UN-Water has called upon UNESCO to lead the 2013 United Nations International Year on Water Cooperation, in particular because of the Organization’s unique multidisciplinary approach which blends the natural and social sciences, education, culture and communication.

Given the intrinsic nature of water as a transversal and universal element, the United Nations International Year on Water Cooperation naturally would embrace and touch upon all these aspects.

The objective of this International Year is to raise awareness, both on the potential for increased cooperation, and on the challenges facing water management in light of the increase in demand for water access, allocation and services.

The Year will highlight the history of successful water cooperation initiatives, as well as identify burning issues on water education, water diplomacy, transboundary water management, financing cooperation, national/international legal frameworks, and the linkages with the Millennium Development Goals.

It also will provide an opportunity to capitalize on the momentum created at the United Nations Conference on Sustainable Development (Rio+20), and to support the formulation of new objectives that will contribute towards developing water resources that are truly sustainable.

More than 3.4 million people die each year from water, sanitation, and hygiene-related causes. Nearly all deaths, 99 percent, occur in the developing world.

Lack of access to clean water and sanitation kills children at a rate equivalent of a jumbo jet crashing every four hours.

Of the 60 million people added to the world’s towns and cities every year, most move to informal settlements (i.e. slums) with no sanitation facilities.

780 million people lack access to an improved water source; approximately one in nine people.

780 million people lack access to an improved water source; approximately one in nine people.

The water and sanitation crisis claims more lives through disease than any war claims through guns.

An American taking a five-minute shower uses more water than the average person in a developing country slum uses for an entire day.

Over 2.5X more people lack water than live in the United States.

More people have a mobile phone than a toilet.
Dear Reader,

Welcome to our Autumn 2013 issue.

We hope everyone had a relaxing fun-filled summer and are now looking forward to enjoying a most colourful Autumn! It looks like being a very busy three months ahead with Easter and the first set of School Holidays affording some non-structured time to spend with family and friends.

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.

We have some updated information from our 2012 Award Winners - let us know what you think about our new logo!

Dancing away Dementia

New research published in the New England Journal of Medicine shows that dancing dramatically reduces the occurrence of dementia and Alzheimer’s disease. But not just any dancing will do. Freestyle dancing requires constant split-second, rapid-fire decision making, which is the key to maintaining intelligence because it forces your brain to regularly rewire its neural pathways, giving you greater cognitive reserve and increased complexity of neuronal synapses. Frequent freestyle dancing was shown by the study to reduce the risk of dementia by 76% - twice as much as reading - and playing sports or practicing choreographed dance sequences which had no benefit at all.

See page 35 for more information.

DANCING AWAY DEMENTIA

ROAD TRIP TAKES US ON A FASCINATING JOURNEY TO THE SOUTHERN EAST COAST OF THE UNITED STATES - PAGE 38.


Who are the 6 Monthers?
GRANDPARENTING AUSTRALIA NATIONAL CONFERENCE

Grandparents Day Magazine (GDM) in conjunction with the Grandparent Of The Year Award (GOTYA) have been making plans for GRANDPARENTING AUSTRALIA - a National Conference designed to inform, educate and assist all Australian Grandparents. 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 the art of Grandparenting.

AS a Federal Election has been called for September 14th, we believe that the Conference scheduled to be held during the first weekend in October would not have the full attention of the politicians, associated organisations and the media. We also know that it would be very difficult to source appropriate funding.

WE very much believe that a National Conference particularly aimed at Australian Grandparents would be extremely beneficial and we will keep on with the planning process.

PLEASE continue to let us know your issues and concerns via Grandparents Day Magazine at info@grandparentsdaymagazine.com or via the GRANDPARENTING AUSTRALIA NATIONAL CONFERENCE Page on Facebook.

PLEASE know that your continuing support of all of our efforts are very much appreciated.

Vote for the person and party who best supports grandparent carers and their unique issues!

Did you know that just under 50% of the voting population is over 50 years of age? Grandparents are definitely in the groups that can really make a difference!

PROBLEMS & SOLUTIONS

Support & Resources

Topics & Issues

Visit GRANDPARENTING AUSTRALIA NATIONAL CONFERENCE on Facebook and leave your comments.
Dear Editor,
I just wanted to write to let you know how much I enjoy the Magazine! It is wonderful to finally have a regular magazine format aimed at the Baby Boomer age group - and, yes - I guess most of us are grandparents too! I look forward to watching the magazine grow bigger and better. Thank you for all your hard work. Sincerely, AM

Thank you so much for your very kind words. We’re so happy you are enjoying GDM and look forward to you continuing the journey with us! Spread the word!!

Oldest published Irish Soda Bread recipe found to date NOV 1836 Farmer's Magazine (London) p.328 referencing Irish newspaper in County Down.

A correspondent of the Newry Telegraph gives the following receipt for making "soda bread," stating that "there is no bread to be had equal to it for invigorating the body, promoting digestion, strengthening the stomach, and improving the state of the bowels." He says, "put a pound and a half of good wheaten meal into a large bowl, mix with it two teaspoonfuls of finely-powdered salt, then take a large teaspoonful of super-carbonate of soda, dissolve it in half a teacupful of cold water, and add it to the meal; rub up all intimately together, then pour into the bowl as much very sour buttermilk as will make the whole into soft dough (it should be as soft as could possibly be handled, and the softer the better), form it into a cake of about an inch thickness, and put it into a flat Dutch oven or frying-pan, with some metallic cover, such as an oven-lid or griddle, apply a moderate heat underneath for twenty minutes, then lay some clear live coals upon the lid, and keep it so for half an hour longer (the under heat being allowed to fall off gradually for the last fifteen minutes), taking off the cover occasionally to see that it does not burn."
GRANDPARENT OF THE YEAR. 2012

Grandparents play vital roles in our society, both as custodians of individual and cultural memories and providers of care, love and guidance to their children and grandchildren.

Announced in NSW by the Hon. Andrew Constance, Minister for Ageing, and Minister for Disability Services --

2012 Grandparent Carer of the Year – Dorothy Nash

‘Dorothy has raised her three grandchildren children by herself, without child support or government assistance. Nevertheless, the family are surrounded by friends and school teachers who are astounded by Mardi’s story and the success of her grandchildren.

Dorothy, now 81 years, was nominated by her youngest grandchild, Annaleigh, a law student at Macquarie University, who says that Dorothy is a role model, mentor and best friend.’

Dorothy Nash had spent a lifetime caring for others and was looking forward to seeing the world when she suddenly found herself parenting again, this time to her three grandchildren.

The Kogarah Bay grandmother was 71 and had just lost her husband when she became a full-time carer for Liam, Chris and Annaleigh, who were all under four.

"I'd just had my first trip overseas and I got home thinking: 'Oh, this is the life for me. I'm just going to travel from now on'," she said.

"Next thing, I had three little kids. It was a great shock."

GRAND AWARD FOR A LIFETIME OF CARING...

Stepped up to parenting duties … Dorothy Nash with granddaughter Annaleigh.

Photo: Janie Barrett

With the children’s parents unable to care for them, Mrs Nash, now 88, was reluctant to see them go into foster care.

“If I hadn’t been able to look after them, they all would have been split up," she said. "Nobody would take three little tiny things like that. I didn't have to think about it. You can't chose the hand that life deals you."

Annaleigh, Chris and Liam are now aged 18, 19 and 21 and Mrs Nash will today be named Grandparent of the Year .

Annaleigh, who is studying law at Macquarie University, nominated her grandmother for the honour.

About 15,000 children are living in the permanent care of their grandparents in NSW, according to the Council on the Ageing NSW.

"I think all the grandparents out there do a wonderful job, whether they care for their grandchildren full-time or part-time," Mrs Nash said. "You could cut this award into 1000 pieces and it still wouldn't reward them enough."
Thank you for joining me here today; I’m humbled by the presence of the distinguished guests here today. I was very shocked to receive the award of Australia’s Community Service Grandparent of the Year Award. For me the award should be given to any Grandparent who takes on the role of caring for their grandchildren full time.

For my wife Ruth and I, our retirement plan was to travel Australia and do what normal retirees do - relax, unwind and enjoy our life. Life’s path had other plans and we came to have our granddaughter living with us at age 9. Her mother had kicked her out of home with no more than a t-shirt and a pair of pants on. Over the next 15 years we have cared for 4 more of our grandchildren. Let me tell you - after raising two boys and then raising a girl... it was like learning to ride a bike all over again - my wife even learnt how to plait hair.

This award makes me proud - proud of all the other grandparents who are stepping into the Parent shoes - doing what they’ve already done. This award also gives me hope that the awareness of just how many grandparents are caring for their grandchildren, will increase and is increasing.

In my role as President of the Grandparent Advisory Council, I plan to push for more awareness of the trials that grandparents face, and as always continue to help those who need a steady shoulder. I’m hoping that as our communities become more aware of this issue – that more people will get behind our fight to have equal rights for grandparents caring for their grandchildren as parents do - because if not for any other reason - when you take on your grandchild to care - you are no longer Nan and Pop …. but you become mum and dad.

We have come a long way since I jumped on board - yes we still have much of the pathway ahead but together as one we can achieve what we want.

I’d like to thank the Glass Design Studio at the Jam Factory for donating the award and Marsha Dearden Communications and Mary White for making it all possible. I’d like to thank all those people who have supported me through my times of need, and backed me when the light at the end of the tunnel seemed slim - there are so many of you and you know who you are. Without the support of so many different people - I’m not sure I’d be standing before you all today! I’d also like to thank my family who are here today my wife Ruth, my granddaughters Kylie & Jemma, Grandson Nick, grandson in law Casey and daughter in law Darlene. For family is what we live for.

My last words go to those who are caring for their grandchildren - I know some days it’s tough; other days it’s really tough but as my granddaughter says - just remember as every day seems tougher than the last that when you care for that child full time that you are saving that child’s life and this is the ultimate gift - the gift of life.

Thank you.

We have Grandparent support groups all around the State run by Uniting Care; we received some funding from Tasmanian Community Fund. There is one group in the North West called Save Our Sanity run by Kath Milburn who is a grandmother raising her two granddaughters. We have 500 on our mailing list who receive our Newsletter which is produced every three months.

There is the Grandparent Advisory Council which I am the President and we meet every couple of months to keep our finger on the pulse of what is happening around the State so we can lobby the Government for support.

Many thanks,
Australia’s (Community Service) Grandparent of the Year, John Ward, of Rosetta, is an amazing man who has dedicated the latter years of his life to looking after his own grandchildren — ably assisted by his wife, Ruth — and fighting the good fight for all grandparents.

John was awarded the 2012 Community Service Grandparent of the Year after being nominated by his granddaughter Kylie Farrell, now 25, who the Wards raised full-time from the time she was 10.

“I feel very humble. I feel very honoured,” John, from Rosetta, said of the national recognition. “I think that all grandparents who take on this role deserve this award.”

Kylie’s description of what her grandparents did for her is incredibly moving. “It saved my life … it gave me a life. It meant I didn’t have to be a parent, but I got to be a kid.”

What she means is that before she was 10, Kylie had to “parent” her younger brothers. “At my grandparents’ I went to bed every night at 8.30 and went to school every day; I was fed every day,” Kylie said. She finished primary school at Bowen Road, in Glenorchy, went to Ogilvie High and Elizabeth College. In her earlier years, she went to 16 schools and wasn’t properly enrolled until she was in Grade 4. Kylie is now married and works for the Federal Labor Member for Lyons, Dick Adams.

After working through the issues with Centrelink and Child Protection to look after Kylie full-time — the Wards have also looked after three more of their seven grandchildren — John went into battle for all Tasmanian grandparents in a similar situation.

“I have been fighting for grandparents’ rights for the past 15 years,” he said. “They used to pay the clothing allowance of $150 a year in the South, but not in the North and North-West. So, I went to Minister David Llewellyn and got that fixed.

“We didn’t know how many grandparents there were like us. We held forums in Ulverstone, Launceston and Hobart — and 570 grandparents came on board.

“I think a truer figure would be 2000 grandparents in Tasmania. People are starting to realise what’s going on, but they don’t understand the full extent of the problem.”


“They have acted on eight of the 38 recommendations from the 2003 Enquiry and I will keep fighting for the others to be implemented.”

John said the problems faced by grandparents today are perhaps increasing.

“I feel sorry for the ones in their 60s and 70s who are looking after six-month old babies.”

John has received phone calls and e-mails from across Australia and New Zealand to congratulate him on his award. Kylie says her grandfather is a “lifeline” for other grandparents.

“They ring late at night and say that they have had three grandkids left with them — what can they do?” John said.

“I say: have you fed them, put them to bed? I’ll turn on the computer and send you some telephone numbers to get help.”

There are 14 carers in this room — four grandparents and 10 foster carers — between us we had 970 years’ experience of looking after children.

“GRANDEST DADDY OF ALL”

“It saved my life … it gave me a life. It meant I didn’t have to be a parent, but I got to be a kid.”

— Kylie Farrell

John Ward and his granddaughter Kylie Farrell. John is the 2012 Community Service Grandparent of the Year
You are standing before a large painting in an art gallery. Head turned to the side, your mind desperately scrambling to make a picture out of the blobs and squiggly lines that appear to be carelessly thrown onto this canvas. You take a step closer and peer at the title 'clouds over my yellow river'... Now you are more confused! You step back and squint scanning for clouds, rivers or just anything really... but nothing! You turn to your partner and say 'I don't get it!'... 'our grandkids could do better'...it's rubbish!'

What you are looking at is Abstract Art, quite simply you are looking at a painting of what the artist feels rather than what the artist sees (although some may see the blobs but that's another story). There are no old school rules when painting an abstract work, it is about creative expression and each piece can be as personal as someone sharing their deepest darkest secrets. Emotions are unique to ourselves, in fact most people struggle to verbalise their emotions so under the Abstract Art umbrella an artist can search their soul to draw on a lifetime of love, fear, pain and struggle, and let loose using colour to tell their story.

One of the beautiful things about Abstract Art is although the artist has told their unique story 'Art is viewed through the psyche' so when viewing the piece it allows us to connect through our own emotions. We may not understand why, we just stand before it and say 'wow.. I love it'.

Of course the artist showing their paintings in galleries will have most likely been painting for years and have a technical knowledge and experience. They will certainly be in tune with their emotions enough to confidently express them, but abstract art is something that everyone can try. Pencil and paper will do, just search for an emotion in your mind and let it flow out your hand. Squiggley lines, shapes, clouds or yellow rivers - just draw down how you feel, get out the paints, pastels, charcoals and just do it. You don't need to show anyone, it's fun.

Remember no rules, your emotions are your own so no one can tell you what they should look like. Who knows you could be exhibiting your work in no time or at least have a wonderful abstract piece to display in your lounge.

April Fools’ Day is celebrated in many countries on April 1 every year. Sometimes referred to as All Fools’ Day, April 1 is not a national holiday, but is widely recognized and celebrated as a day when people play practical jokes and hoaxes on each other.

In Italy, France and Belgium, children and adults traditionally tack paper fishes on each other's back as a trick and shout "April fish!" in their local languages (pesce d'aprile, poisson d'avril and aprilvis in Italian, French and Dutch, respectively). Such fish feature prominently on many French late 19th to early 20th century April Fools’ Day postcards.

The earliest recorded association between April 1 and foolishness can be found in Chaucer's Canterbury Tales (1392). Many writers suggest that the restoration of January 1 as New Year's Day in the 16th century was responsible for the creation of the holiday, but this theory does not explain earlier references.
**A DOG WHO KNOWS HIS PLACE IN HIS HUMAN PACK IS A HAPPY DOG.** A dog who does not is a confused dog and can exhibit many unwanted behaviours because of it.

1. The number one way to communicate to a dog that you are his pack leader is to take him for a walk. Not the type of walk most humans take their dogs on but a pack walk where the dog is made to heel beside or behind the human who is holding the lead. This is most important for all dogs, as in a dog’s mind, the leader always leads the way. A dog must not be allowed to sniff or eliminate anywhere he wishes, but where you allow him. One marking against a tree is enough for male dogs. The dog should be concentrating on following the human, not worried about leading the way. This pack type walk should be done daily; not only will this release built up energy, but it will satisfy the dog’s instinct to migrate, which all dogs possess. Dogs who have excess energy bottled up inside them and who do not have their migration instinct met will only will this release built up energy, but it will satisfy the dog’s instinct to migrate, which all dogs possess.

2. All humans must eat Before the dogs, as the leader always leads the way. A dog must avert his gaze first. If the human averts first this reinforces the dogs higher power position. Tell the children Not to have staring contest with the dog, as if they avert or blink first, it will only reinforce, in the dogs mind, that He is Top Dog.

3. No self feeding dog food dispensers should be used, as this allows The Dog to Choose when he eats.

4. Feedings must be at a scheduled time. (no self feeding dog food dispensers should be used, as this allows The Dog to Choose when he eats).

5. Humans must not let the dog go through any doorways first. Or up or down the stairs first. Dogs must always go through the doorways or up and down stairs After the humans, as the leader of the pack always goes first. If the dog does not stay behind the humans, the dog must be told to “stay” and given the command to “come” after all humans have passed through. (Read Training to find out the necessary basic commands all dogs should know. These commands are vital in the communication between you and your dog and should always be taught).

6. When you have left the house or the room, even for a minute and come back in the room, ignore the dog for a few minutes.

7. A simple obedience command such as “Sit” should be given before any pleasurable interaction with the dog. (i.e. play session, petting, feeding or a walk etc.). The children should give the dogs commands at least once a day and reward with a treat when the command’s followed. A simple “Sit” will do. No treat should be awarded if the dog does not follow the command. Show your dog he does not get anything for free. His food, water, treats, even praise/love have to be earned by doing something. Even something as little as sit, come, or making him wait for the treat while you hold it in front of him. Make sure the dog takes the treat from your hands gently. Do not tolerate a mouthy dog.

8. You should not lay on the floor to watch TV when the dog is around and no one should roll around the floor playing with the dogs, as a human should never put himself in an equal or lesser height position than the dog.

9. You are the one who greets newcomers first, the dog is the last who gets attention (the pack leader is the one who greets newcomers and lets the rest know when it is safe to greet the newcomer).

10. If a dog is laying in your path, do not walk around the dog, either make the dog move or step over the dog.

11. During the time you are establishing your higher pack position, no hugs should be given to the dog by you, as a dominant dog may consider this a challenge of power.

12. If you establish eye contact with the dog, the dog must avert his gaze first. If the human averts first this reinforces the dogs higher power position. Tell the children Not to have staring contest with the dog, as if they avert or blink first, it will only reinforce, in the dogs mind, that He is Top Dog.

13. Ideally dogs should not sleep in your bed. In the dog world the most comfortable place to sleep is reserved for the higher members of the pack. If a dog is allowed to sleep on the bed, the dog must be invited up and not be allowed to push the humans out of their way. Making them sleep at the foot of the bed rather then for example on your pillow is best.

14. Dogs must never be allowed to mouth or bite anyone at any time, including in play.

15. Any attention given to the dog, including petting should be given when the Human decides attention is to be given (absolutely No Petting when the dog nudges or paws you or your hand. This would be letting the dog decide and reinforcing, in his mind, that he is higher on the scale than the human).

16. Games of fetch or play with toys must be Started and Ended by the Human.

17. Very dominant dogs who have a problem with growling should not be allowed to lie on your furniture, as the leader of the pack always gets the most comfortable spot. Dogs belong on the floor. If you do decide to allow your dog on the furniture, you must be the one who decides when he is allowed up and you must be the one who decides when he is to get off, by inviting him and telling him to get down.

18. No tug-of-war, as this is a game of power and you may lose the game giving the dog a reinforcement (in the dog’s mind) of top dog.

19. Dogs need to be taught a “Drop it” or release command. Any objects the dog has in his possession should be able to be taken away by all humans.

20. Dogs own no possessions, everything belongs to the humans. They are all on “loan” from the human family. You should be able to handle or remove any item at all times from the dog with no problems from the dog. Even if you are taking a chicken bone out of the dog’s mouth.
If you have any dog behaviour or obedience problems, send them to info@grandparentsdaymagazine.com and I will endeavour to answer them in the next issue.

COMMANDS USED -

SIT
DROP (for the down position)
STAND
STAY
WATCH (to get the dog to make & maintain eye contact with you)
COME (recall)
HEEL (to get the dog to walk by your left leg)

Available from Woolworths

Anxiety levels in pets are on the rise new people and places, parties, loud music, changing weather and kennel stays contributing to pet worry. Even lower quality dog foods could be exacerbating anxiety, as they frequently contain a large quantity of corn which is thought to decrease the level of serotonin in the brain. Telling anxiety signs in cats and dogs include physical symptoms and behaviour changes such as refusing food, pulling or chewing on fur, barking or meowing excessively, and acting aggressively.

Rufus & Coco’s Anxiety Aid – a professionally formulated dietary supplement for dogs and cats is fast acting and effective. This palatable powder contains Tryptophan, an essential amino acid which converts to serotonin once consumed. Serotonin regulates mood, pain and arousal levels, helps sleep and impulse control, and does not easily benefit in pill form. Other important ingredients include natural B group vitamins, antioxidants, vitamins A, C and E and Magnesium Oxide, to help maintain emotional balance during stressful situations, to support the nervous system, maintain optimum digestive balance and to assist sound sleep.

21. Dogs should not be allowed to pull on the leash. When they do this they are leading the way and it is the humans that need to lead the way and show they're higher up in the pack order. (In the wild, the leader of the pack always leads the way; the leader leads the hunt.)

22. When you put his food dish down, he must wait until you give the "OK" to eat it. Place his food on the ground and tell him to wait. If he darts at the food, block him with your body. You can point at him and tell him, "No, Wait" however do not speak much. Dogs are, for the most part, silent communicators. They feel one another’s energy and your dog can feel yours. Yes, your dog can read your emotions. So stand tall and think "Big" and stay confident. do not be nervous, your dog will sense this and assume you as weak. It is this weakness that triggers a dog to try and take over (for the good of the pack, the pack needs a strong leader). Give the dog a command before giving them their food. If a dog does not follow the command (i.e. to sit), he does not eat. Try again in about 20 minutes or longer. Repeat this until the dog listens to the command. When your dog calms down and waits patiently, (ears set back, head lowered even slightly, laying down is good if he is relaxed with his ears back, No signs of growling on his face) invite him to eat his food. The people in the family the dog growls at should feed the dog the majority of the time.

23. Small dogs or puppies who demand to be picked up or put down should Not get what they want until they sit or do another acceptable quiet behaviour. They should not be put down unless they are settled quietly in your arms.

24. Dogs should Never be left unsupervised with children or Anyone who cannot maintain leadership over the dog.

25. To reinforce your position even more, you can make your dog lie down and stay there for 20 to 30 minutes a day. Tell him to lie down, then tell him to stay. If he tries to get up, correct him.

26. Last but certainly not least... when you are around your dog avoid emotions such as fear, anxiety, harshness or nervousness. Your dog can sense these emotions and will see you as weak. This will escalate your problem as your dog feels an even stronger need to be your leader. Think Big and Powerful and be calm, assertive, and consistent. Remember, there is no hiding our emotions from our dogs. They can in a sense, read our minds, in reading our emotions. This energy is the universal language of animals. Talk less, using more body language. Picture yourself, in your own mind as big, powerful and very sure of yourself. Pull your shoulders back and stand up straight. Your dog will feel this. This is your number one resource when it comes to communicating with your dog. Your dog will be happy and secure knowing he has a strong pack leader to care for him.
DOES THIS HAPPEN AT YOUR HOUSE?

Sam sneaks out of bed with his trusted furry accomplice, Petey Bear, to discover what really goes on in the house at night.

"We miss all the fun, Pete, it's really not fair," Sam said as they slid on their seats down a stair. "Could our basement be filled with a thousand toy trains? Does our bathroom have fish swimming up all the drains?"

Is there a circus performing in the kitchen? Has the guest room turned into a zoo? What DO Mom and Dad do after Sam's bedtime? The truth awaits in the den if only Sam and Petey can avoid that squeaky stair.

This rollicking, rhyming adventure will prove, once and for all, that kids aren't missing out on anything special after bedtime. Or are they?

Written by Lori Sunshine, Illustrated by Jeffrey Ebbeler

ALLEY OOPS relates the painful and embarrassing aftermath of name-calling and bullying from the novel perspective of the bully.

J.J. Jax has been tormenting an overweight boy named Patrick, calling him Pig-Pen and Porky, and now Patrick is afraid to go to school. When Mr. Jax finds out, he tells J.J. a story about when he was a bully, and how sorry he feels now. He explains about the two dogs inside us, one bad and one good, that fight all the time. "Which dog wins?" J.J. asks. "The one you feed the most," Mr. Jax answers.

Touched by his father's words, J.J. bikes over to Patrick's house to talk things over, and is surprised to discover how much he and Patrick have in common: they both think getting yelled at is better than being lectured, they both have little sisters who never get in trouble, and they both love the sport of arm-wrestling. Patrick even has an official arm-wrestling table.

Patrick may be big, but he is also quite strong and an avid arm-wrestler. Trounced at the table, J.J. is impressed with Patrick's "hammer hand" and decides to become his manager! The boys' shared interest in arm-wrestling becomes the conduit for resolution and budding friendship.

Bullying is a worldwide problem with negative lifelong consequences – for the bully as well as the victim. Nearly everyone knows a bully, has been bullied, or has bullied someone. Alley Oops is a story about hurt and anger, empathy and hope, resilience and ingenuity. It’s about actions and consequences. And finally, it’s about that “alley oops!” moment when a child experiences the empowerment and self-esteem that come from doing the right thing.

Written by Janice Levy, Illustrated by Cynthia Decker

The 6 Months
Mike and Florence Lince
Currently living in Cuernavaca, Mexico
818-937-1225 Skype
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E: the6monthers@gmail.com

WE ARE MIKE AND FLORENCE LINCE

We are the new breed of expats, known as the 6 Months. We have sold our house, cars, furniture and artwork in our quest to move around and live in a new country every 6 months. During our 6 months in each country we live among the locals, we shop where they shop, and we eat like they eat. We immerse ourselves in their culture and we learn as much about the local customs and history as possible. In 6 months you can learn a lot about a country.

We are not looking for paradise. We are looking to be curators of culture. In trying to be a part of every country that we move to, we are also helping to further international relationships. We have a lot to learn from other people and other cultures, and we have a lot to share as well. We hope you will join us.

WHERE HAVE WE BEEN AND WHERE ARE WE GOING?

Our new lifestyle began in mid-2011. We travelled through Panama, Nicaragua, Uruguay, Argentina and Chile. We then lived in Boquete, Panama for 6 months. We are now living in Cuernavaca, Mexico. For the second half of 2013 we will be living in Scotland. For the first half of 2014 we will live in Spain. When one decides to live this lifestyle the exciting thing is the great options available for where to go next. Should we move to Romania, Norway, Lichtenstein, Kenya or Hong Kong for the second half of 2014? Choosing where to go next is part of the fun. We have been blessed with good health, and we plan to travel while we can.

TELLING OUR STORY?

We have a travel blog; Applecore, and you will soon see us on YouTube. You can also find us on LinkedIn, TripAdvisor, ExpatBlog, ExpatExchange, Fodor’s, Facebook, SkillPages, and InterNations. We also respond to expat related questions in online publications and journals.

WHERE TOO NEXT?

Inverness, Scotland - July 1 to December 30, 2013
Costa Brava, Spain, January 1 - June 30, 2014

Options, options. Haven’t filled out the rest of 2014 and beyond. Thinking Romania, Hong Kong, Kenya, or perhaps somewhere in the Baltics.

Have any suggestions for us as to the best places to live with the best quality of life and the best cost of living? Share your thoughts with us and you never know, there might be a 6 monther living right next door to you.
TIPS FOR STEP-GRANDPARENTS

Today there are more and more ‘blended’ families as women and men seek new partners, often bringing together children from previous relationships. Researchers have estimated that nearly one-half of all marriages involve at least one adult who has been married previously, and that around two-thirds of those remarriages involve children from the prior marriage, forming step-families. Many women and men now find themselves grandparents to children of their child’s new partner, often, but not always, in addition to their biological grandchildren. To complicate matters further, older women and men often re-partner, acquiring, alongside a new partner, children of his or her previous relationship.

This complex set of potential relationships can lead to varied responses on the part of the ‘steps’. In our study of 1205 grandmothers (reported in New Age Nanas – see below) many step-grandmothers reported positive experiences.

My step-grandchildren are an unexpected and wonderful gift. I am constantly fascinated and enchanted by the revelations about the developing characters, interests and abilities of all three young people and how they interact in all sorts of unexpected ways.

But others talked about less positive relationships. Carmel was happy to let biological grandparents take charge.

“No I don’t consider them as grandchildren. I get on with them but I get on with most people but I don’t have a close relationship with them because they’ve got a very, very close relationship with their other grandparents. My step-grandchildren are well provided for in their grandparenting.”

Silvia felt little connection to her step-grandchildren.

“I will say that I feel very different about my biological grandchildren than my step-grandchildren. I feel differently about my stepchildren than my own children … To be quite honest, if I don’t see them I don’t miss them and if I didn’t see them again it wouldn’t really touch me.”

About the authors:

Doreen Rosenthal is Emeritus Professor in the Melbourne School of Population Health at The University of Melbourne. With seven grandchildren, ranging in age from 5 to 21, she has experienced the joys as well as the challenges of this role.

Susan Moore is Emeritus Professor of Psychology at Swinburne University. Her research interests include life span development and risk-taking. She is a mother, step mother and step grandmother.

WHAT IS ‘BEST PRACTICE’ FOR STEP-GRANDPARENTS? Remember, that whatever you do, it’s a complex relationship and you may find there are serious obstacles to achieving a close and loving relationship with your step-grandchildren. But remember, also, that sometimes it’s hard to be the good grandparents to your biological grandchildren!

HERE ARE SOME TIPS THAT MAY HELP STEP-GRANDPARENTS.

• Take your time: Bonding is often closer or easier if you know the step-grandchildren from birth, that is, they are the children of step-children with whom you already have had a long and/or close relationship. However, if the step-grandchildren and their parent are new to your family, it may take time and tact to get to know them. Don’t try to force their love. Don’t worry if you don’t immediately bond but don’t wait too long. Research indicates that the older the step-grandchild, the less likely he or she is to develop a close relationship with the step-grandparent.

• Try to have regular access: This may be easy if the step-grandchildren are part of a family to whom you are closely connected (for example, if they are in the same household as your biological grandchildren), although this brings greater opportunity for conflict. But if a special effort has to be made to visit these children, relationships may not form, or may be slow to develop unless you put the time and effort into regular visits.

• Negotiate your role: Make sure that your step-grandchild’s wishes are considered as well as your own. You may be a cuddly step-grandparent but your step-grandchild may see this as a physical intrusion. Settle on how much affection is comfortable for them. Ask them what they want to call you; don’t insist on ‘grandma’ or ‘grandpa’ or variants of these traditional names.

• Treat step-grandchildren fairly: You don’t have to love them but try to make them feel included in your family life. You can have a good relationship and get on well without loving them.

• Don’t get involved in family conflicts: It’s hard to be neutral but there is no positive payoff in taking sides when step-grandchildren are involved. Remember, you can easily be seen as an outsider in times of stress.

• Be flexible: Step-grandchildren can be an unexpected and wonderful gift provided you have realistic expectations. You can enjoy being friends; you can pay them attention; you can include them in family activities. Try to engage your step-grandchildren, but don’t be hurt if some of your efforts are rejected.

GIVEN THAT NOT ALL STEP-GRANDPARENTS SEEM TO ESTABLISH A POSITIVE AND REWARDING RELATIONSHIP WITH THEIR STEP-GRANDCHILDREN, HOW BEST TO ACHIEVE THIS PREFERRED GOAL?


New Age Nanas: Being a Grandmother in the 21st Century is available at local and online bookshops. You can ‘like’ us on facebook at www.facebook.com/NewAgeNanas. We are happy to receive your feedback on the book and on grandmothering in general.

www.facebook.com/NewAgeNanas
Many retirees are finding that travelling with the purpose of helping out along the way is also great fun.

From large sheep and cattle stations in the outback to coastal townships, there seems there is just about something for every retiree to become involved. For some retirees the lure of the outback is irresistible. We met one couple who spend a few months each year working on a cattle station in Queensland. She was a teacher and he worked in the transport industry, which made them ideal selection for the jobs on offer; she as a tutor for the station’s children and he as a handyman (who also enjoyed going fishing for barramundi most days). They did such a good job, they were asked back.

Other retirees have stopped off at Victoria’s Phillip Island, not just to see the penguins and natural beauty of the Island, but also to give the Vietnam Veterans Museum a helping hand. The manager of the Museum says people are welcome to stop by and help for a short time or spend a few days. Starting from one room, the museum now has around 20,000 visitors each year, with 75% of the building being a museum and remaining 25% is a workshop. Tasks volunteers may be assigned include mowing lawns and property maintenance, working in the kitchen, typing, cataloguing, retail sales and being a guide.

Travelling to Longreach in Queensland? Did you know that over the past 4.5 years the Australian Stockmen’s Hall of Fame, has been scanning and uploading documents onto a website (and there’s still quite a few to do!). So, if you are thinking of travelling to a different part of Australia, why not contact local attractions and ask if they need a hand. This could be a great way of using your skills, meeting new people and giving a helping hand in a different part of Australia. Before you start, however, ensure you take precautions, contact the attraction and ask questions.
Carolyn Russell, founder of Swap St
www.swapst.com.au
shares her experience using home swapping to connect grandparents with their families.
carolyn@swapst.com.au

HOME SWAP HOLIDAYS PROVIDING FAMILIES A COST EFFECTIVE WAY TO CONNECT.

ARE YOU A LONG-DISTANCE GRANDPARENT?

It is common place these days with more and more families separated by thousands of miles. While we can be grateful for amazing technology, such as Skype and Facebook enabling us to stay in regular contact and bond, there is nothing quite like living around the corner.

The enormity of my decision to live 4000km's from my mum never quite hit until I fell pregnant with our first child. My husband and I were so excited and could not wait to share the news with our family, they were overjoyed the first grandchild for everyone, including my gorgeous Mum. But as my pregnancy progressed I realised the way I imagined things to be would be very different, how could my mum and I share this journey together and how would she establish that special bond that grandparents have with their grandchildren, popping by for a visit, cooking together, and reading when she lived so far away. Our house was too small for her to stay for extended periods and paid accommodation was out of her league.

WHAT COULD WE DO?

It was Melbourne based UK couple, Sam and Trevor French that handed us a solution – home swapping!

As devoted grandparents to six young grandkids all living in the UK home swapping allows them to swap their inner city apartment with people in the UK so they can make regular trips to visit their grandkids. They find home swapping offers them the opportunity to stay close to their family without needing to stay with them. They also manage to squeeze in a few European home swap side trips.

My husband and I had dabbled in home swapping, a simple concept where we stay at your place and you stay at ours, and had considered the value to be all the money you save not paying accommodation.

But now we had another perspective - home swapping allows families to connect.

Like us, not everyone can afford the high costs of accommodation and families are not always able to accommodate visitors, home swapping offers the opportunity to visit frequently, you can stay close by to give you time together.

So we became more regular home swappers to destinations within Australia and a very relaxing two weeks in Bali. We are hooked, the benefits are endless, not only do we save on accommodation costs and possibly car hire; we also have all the facilities of a fully equipped home. The money we save when swapping allows us to go out and enjoy our days not worrying about the cost of every little thing, then retreat to the comforts of “our home” at night.

Furthermore we have even taken the kids grandparents on holidays with us where we can all hang out; we just select homes to accommodate three generations!

We are so grateful for home swapping, my Mum has barely missed our children’s birthdays or Christmas and has been an enormous help to us by being around so frequently.

So a little more on the home swapping concept, also referred to as home exchange. Well it has been around for over 50 years (in those pre- internet days home swaps were negotiated by snail mail!). Many enthusiastic swappers have participated in more than fifty successful exchanges both locally and internationally.

However, does thought of swapping your much loved home with a perfect stranger seem completely insane, well it did to us, but after several conversations and a SKYPE call we knew more about our swappers than our neighbours. And of course as you are excitedly packing up to stay in their house, they are doing the same, and sharing the same concerns.

DO WE HAVE ANY REGRETS?

None, we have been able to have grandparents visit and stay within walking distance, we have travelled with grandparents, had experienced some amazing holidays, made some great friends, we can travel light and of course saved thousands of dollars.

SO HOW DO YOU GO ABOUT HOME SWAPPING?

You need to list your property on a home swap website, expect to pay $70 - $200 annually for your listing. Most sites will only allow registered members to contact each other, this keeps your details secure. Also do not be concerned that your average home located in the suburbs may not attract home swap requests, there are many people that travel to specific locations, especially to be close to family, and your comfy family home may be just what they are looking for.

Once registered, you are ready to start negotiating swaps. Be open and honest in all discussions, take time to get to know your home swappers, be clear on your expectations and you will be well on the way to enjoying your next home swap holiday to see those much loved grandkids.

WHAT IS HOSPITALITY SWAP?

HOSPITALITY SWAP is where you stay as a guest in the home of a Swap St member. This option works well for people with space for guests or bed and breakfast owners. HOME SWAP and HOSPITALITY SWAP can work together.
The only fire brewery in Australia
Full flavour handcrafted beer, unfiltered, undiminished, untamed and unbelievable!

WHAT'S ON THE FIRE
The fire never goes out in the Prancing Pony Brewery shed, the home of unfiltered and undiminished Fire Brews. Carefully handcrafted in the Adelaide Hills from fire, water, malt, hop and yeast. We brew slowly because flavour cannot be hurried and we handle fire to create our unique maltiness.

Dude, it's so Good!

6 slices of bacon, uncooked or precooked
6 slices of whole wheat bread
1/2 cup shredded cheddar cheese
6 eggs
Salt and pepper

1. Preheat the oven to 180-200c/400° F. Spray large muffin pan with cooking spray. In a frying pan, cook bacon about 3-5 minutes, until partially cooked but not completely crispy (if using precooked bacon skip this step). Transfer to a paper towel-lined plate. Cut out circles (about 3 1/2 inches) in each piece of bread using a cookie cutter or a drinking glass turned upside down.

2. Press the bread rounds into the greased muffin wells. Curl a piece of bacon around the periphery of each piece of bread, positioning it between the bread and the muffin tin to help keep it in position. This can be a little tricky until you get the hang of it. Sprinkle a small amount of shredded cheese in the centre of each piece of bread. Crack one egg over each piece of bread being careful not to break the yolks. You may not want to use all of the egg white. If you do you may need to adjust the cooking time to a little longer.

Once all the bread pieces have been topped with eggs, bake until eggs are cooked through to your liking (about 18 minutes for me because I used all of the egg white) and bacon is crispy. Run a knife around the edge of each muffin well and pop the egg cups out. Season with salt and pepper to taste and serve immediately.
Variety is the Spice of Life

Someone once said, “Variety is the Spice of Life”, now I think it might have been May West but I think she was talking about her love life not her wine choices!

I am fortunate that in the execution of my ‘real’ job, I get to visit each of the major wine producing regions of Australia (occasionally I’m lucky enough to do it in the USA and Europe as well!) and of course whilst I am there I get a chance to look at what is different about Australian winemaking. Over the last 12 months I have become very aware of a strong ground swell amongst winemakers to find the next really exciting grape variety, red or white, for Aussie wine drinkers.

In the ‘trade’ we call them ‘alternative’ varieties which I find interesting in that 10 years ago, Sauvignon Blanc, certainly based on its less than 1% share of the white wine market, would have been seen as an alternative variety! What is next? A really good question; and one which at this point is not easily answered. The way wine trends are going it won’t be long before we categorise ‘Riesling’ as an alternative variety, as on current trends it will be a very, very small part of the white wine category, no matter how much the wine makers and wine scribes of Australia try to convince you consumers that it is one of the great and unique wine-styles of the world! (I promise a future ‘last attempt’ to convince you that true Aussie Riesling is the ‘Prince’ of white wines).

Anyway back to the topic, ‘variety’ being the spice of life! There is definitely some exciting plantings of grape varieties new to Australia, forget Chardonnay (another story), Sauvignon Blanc, Cabernet Sauvignon and Shiraz; keep your eyes peeled for Fiano, Albarino, Arneis, Graciano, Greco De Tuffo, Gruner Veltliner, Lagrein, Petit Verdot, Saperavi, Tempranillo, Vermentino and the list goes on!

These plantings are becoming widespread and I believe that is exactly what we need to see, what does regionality provide to the variety, which regions are better suited, what are the style differences we see from the various regions? What an exciting time to be a wine drinker, just make sure to take your ‘blinkers’ off and try something different. Don’t play safe, for $10 -$15 take the risk, if you don’t like it, it hasn’t broken the bank but on the other hand it could just be one of those life changing experiences, finding something new that you love!

One of those moments for me was during a ‘real work’ visit to Griffith, after my meeting with the Berton Vineyards winemaking team I took a side visit to their Cellar Door and discovered their Vermentino, one little taste and I WAS HOOKED!

It was different; lovely fruit, clean, crisp acidity and the ability to match a huge array of food styles from Chicken, to Seafood to, believe it or not, a salad (how many white wines can you successfully match with salad?).

I bought a few bottles, smart package too and promptly forgot about it until my wife’s 60th birthday on Australia Day, oops probably not allowed to talk about the age ‘thing’!! We took extended family and escaped to a wonderful York Peninsula getaway, Black Point, long story short, we caught good numbers of good old South Aussie Blue Swimmer Crabs and you guessed it, freshly cooked, warm and served with beautifully chilled Berton Vineyards Vermentino, it was as close as a non-religious bloke could get to an epiphany!

Sensational would not adequately describe the experience!

The colour was pale lemon and the aromas were all lime and tropical fruits, what a great summer sensation! Berton Winemaker Sam Trimboli tells me the variety is a native of his family’s home in Southern Italy, very close in climatic conditions to Griffith with warm days and cold nights. His choice has definitely paid dividends! It is a variety with great natural acidity giving a zesty hint of apple, passionfruit and citrus; my mouth is watering thinking about it! If you would like to try it contact the winery direct, www.bertonvineyards.com.au and they can advise the best way to purchase the wine.
Another great exponent of the “Variety is the Spice of Life” to winemaking is Robin Day of Domain Day. Robin “Daisy” Day was the Production Director of Orlando for many years until stepping out on his own and establishing a home in Williamstown (lower end of the Barossa) and vineyards in Mt Crawford in the Adelaide Hills.

Robin makes a range of alternative varieties, both red and white, and is building a strong reputation for the quality of his wines. The Domain Day T’Lagrein hails originally from the North of Italy and delivers, soft, rich deeply coloured red wine. His Saperavi is one that I would highly recommend tracking down but be warned it is a little more expensive but worth the investment. It is a native of The Republic of Georgia and consequently manages very well in cool climate conditions, much cooler than Robin’s Adelaide Hills vineyard but none the less is an ideal variety for the region. The wine has incredible and inviting depth of colour, with lively and Gamey aromas. The palate is full flavoured and savoury, ideally suited to the largest T-Bone you can find. The wine has strong acidity and will last for a very long time if you wanted to cellar a few.

Again it is probably best to reach out to Robin via his web site, you may either order direct or they will give you a list of stockists; www.domainday.com.au

Finally a variety that is still considered ‘alternative’ but has been around for some time is Tempranillo. The variety is now planted in a broad array of regions from Margaret River to the Granite Belt of Queensland. It will probably be the easiest alternative to source in a local liquor store and many winemakers are using it in blends with Shiraz which works extremely well.

The wine I would urge you to try is from Paxton's vineyards in McLaren Vale. The Paxton family have been one of the longest established growers of the region, their quality is second to none and now they have established their own winery and beautiful, rustic cellar door, definitely worth a visit if you are going to the ‘Vale’. Winemaker Michael Paxton is passionate about establishing new varieties on their property and along with ‘Graciano’ feels Tempranillo is ideally suited to the region. It hails from Spain and is broadly planted there, somewhat of a workhorse as Shiraz has been in Australia. The wines of Rioja are predominantly made from Tempranillo and deliver wonderful flavour yet are quite soft and approachable. Michael’s 2011 shows fantastic cherry fruit with spice on the nose and has a lovely creamy mouth feel with briary fruit and earthiness. It has a good tannic structure making it ideal for serving with red meats and spicy tapas dishes (think Spain!)

To find it start with Paxton's web site; www.paxtonvineyards.com or call 08 8323-8645 for guidance. Another plus from Paxton's is that they farm sustainably, being fully biodynamically accredited.

Hopefully that gives you a little ‘flavour’ for the wonderful directions in which Australian winemakers are taking us. We can do our bit in supporting them by taking off the everyday ‘safety’ blinkers and give something new a go. The above list is only the tip of the iceberg in what is available – don’t forget “VARIETY IS DEFINITELY THE SPICE OF LIFE” – whoever said it – when it comes to wine drinking!

Dancing away Dementia

Dementia is one of the most frightening problems facing older folk, and the cost of care for those with dementia in Australia is about 5 Billion dollars a year. Can anything be done to reduce this problem?

Some research done in New York by a team led by Dr. Joe Verghese offers some hope. They studied nearly 500 people over the age of 75 for over 20 years, classifying what daily activities each person did frequently, and what problems they eventually encountered, and studied particularly which common activities were associated with a reduction in the incidence of dementia. Their results are just statistical tables.

They found that many activities that had been thought to be beneficial actually had no effect on the incidence of dementia. Here is a summary of their findings:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>% REDUCTION IN DEMENTIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing</td>
<td>0</td>
</tr>
<tr>
<td>Cycling</td>
<td>0</td>
</tr>
<tr>
<td>Group discussions</td>
<td>0</td>
</tr>
<tr>
<td>Climbing stairs</td>
<td>0</td>
</tr>
<tr>
<td>Team games</td>
<td>0</td>
</tr>
<tr>
<td>Group exercise</td>
<td>0</td>
</tr>
<tr>
<td>Housework</td>
<td>12</td>
</tr>
<tr>
<td>Babysitting</td>
<td>19</td>
</tr>
<tr>
<td>Swimming</td>
<td>29</td>
</tr>
<tr>
<td>Walking</td>
<td>33</td>
</tr>
<tr>
<td>Reading</td>
<td>35</td>
</tr>
<tr>
<td>Crossword puzzles</td>
<td>41</td>
</tr>
<tr>
<td>Playing musical instrument</td>
<td>69</td>
</tr>
<tr>
<td>Playing board games</td>
<td>74</td>
</tr>
</tbody>
</table>

How one interprets these statistics is controversial, but a simple cause and effect interpretation offers hope.

The winning strategy for reducing the chance of getting dementia seems to be frequent dancing. And it is popular. Who doesn’t want to look forward every day to holding person of the opposite gender in their arms and going with them for a spin on the dance-floor. It is so lovely.

The problems are that many clubs are busy carpeting their dance floors over, and populating their ballrooms with poker machines. Many councils with nice dance-halls see them as expensive real estate, so want big rents to hire them out for dancing.

These are very short-sighted views. These quick dollars are likely to increase our enormous dementia care bills. Maybe there should be grants from our health departments to clubs and councils to encourage them to retain and even expand the number of dance-halls, and make them available cheaply during the day on weekdays to encourage pensioners to go there.

These strategies may not work, but doing nothing will certainly let the dementia bill increase, year by year. A modest expenditure from the government could save enormous amounts of money, and reduce significantly the terrible suffering caused by dementia. There is hope.

Don Herbison-Evans
donherbisonevans@yahoo.com
(.created 21 May 2012)
Late last year my lady and I made our annual pilgrimage to Smith Mountain Lake in Virginia to visit our son and daughter-in-law, 3½ year old grandson and our brand new granddaughter [well, six month old granddaughter actually, but as Suzie said, “we’ve missed the boring bit, now she’s interesting!”].

Our son and daughter-in-law thought this was a great idea and Neil even insisted we take his pickup instead of hiring a car, so we would have more funds to stay longer if we wanted to, he said. They also suggested we visit Savannah in Georgia as it was only a couple of hours’ drive further south from Charleston. “You can always take an extra day” he suggested, “you’re on holiday, take your time” he said. [Hmmmmm!!]

The pickup is a 2006 Toyota Tundra, made for the American market. Build like a brick shithouse; you need a small stepladder to climb inside. It drives like a Mac truck and it chewed through juice like it’s going out of fashion… thank God petrol was only around $3.00 a gallon. Yes, that's just 66 cents a litre, and the Americans were whinging about the price of gas the whole time we were there!

A month or two before we left, Suzie had been reading “South of Broad” by Pat Conroy; she’d fallen in love with his description of Charleston and said we must go down there and have a look at the place.

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After some consideration we decided to accept our son's kind offer, as we thought the pickup would possibly be a bit safer than a car, we would get a better view being up higher, and let's face it, it would be very un-Australian to knock back a freebie!

So, after two weeks of spoiling the kids and the grandkids rotten, Suzie and daughter-in-law Lynlee catching up on 12 months' gossip [what did they talk about when they Skyped?] and a couple of trips into town for some “essential shopping”, Suzie packed a suitcase and we set off to visit Charleston in South Carolina on our “Southern Adventure”.

Charleston is about 620km south-east from where we were staying, around a 6 ½ hour drive with no stops if you take the freeways. Needless to say, we didn't take the freeways as we wanted to experience the countryside, the towns and the people on our journey.

We decided to drive to Myrtle Beach on the first day, stay overnight and drive down the coast the next day. Myrtle Beach is an American holiday centre just over the North Carolina/South Carolina state border on the Atlantic coast, it’s a bit like the Gold Coast in some respects with a stack of high-rise hotels along the beach front, heavily commercialized and targeted towards “Family” holiday entertainment. Unfortunately it was shutting up for the winter and was looking a little tired and rundown when we got there. All it’s “get up and go” seemed to have “got up and went”.

We managed a great deal on the accommodation though, half price at the Holiday Inn Express, a free breakfast thrown in with a late checkout if required!

Having looked over Myrtle Beach and deciding we probably could have given this place a miss, we headed down the coast road to Charleston [about 160km away]. We soon discovered two things, why they call this part of the country the Low-country [it’s as flat as a pancake!] and that we were in “Cotton Country”, as we passed field after field of cotton bushes.

I’d always thought that cotton bushes were tall, but it turns out they’re only just over ½ meter high, picking this crop by hand, as was done in the old days, would have been VERY HARD work!

Half way to Charleston we passed through a place called Georgetown.
Georgetown is the third oldest city in South Carolina and located on Winyah Bay, it's the second largest seaport in the state, handling over 960,000 tons of materials a year. In the 2010 census, its population was 9,163. [We found that a lot of “City’s” in the US were only small towns] Georgetown made its money from indigo, rice and slaves in the early colonial days and from timber after the civil war. In recent years, the economy has become more diversified. A steel mill has located here along with the timber mill and Heritage Tourism has become a booming business. In addition, many retirees have chosen to settle in this area with old plantations being redeveloped as residential communities, because of the pleasant climate. We had a great time walking around Georgetown's historic district, admiring the old houses and checking out the art and craft shops along Front Street, the original commercial centre down by the river.

After a late lunch we left Georgetown and drove on to Charleston. We started to pass a series of stalls alongside the road about 15km outside of Mt Pleasant [the outer Suburb of Charleston] Suzie said we must stop and check these out, as she’d heard about them from Eddie, her hairdresser back in Virginia [we’ve only been here two weeks, and already she has a hairdresser???]

It turned out that the stalls were built by local African-Americans who practice the craft of Sweetgrass weaving. This is a craft that slaves brought with them from West Africa and the skill has been passed down from mother to daughter, generation to generation, with the manufacturing often involving the entire family. Each family had its own unique patterns which were reflected in the different designs available from stall to stall. The myriad baskets, platters and trays available are made of grasses from the local wetlands and marshes and showcase the artist’s skills as both designer and technician. Rigorous craftsmanship and long hours of work are involved in making these baskets. Even for the most experienced basket maker, a simple design can take as long as twelve hours. A larger more complex design can take as long as two to three months so these products are NOT cheap! The basket’s value increases with age and with proper care will last indefinitely.

Would have loved to bring some home but I could see a major problem getting these past our Customs people!

SO, back in the pick-up and on to Charleston!

Passing through Mt Pleasant we drove on to the Arthur Ravenel Jr. Bridge [named after a politician, fancy that!] over the Cooper River, this is a fantastic eight lane highway bridge constructed in 2005. At the time of its construction it was the second longest cable-stayed bridge in the western hemisphere. As you drive over, you get a fantastic view of the river front and skyline of old Charleston.
A FEW FACTS ABOUT CHARLESTON:

- Founded in 1670 as Charles Towne in honour of King Charles II of England, Charleston adopted its present name in 1783.
- By 1690, Charles Towne was the fifth largest city in North America and it remained among the ten largest cities in the United States up to the 1840 census.
- It is the oldest and second-largest city in the state of South Carolina.
- The city lies just south of the geographical midpoint of the South Carolina Atlantic coastline and is located on Charleston Harbour, an inlet of the Atlantic formed by the confluence of the Ashley and Cooper rivers.
- Known for “rich history, well-preserved architecture, a celebrated restaurant community and mannerly people” in October 2012 the Charleston area was named both "Top U.S. City" and "Top Destination in the World" by Conde Nast Travellers Readers’ Choice Awards.
- Fort Sumter is located in Charleston Harbour, and this is where the opening shots of the American civil war were fired.
- The dance sensation of the 1920’s “The Charleston” is named in honour of the city of Charleston, South Carolina.
- Charleston is also a university town with two universities and a large military academy; this means there are a lot of young people around. We found this added a vibrancy to the city as a lot of these people were heavily employed in the food and hospitality industries, where their youthful exuberance added to the night time “buzz” that pervades the city.

The downtown peninsula is well known for its art, music, local cuisine, and fashion. Charleston is also famous for its local seafood, which plays a key role in the city's renowned cuisine, comprising staple dishes such as gumbo, she-crab soup, fried oysters, low country boil, deviled crab cakes, red rice, and shrimp….. and grits*

*Grits are everywhere in the south and have their origins in Native American corn preparation; they are usually either yellow or white, depending on the colour of the corn. Grits are prepared by simply boiling the ground kernels into porridge until enough water is absorbed or vaporized to leave it semi-solid lump. This is then scooped out and placed on your plate with the rest of your food, where I strongly suggest you leave it!

Suzie and I fell in love with the place straight away, the city centre oozed “Old World” charm and the people we talked to had a willingness to talk and displayed that “Southern Hospitality” that’s often written about, but rarely found. Wandering around the city, we discovered picturesque streets and alleyways, secluded gardens, buildings dating back to the early colonial period and reminders of the pre-civil war slave days. King Street turned out to be the main shopping street and the shops cater for all requirements and tastes, from the funky tee-shirt/souvenir stores to the VERY upmarket fashion and jewellery shops. Interspersed between these are all manner of eating places, from the ever present chain restaurants to top quality places offering fantastic local cuisine, all at reasonable prices. For the shopaholics, if you’re into bargain hunting you have to visit the Charleston City Market, established in 1807 this undercover market is one long hall covering three blocks.

We ended up spending five days in Charleston and only saw a fraction of what this great place has to offer, we could have quite happily stayed another week.

With a Day spent in Savannah [interesting, but we really preferred Charleston] and two days spent getting here, we had now been away eight days and as it was going to take a day to get back [stop for morning tea, stop for lunch, stop for afternoon tea etc.] we thought nine days away was long enough, and we’d do the right thing and allow the family the pleasure of our company again. Besides, we had to be back in time for Halloween night to take our grandson out trick-or-treating, in his fantastic robot costume his dad had made for him, with appropriate knobs, dials and flashing lights… but that's another story.

If you’re going to the States, and you have the time, I would strongly recommend a visit to Charleston, South Carolina.

The best time to go is their spring [April/May] or autumn [September/October] as summer in South Carolina can be very hot and humid.

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**Ingredients**

- 4 cups water
- Salt and pepper
- 1 cup stone-ground grits
- 3 tablespoons butter
- 2 cups shredded sharp cheddar cheese
- 1 pound shrimp, peeled and deveined
- 6 slices bacon, chopped
- 4 teaspoons lemon juice
- 2 tablespoons chopped parsley
- 1 cup thinly sliced scallions
- 1 large clove garlic, minced

**Instructions**

1. Bring water to a boil. Add salt and pepper. Add grits and cook until water is absorbed, about 20 to 25 minutes. Remove from heat and stir in butter and cheese.
2. Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned; drain well. In grease, add shrimp. Cook until shrimp turn pink. Add lemon juice, chopped bacon, parsley, scallions and garlic. Saute for 3 minutes.
3. Spoon grits into a serving bowl. Add shrimp mixture and mix well. Serve immediately.
If you see a dog with a YELLOW RIBBON or something yellow on the leash, this is a dog who needs some space. Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.

There are many reasons why a dog may need space:
- HEALTH ISSUES
- IN TRAINING
- BEING REHABILITATED
- SCARED OR REACTIVE AROUND OTHER DOGS

**THANK YOU!**
Those of us who own these dogs appreciate your help and respect!

Want to become part of the program? Join our Facebook page, promote Yellow Dog in your area, encourage others to become aware!

info@theyellowdogproject.com
OUR TRULY BEAUTIFUL GRANDCHILDREN

There has been a fair bit of airplay on radio and TV as well as Newspaper interviews, which on first hearing or reading may conjure up images of celebrities glamour, fame and fortune.

NO! We are talking grandparents raising grandchildren full-time here - so after observing the children on the Australia Day long weekend retreat, it was comments that Kaye Bendle, President of GRGWA, made to a radio presenter in WA which I recall now.

“These are our grandchildren; we are dealing with our children’s responsibilities here. We are not the parents, yet in a lot of respects we are treated as the parents - but our grandchildren are different. Our children are damaged.”

This is pre-election time when social issues come to the media attention whilst political battles are fought as the opposing parties argue and promise to fix everything in return for your vote.

So in response to Kayes interview comments - how do you fix a damaged child? I have never heard in any election promises that “we will fix your damaged children”. After all, just how on earth can anybody do that?

Nevermind. Instead, the Yanchep retreat - a weekend away for the grandkids was organised and funded for the benefit of all. Grandparents ‘chilled’ and chatted by the BBQ or pool while some meandered down to the magnificent stretch of Indian Ocean to sunbake and watch the fun and play and escapism of these damaged children. Other children just played safely by the waters edge; young babies were cuddled by a variety of differing caregivers. There wasn’t much damage observed this weekend as more the positive side of grand-parenting and support groups was evidenced.

Making keepsake pirate hat and other crafts delighted the kids but some of the damage Kaye alluded to did appear occasionally. As with one incident - one grandchild’s pirate hat became damaged; it must have had an adventure all of its own, as no-body took ownership as to how it happened preferring to name call and mock which all kids do not just damaged ones. All ended well as tears quickly dissolved once the hat was repaired with its own story to tell and an important message learnt.

People are so quick to assume, judge and isolate anyone a little different when they have valuable insight and lessons to teach us. The calendars given to all the pirates from the Scripture Union WA carried on those messages and lessons. The next day older kids even got the opportunity to go fishing and do more crafts with BBQs, plays and pool or beach swims inbetween.

Situations where grandchildren have to come into the care of grandparents or other relatives may have underlying tragedy involved. Not all grandparents’ children in this situation are drug addicts (as recently stated by Kaye in answer to a question asked by a radio interviewer). Yes, in certain situation drugs are involved; but it is important that the message that just because demographics have not been fully recorded does not mean grand-children don’t come into care of grandparents for other reasons examples are: death from cancer, accidents, murder, suicide, mental health issues, intellectual disability, autism and imprisonment goes out to all. These are all part of the personal life stories that form the GRGWA group.

Kaye has been a busy lady lately with radio interviews and the like delivering a message for all grandparents out there who may be solely caring for their grandchildren full-time. You are not alone and GRGWA are tirelessly ensuring that we are recognised as a unique caring group with very special members.

The End....

Photos by SUSETTE EVANS - a valuable member of the GRGWA (inc) support group.
Due to illness, family deaths, overseas travel to visit our brood, and other everyday events of our daily lives, I was unable to meet the deadline for the previous edition for which I offer my sincere apologies. And on that note, I would like to add that I hope everyone enjoyed a very happy Christmas with their loved ones and that the New Year is looking brighter for you all.

You may recall that I had just started working at an aged care facility and was getting to know some of the residents. Since returning after a six-week break back in November, I have indeed learned a little more about the personal skills required to emotionally survive this particular vocation. Because, as I said previously, it is a very challenging workplace and, if you don’t learn the coping mechanisms, this career change can completely ‘do your head in’.

And let me say right from the start, it doesn’t matter what your role is, whether you’re a personal carer, an RN, a kitchen worker or cleaner, you will be dealing with residents on a one-to-one basis often in your working day. And you’re constantly learning new personal skills to hopefully bring a little sunshine into the residents’ lives or to really make them as comfortable with their surroundings as possible.

Currently employed as a cleaner (or hospitality worker as the management prefer to call us), I see ‘my residents’ on a daily basis and have learned that it really makes no difference whether they are totally cognisant and still able to move and enjoy trips out etc, totally bed-ridden as a result of a stroke, or suffering partial or full dementia. In any of these scenarios, they each respond positively to kindness and respect. Some, although bed-ridden every day, all day, think the sun has made no difference whether they are totally cognisant and still able to move and enjoy trips out etc, totally bed-ridden as a result of a stroke, or suffering partial or full dementia. In any of these scenarios, they each respond positively to kindness and respect. Some, although bed-ridden every day, all day, think the sun has made no difference whether they are totally cognisant and still able to move and enjoy trips out etc, totally bed-ridden as a result of a stroke, or suffering partial or full dementia.

Some of the residents never see a family member once they move into an aged care home. This is particularly heartbreaking for me and I make a concerted effort to spend more time in these residents’ rooms and have a chat with them. I’ll ask if there is anything they’d like me to get for them when I go shopping, or if they need help with anything. And let me make it quite clear, I’m not judging these family members in any way, as none of us know how we’ll respond to this situation until we’re placed in it ourselves.

But I would at least hope that before abandoning their aged loved ones, they at least make them as comfortable as possible for the duration of their time there.

Recently, I experienced something which brought me to tears, really unexpectedly. A beautiful lady by the name of Beverley who is bed-ridden but is taken out to the lounge area so that she can be amongst other residents, had a visit from her husband. I was dusting the lounge area at the time. I saw her husband sit in a chair alongside her and he bent down and leaned on her bed rail with his head in his hands. What I witnessed shook me to the core. From this beautiful lady, came little girlish giggles and huge smiles as she rubbed his head and ran her fingers through her husband’s hair. This is a lady who doesn’t ever make a sound or move at all. It occurred to me that even though her situation was brought about by (so I’m told) a massive stroke, this particular incident obviously sparked a memory from long ago, maybe even from when she first met her husband. My instant reaction was to burst into tears and excuse myself from their company. But I wasn’t sad at all. I was just so moved with happiness to see this lady so obviously happy when all I’d ever witnessed was her total immobility and loneliness.

On another occasion, I was working the Dementia block and stopped dead in my track when I entered a room with a nameplate on the door which was so familiar to me. I brushed the thought away thinking this couldn’t be possible. However on entering the room – the resident wasn’t there at the time – I saw a montage of pictures and newspaper and magazine cuttings pasted onto a large board leaning against his television.

And right away I realised that my initial instinct had been right. Here was a man who was slightly older than my husband and I, and who had at one time been a very well known Adelaide TV personality. Back then, he was as much a part of our daily lives as the local newspaper or any of the other programme identities of the day.

On realising who this was, I sat down on his bed and tried to pull myself together. After a brief pause, I carried on with my work and was asked by the RN on duty if I was OK. I said ‘yes’, and asked her if she knew where this man was at the moment. She told me she would take me to him. He was sitting in the community lounge. I went and sat next to him and, gently, stroked his arm and introduced myself. I told him that I was from Adelaide and that he and I had met on several occasions at media functions when I was working in advertising and that I had admired his style back then. Remember that I’m talking total dementia here! This man’s eyes actually focussed on mine when I mentioned the word ‘Adelaide’ to him several times. I recall searching his face for any sign of recognition or recall, but there was absolutely nothing there.

As many of you, I’m sure, will have experienced this with a loved one at some stage, I want you to know that these are very special people in their own right, but even without the benefit of recognition or acknowledgement, we should all remember that they all had very full lives of their own and whether or not they are aware of that themselves, it is up to those who visit or work with these people that they are indeed worthy of our care, interest, respect and compassion. Because you just don’t know (and never will) whether what you say to them or the kindness you share with them is registering. Of course we all know that they won’t remember this five minutes from now; but if it brought even a spark of a smile or recognition to them, then we’ve done something we can feel good about.

So, my friends, this is my ongoing journey working in Aged Care. And even though it has its challenges each day, every now and then some little miracles happen which leave a footprint in MY memory and give me great comfort and an ongoing sense of purpose to do my very best in some small way to share in the daily care of your loved ones.

If any readers need help with caring for a loved one with dementia, the following website is a good starting point...

THERE HAVE BEEN FILMS AND MANY BOOKS COVERING THE SUBJECT OF WHAT MUST BE THE MOST FAMOUS MUTINY IN THE HISTORY OF THE WORLD AND THAT IS, OF COURSE, THE MUTINY ON HMS BOUNTY IN 1789. I am sure that you have read at least one of the books and are familiar with the Mutiny on the Bounty story, but the mutiny itself is only a small part of the total story because it lives on today with the ancestors of the mutineers because they are still there!

Let's start at the beginning and quickly work our way through the story to the present day.

The Bounty, captained by the infamous Captain Bligh, sailed from England for Tahiti at the end of 1787 and arrived there during 1788 for a cargo of breadfruit plants which were then to be taken to the Caribbean to be grown as food for the slaves. Bligh and eighteen crew adrift in an open boat. The mutineers expected Bligh and his supporters to sink without trace but it is a credit to Bligh's ingenuity and sailing ability that they managed to way through the story to the present day.

Meanwhile, Christian and the rest of the mutineers returned to Tahiti. Some decided to stay but nine of them, including Fletcher Christian, wanted to get away from Tahiti because they knew that the British Navy would be back one day in search of them. The nine set sail again with their new found women to try and find a safe haven and eventually settled on the tiny South Pacific island of Pitcairn which is around 1,300 miles to the south east of Tahiti.

Due to the survival of Captain Bligh, the true fate of HMS Bounty became apparent and the British quickly captured the crew who had decided to remain on Tahiti. They were taken back to England for trial where three of them were hanged. Fletcher Christian and his allies, however, settled on Pitcairn and remained hidden for nearly twenty years. By the time they were discovered there was only one remaining survivor from the original mutineers, called John Adams, and the present day capital, Adamstown, is named after him.

Between them the Tahitian women, the original British Bounty crew and their offspring managed to increase the population of Pitcairn at an alarming rate to the point where the island struggled to support them. As such, in 1854, the descendants were given approval by Queen Victoria to occupy the former prison island of Norfolk. However, some families obviously didn’t like it, so they moved back to Pitcairn Island.

Today, more than two hundred years after the actual mutiny, there are around 1,000 direct descendants of the mutinous crew living on Norfolk Island. Some of them, including Fletcher Christian, wanted to get away from Tahiti because they knew that the British Navy would be back one day in search of them. They set sail again with their new found women to try and find a safe haven and eventually settled on the tiny South Pacific island of Pitcairn which is around 1,300 miles to the south east of Tahiti.

Contrary to popular opinion, rice does not have to be grown submerged in water and can be grown on the side of hills and mountains, providing there is ample rain fall (a lot). However, if it isn't grown in flooded fields the rice crop is susceptible to more weeds, insects and vermin, so the majority of rice is grown in water.

Although rice is a staple food for a large part of the world’s population it doesn’t contain all the necessary amino acids in sufficient quantities for complete health and is usually supported with other proteins such as meat, fish, beans etc. It is an extremely versatile food source used for soups, rice porridge, stuffing in vegetables or vine leaves, risotto, paella and when mixed with milk and sugar it is used for numerous desserts. Rice flower is also used for making bread and noodles as well as many drinks such as sake and rice milk.

Over 90% of the world’s rice is grown in Asia with the main producers being China, India, Pakistan, Vietnam and Indonesia, amongst others, but it is also grown in parts of Africa, South America, the USA and even Australia.

It is no wonder that many people consider rice to be a wonder crop and the King of foods.

The book sets to tackle tricky or impenetrable subjects in an accessible, bite-sized way that will help tweens, teens (and adults) get their heads around the information at hand, without being weighed down with the humourless minutiae of information, with the subjects presented in short, easy to understand language and accompanied by fun and informative illustrations,
CHILDREN WITH SPECIAL NEEDS often cannot go to their local schools (often having to travel to special schools some distance away), and cannot participate in local community or sporting events. This often results in social isolation of the children and their families.

This develops into long term social isolation and difficulty for children with special needs to develop social skills and to be a part of the mainstream community.

Since 2006, it has been the mission of the Touched by Olivia Foundation to help improve the health and happiness of Australian kids. One of our initiatives is firmly focused on creating a level playing field for children with special needs. Livvi's Place is a concept for all abilities playground that enable children and parents of all abilities and ages to play side-by-side on the same equipment, ensuring integration of children and families with special needs.

Livvi's Place Playgrounds provide a unique environment for children of all ages and all abilities to play side-by-side. Extensive research and community consultation have gone into the development of these playgrounds to make them truly world class facilities.

The aim of the Touched By Olivia Foundation is to work in partnership with local councils or corporations to build these state of the art all abilities playgrounds. They encourage families and social groups to meet in a child friendly environment.

It is the vision of Touched by Olivia Foundation that there will be a Livvi’s Place in every community.

AN ALL ABILITIES PLAYGROUND SHOULD BE ONE THAT AT A MINIMUM CATERS FOR VISION, HEARING AND MOBILITY IMPAIRMENTS AS WELL AS SPECTRUM DISORDERS. Catering for one disability, does not satisfy the definition of all abilities. A playground can only be truly considered all abilities if it adequately caters to the physical and emotional needs of all members of the community.

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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.

www.thankyouwater.org

Make 3-D, free-standing cookie animals!

For treats with a delightful difference, what about making free-standing cookie animals?

A 3-D farmyard menagerie is easy to create with the new Wiltshire Art of Baking 3D Farm Animals Cookie Cutter Set!

Safe for children to use, the plastic cutters are dishwasher safe, won't rust of course, and can be used for crafts as well as baking.

The Wiltshire Art of Baking 3D Farm Animals Cookie Cutter set (RRP $9.98) is available from Big W.

1/3 cup baking soda
1 cup white vinegar
1 plastic bag
1 large bag twisty tie
PROFESSIONAL Voice Over Actor, Horatio Neate, brings a commanding warmth to the reading of these most loved classics. Horatio gives each piece its own depth and creates just the right amount of emotion to breathe new dimension into these well worn words.

A fitting TRIBUTE to the memory of those who served and those who waited for their return.

130 Military families from all branches of the Australian Defence Force offer a moving insight into their lives in war and peace. Here, There and Away highlights not only what has changed but also that which pretty much the same. This collection is an important contribution to Australian social and military history, and an entertaining and uplifting book for readers of all ages.

Compiled by Annette Sadler, Judy Rule and Dawn Laing three Canberra members of the Defence Widows Support Group for the Defence Widows Support Group (DFWS) – ACT their affinity with the topic is close to their heart.

This unique collection book captures within its pages stories that for some have never been told – the stories of not only their husbands at war but their own time either posted overseas or waiting back at home - and others that without the work of the DFWS, many would have remained that way.

Poignant and often humorous the 130 never before published cartoons and stories featured in Here, There & Away celebrate the love and support given by and to members of the wider defence family. This unique compilation spans the three branches of the Australian Defence Force and encompasses the period from World War I to more recent times.

THE STORIES OFTEN ALSO REFLECT MANY ASPECTS OF THE WIDER SOCIAL CONTEXT OF THE TIME AND OFFER A FRESH AND UNIQUE PERSPECTIVE OF WHAT DEFENCE FAMILY LIFE ONCE WAS AND THE CHALLENGES FOR DEFENCE FAMILIES.

“We hope this book will spark an interest in the human side of the military story and that researchers will realise that there is a wealth of untapped information within families that should be gathered before it is lost – not only does it add to our military history – it is also an important part of our social history.

Here, There & Away is a social history of the times. There will be stories that will make you laugh or cry but beyond that many that will surprise and highlight how important this book is. The 130 stories are told with the grace and humour of people looking back, on the ups and downs for military families in peace and war. They highlight the impact of a military career on the life of the family and the resilience of defence families and the variety of their experiences.

HERE, THERE AND AWAY
by Defence Widows Support Group ACT
Big Sky Publishing
GDM: So tell us about yourselves?

FLORENCE: “Mike and I met on a singles cruise to Alaska in 2005. We were married in 2007. In 2011, Mike decided he wanted to retire early and begin seeing the world”.

MIKE: “First I had to get a passport. We then spent four months travelling through Latin America with stops in Panama, Nicaragua, Uruguay, Argentina and Chile. Florence, who has been travelling for 30 years had never explored Latin America. She found it intriguing and she loved the people and the culture. As for me, Patagonia had been on my list of places to explore since I was a child. Once I stood below the awe-inspiring Torres del Paine, the travel bug was born.”

GDM: How did you become known as The 6 Monthers?

FLORENCE: “Our new lifestyle sort of happened sooner than we both thought it would. We had moved to Boquete, Panama with every intention of starting escorted tours to show people the beauty of Panama and to tell them what it was really like to live there. Unfortunately, the business relationship with a local did not work out. We had thought we would be in Panama two years, but we left after six months”.

MIKE: “We considered living in Costa Rica. We just could not connect with landlords to make living arrangements so we looked into Cuernavaca, Mexico. Within two days we had lined up a place to live. It was while living in Cuernavaca that we realized that living someplace new every six months was the ideal lifestyle for us.”

FLORENCE: “We sold our house, cars, furniture and artwork before leaving the U. S., so we had the freedom to just pick up and go. We wanted to see more of the world, and living someplace for six months gives us the opportunity to learn more about the culture and the people.”

MIKE: “During our six months in each country we live among the locals, we shop where they shop, and we eat like they eat. I had time to write so I created my travel blog, Applecore, which highlights our travel adventures and describes how we integrate into the culture of the country in which we live.”

GDM: So, tell our readers where you are headed next?

FLORENCE: “Scotland! (laughs) Neither of us have been to Scotland and we are looking forward to exploring there.”

MIKE: “A fun part of our lifestyle is deciding where to go next and planning where we can live cost efficiently. We are not depleting our savings. Our goal at the present is to live solely on my Social Security check of $1,500/month.”

Florence: “We are already researching Spain for a move in early 2014, after that perhaps Romania. It is exciting to learn about the next location where we will live for six months. There are so many great places to travel and explore. This is what we think retirement should be like.”

We will be following The 6 Monthers on a regular basis.

Next installment: The 6 Monthers in Cuernavaca, Mexico.
GRANDPARENT CHILD CARE BENEFIT (GCCB) is available to eligible grandparents caring for their grandchild and who are in receipt of an Income Support Payment. GCCB covers the full cost of child care for up to 50 hours for each child in Child Care Benefit approved care each week. In certain circumstances you may be able to get GCCB for more than 50 hours per week.

To be eligible for GCCB, a grandparent must:

- meet the eligibility requirements outlined for the waiver of the work, training and study test; and
- be in receipt of an Income Support Payment.

An Income Support Payment is any of the following:

- ABSTUDY (taxable component)
- Age Pension
- Austudy Payment
- Bereavement Allowance
- Carer Payment
- Community Development Employment Project (CDEP)
- Disability Support Pension
- Disability Support Pension (Blind)
- Department of Veterans Affairs Income Support Supplement or Service Pension
- Mature Age Allowance
- Mature Age Partner Allowance
- Newstart Allowance
- Parenting Payment
- Partner Allowance
- Sickness Allowance
- Special Benefit
- Special Needs Pension
- Widow Allowance
- Widow B Pension
- Wife Pension
- Youth Allowance

GCCB is only available to grandparents who claim CCB as reduced fees, and cannot be claimed as a lump sum payment.

Call the Department of Human Services on 13 6150 between 8.00 am and 8.00 pm (local time) Monday to Friday.

You can phone the Child Care Access Hotline on 1800 607 305 for information on child care services available in your area or search the www.mychild.gov.au website.

There is something special about putting pen to paper, putting a stamp on an envelope and opening your mailbox, about receiving a handwritten note from a friend.

The rule of thumb is that you should send a written note any time you receive a gift (even a ‘thank you’ gift) and the giver wasn’t there to thank in person. But notes are not always necessary. If, for example, the gift is from a close friend or relative (and it’s not a wedding gift) you can email or call instead if you prefer.

For most people the difficulty in letter-writing is in the beginning and the close. Once they are started, the middle goes smoothly enough, until they face the difficulty of the end. The direction of the Professor of English to "Begin at the beginning of what you have to say, and go on until you have finished, and then stop," is very like a celebrated artist’s direction for painting: "You simply take a little of the right colour paint and put it on the right spot.”

NEVER typewrite an invitation, acceptance, or regret.
NEVER typewrite a social note.
BE wary of underscorings and postscripts.
DO not write across a page already written on.
DO not use unmatched paper and envelopes.
DO not write in pencil—except a note to one of your family written on a train or where ink is unprocurable, or unless you are flat on your back because of illness.
NEVER Send a letter with a blot on it.
NEVER sprinkle French, Italian, or any other foreign words through a letter written in English. You do not give an impression of cultivation, but of ignorance of your own language. Use a foreign word if it has no English equivalent, not otherwise unless it has become Anglicized. If hesitating between two words, always select the one of Saxon origin rather than Latin. For the best selection of words to use, study the King James version of the Bible.
GRANDFATHERS NEEDED

“To a small child, the perfect granddad is unafraid of big dogs and fierce storms but absolutely terrified of the word “boo”. (Robert Brault)

Many families are either looking for a surrogate grandma or a couple but we also need surrogate grandfathers. Especially single mums are looking for surrogate grandpas to have a male role model for their children. We recently received an email from a single mum from the Gold Coast area who is looking for a surrogate grandpa for her 3 boys. We are interested to know: "What makes a grandpa perfect?" We found the above quote from Robert Brault but we would also love to hear from you. If you want to share your ideas please post them on our Facebook page.

FRENCH FAMILY LOOKING FOR A SURROGATE GRANDPARENT

We recently received an email from a French family that would love to have an Australian surrogate grandparent as a pen pal. Agnes and Sandy are looking for a surrogate grandparent for their 5 year old daughter Sydney. They live in the south of France and would like to communicate via mail, email or Skype and are also hoping to meet their surrogate grandparent one day in person. They all speak English. So if you are interested to adopt a French family please send us an email and we will put you in touch with the family.

SO YOU FEED YOUR DOG BONES?

SHOULD YOU FEED YOUR DOG BONES? THE SHORT ANSWER IS - NO!

But for anyone interested here’s the long version:

There is much debate amongst the veterinary community over the feeding of raw meat and bones, ask 10 vets and you will get 10 different opinions. I have heard vets who advocate raw bones and not cooked bones, others who say cooked is OK but no raw meat at all, and others who say no to all bones. If you follow Hippocrates advice ‘Primum non nocere’ (first do no harm) then no to all bones seems the logical winner in this debate.

Dogs do like bones and they help keep teeth clean but bones can make your dog very unwell and could even be fatal to your dog. Feeding your dog bones can seriously affect the health of people, especially children, living with dogs.

I have seen bones stuck in the mouth, throat, oesophagus, stomach, and small intestine and cause constipation in the large bowel of dogs. I have seen this be fatal on more than one occasion. It is also a costly and traumatic exercise removing some of these bones.

* Bones are one of the main causes of dog fights and of dogs biting people.
* Bones help clean teeth but they also wear them down faster and can cause teeth to fracture or break.
* The fat content of marrow bones can cause pancreatitis, a very painful condition which often causes dogs to be hospitalised on intravenous fluids for days at a time.
* Last but by no means least raw meat has been shown to be a source of organisms such as salmonella, giardia and E. coli which cause ‘food poisoning’ and gastroenteritis in dogs as well as people (think Garibaldi metwurst as an example).

So after the long and the short of it we would not recommend feeding raw bones or meat to dogs and cats as there may be some very serious consequences. “But dogs in the wild eat raw meat and bones”... true, but they also are vastly different animals to the dogs we have in our homes, Its hard to imagine a pack of Maltese bringing down an antelope for dinner. In the wild, dogs live much shorter, harder lives than our pampered pets; if a wild dog gets a bone obstruction or breaks a tooth there is no vet to care for them, they will become sick and may die.

Still not convinced? Well if you feel an uncontrollable urge to feed bones then please please follow some simple points.

FIRST make sure the bones are super fresh, freeze for at least 3 days and thaw before use.
WASH your hands.
CHOOSE soft bones such as neck bones, ribs or pelvises. Hard bones such as marrow bones and lamb shanks are more likely to snap teeth.
TRIM fat off and avoid marrow bones.
WASH your hands.
DON’T give to dogs if other dogs or children are around.
REMOVE bones that aren’t eaten straight away.
WASH your hands.
DON’T be surprised when your dog has any problems due to bones - we did try to warn you.
I raced to the black and white TV when I heard the William Tell Overture. This meant my favourite Thursday night events: spaghetti for dinner and the Lone Ranger Show.

Adding to the excitement was a visit from Grandma Carmela.

It took so little to amuse this teenage girl in 1963.

Mama and brother Angelo spent all day at the Jacksonville Farmers Market helping Daddy with his produce business. This indulged my guilty pleasure of having Grandma all to myself. In just two days she would return to New Jersey. Who knew when I would see her again, or what a memorable evening it would be?

We talked and we cooked: 82 year-old cinched in her ever-present corset, flowered dress and apron, standing in orthopaedic shoes; 17 year-old clad in shorts, halter-top and bare feet. Her creamy skin was soft and hairless, legs covered by cotton stockings. I flaunted a dark tan from sun-worshiping and surfboarding.

One spoke a mixture of Italian with a sprinkling of fractured English. The other, a Southern drawl.

And so we travelled on the tales of her crisscross journeys from Italy to America at age 22, back to the homeland, then a permanent move to New Jersey—a chance to start a new life. I savoured the opportunity to learn Grandma's delicious culinary tricks and discover some juicy family secrets.

“Did Nonna teach you to cook?”

“No, Bella Mia, Mama she die I’m a nine years. Papa marry La Zia and two more figli. I learn to cooka fast.”

I teared up at her painful stories of loss: A son miscarried and two daughters who died at ages four and nine. Uprooted from her comfortable Italian countryside villa. A subservient life in the ghettos of Little Italy aka Paterson. Sending her lovely daughters to work in the textile sweatshops. Adjusting to a new world of foreign tongues and foreign minds.

I laughed at her antics defending her honour as a “single parent” during Grandpa’s trips to the states. Laborers that frequented the family deli in Serino often tested her fidelity to an absent husband. I could imagine her wielding one of Nonno’s butcher knives and chasing the would-be suitors from her door.

“Antonio, he maka four trips. Every time he come, a new bambino. 1927, I closa the Tabacorria, and closa the baby door too. We mova to America for good.”

“How did you manage raising kids and running a business in Italy while Grandpa was gone?”

With eyes gazed to Heaven, “Aiuto di Dio…and a stronga backahand!” her words punctuated by that famous Italian gesture.

“YOU WERE THE ORIGINAL LIBERATED WOMAN! I’ M SURE I GOT YOUR GENES.”
THE LANE COVE
WOMEN’S ACTION & INFORMATION GROUP INC (WAIG)

• All WAIG sessions are held at the Lane Cove Library, Longueville Rd, Lane Cove unless otherwise stated.
• Cost of Monday sessions: $6 members/$8 non-members per session.
• We regret that we are unable to offer childcare.
• For further information on all sessions see www.waig.org.au, email waig@waig.org.au or phone 0411 016 784.

WAIG acknowledges financial assistance from Lane Cove Council

Women’s Discussion Group – Term 1 2013

MONDAY
10 a.m. – 12 noon

4 FEBRUARY
Book Review - Welcome back to WAIG for 2013 with a general session about books, when we'll talk about what we've read during the holidays. These are always interesting sessions, when we discover our wide and varied tastes in reading.

11 FEBRUARY
Discussion Group – "What doesn't kill you makes you stronger - my life's journey". Ilona Abou-Zolof will engage us with her own story of growing up in Germany, marrying a Muslim and moving to a new life in Australia.

18 FEBRUARY
Book Group - Margaret Burns will review Peter Kurth’s 'Isadora: the life of Isadora Duncan'. Isadora was hailed as the greatest dancer of all time by her millions of admirers. In reviewing Kurth's 'life and times' style account of Isadora's extremely eventful life, the review will aim to explore how Isadora's dance broke new ground and what it was that provoked such controversy in different parts of the world.

25 FEBRUARY
Discussion Group – Our speaker today will be Rachel Bentley, the CEO of free-to-air channel TVS. Rachel is also Director of Engagement, University of Western Sydney, a role which involves community involvement and active participation in School projects and strategic partnerships. From 1997 to 2000 she led a team delivering programs across NSW universities training 1100 staff to work on the Olympic Games.

4 MARCH
Book Review - In the days leading up to International Women's Day it seems appropriate to review the work of an early feminist author, Ada Cambridge, the first president of the Women Writers’ Club. Caroline Bowyer will introduce us to ‘A Woman's Friendship’, in which Cambridge gently satirises class and sexuality in 1880s Melbourne.

11 MARCH
Discussion Group – International Women's Day As part of WAIG's IWD program, Liz Montgomery will talk to us about the work undertaken by the not-for-profit organisation ‘Fitted for Work’. Fitted For Work helps women experiencing disadvantage to get work and to keep it. They do this by providing intensive interview training and business clothing at their personal dressing services and through their unique range of transition to work and mentoring programs.

15 MARCH • FRIDAY
International Women’s Day – WAIG and Lane Cove Council will host guest Keynote Speaker Kristi Mansfield, Executive Director of The Sydney Women's Fund (SWF). SWF is a philanthropic organisation that works to improve the lives of women and girls in Sydney. Today’s program will also include a few words from a representative of Youngpla Meni and from WAIG. This free event will be held at the Lane Cove Library from 9:00am – 10:30am.

***RSVP by 12 March to Carol Sinclair - CSinclair@lanecove.nsw.gov.au - or phone 9911 3592

18 MARCH
Book Review - Pamela Churchill Harriman was a very feisty and well connected woman. As such, she was the worthy subject of two biographies, 'Life of the Party' by Stephen Ogden, and 'Reflected Glory: the Life of Pamela Churchill Harriman' by Sally Bedel Smith. Anne Bates will discuss the subject's fascinating life.

25 MARCH
Discussion Group - "Women's lives in Lane Cove at the end of the nineteenth century". As part of Women's History Month, Kay Leiper and Elaine McLaughlin, committee members of the Lane Cove Historical Society and members of the Friends of Carisbrook, will join us to speak about the lives of Rachael Brooks and her daughter-in-law Marian (Sim) Brooks, who resided on Carisbrook Estate.

1 April Easter Monday – Public Holiday No meeting

8 April Book Review - Our group book for this term will be Behind the Beautiful Forevers: Life, Death and Hope in a Mumbai Undercity by Katherine Boo, winner of the Pulitzer Prize in 2000. In this, her most recent work, based on three years of painstaking and exacting research, Boo introduces us, in an unforgettable way, to the lives of humans connected to each other in an era of tumultuous change.
Grandparents who have full-time care of their grandchildren can access one-on-one specialist assistance through the Department of Human Services' Grandparent Adviser Program. The program refers grandparent careers to Centrelink, Child Support Agency and Medicare services, as well as state government and local support services.

Grandparent Adviser Kalev Pank has personally helped almost 1000 grandparent carers since he began the role over two years ago.

As one of six Grandparent Advisers around Australia, Kalev's personal experience, knowledge of Department of Human Services payments and connections with the local community make him a vital point of contact for grandparent carers.

"The feedback I get from grandparents is that the service provides them with a stable base and continued support when their situation is extremely emotional," Kalev said.

"Often they have to step in when their own children aren't able to continue raising children - for reasons such as family breakup, death or disability, declining mental health, or drug or alcohol issues.

"Many of the grandparent carers I help are also geographically isolated, so services they can access remotely are a huge help.

"An emotional story that sticks with me, involves a separated grandparent left to look after three grandchildren and a huge mortgage.

"I was able to connect her to a local support group which provides quality fresh food from local farmers at prices cheaper than supermarkets. This group also linked her with people she could talk to and helped build her confidence."

Having lived with his grandparents for a year when he was a child, Kalev understands the complexities many grandparent carers face.

“Although the love and care was there at the time, it was tough because I didn’t understand why my sister and I had to move away,” Kalev said.

"When I reflect back I can only imagine how hard it must have been for my grandparents, but we got through it eventually."

Grandparent Advisers can also help relatives and foster carers.

To access the service, please call 1800 245 965 (free call from landlines).

There are six grandparent advisers based in the following DHS Service Centres:

Adelaide—servicing Adelaide City and surrounding areas
Caboolture—servicing areas north of Brisbane such as Deception Bay, Kippa-Ring, and Redcliffe
Caringbah—servicing the area from the Northern Beaches to Sydney’s south
Melbourne—Servicing Melbourne’s surrounding areas and Tasmania
Penrith—servicing the greater western Sydney region
Perth—servicing Perth’s surrounding areas
Parents often wonder if they can actually be good for their kids when they are carrying emotional baggage from their own childhoods. They think, “How do I parent this child well when I have my own emotional stuff?” It’s a legitimate question, and I’d like to answer it from the perspective of having coached a powerful man who conquered a hard upbringing to connect, and connect well, with his grandson.

Adam was raised in a situation where his own parents didn’t take care of him, and he needed to live with other adults. The understandable resentment for this was a part of the ongoing landscape of his emotional world. And (who knows how this happens?) during his first marriage he became the step-grandpa to a now 12-year-old boy, fully responsible for him after the tragic and untimely death of his wife. When I met this fabulous grandpa, he was remarried to an absolute saint, Gretchen, who had never had children. Together, they were raising a boy who has two living parents, neither of whom took responsibility for him. Anyone who knows kids understands that this is an extremely difficult situation for a child … having two ambivalently attached parents causes mountains of questions. Why don’t they live with me and care for me? What did I do wrong to cause them to reject me? Why don’t they make it better when it seems as if they could? Why do they keep messing up? And it also results in (again, understandable) acting out that would try even the most patient adult. Yelling, screaming, pounding, refusing, swearing, leaving the house … you name it. Adam and his beloved Gretchen fielded all of this from Graydon with Herculean grace (and yes, some rough arguments).

As our time together progressed, I watched as Adam learned to put his own emotions on the shelf, not always, but often effectively enough to build a strong bond between himself and Graydon. He set limits, which was often painful for both Adam and his grandson. He created and held healthy boundaries between Graydon and his non-custodial dad and mom. He spoke of respect, instilled values, and stayed the course. He skied with Graydon, threw the ball with him, and asked him about his homework. He limited video game use and access to the phone. He encouraged friendships and facilitated outings and sleep-overs with his middle school buddies. He took Graydon on trips to see unexplored parts of the country. He sat in the stands at his basketball and baseball games, and taught him about teamwork. When he heard the coach compliment Graydon, he was sure to let him know. He accompanied his grandson to therapy appointments to help him feel safe to talk about his feelings. On my advice, he even wrote notes to Graydon, expressing the positive things that were sometimes hard to say between “guys”, but were huge in their impact. He spent special time with him every evening before bed, connecting with Graydon on an emotional level, even if they’d had a bad day. All this, with his own wounded childhood, his own feelings of rejection and anger, lurking in the background. For his grandson’s sake, he dug deep regularly, and simply put Graydon first.

I found myself in awe, wondering where he got the inner strength to parent this often rebellious, oppositional child with such love. We hear about children’s resilience in the literature, but who ever talks about grandparents’ resilience? Who makes a big deal of someone like Adam who wrestled with his demons regularly and emerged the hero for Graydon, teaching him by example that he could be better the next time? It’s an honour to share this story. I write it as I prepare to attend Adam’s utterly untimely memorial service. Yesterday he died at age 57 with much love left to give. Adam inspired me, and I will forever feel blessed, having known him at his finest, even in the hardest moments. Graydon got the message of love from Adam, not perfectly, not every minute, but he got it. And that’s what it takes for a child to grow up emotionally healthy – one truly caring adult who, through his love, frees you up to do, and be, your best.
Out of all the training that I did over the years in relation to dementia what really had the most impact for me was the revelation that your cells never forget. I had attended a training session where I had given an example of “Mr Jennings”. Mr Jennings would come to me each week and tell me that he needed to go and pick up his children. I would offer him a cup of tea. The facilitator had exclaimed “Mr. Jennings is telling you that he is worried about picking up his children and you are offering him a cup of tea?” Oh my God! Yes this is exactly what I was doing. What he taught me was that people with dementia still remember the feelings and memories but cannot connect to them. Your cells never forget.

I don’t want even to begin to imagine what Mr. Jennings may have felt after I offered him a cup of tea. What I needed to do was to pacify him and explain that his children were being looked after and that they were OK. I tried this and it worked and Mr. Jennings was happy to have a cup of tea with me.

I have been so privileged to work with people with dementia for 6 years. It is truly an honour. What surrounds me more and more at the age of 38 is not necessarily those that I work with but dear friends and family that have parents who are suffering from the debilitating disease of dementia. It is becoming more and more persistent with each statistic that is revealed. It is truly an epidemic that is surrounding us and one that I am passionate about making a difference. I watched on the news the other day about a husband that was taking care of his wife. He had explained it to be a privilege to be able to look after her. Hearing his story simply made me cry.

We both walked to the plate where the scones were and we eagerly took one each and placed it in our serviettes. We sat down to eat our ever so delicious fluffy scone with a spread of strawberry jam and a fluffy topping of whipped cream. Barbara sat with me and she fair licked the middle of her scone and savoured every flavour. “Mmmmmm” she pleasantly said, followed my sensational bigger than bite size scoff of my scone. My appreciation of scone and jams has really been heightened since working in Aged Care. Scones jam and cream is something of significance to so many generations.

That day we chatted and spoke about the one thing that we had in common and that was the love and appreciation of scones, jam and cream. It may have been something small but there was a connection and for that time Barbara was in the moment. She wasn’t confused, she was just being.

Then there was Aileen whose mind allowed her to believe that she needed to leave the residence to visit her mother that was in care. I had found her at the door trying to open it. How devastating! This disease felt so cruel. How does her mind allow her to believe that that is true? I sat with her and reassured her that her mother was OK and being looked after. At that point in time you don’t know what therapy you need to facilitate and you go with what feels right and simple humanity. There was no point in telling her that her mum was not alive, time and years were of no relevance to her.

She began to cry and thanked me for sitting and listening to her. I ask her if she would like a hug and she nodded through her tears. We embraced and we were united for a moment where the touch of two and a hug being shared was healing for us both. She commented that I was a lovely girl and I smiled. I’m not even sure if she knows who I am at this time. It doesn’t matter. I thank her with my hand still holding hers. Offering her a kiss on the cheek I walk away with a swell in my heart that makes me understand and appreciate why I worked in Aged Care.

I am not entirely sure what impact I have had on the lives of those that I have worked with but I truly hope that somewhere somehow I have made a difference. That when I have looked into the eyes of somebody that has lived with dementia what is reflected is a human soul that wants what anybody else wants and needs.

THE HUMAN CONNECTION OF TOUCH AND LOVE THAT IS INSURMOUNTABLE.

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THE HUMAN CONNECTION OF TOUCH AND LOVE THAT IS INSURMOUNTABLE.
A MAN MAY TAKE A LADY TO THE DANCE FLOOR, BUT HE CANNOT MAKE HER DANCE.

To do that, the man must lead, and the lady must follow: These are the different roles of the partners in Standard Ballroom Dancing.

The role of leading by the man is that of determining the choreography and alignments and speed of the couple so as to optimise the use of available floor space around them using figures that are satisfying to the soul of the dance. To do this he must have a full appreciation of the figures in their repertoire, and how each figure can be adapted to different alignments and areas. He must also be continually aware of the space around the couple and how it is changing as adjacent couples are moving.

The role of following by the lady is of expressing that soul, for traditionally the man wears mainly dark colours and is hardly visible, whereas the lady is in a highly visible decorative gown. To do this she must have total trust in her partner's ability to choose and lead her into figures that can be fitted onto the floor space available to them.

There are some useful analogies between the role of leading in Ballroom Dancing and the equestrian technique of "Horse Whispering". The idea of working sympathetically with a horse in order to obtain cooperation is opposed to that of the cowboy tradition of the American west, where the economic need for speed in breaking large numbers of semi-feral horses led to harsh techniques of training.

Natural leading, which might be termed "Lady Whispering", develops a physical rapport between the man and the lady using communication through the torso, and rejects the use of pulling and pushing with the body and the arms. The technique for the man is to use only his hips, knees, and feet, so that his torso movement informs the lady how to move.

At the commencement of each step, the lady must know which foot is to move, in what direction it is to move, and how fast to move. She cannot move successfully unless her body understands these three things. These are the three things that the man must communicate continually to the lady in leading.

Leading is a communication, and so involves a language. But leading cannot be communicated easily by words because verbal language involves the left half-brains of the partners, but the right-half brains are in control of the movements. The transfer of thought between right and left sides of the brains involves a slight delay which is typically too long to be useful to the lady for her role of following.

SO, LEADING MUST INVOLVE BODY LANGUAGE. Every man leads with slightly different techniques, and so uses his own individual language. To follow him successfully, the lady must learn his language, understand it, and then develop her appropriate responses. So the first essential for a man in art of leading is developing that understanding with his partner. He has to teach her his body language.

It takes time for a lady to learn the signs in the body language that her particular partner uses. So the things a man needs in leading a new partner are patience and consistency. The consistency is most easily achieved by the man continually keeping his body turned so as to maintain a constant orientation between his torso and that of the lady. This is most effective if it involves a constant unvarying contact between the right sides of his and her torsos, although in the tentative first stages of a partnership, a constant relative alignment may be all that can be achieved.

The man has six quantities to use for the alphabet of his language. The man's torso can be twisted, swayed, and inclined, as well as raised or lowered, and moved forwards or back, and to left or right. For consistency he should move his hips, chest, shoulders, head, and arms as a single unit, locking his arms so that his elbows are at the side and slightly forward of his shoulder joints. He can then twist, tilt and incline this unit with his hips, joints, can raise and lower it with his knees (with corresponding movements of his hips and ankles), and can direct it in varying directions with his feet.

Again, for consistency, the hands and arms of the man should basically be locked into a slightly loose soft cradle for the lady's torso. If it is soft she will feel comfortable. If the arms are locked, by tone in the man's arm and shoulder muscles, she can use them to sense the six qualities of her partner's alphabet, and even use his arms to help the man move past her when she is on the inside of a turn.

When the couple are in normal Closed Hold, maintaining the relative torso alignments is easy. It becomes more difficult when the partners turn to Promenade Hold or when the one steps outside the other partner, as for example in the Feather step of the Foxtrot. In Promenade Hold, the man must hold his body turned to his right to maintain relative torso alignment with his partner. It is too simplistic to interpret movement in Promenade Hold as both partners travelling symmetrically diagonally forward. In practice, the man would better think of it as himself travelling sideways to his left, and leading his partner to travel forward. Only then can he maintain his constant torso alignment with the lady. Similarly, when stepping outside partner, then both partners travel diagonally relative to their torso alignment, but one travels forward and the other backward.

The hard part about dancing in Closed Hold is that both partners must keep their legs either under or behind their own torso. Trying to put a leg ahead of the body causes two problems. One obviously is the danger of stepping on one's partner's feet. The other is more subtle. Putting a leg ahead of the body has a counter-reaction of moving the body back from the leg, and destroys the consistency of torso contact required for the leading and following language.

Once the partners have learned the words of each other's language, they still have to agree on the phrasing and the punctuation. This is like the placement of things like commas, full stops, and exclamation marks. These are where the movements speed up, slow down, dwell or even stop for a moment. Until the partners agree on these, the couple will rattle, looking like a train with the engine shunting its trucks.

Learning any language takes time and inclination. If a couple has a repertoire of say two dozen figures in a particular dance, the man must decide and learn how to lead each of these figures unambiguously. The lady needs patience to dance with him while he works out each of these leads. Then he needs patience while his partner learns his leads and adapts her responses. They both need the trust of the lady in the man's ability to choose and lead figures that are appropriate. Trust needs to be earned, and takes time to develop. None of this is easy. But there is great joy to be had when the couple can dance together, and their souls can join with that of the dance.

(written 25 August 2012, updated 29 September 2012)
A cross-generational documentary in which filmmaker Joshua Marks sets out to find out more about his grandparents – what drives them, what fears and hopes they have. Over a two-year period, with a great deal of humour on both sides, they exchange ideas and challenges. It’s a journey of awareness in front of and behind the camera. Gradually, we ask who is the real subject of the film, who is really in control?

The minutiae of the grandparents’ lives seems initially to loom large. Joshua discovers that these mundane matters and uneventful events can be matters of real importance, even of life and death.

As a study of family dynamics, this good-natured and affectionate film raises issues that have broad relevance beyond the particular individuals involved. My Grandparents makes a valuable contribution to discussions of youth and ageing. It is a charming portrait of three strong characters in their 80s, by a grandson in his 20s.

What did the three octogenarians learn in the six decades before Joshua was born – and what have the four of them learnt since?

SURROGATE GRANDPARENTS NEEDED BY MANY FAMILIES

Find a Grandparent, the not-for-profit service that connects seniors with young families is urgently looking for fit and active persons over 50 to become surrogate grandparents.

There are currently 31 families who have signed up on the Find a Grandparent website. They are eagerly waiting to find a surrogate grandparent for their children. And the company frequently receives requests from interested families who will sign up as soon as a surrogate grandparent in their area has signed up as well. So if you want to be part of a young family with children and start a wonderful relationship that can last for many years consider becoming a surrogate grandparent.

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. Memberships for surrogate grandparents are free but the grandparents need to provide a current National Police Check at their own cost. The company also developed guidelines for families and grandparents to assist them at the first meeting with their new family/grandparent.

A surrogate grandparent can be anyone who loves young families and would like to give them some of their time. In return they will have the opportunity to make a big difference in the lives of a young family. Through the Find a Grandparent website potential surrogate grandparents can find a young family that needs them, wants them to spend time with their family and that will bring joy and fulfilment into their life.

Sign up now - because only if you are visible on the Find a Grandparent website will families be able to see that you would like to become a surrogate grandparent and they might sign up as well. So if you are looking for an experience that will give you many laughs and happy moments and that will help keeping you young have a look at ...

www.findagrandparent.org.au  FindaGrandparent
This is Part 1 in the Wellness Trilogy with 4 Ingredients Diabetes and 4 Ingredients Allergies to follow later this year.

www.4ingredients.com.au
Cats. You either love 'em or hate 'em. But what happens when Mom loves cats and Dad detests them? In ‘That Cat Can’t Stay’, Mom keeps adopting stray cats while Dad’s objections get more and more absurd:

"Mom found a little calico. / Dad said, “That thing has got to go. There's no use begging. Don't say please. / I don't like cats. They scratch my knees. They carry fleas. They make me sneeze. / They're always getting stuck in trees. I want it gone. Send it away. / I'm telling you, that cat can’t stay.”

Clever Mom convinces Dad to let each cat stay for a short time, and once they’re comfy in the house, they never leave. One stray, then two, then three, and Dad is at his wit's end. When stray cat number five moves in, Dad finally takes a surprising stand. Dog-lovers, cat-lovers, and even cat-haters, will love this funny, heart-warming book.

DENIAL:
ROADBLOCK TO BETTER HEALTH AND BETTER CARE.
BY IRENE OLSON, FREELANCE WRITER & BLOG AUTHOR
www.babyboomersandmore.com

Initially believing that your loved one is simply having a little problem with her memory might be an accurate sentiment. Still believing that to be the case two years later doesn’t benefit anyone – the least of which is your loved one.

Imagine denying a person’s cancer diagnosis. There's no need to treat it. She just has an uncontrolled division of abnormal cells in her body. IT'S NOT THAT BAD. WE'LL DO SOMETHING ABOUT IT WHEN IT GETS REALLY BAD. Most people would not follow that path.

But Alzheimer's disease, and other dementia, are no less serious. As a matter of fact, unlike some cancers, Alzheimer's disease is always fatal because there is no cure and no potential for one at this time.

Most people would spring into action upon receiving a cancer diagnosis: learning as much as possible about the disease; taking measures to curtail the cancer's effects on their lives. For some reason, however, when a person receives an Alzheimer's diagnosis there is a self-inflicted stigma attached to it; as if the afflicted person brought the condition on themselves. This is an unfortunate perception and one that should be put to rest.

THREE MAJOR REASONS WHY ONE SHOULD ACT ON AN ALZHEIMER'S DIAGNOSIS:

- THE WINDOW OF OPPORTUNITY TO START EARLY DRUG THERAPY CAN BE A NARROW ONE.
When symptoms become consistent and more than just a “senior moment” it's time to seek medical assistance. It’s important to rule out any cause other than dementia. Some medical conditions, and some types of medication, can mimic cognitive decline. All the more reason to act early to rule out what might be a readily fixable temporary condition.

If after a thorough medical examination – and perhaps neurological testing – are completed and you receive a diagnosis of Alzheimer's or other dementia, you can then start treatments and/or make adjustments to your household that will minimize the disease's impact on your lives. Now you’re in the driver's seat – regaining some control over the disease.

- THOSE CLOSE TO YOU NEED TO BE INFORMED.
As mentioned in my article, “Caregiving: The Ultimate Team Sport” (GDM Spring 2012) you can’t assemble a care team if you’re ignoring the needs and challenges facing you and your loved one. Let your family and close friends know early-on what you need from them. Partner with them to become a formidable force upon which you can rely. You need support. You cannot do this on your own.

- ATTEND A LOCAL CAREGIVER SUPPORT GROUP MEETING.
Alzheimer's Australia, www.fightdementia.org/au (contact National Dementia Hotline at 1800 100 500), provides extensive resources and offers support group meetings in most states and territories. These groups become a practical venue wherein you can learn how other caregivers handle the challenges of managing the disease. If there is no designated Alzheimer's Australia caregiver support meeting in your geographical area, check with local hospitals and clinics. These facilities may very well hold similar meetings run by trained professionals or volunteers that can provide the resources that you need.

I cannot emphasize enough how much you will benefit from attending a support group comprised of those who are going through similar circumstances. Do yourself, and your loved one, a favour by giving it a try. You won't regret it.

If you or a loved one has received an Alzheimer's/dementia diagnosis, you’ve just entered one of the most difficult chapters of your life. You deserve all the support and medical attention you can get. Ignoring the condition doesn’t make it any less real, so please take the steps needed to effectively manage this stage of your life.
James Neate

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 at www.virr.com.au

Welcome to Aimless Designs

Hi I'm Amy and I'm a 50AHM with 3 beautiful boys. I decided to make homemade cards after I couldn’t find what I wanted in stores. I love giving homemade cards and find them a lot more personal.

I also make frame magnets that can be personalised with a name and picture that can be hung on a wall or displayed on a bookshelf. I have many designs and many more to come.

Please feel free to contact me with your requests whether it’s a birthday, thank you or mother’s day card, your personal input can be incorporated into a design especially for you.

Email - aimless@internode.on.net
Facebook - www.facebook.com/aimless.designs

GRAND LOVE

Grandparents Raising Grandchildren

Songs from the world premiere of "Rumpelstiltskin: A new spin on an old tale", by writer/performer Michael Mills. Premiering at the Adelaide Festival Centre in 2012, and then toured throughout the Adelaide Metro area, the show was described by one teacher as "The best show my I’ve taken a class to in 20 years"

http://www.cdbaby.com/cd/michaelmills

Little one’s hand knitted toys and clothes. Some ready made but if you cannot find what you want then we make to order!

www.facebook.com/KnitterKnatter
www.grandlove.weebly.com

while travelling overseas, the bag he was using just did not come up to expectations.
Before doing my general nurse training, I was a cadet nurse looking after sick children. Once a month they had a film show, their beds were wheeled into a recreation room and a gentleman called Mike Stevens brought a projector and screen to show everyone the films.

He told me he had 6 sports cars, yeah right! All of them all red and all Ferrari's. AS IF! I thought he was crazy. However the day after the film show he arrived in a red Ferrari to take me for a spin in the countryside!

Matron's permission had to be granted but she liked Mike, so with stern warnings to behave and not be late back we went for the ride of my life.

In the 60's in the English countryside there were no speed limits so we did over 150 mph my heart in my throat and I feeling as if my bottom was going to scrape the road surface.

It was the first of many thrilling adventures over the years! Mike took me to Brands Hatch and Silverstone race tracks, in his huge pantechanicle which held the racing cars. He had a fantastic deluxe caravan on site and my Mother & Father actually let me go! He had been a professional racing driver but had given up after a bad crash.

Mike was 34 when I met him, twice my age but this seemed to assuage my parents’ concerns and they trusted him to be an honourable gentleman with their younger daughter.

He lived with his parents in a mansion called “The Gables” at Huntingdon. It had several stables and a swimming pool, rare in England in those days.

His father owned a huge factory, which manufactured cardboard boxes and Mike managed it. Never underestimate the value of cardboard! Millions! But then there was no plastic back then. Everything was packed in cardboard.

He had a film studio and made films of the races as well as doing still photography. He gave me a German camera, a Voitlander Vitomatic which had to be adjusted for light and speed as well as focus.

MIKE INTRODUCED ME TO FINE DINING, - ESCARGOTS, CHATEAUBRIAND STEAKS, BURGUNDY WINES, CHATEAU YCHEMME AND BLUE CHEESE. I WAS VERY, VERY IMPRESSIONABLE AT THAT AGE.

One day he kissed me passionately and the next day a Royal Crown Derby goblet was delivered with a note, apologizing for him taking such advantage of me!

My mother was so impressed, “Well” she said, smiling “just a kiss! If you come home one day with a mink coat I’ll know what you’ve been up to!”

He did propose to me and said I could have a Ferrari for a wedding present, he had the number plate made with my initials 4PH.

But I was not in love, I didn’t even really fancy him, he was shorter than I was, going bald and yes, 14 years older than I. (And a multimillionaire!)

I must have been mad! But very idealistic and romantic.

Friends said “think of the money” but although it was nice to go to the places he could take me, I just couldn't bear to think of marrying someone I wasn’t crazily in love with.

We were friends until I came to Australia eight years later, when he gave me a beautiful Gold bracelet, a choker with real pearls all the same size, and an emerald ring. All hidden in an empty “Black Magic ” chocolate box, with the strict instruction not to open it until the ship had left Southampton.

HE DIED ABOUT 13 YEARS AGO, IRONICALLY NEVER MARRIED AND LEFT ALL HIS MONEY TO CHARITIES, EXCEPT FOR ONE THING …

A MINK COAT!
FLORENCE MAUD BROADHURST (1899 – 1977) was an enigma and a legend whose exhilarating legacy, a design archive, is making waves globally today. Born on a quiet, remote rural station in Queensland, she blossomed to live in various places around the world in a series of vivid, fantastic lives as colourful and unique as her now famous print designs. During the Roaring Twenties she sang across the Far East's colonial reaches and ran a finishing school in Shanghai. In London she became ‘Madam Pellier’, a French couturier proud to dress the rich and famous. She joined the Australian Women’s Voluntary Services to assist Australian soldiers during World War II.

Moving back to Australia, she became an aristocratic English lady, an entrepreneur, society figurehead, landscape painter, founding member of the Art Gallery Society of NSW, a member of the Society of Interior Designers of Australia and taught printmaking and sculpture at the prestigious National Art School! With every incarnation Florence became somebody new – new hair colour, new accent, new history. Even, on occasion, a new name.

At the age of 60 she did it again, launching in Sydney her defining venture – an internationally successful, luxury, hand print wallpaper business. Announcing she would “colour Australia”, she in fact re-drew the world, finding full voice in a whirlwind of creativity that projected her travels and influences. Her archive grew to over 500 images ranging from tapestries to geometrics, florals, psychedelic and delightfully eccentric Chinoiserie.

At the age of 78, Florence Broadhurst died in an unsolved murder at her Paddington (NSW) studio. Florence's unique and mesmerising life naturally attracted writers and movie makers. She was the subject of a multi-award-winning internationally published biography ‘Florence Broadhurst: Her Secret and Extraordinary Lives’ by Helen O’Neill; and ‘A Life By Design’ by Siobhan O’Brien (2004). The acclaimed director Gillian Armstrong’s ‘Unfolding Florence’ documentary (2006) was the only Australian film chosen to be screened at Robert Redford’s Sundance Film Festival that year.

Today, thanks to the passion of the custodians of her works, Sydney’s Signature Prints and Signature Design Archive, Florence Broadhurst has stepped back onto the international stage with designs that transcend fashion – so boldly glamorous and versatile that they speak to innovators in every field. Her delectable wallpapers are re-released to add their distinctive splendour to homes internationally. Her designs appear in coveted items by global luxury brand Kate Spade, fashion gurus Akira Isogawa, Nicky Zimmermann and Karen Walker; Cadrys Handwoven Rugs and gift stationers The Wild Colonial Company.
NEW SOUTH WALES SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 15 April to 26 April
Term 2 holiday: 1 July to 12 July
Term 3 holiday: 23 September to 7 October
Term 4 holiday: 23 December to 27 January 2014

QUEENSLAND SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 29 March to 12 April
Term 2 holiday: 24 June to 5 July
Term 3 holiday: 23 September to 7 October
Term 4 holiday: 16 December to 27 January 2014

TASMANIA SCHOOL HOLIDAY CALENDAR 2013
Easter break: 29 March to 2 April
Term 1 holiday: 8 July to 19 July
Term 2 holiday: 30 September to 11 October
Term 3 holiday: 23 December to 3 February 2014

WESTERN AUSTRALIA SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 20 April to 5 May
Term 2 holiday: 6 July to 21 July
Term 3 holiday: 28 September to 13 October
Term 4 holiday: 20 December to 2 February 2014

SOUTH AUSTRALIA SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 15 April to 26 April
Term 2 holiday: 8 July to 19 July
Term 3 holiday: 30 September to 11 October
Term 4 holiday: 16 December to 27 January 2014

NORTHERN TERRITORY SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 8 April to 12 April
Term 2 holiday: 24 June to 19 July
Term 3 holiday: 30 September to 4 October
Term 4 holiday: 16 December to 28 January 2013

VICTORIA SCHOOL HOLIDAY CALENDAR 2012
Term 1 holiday: 29 March to 12 April
Term 2 holiday: 2 July to 12 July
Term 3 holiday: 23 September to 4 October
Term 4 holiday: 23 December to 27 January 2014

AUSTRALIAN CAPITAL TERRITORY SCHOOL HOLIDAY CALENDAR 2013
Term 1 holiday: 15 April to 26 April
Term 2 holiday: 8 July to 19 July
Term 3 holiday: 30 September to 11 October
Term 4 holiday: 23 December to 30 January 2014
**GRANDPARENT OF THE YEAR AWARD SPONSORSHIP**

Offering valuable opportunities to be recognised as a proud Supporter of the GRANDPARENT OF THE YEAR AWARD

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**Award Nominations are accepted between 1 June and 31 August.**

The Wiltshire Art of Baking Magic Whisk (RRP $9.95 from Woolworths) mixes and aerates any liquids and can be used even in drinking glasses with protein powders or shakes.

Avoid the painful wrist action associated with whipping up cream or whisking egg whites by adding the new Wiltshire Art of Baking Magic Whisk to your kitchen gadgetry! This nifty utensil operates by a pumping action that requires just one hand.

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