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From the Editor

Greetings, Sydney Observers!

As we approach the culmination of this year, it's both surreal and reflective. Amidst the peaks and valleys, let's pause to embrace the goodness and beauty that's been bestowed upon us. Grateful for the journey of these monthly editions together, I extend heartfelt thanks for your continued presence. Here's to your wellness and joy in the upcoming new year and festive season. So, cheers to shared stories and the anticipation of what's

Nestled in the bustling heart of Sydney, the Opera House stands as a testament to artistic brilliance. At the helm of its nuanced world of entertainment is Ebony Bott, Head of Contemporary Performance. Weaving through the subtleties of programming, Ebony joins us in this issue to share her knack for staging unique and artistic experiences.

Inside we also explore the world of fashion with the new hit series *The Way We Wore*. 'Tis the season for exploration and selfindulgence. Our Summer Special unveils a plethora of opportunities to discover new interests or pamper yourself with things you adore. Find what resonates with your desires and make this holiday season uniquely yours.

Willow Berry

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Snippets Snippets



Australia's Priciest Suburbs for Renting

Data from *flatmates.com.au* has unveiled the weekly median rent per room in Australia's most expensive suburbs. Sydney's top 10 priciest areas for renting include Warriewood, Darling Point, Sydney, Bondi Beach, Bondi Junction, Bronte, Cremorne, Erskineville, Manly, and Rose Bay. This information is providing valuable insights for renters and showcases the diverse rental landscape in the city.

Fire Ants found in Northern NSW

Fire ants have been discovered in northern NSW for the first time, prompting a national response plan. These invasive insects, known for painful stings and harm to native flora and fauna, were found 13 kilometres south of the NSW-QLD border. Federal, state, and local governments are collaborating to eradicate the nests and prevent their southward spread. Detection dogs are being employed to locate any additional nests.

Career Disability Initiative

Woolworths, Coles, and Kmart are participating in an 18-month Federal Government program aimed at increasing job opportunities for people with disabilities. The initiative assesses barriers to employment and seeks to improve career advancement for individuals with disabilities. By addressing high unemployment rates, the trial aims to create a more inclusive workforce.



Childcare Reform

The Productivity Commission recommends making childcare free or very affordable for low-income families in a recent report. The independent agency suggests measures to enhance child care accessibility and effectiveness. Advocating for change, the commission urges the Federal Government to consider policies that would alleviate the financial burden of childcare for families with limited income.







Challenges Retail Work

A survey by the Shop, Distributive and Allied Employees Association highlights a concerning trend, indicating that 76% of retail workers experienced regular verbal abuse in the past year. The findings shed light on the challenges faced by those in the retail and fast-food sectors, emphasising the need for improved workplace conditions.



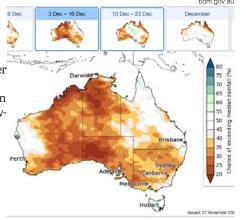
Australia-India Film Partnership

Australia and India have signed the 'Australia-India Audio-visual Co-production Agreement' to collaborate on films and TV shows. The partnership aims to strengthen diplomatic ties and boost the Australian film industry. Eligible projects in both countries will receive government funding, including grants and loans, fostering cultural exchange through cinematic collaborations.

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Longevity of El Niño

Data from the Bureau of Meteorology predicts that the hot and dry conditions resulting from the El Niño weather event will persist into autumn next year. Warm temperatures and belowaverage rainfall are anticipated to intensify from January to May. This comes after three consecutive La Niña summers in Australia.



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Hornsby Town Centre Masterplan

ornsby Shire Council recently adopted its Hornsby Town Centre Masterplan, a crucial move toward meeting state-mandated dwelling targets.

The plan focuses on reshaping the Town Centre skyline, providing opportunities for over 4,900 new dwellings in slender residential towers. These structures, varying in height up to 36 storeys, are strategically clustered around the train station and mall.

The Masterplan, acknowledging feedback from 496 stakeholders, was amended to address feasibility and amenity concerns. Hornsby Shire Mayor, the Hon Philip Ruddock AO, expressed satisfaction with this milestone and emphasised progress on Council's major projects to support future population growth.

"Sydney's population is growing, and it is no surprise to us that Hornsby's convenient distance from the Sydney CBD highlights it on the map when examining future housing needs for this city," he said.

"I'm immensely proud of our Council to have finalised this Masterplan to meet our



housing targets with design excellence and sustainability. I'm also buoyed by the commitment made to the necessary supporting infrastructure in the area.

"We're proud to see Hornsby
Shire planning to provide not only
housing and transport but the necessary
amenity and leisure space required by
such growth in neighbouring LGAs as
well as locally".

To view the submissions report and adopted Hornsby Town Centre Masterplan visit <u>yoursay.hornsby.nsw.</u> gov.au/hornsby-town-centre-masterplan.



Grants for Community Groups

S ecuring grants for community groups in Ku-ring-gai just became more accessible with a new initiative by the Council. The Council is making it easier for local community organisations by offering 100 of them complimentary access to a grant portal, enhancing their chances of securing funding.

This free access entails individual subscriptions to a web portal, each valued at \$125, provided by the Funding Centre, a not-for-profit organisation managing a grant portal with over 5000 opportunities for community groups and charities to pursue funding.

Through this collaboration, 100 community groups in Ku-ring-gai can enjoy unlimited access to a comprehensive grants database, along with customised email alerts notifying them of available grants. Subscribers will also benefit from a monthly newsletter, a personalised dashboard, and online assistance with the grant application process.

Interested parties seeking this complimentary subscription must hold not-for-profit status or be registered charities, actively contributing to the community within the Ku-ring-gai Council area.

Mayor Sam Ngai said the 100 free subscriptions would be issued to organisations who were quickest to apply.

"It's an opportunity to increase both your awareness and success rate with grants. Each subscription lasts for 12 months so there's plenty of time to get grant applications in."

To apply for a free subscription, interested parties can visit <u>krg.nsw.gov.au/subscriptions</u>.

Hornsby Council Annual Report

ornsby Shire Council proudly released its 2022-2023 Annual Report, showcasing a dedication to high-service levels amid challenging financial conditions.

The report highlighted transformative projects, robust community engagement, and ongoing initiatives for bushland preservation, resilience, and inclusion. Mayor The Hon Philip Ruddock AO emphasises the commitment to enhancing Hornsby Shire's quality of life.

"I take immense pride in the services we provide to our diverse community, as they truly reflect our commitment to making a difference," said Hornsby Shire Council Mayor, Philip Ruddock AO.

"From initiatives like Hello Hornsby that enrich the lives of our seniors to the vibrant celebrations of National Youth Week and our WorldPride 2023 event, it's about creating a meaningful impact in people's lives."

The local community can now enjoy a new indoor cricket centre at Mark Taylor



Oval in Waitara, a brand-new boat ramp at Wisemans Ferry, and a spectacular playground at Warrina Street Oval in Berowra.

"We've made great progress on our ambitious journey to deliver new services and facilities for our community, harnessing rates, development contributions and grants from the NSW Government all while preserving our beautiful bushland surroundings."

More key operational and capital achievements for 2022/23 include:

- · Planting 1,971 trees.
- Distributing 31,899 native plants for planting in the Shire.
- Constructing 2.96 kilometres of new footpaths.
- Spending \$4.8 million on local footpath and shared paths.
- Repairing 2,550 potholes.
- Harvesting 2,057 kilolitres stormwater for reuse systems.
- Collecting 37.19 tonnes soft plastics at the Community Recycling Centre.
- Constructing or upgrading 3,667 metres of
- tracks, boardwalks and bridges.

 Installing solar panels on five community
- centres around Hornsby Shire.Adopting a Parking Management Plan to improve car parking in Brooklyn.
- Installing an electric vehicle charging station in Beecroft Village Car Park.
- Completing a Customer Experience Strategy to enhance ongoing customer experience.
- Progressing the Byles Creek Planning Proposal through Gateway Determination and public exhibition.

Ku·ring·gai Council Ku·ring·gai Council

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

Friday 22 December - 8.30am to 12.30pm

Monday 25 December - closed

Tuesday 26 December - closed

Wednesday 27 December - call centre open 8.30am to 5pm; customer service centre closed

Thursday 28 December – call centre open 8.30am to 5pm; customer service centre closed

Friday 29 December - call centre open 8.30am to 5pm; customer service centre closed

Monday 1 January 2024 - closed

Tuesday 2 January 2024 – back to normal hours

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



krg.nsw.gov.au

Enquiries: (02) 9424 0000

Live at Lunch Series Returns

n 2024, the renowned Chatswood Culture Bites program, spearheaded by Willoughby City Council, will proudly present its twelfth instalment of Live at Lunch. This series showcases the exceptional talents of acclaimed flautist Jane Rutter, accompanied by a cadre of renowned musicians, in six captivating performances at The

Jane Rutter stands as a prominent figure in the Australian music scene, acknowledged for her outstanding contributions to music and the arts. Her illustrious career, dedicated to advancing classical and fine music across diverse genres, has earned her the prestigious title of Chevalier des Arts et Lettres (Knight of Arts and Letters) by France. Jane Rutter's mission is to bring high-quality music to a broader audience, making her a central figure in the cultural landscape of Australia.

"The Live at Lunch series featuring Jane Rutter is always incredibly popular because it showcases different styles of music, instruments and experiences. The upcoming 2024 series, with its theme Heroic Women, celebrates both historic and fictional female figures," says Willoughby City Council Mayor Tanya Taylor.

"The Live at Lunch series is a quintessential arts and cultural experience showcasing a diverse range of renowned musicians and performers to our community: this year's glittering program includes West End musical theatre star Peter Cousens and internationally acclaimed soprano Cheryl Baker AO."

The 2024 Live at Lunch

April 3: Heroic Women A stellar trio of Australian women – Jane Rutter, Tamara-Anna Cislowska (piano) and Tarita Botsman (soprano) – will celebrate female triumphs through the lens of musical heroines such as Roxie Hart in Kander & Ebb's Chicago, Bizet's Carmen and many more.

May 29: Strumenti Barocci Accomplished trio Fiona Ziegler (Baroque violin, percussion); Douglas Emery (Baroque cello) and Stephen Lalor (mandolin, lute) join Jane to breathe new life into Baroque and Renaissance musical gems.

June 26: Gershwin: Saxophone Glamour Electrifying Australian saxophone quartet Nexas will join Jane to perform some of Gershwin's best-loved compositions, paying tribute to Audrey Hepburn, Josephine Baker and many more.

September 11: Impossible DreamsA dazzling line-up including West End musical theatre star Peter Cousens, internationally acclaimed soprano Cheryl Baker AO, Pacific Opera soloists, pianist John Martin and emerging Australian musical theatre stars will perform a program of 'dream music' from The Man from La Mancha, Les Misérables, The Bohemian Girl and more.

October 9: Electric Harp Blues & the Silver Screen Louise Johnson on her electric and classical harps will team up with Jane on her gold and silver flutes and whistles to pay tribute to jazz harp legends and the evocative music of the silver screen.

November 13: Mozart Flute Quartets & Arias Jane will replicate her sell-out Paris performance at La Sainte-Chapelle with a superb trio of Australia's finest string players - Rachael Beesley (violin), Stephen King (viola) and Daniel Yeadon (cello).

Ticket prices: Adults \$47.50; Concession/Senior Card holder \$41. Lunch: Join Jane and her guest artists for lunch after each concert: \$35.

Buy a subscription for four or more performances and save up to 20%.

Book Now: www.theconcourse.com.au.

Council Launches New Digital **Business Initiative**

n collaboration with Realise Business, Ku-ring-gai Council is introducing a new initiative to promote a digital solutions program tailored for local business owners.

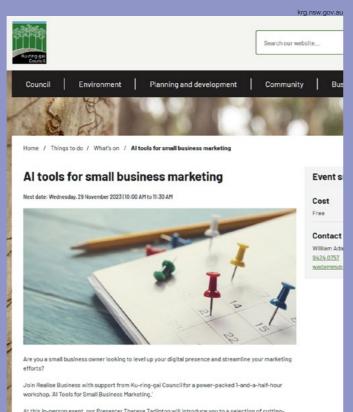
This program aims to empower small businesses by providing them with the necessary tools, resources, and expert guidance to establish a digital presence and enhance their online marketing strategies.

Funded by the federal government, the Digital Solutions program offers business owners a personalised digital pathway that aligns with their unique needs. Specifically designed for those navigating the complexities of online business, the program takes a step-by-step approach, covering aspects such as website creation, social media utilisation, cyber security maintenance, and the digitalisation of business processes.

Participants in the program benefit from one-on-one support provided by expert digital advisors, as well as access to an extensive content library and a calendar featuring over 200 webinars and workshops annually.

Business owners have two options for joining the program: a free option, granting unlimited access to workshops, webinars, and online learning resources; or a one-time payment of \$45 plus GST, providing full access to a digital expert for personalised one-on-one advice and the development of a customised digital roadmap.

To learn more or sign up to the Digital Solutions program visit krg.nsw.gov.au/digitalsolutions.



Ku-ring-gai Library's New App

ntroducing a new level of convenience. Ku-ring-gai library members now have the flexibility to reserve, renew, and download items at their own pace, thanks to a recently launched app.

This user-friendly application, available at no cost, became operational this month and can be acquired from the Apple Store or Google Play.

The app simplifies the browsing process by allowing users to check the availability of items in the library catalogue through barcode scanning, especially useful for those exploring bookstore shelves. Additionally, members can reserve items for collection at any Ku-ring-gai library branch, all without incurring additional charges.

The app also enables users to renew existing loans directly from their mobile devices and create wish lists for future



borrowing. Physical library cards are no longer a necessity, as the app supports multiple digital cards and the linking of accounts.

Recognising language diversity, the app is available in both English and Simplified Chinese. In addition to its core functions, the app provides direct links to the e-library, offering access to a wide array of online books, audio materials, and magazines.

For those seeking entertainment, the app also facilitates round-the-clock streaming of music, films, and television content. The library experience has evolved, integrating technology to make literature and entertainment easily accessible to its members.

To download, visit *gr.solus.net.au/Ku-ring*gaiLibraryService or your app store.

Council Takes Action on Former Landfill Site

n a concerted effort to address environmental concerns, the ■ Willoughby City Council, in collaboration with a specialist environmental consultancy firm, recently concluded an indepth investigation into the contamination status of a former landfill site's soil and groundwater.

The findings were meticulously compiled into a comprehensive report, subsequently submitted to the New South Wales Environmental Protection Authority (NSW EPA) for evaluation.

The investigation's results suggest a low risk to site users, with slightly elevated ammonia concentrations identified, primarily discharging into Flat Rock Creek. In response to these findings, a draft Environmental Management Plan (EMP) was crafted, aiming to guide the Council in managing the site to ensure public safety and environmental integrity.

Notably, the EPA has officially designated Bicentennial Reserve and Flat Rock Gully as contaminated land, subject to regulation under the Contaminated Land Management Act 1997.

The EPA's concerns revolve around potential leachate impacts on groundwater and elevated ammonia levels posing a potential threat to water ecology in Flat Rock Creek and an unconfirmed groundwater-dependent ecosystem downstream. Importantly, these ammonia levels are not deemed harmful to human health.

With the EPA's declaration in place, the next steps involve the management and potentially remediation of the site, potentially under a Voluntary Management Plan (VMP). The Council will spearhead the preparation of a VMP, which will then be submitted to the EPA for consideration. Upon



approval, the EPA will oversee the plan's implementation within the proposed time frame.

The council will finalise the Environmental Management Plan (EMP) and submit a Voluntary Management Plan (VMP) to the EPA for approval. These plans will guide the environmentally sound management of the site, minimising risks to public health. The declaration itself signifies a commitment to transparent communication and awareness within the community.

Local News

The Village Chef Soars to the Top

ormerly known as Meals on Wheels, the Village Chef at Turramurra has achieved statewide recognition for its exceptional food preparation. The prestigious Helping Hand award from Meals on Wheels NSW has been conferred upon this entity for its outstanding contributions.

The Helping Hand awards acknowledge local Meals on Wheels organisations and service providers that have exceeded expectations in supporting Meals on Wheels' mission in NSW.

Earlier this year, the Meals on Wheels provider in Ku-ring-gai underwent a transformation, adopting the name The Village Chef and expanding its menu offerings to include multicultural, vegetarian, and gluten-free options for residents.

Beyond its diverse menu, The Village Chef has demonstrated remarkable community engagement by providing pre-prepared meals to various events and community groups. Moreover, the organisation continues its commitment to delivering over 5000 meals weekly to



Supper Pack: a combination of a four-point sandwich and a small piece of cake.



Grilled Beef Rissoles: rich onion gravy, mixed vegetables and creamy mash potato.

elderly and vulnerable clients in the community. This statewide award recognises The Village Chef's dedication to culinary excellence and community service.



Soup Pack: it comprises a soup, along with a fruit bowl and a bread roll served with butter.

The Village Chef at Turramurra will now go on to represent NSW in the national Meals on Wheels awards later this year. To visit their website go to https:// villagechef.com.au.

Celebrating Nature with Youthful Creativity

W illoughby City Council proudly launched its 13th annual Wildlife Storybook at Chatswood Library, a captivating compilation of inspiring stories, poetry, and artwork crafted by talented Year 5 students.

Mayor Tanya Taylor, in the presence of 170 participants, including students, parents, grandparents, carers, and teachers, emphasised the unique empowerment this project provides to young students.

"Willoughby City boasts 330 hectares of natural environment, home to hundreds of different species, including 150 birds, 30 reptiles, 26 mammals, and eight frogs," Mayor Taylor emphasised.

"By teaching our children to observe, understand, and appreciate these areas and species, we are helping to protect important local habitats into the future."

The Wildlife Storybook is the culmination of a Council-led program involving Bushland Education Officers visiting each Willoughby primary school. Students



collaborate with their teachers to research

a specific animal, and the selected stories

and drawings are featured in the book.

This year, an exceptional 650 stories and artworks were collected from 11 primary schools, providing 650 students in the community with a deeper understanding of their local environment.

As a thank you, students were gifted toy bandicoots to remind them of their success in the project and inspire their continued creative and environmental pursuits.

"With more understanding and education, we can all try to improve habitats for our wildlife in Willoughby," Cr Taylor said.

Mayor Taylor congratulated the students by presenting them with certificates, commemorative toy bandicoots, and copies of the book for their friends and family.

The Storybook is available to download on Council's website www.willoughby.nsw. gov.au/Environment/School-programs or for purchase from Chatswood Library or Council customer service for \$10 and will be available to borrow from all school and local libraries

2024 Local Citizen of the Year Awards

The Ku-ring-gai Council is on the lookout for unsung heroes who have positively impacted the local community in the past 12 months. Annually, the Council acknowledges the remarkable efforts of local volunteers and individuals through the Local Citizen of the Year Awards.

These awards are designed to honour Ku-ring-gai residents who exemplify outstanding citizenship and have made significant contributions to the local or broader community. If you know someone deserving of recognition, now is the time to nominate them for the 2024 Local Citizen of the Year Awards.

"These awards publicly honour some of Ku-ring-gai's most outstanding citizens," said Mayor Sam Ngai, who will present the awards next year along with other Ku-ringgai Councillors.

"It's very important for us to recognise the commitment and effort our residents make to helping others in our community".

There are four categories of awards; Citizen of the Year; Young Citizen of the Year; the Mayor's Award for an Outstanding Contribution by a Community Organisation or Individual and Environmental Citizen of the Year. The awards will be presented at an official ceremony on 26 January 2024.

For more information on nominating someone for the NSW Local Citizen of the Year Awards, visit www.krg.nsw.gov. au/localcitizen. Nominations close on Sunday 17 December 2023.

Wishing Happiness and Joy to All Bradfield Residents

by Paul Fletcher

s Christmas and the holiday season approaches, I extend my best wishes to the people of Bradfield.

We live in a fortunate and prosperous country - and in Bradfield we live in a particularly fortunate and prosperous corner of our lucky country.

Of course there are certainly people in Bradfield who are doing it tough, and all of us face the day to day challenges of life.

But many people say to me how lucky they feel to live where they do.

We are fortunate to live in a free and democratic country that protects and espouses the values of rule of law, freedom and equality.

As we have seen with recents wars and attacks, the stability and security we enjoy in Australia is not present in many other parts of the world.

One of the strengths of Bradfield is its diversity. According to the most recent census, 21% report being of Australian origin, 24.5% of Chinese, 3.4% of Indian and 3% of Korean. I am proud to represent such a diverse electorate – and if there are issues I can help my constituents with I am keen to hear from you.

Whether you are a family, young person, pensioner, veteran or small business owner, your issues matter to me. I am here



to represent your interests in parliament, and you are always welcome to contact and visit my office.

Christmas is a time to reflect on the year that was and spend time with family and friends and consume far too much food. It is a joyous occasion that promotes friendship and togetherness.

I hope residents can enjoy some time off and re-energise before embarking on 2024.

I wish all Bradfield residents a Merry Christmas and happy new year. I look forward to continuing my advocacy in support of your interests in the new year.

Paul Fletcher, is the Federal Member for Bradfield.



Ebony Bott

by Willow Berry

Profile

Nestled in the bustling heart of Sydney, the Opera House stands as a testament to artistic brilliance. At the helm of its nuanced world of entertainment is Ebony Bott, Head of Contemporary Performance. Weaving through the subtleties of programming, Ebony has a knack for staging unique and artistic experiences and now eagerly presents her upcoming Summer Season at the Sydney Opera House.

rowing up in Perth, Ebony
Bott hailed from a family of 10, consisting of five sisters and four brothers.
In a household teeming with kids, concerts, and collective musical prowess, the air exuded creativity.

"I grew up in a very artistic environment. I think my mum wanted the von Trapp family, and, in a way, she got it."

"So, I did the kid thing of performing in ballet concerts, but soon figured out that being on stage wasn't my thing. That led me to explore other roles in and around the arts," she tells *Sydney Observer*.

Having studied media and communications at UNI, Bott ventured into marketing, marking the onset of a two-decade-long journey in the arts. Beginning with arts marketing, she navigated roles in children's festivals, young performing arts theatre companies, Circus Oz, and Back-to-Back Theatre in Melbourne.

"As that was all happening, I found myself really wanting to become a producer and a programmer."

"I started to produce independently on the side while having a full-time job. Then I got the job as creative producer at Arts Centre Melbourne. From there, I started to become a programmer, which I find incredibly interesting."

"You're thinking about different art forms, what's currently in the culture, and what people want."

"It's about taking them on a bit of a journey."

Transitioning from Melbourne to the Adelaide Festival Centre, Bott assumed the role of the director of Cabaret and Commercials, overseeing the Adelaide Cabaret Festival. The next chapter unfolded with a move to the Sydney Opera House, where the intriguing title of "Head of Contemporary Performance" awaited her.

"When I first got the job and moved here in 2020, saying, "I moved to Sydney to be the Head of Contemporary Performance at the Opera House," gave me a surge of pride."



"Diversity, for me, is about telling different stories from various cultures and using different art forms to convey them."

"Walking to the house, it felt surreal. But like any place, a building is the sum of its parts, and the people inside truly contribute to its character."

"Working with people who know how to put incredible things on stages is exhilarating. There's nothing quite like it."

"Even now, I still pinch myself. It feels like a dream."

Approaching programming from an audience perspective is integral to Bott's methodology. Recognising the significance of being one of the largest stages in the country, she emphasises the critical consideration of what stories are chosen to be showcased.

"I respect the audiences that purchase tickets and consider what they want and what they might not know they want."

"Diversity, for me, is about telling different stories from various cultures and using different art forms to convey them."

"It's about world-class, bold, and ambitious work. I consider what is currently in the zeitgeist, what people want, and what I can introduce them to." This summer, Sydney Opera House unfurls its sails to welcome an enchanting array of performances. Drawing in both cultural enthusiasts and entertainment lovers, this season aims to present a mosaic of artistic expressions.

"For our Summer Series, we're creating a new show, Gatsby at the Green Light, turning the studio into a club called the Green Light."

"It's a contemporary take on The Great Gatsby with aerial acts, juggling, contortionists, burlesque, and a soundtrack curated by Kim Moyes from The Presets."

"Accompanied by the voice of Odette, we're taking you to a "Gatsby" party, it's a mix of the 1920s and 2020s."

Complimentary to that is Circus 1903, a refined interpretation of the classic circus experience. The show features a captivating blend of traditional acts, including teeterboard, roller bowler, hoop diving, and jugglers, promising an enchanting spectacle for audiences of all ages.

"In January, we introduce Malevo, an Argentinian dance troupe showcasing incredible agility, speed, and South American passion. It's also a nonverbal performance, making it accessible for various cultures."

Lastly, in January, the Opera House is premiering a new show by Josh Thomas called *Let's Tidy Up*, a collaborative effort with awardwinning playwright Lally Kats.

"It explores a day in Josh's head, delving into his experience on the spectrum. It's different from his usual stand-up and adds a unique dimension to our summer program."

When asked by *Sydney Observer* about her role's most rewarding aspect, Bott highlighted the opportunity to engage with creative ideas.

"Having conversations with artists about their work, hearing them dream into big ideas, and then breathing life into those ideas is the best part of the job."

"It feels like such a privileged position, and I don't take it for granted. I love being able to contribute to making those dreams a reality." Education Education



AFR's Australian University Ranking

by Willow Berry

he University of Queensland has secured the top position in The Australian Financial Review's inaugural Best Universities Ranking, showcasing excellence across a wide spectrum of its endeavours. It narrowly surpassed the University of NSW, while the Australian National University claimed the third spot.

This ranking, drawing from numerous publicly available data sources, offers a nuanced perspective on the higher education landscape compared to traditional rankings. The Financial Review's Best Universities Ranking aims to provide a balanced assessment, acknowledging that universities operate under diverse circumstances and pursue distinct goals, equally significant to those of older and wealthier institutions.

The ranking evaluates universities based on five key categories: student satisfaction, research performance, global reputation, career impact, and equity and access. This approach results in a league table that differs significantly from many international lists, which rely on more limited criteria. Given the significance of equity and access in the Australian context, this category, often overlooked in international rankings, also played a crucial role in determining the rankings.

Monash University claimed the fourth position, with the University of Adelaide securing the fifth spot. Edith Cowan University earned the sixth rank, thanks to its outstanding performance in student satisfaction.

Despite typically leading global rankings in Australia, the University of Melbourne topped two categories—research and reputation—but experienced a setback in overall score due to lower performance in student satisfaction, resulting in a seventh-place ranking.

Deakin, University of Technology Sydney, and Wollongong shared the seventh position, completing the top 10.

The Ranking

- 1. University of Queensland.
- 2. University of New South Wales.
- 3. Australian National University.
- 4. Monash University.
- 5. University of Adelaide.
- 6. Edith Cowan University.
- 7. Edith Cowan University. Deakin University. University of Technology Sydney, and Wollongong University.



Tis the season... to move that elf

by Tayla Foster

is the season for kids all over ■ Australia to be reunited with their mischievous friends, and for parents to wake in a panic in the middle of the night when they realise... they haven't moved that damn elf. That's right, elf on the shelf is back ready to delight children and torture parents with creative places to locate our cheeky little friends.

For many, the elves like to sit amongst books, by the fireplace and on the lounge enjoying the daily news with the rest of the family, but to truly keep the kids on their toes, why not try the following tricks.

EASE ON DOWN THE TREE

It is vital to remind your kids the number one rule when welcoming your elf back into your home this Christmas season, never touch them, or they will lose their magic. When the kids are sound asleep, hang your elf off the Christmas tree with a guided path downwards. Fill this path with lights, baubles and ornaments, that ease them down as if our friend has gone abseiling off a winter wonderland cliff.

ELF IN A TANGLE

In a season filled with candy canes and chocolate, parents struggle with their children's oral hygiene. With elf tangled up in floss, above the bathroom sink, it serves as a great reminder for the kids to brush and floss their teeth every night before bed and when they wake up in the morning.

2023 Top 10 Kids' Books

by Willow Berry

ear after year, Australian readers express their preferences for beloved children's books and authors through the Better Reading Top 50 kids' Books, an eagerly anticipated annual event. Mirroring the reading choices of Australian children, this year's top 10 pool presents an exciting list for readers to enjoy and discuss.

The top spot of 2023 went to... drumroll, please... Runt by Craig Silvey!

Runt is a heartwarming and amusing narrative that explores kindness, friendship, overcoming obstacles, and bringing out the best in others. Notably, this marks the first time an author has secured the number one position in both the Top 100 and Top 50 Kids lists in the same year — an exceptional achievement for Craig Silvey.

While timeless classics and perennial favourites rightfully continued to grace the list, the inclusion of numerous new titles adds an exciting dimension to this year's selection.

The Top 50 Kids books can be found in Big W stores across the nation, as



3. Harry Potter and the Philosopher's Stone by J.K. Rowling.

4. The Gruffalo by Julia Donaldson.

5. The Very Hungry Caterpillar by Eric Carle.

6. The BFG by Roald Dahl.

7. Wolf Girl #1: Into the Wild by Anh Do.

8. Are We There Yet? by Alison Lester.

9. The Lion, the Witch and the Wardrobe by C.S. Lewis.

10. The 13-Storey Treehouse by Andy Griffiths and Terry Denton.

well as in bookshops and libraries. Readers throughout the country can turn to the Top 50 Kids as their yearly book guide, tracking their reads independently, with friends, in libraries, and in school classrooms. They also share their reading journeys on social media platforms using the hashtags #Top5oKids2023 and #BRTop5oKids.

For more on the list visit www. betterreading.com.au.



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Explore the Wild Side of Education

by Willow Berry

oliday time doesn't mean learning has to slow down; in fact, the summer break offers a unique chance for kids to broaden their knowledge in a more explorative manner. Recent research from London Zoo is emphasising that a zoo visit will enhance students' understanding of science and wildlife conservation.

Surveying over 3,000 children aged seven to 14, the study found a positive shift in their knowledge and attitudes toward animals and conservation after visiting the zoo. Notably, their drawings exhibited improved accuracy, incorporating scientific terms like 'canopy' and 'rainforest.'

Alongside this, A report from Kansas State University underscored the pivotal role zoos play in educating people about wildlife conservation. The emotional and intellectual connections formed during zoo visits, coupled with interactions with zookeepers and educational components, contribute to a deeper understanding of conservation's importance. Starting





environmental awareness in students early is crucial for fostering community-wide efforts to protect wildlife habitats.

A German study involving primary-aged students revealed that zoo excursions offer benefits beyond classroom learning, reducing gender inequities and promoting learner agency. These findings highlight the value of incorporating real-world experiences, like zoo visits, into education.

Beyond being a break from the classroom, a zoo visit seamlessly integrates with subjects like humanities, sciences, maths, art, and English. Ideal for all learning styles, especially younger students, the tactile experiences with animals bring lessons to life. Additionally, the zoo fosters crucial soft skills like sensitivity and discipline.

Zoos and wildlife parks will allow students to observe, hear, smell, and touch animals, enhancing their sensory learning experience. One can even incorporate activities with online tools and resources, facilitating trip planning and post-visit consolidation of learning.

Beyond academic benefits, zoo visits create shared experiences and lasting memories, strengthening bonds and friendships. Australia's abundance of wildlife parks and zoos, showcasing animals in both natural and simulated environments, offers a wealth of opportunities for students to connect with and learn about the unique flora and fauna of the country.

WHERE TO EXPLORE

TARONGA ZOO SYDNEY

As one of Sydney's renowned landmarks, the acclaimed Taronga Zoo houses a diverse collection of over 4,000 animals, encompassing Australian native wildlife and rare, endangered exotic species.

Taronga Zoo Sydney offers a unique opportunity to connect with animals and nature, creating a safe and enjoyable experience for individuals, families, and friends alike.

www.taronga.org.au.

SEA LIFE SYDNEY AQUARIUM

SEA LIFE Sydney Aquarium, one of the world's largest, boasts over 700 species and 13,000 animals in six million litres of water. Home to the world's most diverse collection of sharks and rays, as well as iconic Australian marine life like dugongs and tropical reef fish. Don't miss the immersive Great Barrier Reef experience, featuring bioluminescent beaches, a jellyfish garden, and captivating marine turtles.

www.visitsealife.com/sydney.

WILD LIFE SYDNEY ZOO

Explore the best of Australia at Wild Life Sydney Zoo, home to the Aussie Big Five. Encounter iconic animals like Koalas in Gum Tree Valley, Ringo the wombat at Wallaby Cliffs, and stroll among Kangaroos. Meet Jackie, the platypus, at Platypus Pool, and face Rocky, a massive Saltwater Crocodile, in Kakadu Gorge. An unforgettable adventure awaits!

www.wildlifesydney.com.au.

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www.featherdale.com.au.



From Firs Cottage to Sous le Soleil to...?

by Judith Godden

f Roseville residents are looking glum lately, it could be because a popular local restaurant/gift shop, *Sous le Soleil*, is having to move elsewhere. Currently the restaurant is in Roseville Park off Clanville Road, in a heritage building owned by Ku-ring-gai Council. *Sous le Soleil* is closing because the Council needs to extensively renovate its premises.

This premises began its existence as *Firs Cottage*. Its history starts with Richard Archbold. In 1824, a decade after arriving in Sydney after being convicted of high treason, he acquired a 400-acre property called Clanville. He and his wife Mary raised a family of nine children, had the land cleared for its timber, then set up an orchard.

Their eldest son, named Richard after his father, inherited land that now includes Roseville Park. It is believed that *Firs Cottage* was built towards the end of the nineteenth century and that initially it comprised two rooms with a surrounding veranda. The most likely reason Richard junior had it built was to house his employees. The two rooms have survived, now contained within later additions, making it one of the oldest residential structures in the municipality. The cottage was named after the fir trees planted in the grounds.

By 1899, Firs Cottage and the surrounding 50 or so acres had passed to Richard junior's son Albert Archbold. It was a substantial bequest, with the property valued at £9,000. In 1904, Albert sold 13 acres (a little over five hectares), including Firs Cottage, to Robert Fowler, MLC a former Mayor of Sydney. Robert Fowler owned a successful pottery factory and lived in the inner-city suburb of Camperdown.

According to family history, *Firs Cottage* was primarily intended for Robert Fowler's son, also named Robert. Joan Tebbutt, a granddaughter of Robert junior, was told that he had typhoid fever in 1903. As was standard at the time, his doctor advised him to live where there was clearer air. Given the smoke and air pollution in the inner-city at the time, it was sound advice.

Robert junior, his wife Florence, their six children, and several unnamed maids, then set about moving to *Firs Cottage*. A two-bedroom house was clearly inadequate, so the cottage was extended, trebling its size. Before then, according to Joan Tebbutt, it had housed the manager of the nearby clay pits which supplied the Fowler pottery works. When the family eventually moved in, around 1906, it was still semi-rural with market gardens worked by Chinese men.

The extended house was still too small for comfort, so the Fowlers lived there for less than a decade. In 1914, they moved to a larger home on

what is now the site of the Roseville Club on the Pacific Highway. In 1918, the year World War I ended, the Fowlers subdivided the land, advertising it as Firs Estate. Firs Cottage was described as a brick and weatherboard cottage with an iron roof, five rooms and 'all offices' (that is, all the necessary amenities such as kitchen and bathroom).

been extended by the Fowlers.

Just what happened to Firs Cottage immediately after that, gets quite confusing. What is definite is that, in the 1920s, Firs Cottage and its surrounds was owned by Ku-ring-gai Council. The Council progressively added to Roseville Park until, by 1949, it reached its current size. Firs Cottage was used as the park caretaker's residence and, at one stage, the tennis clubhouse.

By the 1960s the cottage was untenanted. Seemingly unloved and empty, it deteriorated and fell prey to vandals. Ku-ring-gai Historical Society and the National Trust lobbied for its preservation as the Council searched for a tenant who would appreciate its heritage significance. For the last 16 years, that tenant has been *Sous Le Soleil*. We hope the next tenant will, like *Sous le Soleil*, provide a popular service while respecting its historic surroundings.

Want to know more about Roseville's history? The Roseville issue of *The Historian* (2023) is available from KHS for \$20

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

The Ku-ring-gai Historical Research Centre is located in the historic Old Gordon Public School building, which adjoins the Gordon Library, 799 Pacific Highway (cnr Pacific Hwy & Park Ave). Please see our website for opening hours.

7 Ways to Spread Happiness & Cheer

ith the holiday season just around the corner now is a wonderful time to think about spreading some festive cheer! While no one has a magic wand and can fix all of life's complex problems, there are many ways we can help bring a little more joy into our loved one's lives.

From a thoughtful card to a funny text message, kindness comes in many forms — and is shown through many expressions and acts. Here are suggestions to help someone who may need a little extra love and support to help brighten up their day:

- 1. Pick up the phone We often forget that it's great to catch up on the phone, your old friend or family member will really appreciate the gesture.
- **2. Drop off a nice note** Let them know you are thinking of them with a nice, personalised card. They'll appreciate the surprise!
- **3. Give a compliment** Maybe it's the way they did their hair or how lovely their garden looks. Whatever it may be, just make sure you let them know you noticed.

From a thoughtful card to a funny text message, kindness comes in many forms.

4. Treat them to lunch – By treating someone to lunch you have the wonderful opportunity to spend some well needed one-on-one time with each other and reminisce over a yummy meal.

5. Offer a ride – Don't discount the kindness of giving a lift to someone, this is

a great way to help out a loved one. And the time spent in the car lending an ear could support your friend in many ways.

6. Catch up in person! – It's an art that can be brushed aside in our digital age. Talking — no matter what the topic — is a great way to show them you value their time and care about what is going on in their life.

7. Smile – Like yawning, smiling is contagious and will also lighten any mood. You know the old saying A smile is happiness you'll find right under your nose. So smile more!

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- Transport

Home Instead is open and providing care services throughout Christmas and the New Year holidays: 24 hours a day, 7 days a week.

The Joys of Hearing this Holiday Season

s the holiday season approaches, there is a magical feeling in the air. The twinkling lights, the aroma of delicious food, and the warmth of spending time with loved ones creates an atmosphere of joy and happiness. One of the most precious gifts we receive during this time is the ability to hear the voices of our family members and friends. The laughter, the stories, and the conversations are what make Christmas truly special.

Imagine sitting around the dinner table, surrounded by loved ones, and being able to hear every word they say. The joy that fills our hearts when we can actively participate in conversations and share in the laughter is immeasurable. It is these small moments that create lasting memories and strengthen the bonds between family members.

However, for some, hearing loss can hinder these precious moments. It can lead to feelings of isolation and frustration, as simple tasks like following conversations become challenging. This takes its toll on the brain causing overload and can lead to cognitive decline. The good news is that there are ways to improve your hearing, and doing so can have a positive impact on your overall wellbeing.

By addressing hearing loss, individuals can enhance their quality of life. Improved hearing allows for better communication, leading to stronger relationships and a deeper connection with loved ones. It enables active participation in family events, ensuring that no one feels left out or excluded. Moreover, being able to fully engage in conversations promotes mental and emotional wellbeing, reducing feelings of loneliness and isolation, and keeps the brain and neural pathways stimulated.

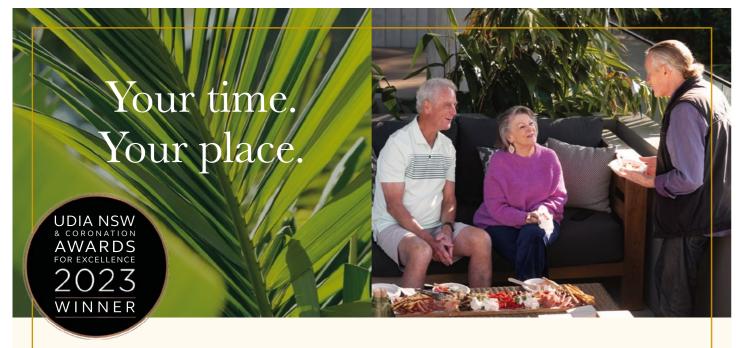
Technology has come a long way, and there are solutions available for those seeking to improve their hearing that cater to their specific needs. These advancements not only amplify sounds but also enhance speech clarity, making it easier to



understand conversations, especially in noisy environments reducing cognitive overload on the brain.

This Christmas, let us appreciate the joy of hearing our family members and consider the positive impact that improving our hearing can have. By taking steps to address hearing loss, we can create an environment where everyone feels included, fostering a sense of togetherness and love. Let us cherish the gift of hearing and make this holiday season a truly memorable one for all.

Remember, hearing is a precious sense that connects us to the world and the people we love. Embrace the joy of hearing family at Christmas, contact AUDIOHEALTH and improve your hearing for a happier and more fulfilling life.



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Disputing Large Estates

by Wal Abramowicz

In a recent case, a husband made a claim against the estate of his deceased wife. The estate was valued at \$17.4 million. The wife left the husband \$1 million in her will. The wife's children received the balance. The wife and husband were married for 25 years.

The wife in her will directed that a property in Bringelly worth \$4.15 million was to be sold. \$1 million from the

sale was to be put into a trust fund for the husband. Some of the \$1 million was to be used to buy a property for the husband. The balance would be used to maintain and advance his life. Usually, in these sorts of claims, the husband would need to show financial need before the Court would order that he receive more from the estate. But, this was a large estate and the husband's need was not as important. The husband claimed that \$1 million was not enough.

It was argued against the husband that \$1 million is a large sum of money. The husband claimed that the amount of money he receives should allow him to maintain and advance his life. The husband wanted to maintain his current quality of life. The husband claimed that \$1 million was not enough to do so.

It was argued against the husband that his lifestyle was expensive, and he often spent money on unnecessary things.



The husband claimed that before his wife died, they had renovated the Bringelly property together. The husband had contributed \$465,000 to renovations which helped increase the sale price. He claimed the property would only sell for \$2.65 million without the renovations. The husband asked the court to recognise his contribution.

The court examined the wife's previous wills. The wife had previously left the

husband a larger amount in her previous two wills.

The court accepted the husband's submissions. He was reliable and gave honest and straightforward evidence. The court noted there was a significant reduction in the money left for the husband compared to previous wills. The court found that the money the husband had contributed for renovations significantly increased the Bringelly property's sale price. The court awarded the husband \$2.5 million and ordered his legal fees to be paid by the estate.

Fox & Staniland Lawyers have a team of lawyers with extensive experience in making notional estate claims on behalf of claimants, defending notional estate claims on behalf of estates, and acting for clients in all aspects of contested estate litigation.

When Vegemite became an Australian staple

by Margaret Simpson

he cultural food icon, Vegemite, recently hit a milestone, turning 100 in 2023.

Since 1910, Australians had been using the British-made yeast and beef extract, Marmite, as a sandwich spread or cooking condiment. Vegemite had its beginnings in the early 1920s when the successful Melbourne merchant and industrialist, Fred Walker, enlisted the chemist, Percy Callister, to develop a pastelike spread that combined left-over brewer's yeast extract with vegetables and spices. This was to redress the post World War I supply disruption of Marmite.

The result was called Vegemite, and the name approved as a trade mark in December 1923. From 1924 advertising urged consumers to 'Use Vegemite daily and keep on the sunny side of life' for 'sandwiches, soups, stews and gravies'. At the time, Vegemite couldn't outsell Marmite so by 1926 Walker had changed



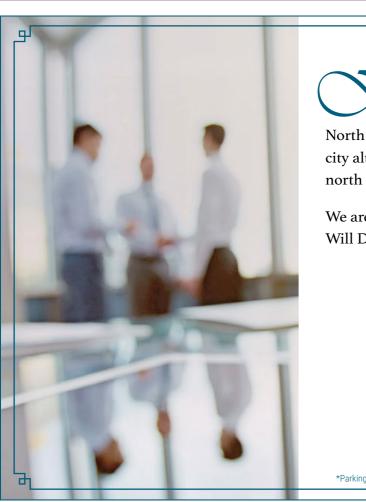
it to the bizarrely-named, 'Parwill'. This emanated from his advertising slogan, 'Ma might, but better still, Par will', which not surprisingly failed to succeed and the name quickly went back to Vegemite.

Vegemite went on to become a runaway success. During World War II it was recognised as one of the world's highest food sources of vitamin B. It was sent to war with our troops and even rationed here at home.



Its famous jingle, 'We're Happy Little Vegemites', hit the radio airwaves in 1954. Newspaper advertorials featured five-year-old ballet dancers, ice skaters, archers, horse riders and cricketers as 'Happy Little Vegemites' gaining extra energy from the spread. Vegemite was promoted as a health food essential for children's 'nerves, good digestion, clear skin and vitality'.

It was recommended that the paste be spread on toast, sandwiches, biscuits and even baby's rusks. Nothing like giving infants an early liking for salt! It could be teamed with banana or grated carrot on sandwiches or even added to milk or water for a 'nourishing' nightcap.



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Key Considerations for Retirement and Beyond

reparing for our senior years involves thoughtful consideration of retirement, changing family dynamics, and evolving health needs. As one embarks on this significant life chapter, early planning becomes crucial for ageing on good terms. Here are some essential aspects to contemplate:

1. RETIREMENT TRANSITION

Retirement is a significant life event, representing a shift from the structured routine of a 9-5 job. Beyond financial considerations, it's crucial to plan for the social and mental aspects of this transition. Finding new activities, hobbies, or part-time engagements can help maintain a sense of purpose and connection with the community.

2. ENGAGING IN VOLUNTEERING

Volunteering post-retirement is not just a way to give back; it's an avenue for personal growth and social interaction. Whether contributing to community projects, mentoring, or spending time with animals, volunteering provides a sense of fulfilment and helps individuals stay engaged with the world around them.

3. NURTURING SOCIAL BONDS

Beyond formal education, continued learning can involve joining clubs or groups that align with personal interests. This not only stimulates the mind but also fosters social connections. Building relationships through shared activities contributes to emotional wellbeing and a sense of belonging.



4. PRIORITISING PHYSICAL WELLBEING

Physical activity is essential for maintaining health as we age. Participating in fitness classes tailored for seniors, such as yoga or pilates, not only promotes physical wellbeing but also offers opportunities for social interaction. Joining a walking group combines exercise with the enjoyment of the outdoors and camaraderie.

5. DECISION SUPPORT PLANNING

As we age, there are critical decisions to be made regarding healthcare preferences, living arrangements, and financial matters. Open and honest conversations with loved ones ensure that everyone is aware of your wishes, making it easier for them to make informed decisions on your behalf when necessary.

6. APPOINTING POWER OF ATTORNEY

Appointing an enduring power of attorney is a proactive step in ensuring

that your preferences are respected if you are unable to make decisions. This trusted individual can make choices about where you live and how bills are managed, providing a legal framework for honouring your wishes.

7. CARE PLANNING FOR CHANGING NEEDS

Recognising that health needs may change, it's important to explore support options available for seniors. This includes understanding home care services, assisted living facilities, and other resources. Being informed allows individuals to make choices aligned with their preferences when additional support becomes essential.

By planning early, obtaining necessary information, and having open conversations with trusted individuals, you can shape your future in a way that respects your preferences even when you are no longer able to make decisions.



INDEPENDENCE UNWRAPPED Thoughtful Gifts for Christmas

by Rejimon Punchayil

B eyond the delightful feasts and merry gatherings, one of the true joys of the Christmas season lies in reconnecting with loved ones. A close second is the cherished tradition of exchanging gifts. Unfortunately, for some, the once joyful act of selecting and giving gifts has transformed into a stressful task. Amidst the festive hustle, it's crucial to remember that the essence of a gift lies in the thought behind it.

This Christmas, when welcoming older family members into your home, strive to make the experience seamless and enjoyable for both you and your guests. Start by assessing the venue's accessibility for those with physical challenges; consider essentials like a height-adjustable chair or aids in the bathroom.

When choosing gifts, think about items that enhance physical independence, mobility, and self-esteem. Simple yet thoughtful presents like a pair of non-slip socks, a long-handled shoe horn, or a pick-up reacher not only fit any budget but also convey your consideration alongside the gift.

Gift-giving becomes more meaningful when it reflects an understanding of the recipient's needs. Items like Mobility Scooters, Rise Recliners, and Electric beds serve as lifestyle gifts that elevate independence. Escape the chaos and parking hassles by planning ahead and visiting your trusted local retailer for stress-free Christmas shopping. Remember, the gift of independence is never out of season—consider adding it to your list this year!

The Revival of Handicrafts

by Willow Berry

he resurgence of handicrafts is notable, driven by various factors such as the slow fashion movement and a desire for mindfulness. A growing interest in traditional crafts, including knitting and crocheting, has been observed, with individuals of all ages embracing these timeless practices. The phenomenon extends beyond personal hobbies, manifesting in social and political realms.

Craft-focused businesses are adapting to this trend, evident in the shift of tour operators expanding from food and wine tours to include yarn tours. The therapeutic qualities of handicrafts are emphasised, with individuals citing the meditative nature of knitting and its positive impact on mental health.

Online discussions and social media platforms reflect a substantial uptick in handicraft engagement, with many Facebook groups dedicated to knitting and crochet. Many of these groups were seen to triple in size during the initial months of the COVID-19 pandemic, drawing in a mix of age groups and skill levels.

From seasoned crafters to newcomers, the appeal of handicrafts transcends generations. Younger enthusiasts, inspired by social media and online communities, find joy in creating unique, handmade items. The communal aspect of crafting groups is praised, fostering connections reminiscent of traditional community gatherings.

The broader implications of this handicraft resurgence touch on the shift from necessity to art form, the incorporation of knitting in school wellness activities, and the unique stories of individuals who have been inspired to engage in handicrafts for various reasons.

The revival of handicrafts is a multifaceted phenomenon, blending personal expression, communal engagement, and a resurgence of traditional practices across different age groups.



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Summer Blooms to Liven Up Your Homes

by Willow Berry

s the holiday season approaches, what better way to celebrate the warmth and joy of summer than by surrounding yourself with the beauty of blooming flowers? Transform your home and garden into a paradise of colours and fragrances with a carefully curated selection of summer blooms. From the tropical allure of Frangipani to the classic charm of Lavender, here's a guide to the best summer flowers to adorn your space.



Frangipani

Frangipani trees, with their mesmerising flowers, are the epitome of tropical elegance. These trees burst into bloom from December to April, creating a visually stunning display. Thriving in welldrained soil and basking in plenty of sun, Frangipani trees are particularly suited to sandy soils, making them perfect for coastal gardens. Their ability to tolerate salty air by the beach adds to their allure, making them an ideal choice for those seeking a touch of the tropics at home.



Sunflower

No summer garden is complete without the cheerful presence of Sunflowers. Flowering from January to March in Australia, these sun-loving blooms are famous for turning to face the sun. With their golden hues, sunflowers require eight hours of full sun and well-draining soil. Embrace the radiance of summer with these iconic flowers, bringing joy, colour, and fragrance to your festive season. Transform your home and garden into a haven of natural beauty and serenity.



Grevillea

With its firework-like inflorescence and muted green foliage, Grevillea is a favourite in many gardens. These Australian natives seamlessly blend with both native and exotic plants, attracting a plethora of birds and pollinating insects. The unique charm of Grevillea lies in its ability to add a burst of colour and vibrancy to your garden, creating a visual spectacle that lasts throughout the summer.



Echinacea

Echinacea 'Sundown' introduces tones of copper and rosy coral to your garden. This delightful flower features a flat-topped cone with a honey scent. With a height of 60-90cm, Echinacea 'Sundown' adds a burst of colour and fragrance, changing in intensity with the season. This easy-to-care-for flower is a must have for a summer garden.



Bougainvillea

For a taste of tropical splendour, introduce Bougainvilleas to your garden. These quintessential tropical vines are celebrated for their drought-tolerance and stunningly vibrant flowers. Perfect for both pots and confined courtyard gardens, Bougainvilleas, with their cerise blooms, evoke the spirit of summer. Given enough space, let these vines scramble and weave, creating a truly picturesque setting.



Dahlia

Known for vibrant blooms and lush foliage, Dahlias are a florist's favourite that can also grace your backyard. Surprisingly easy to grow, these flowers require full sun, with miniature varieties thriving in pots. Dahlias boast fleshy roots called tubers, demanding well-drained, compost-rich soil. Elevate your garden's aesthetic with the vibrant colours and effortless beauty of these summer darlings.

FENG SHUI Decorative Pieces and Colours

by Suzy Leoni

■ Last issue we looked at the use of Feng Shui when decorating a bedroom, now I will address two relevant elements that harmonise these environments: decorative pieces and use of colours.

The careful arrangement of objects in spaces plays a vital role in creating harmony and balance. By adopting symmetry in the arrangement of furniture and objects in the couple's suite and by choosing colours that resonate with the desired energies, we create cosy bedrooms and spaces that nurture the soul, promoting well-deserved rest and connection.

EXPLORING THE MAGIC OF SYMMETRY

The duplication of decorative elements, pairs of lamps, cushions, paintings, chairs, or bedside tables is aesthetically pleasing and also aims to symbolise the pursuit of balance and harmony. Symmetry creates a sense of order, vital



for the flow of energy, bringing a serene and restorative atmosphere.

A PALETTE IN SEARCH OF BALANCE

In Feng Shui, the wise use of colours triggers specific energies that can influence emotions and the atmosphere of the environment in question. In couple's bedrooms, where unity and complicity are desirable, we can use some colours, whether warm or cool.

Vibrant red should be used in small doses, as too much of it can create a

restless energy, disturbing rest. Shades of pink demonstrate pure intentions, happiness, and unity. Touches of yellow can translate into communication and dialogue. A balanced green brings security and renewal. Remember that we should always mix these colours in small doses, maintaining the predominance of neutral tones.

The tips presented in these past months are of great value for a harmonious decoration that invokes wellbeing. After all, in this busy world, the art of balancing energies — and creating an environment of tranquility — in our personal spaces is a gift we can give ourselves.



Suzy Leoni is an interior designer in Brazil and mother of two. For the past 13 years, she is specialised in designing family and professional environments.

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Decking the Halls

o matter your budget or home style, these Christmas decorating ideas are sure to add a festive touch to spaces of all sizes. From eyecatching ornaments, unique Christmas tree concepts to standout tablescapes, we've got your holiday decor covered! Don't miss a line and check it out.

THE CHRISTMAS TREE

The arrival of the tree marks the start of Christmas. Whether real or faux, measure your space before choosing. Real trees offer a fresh scent, while faux and alternative trees provide unique shapes and designs.

CURATE A CHRISTMAS TABLESCAPE

Make Christmas dinner the centrepiece of your celebrations with a magical tablescape. Combine seasonal tableware, serveware, tablecloths, and candles for an elegant and eye-catching display.



KEEP THE CLASSICS

Bring nostalgia into your Christmas decor with the classics. Embrace traditional red palettes, retro ribbons, candy-cane baubles, paper garlands, and candles for a stylish mix of old and new.

FESTIVE WREATHS

Embrace the tradition of using wreaths for more than just the front door. Hang them

in windows or use them as Christmas wall decor for a timeless touch. Choose from a variety of designs and materials to match your home's style.

THE COLOURS OF CHRISTMAS

Stick to traditional colour palettes of red, green, gold, and silver for a cohesive look throughout your home. When elevating a room of any decor, these classic colours bring warmth to the holiday season.

HANDCRAFTED DECORATIONS

Add a personal touch to your Christmas decor with handcrafted decorations. Colourful stockings, natural garlands, and unique textures create a vibrant and cosy atmosphere, perfect for passing down through generations.

By incorporating these decorating ideas, your home will be a festive wonderland, ready to celebrate the holiday season with style and charm.

Go Rustic with Farmhouse Style

by Willow Berry

In recent years, the farmhouse decor trend has emerged as a prominent design style, celebrated for its unique ability to infuse homes with an inviting and warm ambiance. Rooted in the embrace of natural wood, vintage furniture, and charming cottage architectural details, farmhouse decor has become synonymous with a cosy and timeless approach to interior design.

Farmhouse style manifests in two distinct design aesthetics: traditional and modern. Traditional farmhouses, with their rustic country allure, often incorporate vintage furniture and classic patterns like plaid. Rooted in the craftsmanship of the craftsman movement, this style is characterised by simplicity, flat-cut designs, and deeper hues such as burgundy, green, or blue.

Modern farmhouse style introduces contemporary elements. The style is emphasised by clean lines, a neutral colour palette, and modern finishes. With a nod to Scandinavian design, modern farmhouses exude simplicity and functionality.

The farmhouse design style finds its origins in the farmhouses and shelters built for farmers, particularly in Europe during the 16th and 17th centuries. Constructed from locally





available materials like wood or stone, these homes were designed for both comfort and functionality. While not sprawling in size, they offered a welcoming haven after a day of outdoor labour.

Both traditional and modern farmhouse styles draw inspiration from these original elements. Traditional farmhouse homes embrace

the rustic aspects of their predecessors, representing an aesthetic progression through the decades.

KEY CHARACTERISTICS

Farmhouse style, as dissected by Architectural Digest, stands as a versatile yet harmonious aesthetic, weaving together a diverse array of elements. Although there's no one-size-fits-all formula, the characteristic features that define farmhouse style homes include: exposed wood beams, neutral colour palette, plants and greenery, vintage or antique accent pieces, shiplap panelling, large and comfortable furniture, barn doors, reclaimed wood, open shelving and ample cabinetry.

For those not embarking on a ground up project, adding farmhouse charm to existing homes is achievable through decorative makeovers. It's not about specific pieces of decor or furniture but rather an ethos that emerges when multiple elements come together.

Farmhouse decor continues to captivate homeowners and designers alike, offering a perfect blend of tradition and modernity. Whether embracing the rustic charm or opting for the clean lines, this style proves its enduring appeal in 2024 and beyond.

Simple Solutions for Festive Decorations

by Suzy Leoni

ave you ever noticed that holiday decoration inspirations are always filled with ornaments and themed pieces? Truth be told, it's not necessary to invest in a grand production to achieve beautiful results. With that in mind, we'll teach you some tricks to impress your guests during the festivities. Check out our tips and get inspired by these incredible ideas!

For the year-end celebrations, the table should feature table setting items and decorative elements. It's possible to create a simple and elegant table by planning the composition you want and using items you already have at home — the art of improvising with a lot of charm and beauty!

The trick to creating a beautiful, simple, and economical composition is to invest in the same colour palette for the pieces. Determine in advance which colours you intend to use in the decoration to buy all the elements in the same range. A good start is to select which household items you can use and see the colours that match them to compose your palette.

ASSEMBLING YOUR COMPOSITION

Start by covering the table with a neutral-coloured tablecloth; if you have them, place a themed placemat or charger at each place where the guests will sit, as well as the plates and cutlery that will be used in the meal. It's interesting to use cloth napkins in Christmas colours — or in the shades of your preference – to make your table decoration even more personalised.



A pineapple crown Christmas tree with fruits is a creative solution to complement your table set decoration.



Finish the space with a thematic decoration in the center of the table. If you're using the outdoor space, incorporate natural elements into the centerpiece, such as branches, natural and dried flowers. Arrangements with candles and fruits are perfect for this time; they complement the table and bring life and colour to the decoration. Apples, grapes, mangoes, peaches, and oranges are good choices for the planned ornament. In addition to decorating the space, guests can delight in different flavours throughout dinner. So, don't be afraid to use them on the table.





Natural itens and colours can be a good option in outdoor decoration. Don't forget that small treat for your loved ones.

Be mindful of the size and height of the arrangement. It's important that it doesn't get too high to interfere with the interaction between guests – nor be so large that it takes up too much table space and makes sitting down for the meal uncomfortable.

It's nice to leave a small treat at each place to reinforce the care with which each guest is received! It could be a small box with a decorated biscuit, a chocolate, a scented sachet, or a thank-you card, next to the napkin.

It will be a gathering among friends and family worthy of being remembered with great fondness. We wish everyone happy holidays and a Christmas filled with light!



Red and green are colours that can evoke some traditions at the end of the year.

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Children's Dental Issues

by Ian Sweeney

he sucking instinct in newborn babies is a powerful one and often helps a child to settle.

It is quite common for new born infants to suck their thumb or fingers, while other children may benefit from the use of pacifiers. Pacifier use and digit sucking are believed to be harmless habits and their use does not alter the dentition if its use is stopped by age two to three.

Generally, children cease sucking before the age of four and before any permanent teeth start to erupt. If this is the case, the risks of any dental deformity should be avoided.

If however, the sucking continues beyond three-four, the risks of harmful effects on the developing dentition and jaws increase. The most notable changes are an anterior open bite, posterior cross bite, narrow arch width of the maxillary (upper) arch, and a high narrow palate.

The longer the pacifier is used beyond the age of five, the greater the adverse effects will become.

INJURIES ASSOCIATED WITH BOTTLES, PACIFIERS AND SIPPY CUPS

A US study over a 20 year period (1991-2010) showed an estimated 45398 children aged < three years were treated in emergency departments for injuries related to these products. An average of 2,270 cases per year.

Most injuries involved bottles 65.8%, followed by pacifiers 19.9% and sippy cups 14.3%. The most common mechanism was a fall while using the product 86.1% of injuries.

Lacerations made up 70.4% of injuries, and the most frequently injured body region was the mouth 71.0%. One-year-old children were injured most often. Children who were aged one or two years were nearly three times more likely to sustain a laceration compared with any other diagnosis. Product malfunctions were relatively uncommon 4.4% of cases.

Given the number of injuries, particularly those associated with falls while using the product, parents should stress the importance of sitting down whilst drinking from or using these appliances.

TONGUE TIE AND FEEDING DIFFICULTIES

A tongue tie is a piece of tissue that holds the tongue to the floor of the mouth.



Tongue ties are extremely common with some studies reporting up to 10% of infants experiencing a tongue tie of varying degrees. There are various classifications used to describe tongue ties.

As a general guide, a measurement from the tip of the tongue to the tissue attachment on the under surface of the tongue of 16mm or more is deemed to be clinically acceptable, while measurements of less than 10mm may require a procedure called a tongue tie release. There are three generally accepted reasons to perform a tongue tie release.

Difficulty in Feeding: Depending on the severity of the tongue tie, an infant may have difficulty attaching and swallowing, while older children may complain of not being able to lick an ice-cream.

Often an infant will feed slowly and frequently resulting in poor sleep patterns for both the mother and infant. Mothers often describe feeding as painful which may lead to premature cessation of breast feeding due to repeated bouts of mastitis.

Poor Development of Speech: Some children may show a slower than normal development of competent speech or the inability to correctly make certain sounds due to the lack of mobility of their tongue.

Oral Hygiene: The tongue plays an important role in clearing debris from the mouth. Both children and adults with tongue ties have difficulty removing food particles from around their teeth, lips and check.

Once a severe tongue tie has been diagnosed, the treatment objective is to remove any structural abnormality via a number of different techniques.

Follow up treatment may require a lactation consultant to improve breast feeding and correct poor sucking technique, while a speech pathologist may be required to correct any speech and language problems.

Should you have any concerns about your tongue or your child's tongue, ask your dentist for advice.



At Northside Dental & Implant Centre we are committed to providing compassionate and empathetic care to all patients in our purpose-built facility. We have wheelchair access and a hoist on site. Our staff are highly trained and experienced in treating senior patients, patients with special needs and patients with complex medical conditions. www.northsidedental.com.au

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The Way We Wore with Nel Minchin

"Fashion holds political and social significance, reflecting societal norms and breaking down barriers,"

Director Nel Minchin

by Willow Berry

n the dynamic realm of entertainment and documentaries, a new show emerges, seamlessly intertwining history, comedy. and the enchantment of fashion. Crafted by Nel Minchin, The Way We Wore embarks on a journey that illuminates the rich tapestry of fashion's impact on social history. In an insightful interview. Minchin, shares behindthe-scenes glimpses, offering a closer look at the making of the show and the diverse voices that enrich its narrative.

Nel Minchin, a luminary in the realms of documentary, entertainment, and comedy, has woven many captivating stories for the Australian film canvas. Renowned for her directorial prowess and storytelling finesse, Minchin's journey in the industry has been marked by accolades and a commitment to diverse ideas.

At the heart of the *The Way We Wore* lies a diverse ensemble of interviewees, each contributing a unique thread to the overarching narrative.

"The interviewees are incredible. I aimed to make the fashion industry accessible, breaking down elitist perceptions," Minchin tells Sydney Observer.

"Beyond business or design, I delved into personal experiences with fashion—first memories, favourite pieces, and what they wear to feel great."

"Many shared nostalgic stories about their mothers opening that doorway into the fashion world, which is an aspect I really loved hearing about, it really emphasised that human side of fashion."

The show underscores the importance of portraying relatable, human experiences, transcending the polished



exterior associated with the fashion world. As the series unfolds, guided by Minchin's creative vision, it becomes a captivating exploration of fashion's impact on Australia's self-perception.

"Archives are crucial. We explored them before interviews to discover interesting stories and evidence."

"They guide the storytelling, allowing us to delve deeper into specific moments. The combination of archives and interviews provides a rich and visually appealing narrative."

"Using archives, revealed what the media said or didn't say and how they shaped perceptions over history. It addresses questions about inclusivity and exclusivity, reflecting societal norms."

"The show traces the evolution of Australia's identity through fashion, showcasing the country's progress in embracing diversity."

While journeying through the politics and business of The Way We Wore, what becomes apparent is that fashion extends beyond a visual spectacle.

"Fashion holds political and social significance, reflecting societal norms and breaking down barriers."

"The series highlights the evolution of what's deemed acceptable and how fashion spearheads change. It's also a significant yet often underestimated industry, especially regarding women's contributions."

The series also confronts the undervalued status of the Australian fashion industry, shedding light on societal tendencies to perceive it as superficial. With a majority of the sector being women-driven, the show emphasises that fashion is a nuanced reflection of societal values, warranting acknowledgment beyond its aesthetic allure.

Infusing humour and relatability into the series is the inclusion of Celeste Barber — a celebrity and critic of the industry. Barber, along with Minchin, bridges the gap between the high-end fashion world and everyday individuals, rendering the exploration of the industry more enjoyable and accessible.

'Celeste is a fantastic host. Her love for clothes, engagement with the industry, and open criticism make her relatable."



"She brings humour, openness, and a human touch to the series, providing a unique perspective that resonates with a broad audience."

The Way We Wore host, Celeste Barber.

For viewers, The Way We Wore, transcends our exploration into fashion's evolution. It beckons as an invitation to appreciate the intricate threads that have composed Australia's unique cultures and history.

As Nel Minchin desires, "the show explores how fashion influences our identity, from media to politics."

"Ultimately, I want them to have fun, enjoy the journey, and gain insight into how our collective history shapes our individual experiences with fashion."

The Way We Wore serves as an invitation, urging us to reflect on our own fashion narratives and explore the profound connections between what we wear and who we are.



EDITOR'S PICK What's in my Beach Bag

by Willow Berry

Coconut Sunscreen SPF 50+ by We Are Feel Good

Meet the essential companion for sun-soaked adventures — the Coconut Sunscreen Lotion. Immerse yourself in the allure of a tropical island holiday with this broad-spectrum, non-greasy formula. Offering up to 4 hours of water-resistant protection, it ensures maximum coverage while enveloping you in a delightful coconut fragrance.

wearefeelgoodinc.com.au



Hat & Sunnies

Step into the sun-ready style with the perfect combo: Hat & Sunnies. Shield your eves with chic sunglasses and top off your look with a trendy hat. It's the ultimate duo for staying cool, comfortable, and effortlessly stylish under the sun. Whether you're lounging by the pool, strolling on the beach, or enjoying a sunny day out, this combination adds flair to your outfit while providing essential sun protection.



An absolute must-have, the beach towel we all know is essential at every seaside moment. For me, it's all about embracing vibrant hues and funky designs. It's not just a towel; it's a statement piece that adds a touch of personality to every sandy escape. Dive into the joy of seaside living with the perfect blend of comfort and bold, funky flair.

pillowtalk.com.au

Portofino Jute Beach Bag

Embarking on a sun-soaked adventure, one essential

steals the spotlight—the beloved beach bag. Whether

bag elevates the experience. Enter the Portofino Jute

your essentials while exuding an undeniable charm.

basking in the warmth of family beach outings, relishing

outdoor picnics, or lounging by the pool, the right beach

Beach Bag from Pillow Talk, a masterpiece in both style

and functionality. Crafted from natural woven jute, this

spacious beach companion effortlessly accommodates all

theiconic.com.au

Stanley Cup

Renowned for their popularity, these cups excel in keeping drinks cold for 11 hours and hot for seven, with an impressive ice retention of two days. Ideal for all-day beverage needs, Stanley cups stand out for their exceptional performance.

stanley1913.com

Healthy Habits to take into 2024

by Willow Berry

mbracing the New Year offers a splendid opportunity to kickstart a journey towards a healthier, more balanced you. While it may seem daunting to overhaul your habits entirely, the key lies in cultivating small, consistent changes that endure. As we approach the upcoming year, let's explore some healthy daily habits that can transform your wellbeing.

WAKE UP EARLY

Rise with the sun, aligning with your body's natural circadian rhythm. This simple act can optimise your energy levels, productivity, and overall health by syncing with the body's cortisol levels.

HYDRATE FIRST

Before diving into your morning routine, prioritise hydration. Starting your day with a glass of water not only refreshes you but also kick starts your metabolism and aids digestion.

SWIM EVERYDAY

Include swimming in your routine for a holistic workout that boosts cardiovascular

health and flexibility. Beyond the physical benefits, swimming offers a refreshing and meditative experience, making it a valuable addition to your daily habits.

EMBRACE THE OUTDOORS

Spending time outdoors, regardless of the season, exposes you to sunlight and promotes the production of essential vitamin D. This simple practice can elevate your mood and fortify your immune system.

CULINARY CONNECTION

Take time to cook. This fundamental skill not only allows you to control the quality of your meals but fosters a deeper connection with your food. Cooking becomes a daily act of self care and mindfulness.

DIGITAL DETOX

Allocate time away from your phone, tablet, or computer. Constant digital connection can heighten stress and disrupt your circadian rhythm. Consider disconnecting at least an hour before bedtime for a restful sleep.

MAINTAIN A TIDY SPACE

A clean living environment positively influences mental wellbeing. Tidying up daily not only streamlines daily activities but also creates a conducive space for health promoting habits.

READ REGULARLY

Engage in regular reading for both mental and physical health. Reading stimulates cognitive function, reduces stress, and contributes to better sleep.

PRIORITISE SLEEP

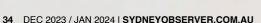
Aim for quality sleep by establishing a consistent bedtime routine. Lack of adequate sleep can impact memory, mood, immunity, and even weight. Going to bed earlier can make waking up early more achievable.

A healthier lifestyle is not about drastic changes, but about building sustainable habits over time. Take it step by step, embrace habits you enjoy, and let the positive impact on your health unfold gradually.









Blue Mountains Stargazing

mbark on an award-winning stargazing adventure just 90 minutes from Sydney, nestled in the pristine dark skies of the Blue Mountains' World Heritage site, far from city lights.

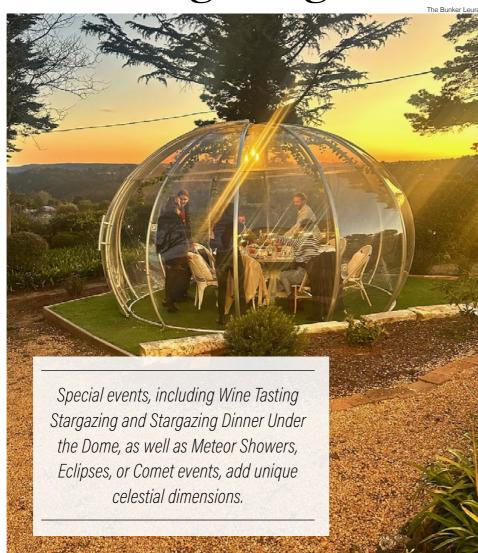
Guided by a passionate team of local Astrophysicists and astronomers, the experience features naked-eve astronomy, constellation storytelling, and telescope views of the Moon, planets, stars, and galaxies.

Begin with a breathtaking sunset over Jamison Valley, accompanied by the soothing sounds of waterfalls and a cup of hot chocolate. In case of cloudy skies, an Indoor Astronomy Planetarium tour is available. Special events, including Wine Tasting Stargazing and Stargazing Dinner Under the Dome, as well as Meteor Showers, Eclipses, or Comet events, add unique celestial dimensions.

If you wish to getaway, stargazing experiences are also available in Jervis Bay, NSW. Explore the wonders of the night sky with the rhythmic sounds of the waves complementing the celestial spectacle.

Open nightly from 8 December, 2023 to 31 January, 2024, then every night during school holidays and each Friday to Sunday throughout the year. Consider this Stargazing experience for a perfect Christmas gift; plus Gift cards are valid for three years.

Visit stargazing experiences at www. bluemountainsstargazing.com.au.



Comfort shoes with style

153 Peats Ferry Road, Hornsby. Ph: 9477 1613, W: forbesfootwear.com.au

We're told we should be treading 10,000 steps a day. When you're spending that much time on your feet, it becomes apparent that comfort is built from the ground up; shoes that help rather than hinder us are crucial. At Forbes Footwear, they place comfort first – and have been doing so for more than 80 years - as no one should be struggling with painful feet or issues stemming from misalignment at ground level.

Forbes selection of comfort shoes span ranges for children, women and men – and while they are designed first and foremost to feel great underfoot, there is no compromise when it comes to style or durability. Their shoes are made for walking!

Whether you have specific foot issues, 'hard to fit' feet, general discomfort or are looking for shoes to accommodate and complement insoles or orthotics, you will find what you're looking for at Forbes Footwear.



NAOT Dynasty | \$229.95

Naot Dynasty is a stylish yet comfortable summer sandal that can be worn day or night. The wedge sole unit provides stability with style. Available in White/Stone/Mustard, Grey/Jade, Ink/Chestnut

KLOUDS ELISHA | \$219.95

It is is a "summery" looking sandal featuring the cork / white sole contrast for the warmer months. They come with an arch support built in to the cushioned innersole. Available in Pale Gold Combo or White.





Summer Short Courses

his summer, break away from the ordinary and embark on a journey of learning with a variety of short courses in Sydney. Whether you're seeking knowledge, relaxation, or a new hobby, there's a course for everyone. Here are some enticing options to consider.

ART CLASS IN COLOURFUL SYDNEY

Immerse yourself in the vibrant world of creativity with local art classes. Whether it's social paint and sip gatherings, resin art sessions, or photography courses, tap into your creativity guided by top artists. Perfect for team building, hens parties, or unique Christmas gifts.

BEAUTY AND FRAGRANCE RETREAT

Indulge in soul-soothing beauty and fragrance classes. Escape the stresses of daily life with self-care workshops or enjoyable hens party activities. Learn to make natural perfumes with floral essential oils or craft gentle melt-and-pour soaps. These workshops offer a pampering experience from head to toe.

COCKTAIL MAKING ADVENTURE

Spice up your weekends with a cocktail making class, no bartending experience needed. Talented mixologists will teach you

the tricks to create delicious drinks, from fruity pina coladas to zesty margaritas. Ideal for experience gifts or lively team building activities.

COOKING DELIGHT IN SYDNEY

Find your culinary flow with social cooking classes. From crafting delicious dumplings to making pasta from scratch, Sydney's culinary schools and local restaurants offer a feast for the senses. Perfect for fun activities, Christmas ideas, or unique experience gifts guided by top chefs.

CRAFTING DIY DREAMS

Explore a world of DIY with craft classes in Sydney. From woodworking, glassblowing, jewellery making, calligraphy, textiles, and more. Unleash your creativity and bring unique pieces into your home or create

handmade gifts. Your introduction to a life of crafting awaits.

FLORAL FINESSE IN SYDNEY

Green thumbs and floral enthusiasts, rejoice! Join flowers and plants classes to create DIY flower crowns, bridal bouquets, or floral wreaths. Dive into DIY terrariums, Kokedama, or gardening workshops. A perfect way to connect with nature and explore creative plant related hobbies.

POTTERY EXPLORATION

Experience the grounding nature of clay at pottery classes. Guided by local ceramicists, these classes allow you to transform clay into anything from teapots to clay sculptures. Pottery classes are an ideal choice for team building, Christmas presents, or memorable experience gifts.

SURFING ADVENTURES

Dive into the thrilling world of surfing with lessons offered in various locations around Sydney. Experience the joy of catching waves and the excitement of mastering a new skill. Ideal for those seeking an active and refreshing summer activity.

Visit ClassBento (classbento.com.au), your one stop shop for local courses!



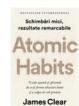
If you're looking for a handmade luxury gift look no further. Our exquisite bespoke Christmas Candle selection has the perfect gift for all tastes.

The I Am Project Australia is a local business that takes positive self talk and affirmations one step further and puts beautiful reminders of your self worth in our labels and products. We take great care in hand making artisan soy wax clean burning candles, luxurious soaps, moisturisers and serums all made with premium quality natural plant based ingredients.

Located at 106 Pacific Highway, Roseville 2069. Pop in or explore our range online at www.theiamprojectaustralia.com.au

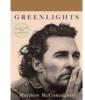
What to Read this Summer

et sail on a literary voyage this summer! There's nothing like a good book to keep you company on lazy afternoons or under the shade of a beach umbrella. Whether you're into gripping mysteries, heartwarming tales, or exploring the human predicament, there's a perfect summer read waiting for you. Here are some top choices!



ATOMIC HABITS BY JAMES CLEAR

In James Clear's groundbreaking book, learn the secrets of habit formation to achieve consistent improvement. Clear distils essential information about habits, making it a must read for personal development enthusiasts interested in behavioural psychology.



GREENLIGHTS BY MATTHEW MCCONAUGHEY

Embark on a life-changing journey through the unfiltered wisdom of Academy Award-winning actor Matthew McConaughey. His memoir offers unconventional insights and hard-earned lessons, providing readers with a roadmap to living a more satisfying life.



EVERYTHING I KNOW ABOUT LOVE BY DOLLY ALDERTON

Dolly Alderton's memoir navigates the trials and triumphs of adulthood, exploring love, self-sabotage, and the messy yet hopeful uncertainties of growing up. Filled with wit and insight, it's a humorous and relatable tale of early adulthood struggles.



THE SEVEN HUSBANDS OF EVELYN HUGO BY TAYLOR JENKINS REID

Delve into the glamorous and scandalous life of Hollywood icon Evelyn Hugo as she reveals her truth to a chosen reporter. Taylor Jenkins Reid weaves a compelling narrative, blending ageing superstardom with unexpected alliances and a quest for redemption.



THE DICTIONARY OF LOST WORDS BY PIP WILLIAMS

Travel to 1901 in Oxford, where Esme, a curious girl, collects misplaced words for the Oxford English Dictionary. Pip Williams crafts a tale of hidden narratives, women's experiences, and the power of language in a lyrical celebration of words and their impact.



WHERE THE CRAWDADS SING BY DELIA OWENS

In Delia Owens's mesmerising novel, explore the life of Kya Clark, the "Marsh Girl," as she navigates rumours, love, and a haunting mystery in 1969. The juxtaposition of nature's beauty and a coming-of-age story creates a thought provoking and moving narrative.



IT ENDS WITH US BY COLLEEN HOOVER

Colleen Hoover's gripping tale explores love's complexities, as Lily faces the charming but complicated Ryle Kincaid. With a past connection resurfacing, Lily must confront tough choices that challenge her newfound happiness. Hoover's novel is a compelling exploration of relationships and resilience.



Podcasts

Dive into the sounds of summer with our curated collection of podcasts, the perfect companions for lazy days under the sun or relaxing evenings by the beach. From thrilling true crime mysteries to heartwarming stories of love and self-discovery, these podcasts are your ticket to a season of auditory delight. So, grab your headphones, find a cosy spot, and let the summer vibes and stories begin.







Coldplay's Return: A Nostalgic Prelude

Prepare for Coldplay's Australian comeback by revisiting their iconic albums. "Viva la Vida" (2008) unveils a new sound with anthemic tracks. Their debut, "Parachutes" (2000), introduced the world to classics like "Yellow." "X&Y" (2005) marked a pivotal moment. Rediscover Coldplay's magic before experiencing it live Down Under.







The Taylor Swift Discography

As Taylor Swift graces Australian stages with her latest album, immerse yourself in the musical journey of her iconic discography, including the recently released "1989 (Taylor's Version)." From the heartfelt storytelling of "Fearless" to the genre-defying "1989" and the introspective magic of "folklore," each album is a chapter in Swift's evolution. Rediscover these gems before witnessing the enchantment of her new album live in Australia, creating a harmonious bridge between the past and the present in Taylor Swift's illustrious musical tapestry.



THE INSPIRED UNEMPLOYED

Enter the absurd and entertaining universe of The Inspired Unemployed, hosted by two incredulous best mates. This show is a delightful blend of ridiculousness, honesty, and endless fun.

Summer Special



ON PURPOSE WITH JAY SHETTY

Embark on a wisdom packed journey with Jay Shetty on the On Purpose podcast. Featuring insightful conversations with global thought leaders, this show strives to make wisdom viral. Tune in every Monday and Friday for enriching discussions that inspire purposeful living.



IT'S A LOT WITH ABBIE CHATFIELD

Join Abbie Chatfield for candid and lively discussions on It's A Lot. A podcast that feels like sharing a wine with friends, tackling everything from relationships to career advice. Expect laughs, advice, education, and relatable life experiences — a perfect blend of entertainment and learning.



SHAMELESS PODCAST

Indulge your love for pop culture, Hollywood, and all things seemingly trivial yet secretly adored on Shameless. The podcast for smart individuals who shamelessly revel in the guilty pleasures of influencers, reality TV, and the cultural phenomena we're told not to care about.





SERIAL PODCAST

Dive into riveting true crime narratives with Serial, a podcast by the creators of This American Life and hosted by Sarah Koenig. Each season unfolds a single, compelling story, earning Serial prestigious awards for its groundbreaking storytelling.



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Summer Special

What to Watch this Summer



In Theatres

NAPOLEON

Joaquin Phoenix stars as French Emperor Napoleon Bonaparte in Ridley Scott's action epic, detailing his chequered journey to power, framed by a tumultuous love affair with Josephine. Breathtaking battles unfold against a stunning backdrop, making this historical saga a visual spectacle.

THE HUNGER GAMES: THE BALLAD OF SONGBIRDS & SNAKES

Return to The Hunger Games universe with Suzanne Collins' bestseller adaptation. Coriolanus Snow faces political intrigue and mentors Lucy Gray Baird in the 10th Hunger Games. A gripping tale of survival and power, it unveils the prelude to Panem's tyrannical leadership.

Roald Dahl's iconic Willy Wonka comes to life in this film based on Charlie and the Chocolate Factory. Explore Wonka's extraordinary journey from inventor to beloved chocolate-maker, delving into the whimsical origins that shaped this enchanting character.

Wish tells the family adventure of Asha, whose powerful wish connects with the cosmic force Star. Together, they confront King Magnifico, proving that the will of a courageous human, coupled with the magic of the stars, can lead to wondrous outcomes in this enchanting cosmic tale.

AQUAMAN AND THE LOST KINGDOM

Aguaman faces the formidable Black Manta, armed with the mythical Black Trident and a malevolent force. To save his kingdom, Aquaman allies with his imprisoned brother Orm in a gripping underwater adventure. They confront irreversible destruction in this epic battle beneath the waves.

Sofia Coppola unveils the unseen side of Elvis Presley through Priscilla Beaulieu's eyes. Witness Elvis as a thrilling crush, ally in loneliness, and vulnerable best friend. This deeply felt portrait explores their long courtship and turbulent marriage, revealing the unseen side of a great American myth.

Ah, the festive season, where Christmas movies twinkle like tinsel on the holiday tree! Even the most serious cinephiles can't resist the charm of these classics. It's like a cinematic sleigh ride to childhood, wrapping us in nostalgic warmth, akin to sipping soul-soothing hot cocoa. Our merry mustwatches include Love Actually, How the Grinch Stole Christmas, The Polar Express, Home Alone, and the jingle-all-the-way fun of *Elf*. Get ready to unwrap the joy of Christmas movie magic!



New Years Flicks

Ring in the New Year with cinematic cheer! Just like the glittering ball drop, New Year's movies add a special sparkle to the festivities. Whether you're into the countdown magic or the resolution romance, these films are the perfect way to welcome the year ahead. Join the celebration with classics like New Year's Eve, the hilariously relatable Bridget Jones's Diary, the timeless love story of When Harry Met Sally..., and the heartwarming time-travelling tale About Time.





CHATSWOOD YEAR OF THE DRAGON FESTIVAL

1 - 25 February 2024

Celebrate Lunar New Year on the north side!

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www.visitchatswood.com.au/Iny

Cafés to Discover on North Shore

The Sawmill-West Pymble

The Sawmill Restaurant & Pizzeria is a unique and welcoming dining destination in West Pymble. As a proud Italian Cafe Restaurant Pizzeria, The Sawmill offers a range of delicious Italian dishes made with seasonal and



fresh produce. Whether you are looking for a sit-down meal or takeaway, The Sawmill has got you covered, with dine-in and takeaway services available five days a week from Wednesday through Sunday and breakfast served on weekends.

7 Duneba Avenue West Pymble NSW 2073 Ph: 9498 6565 | thesawmill.com.au

Brick Lane Espresso

Shop/21 Philip Mall, West Pymble

Ph: 9498 5440 | bricklaneespresso.com

Brick Lane Espresso stands as a collaborative venture

and seasonal local food, thoughtfully created in-house.

inspiration from their personal journeys, they are

between lifelong friends and their devoted team. Drawing

committed to delivering exceptional service, specialty coffee



shop/1 Philip Mall, West Pymble Ph: 9498 6081 Instagram: @the_copperpan



Replay Espresso

Owned by Grant Andronicus, this small cafe just opposite Turramurra Railway Station looks like a little hole in the wall from outside, but upon entering, the atmosphere resembles a haven of innerwest charm or an artsy enclave. It's a space where you can comfortably immerse yourself in contemplation, savour your coffee, and relish the tranquillity.

2A William St, Turramurra



The Copper Pan

café focusing on unique products and great service with freshly made food.

copperpan132@gmail.com



Instagram: @replayespresso



Tarlo | ooGee | RRP \$155

The newest addition to the Australian

made ooGee collection, the Tarlo is set to

turn heads this summer. With an appealing

unisex design, this classic fedora is finished

with a leather belt with buckle around the crown. The versatile Tarlo boasts a UPF50+

comes with a genius ComfyFit size adjuster

also makes the hat wind-resistant for those

rating for maximum sun protection and

to not only ensure the perfect fit, but it

YORK | Tina M Copenhagen I RRP \$149

Timeless with a modern twist, the Australian-made York cloche by Tina M Copenhagen boasts a bucket shape that is beautifully crafted from the very finest sustainably harvested Madagascan raffia. A perennial favourite, the York can be rolled up for travel and comes in three different colours each with their own unique trim.

tinamcopenhagen.com.au



AUSTRALIANA GIFT SELECTION I RRP \$84

Discover the natural beauty of Australia with this curated Australiana Gift Selection, featuring a Koala Soap Bar, Botanical Candle, Shower Steamer, and Hand Cream. Embrace the soothing scents of Eucalyptus, Lavender or Rose for a truly therapeutic experience.

theiamprojectaustralia.com.au



windy days at the beach.

www.oogee.com.au



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au.olaplex.com



ELLERAN LINGERIE

Elleran Lingerie is specialised in providing luxury European lingerie, corsetry, swimwear, nightwear and post mastectomy solution. Visit one of their stores to find the perfect gift for the one you love or you might even stumble across a gift for yourself!

Shop 90 (Ground Level)

St Ives Shopping Village 166 Mona Vale Road, St Ives, NSW 2075

Shop 348 (Level 3)

Westfield Chatswood 1 Anderson St Chatswood, NSW 2067

www.elleran.com

ANASTASIA BEVERLY HILLS | Fall Romance Palette | RRP \$87.00

Introducing Fall Romance Eyeshadow Palette, a provocative blend of decadent shades, featuring 12 seductive jewel-toned metallic and rich neutral eyeshadows. This essential eye shadow collection features highly pigmented, easy-to-blend formula and offers a versatile colour range for creating everything from subtle to dramatic eye looks.

anastasiabeverlyhills.au



Vertical Espresso

Vertical Espresso on Kissing Point Road in South Turramurra appears to have struck the right chord with locals, drawing morning coffee enthusiasts despite two other options nearby. It stands among 10 shops off the Pacific Highway and beyond Comenarra. This spacious cafe showcases quirky art pieces available for purchase on its walls, and patrons can analyse and seek meaning behind the displayed paintings.

217A Kissing Point Rd, Sth Turramurra Phone: 9144 1448 Instagram: @vertical.espresso



Zagros Cafe Gordon

Run by Adam, Zagros is a peaceful, charming and intimate spot to relax and converse while savouring their range of freshly made food. You can sit in the quiet corner or take a box seat at a window and read papers. The large number of items on the menu are a huge task for a small cafe but it seems locals are loving it.

784 Pacific Hwy Gordon NSW 2072 Mob: 0403 717 720 restaurantguru.com/Zagros-cafe-Gordon Food & Wine Food & Wine

by Willow Berry

t the heart of the community's

and operated business inviting everyone

Unique Whole Foods distinguishes itself by

sourcing local certified organic produce and

caters to specific dietary preferences such as

maintaining specialised in-house produce

teams. Their diverse range of products

"We're a health food supermarket, similar to typical ones like Woolworths

or Coles, but with a healthy twist,"

"We focus on high-quality products,

says Unique Whole Foods co-founder,

including natural, certified organic, and

fresh and organic products.

gluten-free, Paleo, and keto.

Benjamin Federman.

dedication to wellbeing is Unique Whole Foods, a family-owned,

Sydney's Newest Dining Hotspots for the Holiday Season

by Willow Berry

s the holiday season approaches, why not treat yourself to some new dining experiences? We've explored some of the latest restaurants who've recently opened their doors. From casual hangouts to more sophisticated spots, these places offer a variety of culinary delights to suit every taste. So, if you're in the mood for something different this holiday season, take a closer look at what these newcomers have to offer. It's time to explore the world of fresh flavours and cosy atmospheres!



Alfie's

Situated at 413-415 Crown Street, Surry Hills, Itō steps into the void left by Toko's departure, bringing a touch of glam Japanese dining inspired by izakayas. From an extensive selection of sake to quirky Japanese wines and Japanese-inspired cocktails, Itō offers a cool, bright, and casual setting. Head chef Erik Ortolani's fusion of Italian heritage and Japanese cooking results in unique dishes like aglio e olio spaghetti with garlic shoots and togarashi or Wagyu mafaldine with white shimeji and miso.

www.itorestaurant.com



Poetica Bar & Grill

Located on the mezzanine level at 1 Denison Street, North Sydney, Poetica is a culinary gem brought to you by the creators of Loulou and The Charles. Positioned as the latest addition to North Sydney's burgeoning long lunch scene, Poetica elevates its offerings with the mastery of head chef Connor Hartley-Simpson. Drawing inspiration from his Michelin Star experience, the menu celebrates the artistry of fire, wood, and charcoal. Highlights include the "flambadou" oysters, a dazzling display of ancient wood fire techniques, and an ever-changing selection of dry-aged whole sirloins, T-bones, and tomahawks. The adjacent bar, complemented by a covered terrace, offers a meaty wine list curated by head sommelier Michael Block, ensuring a delightful dining experience.

https://poetica.sydney



Mami's www.liquidandlarder.com.au/venues/alfies

Located in Bondi, Mami's Casa Latino exudes warmth with its striking cobalt-blue exterior, paying homage to Frida Kahlo's Blue House in Mexico City. Blending elements of a fast-casual takeaway joint and a restaurant, Mami's offers a delightful culinary experience. Chef Mariana Beverido, inspired by her Mexican heritage, presents signature dishes like pork confit carnitas tacos, showcasing rich and succulent flavours finished with onion, coriander, and zesty salsa verde.

instagram.com/mamis.food.bondi



St Siandra

Nestled at 75 Lower Parriwi Road, Mosman, St Siandra brings a touch of the Amalfi coast to the shores of Middle Harbour. Headed by former Nomad chef Sam McCallum, this multi-storey restaurant, bar, and event space promises to be a jewel among Sydney's waterfront venues. McCallum's Mediterranean flair shines through in dishes like sevenspice Moreton Bay Bugs and wood-fired flatbread with smoked garlic chickpea hummus. With luxurious offerings such as Jack's Creek Angus bone-in Wagyu striploin and a delightful array of drinks, including spritz on tap and signature cocktails named after famous local yachts, St Siandra promises a memorable dining experience by the water.

https://stsiandra.com.au

We are Sydney's premier health food supermarket. We provide our customers with the healthiest range of products across all food categories.

on a journey of nourishment and vitality. The store has a steadfast commitment to curating an environment that champions various dietary options. Our specialty is 100% locally UN certified organic produce. Recognising the unique paths individuals My business partner, with nearly 15 years take toward optimal health and wellness. in the industry, meticulously vets every

product we sell."

Nourishing Community Health

"Each item must align with our values and standards, ensuring that when customers step into our store, they can trust that whatever they choose is genuinely good for them."

As a small business deeply embedded in the community, a strong emphasis is placed on the relationships forged with customers and suppliers.

"Customer service is a priority. Our welltrained staff helps customers navigate

our products, especially those exploring health options," Federman expressed to Sydney Observer.

"We also provide services like helping with bags and maintaining a friendly and warm environment."

A visit to the store transcends a mere purchase; it's a step toward embracing a community where health, wellness, and local support converge.

"Our mission is to spread the lifestyle of healthy food, a healthy mind, body, and soul."

"We aim to provide a place where people, no matter what stage they are in their journey, can trust that whatever they're getting is going to be good for them."

Join Unique Whole Foods in creating a space for health enthusiasts, where every purchase contributes to a thriving local economy and a healthier, more connected community.

Find out more info here https://uniquewholefood.com.au.

unique wholefood

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Sailing into Croatian Paradise

by Zara Powell

uch like the whole of Australia, I embarked on my long awaited two-month Europe trip at the start of June 2023. Travelling for eight weeks with just my best friend and handy backpack, I had no idea what to expect and all I have to say is, Croatia did not disappoint. Although the most expensive part of my trip, sailing around Croatia with over 250 strangers was a week I will never stop talking about, nor forget.

Sail Week Croatia comes with options so you can pick which route suits you and your travel needs best. There is the balanced and chillaxed route or the classic party route, as a party enthusiast I couldn't say no to a week of partying on a yacht through the Adriatic Sea.

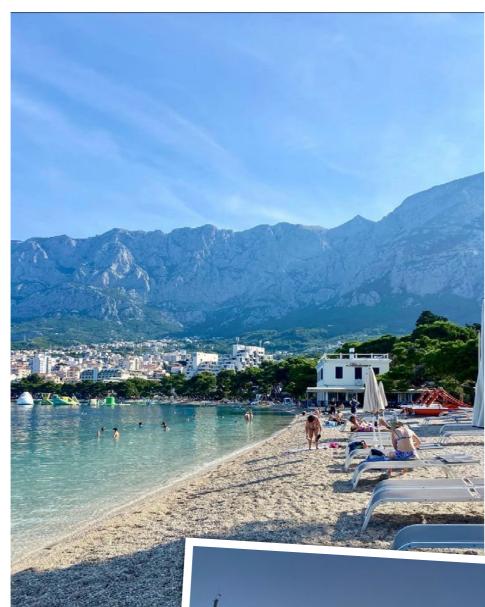
Age is also merely a number, trust me we met some wild 30-year-olds. When booking sail week, I initially thought I would be getting schoolies flashbacks, little did we know we would be the youngest on our boat at age 20. Most people I tell to add sail week to their itinerary often say "Oh I'm too old!" and that is just not the case. With the average age of 26 with 7 people on our boat, we were spoiled with fun. Sail Week is a celebration that transcends age, proving that the only number that truly matters is the one that measures the memories made amid the sun, sea, and newfound friendships.

Anxious to meet our other 6 sail mates we began docking in Trogir, Croatia. What started as a meeting of seven strangers soon evolved into a tightknit crew of besties. Among us were Aussies, a Kiwi, a French Canadian, and four spirited and loud American girls, each bringing their unique flair to this international melting pot. And then, there was our incredible skipper, Stefan, hailing from the vibrant land of Serbia.

As the sun-kissed coastline of Croatia welcomed our eager group, the anticipation was palpable. From the moment we set sail, it became evident that Sail Week Croatia was not just about navigating the Adriatic Sea; it was about navigating a sea of unforgettable memories.

THE ADVENTURE UNFOLDS

Our voyage commenced with a sunset sail to Split, where our cosy cabins became witnesses to laughter,



camaraderie, and the occasional bout of sweating in the tight quarters. Makarska beckoned with jumping off 20 metre cliffs, followed by a cave party that echoed with the rhythm of the waves and the beat of our collective excitement. Delicious food fueled our spirits for the next leg of the journey.

Then came the line raft, a spectacle where over 50 sailboats joined forces, creating a floating community of shared stories and newfound friendships. The azure waters of Palmizana, a secluded island paradise, welcomed us before we ventured into the crazy street nightlife of Hvar, many laughs were made that night.

Vis unfolded before us where we visited scenes of Mamma Mia 2, and a day spent exploring its charming town.

A highlight that surpassed expectations was the grand circle raft part, it was our crescendo of joy, with the sea as our dance floor and the sun setting as our spotlight.

Our sails then caught the wind to Bol, where we lounged by one of the most enchanting beach clubs, sipping on piña coladas and revelling in the sheer beauty of the moment.

As our journey drew to a close, we sailed back to Split, where tears were shed and laughter echoed in a night of farewell celebrations. Stefan, our skipper, proved to be the maestro of our maritime symphony, guiding us through this unforgettable chapter with skill, humour, and an infectious passion for the sea. His guitar and loud singing to wake us up will never be forgotten.



In the wake of Sail Week Croatia,

the memories lingered, etched

in the corners of our hearts as a

friendship, and the magic found

when sailing into the unknown.

testament to the power of adventure,

More about it DESTINATIONS

- Croatia Party Route
- Croatia Ultra Route
- Croatia Dubrovnik Route
- Greece Athens Route

SAIL WEEK VIBES

Party Vibe - As part of Party & Ultra route in Croatia you'll explore and party in different locations every day.

Balanced Vibe - Dubrovnik (Croatia) and Athens (Greece) routes are perfect choices for sailing holidays. Enjoy spectacular sunsets, white sands, crystal clear waters and beach BBQ party nights.

sailweekcroatia.com





Gordon Multicultural Hub **Exercise Meeting**

Every second Monday, Gordon Cultural Hub offers a space for gentle exercises led by a qualified physiotherapist. Activities include Bollywood dance and music, guided yoga sessions with a certified yoga teacher, along with music, and a chance for a social 'chai and chat'. People living with dementia and their carers are welcome to attend as the activity is designed to be dementia-friendly.

When: Mondays, 11 Dec 2023 and 8 Jan 2024, 10:30am - 1:00pm. Where: Gordon Library Meeting Room 1, 799 Pacific Highway, Gordon.

Cost Free.

Contact: Bijinder Dugal, bijinderdugal2002@yahoo.com.au.





Cooking Class for Teens

Join the St Ives Youth Hub team in a fun and interactive cooking class. It is a great opportunity to discover new recipes, learn important cooking skills and enjoy delicious food with friends. The cooking class is a free event and targeted towards young people aged 12-18. It is suitable for all levels of experience. No registrations required.

When: Thursday, 07 December, 3:30pm - 4:30pm. Where: St Ives Community Centre, 6 Memorial Avenue, St Ives. Cost: Free.

Contact: Amelia Chesser, 0403 954 058.



Craft Club at Northbridge Library

Northbridge Library craft club takes place on the third Friday



Cost: Free. **Monthly Writers Group Meeting** In this informal meeting you will

have the opportunity to meet with other aspiring and passionate writers, share your writing projects, discuss ideas and support one another. It takes place on the second Saturday of every month.

Contact: Eva Molnar, 0404 094 322, library@hornsby.nsw.gov.au.



Carer Gateway Drop-In

Carer Gateway is a free government program that provides free practical services and emotional support for all unpaid carers in Australia. The services include domestic assistance, counselling, respite care, courses and outings. If you provide support to a family member or friend who has a disability, a medical condition, a mental illness or who is frail due to age, the meeting is for you.

When: Wednesday, 20 December, 10:00am-12:00pm. Where: Hornsby Library Discovery Space, 28-44 George St, Hornsby.

Info: Carer Gateway, 1800 422 737, hornsby.nsw.gov.au.



Dragons! Lane Cove Bush Kids

Do you like dragons? Visit the Blackman Park and discover the dragons that live near you, in Sydney. Prepare yourself to hear some fun stories, a pleasent bushwalk and a little bit of dragonology.

When: Wednesday, 17 January 2024, 9:45am - 11:15am. Where: Blackman Park, Blackman Park, far end of Lloyd Rees

Drive, past the playground, Lane Cove West. Cost: 0-\$10.85, bookings are essential. Info: www.lanecove.nsw.gov.au/bushkids.

East Lindfield Village Markets

East Lindfield Village Markets are nestled in a quaint village setting with mature trees and a brand new kids playground. The community hall allows both indoor and outdoor stalls, just 13 km north-west of the Sydney Central Business District.



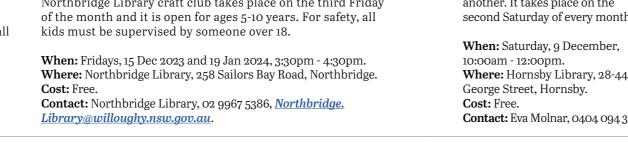
When: Sunday, 21 January 2024, 9:00am-2:00pm. Where: East Lindfield Village Markets, 9 Wellington Road, East Lindfield, 2070.

Cost: Free.

Chef By Meals on Wheel

Info: Brad Browne, 0425 243 976,

admin@eastlindfieldvillagemarkets.com.au.



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Northside

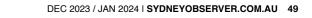
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MATE IN ONE MOVE PUZZLES









I









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ANSWERS

Golden Wattle; 20. Wuhan, China. ot Fire; 15. Sleeping Beauties: Reawakening Fashion; 16. An army; 17. Rolex; 18. Banjo Paterson; 19. 14. Harry Potter and the Goblet Three; 12. Australia; 13. Achilles 9. Fraser Island; 10. 99.94; 11. Volkswagen; 7. Prunes; 8. Calcium; 4. Six; 5. Christmas seaso 6. . twitr; 2. The weather; 3. Three;

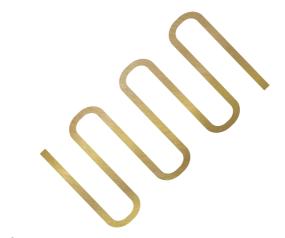
MATE IN ONE MOVE PUZZLES

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TRIVIA

- 1. What was Twitter's original name?
- 2. What is meteorology the study of?
- 3. How many Lord of the Rings films are there?
- 4. When Michael Jordan played for the Chicago Bulls, how many NBA Championships did he win?
- 5. During which time of the year is the Nutcracker primarily performed?
- 6. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
- 7. What is the common name for dried plums?
- 8. Which element is said to keep bones strong?
- 9. What is the largest sand island in the world?
- 10. What is Cricketer, Don Bradman's batting average?
- 11. How many Pyramids of Giza were made?
- 12. Which country did AC/DC originate in?
- 13. Which Greek warrior's weakness was their heel?
- 14. What is the name of the fourth book in the Harry Potter series?
- 15. What is the theme for the 2024 Met Gala?
- 16. What name is used to refer to a group of frogs?
- 17. Which watch company has a pointed crown as its logo?
- 18. Who wrote Waltzing Matilda?
- 19. What is Australia's national floral emblem?
- 20. In what city were the first infections of COVID-19 discovered?



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