle Bell Rock, All I Want for Christmas Is You, We Wish You a Merry Christmas, and Santa Claus Is Comin' to Town. For more information on this showstopper event, visit

pradaspriscillas.com/

Boulevard of Light at Pitt Street Mall

Dates: 24 November
– 1 January

Let your heart sing and marvel at the Christmas wonderland on display along Pitt Street Mall this December. Along the walkway in the heart of Sydney will be a canopy of suspended fir trees and feature of approximately 8,000 LED lights. This installation will also be accompanied with carol singers every Thursday, Saturday and Sunday of the event from 6pm – 8pm.

whatson.cityofsydney.nsw.gov.au/events/boulevard-of-light



New Year's Eve at Watson's Bay Boutique Hotel

Dates: 31 December

For those who prefer to kick up their heels and welcome the New Year in with a dance, this event is perfect for you. Fireworks, food, beach, bubbles – the lot! Kick back and let loose as the midnight fireworks light up the city skyline from Watson's Bay. With an electric-dance lineup, the event is sure to keep you grooving all night long.

watsonsbayhotel.com.au/nye-tickets/

New Year's Eve Midnight Fireworks Darling Harbour

Dates: 31 December

For one of the best free views of the spectacular fireworks display, Darling Harbour is the place to be. With each year known to out-do the previous show, the New Year's Eve fireworks definitely look even better in person than watching on your television screen at home.

sydneynewyeareve.com

Parkes Elvis Festival

When: 9-13 January

Take a road trip to rock and roll at Parkes Elvis Festival. Watch the ultimate Elvis tribute artist contest, concerts, the street parade and rock n' roll dancing competition.

parkeselvisfestival.com.au

Flickerfest-International Short Film Festival

When: 11-20 January

Head to sunny Bondi to watch the best international and Australian short films. Held at Bondi Pavilion, the festival will include inspiring, harrowing and funny films this January.

flickerfest.com.au

Sydney Festival

When: 9-27 January

Indulge in some theatre, dance, art or talks at Sydney Festival. A highlight of the festival is Shanghai Mimi, a musical with singers, acrobats, aerialists and dancers that take you back to the swinging 1930s of Shanghai.



Sunset Cinemas

When: 17 January - 30 March

Enjoy a movie at the Sunset Cinema in North Sydney. Pack a picnic rug, snacks and bask in the glory of a warm summer night.

sunsetcinema.com.au/north-sydney/

A Love Story Bound by Art

When: 18-29 January

A Love Story Bound by Art explores the relationship between renowned artist Brett Whitley and his wife Wendy. The drama at Riverside Theatre will cover their personal tumultuous relationship, as well as the influence they provided to the Australian art scene. With an amazing cast featuring Paul Gleeson, as Brett and Leeanna Walsman, as Wendy audiences are in for a treat.

sydneyfestival.org.au/events/brett-and-wendy

Experience the Unforgettable!

Jamala Wildlife Lodge is nestled within the grounds of one of Australia's most interactive zoos, the National Zoo and Aquarium in Canberra. It boasts 18 luxurious 5-star, African lodge inspired rooms, set across 3 different accommodation precincts. This luxury escape is specifically designed to get you up close and personal with some of the zoo's best-known residents. Jamala won the Australian Hotel Association's award for best de-luxe accommodation in Australia.

Jamala Wildlife Lodge is an all-inclusive experience where guests are treated to exclusive behind the scenes zoo tours. They encounter some of its most popular residents, such as rhinos, lions, tigers, giraffes, monkeys, and meerkats for an unprecedented opportunity to connect with and learn about these incredible animals.

Truly fine dining culinary offerings complete your lodge stay, featuring sunset canapés and drinks, a gourmet African style 5-course dinner with fellow guests, and a freshly prepared breakfast. These are all often accompanied by some very special visitors and are the perfect complement to this once in a lifetime accommodation adventure.

Guests are invited to immerse themselves in one of the most unique experiences in the world and take on the thrill of a wild African safari, making



it a truly remarkable accommodation experience.

uShaka Lodge

The cornerstone of Jamala Wildlife Lodge is uShaka Lodge, filled with stylish and luxurious furniture and African artefacts and artworks, whilst in the company of the curious and captivating Colobus Monkeys and the graceful inhabitants of the 200,000-litre shark tank.

Jungle Bungalows

Guests can choose to spend the night within the habitats of some of the world's most amazing animals. The Jungle Bungalows provide guests with the unique opportunity to bathe

alongside Sun Bears, sleep next to a Lion, check out a Cheetah or admire a Tiger from the 5-star comfort of their African inspired bungalow, as they get to know these beautiful creatures in the most personal and intimate way.

Giraffe Treehouses

The six Giraffe Treehouse suites allow guests to mingle with the friendly animals which reside in a private garden setting. Enjoy panoramic views of the Molonglo River from the balconies while meeting and hand feeding the resident giraffe!

Jamala Wildlife Lodge:

t: +61 2 6287 8444 ^[SEP]
e: info@jamalawildlifelodge.com.au
w: jamala.com.au

So Frenchy So Chic

When: 19 January

Have a girl's day out at the French pop garden party, showcasing an all-female line-up. Enjoy music, cheese and a French cocktail bar. Taking the kids? Magnifique! There are kid-friendly activities with free entry for children under 12.

sofrenchysochic.com/sydney/



Australia Day

When: 26 January

Head to the Bicentennial Park in Pymble for an exciting day full of live performances, amusement rides, and animal encounters. The Local Citizen of the Year Awards and Citizenship Ceremony will also take place, so pack a picnic and get ready for a fun-filled day.

mnc.nsw.gov.au/Things_to_do/Events_activities/Major_events/Australia_Day

Yabun

When: 26 January

'Yabun' means music to a beat in Gadigal language. This event is Australia's largest festival of Indigenous Culture, and is held annually at Victoria Park. The event features live music, traditional cultural performances, panel discussions and plenty of stalls with yummy food, information and goodies.

yabun.org.au

Wugulora Indigenous Morning Ceremony:

Dates: 26 January

Begin your Australia Day by paying respect to the world's oldest surviving culture. At Barangaroo, the event will showcase a special performance by Indigenous dancers and singers. During the performance, Aboriginal and Australian flags will be raised on the Sydney Harbour Bridge.

australiaday.com.au/events/whats-on/wugulora-morning-ceremony/



Australia Day Concert Sydney Opera House:

Dates: 26 January

Every year, Australia's best artists showcase their talent at Sydney's most iconic building on one of the biggest days of the year in the Aussie calendar. The line-up of performances is yet to be announced, but it is definite that the event will nonetheless be filled with happiness, celebration and family fun.

australiaday.com.au/events/whats-on/australia-day-2018-live-at-sydney-opera-house/



The Rocks Markets:

Dates: 1 December – 31 January

With Christmas and Australia Day around the corner, The Rocks Markets has definitely got everything you need in order to celebrate. In December, the markets will have a host of festive stalls set to sell decorations, handmade cards and even bespoke gift ideas. Once we have said goodbye to Santa, The Rocks Markets will have more of a focus on everything Australian – bringing out the green and gold in all its customers.

therocks.com/things-to-do/the-rocks-markets.aspx

Moonlight Cinema:

Dates: 29 November – 31 March

Are you an avid movie buff? If you are, then why not enjoy the cinematic marvel of a classic, adventure, comedy or romantic film under the stars and amongst the warm summer air. The summer line up for Moonlight Cinema has just been announced, so make sure to grab your tickets, a comfy bean bag and enjoy a fun movie night.

moonlight.com.au/sydney/program/

What's On Kids

Bop till you drop Christmas disco

Where: Gordon Library
When: 12 December 5.30-7.00pm
Price: \$5 per child

Be a Farmer for a Day

Where: Golden Ridge Animal Farm
Dural
When: 18- 20 January
Price: 1-3 years old \$20
4+ years old \$25
Adult \$20 per person

Deadly 60 Down Under

Where: Sydney Opera House
When: 11-12 January
Price: from \$39

Code Like a Girl

Where: Amazon Web Services,
Citigroup Centre
When: 8 December 10am -12 pm
Price: \$25 (ages 6-10)

Drama Workshops

Where: St Johns Church, Gordon
When: 14 January
Price: Free

Pizza Party in the Bush (ages 5-12)

Where: The Wild Play Discovery
Centre, Centennial Parklands
When: 15 January and 21 January
10am-12pm
Price: \$29

Camp Parliament for Girls (ages 8-15)

Where: Sydney
When: 12 January 8am-5pm
Price: \$185-200

Junior Science Academy

Where: Macquarie University
When: 17-21 December, 7-25 January
Price: \$122 per day

Whales Tohorā Exhibition

Where: Australian Museum
When: 20 October- 28 April
Price: Children \$14, concession \$22,
adults \$27

Reptile Show

Where: Hornsby Library
When: 15 January
Price: \$10 per child





Colouring Competition

To win a family pass to the Jungle Book: The Next Chapter or The Wind in the Willows:

1. Follow @sydney_observer on Instagram.
2. Take a photo of your child showcasing their colouring sheet.
3. Post a photo and tag @sydney_observer with the hashtag #SydneyObservercolouringcomp

Good Luck!



Are we there yet?



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Nature and Flower Essences



Kerrie Erwin is
Psychic and Medium

Kerrie Erwin

I believe that God and spirit provides everything that we need in life through the beauty and nature that surrounds us. Nature has given us an abundance of flowers, not only so that we feel good when we see them but also to use in medicines.

When I lived in Trondheim, Norway many years ago, I worked as a nurse at the local hospital. Around the same time, a good friend of mine approached me from Germany called Arthur. He was a doctor of natural medicine and was working in the town. I had met him at a local soup kitchen where we were both doing volunteer work for the homeless. He had the same type of humor as me and his energy was very familiar. He also ran a meditation group with his wife, and I always felt he was like a spiritual brother to me. His wife was lovely and gentle natured but she was happy to stay at home while we were busy involved in many different things. Knowing my passion for alternative therapies, Arthur asked me if I would be interested in working as his assistant. He said he would train me in Bach flower remedies, iridology and reflexology. As I was already trained in medicine, and knew my anatomy and physiology, the work would be perfect for me. Overjoyed, I accepted his offer and started to study with him. I loved the work and he was so easy to be with that I was certain we have had many past lives before. Unfortunately, as fate would have it, the authorities had other ideas. I was refused permission to leave the hospital I had been working at to work with him and instead I was sent back to finish my contract.

I still studied the flower essences, and have always been inspired by the great work of Dr Bach, an Englishman and the founder of the essences in the early 20th century. He was truly an incredible talented Empath in his time and was able to heal many people with his amazing essences he discovered while

roaming the English countryside. His vision was simple. He believed that good health was the result of emotional, spiritual and mental harmony.

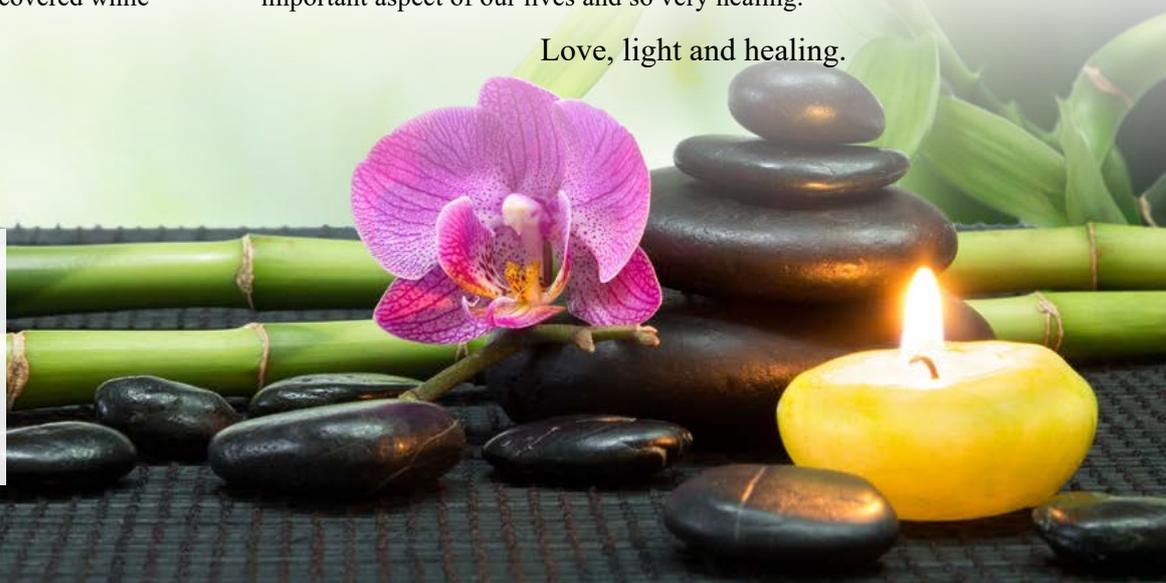
Flower essences work on a vibrational level on the emotional body of the aura and over time help clear all negative emotions from the aura, thus stopping disease. They are able to give us the courage and strength to clear any blocks so we can access our higher self, or what we call our inner wisdom. By doing this we are also able to know our innate higher purpose and follow our true heart's desire by fulfilling not only our hopes but also our dreams. One of my teachers used to laugh and say, three months of Bach flowers is equivalent to 10 years of psychotherapy. I couldn't agree more as I have used them not only on family and myself but also on all my clients as well with wonderful results.

In conjunction with modern, conventional medicine today, they are indeed complementary. I have been using all types of flower essences from all over the world now for many years and find they are an essential part of my life and practice. I have a great understanding of the flower essences and how they work and have made many essences for myself over the years whenever I go into the bush. The Australian bush is magnificent and has the most incredible variety of flowers full of beauty and strength and very spiritual as well. Years ago my husband and I used to love to go bush walking and would often go deep into the bush to see and talk to many of these special flowers. He always acted as my assistant and carried all my little bottles for me on his back while I did my thing, making my essences for clients. Most of the time we would spend walking around and taking in the magic and tranquility the bush had to offer, as nature is such an important aspect of our lives and so very healing.

Love, light and healing.

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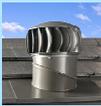
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December Stars

Amanda Hall



Amanda Hall, Psychic

ARIES

Wealth

Money is tricky now as we try to stay in budget with spending. Make sure to invest in yourself first.

Love

Your social life is busy with your loved ones. Singles make sure to join the festive spirit.

Destiny

This is a time to reflect on the year and to start getting ready for new exciting possibilities. New ideas will emerge so make sure to write them down.

Christmas Gifts ideas

Hot rock massage.

TAURUS

Wealth

Spending money does not make you happy, but instead creates stress. Keep an eye on where money is going and try to curb the temptation to spend.

Love

Communication is a little strained with loved ones because of over spending. Keep calm. For singles, shopping may bring love into your life.

Destiny

This is a time of year when you need to catch your breath. It is a time to regroup and look at what you have achieved.

Christmas Gifts ideas

Aromatherapy massage.

GEMINI

Money

Spending up big leaves a hole in your savings. Oh well. It is Christmas and you love this time of year.

Love

Party season means you will be spending significant time with your lover. Singles, this is the perfect time to step out, make sure to accept all invitations.

Destiny

There are many new ideas on the horizon. This is the time to think big.

Christmas Gifts ideas

Mobile Tablet.

CANCER

Money

Extra money coming in is a much-needed bonus as your spending is going through the roof. Special gifts are now needed for the holiday season.

Love

You will feel very secure with your lover and make beautiful memories. Singles don't be shy this season.

Destiny

Now is the time to think big and push yourself into the limelight. Opportunities will quickly come your way.

Christmas Gifts ideas

Chocolates & sweet treats.

LEO

Wealth

Money spent on your appearance is always a great investment. Now is no exception as you need to look your best.

Love

This is a tricky time with your partner, as they are demanding more than you can give. Just be patient. Singles stepping out is important now.

Destiny

For some there are job opportunities on the horizon. Keep positive as better days are ahead.

Christmas Gifts ideas

Jewellery.

VIRGO

Wealth

Crunching the numbers does not increase your bank balance. Just know it is money well spent on loved ones.

Love

Love is calm now so Christmas festivities this year will be special. Singles, visit new places to increase your social circle

Destiny

Deep thinking and new ideas surround you but this is not the time to act on them. Things will soon become very busy.

Christmas Gifts ideas

Gift basket of organic fruit & nuts.

LIBRA

Wealth

Money and fun go hand in hand. Over spending is a common occurrence, but do not stress as you will start saving soon.

Love

Create special memories with family and loved ones at this time. Singles you are magnetic, this is the perfect time to explore new places.

Destiny

Life is an adventure. New opportunities surround you now. Slow down to make the right choices. .

Christmas Gifts ideas

Luxury day spa voucher.

SCORPIO

Wealth

With extra money flowing in, make sure to keep a check on spending. Make sure to save some money for fun outings with family and friends.

Love

There will be extra special moments with your lover. Singles, party invitations are abounding.

Destiny

Be ready to act when opportunities knock on your door. Think big as the sky is the limit.

Christmas Gifts ideas

A weekend away near water.

SAGITTARIUS

Wealth

Such a lucky month in every way. Money will be plentiful which means you do not have to worry about spending.

Love

Time with your loved ones will be memorable. Singles travel is on the cards.

Destiny

Lady luck is smiling on you. Great opportunities are coming your way.

Christmas Gifts ideas

Exotic retreat ticket.

CAPRICORN

Wealth

Money comes and money goes. This is the time to be looking towards future opportunities.

Love

This is a special time of the year with family and loved ones. Singles, be adventurous and step out of comfort zone.

Destiny

Slowly working toward some new opportunities, but there is still careful planning required.

Christmas Gifts ideas

Practical food hamper.

AQUARIUS

Wealth

Money has been a little short lately. Soon it will be flowing again. New ideas will create a steady flow of income.

Love

Love and discovering new ways of viewing life is a treat now. Singles, try visiting technology events.

Destiny

Life has been hectic lately. This is the time to catch your breath, before being busy again with new ventures. There are exciting times ahead.

Christmas Gifts ideas

New tech gadgets are always a hit.

PISCES

Wealth

Money is flowing from creative endeavours now. Make sure to put a bit away for new ventures.

Love

Love is certainly in your eyes with that special person. Make sure to enjoy your time together. Singles, venture to events near water to find someone special.

Destiny

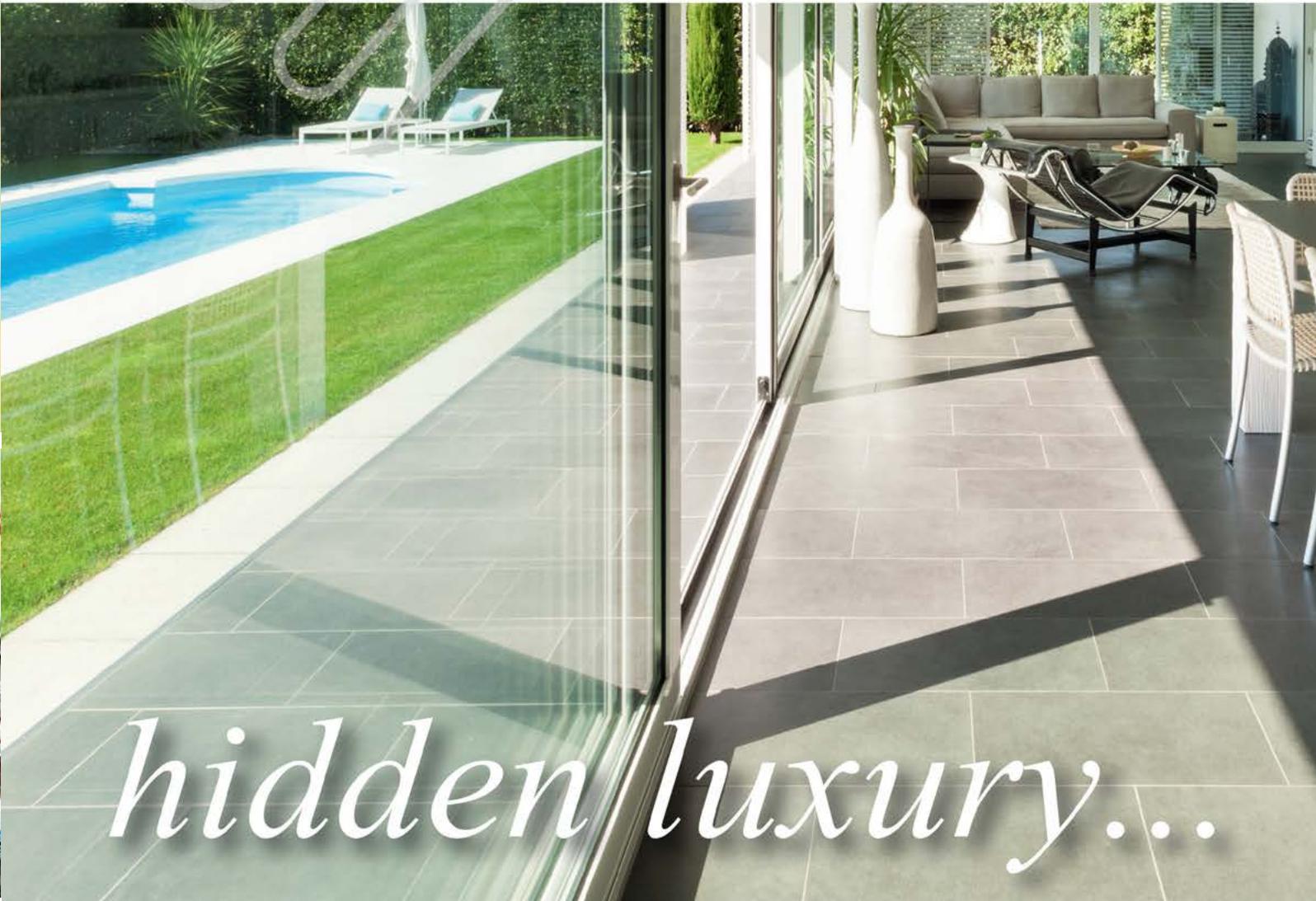
This is a magical time when the creative juices are flowing. There are new prospects and work opportunities on the horizon.

Christmas Gifts ideas

VIP Movie package.



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