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MARY WHITE
Co-founder
& Co-editor

MARSHA DEARDEN-CADD
Co-founder
& Co-editor
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.

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 Spring 2013 issue.

The weather has started to turn warm and it’s time for that big cleanout to get ready for Summer...and that means that Christmas is just around the corner! How fast is this year speeding by?

Please contact us at info@grandparentsdaymagazine.com to offer your insights, experiences, and comments. Have a story or photos you’d like to share - we’d love that too!

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

We hope you enjoy the read!!

Warmest regards,

Mary & Marsha
Grandkids need help with Math?
Or maybe you do...then visit
http://au.ixl.com/

NOMINATIONS FOR OUR 2013 AWARDS ARE NOW CLOSED!

Winners will be announced on
Sunday 6 October, 2013

www.grandparentoftheyearaward.com

WE HAVE PASSES TO THESE MOVIES TO GIVEAWAY...

Email
info@grandparentsdaymagazine.com
for a chance to win!

ARE YOU A ‘LATE BLOOMER’?

Is there something you always wanted to do - but didn’t get around to it until later in life? Read about some ‘LATE BLOOMERS’ in this issue. We’d like to make this a regular feature and would love to share your experiences or those of a ‘LATE BLOOMER’ you know.

You can contact us at info@grandparentsdaymagazine.com.
At the 2013 Australian Federal Election members will be elected for the 44th Parliament of Australia. At federal level, Australia has compulsory voting (since 1925) and uses a preferential ballot system (since 1919) in single-member seats for the House of Representatives and a single transferable vote system (since 1949) with optional group voting tickets (since 1984) in the proportionally representative Senate. The election will be conducted by the Australian Electoral Commission (AEC).
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 well placed to really make a difference!

Problems & Solutions
Support & Resources
Topics & Issues
We are receiving quite a few comments of support for a National Grandparents Day on our AUSTRALIAN GRANDPARENTS DAY Facebook Page. Why not stop by and let us know what you think...

www.touchedbyolivia.com.au
I would like to thank Marsha Dearden Communications for holding the Grandparent of the Year Awards. The work we are doing in Tasmania is really important and it is fantastic to see organisations like Marsha Dearden Communications doing things that shed some media spotlight on our cause. I would also Congratulate Dorothy Nash on being the 2012 Grandparent of the Year. Each and every Grandparent deserves an award for the help they are giving to their grandkids.

I’m very lucky to have received this award – I didn’t ask for it nor did I expect it. I guess that is the wonderful thing about the types of people I work with – all are doing this because they want to help and because they want to make the road easier for the next person. I know that this is why I’m continuing to fight for the rights of grandparents all around Tasmania and Australia.

My grandchildren are all grown up now – though I am called on to help them with bits and pieces – I’m currently helping my eldest grandchild renovate a house! Something else I wouldn’t have expected to be doing at my age.

I still feel that the Grandparents need a voice. They need someone to help them in times of hardship and stress. The work that professionally trained people do is amazing and wonderful but I feel I can give something different. Something that those people may not be able to – and that is personal experience.

I know what it is like to be left with children in the early hours of the morning and have no idea where to start with getting help. I know the feeling you get when you realise that these kids are going to stay with you … for a time frame currently unknown. I know the feeling of thinking its all too much and “I can't do this at my age”. I know all of this because I’ve been there and I’ve done that.

My granddaughter tells me that I’m also not shy from backing down from a fight - so long as its worth having. So I feel comfortable doing what I do currently and I’m just happy that these grandparents can call me and I can tell them where to go next – I know that when it was me we didn't have a contact to talk to or someone to tell us everything would be okay and to call this person.

Together with the Grandparent Advisory Council (GAC) we are working to raise the awareness of just how many grandparents are caring for their grandchildren – this is something that even we are still learning the true figures of in Tasmania.

We will continue to fight for the equality and continue to fight to have grandparents given the same rights as any parent does – because when you care for a grandchild permanently you become the parent!

I received my award at the Glenorchy City Council Australia Day Celebrations and we enjoyed a BBQ after the formalities too.

I have many people to thank, the list is too long to name here but to everyone who helped me along the way thank you!

To the Glass Design Studio at the Jam Factory in Adelaide – thank you for the beautiful prize.

I would like to see these awards continued as it gives you great pride in receiving the award for the work and efforts that you put in to your family and the community.

John Ward, President, Grandparent Advisory Council
5 Stourton Street, Rosetta, Tasmania 7010
(03) 6272 6239 / 0419364433
2012 community service
Grandparent Of The Year

John Ward

2012 Grandparent Of The Year

Mardi Nash
GOTYA 2013 winners will be announced on Sunday October 6!

The core of the Glass Studio at Adelaide’s JamFactory is its training-through-production program which provides practical, vocational training orientated around design and production of glass objects.

WE VERY MUCH APPRECIATE THEIR GENEROUS ANNUAL DONATION OF THE AWARDS FOR OUR GRANDPARENT OF THE YEAR AWARD WINNERS.

THANK YOU TO EVERYONE WHO NOMINATED THEIR FAVOURITE GRANDPARENT OF THE YEAR FOR 2013!
A two-decade study found the quality of relationships between the two generations has measurable consequences on the mental well-being of both. The researchers looked at 376 grandparents and 340 grandchildren, and tracked their mental health from 1985 to 2004. They found that both grandparents and adult grandchildren who felt emotionally close to the other generation had fewer symptoms of depression.

"Extended family members, such as grandparents and grandchildren, serve important functions in one another's daily lives throughout adulthood," said study researcher Sara Moorman, professor of sociology at Boston College. The relationships between extended family members may be more important today than they've ever been, the researchers said. As life expectancy is increasing, generations co-exist for unprecedented long periods of time, and they can be sources of support, or strain, across people's lives, the researchers said.

"NOW, YOU CAN BE 40 YEARS OLD AND STILL HAVE ONE OR MORE GRANDPARENTS LIVING, WHICH IS HISTORICALLY REALLY NEW," Moorman said.

For the study, which was presented at the 108th Annual Meeting of the American Sociological Association in New York, the participants filled out surveys every few years, answering questions such as how often they helped each other with housework, gave or received rides to the doctor's office or grocery store, and how well they got along. Participants also reported how often they felt depressive symptoms such as sadness and lack of appetite.

The average grandparent in the study was born in 1917 and the average grandchild in 1963, making them 77 years old and 31 years old, respectively, at the midpoint of the study in 1994. The results showed that besides the positive mental-health effects of having an emotionally close relationship, it is important for grandparents to be able to reciprocate the help they receive from their grandchildren, according to the researchers.

"Grandparents expect to be able to help their grandchildren, even when their grandchildren are grown," Moorman said.

Among the participants, grandparents who felt independent, gave their grandchildren advice and bought them an occasional gift or paid for lunch had fewer depressive symptoms, whereas grandparents who only received help, without reciprocating had increased depressive symptoms. The findings also showed it is important for grandchildren to help their grandparents remain independent, and maintain a two-way, supportive relationship, in order to ward off the detrimental effects of aging on the mental and emotional well-being of the older adults.

"All people benefit from feeling needed, worthwhile, and independent. In other words, let granddad write you a check on your birthday, even if he's on Social Security and you've held a real job for years now," Moorman said.
The new BISSELL Power-Fresh™ is a steam mop with a difference, complete with advancements that make cleaning up sticky household situations so much easier, faster and even freshly scented!

To learn more - visit www.BISSELL.com.au

BISSELL PowerFresh™ Steam Mop (RRP $269) is a quality-made product backed with a limited two year guarantee and a 30 day money back guarantee. It is available at Harvey Norman, The Good Guys and other major electrical retailers.

I thought "clean eating" meant devouring cupcakes while mopping the floor.

sex·tant (skstnt) n.
A navigational instrument containing a graduated 60-degree arc, used for measuring the altitudes of celestial bodies to determine latitude and longitude.
HAVE YOU EVER STOPPED TO WONDER WHAT MIGHT HAVE HAPPENED IF YOU’D TAKEN A CHANCE, STEPPED THROUGH A DOOR, MADE A PHONE CALL, WALKED UP TO A STRANGER?

TAKE A CHANCE...

HAS ANYONE SEEN THE MOVIE SLIDING DOORS? Its basic premise is that had we made another choice at a particular moment in time, our lives would turn out completely different.

I love exploring ‘what if’ scenarios. Not in a maudlin ‘if only I had…” type of way but in a curious, let my imagination run wild sort of way.

I realize this is deeply imbedded in both my conscious thought and my sub-conscious mind as only a few weeks ago I had another dream along these lines. In the latest one, I was traveling back and forth in time with a mission to change just one small thing. Like making sure someone didn’t have a pen to write a number down. Or stepping in front of a person in a line to get served first. It was an experiment to see what would change, and to see if the thing destined to happen would happen another way. And, of course, being an dreamer and a sci-fi one at that, there were anchor points in time where you could reset things back to how they were and then start the experiment again. Um, are you still with me?

Anyhow, this got me thinking as to where my anchor points might have been in my life and what journey I might have taken if just one little thing had changed. For instance, if I hadn’t gone to the Art Directors Ball would I still have fallen for my husband? Would we have met another way, through a different friend? Or if I hadn’t sat down next to a particular curly haired girl in year 8, simply because she smiled at me when I walked into the classroom, would she have ended up as my best friend at school and throughout my life?

There are so many scenarios to play with – and I realise that looking at my own life they all revolve around a moment where I chose to take a step forward, take a chance, lean into the future, and make a choice. Not big steps or choices – just little tiny totters on tippy toes. Being brave enough to be me. I also recognize those times where I might have been braver and will never know what might have been. An opportunity lost to explore some other path, perhaps.
Even as I write this I become more aware of the thousands of choices all of us must face each and every day....

Should I say hello to that stranger in the lift?

Maybe put my hand up?

Step forward?

Make a call?

Stop for a coffee?

It’s kind of magical and mysterious all at the same time, not knowing what each little thing may lead to, don’t you think?

Of course, it’s one thing to think these things and another to say them out loud (or write them down!). My family just thinks I’m a little loopy – or that I’ve watched too many episode of Doctor Who.

But you know, the way I see it, even the smallest of things make life wonderfully exciting, simply bursting with new possibilities.

Who knows where tomorrow may lead!
Our biggest fear –

loss of independence

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

A full-page newspaper ad for hearing aids, walkers, and safe bathtubs drew my attention the other day with the catch phrase: “Seniors fear loss of independence more than death.”

I agree with that statement, even though the final act of death brings its own fear level centred on how it will occur or whether or not it will be painful. But the loss of independence creates greater fear in me because of what it could mean, namely:

• perhaps having to move out of my private residence into a long-term care setting;

• having my car keys taken away from me and being reliant on others for all of my transport needs;

• being told what to wear, what and when to eat, and when to get up and go to bed;

• not being able to bathe privately; reliant on someone else to make sure I get the job done right;

• speaking of which, needing assistance on the toilet – something I’ve always considered to be a very private matter;

• you name it – anything for which I am reliant, dependent, or beholden to someone else, scares me half to – well – death!

But maybe that’s just me. Maybe I’m very sensitive to this issue because of my work with vulnerable adults over the years. I asked friends, family, and others with whom I am acquainted what stands out as their greatest fear in their later years.

Here is a summary from my query:

• loss of independence which oftentimes involves chronic illness and/or dementia that might drain the household’s finances;

• placing the burden of my care upon my spouse;

• loss of mobility;

• flatulence! (I couldn’t resist listing the last response because it made me laugh while contemplating a subject matter that brings little humour to the table.)
HOW CAN WE AVOID A COMPLETE LOSS OF INDEPENDENCE?

IF YOU DISCOVER THE MAGIC FORMULA, PLEASE LET ALL OF US KNOW. AS FOR ME, I’M CONCENTRATING ON THE HERE AND NOW IN PREPARATION FOR THE FUTURE.

HERE’S MY FORMULA:

• exercise like your life depends upon it – because it does. Participate in a variety of exercise options to which you know you can commit. You should do what works for you – not what everyone else is doing. For my 60th birthday, my daughter Erin gave me five Bar Method exercise sessions that we did together. I had avoided all of Erin’s suggestions to try this type of exercise that is a combination of yoga, Pilates, and ballet bar moves thinking there’s no way my body could survive even one hour of that type of torture. Well readers – I was wrong. It didn’t kill me, nor did it disable me. These exercises proved to me that I can do more than I thought I could do. I bought another package of Bar sessions for myself and now I’m a regular at the exercise studio. I’m the oldest one there, but rather than being embarrassed by that fact, it makes me quite proud of myself;

• enjoy the food you eat but don’t be addicted to it. You know the adage – “Eat to live, don’t live to eat”;

• use your brain in ways that you don’t normally use it: puzzles, word games, or games that require a quick physical response on your part – eye hand coordination is key. There’s still no fool-proof method of preventing Alzheimer’s, but you’ll feel better about yourself if you continue to challenge what you know – and what you don’t know;

• seek peace amongst the chaos. What activity brings you peace? Meditation? Reading? Spending time with friends? Observing nature at its finest while hiking, walking, or taking a drive? Volunteering for a worthy local organization? You still have much to offer – so don’t you forget it!

WHAT IS YOUR FORMULA?

We’re all in this together – regardless of how far from each other we live – so let’s work together towards attaining the goal of remaining independent as long as we possibly can.

Ask your friends, neighbours and other acquaintances what they’re doing to avoid a loss of independence. Talk about it, decide what works for you, and give yourself the gift of independence. It’s a gift that will keep on giving.

Isn’t that better than having something taken away from you?
The TeTika® skin care range contains ingredients that have been carefully selected for their purity and effectiveness in promoting beautiful, healthy looking skin. Powerful plant extracts, antioxidants, vitamins and minerals have been added to boost age-defying skin benefits. TeTika® products do not contain parabens preservatives, mineral oils, formaldehyde derivatives, SLS/SLES, synthetic colours, animal derived fats or other harmful ingredients.

TeTika® products have been tested by a certified, independent laboratory and are suitable for all skin types, including sensitive skin. Products have been tested on people not animals.
The only fire brewery in Australia
Full flavour handcrafted beer, unfiltered, undiminished, untamed and unbelievable!

Dude, it's so Good!

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.

www.prancingponybrewery.com.au

Basil - Rosemary - Chilli & Garlicavedured

6 garlic cloves, crushed
2 tablespoons each lime juice and sweet chilli sauce
1 tablespoon honey
800g green prawn cutlets
2 x 250g punnets small cherry tomatoes
2 bunches asparagus cut into 3cm lengths
18 Wiltshire Bar-B-skewers, flavour infused

Combine garlic, lime juice, sweet chilli sauce and honey in a large bowl.
Add prawns, cover and chill for 10 minutes.
Thread prawns, tomatoes and asparagus pieces alternately onto skewers.
Brush with marinade.
Preheat a barbecue plate over medium heat until hot.
Cook skewers in batches for 2 minutes each side until prawns are cooked through.
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.

HOW TO STOP YOUR DOG FROM DIGGING

There are a number of ways to stop your dog from digging.

1/ Lay mesh beneath the surface, this is fine if you are laying a new garden, but may not be practical if you have an established garden.

2/ Lay pepper on the surface.

3/ Build a sand pit, bury some of your dog’s toys in it, & encourage him/her to dig for them.

4/ If you have enough room in your garden, build an enclosure for your dog, this needs to be an area that you don’t mind the dog digging in.
PUPPY TRAINING...SOME THINGS YOU NEED TO KNOW.

No doubt you want your puppy to be well trained as an adult - so start his/her training while he/she is young, so that he/she doesn’t pick up bad behaviour.

Puppies have a short attention span - so they need a lot of repetition.

Pups are capable of learning more things more quickly than adult dogs.
(That’s not to say that adult dogs can’t be trained - they can.)

Dogs, like people, learn at their own pace, some learn quickly - while others take longer to learn.

HERE ARE SOME THINGS TO REMEMBER WHEN TRAINING YOUR PUP...

1/ Be patient & give your pup breaks. Keep the training sessions short, you should do more than one session a day.

2/ As stated above, pups learn by lots of repetitions, don’t get frustrated if your pup isn’t learning as fast as you would like, be “persistent, consistent & patience”.

3/ Make the training fun, if the pup is bored with the training, it isn’t going to want to train.

4/ Always reward the good behaviour.

5/ Some trainers don’t believe in correcting pups, I would suggest that if you do use a correction, make it a mild, not a hard correction as you don’t want to make your pup fearful.

Have a great day,
Bob
And that's exactly what happens to one very lucky boy at the beach. Dad is busy sunbathing and Mom is busy with her book, so the boy and dragon roam the beach together, flying a kite, braving the waves, and roasting marshmallows.

But no one believes him when he shares the news of his magnificent dragon: Mom only hears the roar of the ocean, Dad thinks the dragon feather is a seagull feather, and know-it-all sis claims there's no such thing as a dragon.

That's when the sandwiches mysteriously disappear, claw prints are found in the brownies, and dragon-giggles erupt from the strangest of places. Heh-heh-heh.

Is there truly a mischievous dragon running around on the beach or is someone's imagination running wild? Decide for yourself When a Dragon Moves In.

If you build a perfect sandcastle, a dragon will move in.

When a Dragon Moves In
Written by Jodi Moore,
Illustrated by Howard McWilliam
At home with Dad, Matty makes glue glasses, glue moustaches, and glue bouncy balls. But at school, Matty’s art teacher worries and warns, “Too much glue never dries.”

In art class one day, Matty decides to make the most fantastic glue project ever, with a super-special ingredient - himself! Ignoring his teacher’s warnings, Matty belly-flops onto the glue-covered table, rolls all around in the sequins and glitter, and encounters an unexpected glitch - when he tries to get up, he boings right back into the slippery, sticky mess!

This calls for a dose of imagination and a little help from friends. They try a gigantic toy truck, some yarn lassoes, and dabbing Matty with everything in the nurse’s bag – but each wacky attempt only makes things worse! Finally Matty gets an idea from his hyperventilating teacher. Will it work, or will Matty be a half-boy, half-art project stuck- to-a-table forever?

Matty LOVES glue.

Too Much Glue
Written by Jason Lefebvre
Illustrated by Zac Retz
When one mentions the country of Scotland people always mention whiskey, golf and kilts. We have now been in Scotland a month and they are also the land of castles and legends and myth.

Prior to the 2006 release of the movie, Rosslyn Chapel received 20,000 visitors per year. Today the chapel receives over 170,000 visitors per year. One should never underestimate the power of a good Scottish legend.

One of our stops thus far has been to Rosslyn Chapel, made famous by Dan Brown in the book, The Da Vinci Code. This incredibly beautiful chapel is located in the tiny town of Roslin about ten miles south of Edinburgh. Rosslyn Chapel was founded in 1446 by Sir William St. Clair, the 1st Lord of Roslin. The chapel remains privately owned by the St. Clair family, and regularly scheduled Sunday services of the Scottish Episcopal Church still take place.

However, it is the amazing number of intricate carvings and details that are spread throughout the church which makes a visit here more like a scavenger hunt to see how many of them you can find. It took forty years to build the chapel. Originally, there were over 200 statues mounted on both interior and exterior walls. Unfortunately, these statues are now missing, but one can count the spaces where they should be located.

Fans may remember a scene from the movie The Da Vinci Code that was filmed at Rosslyn Chapel. To aid the film’s plot, a Star of David was mounted over the entrance to the chapel crypt. After filming the prop was removed. However, the adhesive used left a circular mark over the crypt entrance. To this day the chapel guides refer to this mark as The Circle of Hollywood.

Some say the Knights Templar came to Scotland and buried priceless treasures like the Holy Grail and the Ark of the Covenant beneath the foundation of Rosslyn Chapel. No one knows if this is true because the St. Clair family has never allowed excavation of the chapel’s foundation.
We are the new breed of expats, known as the ‘6 Monthers’. 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.

The odd faces and symbols evident throughout the chapel have given rise to some interesting myths and legends. For example, there are over one hundred Green Men hidden among the many carved figures on the walls, although we only found two on our own. The significance of the Green Men is open to speculation. One account has it that they represent Adam, whose son Seth buried him with the seeds of the Apple of Knowledge that got him and Eve expelled from the Garden of Eden, and that they literally grew out of his body as a symbol that God was gracious and forgiving.

Our favourite story is the one about the Mason’s Pillar and the Apprentice Pillar, which stand opposite one another on either side of the main altar. The Master Mason created a wonderfully crafted pillar, and then went abroad to study more advanced mason artistry in order to surpass his previous work. In his prolonged absence, his apprentice is said to have had an image appear to him during his sleep of a spiral pillar that inspired him to create one. Since he did not yet possess the skill and experience to create this pillar, some believe it was divine intervention that gave him the vision and the skill to complete the project. When his master returned to Rosslyn Chapel and saw the finished pillar, he was so enraged with jealousy that he struck the apprentice with a mallet and killed him. He was later hanged for the murder.

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.
ZOKU SLUSHIE MAKER
Make Slush Fast! (and milkshakes too) with the Zoku Slush & Shake Maker! This high-performance, design driven slushy maker can make healthy slushies, milkshakes, frozen alcoholic drinks (yeah!), and fruit smoothies in as little as 7 minutes on your countertop. the possibilities are endless! The Slush & Shake Maker is designed to store easily in your freezer so it is always ready to use. To use, remove the frozen inner core from the freezer and place it in to the outer sleeve, pour in your ingredients, mix & scrape the cup with the included spoon, and watch as the slush freezes before your eyes! The Slush & Shake Maker is available in 5 juicy colours! Follow the instructions to see how you can make slushies in minutes!

SLUSH & SHAKE MAKER
Make healthy slushies milkshakes, frozen alcoholic drinks (yeah!), and fruit smoothies in as little as 7 minutes on your countertop—the possibilities are endless! The Slush & Shake Maker is designed to store easily in your freezer so it is always ready to use. Available in 5 juicy colours including red, blue, violet, orange, and lime green.
MINI POP MOLDS lets you create nine mini pops. No need to run under warm water to release - when your pops are frozen, simply pull out your mini pop and enjoy! Mini pops are just the right proportion for small children! The Zoku Mini Pop Molds is great for families, parties, or as an addition to the other Zoku Slow-Pop™ family shapes!

ROUND POP MOLDS lets you create four pops in a unique and fun-to-eat shape.
COTA
For older Australians

Every Generation Festival
1-31 October
‘celebrating positive ageing in the community’
What’s happening near you?
2013 Every Generation Festival
1 to 31 October, 2013

COTA SA is in the midst of planning the 2013 Every Generation Festival and would like to invite all community clubs, groups and organisations across South Australia to hold an event or festivity in October to become a part of this annual state-wide celebration of positive and active ageing.

A community-based, intergenerational Festival, the Every Generation Festival brings the whole community together to celebrate the lives, contributions and achievements of older South Australians, and is a great opportunity for groups to hold events and festivities that interest and inspire their members. COTA SA assists with the promotion of events and provides the opportunity for groups to apply for a small subsidy to help fund their event. Last year, over 1400 events were held across the State and included sporting and fitness events, exhibitions, walks, day trips and intergenerational games afternoons, all wonderful events to encourage us to stay active as we age and link us in with like-minded people. Intergenerational events are especially exciting and rewarding, as we all know the joy of bringing the younger and older members of our community together… truly a win-win situation!

COTA SA also coordinate the Every Generation Festival Awards which honour and recognise individuals and groups that exemplify positive ageing and challenge the societal stereotypes of growing older. Do you know of a remarkable group or organisation or an outstanding individual that exemplifies positive ageing and challenges the stereotypes of ageing in our society? Why not nominate them for one of our Awards? Our Intergenerational Award, sponsored by SA Health, recognises exemplary programs which bring older and younger people together in partnership, perfect for grandparenting groups! All Award Finalists are presented with their Finalist Certificates at the State Launch of our Festival, with winners announced at our Gala Dinner at the InterContinental Adelaide on October 31, culminating the Festival.

If your club or group would like to become an Every Generation Partner, hold an event in October and apply for a Subsidy for this, we would love to hear from you.

And if you would like to nominate an individual or group for an Award, please contact Festival Coordinator, Celeste Prosser on (08) 8339 8581 or cprosser@cotasa.org.au and she will send you out the 2013 Every Generation Festival Information Pack.
We can’t believe that we’re halfway through 2013 already!

Wow, what a year it’s been so far..... First and foremost, we’d like to take a quick moment to thank each and every one of you for your ongoing participation and support. May ended up being a record breaker for the Riverton Centre with over 450 LLLS visits for the month. When you consider that there were less than half that amount of visits for the same month in the previous year, it’s an incredible accomplishment. Well done to all members, we hope that we break many more records together in the future!

So what’s in this newsletter issue? New membership options for one! We’ve spent a lot of time working out how to best address member visitation needs in as cost effective a manner as possible and have introduced a couple of new options for you. Check out the launch page within this newsletter for more information.

The 12 Weeks to Wellness Program is in full swing and is now entering into its final stages. We are getting great feedback about the program and are appreciating seeing Gerry in his element. He sure knows his stuff when it comes to movement and flexibility! The nutrition based mini-seminars have gone well also, thank you to Sarah for taking the time to present those.

We hope you enjoy July’s newsletter! Your feedback is always welcome too, so please don’t ever be backward in coming forward with your ideas and comments.

James

james.hales@canning.wa.gov.au

James Hales | Gym - Fitness Instructor & Personal Trainer
Did you know that you are never too old to start a strength training programme that can prevent a wide range of health conditions such as osteoporosis, arthritis, hypertension and diabetes?

Living Longer Living StrongerTM is an evidence based program that encourages and supports change in the health and fitness sectors to achieve improved health, quality of life and fitness for people aged over 50 years.

The programme is a safe and quality controlled strength training specifically designed for people over 50 to build muscle mass and increase bone density as well as improve strength, balance, gait, flexibility and coordination. The program seeks to maximise opportunities for people to engage in affordable, high quality, results orientated, strength training programs over the longer term.

Each participant is assessed and the programme commences at the appropriate level for each individual. Over the course of 2 or 3 sessions per week, strength training weights are gradually increased.

All instructors are fully qualified and carry a Living Longer Living Stronger accreditation which allows them to run LLLS sessions.

Living Longer Living StrongerTM program optimises conditions for social engagement of participants both to foster compliance with the training program and to minimise the social isolation frequently experienced by those seniors with poor health.

**LIVING LONGER, LIVING STRONGER IS HELD IN AN ATMOSPHERE THAT IS FUN, ENJOYABLE AND WELCOMING!**

Living Longer Living Stronger is an evidence based strength training and exercise program designed specifically for the over 50's. It aims to achieve a reduction in falls, improved health, quality of life and fitness in people aged over 50 years.
Based on the best-selling book, PERCY JACKSON: SEA OF MONSTERS continues the young demigod’s epic journey to fulfil his destiny. To save their world, Percy and his friends must find the fabled and magical Golden Fleece. Embarking on a treacherous odyssey into the uncharted waters of the Sea of Monsters (known to humans as the Bermuda Triangle), they battle terrifying creatures, an army of zombies, and the ultimate Evil.

Featuring: Logan Lerman, Brandon T. Jackson, Alexandra Daddario, Jake Abel, Douglas Smith, Stanley Tucci, Anthony Head, Nathan Fillion

Director: Thor Freudenthal

For a chance to win free tickets to either of these great family movies - simply email us at -

info@grandparentsdaymagazine.com

Good Luck!

Directed by David Soren and from the makers of MADAGASCAR and KUNG FU PANDA, TURBO is a high-velocity 3D comedy about a snail who dares to dream big - and fast. After a freak accident infuses him with the power of super-speed, Turbo kicks into overdrive and embarks on an extraordinary journey to achieve the seemingly impossible: competing in the world’s fastest race, the Indianapolis 500. With the help of his tricked-out streetwise snail crew, this ultimate underdog puts his heart and shell on the line to prove that no dream is too big, and no dreamer too small.

DREAMWORKS

TURBO

IN CINEMAS
SEPTEMBER 19

ANGELÓ AND TITO
Harlan David Sanders. Colonel Sanders founded the Kentucky Fried Chicken company at 65, and went on to become a multimillionaire.

Harry Bernstein published a short story when he was only 24, in 1934, but it was not until he was 96 that his well-received debut novel, *The Invisible Wall*—based on his hard scrabble childhood in England, before his family emigrated to the U.S.—was published by Random House.

Frank McCourt left school when he was 13, working odd jobs to help support his single mother and three surviving brothers. When he was 19, McCourt immigrated to New York, serving in the US army in the Korean War, and then working in docks, warehouses, and banks, sending money home to his mother. After talking his way into NYU, McCourt graduated and went on to teach at a variety of NY schools. He published *Angela’s Ashes* when he was 67. The book went on to earn him a Pulitzer Prize, a National Book Critics Circle Award, and international acclaim.
Stephanie Night didn't sit in a saddle until she was 60 years old.

Now, the 67-year-old community nurse and midwife from Barcaldine in central Queensland is competing on horses at campdrafts and stockman challenges across Queensland, including the recent Horse of the North event in Charters Towers.

Stephanie attributes her ability to learn horsemanship mainly by DVDs and books to her "sheer determination" and the "school of hard knocks".

"I love the partnership. I love the relationship with my horse." I actually do a lot of liberty work with him as well, that's without a lead, and he obeys my queues. Circling, turning, backing, side passing, those sort of things, just from my hand and my voice. "But I also love the challenge, it is really really challenging."

In some cases, you might think it is too late to pursue your dreams. If you listen to others you can be easily influenced by people who say you are too old to start your own business, to be a writer, or to invent the next great thing. People don't know you. They probably don't know anything about you. They may not share your dreams.

If you wait for permission from someone else you might miss opportunities. You know what you are capable of doing. A little fear is fine. But you can go ahead and take those steps towards what you have always wanted to do. The ordinary and the great among us, don't have to be bound by the barrier of age. These “over the hill” success stories are just some of the many people who succeeding in pursuing their dreams later in life.

With the right determination, attitude, and some luck you can see these people are no different than anyone of us. If you are young, have patience, you have a lot to look forward to achieving. If you are older, go for it, knowing today is your day and just maybe we will see you at the top.
As a teenager, Anne Beasley had a future mapped out for her by others. It looked as conventional and uneventful as any young woman growing up in postwar Australia could expect.

The eldest of a large family, it was assumed without question that what money was to spare would go towards the education of her younger brothers. The girls would learn to type, leave school at 15, work for several years, marry and become mothers. Anne obliged.

Now in her 70th year, she is midway through a master's thesis and has worked for the past 10 years as a lawyer, cutting her teeth as a 60-year old graduate in the world of legal aid and honing her skills in the Family Court.

As well as running her full-time legal practice in Coffs Harbour, the septuagenarian is also the regional president of the local law society and sits on the board of a local women's refuge. She is a co-convener of a charity which raises funds for an orphanage in Afghanistan and she creates original pieces of jewellery which are donated to charity auctions.

Advertisement

She continues to be a wife, mother of three and grandmother of seven including one teenage grandson she raised herself during his final two years of high school.

Kathryn Joosten was 42 when she began acting, an age when many actresses are thinking of retiring. She was married, raised a family and had a career as a psychiatric nurse before becoming involved in community theatre in her native Chicago. At 52 she took a job as a street performer at Disney World in Orlando, Florida. At 54 she moved to Hollywood where she found steady work on television. At 60 she got her big break on The West Wing playing Mrs. Landingham, President Josiah Bartlet's personal secretary. That opened doors to guest appearances on dozens of top shows. Her most memorable role was as Karen McCluskey, the meddling neighbour on Desperate Housewives, which she landed at age 66. She won two Emmy Awards (in 2005 and 2008) and was nominated again in 2010.
Grandma Moses. Anna Mary Robertson Moses was a happy, long-time embroiderer until arthritis made that painful and difficult. Instead of the needles, she took up the paint brush at the age of 75, in 1935. Untrained, but in the firm American tradition of primitive art, her paintings were discovered in a drugstore window a la Lana Turner by a prominent collector in 1938, and a New York gallery show led to world-wide fame.
Chantel Motes is an inspiration to women everywhere. She lived in the projects of Harrisburg Oensynvalia for most of her life before reaching adulthood and raising her own three children. At the age of 41, Chantel Motes signed with the IMS modelling agency. In time, she would find herself walking the runway alongside young ladies half her age. Just a year later, Chantel decided to stretch the boundaries and establish herself as an actress. In summer 2012, Chantel invested in her acting career by attending acting workshops and auditioning for plays and film – anything to solidify her brand as an actress on today’s scene. In her spare time, Chantel sings and raps to her own music, with the assistance of producer Aganee, who is known for his work with Justin Beiber.

Rainelle Burton overcame dyslexia, homelessness and depression to publish her acclaimed first novel, The Root Worker, at age 52.
The 100+ Club is a club exclusively for people who have reached the age of 100 years. This club was started in 1993 and is constantly growing and improving. The 100+ Club aims to bring centenarians together at different events so that they may talk to someone their own age and share their memories and stories!

The club is completely unfunded but is run by QCCN and the 100+ Club co-ordinator, Debra. Despite this, there is no joining or membership fees, nor is there any financial cost for centenarians to attend the 100+ Club’s annual events. Membership cannot be bought. The only way a person can join is to have reached the age of 100 years.

WHAT DOES THE 100+ CLUB DO?

The club has annual social occasion, exclusively for 100+ Club members and their carers. The Lord Mayor of Brisbane hosts a mid-year social event and Christmas time is celebrated at a luncheon with club Patron, the Premier of Queensland. Functions are organised for other regions when possible, depending on centenarian numbers and availability.

Other functions are either special requests from the members (one year Eric A wanted to see the polar bears at Sea World and in 2010, Ruth F’s bowls club arranged a special Christmas luncheon) or Local Federal or State MP’s hosting a morning or afternoon tea to celebrate the birthday of a member.

Recently, the 100+ Club has undertaken two very special projects. The first is the 100+ Club coffee table book – a collection of quotes and stories relating to Australian and world history, as told to the club co-ordinator. This book is now completed and is available at www.100plusclubbook.com

Documentarians The Flick Chicks have been following members of the 100+ Club for the past few years and their Documentary - "The 100+ Club: Just Keep Breathing" debuted on ABC1’s compass in July 2012. It became the highest rated Compass Documentary for 2012 and has won two awards; a United Nations Media Peace Award for 'Promotion of Positive Images of the Older Person' as well as an 'Older People Speak Out' Media Award. If you haven’t seen it already, it's a fantastic watch!

More information on the doco as well as details on how to purchase the DVD can be found here - http://www.flickchicks.com.au/100+clubdoco/index
LOVE YOU, 
LOVE ME    by sonia muraca

When we are born we are so pure and unconditional. The love that we have as newborn babies 
is simply so pure and loving. Yet we grow up only for this to disintegrate.

I am 38 years of age and yet I have wasted so much time second guessing myself. Now this is 
not to say that I have it all worked out, what I am simply saying is that the lesson of loving one-
self should come way before it does. A friend and I were discussing this very issue the other day. 
We wished that we hadn’t spent so much time spent in self doubt.

Loving myself! This lesson is huge and it is a lesson that I truly believe that we continue to 
learn to grow from at all times in our life. The more I love myself the more energy I have to 
work through any problem quickly. Well now that is a great reason to love myself! It saddens 
me deeply to know that there are so many people that truly do not love themselves and yet we 
expect others to love us when we cannot love ourselves. I believe that like attracts like and that 
everything does happen for a reason, that the people we meet and the moments that we have are 
all part of the universal plan in what we call life.

Loving myself is being worthy of unconditional love. I love and accept myself for who I am. I 
don’t have to feel or need to be better or right and I have surrendered the need to please others 
simply because it is easier. I know who I am and I stand up for what I believe in. I come from 
a loving space and I am happy to admit my faults when they appear. I forgive those that have 
hurt and betrayed me and I let go of the pain associated with the heart break and pain that it has 
caused. I love myself to know that the actions that have occurred are not OK but I recognise 
that in order for me to heal, love and grow that I forgive and walk away.

LIFE IS A LABOUR OF LOVE. BLESSED BE AND SO IT IS.

If we come from a loving place in all that we do then life is a magical place to be. We are blessed 
with so much and yet we still complain, we still whinge and we still want more. When is enough, 
enough and at what point will we realise that loving ourselves and others is what matters most. 
I was listening to Dr Wayne Dyer in the car earlier today and he reminded me that we are born 
with no fear and no limitations, just love and yet it is not until we are faced with the reality of 
our own death or the death of those close to our hearts that we really begin to learn the lesson. 
We spend so much time in between, in the past and future that we are never in the now and cel-
brating the true awesome selves that we are.

So I take the time to love myself for I am a divine child of the universe. 
Loving myself gives me the extra energy to work through any problem more quickly.

MY LIFE IS A LABOUR OF LOVE. BLESSED BE AND SO IT IS.
Charles Edenshaw is the first survey of this iconic figure in Northwest Coast art—Charles Edenshaw, bringing together the largest number of works by Edenshaw ever assembled and offering a rare opportunity to view his legacy. Charles Edenshaw worked in the late nineteenth and early twentieth centuries and was an exceptional carver of wood, silver and argillite, imbuing traditional Haida design with an innovative and elegant personal style. Recognised in his time as an outstanding carver, his work continues to be a great inspiration to those who visit the many prominent museums around the world that hold his acclaimed artworks in their collections. Not only do these remarkable objects tell us much about the Haida culture, but they are truly sophisticated in their aesthetic achievement.

Much attention is given to the legacy of Charles Edenshaw and the contemporary artists that he influenced. The book includes an interview with contemporary artists Raymond Boisjoly, Neil Campbell, Robert Linsley and Isabel Rorick. Beautifully illustrated, Charles Edenshaw is a must-have for anyone with an interest in traditional art and Northwest Coast art in particular.

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I am a 17 year old college junior, Alzheimer's researcher, and Alzheimer's advocate. I grew up as a caregiver to my great grandmother who had Alzheimer's disease. I believe it is important for children to understand Alzheimer's disease so they can still interact lovingly with family members who have this disease. After my great grandmother's death, I founded a nonprofit organization that has distributed over 23,000 puzzles to Alzheimer's facilities. Recently, a book I co-authored explaining Alzheimer's disease to children became available on Amazon. My hope was to provide some helpful coping mechanisms to the many children dealing with Alzheimer's disease among their family members. 50 percent of the profits from this book will go to Alzheimer's causes. I think this book could help a lot of children and families.

On some days, seven-year old Julie feels like she’s living in a Fun House. Hers is a topsy-turvy world where the toaster sprouts a toothbrush, and a watermelon gets dressed up in pink underpants for Fourth of July! But on other days, Julie struggles with understanding why her Halloween trick-or-treating got cancelled, or why Grandma can't remember her name. Julie is struggling with understanding her grandmother's Alzheimer's disease.

Authors Max Wallack and Carolyn Given believe that no child is too young to learn about this disease, or how to participate in providing safe care for their loved one.

**WHY DID GRANDMA PUT HER UNDERWEAR IN THE REFRIGERATOR?** is a sensitive, light-hearted children’s story that seamlessly provides its young readers with a toolbox to help them overcome their fears and frustrations. It shares easy-to-understand explanations of what happens inside the brains of Alzheimer's patients, how to cope with gradual memory loss, with a missed holiday, or even a missing Grandma!

**Why Did Grandma Put Her Underwear in the Refrigerator? A Book Explaining Alzheimer's Disease to Children**

Here is a link to Amazon, "http://amzn.to/13U3Sb3
WHAT ARE THE EARLY SIGNS OF DEMENTIA?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Early symptoms also vary a great deal. Usually though, people first seem to notice that there is a problem with memory, particularly in remembering recent events.

Other common symptoms include:

- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to do everyday tasks

Sometimes people fail to recognise that these symptoms indicate that something is wrong. They may mistakenly assume that such behaviour is a normal part of the ageing process. Or symptoms may develop gradually and go unnoticed for a long time. Sometimes, people may refuse to act even when they know something is wrong.

DON'T ASSUME IT'S DEMENTIA

Remember that many conditions have symptoms similar to dementia, so it is important not to assume that someone has dementia just because some of the symptoms are present. Strokes, depression, alcoholism, infections, hormone disorders, nutritional deficiencies and brain tumours can all cause dementia-like symptoms. Many of these conditions can be treated.
Bottle Terrariums

Kids can turn the kitchen into a personal laboratory as they watch green plants spring up from ordinary foods -- with your help. The most commonplace things -- dried beans and spice seeds, as well as onions and sweet potatoes -- can sprout into eager green plants that are fun to observe (though they're not very tasty to eat).

Terrariums are easy to assemble and don't require much maintenance. Let kids choose their favourite succulents, then place the terrarium in a spot where everyone can enjoy it.

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www.bordexwineracks.com
HOW DO YOU STAY IN TOUCH WITH YOUR GRANDCHILDREN WHEN YOU LIVE IN AUSTRALIA AND THEY LIVE IN ENGLAND? The answer is finding families who live in England who have grandchildren in Australia and swap homes with them.

When you get to a certain age you need your own space and as our children's families grew they no longer had the room for us to stay with them. Accommodation is a very costly component of a holiday and if you add car hire into the equation it can become prohibitive.

We joined a home swapping site in 2009 and so far have experienced four exchanges to England, one to Spain, one to Florida and several exchanges within Australia. When you live in the Southern Hemisphere and you want to swap with people in the Northern Hemisphere some compromises have to be made as most people want to travel to somewhere warm and of course our seasons are the opposite.

So we searched through the website looking specifically for people who actually wanted to visit Melbourne for family reasons. If people were just coming to Australia for a holiday they tend to want to visit Sydney, WA or Queensland and always want to come during our summer. We were lucky to find a number of people who had relatives in Melbourne especially those with grandchildren.

We travel back to England every year so that we can stay close to our families and if we can defray some of the costs by using our home and car as part of an exchange it makes better sense. When discussing swaps with potential partners you should always check to see if they are happy for you to invite your family to their home. Some people will specify no children in their property description.

During our exchange to Spain we were able to invite our daughter, son-in-law and their two children to come to stay with us for a week and were really able to enjoy quality time with them in a relaxed holiday atmosphere. On other swaps in the UK we have always asked if it is alright for friends or family to either visit or stay over and everyone has been most agreeable. This gives us an opportunity to entertain others while we are away. Home swapping also allows us to have our own down-time and a place to relax and chill out at the end of a busy day with the grandkids. Having the use of a car is a great bonus as it means we can travel to them for a day and then come back to “our home”.

With six grandchildren and one more on the way it looks like we will be travelling for some time. Already we are planning swaps for 2013 as we are returning to the UK for our son’s wedding as well as to meet the arrival of our newest grandchild. This time we hope to return to Australia via Canada and Hawaii and are busily seeking swaps in those places too.
The Great Gatsby has resulted in a number of film adaptations:

The Great Gatsby, in 1926, by Herbert Brenon – a silent movie of a stage adaptation, starring Warner Baxter, Lois Wilson, and William Powell. It is a famous example of a lost film. Reviews suggest that it may have been the most faithful adaptation of the novel, but a trailer of the film at National Archives is all that is known to exist.

The Great Gatsby, in 1949, by Elliott Nugent – starring Alan Ladd, Betty Field, and Shelley Winters; for copyright reasons, this film is not readily available.


The Great Gatsby, in 2000, by Robert Markowitz – a made-for-TV movie starring Toby Stephens, Paul Rudd, and Mira Sorvino.


SET IN THE PROSPEROUS LONG ISLAND OF 1922, The Great Gatsby provides a critical social history of America during the Roaring Twenties within its narrative. That era, known for unprecedented economic prosperity, the evolution of jazz music, flapper culture, and bootlegging and other criminal activity, is plausibly depicted in Fitzgerald's novel. Fitzgerald utilizes these societal developments of the 1920s to build Gatsby's stories from simple details like automobiles to broader themes like Fitzgerald's discreet allusions to the organized crime culture which was the source of Gatsby's fortune. Fitzgerald educates his readers about the garish society of the Roaring Twenties by placing a timeless, relatable plotline within the historical context of the era.

Fitzgerald's visits to Long Island's north shore and his experience attending parties at mansions inspired The Great Gatsby's setting.

Today there are a number of theories as to which mansion was the inspiration for the book. One possibility is Land's End, a notable Gold Coast Mansion where Fitzgerald may have attended a party.
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| RAINBOW | SEEDS | SPRING | TULIPS | UMBRELLA |
When I wrote about alternative varieties some months ago it occurred to me that my old favourite, Riesling, has become almost an alternative variety in terms of its share of the white wine market.

The decline of Riesling in Australia is an on-going frustration for me as I see it as the “Prince” of white wine. It has beautiful floral and citrus aromas, delicate but lingering. The palate is full flavoured, crisp and refreshing on a warm summers day, served chilled as an aperitif.

I would thoroughly recommend that you give Riesling a try again. I can actually track the decline back to the mid to late seventies when several large winemakers decided to make Riesling sweet, I assume to compete with Moselle, the largest selling white wine of the time.

It confused consumers as did the big companies by calling some of their cask wines “Riesling” when in fact it had no Riesling as we know it in the cask at all. Now we had cheap cask wine called Riesling, sweet wine that was called Riesling and a whole bunch of disenfranchised drinkers who moved to drier whites such as ‘Chablis’, Chardonnay and Semillon.
Ferngrove from Frankland River in Western Australia have for many years produced Rieslings of great stature. Their 2012 Cossack Riesling is a great example of the region, it has been awarded a huge array of trophy’s and Gold Medals over the years and winemaker, Kim Horton, has delivered a style that matches and in many cases beats the Clare and Eden Valley at their own game. Lovely lime aromas greet you when you place your nose over the wine, the bouquet invites you to taste this lovely wine, it gives you a refreshing, lively mouthful of intense Riesling fruit, it is classically varietal; if you want to know what Riesling smells and tastes like, the Ferngrove Cossack is one of the best examples. www.ferngrove.com.au

Now Riesling does not like to be grown just anywhere, it prefers cooler climates and stony or harder soils, the Riesling vine likes to work for its living, don’t give it rich soils where it will grow profusely, it prefers a rougher treatment.

The two classic, traditional regions for this wonderful variety are Clare Valley and the Eden Valley of South Australia. There are makers who have persevered through the tough years and continue to make some of Australia’s, if not the World’s, classic dry white wines. Give me a Clare Valley or Eden Valley Riesling over a NZ Sauvignon Blanc any day! They have finesse, balance and longevity not seen in any other white variety.

Over the last 20 years two other regions have emerged as classic Riesling country; the first is Frankland River in Western Australia and Drumborg in Victoria. The two dominant brands from those regions are Ferngrove from Frankland River and Seppelt’s have consistently made great Riesling from Drumborg. Another up and comer is the Adelaide Hills, early days for the region but having seen what Wirra Wirra can do with Adelaide Hills Riesling it should find its niche with Clare and Eden Valley.
Finally one of the wonders of the wine world is an aged Riesling, for this you need a great wine to start and the will-power to leave it alone for a long time! If you have that will-power put down 6 bottles of really good Riesling, somewhere cool and with as little temperature variation as possible. I’m going to suggest here the Taylor’s, “St. Andrew’s” 2012 Clare Valley Riesling. The wine has the finesse and structure to age for 20 years. Although it is a lovely wine to drink as a young wine; fresh lime characters and zesty pallet but tight with a steely acid finish; it is really perfect for aging.

The reason to put 6 bottles down is that you will want to check the wine every now and then to see how development is progressing. Riesling goes into a bit of a “huff” after 2 years in the bottle, the fruit seems to be subdued and the flavours are no longer as crisp as they once were. My advice is to let it sit until it is at least 4 years old, maybe 5 before looking at it again. With time it comes back with great gusto, it will develop in colour, starting to look like a young honey in the glass, The aromas will return with fruit and a distinct honey character in the background, the finish will be softer but clean and showing a very long length of flavour, complex and delicious, YUM!

Finally if you can leave a bottle for 10 years and one for 15 years, you will be amazed, I promise you.

There are so many good Rieslings on offer these days, old stalwarts like Yalumba Pewsey Vale, Pikes Clare Valley offering great value for money and classics like Orlando Steingarten and Grosset’s Polish Hill at the more expensive end.

I have selected 3 wines from the 3 classic areas of Eden Valley, Clare Valley and Frankland River to review and try. I have had each of them and they all offer great value and wonderful drinking. Think fresh oysters and a glass of any one of these wines chilled to perfection, not too cold though!

From a team of young, dynamic Barossa boy’s comes; ‘Soul Growers’. Their 2012 Eden Valley Riesling showing a great depth of flavour, after all it is made from 50 year old vines. It has distinct citrus aromas of lemon and lime on the nose and delivers an enormous burst of flavour in the middle pallet, the finish is long, clean and crisp ideally suited to any seafood. As a smaller winemaker it is probably best to track them down via their web site, www.souldgrowers.com
Finally from the Clare Valley comes the Taylor’s Estate Riesling 2012. I recently conducted a tasting for a diverse group of wine drinkers and presented the Taylor’s, it got everyone talking. Just as I indicated earlier most of the group had not had a Riesling for many years and this wine turned heads. The majority of people were off to buy some! It has already amassed 5 Gold Medals and 6 Silver, not bad in a short show circuit! The fruit is sourced from their own estate vineyard, picked at night and cold fermented to keep all of the ‘yummy’ floral and citrus flavours intact. Quite long fermentation times ensure the great structure of the wine, lively fruit flavours and crisp acidity which makes this wine work with a variety of food styles, not just seafood.

You will find this wine in most good wine stores or visit www.taylorswines.com.au

I really hope this article gives you the incentive to try Riesling again! It is a fantastic style and deserves attention as a classic Aussie style. Mostly the Germans still produce sweeter wines but good Aussie dry Riesling is a world class drink and it resides right here on our doorstep.

Enjoy, and let me know if you have difficulty finding it or need to ask me a question on anything related to wine:

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AT LEAST IT'S NOT A PUPPY....

Nikki Ogilvie

My 3 kids were nagging me for a pet, I was resisting as I still hadn't quite recovered from the loss of my beloved Golden Retriever (4 years ago) and on my own with 3 kids I didn't need another thing to look after.

However after hearing that my 5 year old stood up in class and talked about how much he loved dogs while all the other kids brought in their pets for 'show and tell' I thought the time had come to give them something to look after.

So during the last school holidays after much deliberation I announced to the kids 'today we're getting a goldfish'. Off we went to the pet shop mega store. The kids were so excited and pointing out all sorts of fish they wanted.. All tropical of course so I steered them to the goldfish and started looking at tanks.. Should be easy, after all it's just a little goldfish. $250 later we were completely kitted out with tank, pump, plants, rocks, water, all sorts of potions and lotions for the water, organic fish food and the cutest little fish we'd ever seen.

We named him Sydney.

I had decided on getting 3 fish but I was going to buy one a week so the kids could all choose each fish rather than having favourites in case of the unthinkable..

A week later we welcomed Trigger into our family and a week after that Admiral.

Each fish was chosen because they all displayed the most personality.

We love our fish, the tank has little drawings stuck to it and I'm always wiping kiss prints off the glass.

I noticed Admiral was staying down the bottom of the tank looking unwell...

I thought "oh god, please don't die!"
IT WAS 10.30PM SO I QUICKLY POPPED ON GOOGLE TO GET AN IDEA WHAT IT COULD BE.

Didn't look good! I went over and pleaded with him not to die, the thought of my kids heartbroken was sending dread through me... So I figured I'd have to do all I could, prompted by a forum online I cleaned the tank... 'Don't die!'... taking me past midnight, I checked the levels of the water.. I was tired and my head was filled with images of sad eyed children.. 'Don't die!' I even defrosted and shelled peas and mashed them and with tongs tried to get him to eat it as apparently it fixes tummy upsets in goldfish. by the time I went to bed at 1am I was confident I'd done all I could.. I said a prayer and crossed my fingers.. 'Please don't die!'

I leapt up before the kids in the morning to check on Admiral and much to my disappointment he died!.. it only took a few minutes till the two youngest came through and came straight over to the tank like every morn.. I thought 'oh god, here goes' and I said gently 'Guys..Admiral went to heaven last night'. Bracing myself for the tears to come when my 3 year old says in her very loud excited voice 'Is he's dead Mum!' then Miss 3 and Mr 5 start bickering over wether there would be cats and dogs in fish heaven. Certainly not the reaction I was expecting!

So there I was stood over the tank with a net fishing his little body out for the final 'flush' when Mr 5 wanted his big brother to see this too, so he ran off.. woke his brother to come see mum flush dead Admiral.. Mr 11 was sad and got a bit teary, of course this made me teary.. (Plus lack of sleep) after seeing us the two little ones started saying 'Poor Admiral', 'I hope he's happy in fish heaven'. It was somber when we sent Admiral off on his final flush, I assured the kids he'll be happy in 'fish heaven'.

I was stood next to the kettle waiting for my morning cup of tea pondering as to why I felt so disappointed? Where did I go wrong? Did we kill him? (most likely with food) why was I expecting such a bad reaction from the kids? I was pondering that although they have no real experience with death they seemed quite resilient with the concept, they certainly seemed to love Admiral or have I told them that heaven is such a great place? I wondered if other people make such a big deal about a little fish or was it only me when Miss 3 answered my question when she shouts from the loo....

'Mum quick look... I'm doing a wee wee on Admiral!'

NIKKI OGILVIE is an Artist. Blessed single mother to Davis 11, Saxon 5 and Scarlett 3. Scottish/Australian (Scozzie), Kitchen table therapist, All round optimist, Google enthusiast, Self confessed best tea maker and has spent the past 11 years hiding vegetables in home cooking.
Does conventional cruising not appeal, but want to have a different experience on the high seas?

For some retirees there is a great appeal of cruising by freighter: ‘Froozing’.

Last year an acquaintance announced that he was taking a few months) to go ‘froozing’.

He flew from Australia to Hong Kong to find his freighter. Unfortunately a typhoon delayed the start of the ‘frooze’ (and also meant that he had to pay for a few more nights of accommodation). Soon, however, there was clear weather and a very excited Australian was ready to go ‘froozing’.

We watched via our computer as the freighter took off, and our acquaintance settled in to life on board. Whilst there were no fancy restaurants, cinemas, cocktail bars or gyms, he said it was more than adequate and he had a roomy cabin. The number of passengers was less than 12, so crowding was not an issue.

Some people go for a short time, whilst others really take to life on the seas, visiting many ports. Some of the countries visited included: China, Malaysia, Singapore, South Africa, Brazil, and Hong Kong.

Was he bored?, we asked. ‘No way’, was the reply. He made sure he took books, CD’s and had access to other technology, plus there was a lot of walking and climbing of stairs to get to the dining room. ‘It was so relaxing and always interesting’, he said.

He did mention that being in good health is essential and ensuring you do the proper research before embarking on such an adventure.

Would he go again? ‘Certainly’.

JILL WEEKS is the co-author of several editions of Where To Retire In Australia, of Retire Bizzi and 21 Ways To Retire.

www.where2now.net
Your uncle is the brother of your father or mother.

Your aunt is the sister of your father or mother.

Your great uncle (or grand uncle) is the brother of your grandfather or grandmother.

Your great aunt is the sister of your grandfather or grandmother.

Your great-great uncle is the brother of your great-grandfather or great-grandmother.

Your great-great aunt is the sister of your great-grandfather or great-grandmother.

Your first cousin is the child of your aunt or uncle.

Your second cousin is the grandchild of your great aunt or great uncle. (If two people are first cousins, the children of each of the people will be second cousins.)

Your third cousin is the great-grandchild of your great-great uncle or great-great aunt. (Children of 2nd cousins, are 3rd cousins to each other.)

Your first cousin, once removed, is the child of your first cousin or is the child of your great uncle or great aunt. (See also REMOVED COUSINS)

If someone is your first cousin, then his or her child is your first cousin once removed. (Once removed means one generation level different from you.) All your regular cousins (first, second, etc.) are at the same generation level as yourself. Those at different levels are "removed." If someone is YOUR first cousin once removed, then you are HIS or HER first cousin once removed also. Your second cousin once removed is the child of your second cousin. Your first cousin twice removed is the child of your first cousin once removed (i.e. the grandchild of your first cousin). Your second cousin twice removed is the child of your second cousin once removed (i.e. the grandchild of your second cousin).

REMOVED COUSINS: If two people are some type of cousins, but they are at different generation levels, then here is the way to compute their relationship.

Count how many generation levels they are apart. This is the number they are "removed."

Start with the one at the highest generation level (the older level) and count how many generations up you must go to find the brothers or sisters that are the ancestors of these cousins. This is the "FIRST" or "SECOND" or "THIRD" part of the cousin relationship.
More often than not funerals are desperately sad occasions. But they don’t have to be, says civil celebrant, Rebecca Skinner.

WHEN A PIECE OF PLANNING ENSURES PEACE OF MIND…

As we get more elderly and often more frail we can be forgiven for feeling we have less control over our lives. One way to regain control is to organise our affairs so it is not left up to close family to try and guess what our intentions may be.

Some people feel strongly that they want a celebration of their life when their time has come – rather than a sorrowful farewell. While some funeral homes may offer a pre-planning service, now members of the Celebrants and Celebrations Network Australia (CCNA) are setting up training so more independent celebrants are able to offer this assistance.

Being in control of this time offers peace of mind and a measure of release. It means details of our lives are more likely to be correct and instructions can be included in our will. And perhaps most importantly, a true record of family history is preserved.

Pre-funeral planning offers a chance to talk to someone about your life, achievements, beliefs and realisations. These can be documented to be used in the eulogy – and once documented, will never be lost. For close family members it gives direction and removes fear, which reduces stress at a very difficult and emotional time as well as helping avoid any arguments. Almost every element of a funeral or memorial service can be personalised as much as is wanted. The flow and feel can be pre-organised. Uplifting music and songs can be chosen as well as inspirational readings. Personal achievements, interests and philosophies can be highlighted.

It is possible to choose the location, the type of service, the pallbearers plus who will deliver eulogies and other speeches or readings, prayers or poems.

The wake or post-service reception can also be planned in advance – even down to the food, decorations and drinks. Instead of flowers some people like to ask that guests donate to a charity or set up a foundation in their name. Any religious or cultural traditions can also be chosen as well as decisions made on viewing, embalming, internment and cremation.
But perhaps the most important reason for pre-planning is to ensure an accurate record of your life is kept.

So many stories are lost when a person passes on – often family members, especially at times of sorrow, forget many important details.

It’s also a chance to offer many valuable lessons learnt to your family and close friends.

REBECCA SKINNER, operates Celebrating Life’s Chapters – Your Ceremony, Your Story in the Newcastle/Hunter Valley area of New South Wales. She not only writes life stories, but as a civil celebrant can also conduct a presentation ceremony of the life story book, similar to a This is Your Life. She also creates books celebrating the occasion for ceremonies like weddings, name givings and funerals.

TELLING YOUR LIFE STORY IS LIKE ‘CHOCOLATE FOR THE BRAIN’
“Life itself is the most wonderful fairytale of all.”
—Hans Christian Andersen

Rebecca Skinner is a celebrant who believes everyone’s life is important and unique and deserves to be remembered. As a result she is producing people’s life story books – not only a valuable gift for the elderly person but one that will be treasured for generations to come.

Another option she offers is a Living Wake – where the guest of honour is present! This offers a chance to be surrounded by loved ones in an honouring celebration of your life so far. For the elderly or those suffering a disease this is a wonderful way to be surrounded by those who are the most important to them and enjoy a structured service dedicated to their life.

To make it even more special this can also be accompanied by a book of their life, which can even be used as a guest register for everyone to sign and register their own unique comments. Extra copies – without the pages left for comments can be ordered – as gifts for close family members.

In this way, you remain in control at all times and the true story of your life will never be forgotten.

For more information go to: www.celebratinglifeschapters.com and www.celebrants.org.au
THE PRESIDENT HAS BEEN SHOT!

The cold news rang out in the nurses’ sitting room where a few of us were spending time on duty, either on a half-day or split shift.

It was the day before my 18th birthday, and just before starting a nursing career at the prestigious hospital, The Leicester Royal Infirmary.

The day was as cold as the news, November 22nd 1963 and a few days later John Kennedy was pronounced dead. It symbolised the end of so many things, certainly for me, the end of my life at Roecliffe Manor, where I had been a cadet nurse after school in the sixth form until being old enough to go to the LRI.

Miss Dora Thompson the Matron at Roecliffe, had been a tutor at The Great Ormond Street Hospital for Children in London, so was an excellent teacher who had given me a good basic start to my nursing education.
We had been well versed in nutrition, anatomy and physiology, child psychology, the taking and recording of temperature, pulse and respiration and urine testing.

On night duty we learned to listen for a change in the breathing pattern that might denote a bleeder; lots of the children had just had their tonsils removed and there was often one who would have a haemorrhage during the night.
We had to sit and listen very carefully to all those breathing patterns or a child could die in their sleep, which is why I developed such acutely perceptive hearing. My father said I had ears like as African elephant!

Early January saw a group of us start our Preliminary Training School in a beautiful old mansion on London Road in Leicester, called Brookfield House that had been cleverly converted to house 24 nurses (including one male nurse Peter) with lecture rooms and demonstration theatres for our early training before being unleashed on the hospital wards.

We had several tutors, lots of lectures and assignments, supervised hospital visits and lots of fun! “Living in” meant we sometimes had dormitory style parties in one of the bedrooms. It was like being in a boarding school, but we were all over 18 and in the serious business of life and death nursing.

All we student nurses had to live in the Nurses’ Home at the General hospital until we were 19 years old. which was restrictive but great fun.
.The bonds of friendship forged then are still strong now 50 years later and lots of us are still in touch even though many miles divide us. It is interesting to see how the lives of each of us have panned out. At the end of this year I shall have been a nurse for nearly half a century, starting out as a cadet at 17.

Our uniforms were lilac striped dresses with long skirts and high necks, very demure! The skirts 12 inches from the ground, so no one could see your suspenders and tops of your stockings when bending over beds. Stockings were an unattractive grey and the seam had to be kept dead straight or else! Our uniforms were so stiffly starched that I used to carry a toothbrush to wet and soften the detachable collar! The white and very stiffly starched apron, ever present when on the wards, an even more starched white cap and collar and in PTS a black belt, and a cape, navy wool on the outside with a bright scarlet lining completed the uniform.

After the first 3 months we got our red belt, if we had passed the preliminary examination, 2nd year student nurses had a pale blue belt and 3rd year lilac. After gaining the registered nurse status one could wear a Silver buckle on the lilac belt to denote State Registered Nurse status and if promoted to Staff Nurse you had a royal blue uniform dress and a cap with pleats, lace and frills.

Surgeons were called Mister to denote their rank; the seniority rules were as stringent amongst the doctors as with the nurses. The tasks of first year nurses were mundane but still vital for patient care. There were the bedpan rounds, temperature and blood pressure rounds and pressure area care, we went round and round all day!. There were 40 beds on those big pavilion style wards so it took a long time to get all patients looked after, but cared for they were and very well.

Xmas concerts were always lots of fun, the doctors did a pantomime and all staff were able to join in. One year 2 of us performed “the Stripper” starting off fully clad with our red capes and frilly lace caps and ending up in one piece bathing suits. It went down very well and the next day the CEO trapped me in a side ward kitchen and leered “ Not the first time you’ve done that nurse is it?”

There was a doctors’ residence as well as the nurses home, so the interns and registrars on duty or on call were there at a minutes notice for any emergency. This is where the parties happened! Fancy dress was not unusual and it was the swinging 60’s after all! One poor Doctor called Bernie was wrapped in wet plaster of Paris bandages after a party, too inebriated to know what was happening.

He awoke in a side ward the next morning looking like a mummy from a horror movie and had to be cut out with the plaster shears before the hierarchy arrived! It was innocent fun really, no hard drugs, no violence and I don’t remember any pregnancies!
The fluid balance charts seemed boring but were vital to indicate to a surgeon if his patient had a spastic bowel post operatively. The 30mls of water and hourly gastric aspirations may have seemed unimportant to an eighteen-year-old student but were life and death to a patient with a partial colectomy and colostomy. Our discipline and dedication were of the utmost importance.

As the months progressed we were allocated to the different wards on a 3 months roster. Medical, surgical, paediatric, ophthalmology, gynaecology, obstetrics and urology, orthopaedics, psychiatric, operating theatres, accident and emergency and so on. Thus we were versed in all aspects of patient care and throughout the three years a study block of 12 weeks for theoretical work every year along with the dreaded exams!

Nurses today would not think of doing the things we were expected to do!

Cleaning the bed tables and lockers of patients, scraping the polish from the dents in the linoleum where the bed wheels had been, cleaning bed frames with carbolic acid to rid them of bacteria, cleaning toilets, scrubbing bedpans until they shone, and the steel sputum cups! Yuk!! We did it all with a smile and that cheerful way that you don’t see so much these days when people do demeaning tasks. Disposable was not a word in our vocabulary and rubber gloves were only worn by theatre staff (sterile). Infection was almost unheard of however!! Antibiotics were still fairly new. We packed drums of (hand cut) gauze and cotton wool swabs on night duty, to be autoclaved for theatres and dressings the next day.

We were called by our surnames not our first names, a throw back from army days I guess which is where nursing started. If you were a PTS nurse you stood back from the door to let pass a first year nurse who was your senior, you didn’t dare speak to a second year student unless spoken to, and the third year nurses were unattainable! Staff nurses were qualified SRN’s and ranked as superior beings altogether and sisters were to be terrified of.

Our uniforms were laundered by the hospital; we had starched aprons, which were worn on the ward but never off, (to prevent cross infection) and changed as soon as they had a mark on them. Rubber aprons protected the linen ones if very dirty work had to be done. This was a great barrier for infection, and to this day I shudder when I see nurses in the street wearing their bacteria laden uniforms to the café etc. (for all of us to catch), from their wards. Even worse, the staff in operating theatre - track style pants walking around in public, showing their complete ignorance of infection prevention.

They even hang their stethoscopes around them in the street as if to say ”Look at me I’m a Doctor” when anyone with any sense would leave it on the desk out of cross infections way.

When I did my midwifery training, the hospital was so old it really should have been condemned, but there was never a case of infection because the standards were so high and all the staff so aware of the risks particularly to neonates.
I think people are too blasé today thinking that there are antibiotics to cure everything but this has been proven to be wrong now with gross over prescription of antibiotics, and all the superbugs around.

As charge sisters in the sixties we were responsible for ordering the stores for the ward, including electrical devices, light bulbs, batteries etc, thermometers, linen, bedpans, ward crockery and cutlery and so on, so woe betide anyone who wasted our very restricted supplies. This was the 1960’s and just after post war rationing, so people did not waste. Lights were not left on in big linen rooms when nobody was in there, everything was counted in and out, nothing got “lost” everything was accounted for.

There was a strict line of command and so we all knew where the buck stopped! After the nurses, the SRN’s answered to the Sisters, the Sisters to the Assistant Matron she to the Deputy Matron and Matron to the Hospital Secretary (CEO).

On night duty the line of command was Night Superintendent instead of Deputy Matron. The higher the post the more pleats, frills and lace were on your cap! Matron and her assistants did not wear aprons!

It may seem strange for nurses today, but we had a sense of loyalty and camaraderie not known now, the patients were really well cared for and we enjoyed our work even if we complained about the hours. There was no overtime pay even though we often worked many more hours than we should have.

Our meals were taken in the hospital dining room and were a lot of fun. The social fabric of the hospital provided many avenues for terrific recreation. There were drama groups, tennis clubs, photography groups and lots of dances plus the Matron’s Annual Formal Ball. We were also invited to the Royal Air Force dances and parties, and to hospitals in London and other counties, plus the University celebrations.

Our choir sang at the local jail on Christmas Eve, all of us in our uniforms with our cloaks turned inside out to show the red lining for Xmas (they were navy on the outside normally) it was very special.

So special that about 12 of my PTS group are still all in touch all these years later, and when our Matron, Jean McGregor died just a few weeks ago I shed a little tear. Matron had written to me in Australia several times and was 90 when she passed away. She was a gynaecological ward sister when I first started at the “Royal”. She was at the hospital for 40 years and died on January 30th this year, sadly missed. Jean McGregor lived for her work and proved her dedication during the 2nd World War when convoys of injured soldiers came to Leicester for assessment before being sent elsewhere. She worked long hours and got by on very little sleep. Her own sweetheart was killed in the war, she never married and saw us all as her family, representing nurses nationally and internationally.
In 50 years of nursing I have seen so many changes, half a century of them!

After my general training I was a staff nurse then Junior Sister on a male medical ward, (Marriott) at the Leicester Royal Infirmary. It was an acute, busy ward with lots of cardiac patients as we had no separate cardiac ward then. I also learned about ward administration and to train my student nurses. There were lectures in the post-graduate centre and lots of opportunities for further education, one being a course in hospital administration in Sheffield run by the General Nursing Council. There were also many parties!

I did my midwifery training then went to Turin in Italy to be a private nurse for an Italian Contessa. After six months it was back to the Leicester Royal to be a Staff nurse in ICU and then promoted to be the charge sister of a busy female surgical ward called Mills for two years until I left for Australia in 1971.

My first position in Sydney was a six month contract at Concord Repatriation Hospital. There were patients from all the wars but notably for me from the Viet Nam War which (because England did not become involved) I knew very little about. There was a boy who had been the pilot for the flying doctor in Darwin and who had severe brain damage. I was on the neuro–surgical ward so all the damage was fairly major.

My hospital in England asked me to write an article about my first impressions of nursing in Australia, which they did print and I still have to this day. It is an interesting record (for me anyway) about life in 1971 in Sydney, the prices of things, wages etc!

After six months I was glad to get to the hospital I had first wanted to go to, - St Vincent’s General hospital in Darlinghurst, Sydney.

At Concord the nurses were provided with uniforms, everyone could live in the Nurses Home and Q & R (quarters and rations) were deducted from the wages at the end of the fortnight. This was great for a cash short girl who had spent six weeks on the boat from UK living the high life and spending her money in every port en route! At St Vincent’s I would have had to find a flat, a rental bond, telephone bond, electricity bond and buy my own uniform! So 6 months at Concord enabled me to save up for all that.

At St Vincent’s in the early 1970’s we had excitement too. The famous George Miller was a resident young doctor when I was a charge sister. We had the best parties in my apartment and he was always such good fun. At Xmas he filmed several of the doctors and medical students dressed in the Nun’s habits, cavorting over Moore Park playing fields and screened it at the doctors’ Xmas concert. (Nuns still ran the hospital back then, the Director of Nursing and many of the ward sisters were Nuns). When he told us he was leaving medicine to do film work we told him he was crazy to give up a good solid career as a doctor to chase such an unlikely dream! After Mad Max, The Witches of Eastwick, Babe, Lorenzo’s Oil, Happy Feet and many, many more, huge box office successes I guess he chose aright!
At first I worked on the 9th floor of the new block, which was urology and gynaecology. The charge sister was fabulous and if our days off coincided she showed me a bit of Sydney including driving all the way out to Lithgow to see if I could find my father’s house.

Dad had left Sydney for England in 1932 aged 16 years, when they were just finishing the Harbour Bridge. He and my Grandfather Charlie were finding life in the great depression very hard here and they decided to go back to the UK.

My paternal grandmother had died from pneumonia when my father was only 12 years old and life had been pretty lonely for the two guys since she passed away. Dad’s parents had bravely decided to migrate to Australia because of Grandma Mary’s ill health and the doctors’ advice to find a better climate. Dad still had wonderful memories of his boyhood here and showed us all his favourite places in the Blue Mountains where he grew up especially Hassans’ Walls where we scattered his ashes eventually.

I am grateful to have been able to keep fit and strong enough for a very physically demanding job. Grateful too for the avenues my career has taken me down with the beautiful people I have had the privilege to work with along the way. Apart from Jean McGregor, one standout person was Dr Skyrme Rees, a surgeon who cured more patients of back pain than I can remember, including the famous. Rex Mossop

When I married my adorable Darryl, 20 years ago my Father was not well enough to travel to Australia from England and so Dr Rees walked me down the aisle and looked after my Mother at the reception. His daughter and I are still friends.

I started to do Dermatology in the nineties and nursing had changed so much that although we worked really hard during the day, cleaning up at night was done to Tina Turner blasting out to (the empty rooms) “Simply The Best” whilst we made everything perfect for the following day and even had “bubbles on birthdays”. And anniversaries!

There are so many wonderful nurse friends along the way it would be unfair to list them all and risk missing out one! Enough to say I am blessed today to be working with girls I adore who are young enough to be my grand daughters, let alone daughters and doctors I love, young enough to call me Mum!

I have been in this, my final career post for 13 years, which speaks for itself I think. We have a family, rather than a staff, and I am very lucky to have been a part of that for so long. I am really going to miss them all.

by
Patricia Murray-Chute
JP, RN, Life Coach,
NLP Practitioner

www.positivelifecoaching.net
Matt Clements, a highly successful stockbroker in the corporate financial world, is driven to pursue new goals with his innovative mining exploration company in the rugged North West of Western Australia.

He pursues his dream, oblivious to the retributive bent of past clients who suffered massive losses in the greatest stock market crash since 1929, determined in their own particular ways to make him pay for his transgressions.

Relationships are challenged while the competing forces of evil, spurred on by revenge, are pitted against the energies of goodness and justice on a roller coaster ride of violent confrontation at a breakneck pace from start to finish.

My first novel “The Prospecting Party,” has been over 20 years in development, prompted by the catastrophic stock market collapse of 1987 and its impact on people’s lives, giving birth to this novel as an embryonic child which has now matured into an experienced adult. Why did it take over 20 years to complete? I think John Lennon’s famous phrase against procrastination sums it up fairly well: “Life is what happens while you are busy making other plans.”

I am a regular contributor to newspapers and publications as I have a passion to express my views about subjects of concern to me and others generally. I do believe that “the pen is mightier than the sword,” insofar as people can read written words and interpret their effect on their thinking and decision making as they wish. Expressive writing is a powerful communication tool. This is why I was really pleased to share the thoughts expressed in my 2 volumes of published inspirational verse. (See My Books link.). The contemporary American poet Maya Angelou sums up the power of language most succinctly: “People may forget what you said. They may forget what you did – but they will never forget how you made them feel.”

Jeff is a Chartered Accountant specialising in the audit of self managed superannuation funds. Having started and grounded his professional life working with major accounting firms he then managed his own professional practice for thirty years. Widely travelled, he is also an entertainer, poet and Rotarian and has engaged much of his life experience in the production of his first fiction novel.

Jeff lives with his wife Dawn in Carlisle, Western Australia.

http://www.jeffreymcclureauthor.com
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:
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- In training
- Being rehabilitated
- Scared or reactive around other dogs

Thank you!
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Caring for children  •  Supporting families  •  Strengthening community

Marymead acknowledges the traditional custodians of country throughout Australia and their continuing connection to land, sea and community. We pay our respects to them and their cultures, and to the elders both past and present.

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.

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 lifespan development and risk-taking. She is a mother, step mother and step grandmother.
With over 2,000 skills spanning preschool to year 10, and an unlimited number of computer-generated problems, your children always have something new and exciting to practise on IXL! Thanks to vibrant images, colourful illustrations and meaningful content at every turn, practising maths has never been just so much fun.

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http://au.ixl.com/
ARE YOU BEING STOPPED FROM SEEING YOUR GRANDCHILDREN?

Sometimes grandparents are stopped from having a relationship with their grandchildren. This can happen where the relationship with your own child has broken down (but the parents’ relationship remains intact), or where the parents have separated and one parent refuses to let you have anything to do with your grandchildren. It can also happen if you have been the primary carer for your grandchildren and the children’s parent returns to take the children back into their care.

Grandparents do not have an automatic right to have a relationship with a grandchild. However, anyone who has an ongoing relationship with the child, or any other person who can show that they are concerned with the care, welfare or development of a child (including grandparents) may apply to the Court for Parenting Orders. A Parenting Order can be an order that you can spend time with or communicate with the child. It will be up to the Court to decide what will happen, based on what is in the child’s best interests.

If your child and/or their partner is refusing to let you see or speak to your grandchild you can take steps to try to change the situation:

STEP 1 – GET LEGAL ADVICE

STEP 2 – DISPUTE RESOLUTION

Going to court should always be the last option as it can be stressful and expensive. Before you do anything you should talk to the parents and try come to an agreement about how and when your grandchildren see or have contact with you.

STEP 3 – GOING TO COURT

If you are not able to resolve the dispute about contact with your grandchild through mediation you will have to apply to court for an order that you can spend time with or communicate with your grandchild.
In 1861 in front of an estimated crowd of 4000 people, Archer became the first winner of the Melbourne Cup. Today, the Melbourne Cup is the richest handicap race held in Australia, and the prize money and trophies make it among the richest horseraces in the world.

Flemington was fairly basic in the early days with little in the way of running rails or stands. But the Melbourne Cup quickly became popular as a carnival with picnic parties, sideshows, celebrations and people showing off their latest fashions. Socialites, politicians and Australia’s rich and famous attended the Cup right from the earliest days, as they still do today.

While the Cup was first run on a Thursday, in 1875 it changed to a Tuesday and has normally been run on the first Tuesday in November each year. In three of the five years during the Second World War (1942, 1943 and 1944) it was held on a Saturday.

At the time of the first Cup, Victoria was experiencing the gold rush and many people had flocked to Melbourne, Bendigo and Ballarat in the hope of finding gold. A few gold-diggers were fortunate and became wealthy, and they enjoyed splurging at Flemington.

By 1880, 100,000 people would make the journey to Flemington to attend the Cup. As Melbourne’s population was only 290,000 at the time, this attendance was quite phenomenal, and many visitors came from the country and other Australian colonies, too. These were flourishing times as Melbourne continued to grow during and after the gold rush period.

"There was barely standing room on the lawn and many ladies were unable to find a seat for the whole day. The Paddock was overcrowded to excess and the Hill was simply a mass of human beings. It has reached a stage now that almost everyone in Melbourne goes to the Spring racing." - Australasian Newspaper (1871)

Champion horses have always thrilled spectators. There are stories of endurance, scandal, controversy, tragedy and heroism including great horses such as:

Carbine (1890)
Phar Lap (1930)
Peter Pan (1932 and 1934)
Comic Court (1950)
Rising Fast (1954)
Rain Lover (1968 & 1969)
Kiwi (1983)
Vintage Crop (1993)
Might and Power (1997)

From Etienne de Mestre in the 1860s and 1870s, and Lee Freedman in the 1980s, 1990s and 2000s, who have both trained five Cup winners, to the ‘Cup’s King’ Bart Cummings, who since 1965 has won 12 Cups, horse trainers continue to strive to set records in thoroughbred racing.
The world’s most expensive and desirable eggs

Rarely in the history of the world has there been such skill, beauty and value put into decorative objects as there was into the Fabergé Eggs. Within the world of desirable objects, Fabergé Eggs are almost a legend and are globally recognized as superb works of art to be gazed upon with wonder. Their sheer beauty and mind boggling intricacy is there for all to see and the precious materials used to create them is beyond most people’s comprehension. However, it is the history of the eggs that sets the mind wondering where these objects sat and what they witnessed.

The Russian, Peter Carl Fabergé, made the first Imperial egg in 1885 for Czar Alexander III as an Easter gift for the Czarina Maria. This first egg is known as ‘the hen egg’ and is in every sense a total masterpiece just like all the others. The egg itself is made from gold and white enamel to simulate egg shell and when you open it there is (quite literally) a golden yolk. By lifting the golden yolk you reveal a stunning hen made from yellow and white gold set with rubies and diamonds. The Czarina was so delighted and enchanted by the egg that the Czar commissioned Fabergé to make a new egg every year thereafter and so grew the legend.

As the years went by the eggs became more and more elaborate and expense was not a consideration. When Alexander III died, his successor Nicholas II carried on with this extravagant tradition but doubled the order to two eggs per year, one for his mother Czarina Maria and the other one for his wife.

Depending on who you listen to, there is ambiguity as to how many Fabergé eggs were actually made in total because Fabergé did make eggs for other super rich families as well, including the Rothschild’s. However, it is widely believed that between 50 and 54 ‘Imperial’ eggs were made in total for the Romanov’s.

STUART WRIGHT says new subjects are added all the time to his fascinating blog and it’s completely free. On the right hand side of the blog there is a 'follow blog by e-mail' box and this will inform you when a new subject appears.

http://moreinterestingthanyourteacher.blogspot.com.es
Fabergé eggs were massively expensive at the time of their creation but they are now worth many millions of dollars each and are amongst the most desirable objects in the world today. For instance, the so called ‘winter egg’ sold for 9.6 million US dollars in 2002 and the Rothschild translucent pink egg (also known as the Rothschild clock egg) sold for 16.5 million US dollars in 2007. Others are said to be worth tens of millions of dollars but rarely come onto the market. Some are in the possession of museums (the Fine Arts Museum in Virginia own five), some are in the Kremlin, the British Royal Family own three and others are scattered around the globe in the hands of private collectors never to see the light of day. BUT – where are the others? Were they destroyed, are they in safety deposit boxes in the vaults of Swiss banks or are they sat in a glass case somewhere secret for the sole indulgence of a private individual?

During 1917 the Russian uprising and revolution occurred and the communists took the royal family’s Fabergé eggs, together with countless other royal treasures and jewels. It didn’t take long for the communist machine to run short of money so they began to offload the eggs during the late 1920’s in exchange for foreign currency. Some are known to have gone to ultra rich private collectors and others were sold to museums but there are other eggs which are unaccounted for because they were spirited away by persons unknown and some went missing during the pillaging of the royal palaces. Today there are still thought to be 8 missing Fabergé Imperial eggs and it is highly unlikely that they were destroyed - so who has them? Due to the fact that these eggs have been missing for so many years and the intrigue surrounding them, it has been said that if one or more of them came onto the market they could be worth between thirty and fifty million dollars each.

Masterpieces encrusted in hundreds and sometimes thousands of top quality diamonds, rubies, sapphires and emeralds just sat there – somewhere – but where?

I would encourage you to view Faberge eggs on the internet because they really are true marvels of beauty and indulgence. There is the Renaissance egg, the beautiful memory of Azov egg, the stunning lily of the valley egg and many more - but - where are the missing eggs?

Someone has them!
Full Name: Francis Scott Fitzgerald
Date of Birth: 1896
Place of Birth: St. Paul, Minnesota
Date of Death: 1940

Brief Life Story: F. Scott Fitzgerald grew up in New York City, attended a few private schools, and went to Princeton University. In 1917, Princeton put Fitzgerald on academic probation. He enlisted in the Army. On base in Alabama in 1918, he met and fell in love with Zelda Sayre, who refused to marry him unless he could support her. He returned to New York to pursue fame and fortune. The publication of his first novel, This Side of Paradise, in 1920, made Fitzgerald a literary star. He married Zelda one week later. In 1924, the couple moved to Paris, where Fitzgerald began work on The Great Gatsby. Though now considered his masterpiece, the novel sold only modestly. The Fitzgerallds returned to the United States in 1927. Fitzgerald published several more novels, including Tender is the Night (1933), but none matched the success of his first. Deep in debt because of their ritzy lifestyle, the Fitzgerallds began to spiral into alcoholism and mental illness. Fitzgerald died of a heart attack on December 21, 1940. Zelda died eight years later in a fire.

The Great Gatsby, published in 1925, is widely considered to be F. Scott Fitzgerald’s greatest novel. It is also considered a seminal work on the fallibility of the American dream. It focuses on a young man, Jay Gatsby, who, after falling in love with a woman from the social elite, makes a lot of money in an effort to win her love. She marries a man from her own social strata and he dies disillusioned with the concept of a self-made man. Fitzgerald seems to argue that the possibility of social mobility in America is an illusion, and that the social hierarchies of the "New World" are just as rigid as those of Europe.
The main events of the novel take place in the summer of 1922.

Nick Carraway, a Yale graduate and World War I veteran from the Midwest — who serves as the novel's narrator — takes a job in New York as a bond salesman. He rents a small house on Long Island, in the (fictional) village of West Egg, next door to the lavish mansion of Jay Gatsby, a mysterious millionaire who holds extravagant parties. Nick drives around the bay to East Egg for dinner at the home of his cousin, Daisy Buchanan, and her husband, Tom, a college acquaintance of Nick's. They introduce Nick to Jordan Baker, an attractive, cynical young golfer with whom Nick begins a romantic relationship. She reveals to Nick that Tom has a mistress, Myrtle Wilson, who lives in the "valley of ashes": an industrial dumping ground between West Egg and New York City. Not long after this revelation, Nick travels to New York City with Tom and Myrtle to an apartment they keep for their affair. At the apartment, a vulgar and bizarre party ends with Tom breaking Myrtle's nose after she taunts Tom about Daisy.

As the summer progresses, Nick eventually receives an invitation to one of Gatsby's parties. Nick encounters Jordan Baker at the party, and they meet Gatsby himself, an aloof and surprisingly young man who recognizes Nick from their same division in the war. Through Jordan, Nick later learns that Gatsby knew Daisy from a romantic encounter in 1917 and is deeply in love with her. He spends many nights staring at the green light at the end of her dock, across the bay from his mansion, hoping to one day rekindle their lost romance. Gatsby's extravagant lifestyle and wild parties are an attempt to impress Daisy in the hopes that she will one day appear again at Gatsby's doorstep. Gatsby now wants Nick to arrange a reunion between himself and Daisy. Nick invites Daisy to have tea at his house, without telling her that Gatsby will also be there. After an initially awkward reunion, Gatsby and Daisy reestablish their connection. They begin an affair and, after a short time, Tom grows increasingly suspicious of his wife's relationship with Gatsby. At a luncheon at the Buchanans' house, Gatsby stares at Daisy with such undisguised passion that Tom realizes Gatsby is in love with her. Though Tom is himself involved in an extramarital affair, he is outraged by his wife's infidelity. He forces the group to drive into New York City, where he confronts Gatsby in a suite at the Plaza Hotel. Tom asserts that he and Daisy have a history that Gatsby could never understand. In addition to that, he announces to his wife that Gatsby is a criminal whose fortune comes from bootlegging alcohol and other illegal activities. Daisy realizes that her allegiance is to Tom, and Tom contemptuously sends her back to East Egg with Gatsby, attempting to prove that Gatsby cannot hurt him.

When Nick, Jordan, and Tom drive through the valley of ashes, however, they discover that Gatsby's car has struck and killed Myrtle, Tom's lover. Nick later learns from Gatsby that Daisy was driving the car at the time of the accident, but that Gatsby intends to take the blame. The next day, Tom tells Myrtle's husband, George, that Gatsby was the driver of the car. George, who has leapt to the conclusion that the driver of the car that killed Myrtle must have been her lover, tracks Gatsby to his mansion and fatally shoots both Gatsby and then himself. Nick then stages an upstagingly small funeral for Gatsby, ends his relationship with Jordan, and moves back to the Midwest disillusioned with the Eastern lifestyle.
We are a social enterprise. That means we don't exist to make shareholders rich. Instead 365 days a year, 7 days a week, 24 hours a day we exist to fund safe water projects in the developing world. In Australia we spend almost $600 million on bottled water while around the world 743 million people still don't have access to safe water. Every bottle of Thankyou Water sold provides at least 1 month’s worth of access to safe water to someone in need.

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

www.thankyouwater.org
Spring Equinox – Vernal Equinox

Southern Hemisphere: (Australia, New Zealand, South America, Southern Africa)
September equinox 2013: September 22, at 20:44 UTC.

Equinoxes are opposite on either side of the equator, so the spring equinox (vernal equinox) in the northern hemisphere is the autumnal (fall) equinox in the southern hemisphere and vice versa.

An equinox occurs twice a year (around 20 March and 22 September), when the plane of the Earth’s equator passes the centre of the Sun. At this time the tilt of the Earth’s axis is inclined neither away from nor towards the Sun.

A solstice is an astronomical event that occurs twice each year as the Sun reaches its highest or lowest excursion relative to the celestial equator on the celestial sphere.

VelaClock’s feature set is ideal for photographers and outdoor enthusiasts. Users can quickly display the times for sunrise, sunset and three kinds of twilight (civil, nautical, astronomical), moon phase and tilt, and much more.

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Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), the signing of the armistice, which occurred on November 11, 1918 – the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony.

After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.

“lest we forget”

“They shall not grow old, as we that are left grow old, Age shall not weary them nor the years condemn, At the going down of the sun and in the morning, We shall remember them”
Two-up is a traditional Australian gambling game, involving a designated 'Spinner' throwing two coins or pennies into the air. Players gamble on whether the coins will fall with both (obverse) heads up, both (reverse) tails up, or with one coin a head, and one a tail (known as 'Odds').

Since its formation in March 1901, the Australian Army has fought in every major world conflict of the 20th Century, most recently becoming involved in UN peacekeeping missions. The Australian Army has not just defended Australia but played an important role in protecting the rights of people in other countries. In 2001, we celebrated the Centenary of the Australian Army and the traditions forged by our troops over the years.

Two-Up is one of Australia's oldest military traditions

A smooth area of 3 metres diameter is used with any number of players participating.

Here's the terminology used in the game:
- **KIP**: Piece of wood on which the pennies (coins) are placed for spinning (called "paddle" in some places)
- **RINGER**: Person in charge of the game
- **SPINNER**: Player spinning the coins
- **COCKATOO**: Keeps a lookout for the "Law" aka Police!

The RINGER will call for the "SPINNER" who will place a bet with the "BOXER". When this is set, side bets may be made, for either Heads or Tails. The "RINGER" will then call "Come in Spinner", the "SPINNER" will then walk into the centre of the RING and toss the coins upwards.

If the coins land with 2 Heads facing UP, it is called "HEADS". 2 Tails is called "TAILED THEM", and when one of each is showing, then it is "ODDS". The coins must be tossed until a result is obtained.

The game is for the "SPINNER" to spin as many pairs of "HEADS" as possible.

When 2 Tails are showing, the "SPINNER" passes the "KIP" to another person. The modern game is now played with three coins thus giving a quicker result i.e. 2 HEADS or 2 TAILS.
The original colour of the carrot was not orange!

Carrots originated in Middle Asia with some historians believing that they were known as far back as Ancient Egypt over 5,000 years ago.

It is not clear if they were actually cultivated at this time, however by the 10th century in Afghanistan, they were being grown in the colours purple or yellow. These weren’t the only colours around, however. In addition to purple and white, carrots were grown in red, yellow and even black.
As Britain welcomes a new baby prince, The Sleep Council offers some timely tips on ‘sleep survival’ for new mums all over the country.

Even though the Duchess of Cambridge is likely to have more help to hand than most, broken nights and less-than-ideal levels of sleep tend to be a given when a newborn baby arrives. Even if it is a Royal!

Said Jessica Alexander of The Sleep Council: “The arrival of a new baby is always a testing time for couples – particularly mothers who breast feed and can’t share that particular chore with their partners.

Here’s a few other tips to surviving those first few weeks:

• Sleep when your baby sleeps. Although they may wake frequently in the night, new born babies cram in lots of sleep during the day – so sleep when they do! Turn off the phone and turn a blind eye to all those chores: they can wait.

• Share the night time wake-up calls. Harder to do if you are breast feeding, but even then your partner can help out by bringing baby to you and handling the nappy changes. If bottle feeding, take the duties in turn.

• Don’t be tempted to keep baby in bed with you. It’s OK to bring your baby into your bed for feeding - but really important that they are returned to their cot when you’re ready to go back to sleep. It may seem an easier option in the short term but will create other problems in the longer run.

• Keep ‘em busy! Try to keep baby alert and active in the daytime. It helps to establish the difference between day and night time routines and promote longer periods of sleep through the night.
• Don’t be afraid to ask for help. When family or friends visit during the first few weeks, cast the usual social niceties aside and ask if they’d mind watching baby while you grab a quick nap. If they haven’t already been there themselves, they’ll understand and hopefully be happy to help.

• And learn to accept help. Don’t be tempted to ‘prove you can manage’ – if people offer help, take it! Give them a job to do – even something as simple as watching the baby while you wash your hair or have a leisurely bath. And once in a while it will do you the power of good to hand baby over for a night so you can enjoy a long, relaxed lie-in.

• Prepare for sleep. Caring for a newborn baby can leave you feeling so exhausted that you expect to be able to fall asleep at the drop of a hat – only to find you can’t. If you have trouble falling asleep, make sure your environment is suited for sleep. Get rid of ‘electronic distractions’ (the TV, laptop/notepad, mobile phone etc.) and keep your bedroom cool and dark. In addition, don’t get too hung up about falling asleep. If you’re not nodding off within a reasonable amount of time, get up and do something else until you feel sleepy. Then try going back to bed.

• Treat yourself to a great new bed. When sleep is in short supply, it’s more important than ever to make sure your bed is comfortable and supportive and an aid to restful sleep, whenever you manage to take it. If your bed is old and grotty, a new bed could be the best investment you make this year!

• Watch those hormones! Sleep deprivation can lead to mood changes at a time when hormones are already in overdrive which, in turn, can lead to the ‘baby blues’. So if you have any concerns about mood levels or a real and on-going sleep problem, consult your healthcare provider. Identifying and treating any underlying conditions can help you get the rest you need. Making sure you get a good level of sleep – even if it is more broken up than usual - will help you take the best care of your baby.

*The Sleep Council is a generic body that aims to:
  • Raise awareness of the importance of a good night’s sleep to health and wellbeing.
  • Provide helpful advice and tips on how to improve sleep quality.
  • Provide helpful advice on how to choose the right bed for optimum sleeping comfort.*

*The Sleep Council is funded by the National Bed Federation, the trade association for UK and Eire bed manufacturers plus UK and EU component suppliers.*

THE SLEEP COUNCIL’S FREE GOOD-NIGHT GUIDE FOR CHILDREN IS PACKED WITH USEFUL HINTS AND TIPS ON ESTABLISHING GOOD ROUTINES FOR SLEEP, TACKLING COMMON SLEEP PROBLEMS IN CHILDREN AND CHOOSING BEDS FOR CHILDREN AND TEENS. A COPY CAN BE DOWNLOADED FROM THE SLEEP COUNCIL WEBSITE (WWW.SLEEPCOUNCIL.ORG.UK).
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

Approximately half of all Australian children under 12 receive some form of childcare. It was found that 24 per cent were in formal care, compared with 26 per cent who were cared for by their grandparents - an increase of 19% from 2008.

The Australian Bureau of Statistics estimates that around 15,000 grandparents are caring full-time for children in this country. However, it’s thought many more are not included in official statistics because they are unaware of where to turn for financial, practical and emotional support.

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.
Controlling pesky parasites!

Spring heralds the start of flea and tick season, but getting rid of pesky parasites is only half the battle, doing it safely can be the real challenge.

Rufus & Coco has developed a range of pet care products containing natural pyrethrins that easily and effectively eradicate fleas, repel insects and control lice without the use of harsh chemicals. There are different treatments for different uses.

New to the range is 7 Day Flea Fix by Rufus & Coco, a natural concentrated treatment rinse that controls fleas, lice and adult brown dog ticks for up to seven days.

Suitable for use in a hydrobath, as a rinse, dip or spray, and applied diluted, a single treatment can prevent the attachment of ticks for up to seven days on cats and dogs and is safe for use on puppies*, kittens*, birds and bedding. 7 Day Flea Fix is alcohol and solvent free, bio-degradable and proudly Australian-made in strict laboratory conditions. RRP $16.95.

Ideal for using at bathtime, Rufus & Coco Flea Flee is a mild, soap free and pH balanced shampoo with a fresh and natural scent. The natural pyrethrins kill fleas, lice and assist in the control of adult brown dog ticks. Flea Flee is ideal for dogs, cats, puppies* and kittens*. RRP $14.95

If your pet suffers from mosquito bites or is annoyed by flies, Rufus & Coco Bug Off repellant spray is a handy product to keep nearby. It is an oil based, low concentration insecticide that doesn’t sting like alcohol alternatives. It is professionally formulated with Citronella and Natural Pyrethrins and just a few sprays from head to tail will repel flies and mosquitoes on horses, dogs, cattle and pigs. It is safe for pets and doesn’t evaporate. RRP $14.95

Treating pets for parasites regularly is essential for both their physical and emotional health. To obtain maximum flea control, treat your pets’ environment too by washing bedding with 7 day Flea Fix, and regularly spraying pet’s living areas with diluted 7 day Flea Fix.

Rufus & Coco 7 Day Flea Fix (RRP $16.95), Flea Flee (RRP $14.95) and Bug Off (RRP $14.95) are all available from selected Woolworths and Coles stores or call 1800 651 146 for your nearest stockist.

*Pyrethrins are generally safe for puppies as young as six weeks of age, and kittens as young as eight weeks of age.

RUFUS & COCO

Well Bred Petcare
New flyers are in
We created and printed new flyers to promote our service and have started distributing them in libraries, senior citizen centres and community centres. Some of our members and other supporters of our service are helping to distribute the flyers. If you are still looking for a surrogate grandparent or family in your area to join and want to take a pro-active approach we are very happy to send you some flyers for distribution in your local area.
Find a Grandparent in the media
A post about Find a Grandparent was published on the “Open Forum” blog. In the article Cate, the founder of Find a Grandparent tells her personal story and why she started the service. The post also includes some general information about Find a Grandparent. Another article about Find a Grandparent was published in the Grandparents Day Magazine’s Winter issue. It looks into the reasons why families join our service.
You can find all the articles mentioned above on our media page.

New members
This month we have 6 new members: one family each from VIC, QLD, WA and NSW and one surrogate grandma each from VIC and NSW. A big welcome to all our new members! Currently there are 35 families and 12 surrogate grandparents that are active members at Find a Grandparent. Please have a look at our profile page to view them.

- We currently have 164 fans on Facebook
- 91% of our Facebook fans are women.
- The most visits per day to our homepage were on 31. August 2012 with 893 visitors. We were featured on “A Current Affair” that night.
- We currently have 12 active surrogate grandparents and 47 surrogate grandparents that are unactivated because we haven’t received their National Police Checks yet.
- We were featured in 21 articles and blogs, 6 radio shows and 2 TV shows.
- We know of 5 families and surrogate grandparents that were matched through our service. There might be many more and if you have found a family or surrogate grandparent through us we would love to hear from you.

FindaGrandparent

www.findagrandparent.org.au

The surrogate grandparents who register with Find a Grandparent 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, that wants them to spend time with their family, and that will bring joy and fulfilment into the surrogate grandparent’s life. If you are interested in this service check it out: www.findagrandparent.org.au
Ear Mites

Warm weather and sunshine brings out the insects and ear mites are no exception. There are several different types of mites, and they are a completely separate species of insect from fleas.

Ear mites mainly effect young animals, but some can also infect animals of any age group. Older animals can become infected after a new puppy or kitten has entered the household.

What to look for – Young animals

Mites are itchy. The ears will appear red and there will be scratching. You can also have a black, waxy discharge and sometimes head shaking. Sometimes mites can cause the ear environment to change enough that yeast or bacterial infections can take off.

Viral infections cannot be treated by current drugs, so vaccination is the best way to provide immunity.

What to look for – Older animals

Usually a history of contact with puppies or kittens in the recent past. Some types of mites, such as the paprika mite (trombiculid mites), can affect adult cats. Paprika mites appear as tiny, bright orange spots over the outside of the ears. They are very itchy and often the ears get quite scratched and scabbie.

What can I do at home?

Regular, effective flea treatments and regularly check the ears. Cleaning ears regularly to reduce dust and debris build-up. This will limit the causes of itchy ears. Treatments for different types of mites and ear infections are possible and depend on what is causing the problem.
Christine Larsen is a wife, mother, grandmoth-er and farmer, now living with husband on a retirement farm in South Australia. Reading has been her passion all of her life, to herself and to two generations of her offspring.

Christine believes you can learn anything in this world if you first have a love of reading, and a questioning mind. With this as her credo, she has begun her 'born-again' writing career with a series of children's stories.

At the same time, she is working on another series... this time a series of adult farming memoirs, with short-short stories of a farming career spanning 40+ years.

I have just self-published the fifth in my series of children's e-books called 'The Grandest Small Folk Tales' - a celebration of one Grandmother and her Grand-daughter over her early years. (These two are, of course, my grandie and self).

It is a combination of Cirena's small child creations both written and drawn - and my 'granny' type ones created for her, interspersed with poems, jokes and cards I made for her over the years.

I wanted to project the importance of saving and savouring memories of all kinds, to encourage mature 'grandies' to record their treasures in some form, as well... and to be an encouragement to the small 'grandies' to know their efforts have enormous value to those who love them.

Grand-parenting is a special joy - a wonderful time to share and care without the heavy burden of total responsibility that parenthood entails. It's a time to give yourself permission to revisit your childhood, to fantasise, to share and enjoy all the possibilities Life offers... without the hard realities creeping in. This book is a celebration of many special years shared between loving grandparents and our 'golden' girl, our grand-daughter, Cirena.

I hope you are entertained by our creations during these treasured times.
A woman called Sonora Smart Dodd was an influential figure in the establishment of Father's Day. Her father raised six children by himself after the death of their mother. This was uncommon at that time, as many widowers placed their children in the care of others or quickly married again.

Sonora was inspired by the work of Anna Jarvis, who had pushed for Mother's Day celebrations. Sonora felt that her father deserved recognition for what he had done. The first time Father's Day was held in June was in 1910. Father's Day was officially recognized as a holiday in 1972 by President Nixon.

The date when Father's Day is celebrated varies from country to country. It is celebrated in Canada, the United Kingdom, and the United States on the third Sunday of June. It is also observed in countries such as Argentina, Canada, France, Greece, India, Ireland, Mexico, Pakistan, Singapore, South Africa, and Venezuela. In Australia and New Zealand Father's Day is on the first Sunday in September. In Thailand it is celebrated on December 5, which is the birthday of the country's king. Brazilian dads are honoured on the second Sunday of August.

On Father's Day many people make a special effort for their fathers or father figures. Some people visit their fathers, while others give cards, flowers or other gifts, such as clothing or sporting equipment, or luxury food items. Father's Day is a relatively modern holiday, so different families have different traditions. These can range from a simple phone call or greetings card to large parties honouring all father figures in an extended family. Father figures can include fathers, step-fathers, fathers-in-law, grandfathers, great-grandfathers and even other male relatives.

Father's Day in India is a relatively new concept but it is celebrated in similar ways as in the United Kingdom or the United States, although on a smaller scale. There is a greater awareness of Fathers Day events in metropolitan cities and bigger towns due to the greater exposure of people to the western cultures in these areas. In Mexico Father's Day is referred to as “Día del Padre”, where many families get together, prepare meals and distribute gifts to fathers or father figures. In South Africa, many social and cultural societies host Father's Day celebrations to stress the important role of fathers in nurturing children and building a stronger society.

From me and mine! To you and yours! Happy Fathers Day!

by Richard 'Percy' Peters
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

P.O. Box 407 Lane Cove 1595
Phone: 0411 016 784
Email: waig@waig.org.au

TERM 3 PROGRAM

2 September
Book Review –
“Seduced by Logic” by Robyn Arianrhod presented by Rowena Eddy is the story of two remarkable self-taught women, Emilie du Chatelet, an Enlightenment polymath and lover of Voltaire, and Mary Somerville who a century later became a world authority on Newtonian physics. Both women were passionate mathematicians. Today we shall be looking at the lives and impact of these women.

9 September
Discussion Group –
The reign and fall of Australia's first woman Prime Minister - have we been through a gender war? What have we learned about women and leadership, and women and politics today (speaker to be confirmed).

16 September
Book Review -
Our group book for this term will be “The Lost Life”, by Steven Carroll. Partly based on T.S. Eliot's poem Burnt Norton, it is a short novel about the choices made by people during their first love. The poet (Eliot) and his platonic lover, Emily Hale, are contrasted with a younger fictional couple, Catherine and Daniel, who witness their meeting (this book was held over from Term 2).
The Lane Cove Women’s Action & Information Group Inc (WAIG) celebrated its 30th year of operation at the Gallery Lane Cove on Friday 28 June.

Thirty women enjoyed the chance to catch up with members and friends and share their experiences of being involved with WAIG. Many long standing members explained how important the group had been in connecting them to the local community and in providing them with the opportunity to hear stimulating speakers, especially when their children were young.

Guests at the celebration included Lane Cove Councillors Pam Palmer and Deb Hutchens, Carol Sinclair, Manager Community Services, together with Snr Constable Rebecca Michelson from Chatswood Police and Beverley Sodbinow from the Jessie Street National Women’s Library (where WAIG’s archives were recently housed).

Honorary Life Memberships were presented to Shauna Forrest for her role in establishing the group, Toni Quigley (an early and active member) and Robyn Woolley (long time member of WAIG) for their continued contribution to women’s equality and to WAIG.

It is proving to be a big year for WAIG. In May WAIG coordinated a ‘Meet and Greet’ in Lane Cove Plaza to raise awareness of the range of women’s groups in the area. Eight other groups joined in to showcase their activities for women of all ages and interests. At the same time a children’s reading session was held in the Bandstand.

On Saturday 23rd November, WAIG will return to its roots by holding a Women’s Self Defence Seminar at the Lane Cove Living & Learning Centre. Further information can be found on the WAIG website over the coming months at www.waig.org.au or by emailing WAIG at waig@waig.org.au.

WAIG was formed in 1983 in response to a number of sexual assaults on women in Lane Cove and as a means of providing local women with support and self defence classes. Known at the time as the Lane Cove Women’s Safety Group, WAIG has since diversified to cover a huge range of activities of particular interest to women. WAIG now provides weekly discussion groups during school term, supports a local book group, runs an annual seminar for women and is represented on a number of local committees.

Women of all ages are welcome to attend WAIG’s Monday morning sessions in the Library between 10 am – 12 (during school terms). There is no need to book or to commit to regular attendance. Visit the website www.waig.org.au or check out the program in TVO and other local publications and notice boards.
Robin & Penny with the Birthday Banner

Rowena & Trish cutting the Cake
Robin, Robyn, Penny, Trish & Joyce
Changes to support payments for grandparent carers

If you’re a grandparent caring for your grandchildren, you need to be aware of recent changes to Centrelink family assistance payments.

If you currently receive Family Tax Benefit (FTB) there are a number of changes that may impact you from 1 July 2013.

Immunisation and Health Checks

To remain eligible for the FTB Part A supplement of up to $726, children in your care now need to be immunised during the financial year that each child turns one, two and five.

If you receive income support you will also need to make sure children in your care complete a health check in the year they turn four, and that this is reported to Centrelink once it has been done.

School-aged children in your care

When the children in your care start school or move into secondary education, you need to let Centrelink know so we can pay you the correct amount of Schoolkids Bonus, if you’re entitled to this payment.

GRANDPARENT ADVISERS

To support grandparents with full-time caring responsibility for their grandchildren, grandparent advisers are available in selected Service Centres.

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

Grandparent Advisers can also help relatives and foster carers.

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

There have also been changes to the amount of time you have to lodge a lump sum claim or balance your family assistance payments.

From 1 July 2013 you will have one financial year instead of two to lodge a lump sum claim for FTB and/or Child Care Benefit (CCB).

You will also need to lodge your tax return with the Australian Taxation Office, or tell Centrelink that you are not required to lodge one, within 12 months of the end of the financial year to receive FTB top-ups or supplementary payments.

These rules apply from the 2012-13 financial year onwards, meaning you have until 30 June 2014 to complete these requirements.

This doesn’t mean you’ve missed your chance to claim entitlements for the 2011-12 financial year - you still have until 30 June 2014 to claim for this period.

Getting on the front foot with your tax time requirements will speed up payment of your financial assistance and make sure you meet the new rules.

Get it done faster with our new App

The Families Express Plus App is a quick and convenient way of managing your Centrelink business.

You can use the App to update your contact details, subscribe to and view online letters, view payments and transaction history, capture and upload documents and to notify Centrelink if you don’t need to lodge a tax return.

The App is available for download for your smartphone or tablet from Google Play or iTunes.

For more information go to humanservices.gov.au/families or call 136 150

HELP HANKY is the red bandage that can HELP!

What is one of the most terrifying sights a child can see? Spiders? Monsters? Seeing Nanna in her nighty? While they’re all relatively scary, the sight of blood can be very traumatic.

HELP Hanky is RED in colour and designed for little ones to put in their pocket in case of accident.

80% cotton and Australian made, the FIRST AID FOR YOU HELP Hanky has been designed so that if the child is in an accident and there is blood, they can use the red hanky to allay some of the frightening aspects of such an accident, by “camouflaging” the blood.

Hospitalisation rates for falls and poisonings were higher for children living in rural and remote communities, compared to children living in metropolitan areas (1.5 times greater for falls and 1.9 times greater for poisoning) (Source: AIHW 2008*).

“As a mother, I’ve seen my children’s reactions to accidents. First the pain, then the blood, followed closely by fear. Blood, even the smallest amount, can make a child feel scared or even want to be sick or faint”.

“The HELP Hanky was designed so that if an accident should occur, the child can HELP themselves.

Certainly a child will need to be shown how to use the hanky, as will the family – but everyone in the family should know the right procedure for dealing with cuts and blood loss anyway” says Director of First Aid For You, Mary Dawes.

We chose HELP because each of the letters stands for a letter in the accident process.

HANKY – find your hanky in your pocket and put it on the cut to stop the blood;

EXPLAIN to an adult, calmly, what happened;

LOOK – the adult will need to see where you cut yourself, this may be a little scary, but it’s important they can see what’s happened so they can…

PROTECT – let an adult take the time to protect you from the accident and your cut.

The hanky is perfect to have on hand in your car, the first aid kit, even the baby bag! You never know when this neat little bandage will come in handy.

Through the FIRST AID FOR YOU - FIRST AID FOR FAMILIES COURSE parents can learn how to deal with blood loss, child and baby resuscitation, choking management, allergic reaction and asthma management, burns and much more.

Sessions start from $65.00 per person and run for approximately two hours. Each participant receives a HELP Hanky.

Each FIRST AID FOR YOU course is tailored to the audience and an emphasis is placed on hosting sessions for smaller groups - allowing for more interaction between the instructor and attendees. To enhance the environment and put everyone at ease, sessions can be held around morning or afternoon tea or even an early evening session at a location, which is convenient for all attendees to enjoy in a relaxed atmosphere.
Specialising in First Aid Training for Families, Work and Schools.

WE COME TO YOU at a time that suits and on a day YOU choose.

http://www.firstaidforyou.com.au

First Aid For You courses are designed to make you think, laugh and learn along the way. Our mission is to give real people, real skills that will make a real difference. We do this by:

- Coming to you at home, work, sports club or even the kids play centre
- Having small groups to make learning first aid easier
- Personalising course content to suit your work place, lifestyle and industry
- Running courses at a time that suits you whether that’s after work, on weekends, during or after school

FAFY Trainers are dedicated, passionate, QUALIFIED and most importantly amazingly talented and experienced MUMS!

We have 2 free HELP Hanky packs to give away - contact GDM at info@grandparentsdaymagazine.com

“Accidents are a part of life. With the HELP Hanky, we hope that these accidents can be a little less traumatic for everyone ” adds Mary.

The HELP Hanky is launching at the introductory price of $2.99 and can be purchased by phoning 1300 853 050 or emailing info@firstaidforyou.com.au
TIME TO GET OFF THE VIDEO GAME!

Copyright © 2013
Tina Feigal, Parent Coach and Trainer

Are these fighting words in your home?

Here are 10 tips for setting up a system that works to bring an end to the conflicts:

1. At a family meeting, explain to your kids that we now know that too much video game playing is not good for children’s brains, and in fact can damage them. (See the link to an article about this below.)

2. Talk about how when your child wasn’t even born yet, you took care of him in the best way you could. You ate well when you were pregnant, got good sleep, exercised, and went to prenatal visits and childbirth preparation class. When he was a baby you fed, clothed, held, and bathed him when he was completely dependent on you. When he started to walk, you made his environment safe so he wouldn’t get hurt. All along you’ve taught safe behaviours with traffic and strangers, shopped for and cooked good food, provided a home to live in, clothes to wear, and opportunities for fun. You are not about to stop caring for your child now by saying, “OK, spend all the time you want playing games. I’m fine with its effect on your brain, even though I know it’s damaging.” You just wouldn’t do that. Your child needs your perspective on this.

3. In light of the fact that you are doing your job as a parent, explain that overuse of video games is simply not an option. Video games are a privilege. Just like any other privilege, if it’s abused, it isn’t available. Give an example from your adult life that illustrates the same concept, e.g., if I abuse the privilege of driving my car, and do so recklessly, my license will no longer be mine. Kids need to know they aren’t the only ones with limits on their activities.

4. You may want to use an ice cream analogy: “I don’t allow you to eat a quart of ice cream every day because it wouldn’t be good for your body.” Same thing. “I don’t allow you to play unlimited video games because it wouldn’t be good for your brain, which is a very important part of your body.”

5. Come to an agreement on a reasonable amount of playing time, first inviting your child’s input on what he thinks is reasonable. You want to show collaboration here, so you don’t lose your child’s willingness to engage in the solution. From the adult perspective the time playing video games shouldn’t be much, as every minute spent on the game is a minute spent away from nature, people, and physical activity, all of which are known to be VERY good for children’s brains. Maybe ½ hour on weekdays and an hour per day on weekends. During the school year, if there’s homework, that gets done first, and then the privilege of playing video games is activated.
6. Give your child heartfelt appreciation for talking rationally about this, for interacting with you, for spending time in nature, and for engaging in physical activity. This is what you want to increase, and you know that noticing the positive behaviours will do just that.

7. Limit your own video game use. Children learn more from what we do than what we say. Get on your bike and explore the world together instead.

8. Decide together how the “stopping” will happen. When the time is up, does your child want one of these three options?
   a. You tell him time is up (your least favourite, because he’s not accepting responsibility for ending the playing time, but keeping it on you, which leads to arguments.)
   b. He has the computer timer or a kitchen timer that lets him know time is up.
   c. He watches the time and ends play when it’s up (your favourite option, as you don’t have to get involved, and he’s learning self-control.)

9. Ending the video game time is something that’s hard when the brain is addicted, which happens much more readily in young brains than in adult brains. Kids need to learn to anticipate “finishing this level” when there’s time to finish it. So that means that a few minutes before the ending time, they start stopping.

10. Rehearse ending. Go to the computer together, have the child set the timer or show him how to watch the time. Have him play the game while he thinks about stopping (this is a new skill, one that he’s likely never thought about.) Help him anticipate the timer going off and finishing his level. And when time is up, it’s up. Help him sign off. This way he’ll have a map in his brain for stopping appropriately, and you can give him heartfelt appreciation for doing so.

Read what Victoria Dunckley, M.D. says about video game damage to child brains here: http://drdunckley.com/videogames/

Want help with this process? Parent coaching is available to you, no matter where you live. Click here for all the details. www.parentingmojo.com/parent-coaching
The SENIORS ON SCREEN program is an initiative from Adelaide’s Media Resource Centre and is unique to Australia.

Its commitment to providing a festival quality program & building community over simply selling low priced films to the seniors market plus their extensive workshop program focuses on seniors being creators and not simply consumers: BOOTCAMPs, DIGITAL STORY-TELLING, EDITING, DESIGN, etc.

They have recently started incorporating other art-forms as well, such as jewellery making.

seniors’ filmmaking bootcamp

http://www.mrc.org.au/
An average of 32 babies are born each month before reaching the hospital -- and these are just the births that are reported to the media.

The reason people don't realize how common this is -- and the reason we don't typically prepare for this -- is because babies born before reaching the hospital are usually only covered in local news, so you only hear about a few each year.

http://www.enroutebaby.com
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 over 30 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
SA’s Every Generation Festival, encompasses the whole month of October. This is an annual, intergenerational, community based Festival involving the whole community in a celebration of positive and active ageing. Last year over 1400 events were held across metropolitan, regional, rural and remote South Australia. The Festival is run by COTA SA, a not for profit organisation that works with people over the age of 50.

The jewel in the crown of this annual Festival is our EVERY GENERATION FESTIVAL AWARDS, which highlight and honour the amazing work of individuals and groups that exemplify positive ageing and challenge the stereotypes of ageing in our society.

IF you don't have buttermilk on hand ... Mix almost one cup of milk with 2 tablespoons of either white vinegar or lemon juice ... Makes a great substitute!
COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

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

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people. As a member of several ACT government standing committees, ‘round tables’ and departmental groups, COTA has ongoing input into the advice going to government.

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

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

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

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

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

Contact Us
Council on the Ageing (ACT)
Hughes Community Centre
Wisdom Street
HUGHES ACT 2605
(PO Box 5566 Hughes ACT 2605)

PHONE:  (02) 6282 3777
EMAIL:  contact@cotaact.org.au
WEB:  www.cotaact.org.au
POACHED SALMON WITH GARDEN VEGETABLES

Makes 4 portions

150ml gf vegetable stock
1 potato, peeled and diced
1 carrot, peeled and diced
120g salmon fillet, skinned and chopped
2 tablespoon peas
30g cheddar cheese, grated

Place the stock in a saucepan with the potato and carrot.
Bring to the boil, then cook over a medium heat for 7-8 minutes or until just tender.
Add the salmon and peas, cover and simmer for 3 minutes, or until the fish flakes easily and the vegetables are really tender.

4 Ingredients Kids is the perfect beginners' kitchen friend and will delight children with clever, creative photography and recipes including Meatloaf Cupcakes, Chicken Calypso Sandwich, Partysicles, Edible Veggie Bowl & Dip, 4-Minute Strawberry Soft Serve, Wok-on Noodles and Chocolate Fruit Jewels.
4 Ingredients Diabetes is the second release in best-selling author, Kim McCosker's Wellness Trilogy. Always striving to assist people save time and money in the kitchen, McCosker has answered the calls of Diabetes sufferers - now affecting an estimated 246 million people worldwide. This colour book featuring over 60 recipes will offer inspiration and prove that there is an easier way to cook, which is both fresh and delicious! 4 Ingredients Diabetes is an amazing compilation that will motivate all people needing or wishing to follow a no sugar, low GI healthy eating plan, endorsed by Diabetes Australia.

Contains meals with carefully chosen ingredients that have the right balance of fats, sodium, carbohydrates and dietary fibre - essential for those diagnosed with diabetes or trying to prevent it.

Nutritional information in table form per serve is provided with each recipe.

Diabetes is a silent epidemic. According to the World Health Organisation, there are 370 million people world-wide living with diabetes.
Welcome to Aimless Designs

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

I also make Name Frames 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 be a birthday, thank you or mother's day card, your personal input can be incorporated into a design especially for you.

email - aimless@inode.on.net
Facebook - www.Facebook.com/aimless.designs

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

James

Neate

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

Grandparents Raising Grandchildren

Australia was once home to an amazing array of prehistoric animals. "Dinosaurs Down Under", is here to help tell you their extraordinary story...

http://DinosaursDownUnder.com

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

http://www.facebook.com/KnitterKnatter

www.grandlove.weebly.com

Judy Turner

www.facebook.com/KnitterKnatter
RSL CARE 2013 AGED CARE AWARD WINNER

RSL Care has won ‘Outstanding Organisation’ at this year’s HESTA Aged Care Awards.

RSL Care CEO Craig Mills said RSL Care was honoured to receive the national award in the category of ‘Outstanding Organisation’ for its response to flood events that followed ex-Cyclone Oswald in January.

“Being nominated as a finalist in the Hesta Aged Care Awards and then going on to win our category is a bonus on top of the real achievement which was successfully evacuating and returning residents to a beautifully repaired and rebuilt facility – on time and on budget,” Craig said.

“There was a lot of heartache and loss as a result of the flood. There was also a lot of goodwill and generosity. In many ways, what tore a small community apart brought a bigger community together.”

Craig said the national award was particularly special as RSL Care celebrates its 75th anniversary.

“In many ways, the recovery of Fairways is not that dissimilar from the birth of RSL Care. Both were made possible by extraordinary acts of mateship, hope and generosity of spirit.

After months of hardship, we are grateful for this prestigious award which is a fitting public endorsement for an exceptional story of service that has defined our brand for the past 75 years.”
According to a major report published by The Sleep Council, the economic downturn has meant that many people are too anxious to sleep: almost half of those questioned said that stress or worry keeps them awake at night (47%) rising to 54% of women (compared to 40% of men) and 57% of singles.

The findings come from The Sleep Council’s biggest ever research project. Some 5000 people were surveyed to provide an overview of British sleeping habits. The results are published in an in-depth report, The Great British Bedtime Report.

It found that as many as 7.9 million have used alcohol to help them get to sleep at night while 6.8 million self-medicate with over-the-counter tonics. Divorced people are much more likely to seek help from their GP (16% compared to the average of 10%) with sleep problems.

Clear leaders in the ‘What Keeps You Awake At Night’ category, worry and stress were well ahead of other night time nibbles – partner disturbance was the second greatest irritation affecting 25% of those polled. An uncomfortable bed came next, bothering 13% of people.

Said Jessica Alexander of The Sleep Council: “A good night’s sleep can be affected by everything from stress at work or money worries to more practical considerations such as a bedroom that is too hot or cold, or an uncomfortable bed.

“We know from past research that, as a nation, stress levels rise during periods of economic uncertainty and this can have considerable impact on our sleeping habits – as it clearly is doing now.”

38% of respondents believe that changing their bed time and wake up time would improve their sleep while 17% have taken medication and 14% have tried over the counter remedies in an attempt to relieve the problem. Drinking alcohol (16%) is another worryingly common method people use to help them drop off. As a percentage of the adult population, that equates to 7.9 million turning to alcohol to help them sleep while 6.8 million self-medicate with over-the-counter tonics.

The Sleep Council’s Great British Bedtime report is intended to provide a full audit into the nation’s sleeping habits and will be repeated on a regular basis in order to monitor any changes.

One significant change – benchmarked against a Sleep Council survey in 2010 – shows a worrying increase in the number of people sleeping just five to six hours with 7% more people now getting by on this a night.

Although current NHS guidelines indicate that we don’t necessarily need eight hours sleep, experts believe that most adults require somewhere between six and nine hours in order to feel refreshed and to function well both mentally and physically.
Confronted with the difficult task of keeping his children engaged during Skype conversations with extended family living abroad and interstate, Ken Taggart came up with Chatty Kidz to create an interactive, and collaborative environment where the entire family can contribute to the child’s learning from anywhere in the world. In today’s world of working parents, endless extra-curricular activities and long-distance families, it can be difficult for parents to find time to sit down and help their children with reading or math practices. Yet there are grandparents, aunts, uncles and friends who would love to help out – if only they lived closer.

The App features the ability to store user content in the cloud, and allow real-time collaboration between the young child and other members of the family.

Simply put, it allowed one user to help her grandson with his homework during a face-to-face conversation even though they live 9000 miles apart and both of them are able to see one another, point, mark and zoom on the same canvas in real-time.

Chatty Kidz is an amazing new iPad App that is designed to tackle and solve this issue by encouraging young children to communicate with adults they know via interactive video chat whilst sharing an educational activity or looking at photos together. It’s easy-to-use, fun and safe.

Judith Miller is a grandmother who uses Chatty Kidz to stay in touch with her grandchildren and help with their education. Judith is blogging using Chatty Kidz and a 3G connection to keep in touch with the family whilst she travels around Australia. She has been helping her 6 year old grandson, Calum and 5 year old grandson Lucas focus on their reading practice and learning new sight words.

Judith loves being able to share her travels with her grandchildren whilst on the go, and still stay involved with homework duties and can also share photos of her adventures.

For more information, please contact: Ken Taggart at ktaggart@chattykidz.com
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

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
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

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
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.

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