CONGRATULATIONS!
2012
Grandparent Of The Year Award
WINNERS -
Mardi Nash &
John Ward

the game of parenting
- have the rules changed?

Life Stories

Ding Dong
Merrily on
High

What's your
reading hat?
Welcome

SUMMER 2012
ISSUE - NUMBER 6

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Dear Reader,

Welcome to our Summer 2012/13 issue.

We wish you and yours the very happiest of holiday seasons and a relaxing, safe summer - and a very big thank you very much for all your support.

GDM is online at the beginning of each Australian season - Winter, June 1st - Spring, September 1st - Summer, December 1st & Autumn, March 1st.

Please contact us at info@grandparentsdaymagazine.com to offer your insights, experiences, and comments.

We hope you enjoy the read!!

Warmest regards,

Mary & Marsha

Although we are based in South Australia - GDM is a national publication and we are very keen to have someone from each State keeping us in the loop about what's happening - let us know if you're interested in being our link to your State. We are always looking for fresh input - so spread the word and let us know of any suggestions or contributors that will help GDM to become even bigger and better!

The views expressed herein are not necessarily those of Grandparents Day Magazine.
Dear Editor,

I’m creating a school calendar for 2013 and on that calendar I want to include Grandparents’ Day, now, when is that celebrated in Australia and is it Nationally? Or is there a different Day for the different states? So many different dates for different countries such as USA, UK. So I’m having trouble finding the correct date for Australia. It is indeed very confusing, so a National Day would be fantastic and I really feel we should have a day to recognize our grandparents. Especially these days as a lot of grandparents have become carers for their grandchildren. Please could you reply ASAP with the correct date as we are finalizing the calendar in the next few days before printing. Thank you so much, Regards, V. P.

Many thanks for your email. Several States do celebrate a Grandparents Day – all on different dates. We are trying to gather support for a National Grandparents Day to be held on the first Sunday in October (the same as in the UK) but that is not yet ‘official’. For your calendar, you could include the first Sunday in October as the ‘proposed National Grandparents Day’ and then also find out the actual day that will be designated for your state in 2013.

If you wish to visit a website or send an email to an address mentioned in this issue - simply double click on the website or email address!!

Thanks to 20th Century Fox films we have 25 double tickets to giveaway - So act now to be a winner your in State!

Be one of the first 25 to email us at info@grandparentsdaymagazine.com and we'll send you the tickets!!
It is difficult to quantify the number of children in the care of grandparents as specific data is hard to get. An estimate derived from Centrelink data on recipients of family tax benefits suggests that in 2003 about seven per cent of primary carers of children were, in fact, grandparents. Custodial grandparents are also disheartened by the seemingly differential treatment they encounter in seeking legal aid assistance. The lower means-asset test threshold applied to applicants is considered unfair by many grandparents, as they are excluded. Grandparents on low incomes may be disqualified from obtaining legal aid assistance simply because they are in a modest home, while parents who may be responsible for the abuse or neglect of their children may qualify for such assistance on economic grounds. Custodial grandparents often find it difficult to gain recognition in the education system and feel out of touch in an environment which has changed dramatically since they were at school. The committee noted in its report that concern for student privacy and a lack of protocols that can readily identify the primary caregiver of a child can lead to poor communication between schools and custodial grandparents.

The need for better information was often referred to in the report. Custodial grandparents emphasised the need for non-material assistance with raising their grandchildren, information on services and entitlements and assistance with parenting skills. Access to respite care or simply someone to talk to were also identified by grandparents as areas of need that would help them adjust to their new circumstances. Stress is a significant health issue for many custodial grandparents. The compounding effects of financial and emotional stress can lead to significant health problems. The stress of meeting the demands and responsibilities of caring for their grandchildren, coupled with the grief, guilt or anxiety felt for the plight of the children’s parents may compromise the health of those grandparents and diminish their ability to cope.

A PRIMARY CONCERN IDENTIFIED ON A SYSTEMIC LEVEL IS THAT CUSTODIAL GRANDPARENTS ARE OFTEN NOT RECOGNISED AS A DISTINCT CLIENT GROUP BY THE FAMILY SUPPORT SERVICES THAT SHOULD BE ASSISTING THEM. THE LACK OF AN APPROPRIATE PIGEONHOLE FOR CUSTODIAL GRANDPARENTS WITHIN GOVERNMENT AGENCIES LEADS TO INCREASED COMPLEXITY FOR GRANDPARENTS TO NEGOTIATE AND DEAL WITH THESE AGENCIES.

The then commissioner for children recognised the ‘invisible’ status of some custody arrangements and saw the need for informal protocols to assist children in such family structures. The use of community-based organisations to provide outreach programs for targeted assistance was proposed as a possible solution. I am pleased to be able to say that, in 2010, more than 2,000 grandparents caring for their grandchildren in Tasmania had their needs reassessed. Many of them were then able to access kinship care payments—the financial equivalent of the foster care payment and far more than the $1 a week they were getting as recipients of the relative carer payment. The committee asked that Centrelink payments to eligible custodial grandparents be streamlined and that benefits be made readily available. Pleasingly, family payments A and B are now payable directly to custodial grandparents. Things have improved.

The committee also recommended that consideration be given to a review of the guidelines relating to legal aid for custodial grandparents. Ten years later, it is still of considerable concern that grandparents in this situation are at a disadvantage when accessing legal aid. The committee recommended that a campaign to increase community awareness about custodial grandparents be undertaken, that specialist counselling services be provided to address issues such as stress and strategies for coping with the behavioural problems of children in their care, and that financial support be provided for the establishment of custodial grandparent support groups and for relevant existing community-based organisations to provide outreach programs.

There are now two dedicated workers based in Tasmania to support custodial grandparents, and services are provided through our Gateway Services. It is pleasing to see that the current Tasmanian Commissioner for Children has put out a resource kit for carers that covers many of the issues covered in the committee’s report. Despite the report calling for respite services for custodial grandparents, this remains very difficult to access. The report asks that further research be undertaken to elicit the precise nature and extent of the problems facing custodial grandparents in order to better tailor assistance and support.

We should be extremely grateful as a community that so many grandparents are willing to show the requisite love and strength to take on their grandchildren and to give them the chance to have happy and productive lives. Despite the progress that has been made, I believe we are still failing those grandparents and, consequently, their grandchildren, by not doing more to help resolve their issues. This goes deep into our society. The pressures on grandparents are growing—not only on custodial grandparents but all grandparents who are supporting families impacted by the effects of unemployment, marital instability and financial pressures, let alone drug, alcohol and mental health impacts. I salute Australia’s grandparents.
Clement Clarke Moore wrote the poem 'Twas the night before Christmas' in 1822. It is now the tradition in many families to read the poem every Christmas Eve. The poem 'Twas the night before Christmas' has redefined our image of Christmas and Santa Claus. Prior to the creation of the story of 'Twas the night before Christmas' St. Nicholas, the patron saint of children, had never been associated with a sleigh or reindeers!

Clement Clarke Moore (1799 - 1863) came from a prominent family and his father Benjamin Moore was the Bishop of New York who was famous for officiating at the inauguration of George Washington. The tradition of reading Twas the night before Christmas poem on Christmas Eve is now a Worldwide institution and tradition.

The first publication date was 23rd December 1823 and it was an immediate success. It was not until 1844 that Clement Clarke Moore claimed ownership when the work was included in a book of his poetry.

Clement Moore, the author of the poem Twas the night before Christmas, was a reticent man and it is believed that a family friend, Miss H. Butler, sent a copy of the poem to the New York Sentinel who published the poem. The condition of publication was that the author of Twas the night before Christmas was to remain anonymous.

And then, in a twinkling, I heard on the roof The prancing and pawing of each little hoof. As I drew in my head, and was turning around, Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot. A bundle of Toys he had flung on his back, And he looked like a peddler, just opening his pack.

His eyes—how they twinkled! his dimples how merry! His cheeks were like roses, his nose like a cherry! His droll little mouth was drawn up like a bow, And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth, And the smoke it encircled his head like a wreath. He had a broad face and a little round belly, That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself! He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle.

But I heard him exclaim, ’ere he drove out of sight, "Happy Christmas to all, and to all a good-night!"
We are a social enterprise. That means we don't exist to make shareholders rich. Instead 365 days a year, 7 days a week, 24 hours a day we exist to fund safe water projects in the developing world. In Australia we spend almost $600 million on bottled water while around the world 743 million people still don't have access to safe water. Every bottle of Thankyou Water sold provides at least 1 month’s worth of access to safe water to someone in need.

We launched in the middle of 2008 when Dan Flynn (then aged 19) was moved by the idea that other young people in developing nations spend hours collecting water and can even die from waterborne diseases. Our team came around to the idea to combine the laughable $600 million bottled water industry with the world water crisis. Our vision was not simply to do some good ourselves, but to empower the everyday Australian to make a difference simply by choosing Thankyou Water. What started out as a little idea is now fast becoming a consumer movement.
Ding Dong Merrily on High

What a strange time of year this is…

People all around me are moving into hyper drive.

There is a palpable sense of anxiety as December looms. There are Christmas gifts to consider, buy and wrap, menus to prepare listing food and drinks, decorations and table settings and then there’s the politics of who to invite and who not, deep breathing at the thought of ‘those’ relatives (often seen but once a year).

If you can dream it, then you can achieve it. You will get all you want in life if you help enough other people get what they want.

If you learn from defeat, you haven’t really lost.

Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.

Expect the best. Prepare for the worst. Capitalize on what comes.

The greatest good we can do for others is not just to share our riches with them, but to reveal theirs.

Every choice you make has an end result.

Your attitude, not your aptitude, will determine your altitude.

Failing is an event, not a person.

Yesterday ended last night.

Your attitude, not your aptitude, will determine your altitude.

The greatest good we can do for others is not just to share our riches with them, but to reveal theirs.

Every choice you make has an end result.

Eco Tan was developed by Gold Coast single mother Sonya Driver after her gentle-natured sister was diagnosed with melanoma. Still wanting a tan without the risk of sun damage, the two began getting spray tans. However, they soon became concerned about the ingredients they were constantly covering themselves with. Sonya began to research the ingredients from many different brands regardless of their “claims”. She says it only took her a minutes to decide not to use their products anymore.

"There are no traffic jams on the extra mile."

– Zig Ziglar (1926 - 2012)

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After thousands of hours researching and formulating, Sonya put together a safe solution, free from all things nasty and artificial.

“It is our aim to bring you a range of products that you will not only love but also have as little impact on Mother Nature as possible.”

Confidence is going after Moby Dick in a rowboat and taking the tartar sauce with you.

And yet, this has always been my favourite time of year - one of baking and carol singing, parties and Kris Kringle, cooking for days and eating more than my fill. The joy of having bought the perfect gift and the receiving of things I will never use.

Oh! and the tree.

Our tree goes up on the first weekend of December each year. A lovely 5 foot fake pine, which gets decked out all bright and spangly. Every few years we get a real tree as I love the smell, but I can’t quite justify the chopping of such a sweet tree only for it to die in a bucket over a few short weeks. Each year I make every member of my family place at least one decoration on the tree, even my bah humbug son succumbs to this one minor quirk.

The last few years we have alternated between Christmas in the city and Christmas at the beach. This year is beach year which means moving lock, stock and barrel to the south coast – tree, pressies, food, drinks and people.

But this year will be very different, in fact this year I am feeling a little lost. My son is on the other side of the world making this our very first Christmas apart in 22 years. Because we ate at the beach, my daughter is spending Christmas day with her partner’s family then joining us on Boxing day and my dear mum who was never expected to last the year, is too frail to leave the nursing home. My sister and her family, with whom we always celebrate the season, are going interstate. My sister-in-law and her family are doing the same. My stepson with his mighty brood will spend the day racing between his exes, in-laws and his own mum.

That leaves me, my husband and our 12yo. What a quiet old time we are going to have. Just doesn’t seem quite right.

Perhaps I should use this time to reflect, take pause, accept that soon will come the passing of Christmas from one generation to the next. Enjoy the space in between. Perhaps I can sleep in later than 7am, have a cup of tea in bed and open pressies in my PJs! I can Skype the kids to tell them all how much I love them and then perhaps, for the first time in my life, I’ll take the family (what’s left of us) out for lunch! Let someone else shop and cook and set the table and wash the dishes. And perhaps, after a delicious lunch that someone else has served me, we can walk on the beach, have a nap and then read a book…

Ding dong merrily on high, it’s still my favourite time of year.

Merry Christmas!
The patented Zoku Quick Pop™ Maker freezes ice pops in as little as seven minutes right on your counter-top without electricity. Quickly make striped pops, yogurt pops or (for the first time ever at home) flavoured core pops. To enjoy Quick Pops at a moment’s notice, simply store the compact base in your freezer, the only limitation is your imagination!

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These yummy iced creations are only limited by your imagination!

For the Peppermint Base:

- 6 ounces vanilla yogurt
- 8 ounces milk
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- ½ teaspoon pure peppermint extract

For the garnish:
- Crushed candy canes
- Green or red candy melts

Recipe for Strawberry Pops:

- 6 ounces Vanilla Greek Yogurt
- 1 cup (2 ½ oz) 2% milk
- Fresh raspberries (2-3 per Quick Pop)
- ¼ teaspoons granola
2012 Grandparent Of The Year –

DOROTHY NASH from St. George in South Sydney, New South Wales

Dorothy Nash, known fondly as ‘Mardi’ was a vivacious 71 year old travelling the world enjoying her retirement when she had to step up to permanently care for her three grandchildren – all under the age of 3 - that was 17 years ago!

Over the years, countless court cases meant that Mardi has had to sell a property. She has been in and out of hospital at least seven times since 2009, with major operations on her heart and bowel. On multiple occasions the family were told to ‘prepare’. Mardi has raised three children by herself, without child support or government assistance.

Mardi turned 88 last month (September, 2012) and is still driving, cleaning and cooking for her grandchildren every day and continues to be an endless source of love, friendship and support. Not only is Mardi a grandmother, but she is a role model, mentor and best friend. The second chance she gave to her grandchildren allowed them to realise that love and determination are all that is needed to overcome hardship and adversity. She is, in their opinion, the perfect exemplar of a totally selfless human being.

Dorothy Nash – Mardi – was nominated by her Granddaughter, Annaleigh Nash,

George studied her first three years in Glass Design and Production in Wanganui, New Zealand, through the Quay School of the Arts before transferring to do her fourth, and final year, in a Bachelor of Fine Arts at the Alberta College of Art and Design in Calgary, Canada.

After completing her year in Calgary George travelled to the UK and Europe to explore glass studios and gain knowledge. During her time there she visited Galway Crystal and Waterford Crystal and discovered a newfound appreciation for cold cutting techniques that she hopes to experiment with in conjunction with her blown art.

George has previously worked for glass artist Katie Brown and assisted visiting artists Luke Jacomb, Karen Elliott, Uri Daviller and Josh Simpson.

What inspires and drives George’s glass practice are the ideas of impermanence, the beauty of a treasured moment, family ties and cultural identity:

George’s air is to stimulate and evoke an emotional response through the interplay of various elements: form, colour, repetition, composition, intention of movement and beauty. The role that the viewer and artist play in the giving and receiving of the piece is what gives her work life: the essence of my art.

A first year Associate with a background in Highland and Jazz dance George discovered glass blowing whilst performing at the Edinburgh Tattoo and travelling through Italy and the Czech Republic. Immediately captured with the medium George returned home to New Zealand and enrolled in a glass program.

George Agius
www.georgeagiusglass.com

Photo by Horatio Neate
John and his wife, Ruth, began caring for granddaughter Kylie in 1997 when she was 10. Over the next 15 years they came to care for 5 out of 6 of their grandchildren – 4 of these were in their permanent care.

John started his venture into voluntary work by joining Grandparents Raising Grandchildren and still now, 15 years later, remains heavily involved.

John is currently the President of the Grandparent Advisory Group and has been instrumental in helping other Grandparent Support Groups around the state (Tasmania) and even nationwide. He has travelled around Tasmania at his own cost presenting forums and setting up Grandparent support groups that are still running.

John has fought for policy and legislative changes in Tasmania (often successfully) and has worked closely with groups such as Gateway, BAPcare and Mission Australia in Tasmania and has become well known as an active advocate for the rights of Grandparents caring for their grandchildren.

His focus remains on achieving long term results for Grandparents both financially and emotionally.

John freely gives out his phone number and has become a 24/7 support line for any Grandparent who may need his help.

John was nominated by his Granddaughter, Kylie Farrell.
JamFactory supports and promotes outstanding design and craftsmanship through its widely acclaimed studios, galleries and shops. A unique not-for-profit organisation located in the Adelaide city centre, JamFactory is supported by the South Australian Government and recognised nationally and internationally as a centre for excellence.

For almost 40 years JamFactory has been presenting outstanding exhibitions and public programs and nurturing the careers of talented artists, craftspeople and designers.

The core of the GLASS STUDIO is its training-through-production program which provides practical, vocational training oriented around design and production of glass objects.

Associates and staff work together to design and create corporate awards and gifts, custom one-off commissions, architectural work and small production runs. Associates create their own production works while continually experimenting and developing work for exhibition.

Our training team comprises a group of skilled and committed glass artists, who work alongside Associates to assist with management, ideas and skills development and provide technical guidance and support. The Studio offers a terrific opportunity for hot glass craftspeople to learn via its program. Alongside vocational training in hot glass production, we also provide access for professional glass workers.

This community of working artists provides a valuable practical demonstration to the Associates, frequently including them in work opportunities and providing them with a path for further career development.

Sure to be the ‘must have’ items this year, these accessories for One Direction fans include quilt covers, pillow cases, beach towels and a small round scatter cushion.

THERE ARE FOUR COLOURFUL DESIGNS TO CHOOSE FROM, EACH CAREFULLY PRINTED WITH A DIFFERENT, ALMOST LIFE-SIZE PHOTOGRAPH OF ALL FIVE MEMBERS OF THE BAND.

In single (RRP $59.95), double (RRP $79.95) and queen (RRP $89.95) sizes, the One Direction quilt covers and matching pillowcases are guaranteed to be a dream come true for any tween bedroom, while the beautiful, soft-to-touch velour towel (RRP $29.95) makes a big and bright statement at the beach and pool.

In Australia you can find a different design in each of Lincraft, Spotlight, Pillowtalk and Super A Mart or to see the full range visit www.onedirectionstuff.com.au
When it comes to food, Adelaidians are spoilt for choice. From a great bernaise sauce, courtesy of Jacques Naudin at La Guillotine in Gouger Street to one of Sajid's creations at Beyond India in O'Connell Street... the options in our fair city are endless. Both establishments are featured in The Great Restaurants of South Australia Cookbook - the brainchild of publisher Simon Atkinson.

“You can get the book from the restaurants, choose some of the recipes and take them home and try them,” said Simon. “If they don’t work you can go back and complain to the chef,” he laughed.

Twenty-three restaurants are featured in the book, each with two entrees - two mains and two desserts.

If you’ve got a favourite restaurant and a favourite dish, it might well be included.

“We aimed to make the recipes straight forward. Some of them are involved and very long and they do take a long time to prep but most can be done fairly quickly at home.”

Great Restaurants of South Australia Cookbook - $20.

Available at
Coles & Foodland Supermarkets (SA)
Newsagents & Bookstores (SA)

FHSS is an “at-home” health care service company, with many years of experience. We cater for people who may be disadvantaged due to illness, disability, early memory changes, or the pressures of bringing up a young family. We provide care for people, whether they are living in a family, or alone. All of our staff are suitably qualified and screened.

RESpite
Day & Night Respite Care
We can help care for you or your loved ones, while the full-time carer is away. Weekend respite is available via prior arrangement, provided staff are available.

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Information can be collated and provided regarding relevant Health and Rehabilitation equipment providers, for your specific needs, e.g. Walking frames, Toileting aids etc.

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Mobilisation and Exercise Regimes
Toileting assistance
Fitting of aids
Medication reminders
Activities of Daily Living (ADLs) skills support

SOCIAL SUPPORT
Introduction to community programs
Re-orientation to daily living skills
Confidence building
Maintaining and increasing social skills
Shopping and bill paying / banking
Personal Transport / Social outings
Social Support

LIGHT HOME & GARDEN MAINTENANCE
This includes most gardening and maintenance work that does not require power tools, specialised equipment, or working at heights. Any large tools (eg. ladders, brooms, spades etc.) will need to be provided by the client.

FAMILY HOME SUPPORT SERVICES SOME EXAMPLES ARE:
Light Pruning
Weeding
Window cleaning at ground level
Replacing light bulbs
Cleaning air conditioner filters
Sweeping / Raking

FHSS helps to maintain the well being and independence of people of all ages, within their own homes. We offer domestic assistance, personal care, social support, respite, light home and garden maintenance and child care in your own home.

GREAT RESTAURANTS OF SOUTH AUSTRALIA COOKBOOK

COOKBOOK Great Recipes of SA Restaurants

Email info@grandparentsdaymagazine.com for a free copy.
You may be sucked into buying the miracle weight loss product, reading the latest inane celebrity gossip, or just inadvertently find yourself with endless pop up instant wins on your screen or in a chat with a beautiful Asian willing to become your loving wife.

Before you know it, a good 3/4 of an hour has been wasted of your brain power and energy.

So there it is, regretfully, what seems to be a dying art.

A past-time I enjoy actually however ‘geeky’ that is today I like putting pen to paper feeling the flow of creative energy when actually able to produce a good piece. Plenty of times I ramble gush and nothing produced but the releasing of frustration onto a piece of paper which you may then wish to burn or use as toilet paper. This can sometimes be as therapeutic and release as many endorphins as a good brisk walk or power workout.

We may come back to toilet paper a little later. I did find a little inspiration though.

I attended an appointment this week, the waiting room was quite busy and full, the magazines were gathering dust in a corner, people were heads down texting myself guilty also messaging fervently on my mobile as I sat down.

I happened to look to the side of me and was visibly surprised to see a lady actually writing, putting pen to paper, wow. She looked deep in concentration too didn’t have the blank stare of the texters, may only have been her shopping list she wrote who knows. I didn’t pry or strike up a conversation and ask her what is was she was doing but I did reach for the daily newspaper to browse as I waited.

I noted a small piece regarding grandparents raising grandchildren, and the photo of a lady I have met and know from the support group we both attend.

Also quite a lot of response letters in relation to recent comments by Judge Reynolds the WA Children’s Ambassador - but one letter struck a chord more than most.

A gentleman - obviously a father who like myself had the misfortune of having to deal with Family Court and his experience of what he termed ‘the elephant in the room’.

What did he refer to?

The FAMILY LAW ACT OF 1975.
JUDGE DENIS REYNOLDS

His Honour Judge Denis Reynolds is one of the longest serving judicial officers in Australia and the longest serving President of the Children's Court of Western Australia – a position he has held since 2004.

His commitment to delivering fair and equitable justice to children and their families is tireless and unparalleled. A major focus is to connect people with services. As Head of Jurisdiction, he has provided strong support to the Drug Court in the Perth Children’s Court with the aim of rehabilitating children from the effects of drug use and supporting them to develop stronger relationships with their families and the community.

Throughout his professional and personal life, Judge Reynold’s dedication to enhancing the lives of children, their families and the community has been unwavering. His Honour has brought great energy to his various roles and is respected by many diverse groups and individuals within the community for his ongoing work with children.

I think grandparenting now is very different. As far as I was concerned when I was the parent, the kids went to Mum’s, she had to sort it out. There would never be a stage where I’d say to her ‘Well you do so and so.’ Whereas now it’s different.

Does this ring a bell with you? As a grandmother do you sometimes feel the grandchildren are being overprotected and spoiled, or just the opposite? How do you cope? Grandparenting can be a wonderful role but it is not one in which you have the level of control you may have experienced in other aspects of your life.

Here’s some of the advice offered by over 1200 experienced grandmothers on how to be a good ‘gran’. They generously shared these ideas and further words of wisdom in our book, New Age Nanas: Being a Grandmother in the 21st Century.

1. Value yourself as a grandmother. You’re a wonderful resource person with so much to offer: unconditional love; family history; life experience.

2. It’s tempting to give advice, but keep it yourself unless asked, even if you really are the expert. Remember you’re not the parent. Go slow and see where your grandmothership skills are needed. Ask parents how they want things done and what role they would like you to take. Abide by parents’ rules, but don’t be a doormat – you have rights too.

3. Be upfront with your children about your health and energy levels and don’t forget to care for yourself. Tiredness and balancing demands can take their toll. It doesn’t hurt to work on those energy levels and try to get fitter.

4. You have a life too; it’s what makes you the interesting person you are. You can be a wonderful support and resource for your children and grandchildren but set limits, discuss and negotiate expectations, keep your own interests and maintain some ‘me’ time.

5. Becoming a grandmother is a life transition that will be happening in parallel with your son’s or daughter’s transition to parenthood – the opportunity for great joy presents itself but don’t be surprised if tensions surface as well, so tread softly and keep talking.

6. Talk to other grandmothers, find out how they solve problems, share your stories, show off a little and have fun. Keep your sense of humour!

7. Remember grandmothership is good for your grandchildren but it’s good for you too. It helps to keep you young, links you with a new generation and renews your sense of purpose and perspective.

Doreen Rosenthal and Susan Moore are grandmothers and social scientists. The outcomes of their research with over 1200 grandmothers have been published in 'New Age Nanas: Being a Grandmother in the 21st Century’ (Big Sky Publishing, 2012).
TILLY & TOBES is a unique range of modern, elegant and fun handmade heirloom quilts for babies that will grow with the little one into the toddler years. Each whole cloth quilt is made from gorgeous Moda fabrics and quilted in beautiful elegant meandering patterns that will be sure to catch babies eye. The quilts are perfect in the cot as a blanket, for tummy time, in the pram or to the park or travelling in the car.

The binding on each quilt is machine sewn on the top and painstakingly hand stitched down at the back for a timeless and elegant appeal. The quilts measure 100cm x 90cm approximately. The wadding in each quilt is 60% wool and 40% polyester. This blend gives the quilt bounce and softness which is especially comforting during tummy time.

Buying a TILLY & TOBES quilt is buying quality. A TILLY & TOBES quilt will last far more than one generation and is an heirloom piece that can be handed down creating generations of family memories.

TILLY & TOBES is a unique range of modern, elegant and fun handmade heirloom quilts for babies that will grow with little one into the toddler years. Each whole cloth quilt is made from gorgeous Moda fabrics and quilted in beautiful elegant meandering patterns that will be sure to catch babies eye. The quilts are perfect in the cot as a blanket, for tummy time, in the pram or to the park or travelling in the car.

Please contact TILLY & TOBES at: alisonstacy@live.com.au
Or find us on FACEBOOK at: www.facebook.com/TillyandTobes

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA (ACT) is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, ‘round tables’ and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens. Become a member of COTA (ACT) and Belong, Benefit and Be Heard.

COTA (ACT) is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you.

Please contact COTA for more information on membership. Call 1300 1400 50 or visit www.cotamembership.org.au.

The Housing Option Advisor focuses on individual support to people who may require information on:
- Accommodation options
- Financing
- Access to public housing
- Retirement village conditions
- Residential Aged Care
- Property sales and purchases
- HACC Services

If you are over 50 and need help with housing issues, we can advise on:
* Funding your housing
* Staying in your present home
* Ways to access equity in your home
* Public and private options
* What to look for in buying a home
* The range of retirement villages
* Residential aged care facilities
* Rental options

COTA can provide information on:
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- ACT Seniors week
- Community Education
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The Pony says "Dude it's so good!”,
"Just consider the difference in the
taste of eating a perfect flame grilled
steak or a similar steak steamed or
boiled, the taste has no comparison!"

"THE ONLY FIRE BREWERY
IN AUSTRALIA"

At The Prancing Pony Brewery
we truly understand the great
passion and individual brewing
skills required to craft a great
tasting beer. This outcome
requires a slow methodical and
hands on brewing process that
employs time honoured old
methods.

At The Prancing Pony Brewery
we are very proud of our unique
story and our rarely seen point of
difference.

WE FIRE BREW!

The Prancing Pony Brewery
believes great beer should be
brewed over an open flame (not
to steam jacket used by 95% of
commercial breweries). The old
traditional method of fire brew-
ing reveals an array of complex
caramel and toffee like flavours
resulting in a beer with a distinct
malt profile. Here at the Prancing
Pony Brewery we only fire brew!

Frank explains…because they used
direct flame heat in the old days
when all beer was hand crafted, the
skills of the brewer were heavily
relied upon not only in selecting
the malt blends and the hops but
also in manipulating and under-
standing the heat source. The
brewer achieved this by adding or
removing fuel from the fire as
required. This is fire brewing. Just
consider the difference in the taste
of eating a perfect flame grilled
steak or a similar steak steamed or
boiled, the taste has no compari-
son!

www.prancingponybrewery.com.au

WE REFUSE TO FILTER
OUR BEERS ENSURING ALL
THOSE RICH FLAVOURS
REMAIN. WE ALSO BOTTLE
CONDITION SO OUR BEERS
CAN BE CELLARED FOR
YEARS. IT JUST GETS BET-
TER WITH THE PASSING OF
TIME.

The Prancing Pony Brewery ideas
begin some time ago back in 1982
when Frank the brewer arrived in
South Australia from his German
homeland. Driven by his own
passion and thirst for a great tast-
ing brew, Frank began brewing his
own beer.

This lead to a ‘no compromise in
flavour’ full grain all mash brew-
ing method using only grains, hop,
yeast and water.

For many years Frank continued
meticulously and systematically
developing his love for traditional
fire brew methods. Using his own
brew shed, a homemade 100L
brewery kit and a gas burner to add
heat for both mashing and boiling
he developed a truly unique and
great tasting beer.

Frank's old powder grain mill he purchased from a local farm and converted into a fantastic malt mill.

This is the kind of beer we so
proudly make and "Dude, it’s so
good!"

THE PRANCING PONY
BREWERY IS MANUALLY
CONTROLLED AND IS FULLY
HANDS ON. THE SLOW FIRE
BREWED BEER AND
MULTI STEP MASHING
METHOD CRAFTS A BEER
WITH UNSURPASSED MALT
AND CARAMEL FLAVOURS.

One day Ken, Frank's good mate
and beer lover bought a sack of
barley in the back of his ute from
his Adelaide Hills farm and said
"try this in the next brew and let
me taste it". Sure yeah! The result-
ing beer convinced Ken and Frank
to partner up and start a commer-
cial brewery.

The Prancing Pony Brewery idea
was born, partly inspired by the
donkey in Frank's paddock “the
not so prancing pony” that gets
fed all the spent grain and the
"Prancing Pony Inn’ in the Tolkien
Hobbit Story that looked just like
Franks own brew shed!

The Prancing Pony Brewery was
moved to a new and larger shed in
Mount Barker in the much loved
Adelaide Hills. A 1000L brew run
brewery was established based
around Ken and Franks own fire
brew designed mash and brew ket-
tle. The design and methods have
been upscaled and mirrored from
the original ideas of the 100L
brew kit along with Ken's old pow-
er grain mill he purchased from a
local farm and converted into a
fantastic malt mill.

WE REFUSE TO FILTER
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TER WITH THE PASSING OF
TIME.

Christmas is fast approaching. With technology these days we
sometimes forget how nice it is to receive mail other than bills
in the letter box. You can change this; send a Christmas card
to a loved one. Or add a personal touch to a gift with a hand-
made tag.
I also have gifts for boys and girls at very reasonable rates.
Gift giving doesn't have to be expensive. It is the thought
behind the gift, and at Aimless Designs we make sure the
thought is put into each and every one.
Whether it is Christmas or a birthday or anything in between,
personalised cards and gifts are made with love to give to
loved ones.
Unexplained phenomenon that inspired dreamtime legends, real characters and living legends that inspired Lawson, they’re all still out there along the Min Min Way. Spooky and surrounded by mystery, tales of the Min Min Light were first reported by the early European explorers who wandered through the area now called Min Min country, around Boulia in outback Queensland. Slim Dusty sang of a young lad who wandered away from the homestead following the light, never to be found. (Sadly, Slim’s songs were mostly based on true stories.)

We’re told of how the Aboriginals thought the lights were spirits that came to steal their children, and about early stockmen getting lost in the bush for days after following what they thought was a lantern showing them the way to the night’s cattle camp. There are even modern day reports by truckies, of lights driving head-on into them and actually passing straight through the cab and out the back of the truck. Spine tingling stuff mate!

There seems little doubt that the phenomenon exists, but no-one has yet come up with a plausible explanation of what causes it. All the way from Winton to the NT border you’ll find plenty of people willing to give their “scientific” theory of what the lights are, some boffins have even had a go, but it’s still all just speculation. They reckon you can camp out for months in the middle of Min Min country and not see the lights, and frankly I’m not sure that I really want the experience. Even so, one of the best trips we ever did was along the track they call the Min Min Way. If you want to see the lights, here’s where they live, you’ll have a great time trying to find them.
There are some fabulous day trips from Winton. Try your luck fossicking at Opalton, one of the oldest opal fields in Queensland. There's Lark Quarry Conservation Park, the only recorded site of a dinosaur stampede in the world, where the footprints of good old Aussie dinosaurs graphically tell a dramatic tale of life in the outback around 95 million years ago when this was a lush green tropical rainforest. You can boil a billy at Combo Waterhole, believed by many as the real life setting of the story told in Waltzing Matilda, where an unfortunate swaggy did in fact drown while trying to evade the law. Visit Carisbrook Station and Old Cork Station, home to Cork Waterhole on the Diamantina River, a perfect spot for fishing and camping. Or venture into Bladensburg National Park which, with its vast open grassed plains, spinifex dotted valleys and hills, along with winding outback water courses make it perfect for bushwalking, bird watching or just relaxing. We camped at a freebie called Long Waterhole, about 4kms out of Winton on the Jundah Road, which is the track to Lark Quarry. If you're lucky like us, you'll find a spot on the waters edge. But if you find yourself out in the paddock, you might be just as lucky to wake up in the middle of a mob of grazing cattle, not a real bad way to start the day in the outback. Mind you, after a stretch of hot, dry weather the water hole quickly recedes, as we found on our return trip about a month later. We set up in the same spot and were stunned at the amount of evaporation in that short time.

The start of the Min Min Way is Winton, and if you have a half an interest in our history, you'll hear the ghost of the swagman as you pass by his billabong. Winton is the home of Banjo Patterson's "Waltzing Matilda". One popular story is that it was just out of town at Dagworth Station where the words to Banjo's Aussie anthem were penned. Some accounts say he wrote the poem sitting beside a billabong near the beautifully named Diamantina River, while picnicking with his fiancée and her family. Another tells that one Christina MacPherson, whose brothers owned Dagworth, played Banjo a tune she had heard at the Warrnambool Races, inspiring him to write the words to her music. But, who cares where the words were written, as long as we can keep singing it after the All Blacks stomp their haka in the face of the Wallabies.

WINTON – WALTZING MATILDA AND DINOSAURS

Winton - Banjo's Ghost May Be Heard...

Country Outside Winton

Middleton Hilton Vacaney Sign

After Winton, you're on the Kennedy Developmental Road, a single sealed lane with a wide gravel shoulder, which allows you to get off the track and leave the tarmac to the road trains. Not that the big rigs mind going into the gravel, but you'll risk losing a windscreen if you make them move over into the gravel. Next stop is Middleton, which consists of a pub, a hall and a freebie camp, and maybe a chance to have a yarn with some true blue Aussie characters in one of the country's iconic pubs. The sign in front of the free camp area reads "MIDDLETON HILTON – VACANCY – No Air Conditioning – No TV – No Pool – No Charge". This is big sky country, the horizon runs for 360 degrees, the night sky is white with stars, and out here 100km is considered just a short run down the road.
BOULIA AND BEYOND
– SPOOKY LIGHT CENTRAL

Boulia is the heart of Min Min country, if you’re going to see the lights this could be your best bet. In the centre of Boulia you’ll find the Min Min Encounter, a pretty interesting audio-visual extravaganza, something like an extravagant show-ride. It’s probably the closest most of us will ever get to seeing the lights, and perhaps that’s not really a bad thing.

They say the lights only come to you when you’re not watching for them. Burke and Wills passed through Boulia on their fateful trip, and filled up their water bags at the river hereabouts.

Lake Quarry

Lake Quarry Conversation Dome

Christopher Cheng is an accomplished children’s author who writes fiction and non-fiction full time, conducts workshops and visits schools. He has a Master of Arts in Children’s Literature and has been a Literacy Ambassador for the Federal Government’s Literacy and Numeracy Week initiative. He is also an ambassador for the 2012 National Year of Reading.

Email - info@grandparentsdaymagazine.com to be in the draw for a free copy of Australia’s Greatest Inventions & Innovations
Kiva is a non-profit organization with a mission to connect people through lending to alleviate poverty. Leveraging the internet and a worldwide network of microfinance institutions, Kiva lets individuals lend as little as $25 to help create opportunity around the world.

Since Kiva was founded in 2005:
- 762,489 Kiva lenders
- $310 million in loans
- 98.93% Repayment rate

We work with:
- 145 Field Partners
- 450 volunteers around the world
- 59 different countries

**loans that change lives**

www.kiva.org

You make a loan on Kiva. Our Field Partners vet, administer, and disburse each loan. Through-out the life of the loan, you will see progress updates from Kiva by email. You can now use it to fund another loan, donate it to Kiva, or withdraw it to spend on something else.

Hoity Toity has been around for 13yrs creating unique homewares, clothing and accessories. Currently the brand’s focus is around creating fun babywear gifts and baby clothing.

Putting the giggle in giving.

Hoity Toity® baby rompers and baby beanies are snuggly soft, 100% cotton interlock to keep babies warm and cozy.

They come in a huge range of designs and this one is just perfect for doting Grandmothers!

Rompers - $22.95 / Beanies - $10

**SURROGATE GRANDPARENTS NEEDED**

www.findagrandparent.org.au

Do you miss spending time with young families and children? Would you consider becoming a surrogate grandparent for a young family?

The lay speaker and author Hannah Whithall Smith wrote: “If becoming a grandmother was only a matter of choice, I should advise every one of you straight away to become one. There is no fun for old people like it!”

Find a Grandparent, a not-for-profit service that connects surrogate grandparents with young families launched in May 2012. It is a web-based service that operates Australia wide. The surrogate grandparents who register with Find a Grandparent are coming to young families on a voluntary basis. They don’t replace babysitters, but come regularly and want to establish a close, long-term relationship with the family. The membership for surrogate grandparents is free but they need to provide a National Police Check at their own cost.

Being a surrogate grandparent is a meaningful and uplifting experience as it will give older people many laughs and happy moments and help keep them young. Good Health Magazine reports in its December 2011 issue that people who are volunteering have lower levels of depression, are more satisfied with their lives, have less anxiety and tend to live longer.

Families expect from surrogate grandparents that they visit them regularly to establish a close, long-term relationship with the whole family. Surrogate grandparents can help families by simply spending time with them and sharing the love that they have to give. They can spend quality time with the children or help the parents by giving them advice and practical help. Parents will be happy to have someone to share the everyday wonders and joys of living with children. Children will enjoy the new experience of being with a senior.

The great news is that one family already found a surrogate grandma for their children through Find a Grandparent! The family thinks that they were very lucky as their new grandma is a great addition to their lives. “Grandma Irene visits us at least once a week and we like her very much. The kids enjoy getting so much attention and we feel that we can learn a lot from her experience. We love to now having a granny to share the laughs and happy moments with,” the parents say. When they meet they often go to the playground or to the beach. If the weather is bad they play board games and visit each other at their homes. “It’s fantastic to see how close our children are already to grandma Irene” say the parents. “The children hug their new grandma when they see her first and tell her everything about their week. Often they can’t wait another week to see Irene so we visit her in between as well and Irene is always happy to see us. She is a very active lady and we think that we all can learn a lot from her.”

There are currently many families who have signed up on the Find a Grandparent website who are eagerly waiting for a surrogate grandparent in their area to join the organisation. And there are even more families that are only waiting for a surrogate grandparent in their area to join and then they will join as well. So if you want to be part of a young family with children and start a wonderful relationship that may last for many years have a look at the website: www.findagrandparent.org.au There is currently a huge demand for surrogate grandparents.

Find a Grandparent gives mature people the chance to connect with a young family and to be a surrogate grandparent for their children.

To be a surrogate grandparent is a very special role. It will add more meaning, enjoyment and also challenge to your life. Anyone over the age of 45 years who is fit and active, loves young families and would enjoy giving them some of their time can register for free to become a surrogate grandparent with our service. You will surely find a young family that needs you, wants to love you and that will bring joy and fulfilment into your life.

www.hoitytoity.com.au
Vintage Caravans has been on the World Wide Web since August 2002, and has been the catalyst that has driven the Australian hobby of pre-1970 caravans, or better known as vintage caravans, to where the hobby is today.

The hobby has experienced amazing growth, with many people in the old car movement catching onto the idea that it’s cool, trendy, or just a lot of fun to find an old caravan to tow with their classic or vintage car.

Not only people with old cars have taken an interest in old caravans, many website members have an interest in old caravans only, and will happily restore and tow them to events with their modern car.

The hobby has bought smiles and joy to many many people, and challenges to many people, with old caravan restoration projects happening all over Australia.

Gatherings of “vintage vanners”, as we now term them, are happening in most states, with groups of vintage vanners taking their old caravans on weekends away, or week long touring holidays.

Vintage Caravans.com is not so much a technical website, but an informative and social website, continually driving the hobby of old caravans.

Vintage Caravans.com is not a club as such, but is a website that brings together a network of people with a common interest, and drives the enjoyment of the hobby.

DENTAL DISEASE

Dental disease is the most common disease in dogs & cats under 7 years old. Pets with bad teeth can have bad breath, drool, and may have difficulty eating. Dental disease causes pain that can make your pet appear tired all the time. Bad teeth can also lead to an increased risk of other problems such as kidney, heart, and liver disease.

Signs your pet may have bad teeth

Commonly you won’t notice anything at all unless you look in your pet’s mouth. If you do you may see thick brown tarter, red gum infection, and receding gums. In severe cases you may also see a gooey yellow pusy discharge, around the base of the teeth.

Other signs include:
- Bad breath
- Poor appetite
- Lethargy
- Pain on touching the head
- Drooling

Secondary disease caused by bad teeth

Dental disease can have far reaching impacts on the rest of the body. Firstly dental disease is painful. Our pets tolerate disease very well. However people often report after painful teeth are removed that, “he’s acting like a puppy again”, even though they were unaware of the dental disease in the first place. The signs of dental disease can often mimic aging.

Chronic bacterial infection form bad teeth can cause other problems including:
- Contribute to chronic kidney failure
- Liver disease
- Increase the risk of other secondary disease due to a constant drain on the immune system
- Fractured jaw
- Heart valve infections (good dental care is particularly important for dogs and cats with heart disease)

Prevention

You can do a lot to inhibit dental disease at home. In fact the more you do the less we do. Talk to your vet about preventative dental options including:

- Brushing
- Special diets that can ‘brush’ teeth or inhibit plaque
- Antiseptic water additives (act like a mouth wash)
- Anti plaque chews
As we are coming into the Christmas/ New Year season, I thought I would base my tips around that.

If you are thinking of buying a pup as a Christmas present, please re-consider. I say this because the majority of these pups will find their way into animal shelters by Easter and a large number of these, will be put down.

There is nothing wrong with treating your dog at Christmas, a lot of dog owners do this, but remember, a lot of human foods such as chocolate, grapes, onions, fat from the ham you may be having, are not good for your dog, some can be fatal. A lot of us will over eat over the Christmas/ New Year period, we also tend to give our dogs more, I would encourage you not to overdo it when it comes to feeding your dog.

Every New Year dogs get out of their gardens due to fear caused by fireworks, [this also applies to storms] if you can, have your dog inside on New Year's eve, if you can't have him inside, make sure your garden is secure and he can't get out, if you are able to make a secure area for your dog within your garden, that would be ideal, if not, you may consider crate training your dog, put him in there and cover it so that he can't see the fireworks.

O K, let's look at some behaviour problems. How does your dog greet you when you have been away from him for a period of time, is he excited and jumps up at you etc? A lot of dog owners find this annoying, but encourage it without realizing it, by greeting their dog with a high pitched, excited voice and also patting him, by doing this, the owner is rewarding the very behaviour that they don't want, far better to greet your dog this way: Ignore your dog totally, don't look at him, speak, or pat him, just go about your business, your dog will soon lose interest in you, then, when he is calm, call him to you, tell him to sit, then reward him.

If your dog jumps up at you, there are a number of ways to stop this.

1/ Turn your back on the dog and walk away.
2/ Put your hand palm down, in front of his head as he begins to jump.
3/ Use a spray bottle [I use a mix of 1 third vinegar, 2 thirds water] spray at the dogs face, just be careful of the dogs eye's as it may cause irritation.
4/ For those of you that don't mind the laying on of hands, a "tap" across the snout will usually work.

I would just like to wish you all a very merry Christmas and a Happy New Year.

I have been asked to pass on to you, some of the problems the dogs face in these dog hell holes, and also some of the behaviour problems some of these pups may have once they go to their new homes.

In the puppy farms, the dogs are subjected to overcrowded pens or crates which are invariably filthy. Both adults and pups are often undernourished, flea ridden, some, if not all have some form of medical problems. The females have one litter after another. What a life for both adults and pups.

The pups often go to pet shops for resale or are sold from car boot, on line etc. When they get to their new homes, they often take with them behaviour problems such as: Due to a lack of socializing, and leaving their litter too young, they may be fearful, this may lead to fear biting in later years. They may suffer from anxiety, be hard to house train, due to being closed in their pen or crate and having to go to the toilet in the same area that they are forced to live in.

Other problems the pups may have are: problems with their hips, elbows, knees, skin disorders, rapid breathing, eye and ear infections, ear mites. These dogs are often underweight, and of course, temperament problems due to their living conditions and leaving their litter too early. I wonder how many of these poor pups end up being put down, or sent to a shelter, to be re-homed.

There's more to come, some of the dogs in these “sad sack” dog hells will slowly go insane, they spin in circles, pace up & down in there stinking little pen, and that behaviour doesn't stop if they are lucky enough to be re-homed, they carry on doing it, as if they were still in the pen. I had one little fellow to rehabilitate that had been kept in a shed all of his young life, he liked nothing better than to lie in the sun for hours, he is one of the lucky ones.

As these dogs have never known kindness, they will shy away from human contact, and can anyone blame them?

I haven't learnt all this first hand, some, but not all, when I was asked to give this talk, I went on line to do some research, what I read and saw, made me sick, it is long past the time that these places of dog misery were closed down, or does our government think that it is just not important enough?

They, the politicians need to remember that we vote them in, and we can vote them out. I for one, feel very strongly about this issue, and all forms of animal cruelty, and a government that doesn't address this issue, doesn't get my vote.

I would erg you all to lobby your local politician and also to buy your next best friend form a shelter or a reputable breeder.

One last thing, if you need to know more about these dog hell holes, you can read articles and watch videos of them on line, but be sure to have a very strong stomach, and have plenty of tissues at hand.

O.K. let’s take a look at some other problems that these poor pups may have.

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Parental Guidance (previously titled Us & Them) is an upcoming comedy film starring Billy Crystal and Bette Midler and directed by Andy Fickman. The film is set to be released on December 26, 2012.

Old school grandfather Artie (Billy Crystal), who is accustomed to calling the shots, meets his match when he and his eager-to-please wife Diane (Bette Midler) agree to babysit their three grandkids when their type-A helicopter parents (Marisa Tomei, Tom Everett Scott) go away for work. But when 21st century problems collide with Artie and Diane’s old school methods of tough rules, lots of love and old-fashioned games, it’s learning to bend—and not holding your ground—that binds a family together.

The Perfect Christmas Movie for the Whole Family!
TELLING YOUR LIFE STORY IS LIKE ‘CHOCOLATE FOR THE BRAIN’

“Life itself is the most wonderful fairytale of all.” —Hans Christian Andersen

The need to tell and hear stories is essential to mankind, second in necessity after nourishment and even before love and shelter, according to author and teacher, Reynolds Price. Storytelling is how humans process the world around them and how they learn, as human memory is story based.

Since primitive times we have been telling our stories through rock art, symbols on eaves, tattooing and in music and dance. Stories have been carved, scratched and painted onto bones, skins, bamboo, pottery, bark cloth and more recently in books, on film and in digital formats.

After all, everyone has a story to tell — especially about themselves and their experiences and human struggles as well as triumphs will always resonate with someone else.

But it's not just important for famous people to be featured in a biography or autobiography, the life experiences of ordinary people are vital to social history. In addition a life story is a hugely valuable legacy to leave for family members who have a need to understand where they come from, giving an important sense of belonging. Because of social fragmentation many people miss out on the chance to hear first hand stories of past generations' lives, so having a written account becomes all the more valuable.

Now it's being scientifically proven that telling one's life story is beneficial to both mental and physical health. Reminiscing is therapeutic, the process helping to achieve an important sense of self worth and is especially important for older people. Often the elderly feel they are less able to contribute and, as a result, feel their lives are less fulfilling. Sharing their stories allows them to reflect on their life and help restore their self confidence and belief in themselves. It makes them feel they are contributing something worthwhile that will help educate future generations. It also takes their minds off current limitations and is particularly helpful to those facing memory loss as it helps prompt past experiences and emotions.

Research is showing that recalling one's life has many emotional and physical benefits, especially for the elderly, as REBECCA SKINNER discovers.

www.celebratinglifeschapters.com
rebeccaskin@gmail.com

Dignity Therapy is a conversation with a trained interviewer about their life, feelings, memories and hopes and dreams for their families. Recordings of the conversation are used to create an edited transcript given to patients that they can share with others. In phase one of the trial 68% of patients reported an increased sense of purpose and 67% an increased sense of meaning after taking part. Behind dignity therapy is the idea of ‘Generativity,’ which is defined as the ability to guide the next generation. Many elderly people are comforted knowing they are creating something that will last beyond their death.

Families of patients may also benefit from the production of the transcript, allowing them to reconnect or hold onto the words of their loved one after death.

The therapy is most effective when a patient's answers are presented in written form as the written word is maintained through time. Also some patients did not want their answers presented as recordings because their voice or appearance gave away their sickness, which they did not consider to be their true selves and not how they wanted to be remembered.

The Journal of Palliative Medicine says another study by Michigan's School of Social Work shows that family members who spend time creating a scrapbook with photographs or videotaping family stories can help lessen breathing difficulties of patients with chronic, life-limiting illnesses while increasing the sense of meaning in their life as well as strengthening family ties. As a result of this study The Legacy Project has been set up, helping sick people tell their life story but this time examining the impact on both patient and family members.

This study, involving researchers at U-M and the University of Alabama, examined a family-based intervention designed to decrease care-giving stress and improve communication between patients and caregivers. Participants were aged 60 or older, had life-limiting illnesses and received assistance with daily activities. The group received three visits from an interventionist who worked with the family to construct a personal legacy, either a videotape recording or a photo album. A smaller group received at least three support telephone calls, asking general questions of both patients and caregivers and expressing empathy.

Results showed that patients in this group became more talkative and more active than caregivers in working on the legacy activities while all caregivers reported reduced stress levels and depression.

There are books available that make the process of recording basic life information easy and relatives can help fill these in. Also, writing down an elderly relative's memories can be something a younger relative can do. And those after a really special legacy may consider hiring a professional to write their relative's life story.

The need to document your story is even more valuable for those who work with the dying. In ‘dignity therapy,’ one of the innovations is ‘dignity therapy,’ which is the harvesting of the dying patient’s stories and integrating them with the stories of family members. This is similar to a This is Your Life. She also creates books celebrating the occasion for ceremonies like weddings, name giving and funerals.

You can read more about what she offers at www.celebratinglifeschapters.com

For everyone it helps come to terms with any regrets while acknowledging achievements. Everyone has experienced life changing experiences, whether moving to a new area, the death of a loved one or a serious illness. Recalling events that have impacted on our lives helps confront memories, helping us discover how our have affected our beliefs and actions. Sometimes these beliefs can hold us back from living life to its fullest, so recollecting can help us move forward and grow as individuals.

Sharing one’s life stories is also important because humans are not meant to live in isolation. We all want to feel we have impacted on the world and on others. It is something we can contribute...to family members and those generations to come.

And all this positivity helps resistance to disease. For several decades, psychiatrists who work with the dying have been trying to come up with new psychotherapies that can help people cope with the reality of their death.

ONE OF THESE THERAPIES IS LIFE STORY TELLING.

The Lancet Oncology tells about Canadian researchers who discovered that terminally ill patients reported higher quality of life and a greater will to live after participating in ‘dignity therapy.’

Rebecca Skinner is a journalist, editor and writer who is also a civil celebrant, committed to helping people cherish special moments in their lives. From ceremonies with a difference together with books of living memories as a unique memento - to writing life stories - she is the specialist in celebrating life's many chapters.

Rebecca Skinner, the writer of this article, operates Celebrating Life's Chapters – Your Ceremony, Your Story in the Newcastle/Hunter Valley area of New South Wales. She not only writes life stories, but as a civil celebrant can also conduct a presentation ceremony of the life story book, similar to a This is Your Life. She also creates books celebrating the occasion for ceremonies like weddings, name giving and funerals.
Do you want your family history written, but don’t know where to start?

Are you afraid your memories, or those of your parents or grandparents, may be lost forever?

Do you want something really meaningful and special to pass on to future generations?

Then a life story is absolutely right for you!

Perhaps you have already gathered some material about your ancestors but don’t know what to do with it? Or perhaps you know some wonderful family stories and want to ensure they are never forgotten?

Whatever the reason, Rebecca Skinner, a journalist of over 30 years experience around the world, is able to translate your story into a professional and compelling book.

Her finely honed interview skills ensure no memory will be forgotten. She will work closely with you to ensure the writing fully reflects your life and how you wish it to be presented.

You have full control all the way, including your choice of book and number of pages from 30 to 300 plus.

Rebecca is also a qualified civil celebrant - so you may like to opt for a ceremony for an official presentation of the life story book - perhaps it’s your parents 50th wedding anniversary, or your grandma’s 90th (or even 100th!) birthday?

What a special gift this would make for an elderly person who already has everything they need!

And Rebecca can organise gift vouchers so family and friends can club together and purchase a ceremony and book package, or just a Life Story book, as a joint gift for those they love.

Rebecca also conducts weddings, funerals, living wakes, baby namings etc. - but her point of difference is she can produce a book to commemorate the occasion. These make wonderful and unique guest registers.

GRANDPARENTS DESIGN READING HATS FOR CHRISTMAS GIFTS

A reading hat personally designed by a grandparent can make a gift to last a lifetime - as well as making the point that reading is important at any age.

Older adults can have an influence on their grandchildren and other youth which can lead them toward understanding the value of reading as well as finding enjoyment in the pursuit.

READING HATS FOR CHRISTMAS OR OTHER GIFT OCCASION

As an alternative to spending money you don’t have on things grandchildren won’t use, consider decorating a reading hat or cap for a grandchild. It can alternately be dubbed a homework hat in some cases.

Choose a hat or cap the child would probably like. Then decorate it with pins, patches, fabric marker or other decorative item to reflect the child’s interests and spare time activities. For example, a lover of the Harry Potter series may want a wizard’s hat.

Combine the reading hat with several books, new or not, being sure to include some nonfiction. Write a personal note in front of the books since kids will read it more than you ever suspect.

READING HATS FOR OLDER GRANDCHILDREN

Even older children may find the charm in a personally decorated cap or hat accompanied by a letter listing 10 or so of your favourite books – perhaps even adding a note by each title explaining what you liked about that book. That letter might share the important role reading has played in your life. It could also recall some of the fine moments when you read books with that child when he or she was younger.

An extension of this idea would be to decorate a box or shelf and place in it some of those books from your personal library which you want to share with the youth, then presenting it with the letter as mentioned above. Or it could contain books which you think the child would enjoy as well as stories you’d love to see them read.

Whether it is for Christmas, a birthday, or just because, books are great gifts for children.

READING HATS FOR GRANDPARENTS AND GRANDCHILDREN

When a grandchild lives close by it may be appropriate to have a hat for both the grandparent and the grandchild. They can be hung together at Grandma and Grandpa’s house, to be used when reading together. When people go fishing, sports events, or other special shared activities, they often don a cap or hat for the occasion. Why not do the same for reading?

The hat for grandparents can be decorated with hobbies or interests, or even book titles or admired authors. In addition, it could also be adorned with words representing values cherished by the senior involved. For example, kindness, loyalty, and perseverance might be among the meaningful words or phrases used.

Grandparents may wish to design reading hats for grandchildren this Christmas. They can lead to hours of shared fun and fond memories. Reading hats can be designed for a Christmas gift or other occasions like birthdays. Even older children can enjoy using a reading hat like people do when attending a sporting occasion. Shared reading can be fostered by making reading hats for both the grandparent and the grandchild and using them together to help encourage a love of reading.

Copyright Hildra Tague
When Emmy accidentally spills juice on her dad's pants, she takes refuge behind Mom's knee. Expecting a reprimand, Emmy is surprised when Mom tells Dad, “Now, sweetheart, you should let it be. After all... she's only three.” What an amazing discovery! She's too young to be punished!

For the next few days, whenever one of Emmy's creative projects ends in a wreck, she wangles her way out of trouble by proclaiming “I'm only three” and pulling a handy weapon from her arsenal of manipulative manoeuvres. With a carefully aimed pout, a shift of blame, or an all-out tantrum, this girl sure knows how to always, ALWAYS get her way.

But even the most understanding families have their limit, and in this laugh-out-loud story, it turns out that the limit looks a lot like an iguana in a bikini.

Take a walk on the wild side with an endearingly self-absorbed little scamp who gets caught up in what she's doing without foreseeing the consequences.

"Honesty is the best policy." That's Frank's motto.

But Frank's overly frank comments tend to annoy his friends and teachers. Not even his own mother is all that fond of Frank's "tell all" attitude.

So Frank turns to his grandpa for help. “Everyone is mad at me for being frank. I'm not sure honesty is the best policy anymore.”

“That used to happen to me, too,” said Grandpa Ernest.

A few outrageous hats, a spicy jar of relish, and some grandfatherly wisdom help Frank realize that truth is best served with more sugar and less pepper.

Although Victricia Malicia Calamity Barrett was born on her family’s pirate ship, this mild-mannered, book-loving girl is sick of the sea:

"I loathe when my sisters speak pirate vernacular, gag when my lunch is Spaghetti Tentacular, want a new pet that's not scaly or spiny, and wish I could keep my books somewhere less briny!"

With her nose permanently buried in a book, Victricia is a disaster at pirating chores: her knots slip, she falls from the rigging, and her cooking makes rats abandon ship!

When Vic’s mistakes finally cause a treasure to slide overboard, the pirates decide she must be grounded - sent ashore until she’s ready to become a better buccaneer. But a sea-serpent appears and things don’t turn out as planned. Victricia saves the day and is granted her wish - to live on the little island where the pirates bury their treasure.

Far from the waves and foam, Victricia is finally able to follow her dream. She opens a bookstore with Sea Story Hour, and Landlubber Books becomes the pirates’ favorite port in a storm.

Eleven-year-old, Lizzie is minding the family antique store while her grandpa naps on a spindly sofa. When Mrs. Larchmont and her poodle, Gillesie, enter and begin their buying spree, they refuse to leave without bargaining for the one antique not for sale...Grandpa!

Lizzie is quite old enough to watch the family store, but can she handle rich Mrs. Larchmont with her pink suit, rhinestone glasses, towering hair and matching poodle?

As Mrs. Larchmont bids higher and higher amounts to purchase Grandpa, Lizzie cannot help imagining the wonderful things she could buy with all that money.

Will Lizzie agree to sell Grandpa or are there some things that money just can’t buy?
The brand of juicer used in the hit movie

FAT, SICK & NEARLY DEAD

Sydney-born entrepreneur and professional investor Joe Cross had always been financially successful in life however he was “physically bankrupt”. A rare auto-immune disease forced him to take prescription medication and he soon realised, at 142kg, that he was about 50kg overweight.

He decided to instead, for 60 days, only consume “plant food” – fruits, vegetables, nuts, beans and seeds – in liquid form. The idea for the doco, entitled Fat, Sick and Nearly Dead, came when he turned 40 – in 2006 – and it took about a year to prepare and get the cameras rolling.

Juicing helps you absorb all the nutrients from fruit and vegetables.

So you want to write a novel/short story/family history??

by Fred Guilhaus

Many a writer’s fest or workshop is populated with would-be writers, anxiously clutching a faded piece-of-resistance. The conversation often goes:

“I have written a novel, you know…”
“What have you done with it?”
“It’s not quite finished…”
“Do you intend to submit it for publication?”

A nervous tic may appear, shuffling from foot to foot.

“I’m nervous about it…”

“Have you shown it to anyone, family, friend?”

“Oh no. They may not like it…”

The answer? Show it to friends, take their point of view on the chin. Arm them with a copy on the understanding they should be tough with you. Give them a way out by saying they don’t have to read more than two pages unless it grabs them. But, get it out from under the bed!!!

There are more manuscripts collecting dust under beds than fluffy slippers. As a published novelist (four and one a best seller…making diddlesquat income in the scheme of things), I can offer some ideas on the world of writing.

Then, often with terrible outcome, but to be helpful, I am caught in a brain freeze and offer to read it. The impact is frightening. My hand is clutched reverently. The look of hope and relief smells of rescue from a deserted island.

“Oh thank you.”

I open the email and start reading. I remember what happened to my first manuscript. There is a bond among writers, an understanding. To allow the self to be aired publicly is daunting. But not everybody deserves to be published.

Every first time novelist makes mistakes, serious errors which are immediately apparent to an editor, or indeed to someone who has been through the battle of publication. These errors can be overcome with a large dollop of humility and a desire to improve. The problem is that the writing of a novel may have taken months if not years, and a truckload of ego is invested. Indeed, the self concept may have been buoyed just with the (misguided) belief that it’s just a matter of time before the book appears in a shop and the writer is invited to a festival. Dreams are potent.

My first novel was mercilessly eviscerated. My most pithy, clever phrases were shredded and fell to the floor like hair at the barber shop. Slack jawed with indignation, my protests were met by a stony stare. Either I agreed, or we parted company. Numb, I saw my 100,000 word epic masterpiece transformed into a 55,000 word novella. But it soon sat on a bookshop shelf.

So, as I read the emailed manuscript, I saw that the usual errors had been made. Too many characters, too soon. No plot establishment. No idea who’s story it was. Overwriting. Too much of the author lecturing the reader, aiming his knowledge. No idea of setting, atmosphere, or too much setting with the “azure sea glistening through shiny leaves.”

The answer? Show it to friends, take their point of view on the chin. Arm them with a copy on the understanding they should be tough with you. Give them a way out by saying they don’t have to read more than two pages unless it grabs them. But, get it out from under the bed!!!

Then, having rewritten it four times and shown it to thirty friends, face the facts:

To get read by a publisher often means to be read by a graduate from a Creative Writing course who earns a pittance. Unsolicited manuscripts are like Harry Jumbuck from Andamooka being introduced to Bill Clinton. Better to go through an introduction agency. Here is the next problem. Getting an agent is like running through a shopping mall naked and nobody noticing. They have unlimited choice and are terribly keen to discover J K Rowling.

Then, the world of publishing has been transformed. Look at the number of bookstores that are no longer. There is cyberpublishing, and self-publishing. All better than leaving it under the bed.
**KIDS IN THE WILD GARDEN**

is jam-packed with outdoor projects, gardening tips, fascinating facts, jokes, recipes and fun expeditions. This book aims to get children out into the fresh air by encouraging exploring, care for the environment and imaginative play. Easy recipes for children to make with their fresh produce include; one pot jam, minty fizz and easy pizza sauce.

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**Christmas Cake**

Serves 8-10

- 1kg mixed fruit
- 3 cups (750ml) fruit juice
- 3 cups (525g) self raising flour

Preheat oven to 125C. Soak fruits in juice overnight. Stir flour into soaked fruit and mix well. Spoon mixture into a 22cm lined cake tin. Bake for 2½ hours in the bottom of the oven or until cooked through. Remove and leave to cool. Wrap in foil or place in an airtight container where this cake will keep nicely for 3-4 weeks.

Optional: Add a shot of your favourite tipple, sherry, brandy, rum or grand marnier.

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**An Entertainer’s Timbale**

Serves 8

- 500g smoked chicken
- 200g seedless red grapes
- 3 ripe avocados
- 100g toasted pine nuts

Thinly slice the smoked chicken. Cut grapes in halves. Scoop the flesh from your avocados and slice. Stack all of your ingredients in layers to make 8 petite salad timbales. Top with toasted pine nuts. This dish can also be served as one large salad if you are preparing more of a shared Christmas banquet. Optional: Drizzle with your favourite flavoured oil or a squeeze of lemon juice. Hint: A timbale is a dish of meat or fish cooked with other ingredients in a pastry shell or in a mould.

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To win a copy of either Kids Gardening Book just email - info@grandparentsdaymagazine.com
World Youth International (WYI) is committed to:

- Creating innovative and exciting opportunities for people to live life passionately and contribute to the global community.
- Enhancing quality of life, strengthening communities and reducing poverty through sustainable development projects.

Founded in 1988 by the late Robert Hoey, WYI is one of Australia’s leading not-for-profit international development organisations. With a head office located in Adelaide, the organisation has facilitated meaningful volunteering opportunities for more than 3,000 Australians of all ages, working in some of the world’s poorest communities for more than 24 years.

At the very heart of WYI’s mission is a commitment to community-led, sustainable development projects. In essence this means a ‘hand up’, not a ‘hand out’.

www.worldyouth.org.au

Purchase chickens and provide a valuable asset to poor families in remote Nepal and Kenya. Chickens provide food but also generate income through breeding opportunities and the sale of excess eggs.

Purchase essential supplies including birth kits, dressings and medication for the ‘Mama Ann’s Odede Hospital’ in Western Kenya, currently being established as a 50 bed district hospital. Your contribution will assist in providing much needed health services to the broader Odede rural community.

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the game of parenting - have the rules changed?

Just 11 weeks ago, I became a grandma for the first time. As a parent coach, I am thoroughly enjoying watching my wonderful son and his fabulous, loving wife parent their baby with attunement and attention.

I CAN’T HELP BUT THINK ABOUT HOW DIFFERENT MY GRANDSON’S UPBRINGING IN THE 2010’S WAS FROM MY OWN.

I came from the era of “Children should be seen and not heard”, and “Do as I say, not as I do”, and “Go outside now, and let us have our adult time.” I was regularly threatened with spankings and the ominous “switch” from the willow tree in the back yard of my grandparents’ cottage. I went out in the morning, and often came home when it got dark. No one thought a thing of it! I was pretty much on my own, fending for myself, encountering mean kids, the dark, untravelled territory on my bike, abusive school teachers, and difficult siblings.

NO ONE WAS THERE FOR ME AS I HURT MY WAY THROUGH LIFE, BUT SOMEHOW I SURVIVED AND BECAME A COMPASSIONATE PARENT AND NOW, OVER-THE-MOON GRANDPARENT.

Needless to say, the world of being a child and being a parent has changed enormously during my lifetime. We’ve gone from corporal punishment, fear-based control (my fifth grade teacher, a nun, said to the class one day, “For all you know, the communists could come in here right now and cut my tongue out.”) Taking out our math books to learn long division in the next minute seemed a little overwhelming and quite ludicrous, to say the least.

We’ve since had the government, in its wisdom, step in to say, “No child abuse.” Mostly, the counties where I’ve had experience really mean “No physical child abuse,” and let the emotional abuse ride. At any rate, parents face serious consequences in this somewhat more enlightened era, if they beat on their kids the way they did so freely just a few decades ago. We understand that abuse is psychologically harmful to a child, and that it can carry lifelong, even generational effects.

Parents are encouraged not to threaten, tease, strike, and bribe their children into compliance, but the $64,000 question is: What do you do instead? Kids still get out of line, they still negotiate, they still whine, and they still take the car without letting their parents know. In fact, kids seem “entitled” in a way we didn’t even dream of as children.

IS ALL THIS “HANDS-OFF” DISCIPLINE EVEN GOOD FOR THEM?

There is some good news: we now know a much better approach to parenting compassionately, free of aggression, and even collaboratively, without having your child or grandchild grow up spoiled.

Present Moment Parenting teaches parents and grandparents to do what some of our forefathers encouraged. John Locke, the father of modern democracy, said, “GIVE YOUR ATTENTION TO BEHAVIOUR THAT YOU WANT, AND WITHDRAW YOUR ATTENTION WHEN THE BEHAVIOUR IS UNWANTED.” He died in 1704. Austrian physician and father of Individual Psychology Alfred Adler said essentially the same thing. He died in 1937. What happened to the wise counsel of these important historical figures? We reverted to what our parents did, as they had reverted to what their parents did.

Parent coaching can help grandparents and parents understand the inner motivation of each child, according to his or her developmental phase. We can come to realize that children’s bad behaviour is simply an attempt, albeit immature, to survive emotionally. And even when it really looks like pure manipulation or outright defiance, we can discover the underlying adaptive reason for the behaviour. Working from that perspective, solutions are much easier than we ever imagined. Parent coaches are trained to help adults read children. They provide family-specific personalized parent education. After hearing the parents’ story (the children are not involved, as parents and coach keep focused on one another and on the solutions, with the coach offering support from behind the scenes) coaches offer solid tips for bringing out the best in children.

The emphasis is on staying in the present moment with every child, rather than dragging the past into this moment, and fearing the future. Those things paralyze adults, make them fearful, and take them out of their game. Focusing on the child’s feelings in the here and now can create a warm, attentive, relationship that encourages empathy in the child.

My favourite part of being a parent coach is seeing the fast, effective, lasting changes that take place in adults, and therefore in their children and grandchildren. What better way could I spend my life than helping to heal those primary relationships? I dream of my grandson growing up in a world where he and his friends are accepted for who they are, guided to high ground with compassion, and encouraged to explore their environment. These things are very possible, and for this I am extremely grateful.

As I watch my son and his wife raise the next generation of caring humans, I have a new kind of hope that we are somehow better at this most incredible, important job in the world.

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A STORY OF PERSEVERANCE

You may have heard of Human Nature - the popular singing group. I know the guitarist who used to play for them - Carl Dimitaga. He now plays co - writer songs with Guy Sebastian from Australian Idol. I met Carl and his friend Steve Mostyn in 1986. Steve plays Bass with Alecia Keyes & was recently on TV playing at the Grammy awards, she was nominated for 5 Grammys.

These 2 men have stellar careers following their dreams & doing well at what they absolutely love - writing and playing music.

It may never have been this way had it not been for the inspiration and perseverance of my husband. Darryl was their music teacher at St. Leo’s school in Wahroonga, he recognised their great & individual talents & encouraged the boys to develop that.

However, they were headed for careers in banking and accountancy? the expectation of their fathers. Not what they wished! They asked Darryl to intercede for them and ask their parents if they could go to the Conservatorium of Music in Sydney.

It took a lot of persuasion, you can’t get much further from banking than pop music! which was where they wanted to end up.

It all worked out extremely well in the end but it took a lot of perseverance. These 2 boys played in the school band at St. Leo’s where a musical was performed every year, Oliver, Kismet, Spike, & then in 1984, my husband, tired of doing all the same old musicals every other school did, decided to write his own, inspired by the book “The Outsiders” by Susan Hinton. He chose this as it was on the school compulsory reading list and had great potential for acting and singing.

Before embarking on such a major task he got permission from the publishers in London “Fontana -Lions” then wrote the music and lyrics for 15 songs. The dialogue was written by the English teacher, who took it straight from the book. It was a-pairs-taking effort for Darryl, every note was hand written as this was before the advent of computers with software for music programmes.

He wrote a full score for 7 band parts plus the conductor's score, many, many hours of work and tons of paper; but the success of the show & the great acclaim made it all worthwhile.

Darryl then wondered to whom he should send Royalties & again contacted the publishers. They wrote back and said “Whoops - we should not have given you permission - you have to contact Curtis Brown, the author's lawyer in New York as we don't have the authority.”

Undeterred he wrote to NY & in the meantime a school in Coff’s Harbour & one in Sydney put on the show with rave reviews. This was in 1986, I remember helping to photocopy & collate reams of paper, for the music to be sent out to schools. Darryl had done a great job of promoting the Outsiders, which he had called “Blades”, because it was about rival gangs & knife fights - alas still relevant today.

After agonising delays the NY lawyer wrote back and said we couldn’t do the show, Darryl was crushed. Apparently the rights had been sold to Francis Ford Coppola to make a movie and they didn't want a musical in Australia not even just in schools! The film featured a very young Patrick Swayze, Tom Cruise, Rob Lowe, Matt Dillon and Emilio Estevez and became something of a cult movie.

Darryl persisted, his lawyer in Sydney talked to Hinton’s lawyer in NY but still they said no. He nearly gave up but he believed in the show & persevered. Eventually a new lawyer was appointed at Curtis Brown- he was a writer himself & was more sympathetic to our cause.

After jumping through many legal hoops he gave permission for the show to be performed in schools only and only in Australia & New Zealand. The fees were to be 60-40 in their favour and it had to be called ‘The Outsiders’. This was 14 years after the first refusal! Darryl faxed and emailed all the high schools in Aust & NZ & we travelled to Wagga Wagga, Aukland, Melbourne and to local schools to see their productions.

I missed the first Toastmasters meeting back after the Xmas break because we attended one such performance in Lismore. It was the best, most professional performance we had ever seen, 23 years after it was written and poignantly in Darryl’s own home town so all his family could go and see at last the fruits of his labours.

If we believe in ourselves enough and in what we do, mankind will persist against all odds -- will persist and achieve, like young Carl & Steve, and yes like my talented husband.

WHO’S ON FIRST is a Sunshine Coast based Australian Business supplying Toys and Games. Our promise to customers is to offer Toys and Games at a minimum 20% discount to the suggested retail price. We will endeavour to source good quality products at discounted prices. We encourage you to sign up as members.

GDM READERS CAN RECEIVE AN EXTRA 5% DISCOUNT.
I want a hippopotamus for Christmas
Only a hippopotamus will do
Don't want a doll, no dinky Tinker Toy
I want a hippopotamus to play with and enjoy

I want a hippopotamus for Christmas
I don't think Santa Claus will mind, do you?
He won't have to use our dirty chimney flue
Just bring him through the front door, that's the easy thing to do

I can see me now on Christmas morning, creeping down the stairs
Oh what joy and what surprise when I open up my eyes
To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles, no rhinoceroses
I only like hippopotamuses
And hippopotamuses like me too

Mom says the hippo would eat me up, but then
Teacher says a hippo is a vegetarian

There's lots of room for him in our two-car garage
I'd feed him there and wash him there and give him his massage
I can see me now on Christmas morning, creeping down the stairs
Oh what joy and what surprise when I open up my eyes
To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles or rhinoceroses
I only like hippopotamusess
And hippopotamuses like me too!

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Grandparent/kinship carers who are raising their grandchildren are among the most under-appreciated carers in the country. We are marginalised, berated and kept in the dark about plans which concern us intimately and concern the children in our care at the most basic level.

We are not given the same support that is afforded to Foster Carers, because the perception is that we are family, so we should take care of the problem of the children of our children with minimal support and care. Having said this, it's also apparent that Foster Carers are also these days being given the short end of the stick, because many of them are giving up on the system as well.

At the moment we are in the midst of huge turmoil while the Department of Family Services opt out of their brief of child protection and farm us out to Non-Government Agencies (NGAs), to receive payments and services for the children in our care.

Apparently, in their wisdom, this State Government has devised a grading system for the abuse of children, and will only keep the children who are at risk of significant harm under their aegis.

They are terminating the services of child protection officers and case workers in their own department, because it is a less expensive option to give us over to case workers in other NGAs.

One wonders how this grading system works.

Is there a good type of abuse as opposed to a bad type of abuse?
Do they work on a sliding scale?

I would have thought that no abuse of a child is acceptable, and that is why there was a government department set up to protect the children in this State.

Barry O'Farrell and Pru Goward appear to be systematically pulling the Department of Family Services (formerly DOCS) apart and casting it to the four corners of the State. I'm well aware that DOCS has never had a perfect reputation, but surely it would make more sense to clean house and make the department work better for the children in care, rather than dismantling it and dispersing it to a dozen (at least) different agencies.

Are these non-government agencies equipped to deal with abused children?
Do they have the power to act in instances of abuse?
Are there checks and balances in place to ensure the proper care of these children?

If we are to believe the anecdotal evidence of the agencies themselves, they are as confused as we are, and will not be seriously be ready for these OOHC children for several years. These questions should have been answered before any action was taken which could jeopardise the futures and even lives of the children.

Apparently the only Indigenous Agency in the mix will not be asked to take on the children and their carers for at least ten years.

As I have said in a previous article in this magazine, there are 38,000 children being raised by grandparents or other kin in this country.

These actions by the State Government is putting many of these children at risk and is putting the grandparent and kinship carers under enormous pressure.

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Another Blow to the Grandparent Carers
by Carolyn Mills -
President Grandparents, Relatives & Kinship Carers Association (GraKCA) Hunter Inc.

This January, why not start the year with an empty jar and fill it with notes about good things that happen. Then, on New Years Eve, empty it and see what awesome stuff happened that year. Good way to keep things in perspective!
In May 2008, the Australian Childhood Foundation did a research report on Children's Sense of Safety. It shows some alarming facts about the protection of children in this State, and indeed this country. This report states that 'It is an indictment on Commonwealth and State Governments that the data underpinning the measures of children's safety is so unreliable and flawed'. It further states that 'the reporting and collection of national data for assaults against children was suspended altogether in 2003 – now five (nine) years ago, because of a basic lack of uniformity across jurisdictions'. (Tucci J et al 2008). This lack of data was something that GRaKCA Hunter Inc also noted in its own report in 2011.

This is disgraceful when the government of the country is so disinterested in the welfare of children that it doesn’t even bother to keep accurate statistics about injuries to these children. Of course the lack of statistics about abused children also affords governments an excuse for not worrying about the fate of the children in Out of Home Care (OOHC). If they don’t know about the problems, then there is no need to take action.

This research from the Australian Childhood Foundation canvassed six hundred children. This is a quite unique report in that it gives data from the children’s point of view, a point of view that is not taken into account often enough. The upshot of these findings was that many children feel disconnected from adults and unsafe, even sometimes in their own homes. When children feel safe in their close relationships, they are able to project that safety into other environments. This is what the grandparent and kinship carer wants ... to make the children know that they are loved, understood and to ensure their safety.

As an added burden to the grandparent carers, there is the notification that the funding for these children is set to be cut over the next five years by the staggering amount of $500 million. What is going to happen when this comes into play? At the moment we are even seeing workers from the Department of Family Services taking to the streets to protest the risk to the children in care. From what I can understand, this cut in funding will revert back to the days when there were staggered payments which reduced as the child grew older. This system DID NOT WORK. That is why it was changed to the current system, which affords a simple payment which increases as the children grow older (and indeed, certainly eat more). To paraphrase ‘if it ain't broke, don't fix it’!

This cost cutting exercise is aimed at grandparent and kinship carers because they are vulnerable, and will do anything to ensure the safety of the children in their care. They will pay any amount and they will do without, and government attacks them simply because they can, and because they are not organised enough to fight back. If you are a grandparent or a kinship carer, and are struggling, just write to your local member, State and Federal and let them know how

Make no mistake about it ... the grandparent carers need to fight this action very hard to ensure the safety of the children in their care. How can government justify this type of action when prices are going up ... not down. They insist that we keep the children at school, but give us no means to enable this action. The grandparent carers have usually spent most of their savings to enable them to keep these children in food, clothes, and a safe roof over their heads, but the ongoing help to subsidise their pensions so that these children can remain safe, must come from government, just as they supply such support to the foster carers of this country.

The grandparent carer will gladly go without to ensure that the children in their care do not ... but there is bound to be a limit reached if the payments are to be cut so drastically. I certainly hope that Goward and O’Farrell have a ‘plan B’ in mind for the children in Out of Home Care, for the time that the grandparent carer is simply unable to carry on any longer.

"Dinosaurs Down Under" is a collection of songs that explores the amazing array of animals from Australia's prehistory. From enormous wombats, and a giant scissor-toothed possum, to our own amazing, dinosaur predator Australovenator, sometimes known as Jack the Slasher... From songs about a giant 6 metre goanna, known as Megalania, to the strange, slime-eating, blob like creatures that inhabited the seas hundreds of millions of years before the dinosaurs, "Dinosaurs Down Under" provides a fascinating, and highly entertaining introduction to the Australia of long, long ago...

"Dinosaurs Down Under" is available to download from iTunes, and also by going to DinosaursDownUnder.com
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Chia seeds do not really have a taste and when mixed with other foods, it does not change the flavour at all...

- Mary

in Australia, Christmas comes in the middle of a very hot summer so when Santa Claus delivers his presents he's not taken around by reindeer because they can't stand the terrible heat

he's taken around by six big, white, old man kangaroos called the six white boomers
early on one Christmas day a joey kangaroo was far from home and lost in a great, big zoo

mommy...where's my mommy? they've taken her away

we'll help you find your mommy, son hop up on the sleigh

so up inside the bag of toys little joey hopped but they hadn't gone far when Santa stopped unharvested all the reindeer and joey wondered why then he heard a far off booming in the sky (boom, boom, boom, boom, boom, boom, boom, boom)

(boom, boom, boom, boom, boom, boom, boom, boom)

soon the sleigh was flashing past right over marble bah "slow down there!" cried Santa "it can't be far hop up on my lap here, son and have a look around" "there, there she is! that's mommy! bounding up and down!"

well, that's the bestest Christmas treat that joey ever had curled up in mother's pouch feeling snug and glad the last they saw was Santa heading northwards from the sun the only year the boomers worked a double run

[chorus]

six white boomers
snow white boomers
racing Santa Claus through the blazing sun six white boomers
snow white boomers on his Australian run

pretty soon old Santa began to feel the heat took his fur-lined boots off to cool his feet into one popped joey feelin' quite okay the six white boomers kept pullin' on the sleigh hey!

[chorus]

then joey said to Santa, "Santa, what about the toys? aren't you giving some to these girls and boys?"

"well, they've all had their presents, sonny we were here last night this trip is an extra trip joey's special flight

[chorus]

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[chorus]

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[chorus]
Gordon Grant is enjoying a well deserved holiday overseas.

We look forward to his column returning in our Autumn 2013 issue.

Although it was not known as Australia Day until over a century later, records of celebrations on 26 January date back to 1808, with the first official celebration of the formation of New South Wales held in 1818. It is presently an official public holiday in every state and territory of Australia and is marked by the presentation of the Australian of the Year Awards on Australia Day Eve, announcement of the Honours List for the Order of Australia and addresses from the Governor-General and Prime Minister. With community festivals, concerts and citizenship ceremonies the day is celebrated in large and small communities and cities around the nation.
I have heard it being called God's waiting room, often perceived as the absolute last resort, has been associated with the smell of urine and if your loved ones goes into a residential facility the family is often filled with grief and angst. Why does getting older often associate itself with negation and despair?

Having worked in the Aged and Community sector for the last 6 years I can honestly say it has truly opened my mind to the ageing population and has been one of the most gratifying and satisfying experiences in my life so far. For the record they don't smell of urine and most days were filled with fun and laughter.

Having heard the anguish of living in a body that can no longer do what it was once was able to, but with a mind that still wants and yearns, is difficult to comprehend. To be truly honest with myself I don't want to imagine what this feels like and a sense of discomfort and heartache travels through me.

I often wonder how we can make it different and I don't have the answers nor do I have some self-fulfilling prophecy. What I do know is that I hope I have somebody just like me around when I get older. To have patience, time and to truly listen to what one is saying is priceless. The humour, integrity, wisdom and fun that come from these experiences are ones that I am truly grateful for.

The forecast for the next 40 years is that the aged care system will be in crisis. This is an area of our world and society we all need to take an interest in. Regardless of age, race or gender ageing is predominantly the same. What I question and ask you to ponder is what role will you choose to play in our ageing society and how will you contribute to ease the crisis. Can the crisis be eased? How can this change?

Pretty big questions, I know, but every small idea and action can make a difference to the overall scenario.

One of the programs I coordinated was to be able to facilitate the level of activity for the older person. Becoming older in age doesn't mean that your passion stops or that you become disinterested in what you once enjoyed. What I have often heard is that the body doesn't allow one to do what it once did. This doesn't have to equate to giving up or social isolation but unfortunately this is what sometimes occurs.

As time passes, getting older is a guarantee, getting old is a choice. I love the quote by Satchel Paige: “how old would you be if you didn’t know how old you were?” Interesting question and depending on when you ask it can prompt a different answer or age. If we were to look at our lives as a graph of highs and lows, most would expect that the older we get the less activity the graph would depict. During a course of one’s life we could expect that the high activity of the graph would be at its peak between the ages of 20-50. It doesn’t have to be this way. The ebb and flows can happen any way we choose.

What I do find most difficult at times is to be able to assist the older person in being able to see the potential that I see. To know and accept that it is never too late to learn. To comprehend that there is evidence that the brain is able to learn new things regardless of age. Although the body may not be in the space that it once was it is vital to understand that activities can be modified, accessibility is far greater and the potential is limitless.

What I hope to see is that the body doesn't allow one to do what it once did but it doesn't mean that you become disinterested in what you once enjoyed. The bodies may be growing older but the minds are not. I have been blessed to have been able to go to work every day and be a part of other people's lives. I have been privileged to be able to embrace their past and to be a part of their present. It is truly an honour.

I truly hope and pray that issues around ageing and aged care is far higher on the political agenda than it is today. It deserves so much more attention than it is given and it is truly sad and simply wrong.

I thank you for reading and hope you will see the issues around ageing and the need to engage with the older person as a priority. I do not want to imagine what this feels like and I truly hope and pray this is not something you will have to endure.

I truly hope and pray that issues around ageing and aged care is far higher on the political agenda than it is today. It deserves so much more attention than it is given and it is truly sad and simply wrong.

I hope that younger people actually choose to spend time with older people and not just because it is part of their school curriculum. I hope that intergenerational opportunities are part of the norm rather than the exception. I hope that the contribution that I make to this world and universe truly makes a difference in the world. At the end of it all, attitude and beliefs play a huge role in the outcome. What we do know, is that with each passing day we are ageing where it can be different is how we choose to live and what we choose to believe. It all starts from having faith and belief in yourself and knowing that it can be different for you and the lives of others. Next time an opportunity presents itself with an older person, what will your attitude be? What will your belief system look like? The change you want to see is the change you want to see in yourself.
THINK FLORIDA; THINK ORANGES.

This showy citrus shouts from tourist ads, travel brochures and license plates. I longed to grow the juicy fruit so plentiful in my state. Year after year, I planted orange trees. One by one, they lost their leaves, withered and died a pitiful death.

With the certainty that I am smarter than an orange, I made one last attempt. Armed with the latest horticulture tips, I picked four varieties that grow best in the Sunshine State. Into the ground they went supported by the Rolls Royce of topsoils and fertilizers. I christened them with Perrier water and called them each by name: Dear Hamlin, Sweet Navel, Adorable Homassasa, Darling Sunstar.

My heart soared as tiny leaves burst from their fragile branches. White blooms sparkled from my leafy quartet. An aroma sweeter than any perfume flooded the backyard. Orange blossoms. Under muddy gardening gloves, this transplanted Jersey Girl did have a green thumb.

My joy was short lived. Was that snow on the ground? A blanket of white lay at the bottom of my precious trees. The tiny fragrant flowers sang out their funeral dirge. I cursed the Orange Fairy. Goodbye Hamlin. Fare thee well Navel. Adios Homosassa. Before I bid Sunstar adieu, I noticed a few white dots of hope. Would she survive?

First, cherry-sized jades. Then, adult emeralds. At last, dozens of bright ginger-colored globes hung like Christmas ornaments. My mouth tingled with the savory taste of fresh orange slices, OJ, marmalade, fruit salad and homemade Sangria. I shamelessly bragged to family and friends about my anticipated citrus harvest.

RAINBOW DIALOGUE

Conversations with my grandson cause delicious dread Deciphering innocent inquiries that fill his adorable head

Did you ride on dinosaurs when you were a little girl? What’s with that crazy hairdo in the photo with disco curls?

What did you do all day before internet and TV? How did you get Mommy, and how did she get me?

Why do you watch movies where everything is grey? When did the world change to colour?

Will it stay that way????

THINK FLORIDA; THINK ORANGES.

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Pleased with my new prowess as Giardino Staordinario, I resumed my well-known passion of Italian cooking. My grandson’s shouts interrupted the layering of my famous eggplant Parmesan. A handful of shredded mozzarella dropped to the floor. Slipping on cheese litter, I sprinted to the back yard. Like a dandelion drenched in Round-up, my growing days were done.

The demonic words spilled from his cherubic mouth, “Me have fun throwing all them big orange balls!”

ORANGE PICKER BLUES

Lucy Giardino Cortese lucy.cortese@comcast.net
Should parents force their children to visit the person whom the child fears?

Forcing anyone to do anything is rarely the best strategy. In these circumstances, it could almost be considered cruel. My grandparents lived in a different country than my family so my siblings and I saw our grandparents maybe six times in their lifetime. Having the opportunity to live near an older relative would have been a novelty for me as I’ve always envied those who grew up with Grandma and Grandpa nearby. With that said, however, I acknowledge that close proximity alone in this situation is not a sufficient motivator.

How can grandchildren still maintain a relationship with their Grandma and Grandpa?

Parents visit without the child and provide engaging updates when they get home. Parents can keep their child connected by telling him the funny and cute things Grandma said that day when they visited. Additionally, the parents can make the child aware of the positive happenings that occur in Grandma’s daily life to balance the overwhelming negative that pervades it. Who knows, this reporting tactic might make the child curious enough to want to visit Grandma. Perhaps a “distracted visit” with Grandma can be the next step.

The distracted visit – visiting but doing his own thing as well. If the parents are able to provide some sort of distracting activity while the child visits Grandma, he might eventually become more comfortable in her presence. The child casually observes how mom and dad interact with Grandma – while still being able to read his favourite book, or perhaps play with a hand-held electronic game. The child gradually feels more secure being in the same room as Grandma. Over time, he may realize that Grandma is no longer someone to be feared, and may attempt his own direct interaction with her.

THE 7-YEAR OLD CHILD SAYS, “I DON’T WANT TO VISIT GRAMMY ANYMORE. SHE DOESN’T REMEMBER ME, AND SHE SCARES ME!”

Should we shield our children from the effects of illness?

I think the bottom line is that parents need to take age-appropriate steps to introduce their children back into the lives of grandparents who suffer debilitating illnesses. After all, illness takes on many forms, such as cancer, stroke with paralysis, or even blindness. Would we rob our children, and their grandparents, of the chance to be with each other in those instances? I believe doing so robs both age groups of unique relationship-building opportunities.

ALZHEIMER’S HEARTACHE: children adjusting to a grandparent with dementia.

by Irene Olson, freelance writer and blog author at www.babyboomersandmore.com

This is a major dilemma with adult children whose parent has Alzheimer’s or other dementia. It’s difficult for the adult to reconcile their parent’s disease progression – and they have a fairly comprehensive understanding of the disease that is robbing them of their parent. Now imagine a child’s inability to figure out what on earth is going on. All the child knows is that Grandma seems upset when he visits, and on top of that, Grandma no longer recognizes him. When one considers that even adults shy away from visits with their mother or father with dementia, it’s not surprising that they might simply forego these visits for the younger members of the family. My daughter was an adult when her Grandpa was diagnosed with Alzheimer’s. I can only profess a guess of how I would have tried to make her visits with Grandpa a more comfortable experience for her.

James Neate

The Vanity of Human Wishes

While travelling overseas, the bag he was using just did not come up to expectations.

Influenced by both his father and grandfather, James’ unique style took shape and with the ambience of the English countryside and the use of beautiful leathers sourced worldwide.

Based in Sydney, James’ work is available through a great web page that’s well worth a visit www.virr.com.au

www.vightdementia.org.au

James Neate

The Vanity of Human Wishes

While travelling overseas, the bag he was using just did not come up to expectations.
Retire To An Island?

Australia is blessed with so many great places to live and visit. Have you ever thought about where you would retire to? For some it’s the country, whilst for others the coast beckons, and others prefer to stay put.

What about retiring to an island? In our research on ‘Where To Retire In Australia’, we have found pre and post retirees leaving the ‘mainland’ and moving to an island.

We may immediately think of tropical islands in the sun, with swaying palms and lazy days, but there are other options that appeal too.

Why do people retire to an island? Reasons include a perceived healthier lifestyle, to escape from pollution and an urban way of life, the search for a more tranquil lifestyle or ‘sanctuary’ and more fulfilling community feel or the arts and culture of the area.

It’s not all sun and sand, moving to an island is not without difficulties. The island may be a distance from the mainland (with no bridge and limited other transport options), the medical facilities, shopping and entertainment may also be limited. Some people are attracted by this and the lack of development is attractive.

Bribie Island on Queensland’s Sunshine Coast, for example, is very popular with retirees. Located north of Brisbane it has a population of around 17,500 people with 31.7% of people over the age of 65. It is flat (ideal for retirees who enjoy walking), has many activities for retirees and as one local said, ‘It’s a welcoming place for older people’. For beach lovers there is a choice of calm waters or a surf beach. We found that, for many years, the bowls club offered one of the cheapest lunches in Australia.

Further north is Magnetic Island. It has a smaller population of around 2,400 people with 14.9% of people over the age of 65. Located 20 minutes by ferry, from Townsville it has access to the city’s facilities, including its busy airport. We met retirees there who enjoy its laidback lifestyle, but do admit it takes a bit of organising to get major supplies or visit friends in Townsville. Locals are friendly and don’t mind chat! Magnetic Island even has its own theatre restaurant (‘Stage Door’).

For those not wanting a tropical lifestyle, Phillip Island in Victoria (9,800 people) is an attractive option. At times, the wind off Bass Strait is bracing, but with milder winters and summers, it is the preferred retirement option for many with 22.7% of people aged over 65 years of age. In recent years, however, the local hospital has closed, which has been a concern of the community. Nature lovers can be involved in many activities from being a ‘Friend Of… (koalas, penguins) to helping out at the island’s Bush Bank community indigenous nursery. For those who enjoy motorsport, the Phillip Island circuit is used for over 300 days a year for car clubs, car and motorbike testing as well as the Moto GP, Superbikes and the V8 Supercar event. Locals recently won a battle against a plan for a large development on farmland on the island.

Whether your retirement is now or in the future, it’s definitely worth a visit to one of Australia’s great islands.
Ingredients:

- 4 to 4-1/2 cups bread flour
- 1/2 cup Imperial Sugar® / Dixie Crystals® Granulated Sugar
- 2 packages (1/4 ounce each) active dry yeast
- 1-1/2 teaspoons salt
- 1/2 cup milk
- 1/4 cup water
- 1/4 cup butter, cubed
- 2 eggs
- 2 raisins
- 2 egg yolks
- 2 to 3 drops red food colouring

Directions:

In a large bowl, combine 2 cups flour, sugar, yeast and salt. In a small saucepan, heat the milk, water and butter to 120°-130°. Add to dry ingredients; beat just until moistened. Beat in the eggs until smooth. Stir in enough remaining flour to form a stiff dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide into two portions, one slightly larger than the other.

Shape the larger portion into an elongated triangle with rounded corners for Santa's head and hat.

Divide the smaller portion in half. Shape and flatten one half into a beard. Using scissors or a pizza cutter, cut into strips to within 1 in. of top. Position on Santa's face; twist and curl strips if desired.

Use the remaining dough for the moustache, nose, hat pom-pom and brim. Shape a portion of dough into a moustache; flatten and cut the ends into small strips with scissors. Place above beard. Place a small ball above moustache for nose. Fold tip of hat over and add another ball for pom-pom. Roll out a narrow piece of dough to create a hat brim; position under hat.

With a scissors, cut two slits for eyes; insert raisins into slits. In separate small bowls, beat egg each yolk. Add red food colouring to one yolk; carefully brush over hat, nose and cheeks. Brush plain yolk over remaining dough.

Cover loosely with foil. Bake at 350° for 15 minutes. Uncover; bake 10-12 minutes longer or until golden brown. Cool on a wire rack. Yield: 1 loaf.

Santa Bread
## Grandparents Day Magazine Offer

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Important information about your new Seniors Card

By now, many thousands of you will have received your new Seniors Card and for those of you who haven't, you will receive it by mid December.

Please read below for some important information.

Registering your details

The letter that accompanies your new Seniors Card refers to registering your details with Adelaide Metro so that you will be able to load credit over the phone. This registration process is no longer required and has been undertaken on your behalf by the Seniors Card Unit, so please disregard this instruction. Your card is ready to go and able to be used.

Please note that recharging your Seniors Card over the phone via the Adelaide Metro InfoLine (1300 311 108) will be available in early November.

Website / online recharge

The letter refers to a log in and password to access the new Adelaide Metro website and add money to your Seniors Card online.

This option will not be available until early 2013. As this is a facility dealing with financial details and transactions, Adelaide Metro is ensuring it is properly tested and any issues addressed before it is made publicly available.

Once available, you will be able to add money to your card online. You will also be able to set up an auto-recharge, which means your card is automatically topped up when the balance falls below a threshold.

Adding money to your Seniors Card

You can add money to your Seniors Card at hundreds of Metrcocard Recharge Agents (newsagents, convenience stores etc); Adelaide Metro Info Centres (at Adelaide Railway Station and Currie Street in the city); via ticket vending machines found on board trains and trams; and at vending machines at the Adelaide Railway Station, CBD tram stops and bus interchanges.

By visiting an Adelaide Metro Info Centre you can also set up an auto-recharge for your card, which means the card is automatically topped up when the balance falls below a threshold.

For a full list of Metrocard Recharge Agents please visit, click here.

For queries about how to use your Seniors Card on public transport, please contact the Adelaide Metro InfoLine on 1300 311 108.
TO ORDER -

Email your contact information to - info@grandparentsdaymagazine.com

and include

Card type: Visa / Mastercard / Other -
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or

Post your contact information along with your cheque or money order to -
PO Box 7028, Hutt Street, Adelaide, SA 5000

THE OLD BALD BLOKE

Derek Walsh, who served with 8 RAR in Vietnam 1969-70, (known to his mates as “Rock”), has put his talents to good use and created a moving and memorable mural recognising Australia’s involvement in the South Vietnam from 1962 to 1975.

His mural is a dedication of many hours of painting, years of research and particular attention to accurate details. It features the 504 young Australians who are recognised as our war dead, as well as the seven civilians also killed. Many objects will be familiar to most of us, every Corps featured with incidents and major battles also depicted.

After his tour of duty, Derek tried to return to his other life as a graphic artist, without success. His mind kept taking him back to Vietnam and the haunting scenes he witnessed. His mind continually flashed back to an incident when he discovered the wallet of an enemy KIA contained a picture of a wife, or loved one, someone who would mourn his loss. Diagnosed with PTSD, he was eventually granted a TPI pension.

During a PTSD clinic at the Adelaide Repatriation Hospital the psychologist advised Derek to put his views onto canvas as a form of therapy. After some early sketches that featured just a few of the 504 it developed into a larger work. This picture was not meant to be seen outside of his closest friends, but those who were given the opportunity begged Derek to continue this work, so that from a canvas 21 inches by 36 it grew into 12 panels that bolt together to measure 11 metres, that is still a “work in progress” that shows our involvement in Vietnam.

A previous issue featured a report on Roscoe. T’s volunteer times with several groups of Vietnam Veterans based in & around Adelaide. One of those groups; The Veterans of the Vietnam War {VVnW }, an American based Organization with a Post in Adelaide; invited Roscoe to tour the U.S. State of Louisiana with “Touched by Fire”, an art work based on the Australian experience in Vietnam, by South Australian Veteran Artist Derek Walsh. The art work consists 12 panels depicting historical moments of the War and black & white “pictures” of the 504 Soldiers and two civilian Nurses who were killed in action from 1963 through to 1972 when the War was officially concluded and Australian Troops were withdrawn.

A book explaining the 12 panels with further information is available from -
Touched by Fire Australia Inc, PO Box 366 Morphett Vale South Australia 5162.
The book cost is $10 plus postage.
MY LIFE AT 60 HAD A FUN AND RELAXED FUTURE AHEAD OF IT.
We had our plans all drawn up – we were off ... going to explore the great nation we call home, Austral-
ia. We had a plan to travel around Australia in a caravan... just the two of us.
Then one evening in September – everything changed.
My wife and I had two sons and
at that time 5 grandchildren, we
now have 7 grandchildren. From
as soon as our grandchildren could
talk we would tell them our phone
number and eventually they could
tell it back to us. At the time we
didn't realise how crucial this activ-
ity would prove.
Our eldest son had three children
with his then wife, two boys and a
girl (eldest).
We had a feeling very soon after
our granddaughter was born that
we would end up caring for her full
time.
After her parents got divorced we
saw the children every so often
even though it was meant to be
eyery second weekend. We could
see that there were issues and that
their mother had substance abuse
issues and needed some serious
help. The children would come
out to us without any clothes,
without medicine and looking as
though they hadn't been fed in
weeks. This time was so hard for
us as parents and grandparent be-
cause we would have to send them
back into an environment we knew
was not fit for children.

The first step towards
John Ward becoming the
2012 Community Service
Grandparent Of The Year...

We arrived at the stranger's house
to find our precious granddaughter
in the bare essentials and shaking,
visibly upset but relieved to see us
come through the door. She had
visible scratches and bruises over
her body and was so cold she was
shivering.

We put her in the car and I drove
around the corner to the house
that they were living at to speak
with our ex-daughter in law. I
knocked at the door and she an-
swered – reeking of alcohol and
clearly intoxicated, I told her that
we had her daughter and were tak-
ing her home with us to which she
screamed at the car so Kylie could
hear ... “Take her... I don’t want her
or love her and I never have”.

KYLIE WAS ONLY 9.
As soon as we got her home we
phone the police, Ruth made Kylie
comfortable and got her a drink
some warm clothes. Her mother
refused to give us any clothes so
all we had was what she was wear-
ing a thin dirty and old t-shirt, a
pair of leggings and a single pair
of underwear.

The police arrived and we started
the gruelling work of getting her
to talk about what happened and
what she had been through.
For those of you who have had
a similar case, you will know too
well how hard it is to get a child to
talk when they have been told that
bad things would happen if they
did. It took all night but we got
there, the police writing everything
down, shaking their heads and in
tears, I too recorded every word
that came out of her mouth. We
had no idea the damage that this
child had suffered. The police
agreed that it would be best for
her to stay with us for the night
and for a while until child services
could get to us.

We realised then that we were faced with a choice... well I don't consider it a choice... it was a given but still we
had to make it. We could let child services take her away and put her into the system and we could register as
foster parents and try to get custody this way – however we weren't guaranteed that we would get her back. Our
other option was to go through the legal system and obtain legal custody of her and care for her full time... like
I said... this was not a choice... how could we turn our back on our own flesh and blood.

Time passed and Kylie settled in, we had the odd bout of arguments here and there – she had no rules with
 mum and here with Nan and Pop ... she had many. She would take her dinner to her bedroom and hide it under
her bed for later as this is what she had to do with mum. It took a long time to make her understand that her
dinner would be there even if she didn't eat it straight away.

We started the long process of going through the Family Law Courts to obtain custody of Kylie... it wasn't long
after we had our in care that her two brothers came to live with us too – this time with our son. So in our
three bedroom house in the suburbs of Hobart we had a busy household of three children and three adults.
We loved our son dearly but he was not in a state to have children in his care full time, which left the brunt of
the care to us. The youngest boy had ADHD and needed constant medical treatment, the middle boy suffered
severe asthma and eczema and our granddaughter suffered hearing damage from an untreated ear infection.
The years past by and we straightened Kylie out and in a routine – which for her meant great things. The boys
had gone to live with our son who had developed a substance abuse and therefore never had money and relied
on us to give him money for rent and food etc. After a while the two boys ended up living with their mother
again, and she also asked for Kylie to return. We both agreed that this wasn't the best idea but that we would
talk to Kylie and see what she thought... much to our relief she echoed our thoughts.

WHERE ARE WE ALL NOW?
Through many ups and downs along the road we are still here... Kylie is now 25 and is married. She completed
high school and college and has now completed further study through TAFE and work training. She works full
time for a member of parliament and has an investment property and a block of land that she and her husband
intend to build on. She has a bright future ahead of her and we are so proud of what she has done consider-
ing she wasn't enrolled in school until grade 4 and in the first 10 years of her life attended 16 schools. The boys
are about... though we don't have much contact with them one is working in Sydney and the other is still here
in Tasmania. Our son still struggles with his substance abuse as does the children's mother.

In 2005, we lost our youngest son to a motorbike accident which saw us caring on and off for his two children
since. This was a life changing event and is something that you don't think you'll ever have to do... you just
don't think you'll end up burying your child but we take each day at a time and are thankful that we have our
grandchildren in our lives – they keep us young.

Receiving the Australian Community Service Grandparent of the year award was a real shock. Kylie didn't tell
me that she had nominated me, and when she called I called her bluff... only she wasn't bluffing.

I would like to take this opportunity to thank Kylie for nominating me and to all those people who wrote letters
of support for this award.

I feel humbled from all the support I have received and letters of congratulations since receiving the award - but
really I wish that all grandparents could receive the award. I’m still working hard and fighting hard for the rights
of grandparents all over, and will probably continue to do so till the day I die... it’s something I feel very pas-
nionate about.

Written by John Ward
2012 Australian Community Service Grandparent Of The Year
johnward@netspace.net.au
THERE IS A VERY GOOD REASON WHY WE REMINISCE ABOUT OUR GRANDMOTHERS’ KNITS!!

At Uniquely Grown we love to celebrate family and how they are forever growing. Our beautifully designed family trees are just as unique as your family and are perfect gifts for grandparents, parents, new birthed, newborns, Christenings, birthdays and for no reason at all.

At Cosy Knits we use a variety of yarns, like 100% pure NZ Merino, Pure wool, 80% wool and 20% cotton blend as well as 100% cotton yarns for summer knits. Our designs are true vintage.......no twists!!

Cosy Knits present beautiful knitwear for children. Lovingly hand-knit, each and every piece is unique. Having said that, we welcome custom orders and will make the pattern that you like in your choice of size/ colour/ yarn. These knits are sure to bring a splash of colour and cozy warmth to the grey winter days, or add a special touch to the spring cool!!

At Baby to Baby we watch with delight as your baby bops along to Baby Cha Cha, wonders at nature’s beauty with Autumn Leaves, giggles with their baby friends in Baby Dress Ups, discovers different colours with some big helpers in Rainbow Painting and plays Peek-a-Boo...

Grandma got run over by a reindeer walkin’ home from our house Christmas eve. You can say there’s no such thing as Santa. But as for me and Grandpa, we believe.

She’d been drinkin’ too much egg nog And we’d begged her not to go. But she’d forgot her medication, and she staggered out the door into the snow.

When we found her Christmas mornin,’ at the scene of the attack. She had hoof prints on her forehead, And incriminatin’ Claus marks on her back.

Grandma got run over by a reindeer, walkin’ home from our house Christmas eve. You can say there’s no such thing as Santa, but as for me and Grandpa, we believe.

Now were all so proud of Grandpa. He’s been takin’ this so well. See him in there watchin’ football, drinkin’ beer and playin’ cards with cousin Belle.

It’s not Christmas without Grandma. All the family dressed in black. And we just can’t help but wonder: Should we open up her gifts or send them back? (Send them back)

Grandma got run over by a reindeer, walkin’ home from our house Christmas eve. You can say there’s no such thing as Santa, But as for me and Grandpa, we believe.

Now the goose is on the table. And the pudding made of fig. And a blue and silver candle, that would just have matched the hair in Grandma’s wig.

I’ve warned all my friends and neighbours. "Better watch out for yourselves." They should never give a license, to a man who drives a sleigh and plays with elves.

Grandma got run over by a reindeer, walkin’ home from our house, Christmas eve. You can say there’s no such thing as Santa, but as for me and Grandpa, we believe. (Sing it Grandpa)

Grandma got run over by a reindeer, walkin’ home from our house, Christmas eve. You can say there’s no such thing as Santa, but as for me and Grandpa, we believe.

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Grandparenting Australia National Conference

Grandparenting Australia is scheduled to be held 4-6 October 2013. We are anxious to hear from anyone interested in presenting and receiving input into content, etc. All contributions and offers of assistance will be most welcome!

Support & Resources

The aim of Grandparenting Australia is to bring together all categories of Grandparents, leading policy makers, professionals and other relevant parties to highlight legal, financial, health, practical and emotional issues associated with Grandparents and Grandparenting.

Problems & Solutions

Today’s new and unique Grandparent generation, including those who are not biological grandparents, offer possibilities for changing society for the better.

Networking

Grandparents are the family historians and the Grandparent/Grandchild bond has far-reaching effects on all generations.

Pleasures & Pressures

Some issues that have been suggested for discussion are - Long Distance Grandparenting, Raising your Grandchildren, Grandparenting Blended Families, Creative Activities for Grandparenting, General Grandparenting Suggestions, non-biological Grandparents, the Grandparent/Grandchild bond.

We invite all Grandparents, Expectant Grandparents, non-biological Grandparents, those who find themselves raising their Grandchildren due to a myriad of circumstances and any other interested persons to attend.

We would very much like you to be a part of this long-overdue gathering to discuss all the facets of being a Grandparent in today's complex and technology-driven world.

Guest Speakers

It would be very much appreciated if you could please forward to info@grandparentsdaymagazine.com your expression of interest in attending – and maybe suggestions of what you would like to have included in our Program. Or - you could visit the Grandparenting Australia National Conference Facebook Page.

Raising public awareness is a priority not only for the well being of Grandchildren and the wellbeing of Grandparents, but also for the well being of our society, too.

Visit Grandparenting Australia National Conference on Facebook and leave your comments

You can help this initiative become a reality by visiting our Facebook page and leaving your messages of support.

Grandparent of the Year Award Sponsorship

Offering valuable opportunities to be recognised as a proud Supporter of the Grandparent of the Year Award

Whilst we appreciate some of the difficulties imposed by today's economic challenges, GOTYA is always pleased to discuss Sponsorship opportunities – and to make it easier for you - we'd like you to tell us how you'd like to support GOTYA.

In return, your Name / Logo will appear on the Website, in all Media and on all Award related publications.

We will also feature your business in Grandparents Day Magazine.

GOTYA Sponsors will encompass those companies or other entities offering cash, materials, products or services of specific interest to the GOTYA.

If you are interested in receiving more Sponsorship information please contact GOTYA at info@grandparentoftheyearaward.com or phone Marsha Dearden Communications on (08) 8410 1577

Award Nominations are accepted between 1 June and 31 August.

"I have always thought of Christmas time, when it has come round, as a good time; a kind, forgiving, charitable time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave, and not another race of creatures bound on other journeys."

- Charles Dickens, "A Christmas Carol"

The Grandparent of the Year Award has been created to raise the profile of Grandparents in Australia by recognizing the extraordinary contribution by a Grandparent to the family and the community.

An Award will be given each to -
Australia’s Grandparent of the Year
Australia’s Community Service Grandparent of the Year

www.grandparentoftheyearaward.com