

Christmas Special

# WOODY'S

Newsletter

## Roundup

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ABN 60 404 704 504 PH: 02 9299 3603 Fax 02 9290 3401 E: woodwards@woodwards.com.au  
A publication of B. P. Woodward & Associates, Chartered Accountants

It's that time of year again! The Partners and Staff would like to take this opportunity to wish you all a very Merry Christmas and a safe and prosperous New Year. We look forward to assisting you in 2010.

### We Are Able To Help With

- \* Management Accounting
- \* Business Planning
- \* Cash Flow Planning
- \* Performance Monitoring
- \* Taxation Planning
- \* Tax Audits & Investigations
- \* Superannuation
- \* Succession Planning
- \* Business Sales & Purchases
- \* Financial Re Structuring
- \* Venture Capital
- \* Strategic and Financial Planning
- \* Marketing Services
- \* Property Investment
- \* Audit Services including Special Purpose Audits

### Surviving the Festive Season

Christmas isn't known as party season of the year for no reason! It's at this time of year that we all let our hair down, let our diets and exercise routines take a back seat and generally let loose after a long year. You don't need us to tell you the holiday break always involves a lot of eating and drinking, so to help avoid a New Year's hangover, here are our top five tips for surviving the festive season:

- \* When drinking, have a glass of water between alcoholic beverages to avoid dehydration (and potential embarrassment!)
- \* At Christmas parties, try to eat before hand so you do not arrive starving, and choose wisely - you are what you eat!
- \* Opt for the healthier party food options - nuts, dried fruits, and low fat ice-cream are all good choices
- \* If having a big night, get plenty of sleep the night before and try to exercise in the morning after to boost energy levels and rid the body of toxins
- \* Try to keep up your healthy eating and exercise routines as much as possible to make those New Year resolutions seem less of a stretch.



### In this issue

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### Summer's Golden Rule – Slip, Slop, Slap

Every Aussie loves heading outdoors during summer; whether it be to kick back on the sand at the beach, to cheer on our boys at the cricket or just to be spend a few hours outside in the glorious southern sun. And there is no better time than during the Christmas break.

Australia has one of the highest rates of skin cancer in the world. So these Christmas holidays don't forget the golden rule – be sun smart and protect yourself in five ways:

- \* Slip on sun protective clothing that covers as much of your body as possible.
  - \* Slop on SPF 30+ broad spectrum sunscreen liberally to dry skin, at least 20 minutes before sun exposure and reapply every two hours after that.
  - \* Slap on a broad brimmed hat that shades your face, neck and ears.
  - \* Seek shade
  - \* Slide on sunglasses.



## Enjoy the Fun of Sydney Harbour

Descend on Sydney this summer and grab a prized spot around the Sydney Harbour foreshore. Here are a few of the best spots to take in the beauty of the Harbour

### The Macquarie Lighthouse

South Head has one of the best views, that extends to North Head and the Northern Beaches and back through the heart of Sydney Harbour south to Bondi.

The cliffs near Vaucluse have been the lighthouse home since 1818. Making it Australia's first and longest operating Lighthouse.

The Lighthouse is close to Watson's Bay, a perfect place to grab lunch or dinner and enjoy the best seafood with a view.

### Bradley Head

Bradley Head drawcard is a lovely harbourside walking track with fabulous views of Sydney Harbour Bridge, the Opera House and Fort Denison among them.

But Bradley's Head main drawcard for the young and young at heart is Taronga Zoo. The zoo opened its doors in 1916 and has many indigenous and exotic animals. The Zoo is open every day of the year.

### Sydney Skywalk

The newest outdoor experience is the 260m above the city. The Sydney Tower (Centrepoint) walk is a 45 minutes outdoor walk on the roof of the city on a glass-floored viewing platform. The stunning landscape marks Sydney as one of the most scenic cities in the world.

### Q-Station

Built on North Head and part of Sydney Harbour National Park. People have been visiting the Q-Station since the 1800's. With the station's building having been restored, it is an important part of Sydney's early migrant History.

### Fort Denison

One of six islands in Sydney Harbour. The fort's history is one of punishment for the convicts in the days of early settlement, and a defensive site with one of the last Martello towers built in the world. Today, visitors enjoy a 360 degree panoramic view of Sydney Harbour and Sydney's skyline. Hop on a ferry, take a tour of the Fort's Historic Buildings and enjoy a leisurely lunch at the Café and Restaurant.

### Cook's Landing

Walk where Captain James Cook landed at 3pm on 29th April 1770. Botany Bay is the exact landing place, and is located 15km south of Sydney at Kurnell, in Botany Bay National Park. The historic site boasts intimate picnic areas and outdoor activities (hiking, snorkeling and scuba diving). Also learn about the area's history at the museum and discovery centre.

### Mrs Macquarie's Chair

A chair was carved out of a rock ledge for Governor Lachlan Macquarie's wife Elizabeth, who frequently visited the area for its panoramic views. Walk the path that Mrs Macquarie would have walked, by visiting Government House or stroll along the foreshore and through the Botanical Gardens.

The Macquarie Lighthouse  
Old South Head Road  
Vaucluse  
02 8969 2131

Taronga Zoo  
Bradleys Head Road  
Mosman  
02 9969 2777

Sydney Skywalk  
Centrepoint Podium Level,  
100 Market Street  
Sydney  
02 9333 9222

Q-Station  
North Head Scenic Drive  
Manly  
02 9466 1500

Cook's Landing Place  
Botany Bay National Park,  
Kurnell

Mrs Macquarie's Chair  
Mrs Macquarie Road  
Sydney

Government House  
Macquarie Street  
Sydney  
02 9931 5222

### Christmas Jokes

What happens if you eat the Christmas decorations?

.... You get tinsel-itus!

What do reindeer hang on their Christmas trees?

.... Horn-aments!

What do you get if you deep fry Santa Claus?

.... Crisp Kringle!

Who is never hungry at Christmas?

.... The turkey - he's always stuffed!



### Christmas Fruit Punch

The perfect refreshment for Christmas Day Lunch!

Ingredients

- \* 2L (8 cups) fruits of the forest fruit juice, chilled
- \* 1 1.25L bottle soda water, chilled
- \* 250g (1 punnet) strawberries, hulled, halved
- \* 2 kiwifruit, peeled, chopped
- \* Ice cubes, to serve

Place juice and soda water in a large punch bowl or serving jug. Stir in strawberries and kiwifruit. Cover with plastic wrap and place in the fridge for 1 hour to allow the flavours to develop.

Add ice cubes to serve.

## B.P. WOODWARD & ASSOCIATES

### CHARTERED ACCOUNTANTS

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