



Coastal Shopper Sunshine Coast 2021

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Coastal Shopper

Sunshine Coast 2021



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★ Buying locally: a gift to your community

The holiday season is the busiest time of year for many merchants and service providers in your area. But did you know that when you buy locally this Christmas, you help support your community? Here's what you should know.

A small gesture with a big impact

In addition to endorsing the merchants in your area, buying locally allows you to contribute to the economy on the Sunshine Coast by keeping jobs in our communities. Plus, it's a great way to invest in your neighbourhood's businesses. After all, your support is what makes it possible for them to offer a wide variety of products and services.

Furthermore, a business that earns more money from transactions made by local citizens, contributes a greater amount of tax revenue to the government. This money can then be reinvested in services that benefit the entire community.

Think outside the box

Buying locally isn't just about the products you can put in a shopping cart; it's also about investing in your

region's many services. For example, think of the various offerings provided by regional businesses in the arts such as museums, theatres, galleries and craft fairs.

This year for Christmas, consider giving an experience as a gift. It may turn out to be the perfect way to spend quality time with a loved one.



Special deals and great opportunities

During the holiday season, it's not uncommon to see city officials and business organizations implement initiatives to encourage people to buy locally. This may include posting online directories that

list all the businesses in the area. In addition, sometimes stores will offer special promotions, gifts and discounts to local residents.

This year for Christmas, give yourself and your community the gift of buying locally.

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There are still several weeks before Christmas, so it's a good idea to start planning so nothing gets overlooked. Here are a few tasks to check off your holiday to-do list.

- Set a budget for gifts, new outfits and parties.
- Decide who's on your gift list, and start brainstorming ideas for each.
- Pick a date for your holiday party, create a guest list and send the invites.
- Organize a gift exchange among family members, friends or co-workers.
- Book appointments with your hairdresser, barber or beautician.

Only 5 WEEKS

before Christmas!

- Sort through your decorations and determine if any need replacing.

And to get you in the holiday spirit...

Remember to pause and enjoy quality time with your loved ones.

Make an advent calendar with your kids or plan to host a holiday craft night with some friends.

Baking may top your list – so get everyone in your household involved. The smells of holiday cheer will soon fill your house.

7 WAYS TO SUPPORT

Local Businesses this Holiday Season



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OFFLINE shopping

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Why do your holiday shopping in person?

Are you tired of handing over your hard-earned dollars to online retailers? If so, offline shopping is a trend that's becoming increasingly popular. The principle? Focus on in-person shopping experiences rather than anonymous exchanges on the internet. Here are seven great reasons to do all your holiday shopping offline.

1. To connect with people

When you visit the businesses in your region, you get to interact directly with local merchants – your neighbours. Of course, shopping online (in your pajamas?) has its advantages but talking to salespeople and fellow shoppers is even better.

2. To stimulate the local economy

The more people support local retailers, the longer their businesses can continue to thrive and serve the community, thereby creating a strong local economy. What's more, dynamic neighbourhoods are much more pleasant to live in than those whose shops have been forced to close and are accumulating dust, dirt and graffiti.

3. To strengthen your sense of community

Visiting businesses in your neighbourhood will increase your ties to the region. When you explore the area around you, you'll rub elbows with your neighbours and discover amazing goods and services a stone's throw from your home.

4. To benefit from excellent service

Returns and exchanges are a breeze when the product you've purchased comes from a nearby store. And local merchants know they need your business to survive, so they'll do everything they can to ensure you're

happy. Conversely, returning and exchanging items bought online can be a hassle.

5. To enjoy a variety of products

Are you familiar with all of the goods and services available in your region? Probably not. In fact, there are likely more businesses in your area than

you realize! Consider spending a day visiting them. You'll find that in just a few hours, you've completed all your holiday shopping and are still close to home.

6. To be kind to the environment

Shopping locally not only eliminates the cost of shipping, but also tends to reduce the distance products travel before reaching you. In addition, you can avoid the need for extra packaging materials when you shop in person, especially if

you bring your own tote bags.

7. To support your community

Making purchases from your local merchants at this busy time of year is a concrete way of giving back to your community. Your money goes directly into your neighbours' hands and helps to create — and keep! — jobs in your region. In contrast, ordering a gift online from the other side of the world doesn't help the people closest to home.

This year, go ahead and get your holiday gifts, goodies and decorations a few minutes from home — you have nothing to lose and everything to gain.



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Festive Ideas for the Holidays

Gift ideas for foodies

Is there someone on your holiday shopping list who's a foodie? Are you looking for a gift that'll satisfy both their taste buds and passion for cooking? If so, here are four ideas to inspire you.

1. **Reusable accessories.** Consider offering your foodie reusable coffee filters, produce bags, pastry bags, muffin tins or other items that will help them enjoy and preserve their kitchen creations.
2. **Cooking classes.** Whether online or in-person, a cooking class is a great way for the foodie in your life to discover new dishes and learn an array of culinary techniques.
3. **Food subscriptions.** If your loved one is a coffee, candy or chocolate connoisseur, consider buying them a themed subscription box. Alternatively, you may want to gift them a basket of fresh produce and local foods to spark their creativity.
4. **Artisanal products.** Curating a custom gift basket that includes regional delicacies such as hot sauces, cheeses, wines and oils is a great way to inspire your loved one to cook using local ingredients.

Keep an eye out for products, services and activities in your region for further ways to satisfy the epicurean on your shopping list.



Great reasons to give gift cards this season

Do you find it stressful to pick out personalized gifts for everyone on your list? Are you unsure whether giving your loved ones gift cards is the right thing to do? If so, here are four reasons offering this type of present may be a good choice for you.

1. **There are endless options.** From ski lift tickets to spa packages and gourmet meals to clothing stores, it's easy to find a gift card that suits the interests of the person you want to spoil.
2. **You won't disappoint.** Rather than risking buying your loved one a present they don't like, giving them a gift card allows them to choose exactly what they want. This is an especially wise option for gift exchanges.
3. **You'll save time.** Gift cards are quick and easy to purchase, and buying them will save you the hassle of walking up and down crowded store aisles. Simply head straight to the checkout. You can even purchase certain gift cards online.
4. **You decide the price.** You're in full control of how much money is loaded onto the gift card. That way, you can spend as much or as little as you want, without having to calculate taxes.

Do you think a gift card is too impersonal? Think again! Simply wrap this present in a pretty box and attach a handwritten note to up the wow factor.



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Good deeds this holiday season

The holidays are typically a time to celebrate and enjoy time with family and friends. For some though, it can be a difficult period of the year to get through. If you want to spread the Christmas spirit in your community, here are a few simple actions you can take:



- Donate money or non-perishable items to a food bank in your area.
- Sort through old toys, clothes or books, and give them to someone in need.
- Help someone you know by offering to watch their kids or prepare a meal for them.
- Give an anonymous donation to someone who's experiencing financial hardship. Consider secretly dropping off presents for their children or mailing them a gift card from a local shop.
- Volunteer to accompany people in your area on errands.
- Send greeting cards to the people who live at your local seniors' residence.
- Show your appreciation for those who offer their services, such as a thank-you note for the postal worker or cookies for the bus driver.

- Participate in a gift-giving program in your community.
- Put your talents to good use – sing at a seniors' residence or knit scarves for people at a shelter.
- Support local artists and artisans by purchasing your Christmas gifts from them.

These are just some of the ways you can make the holidays brighter for everyone in your community.

Gift ideas for your pets

Whether you have a Pomeranian or a goldfish, your animal companion deserves a special treat at Christmas. Here are a few possibilities.

- Cat: a massage station, roller circuit toy or hammock
- Dog: a bandanna, heated bed or organic treats
- Ferret: a tunnel system, ball pit or harness for outdoor excursions
- Hamster: a new wheel, wood chews, sand bath or hideout
- Rabbit: a comfortable cushion, scratching pad or treat dispensing toy
- Parrot: a woven ball foot toy, climbing net or puzzle board
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Visit a pet shop or veterinary clinic in your region to find the perfect gift.



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Gift-wrapping ideas

Once you've finished buying all your Christmas presents, it's time to start wrapping them. Here are some tips and ideas to make your holiday gift-wrapping a success.

Use quality wrap

Gift wrap that's too thin will not only tear when you handle it but may also be see-through. Choose sturdy paper that's sufficiently thick but still easy to fold. To decorate the package, use strips of ribbon that can be either curled with scissors or tied into a pretty bow.

Try furoshiki

Furoshiki are a type of traditional Japanese wrapping cloth that can be used to cover gifts. This gift-wrapping option has environmental benefits because the cloth can be reused. Plus, you can wrap and unwrap the gift as many times as you need to achieve the perfect presentation.

Whatever type of wrap you opt to use, you can visit your local craft store to find the materials you need. However, if you aren't confident in your gift-wrapping abilities, consider relying on charities in your community that offer gift-wrapping services during the holiday season.



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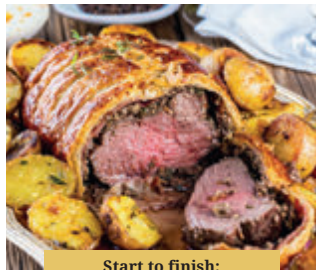
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Holiday Recipes for your yuletide spreads

Beef Wellington with port sauce



Start to finish:
2.5 hours (50 minutes active)
Servings: 6

Are you hosting an intimate dinner with family or friends over the holidays? If so, this classic recipe may well be the perfect main course.

Ingredients

Beef

- 1.25 kilograms beef tenderloin (filet mignon)
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- Salt and pepper to taste

Mushroom duxelles

- 4 tablespoons butter
- 3 French shallots, finely chopped
- 700 grams button mushrooms,

- finely chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons fresh thyme, finely chopped
- 2/3 cup dry, white wine
- salt and pepper to taste

Assembly

- 8 slices prosciutto
- Prepared mushroom duxelles
- 125 grams foie gras, thinly sliced
- Prepared beef tenderloin
- 1/2 cup all-purpose flour
- 1 (464 grams) package puff pastry
- 1 egg yolk, beaten

Port sauce

- 1 tablespoon olive oil
- 1 French shallot, finely chopped
- 3/4 cup port
- 1 cup beef stock
- 1 tablespoon butter
- salt and pepper

Directions

Beef

1. Season the tenderloin with salt and pepper.
2. In a pan, heat the olive oil and butter. Once the pan is very hot, sear the beef for about 2 minutes on each side. Place the meat on a plate and dry using a

paper towel.

3. Brush beef with the Dijon mustard and refrigerate.

Mushroom duxelles

1. In the pan you used to sear the beef, melt the butter.
2. Sweat the French shallots in the melted butter. Add the mushrooms and sauté them over high heat for about 5 minutes.
3. Add the garlic and thyme and continue to cook for about 2 minutes.
4. Deglaze the pan with the white wine and continue to cook the mixture until the moisture has completely evaporated from it. Add salt and pepper to taste.

Assembly

1. Cover your work surface with a sheet of plastic wrap. Place the slices of prosciutto on the plastic wrap, overlapping them slightly to make a large square.
2. Using a spatula, spread the mushroom duxelles over the prosciutto, covering it completely.
3. Cover the mushrooms with the slices of foie gras.
4. Take the beef out of the refrigerator and place it in the

middle of the square. Using the plastic wrap to help keep the components together, wrap the other ingredients around the beef, making sure it's covered completely. Wrap the plastic tightly around the beef and accompanying ingredients and refrigerate the whole thing for one hour.

5. Preheat the oven to 425 °F (220 °C). Dust the work surface lightly with flour and spread out the puff pastry.
6. Remove the beef from the refrigerator, take off the plastic wrap and place the meat on the pastry.
7. Wrap the pastry around the beef, making sure it's completely covered. It should be spread uniformly and shouldn't overlap, so be sure to cut any extra bits off. Brush the pastry with the egg yolk and trace a design using a knife, making sure not to pierce a hole through the dough.
8. Place the assembled Beef Wellington on a baking sheet and bake for about 30 minutes or until the beef reaches an internal temperature of 132 °F (55 °C).

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Port sauce

Start the sauce halfway through the meat's cooking time.

1. In a pot, heat the olive oil and sauté the French shallot. Add the port and simmer for a few minutes.
2. Add the beef stock and simmer until the sauce has reduced about halfway. Add salt and pepper to taste. Strain the

sauce using a sieve and rinse the pot.

3. Return the sauce to the rinsed pot and melt the butter in it.

Allow the Beef Wellington to cool for about 15 minutes before slicing.

Serve with roasted potatoes and the port sauce. Enjoy!

In order for this recipe to be a success, the mushroom duxelles must be very dry. Even a small amount of moisture will impact how the puff pastry cooks and result in a soggy crust.

Festive pomegranate cocktail

This light and bubbly cocktail is sure to get you in the holiday spirit. Serve it at a Christmas brunch or as an aperitif before a sit-down dinner.

Ingredients

- 2 tablespoons pomegranate juice
- 1/2 cup sparkling wine
- Sparkling lemon water
- 1 tablespoon pomegranate seeds
- 1 sprig fresh rosemary

Directions

1. In a champagne flute, pour the pomegranate juice and sparkling wine. Top off with sparkling water.
2. Garnish with pomegranate seeds and rosemary.



Start to finish:
5 minutes •
Servings: 1 cocktail

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New Year's Eve traditions from around the world

People across the country ring in the new year in a variety of ways, from enjoying lavish, multi-course meals to watching the Times Square ball drop on TV and popping champagne at the stroke of midnight. Here's a look at how people in other countries observe New Year's Eve.

Brazil

You won't see extravagant costumes at this Brazilian celebration. Instead, people wear white to symbolize peace and prosperity for the year ahead.



Denmark

Just before midnight, it's tradition for Danes to stand on chairs. This is so they can jump off when the clock strikes 12 to symbolize leaping into the new year.

Estonia

Since seven is a lucky number, Estonians make sure to eat seven meals on New Year's Eve. This is said to

provide the strength of seven men for the year to come.

Japan

Across the country, bells are rung at Buddhist temples 108 times before midnight. This number symbolizes worldly desires, and the practice is intended to chase them away.

Philippines

Among Filipinos, circles are said to bring luck. In addition to wearing polka dot patterns, it's tradition to eat 12 round fruits — one for each month — to attract good fortune.

South Korea

In seaside towns across the country, people gather on the beach to watch the first sunrise of the year. It's said that if you make a wish at sunrise, it'll come true.

Spain

In Spain, people ring in the new year by eating 12 grapes, one at each stroke of midnight. Doing so brings good luck and prosperity for the 365 days to come.

Turkey

Fruit also makes an appearance at Turkish celebrations, where pomegranates are smashed on the ground in front of homes to welcome the new year.

Cheers to a happy and healthy year!



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Musical Quiz Classic Christmas songs

Christmas music can be heard nearly everywhere you go in December. While you might be familiar with the lyrics, how much do you really know about the most popular Christmas songs?

- Who wrote "Winter Wonderland," which was originally a poem inspired by memories of his childhood?
 - Richard Smith
 - Joseph Mohr
 - Johnny Marks
- What is the best-selling Christmas song of all time?
 - "The Christmas Song" by Nat King Cole
 - "Rudolph the Red-Nosed Reindeer" by Gene Autry
 - "White Christmas" by Bing Crosby
- Where did the song "O Christmas Tree" originate?
 - Russia
 - Romania
 - Germany



- Which of these songs was first written in French?
 - "O Holy Night"
 - "Silent Night"
 - "Jingle Bells"
- How old was Brenda Lee when she recorded "Rockin' Around the Christmas Tree"?
 - 13
 - 16
 - 22
- In what year was the song "Sleigh Ride" first recorded?
 - 1936
 - 1949
 - 1961
- What was the original title of "Silver Bells"?
 - "Tinkle Bells"
 - "All the Bells"
 - "Christmas Bells"

Answers
1-a, 2-c, 3-c, 4-a, 5-a, 6-b, 7-a

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[†]Certain conditions apply. See store for details.