



ROTARIAN Life

Issue 36 – November 2008

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Our cover: The Finke River camp along
Central Australia's Larapinta Trail.
Photo: Tim Dawe

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ACRONYMS: A Crude Representation Of Nonsensical Yabber Mimicking Sentences?



THE 242 kilometre Larapinta ('salty river' in the local Arrente language) is not a household name, but for the adventurous walker it remains a 'must do' wilderness experience. From Alice Springs, it winds its way along the backbone of the West MacDonnell ranges to Mt Sonder in the west, tracing the ancient songlines of the Aboriginal Dreamtime through a surprising variety of environments.

While always challenging underfoot and hard-going at times, the track is safe and in first-class condition with excellent signage, information boards and serviced water tanks. The track is well-designed and maintained and a credit to the Wildlife and Parks Service ('Parks'), which is still acquiring station land to develop it.

I am part of a guided tour of eight walking every step of the 'Larapinta – end to end'. There is another way: private individuals or groups, unsupported except for strategic food drops, carrying all their equipment. For these hardy souls, Parks recommends a journey of a least 20 days – and only in the cooler (fly-less) winter months.

Our World Expeditions tour provides us with not only an experienced guide and assistant, but the support of proven campsites, water, tents and swags, three-course meals, first aid and emergency communications and more – materialising each afternoon in a following 4WD troop carrier pulling a trailer kitchen. This allows us

the luxury of hiking with just a day pack. Carrying water, snacks and camera, mine weighs a comfortable six kilograms.

We are led by Rob 'Golly' Kirk, whose nickname is obvious whenever his hat comes off. He is assisted by driver and understudy, Aran Price, recently returned from a UK desk to "give my dream job a go".

After our first day walking the 25 kilometres from Alice Springs' old telegraph station to Simpsons Gap, we soon settle into our daily routine. First there's the sleep-shattering call to boots at 6.45am, when the July piccaninny dawn yields a temperature slightly above zero. Without the need for a tent in this tinder-dry climate, I sleep in the open under the spectacular stars and emerge from my warm, comfortably-padded swag.

The pre-march routine begins: boots (check feet), pack (check water, lunch things), then fall into a single line (check favoured position, rhythm and pace). Most days the track first takes us meandering through lowlands, gullies or creek beds, then on steep rocky climbs followed by glorious long ridge walks on top of the world.

The vast blue sky is luminescent, the red/green plains and khaki/blue ranges run to a curving horizon – and everywhere, all around us, is busted rock.

A Sonderful Walk

Only six years old, the Larapinta Trail, Central Australia's spectacular long-distance walking track, is fast becoming an Australian classic.

[Words and Photography] Tim Dawe



Rocks of all dimensions, ranging from coarse sand to house-size boulders, dominate the Larapinta Trail. But this is no barren desert; no amorphous wasteland. The scale and variety of the geology astounds. Golly shows us million-year-old tide marks and even rain drops frozen in rock.

The Chewings Range, our home for the first five days before we cross the featureless Alice Plain, is about 1,700 million years old while its southerly sibling, the Heavitree Range, is but a pup at 800 million years. Quartzite capping gives the ranges' their distinctive steep-sided shape. The geology's importance to the Aborigines is through the Dreamtime spirit, Yeperenye, a caterpillar-like creature even we can see chewing along the straight, deep valleys.

Growing through busted rock is a staggering variety of vegetation. There is spinifex everywhere, but also small forests of casuarina in dolomite plains, native pines, large mulgas, wonderfully sculptured ghost gums and now and again, ironwoods, bloodwoods and corkwood trees. Golly shows us bush tucker – native orange and passionfruit – but the discovery of cycads, an unbroken link with the Jurassic Age, in the middle of Australia is a real surprise.

It's no surprise, however, that the most memorable and photogenic camps and stops along the track involve waterholes. Observing the morning or afternoon light on a waterhole and the truly unfathomable array of stars that light up the desert night sky, draws me into nature like nothing else.

Our shy, young, yet highly attentive guide turns out to be a surprisingly good cook – with a camp oven. We expect our trip to give us breathtaking views, exhilarating hard work and a modicum of comfort, but we do not expect haute cuisine. Well, OK, let's call it a variety of high-quality, three-course meals of international flavour – pulled out of an ember-filled hole in the ground!

As the afternoon shadows lengthen and we release our feet from their boot bondage, Aran calls us for hors d'oeuvres around the campfire: bruschetta or felafels or fruit and cheese platters. This is the day's golden time, relaxing with a cold can of VB, when it all seems worth it.

To our increasing amazement, we dine on barramundi (in the desert?), Moroccan chicken, pumpkin risotto and lamb shanks.

We are treated to baked chocolate bananas, ingenious tortilla crepes for our Mexican night and a special pavlova. The oven even yields a delicious fruit cake – but no damper.

Daily walks vary from 13 to 31 kilometres depending on the grade and in some cases, logistics. Day four from Standley Chasm to Birthday Waterhole is 17 kilometres and graded very hard, but provides us with the remarkable Brinkley's Bluff with its stone cairn at 1,200 metres.

Excitement grows, as does the reclining pregnant outline of Mt Sonder in the distance. But before reaching our lofty goal, there is the small matter of 31 kilometres from Glen Helen Gorge to overnight at Redback Gorge and then a dark early morning start. On our weary arrival, Aran prepares an early dinner so we are ready to scale Mt Sonder's 1,380 metre peak and witness the wonder of sunrise.

Up at 4am, we start the climb fifteen minutes later. We climb Sonder's left breast, doing 730 metres in little over two hours – a record of sorts, so Golly tells us as he pulls out a tiny gas bottle from his pack for a welcome cup of tea.

What a way to finish. Former dark blobs become peaks that gleam with gold, mountain chains emerge and behind us we cast a massive triangular shadow to the horizon. We made it!

It takes us 14 days to walk to this spot; it takes two and half hours to drive back.

Our farewell dinner is at Alice Springs's Aurora Grill; no longer travellers but friends and forever end-to-enders, bonded by the incredible outback experience that is the Larapinta Trail.

We raise our glasses; so here's a toast to ... no more bloody rocks! Clink! ■

Fast facts

For details on the Larapinta Trail and West MacDonnell Ranges go to:
www.worldexpeditions.com
www.treklarapinta.com.au
www.nt.gov.au/nreta/parks/walks/larapinta

World Expeditions offers a seven-day and three-day tour with a deluxe tour planned.

Steeped in history,
Ballarat in Victoria's
Central Goldfields
region turns up the volume
in January with its annual
Organs of the Ballarat
Goldfields
Festival.

International harpsichordist, Michele Benuzzi from Tokyo, will play in the lovely Loreto Chapel, a building worthy of lifting hearts and minds.

A FEAST OF fine music

HELD against a backdrop of the region's beautiful 19th century buildings and gardens, the Organs of the Ballarat Goldfields Festival is a ten-day feast for lovers of fine music, showcasing an eclectic mix of Australian and international musicians, composers, instruments and musical periods.

Now in its 14th year, the festival offers 23 exquisite recitals in heritage buildings, with a strong focus on feasting and friendship. Forging new ground in cultural tourism, this unique festival is well established on the Australian music calendar. Nowhere else in the world is such a concentrated wealth of fine music presented in such historic venues and towns.

Late in 1995, renowned Italian organist, composer and teacher, Sergio de Pieri OAM, was shown some of the wonderful 19th century pipe organs scattered throughout the Victorian Central Highlands Goldfields area. With the enthusiastic encouragement of former pupil Judy Houston and a small band of other Ballarat supporters, the first festival was staged and proved a delightful success! The festival has always been organised and run by volunteers and is proud to have as its Patron, Professor David de Kretser AC, Governor of Victoria.

Described as 'the founder, artistic director and spirit' of the festival, Sergio was awarded the Order of Australia last year for his contribution to music in Australia.

With the invaluable support of Assistant Director Judith Houston OAM, Sergio has once again assembled a rich, stimulating and exciting program to enthrall, delight and educate audiences in 2009.

The two recitals by Venice's celebrated master musicians, *Interpreti Veneziani*, are a must! This Italian Baroque ensemble,

famous for exuberance and exquisite musicianship, will play Concerti of Vivaldi and Albinoni.

Acclaimed soloists Christopher Wrench, Amy Johansen, Robert Ampt, David McFarlane and Thomas Heywood will also present recitals, playing some of the lovely organs in the area.

The launch by Maestro Sergio de Pieri of the first George Fincham organ built in Victoria (1868), newly restored and recently installed in Talbot's Anglican Church of St Michael and All Angels, will be a special occasion combined with a recital, dramatic performances in the town square, morning tea and a barbecue lunch.

The festival offers much more than organs. The program will also feature Vivaldi's *Mass for St Mark*, including the famous *Gloria*, The Freshwater Trio, Dr Lamberto Tronchin (world-renowned lecturer on acoustics), Josephine Vains (virtuoso cellist), Shu Cheen Yu (operatic soprano) with Anthony Halliday (piano), Miwako Abe (distinguished international violinist) with Michael Keiran Harvey (piano), Hartley Newnham and Friends performing *Crete – The Labyrinth of Intimacy* and Australia's foremost Scottish music duo, Chris Duncan and Catherine Strutt, among other gifted artists. Fine food will accompany the fine music with the festival breakfast, Sergio's cooking demonstration and lunch, a buffet meal at Charlie Napier Hotel, Sovereign Hill, an Italian breakfast and the festival dinner.

Organs of the Ballarat Goldfields Festival will run from Friday 9 January to Sunday 18 January. A Festival Pass gains entry to all 23 recitals and day and weekend passes and individual tickets can also be purchased. For more information and bookings visit www.ballarat.com/organs or call 0429 327 097. ■

the
Art



of
Living

“Wine to me is passion. It’s family and friends. It’s warmth of heart and generosity of spirit. Wine is art. It’s culture. It’s the essence of civilization and the art of living.” – Robert Mondavi, *‘Harvests Of Joy’*

[Words] Meagan Jones

INDEED, there is so much more to a ‘good drop’ than its balance and bouquet, its colour and complexity, its vintage and vinosity. It is not wine in itself that has seen Australia’s wine tourism industry spread its tendrils across the country’s trellises with increasing vigour. It’s the people with whom you share it, the food with which you accompany it and the elementary romance that surrounds it.

From Tasmania’s sparklings, to the Rieslings of Adelaide Hills, Barossa’s Shiraz to the Cabernets of Coonawarra, the Hunter Valley’s Semillons and the Semillon Sauvignon Blanc’s of Margaret River, all of Australia’s wine growing regions have one thing in common – a stunning backdrop to frame the fruits of the growers’ labour and an intimate, old-worldly atmosphere in which to enjoy the end result.

Less well-known are the wine regions of sunny Queensland. While the history of the industry dates back to the 1860s, until recently it has remained one of the State’s best kept secrets. But like good wine, it has developed with age and a winter bus tour with close friends through one of Queensland’s fastest growing wine regions combined all the elements that make wine tourism such an enticing pleasure pursuit.

Encompassing the rainforest beauty of Tamborine Mountain and the emerald countryside of Albert River and Canungra, the Gold Coast Hinterland is a spectacular area featuring boutique wineries, award-winning cuisine, sweeping costal views and all the old-world charm of Australia’s more established wine growing regions.

Mount Tamborine Winery & Homestead was the hinterland’s first winery and vineyard, established in 1990 by the late Roger Hart. Now located in the heart of Tamborine’s famous Gallery Walk, Roger’s vision of creating exceptional food and wine within the Gold Coast Hinterland has been continued by his wife Ann and daughter Danielle Hart.

Vineyard manager Clem Parsons is producing wonderful grapes that helped snare a barrelful of medals at the 2007 Courier Mail and Sofitel Brisbane Queensland Wine Awards. Both the 2006 Black Shiraz and 2005 Tehembrin Merlot received gold, while the 2005 Black Shiraz, 2007 Rosè, 2007 Unwooded Chardonnay and 2005 Shiraz Cabernet were all awarded bronze. The Tehembrin Merlot, released only when the parcel of Merlot is exceptionally good, is the company’s flagship wine and one of the true straight Merlots produced in Australia.

The winery receives as much acclaim for its superb food as its award-winning wines and takes great pride in designing menus that showcase the region's fresh local produce. While the à la carte restaurant provides an exceptional fine dining experience, the homestead is most renowned for its award-winning steak pies. The Aussie Bush Spice Pie – comprising of prime rump fillet, roma tomatoes, sour cream, garlic and a special blend of Australian herbs and spices – is their latest savoury creation to bag a medal.

Despite the winter chill, it was still a little early for Merlot and meat pies, so with hearty proclamations of 'I'll be back', we moved on.

The more recently established Witches Falls Winery provided the perfect location for morning tea, or rather morning tittle. Spread out beside the small vineyard with a wheel of Tamembert (no, that's not a typo) from Tamborine's Witches Chase Cheese Company and a glass of Witches Falls Verdelho, there was 'warmth of heart and generosity of spirit' aplenty as we contentedly waited for our official wine tasting.

A small but highly regarded winery, winemaker Jon Heslop and assistant winemaker Richard Abraham are producing some outstanding wines. A week prior to our tour, James Halliday had paid the winery a visit and been more than complimentary. In fact, he awarded their 05 Prophesy Cabernet an impressive 94 points. The Cabernet was also the top scoring Cabernet Sauvignon at the 2007 Rutherglen Wine Show.

"We have the utmost commitment to producing the most outstanding wines we can," says Heslop. "At every step of the way we use the very best and don't cut corners and I think that's what sets us apart. We really see ourselves as being up there, not only with the very best in Queensland, but starting to rival some of the best in Australia."

Witches Falls' cellar door, with its large glass windows dividing the winery and bar, has been set up to allow visitors the chance to view and learn about the winemaking process.

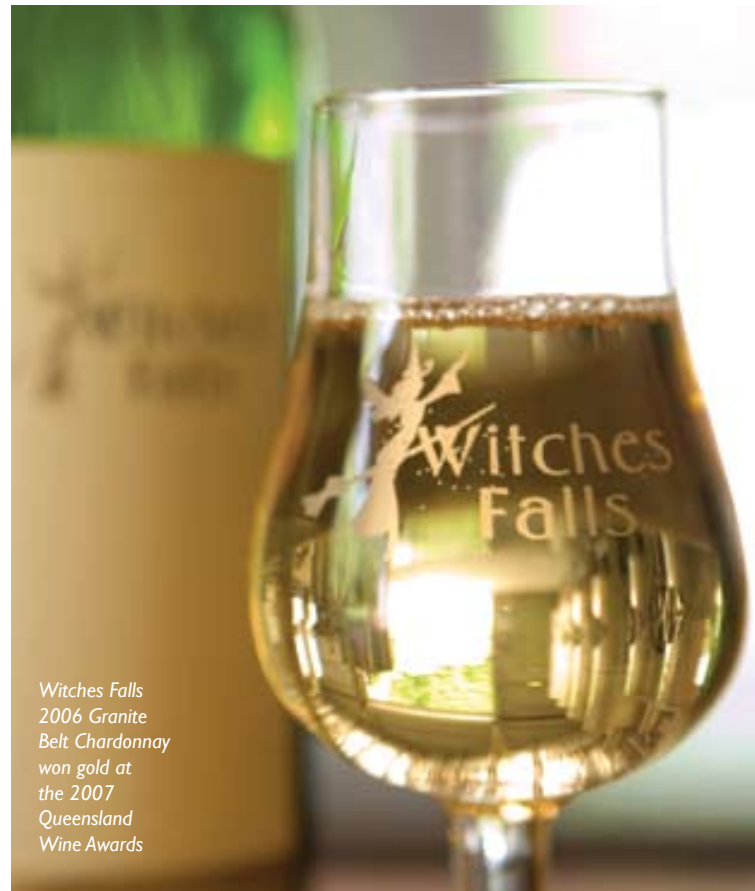
"So it's an education for people when they come here as well," says Heslop. "We are really happy to accommodate anyone who comes to the winery and wants look at and learn about the process themselves."

A hop, skip and a stumble away from Witches Falls Winery will find you at Cedar Creek Estate, home to platypus, the Tambourine Mountain Glow-worm Caves and Australia's first ever Chambourcin Rosè. Now the estate's signature wine, it actually came about through a costly yet humorous disaster.

The winery was looking for a grape variety that could withstand Queensland's high humidity levels and, being a hybrid, Chambourcin fit the bill, or rather the beak. The first harvest in 2000 was looking good with no mould and no fungal diseases. They soon discovered that they had a much bigger problem, however.

"The rainbow lorikeets decided they needed the grapes more than we did and hit the vineyard with a vengeance," explains our host at the cellar door. "It took the birds ten days to wipe out half our crop. We lost four tonnes of grapes, which was a massive loss for us.

"It was actually quite funny though. The grapes ferment in the bird's gut, which is where the term 'pissed as a parrot' comes from, and that's exactly what they were – absolutely stonkers. Unfortunately it didn't take the feral cat community long to get word."



*Witches Falls
2006 Granite
Belt Chardonnay
won gold at
the 2007
Queensland
Wine Awards*

The only way to save the grapes (and the birds) was to pick them. "But when we took them to the winemaker, he said, 'Well the grapes were picked way too early, we physically can't turn this into a red wine. The colour intensity isn't there, the ripeness isn't there, the best we will do with this is a Rosè'."

So Rosè it was and an impressive one at that! The wine proved so popular that they decided to keep it a Rosè for good.

The last stop on our tour was to the open fireplace of Heritage Estate. Widely regarded as the most elegant winery in the Hinterland, it also provided a touch of nostalgia for me personally. The building was originally the Infant Saviour Catholic Church of Burleigh Heads, the very church in which I was baptised. Saved from demolition in 2000 and relocated to Tamborine Mountain, owners Paddy and Bryce Kassulke have lovingly restored the building to its former celestial glory.

The winery's furnishings also have a distinct sense of history. The pillars were transferred from Brisbane's Treasury Casino while the bar, which has fittingly taken the place of the altar, originated from Brisbane's old Commonwealth Bank. As I ordered a glass of 2005 Cab Sav, it occurred to me that I was standing on this very spot when I took my first sip of the 'drink of gods'. Amen!

Fortunately Heritage Estate's offerings are a vast improvement on communion wine.

We grabbed a bottle of their 2005 Reilly's Shiraz, made our way to a grassy knoll and watched the sun sink over the valley to the soulful tunes of our tour companion's acoustic guitar.

The art of living indeed! ■



N.S.W. & A.C.T.

2008 Glenbrook Spring Festival

Where: Glenbrook, Blue Mountains, NSW

When: 8 November

How much: Free entry

On the second weekend of November, the main streets of Glenbrook are closed off to allow residents and visitors to welcome in spring. The Glenbrook Chamber of Commerce puts on a huge festival of local art and craft focused on fun, food, friendship and entertainment for all the family. Enjoy live shows, bands, displays, a carnival, information stalls plus around 100 street stalls offering an amazing selection of goods and craft items.

E: sandramorey@hotmail.net.au

W: www.glenbrookbluemountains.com.au

2008 Australian Open Golf Championships

Where: The Royal Sydney Golf Club, Rose Bay, NSW

When: 11-14 December

How much: TBA

The 93rd Australian Open is set to make a triumphant return in 2008. The national championship will provide the climax to the Australasian Summer of Golf calendar and will again see some of the world's leading players including defending champion Craig Parry and current World No. 5 and 2008 World Golf Championships – CA Championship winner Geoff Ogilvy, compete for the chance to lift the prized Stonehaven Cup.

W: www.australianopengolf.com

Degas: Master of French art

Where: National Gallery of Australia, Canberra, ACT

When: 12 December 2008 – 22 March 2009

How much: Adults \$20.00

For the first time ever in Australia, audiences will have the opportunity to see an exhibition of one of the most important and admired Impressionist artists – Edgar Degas (France 1834-1917). Degas traces the evolution of the artist's style from finely crafted paintings to exuberant canvases. Showcasing works from Degas' favoured subject matter – the ballet, the race-course, the café, concerts, milliners, laundresses, brothel scenes and bathers – more than 80 masterpieces from the world's most famous galleries and museums will be on show.

P: 02 6240 6411

W: www.nga.gov.au

Woolworths Carols in the Domain

Where: The Domain, Royal Botanic Gardens, Sydney, NSW

When: 20 December

How much: Free entry

Woolworths' Carols in the Domain is Australia's largest and most loved Christmas celebration. Family and friends come together at this spectacular event to celebrate the magic and joy of Christmas. The Domain becomes a hive of activity as people from all over Australia join in and sing along to their favourite Christmas carols.

P: 03 9676 2355

W: www.carolsinthedomain.com



Victoria

Equitana Asia Pacific

Where: The Melbourne Showgrounds, Ascot Vale

When: 20-23 November

How much: General admission \$35.00/day

Saddle up for Equitana – the largest equine event of its kind in the Southern Hemisphere. At Equitana Asia Pacific you will experience a world of horses, showcasing the very best of competition, education and exhibition. Attracting more than 70,000 visitors each event, Equitana continues to bring the entire Australian equine industry together under one roof to celebrate and promote the industry as a whole to the rest of the world.

P: 03 9596 8744

W: www.equitana.com.au

Queenscliff Music Festival

Where: Various venues, Queenscliff

When: 28-30 November

How much: From \$135.00

A family-friendly festival, Queenscliff is much loved for its depth and diversity of musical talent as well as its picturesque seaside setting. Queenscliff offers the very best of original contemporary music in Australia, as well as a few select invited international guests. There's also great food, wine and street entertainment.

P: 03 5258 4816

W: www.qmf.net.au

Vision Australia's Carols by Candlelight

Where: Sidney Myer Music Bowl, King's Domain, Melbourne

When: 24 December

How much: Adults from \$38.00

Celebrate the magic of Christmas with song at the 2008 Vision Australia Carols by Candlelight. Held in the Sidney Myer Music Bowl, the night will feature an array of contemporary and traditional performers that is sure to delight and entertain the whole family. All proceeds raised from the event go towards children who are blind or have low vision.

P: 1300 847 466

W: www.visionaustralia.org

3 MOBILE Boxing Day Test

Where: Melbourne Cricket Ground (MCG), Melbourne

When: 26-30 December

How much: Costs vary

The traditional Boxing Day Test at the MCG is the most anticipated cricket match of the year. There will be no love lost when South Africa travel to Australia in the 2008/09 summer to take on Ricky Ponting's new look Australian team. As well as the action in the arena, there will be plenty of activities in and around the MCG. 'The Outfield' precinct will provide interactive cricket displays for families in Yarra Park, Federation Square again hosts a live site including all the action on the big screen and Merv Hughes will be returning to host Merv's Walk to the G.

P: 03 9653 1100

W: www.cricketvictoria.com.au



Queensland

Dralion – Cirque du Soleil

Where: MacArthur Ave, Hamilton

When: 27 November 2008 – 4 January 2009

How much: From \$55.00

Dralion is the 5th Cirque du Soleil to visit Brisbane. It is a celebration of the four elements that maintain the natural order: air, water, fire and earth. Bearing the unmistakable avant-garde signature of Cirque du Soleil and featuring a total of 65 artists from 14 countries, *Dralion* will define new heights of acrobatic creativity with its unique and exciting acts. Of course the crazy and colourful clowns also return, adding more than a touch of madness and audience interaction.

W: www.cirquedusoleil.com

Cadbury Schweppes Australian PGA Championship

Where: Hyatt Regency, Coolum, Sunshine Coast

When: 4-7 December

How much: Adults from \$20.00

See three-time winner Peter Lonard defend his title against, champions like Adam Scott, Geoff Ogilvy, Stuart Appleby, Richard Gree, Rod Pampling, Nick O'Hern and John Senden at Australia's oldest golf championship.

P: 03 8420 5888

W: www.pga.org.au

Carols In The City

Where: River Stage, Botanical Gardens, Brisbane

When: 6 December

How much: Free entry

Carols in the City, previously the Golden Casket Lord Mayor's Christmas Carols, is a celebration of Christmas for Brisbane's whole community. It is an event for the entire family with a range of outstanding artists performing your favourite Christmas carols. Whatever you plan to do this Christmas, don't miss this night of inspiration and entertainment. This premier free Brisbane Christmas event showcases outstanding artists who will please all ages.

P: 07 3831 1613

W: www.carolsinthecity.com.au

Brisbane International

Where: QLD State Tennis Centre, Yeerongpilly

When: 2-11 January

How much: Costs vary

See World No.1 Ana Ivanovic when she headlines the inaugural Brisbane International to be held for the first time in 2009. Brisbane International is a newly created tennis competition bringing together the Next Generation Adelaide International with the Mondial Australian Women's Hardcourts. This exciting event will be the launching pad for the start of the Australian Open Series in Melbourne.

P: 07 3426 4888

W: www.brisbaneinternational.com.au



South Australia

Loxton Lights Up Festival 2008

Where: East Terrace, Loxton

When: 29 November – 29 December

How much: Free entry

The Loxton Lights Up Festival is the official opening celebration of the four and a half week program, 'Loxton Christmas Lights'. This is the largest one-day event of the year for Loxton and attracts crowds of up to 10,000. Santa is present throughout the day with a small gift for every child. There is a wide variety of food and drink stalls and the fun concludes with the official switching on of the Loxton Christmas lights and a spectacular fireworks display.

P: 08 8584 8071

W: www.loxtonlights.com

Art at the Hart 2008

Where: Harts Mill, Port Adelaide

When: 6-7 December

How much: Free entry

Awaken your artistic nature and heighten your senses when some of South Australia's most exciting artists showcase their creative oeuvre! Wonder along a scenic waterfront promenade and enjoy the atmosphere of a free artisan marketplace. Meet the many different artists, browse through over 50 exhibition stalls and take the opportunity to purchase unique pieces of artwork.

P: 08 8440 3132

W: www.artatthehart.com.au

Carols By Candlelight

Where: Elder Park, Adelaide

When: 21 December

How much: Entry by gold coin donation

Christmas is a time of tradition and Carols by Candlelight is certainly one of Adelaide's favourite annual traditions. Features include a Christmas concert with entertainment for the whole family, headlined by outstanding Australian acts, plus a special appearance by Father Christmas and a spectacular fireworks finale.

P: 08 8278 8335

W: www.carols-sa.com.au

Tour Down Under

Where: Various locations, State-wide

When: 18-25 January

How much: Costs vary

Gear up for a week-long festival of action and entertainment when the world's best cycling teams light up South Australia in the first race of the prestigious UCI ProTour calendar. From beaches to vineyards, through the city of Adelaide and iconic South Australian towns, the six-stage Tour Down Under is a truly world-class event. Don't miss this opportunity to see seven-time Tour de France winner Lance Armstrong doing what he does best.

P: 08 8463 4701

W: www.tourdownunder.com.au



Western Australia

Saint Barbara's Festival

Where: Hannan Street, Kalgoorlie

When: 4-6 December

How much: Free entry

The Saint Barbara's Festival has established itself as an iconic event for the Goldfields region. The festival is an excellent opportunity for the community to come together to celebrate mining and its contribution to the community and quality of life for people in the region.

P: 08 9021 2466

W: www.stbarbarasfestival.com

Ironman Western Australia Triathlon

Where: Busselton Foreshore, Marine Terrace, Busselton

When: 7 December

How much: Spectators free

Watch as elite Ironman competitors trudge through a 3.8 kilometre swim adjacent Western Australia's iconic Busselton Jetty, a 180.2 kilometre bike course through the Tuart Forest and a 42.2 kilometre run along the foreshore. This event is now part of the world-wide family of Ironman distance races which attract over 30,000 athletes to attempt to qualify for the Ironman Triathlon World Championships in Hawaii.

P: 03 9864 1138

W: www.ironmanwa.com

The RAC Channel Seven Christmas Pageant with the City of Perth

Where: City of Perth

When: 7 December

How much: Free event

The RAC Channel Seven Christmas pageant is undergoing a big makeover this year. The event is moving to a Sunday morning with the pageant route also changing to create a big family carnival on Langley Park. The pageant will start off with a big Aussie sausage sizzle breakfast along with carnival rides and family entertainment on Langley Park.

P: 08 9344 0777

W: www.perth.wa.gov.au

Manjimup Cherry Harmony Festival

Where: Central Business District, Manjimup

When: 12-14 December

How much: Free entry

The sixth annual Manjimup Cherry Harmony Festival promises to be the best yet. The town centre is closed to traffic and a variety of stalls and free activities are set up including bouncy castles, a bucking bull, miniature train rides and face painting for the kids, local solo artists and bands, fashion parades, log chopping, farmers markets, a wine tasting tent and the all-important cherry pip spitting contest.

P: 08 9771 2316

W: www.cherryfestival.com.au



N.T. & Tasmania

Carols by Candlelight

Where: George Brown Darwin Botanic Gardens, Darwin, NT

When: 7 December

How much: Gold coin donation

Carols by Candlelight is the pinnacle of the festive season in Darwin. Performing on the night will be the Darwin City Brass Band and many well-known carol celebrities including the Darwin Youth Choir, the Kormilda College Choir and many more. Bringing together talented performers from different cultures, the carols are concluded by a massive fireworks display.

P: 08 8999 3841

Rolex Sydney Hobart Yacht Race

Where: Kings Pier Marina, Hobart, TAS

When: 26 December 2008 – 1 January 2009

How much: Free event

Each December on Boxing Day you can see the world's greatest yachts charging through Sydney Heads as they take part in the Rolex Sydney Hobart Yacht Race. Since 1945, this blue water classic has thrilled Australians and thousands line Sydney Harbour or form farewell flotillas to cheer the departing yachters. Days later in Hobart, the excitement builds as news of who will be the first boat to arrive comes through. Then its celebration time with the Taste of Tasmania food fair and the Hobart Summer Festival.

P: 02 8292 7800

W: <http://rolexsydneyhobart.com>

Taste of Tasmania (The Taste)

Where: Princes Wharf Shed No. 1, Hobart, TAS

When: 28 December 2008 – 3 January 2009

How much: Free entry

The Taste has become one of Australia's most popular and successful food and wine events. The Taste presents a range of international cuisine based on Tasmania's renowned local produce and provides a forum for entertainers from around the world. As famous as the Rolex Sydney to Hobart Yacht Race, The Taste is a major event in the Hobart Summer Festival, with free entry to the ultimate seven-day exposition of Tasmanian fine food, wine, produce and entertainment staged right on the Hobart waterfront.

P: 03 6238 2100

W: www.tastefestival.com.au

New Year's Eve at the Wharf

Where: Stokes Hill Wharf, Darwin, NT

When: 31 December

How much: Free entry

Join in the fun and welcome in the new year at Darwin's Wharf Precinct. Bring the whole family along and enjoy New Year's Eve on the Wharf. There will be live entertainment, a fireworks spectacular and al fresco dining under the stars.

P: 08 8981 0631

W: www.darwinport.nt.gov.au



New Zealand

John Mellencamp

Where: Vector Arena, Mahuhu Cres, Downtown Auckland

When: 3 December

How much: From \$75.00

For the first time in 15 years, John Mellencamp will tour New Zealand and Australia. The legendary singer/songwriter will perform his hits as well as debuting material from his brand new album 'Life, Death, Love & Freedom.' Special guest Sheryl Crow will join John performing all her hits plus feature material from her album 'Detours' released earlier this year.

P: 09 9709 700

W: www.ticketmaster.co.nz

Royal New Zealand Ballet – Don Quixote

Where: Founders Theatre, Hamilton, Waikato

When: 10 December

How much: Adults from \$45.00

This new commission pays tribute to one of New Zealand's most loved performers. Set in Barcelona, this exciting new production is staged and choreographed by Gary Harris and Adrian Burnett to music by Leon Minkus. Based on Miguel De Cervantes' classic novel, *Don Quixote de la Mancha*, it is one of the great comedic ballets of all time.

P: 07 8381 111

W: www.nzballet.org.nz

TSB Bank Festival of Lights

Where: Pukekura Park, New Plymouth, Taranaki

When: 14 December 2008 – 8 February 2009

How much: Free entry

Each year, selected areas of New Plymouth's magnificent Pukekura Park are transformed into a magical and mysterious wonderland that attracts more than 150,000 visitors to a spectacular theatre of lights. The two-month festival will showcase a luminous lighting display throughout the park, as well as offering great day and night time activities.

P: 06 7596 060

W: www.festivaloflights.co.nz

Black Barn OpenAir Cinema

Where: Black Barn Amphitheatre, Havelock North, Hawkes Bay

When: 27 December 2008 – 6 January 2009

How much: \$15.00

The amphitheatre in the foothills of Te Mata Peak was purpose built for performances and has quickly gained a reputation as one of New Zealand's finest outdoor venues. It has great acoustics, good sight lines, the best of technology installed and views to die for. Movie-goers can relax back on grassed terraces, sip a glass of wine, nibble on snacks from the in-house caterers or bring a picnic of their own to share with friends. Films are carefully selected to enthrall in the open-air and while the program is varied, each film is a gem of its genre.

P: 06 8746 039

W: www.blackbarn.com



Pacific Islands

Te Mire Tiare Festival

Where: Rarotonga, Cook Islands

When: 1–6 December

How much: Free entry

If you're visiting the Cook Islands in December, be sure to join in the festivities of the annual Te Mire Tiare Festival – a week-long celebration of the beauty of the Cook Islands flowers. The festival is a magical time to visit the Cooks, with parades of floats adorned with flowers, floral competitions and the popular Miss Tiare pageant. Cook Islanders look forward to the coming summer and both locals and visitors are encouraged to adorn themselves with flowers. This year's festival takes place in Rarotonga from 1–6 December 2008, with competitions for the best decorated shops, schools and government buildings, and the best 'ei' (head or neck garland). A highlight of the week's festivities is the popular Miss Tiare Pageant Float Parade, this year on 6 December, which is followed by the crowning of Miss Tiare.

P: (682) 29 435 (Head Office)

P: (09) 366 1106 (New Zealand)

P: (02) 9211 6590 (Australia)

W: <http://cookislands.travel>

Jazz in the Pines

Where: Various venues, Norfolk Island

When: 6–13 December

How much: Costs vary

Norfolk's whispering pines will carry the sassy tones of toe-tapping jazz music this year when the tiny island hosts the Jazz in the Pines Festival from 6–13 December. Set amongst spectacular island scenery, the finger-snapping, feel-good week of swing, funk and blues will see top jazz acts feature in seven booty-shaking shows, including two major concerts and three dinner performances, as well as CD signings and roving performances along Norfolk's famous tax-free shopping strip. Artists include Dorian Mode, Julie Wilson, Malcolm McNeil and Mike Walker Trio, Les Crosby and Shoalhaven Jazz, Trevor Furner and Unsafe Sex, Jo Elms and Band and Ad Davey and the mon STARS. The 2008 Jazz in the Pines Festival promises to offer soulful and uplifting tunes in one of the most beautiful settings imaginable for a celebration of good music. Packages are available through Travel Centre, Oxley Travel and The Norfolk People.

P: 0011 6723 22147 (from Australia)

P: 006723 22147 (from New Zealand)

E: info@norfolkisland.com.au

W: www.norfolkisland.com.au

Christmas Arts and Crafts Show

Where: Maison des artisans, Noumea, New Caledonia

When: 13–20 December

How much: Free entry

This will be a good opportunity to find original ideas for presents for the festive season. Everything on show has been made with passion by local craftspeople.

P: (687) 27 56 85

W: www.boutiques-artisanales.com



The Ultimate Power

THE ultimate power in any situation is The True Man learning how his Regular Joe plays out, then how his Mr Invincible plays out (refer August issue). More importantly, your True Man also learns how these two internal characters battle it out with each other.

Why is it important to know? First, because every man has his unique psychology; his Regular Joe and Mr Invincible naturally think and filter information in a certain way. Second, because we are all social creatures so it's inevitable that those thinking filters will clash or coincide with others' unique psychology. Third and most important, it gives his True Man the courage to be vulnerable and the strength to defend it.

Regular Joe, knowing that vulnerability is temporary, uses his True Man to find out how to deal with the difficulty productively, so as to clear his psychological slate. In defending it, Regular Joe works in productive partnership with his Mr Invincible to defend himself appropriately with the people around him. Mr Invincible isn't all bad; he's the part that helps men fight fires, go into the mines, negotiate a tough win/win deal or simply get that spider your wife wants outside rather than inside.

You see, the True Man in every man is his inner leader; his more spiritual nature. Not in an airy fairy or spook kind of way! It's much more grounded than that. It's more about his intuition. Despite what people think, men are very intuitive.

Only men do intuition men's way. Note it, observe it, hold it or deal with it, signal it with the other party in a quick and simple nod (or equivalent) and get on with it! In doing this though, the True Man always looks for the win/win way to deal with a situation so that other key people in his life are in on it and verbal communication channels are clear. The strength of the True Man is that he uses the natural power play between his Regular Joe and Mr. Invincible to his advantage. The ultimate power to put you ahead of play in the health stakes.

Dr. Elizabeth Celi, PhD, MAPS

Psychologist and Author

Author of *Regular Joe vs. Mr Invincible – The Battle for the True Man*

www.qualityliving.com.au ■

Power Up Your Brain

[Words] Eva Bennett.

DID you know that your brain has two different ways of thinking? This was discovered less than 40 years ago by American Professor Roger Sperry, who was awarded the Nobel Prize in 1981 for his research findings. Up until then, the workings of the right brain were unknown and the focus of the learning process was centred on the use of the left brain.

Over 80 per cent of the western world limit their full potential by over-using the left brain, the 'information' function, and under-utilising the right brain, the 'inspiration' function. Basically our left brain is our thinking, logical brain and our right brain is our feeling, creative brain. Our education system tends to favour the use of the intellectual left brain to measure mental intelligence by IQ tests. More people are becoming aware of the importance of EQ, emotional intelligence, which is connected with the functions of the right brain. Over-use of the left brain functions leads to problems like information overload and stress.

By 'switching off' the left brain sometimes and 'jump-starting' the right brain, you balance both sides of the brain, which leads to clearer thinking, improved problem-solving abilities, reduced stress, improved memory and better sleep.

How can we balance both sides of the brain? There are a number of easy, effective ways you can do this that I have used successfully with my clients. Getting away from the computer regularly and getting out in the fresh air, walking and breathing deeply; eating a healthy diet; doing body cross-over exercises, dancing; art; relaxing music; crossword puzzles and watching a funny movie are just a few of the ways to 'switch-on' the right brain.

The right brain helps us to 'think outside the square.' Our stress levels drop and a clearer, calmer, more positive mind helps us look at our problems with fresh eyes.

In my book, *So What Do We Do Now? The Baby Boomers Guide to Enjoying Retirement*, I explore further how we can live a happier, more meaningful life when we develop the right mind-set. ■





Nordic Walking

More gain, less pain for effective exercise

[Words] Maree Farnsworth – Master Trainer in Nordic Walking

AUSTRALIA'S present inactivity crisis and our looming ageing population means there is great demand being placed on our healthcare systems, the economy and, on a more personal level, our day to day enjoyment and quality of life. Again, it is effective preventative health care options that will provide the only long term solutions. Apart from good nutrition and mental health, exercise is a critical factor. A new physical activity to Australia, Nordic Walking, holds great potential for really making a difference.

Nordic Walking uses specially designed poles to create a low stress total body workout that delivers profoundly greater benefits than regular walking. It is a weight-bearing activity giving fantastic aerobic fitness, body conditioning and weight loss benefits without the pain and strain to the lower body.

Nordic Walking originated as a form of summer training for competitive cross country skiers in Scandinavia, however the

evolved form is suitable for people of all ages and fitness levels. If you can walk, you can Nordic walk.

This latest global fitness trend has experienced incredible popularity in Europe and is now booming in the UK and US. It is still very new here, but that will change fast as more people discover and experience the health benefits.

Scientific studies have proven the following benefits of Nordic Walking:

- activates 90% of the body's muscles
- gives a 20-25% greater cardio fitness benefit than regular walking
- burns up to 46% more calories compared to regular walking without poles
- decreases the weight load and impact on the joints of the lower body
- strengthens as well as tones the upper back, core and shoulders
- gives a more intense workout with lower perceived exertion
- increases lateral mobility of the spine
- releases pain and muscle tension in the neck and shoulders
- promotes balanced walking posture
- improves co-ordination

The combination of these benefits make Nordic Walking a 'wonder' exercise for people suffering from a wide variety of health problems including diabetes, cardiovascular disease, osteoporosis, Parkinson's disease, obesity, MS and arthritis, as well as for older people at risk of falling.

In Europe, where the Nordic Walking movement is years ahead, Nordic walking is accepted and promoted enthusiastically by medical and health professions: insurance companies offer reduced premiums for people who Nordic Walk, rehabilitation clinics use Nordic Walking as a core form of therapy and doctors 'prescribe' Nordic Walking as a medical treatment for high blood pressure, diabetes, etc.

Nordic Walking involves a simple and rhythmic, yet definite technique that is easy to learn. It is not like trekking though, so proper instruction is essential.

If what has already happened overseas happens in Australia, we are set to see Nordic Walking play a large role in preventative health care, but most importantly, for individuals to discover a renewed enjoyment of regular physical activity. ■



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Fathering Adventures



Calling all fathers, grandfathers and male mentors ... the boys and young men of Australia need you.

THE future of our great nation is uncertain if the simple weight of male presence is not felt, as masculinity is bestowed by masculinity.

Statistics reveal that 40 per cent of all children will grow up, at least at some point in their lives, without a father in the home. A further 40 per cent of children tell researchers they don't feel close to their Dads. The biological father is the single most influential person, for better or for worse, in the life of a boy or young man between the ages of 7 and 21. Due to the ever-increasing cost of living however, Dads are having to spend more and more time away from the home and in the workplace. Mums are also being forced into the workforce to help make ends meet. The two busy individuals return home late in the evening, tired, exhausted, frustrated and impatient, with very little left in the tank to offer one another or their children. Separation and divorce has become commonplace, and at a great cost to our society.

Our boys and young men are growing up with very few male role models and so they lack a clear and compelling vision of authentic manhood. Most don't know what a real man does, or how a real man acts, or how a real man treats a woman, or his children, which leads to further dysfunction. In the absence of Dad, it is essential that grandfathers, uncles, male mentors step up and offer their strength, their wisdom, their experience and their life.

For a boy or young man to become an authentic man, there is a journey that he must take; an invitation into a community of men

that calls forth daring and courage. It's a journey that requires testing and challenging – physically, mentally, emotionally and spiritually.

Fathering Adventures is an initiative birthed out of both these needs and truths. Fathering Adventures was founded by Darren Lewis, husband and father of four sons, and operates out of the stunning beauty of Tropical North Queensland.

Once again, 'fathering' is more than the DNA that a biological father shares with his child, but rather the spirit of an older man wanting to impart life to a boy or younger man.

Fathering Adventures currently offers five-night adventures to help develop and strengthen all 'fathering' type relationships. A typical day features an exceptional full-day, fully guided outdoor adventure/activity like white-water rafting down the Tully River, snorkelling and glass-bottom boat viewing on the outer Great Barrier Reef, dual sea kayaking between Mission Beach and Dunk Island, and hiking to the summit of a mountain.

The outdoor adventures/activities selected cater for all fitness levels. A typical evening features a multimedia presentation and small group interaction followed by time relaxing around the fire sharing stories of the day's adventures. The minimum age limit is 13 years and no maximum age limit applies. Numbers are limited to a maximum of 12 pairs.

Financial assistance is provided where possible, so please make contact should you have such a need, or alternatively, if you or your business would like to consider sponsoring an individual or pair unable to experience one of these adventures due to financial hardship.

For more information visit www.fatheringadventures.com.au or contact Darren on 0431 839 035. ■

Fundamentals NOW THE KEY

November market comment by Michael Heffernan

A SIGNIFICANT correction occurred in world markets after the US Congress rejected the Emergency Economic Stabilization Act or 'bail out' bill on 29 September. In what can only be described as a moment of political lunacy, Congress voted against the economic package designed by the Treasury, the Federal Reserve and President George Bush, fearing an electoral backlash at the November 4th Congressional elections.

Without debating who caused the economic meltdown in the US, the ramifications of the September 29th Congress vote on world markets could be felt for some years. With Senate approval, the bill will go forward in a watered down format along with added tax concessions that will probably mean a consolidation of financial institutions throughout the world. The collapse of several banks and merchant banks in the US and Europe has seen forced mergers occur without regard for competition concerns.

Prior to the Congressional vote, the world moved to stabilise



markets by banning naked short selling in financial stocks, which in Australia was amended to a total ban on short selling (except for market makers) which was amended once the authorities realised that investors could use futures and offshore markets to sell several securities short. Additionally, companies providing leverage facilities have cut the percentage

and the number of companies on which they will lend.

The upside to all this upheaval is that there remains good value in our market leaders. It is important to look at stocks and weight portfolios with companies selling on excellent fundamentals. The credit crises will not disappear overnight, which will defer or may see the end of the expansion plans of some companies. So we can expect the number of takeovers to increase as companies shore up their balance sheets and given access to finance will now be severely restricted.

Michael Heffernan – Reynolds Stockbrokers

5/234 George Street Sydney 2000

P: 02 93734452 | E: mjheffernan4@bigpond.com ■



Yates tips on turning trash into treasure

How to start

First you need to decide where you're going to produce your compost. You can simply heap the contents together and wait for them to break down, but it's easier to have some sort of container or enclosure. Ready-made bins are convenient, with the ultimate being the tumbler bins that are really easy to turn and the newer varieties that rely on their own thermal currents to aerate the mix.

What can go into your compost?

A good mix of various ingredients is important, with a balance of both 'wets' (veggie scraps, fresh lawn clippings, manure) and 'dries'

(dead leaves, sawdust, shredded paper, straw, dry lawn clippings). As well as these ingredients, compost needs air, moisture and a reasonable temperature (not too hot, not too cold).

What not to use

Meat, pet manure, weeds with perennial parts (such as onion weed) and herbicide treated grass clippings.

How to make compost

1. If your compost is going direct onto the ground, put a layer of sticks or coarse material on the base.
2. Gradually build up layers of wets and dries (generally more dries than wets).
3. Occasionally sprinkle some soil and some Dynamic Lifter pellets to add extra microorganisms (these do the breaking down).
4. Wet the heap every so often so that it stays moist, but not sloppy.
5. Use a garden fork or compost tool to turn the heap every week or so to aerate it.
6. A couple of handfuls of Yates Garden Lime will sweeten the composting process.

When your compost is ready to use, it can be mixed into the soil, added to mulch or incorporate into potting mix. For more information contact your local council or the 'Soil, Compost & Worms' chapter in Yates Garden Guide. ■

Dill

DILL is an ancient herb that has long been valued for its medicinal qualities, but is equally popular in the kitchen. The fine ferny herb complements the flavour of many dishes including meats, omelettes, pasta and best of all, fish. There's nothing like a sprig of dill to enhance the flavour of smoked salmon.

For centuries mothers have made dill water (also called gripe water) and used it to soothe unhappy babies. Indeed, the herb does relieve colic. Dill is also said to aid digestion, relieve headaches and flatulence, reduce fever, stop hiccups and sweeten bad breath.

Dill is an annual that flourishes in the summer garden and grows easily from seed. Dill seeds, though small, are easy to handle and can be spaced out into individual positions. Keep the soil moist until after germination and thin out the seedlings to at least 20cm apart.

Dill must have good drainage but will rush to seed if the soil gets too dry. The seeds are useful too, however. Collect the ripe (brown) seedheads and dry them inside a paper bag. Then rub off the outer husks and add the seeds to vinegar, or blend and mix with sour cream to make a flavourful dip. Or experiment by sprinkling dill seeds into any dish you think will be improved by their distinctive and pleasant flavour. Seeds will keep well in an airtight container.

Harvest fresh dill leaves with scissors. Regular cutting will prolong the life of the plant, promote new growth and give you plenty of leaves for the kitchen. Leaves can be chopped into soups, salads, egg, fish and meat dishes.

Information supplied by Yates



Buying tips: It's easy to determine the age of dill. If you find fronds and stalks that are limp, dull, or dry, you will want to put it back down. Select dill that has a strong dill smell and is bright green in colour.

Storage tricks: Spritz whole stems lightly with a fine spray of water, wrap loosely in paper towels and place in a plastic bag. Store in the vegetable bin of your refrigerator. It should last up to a week and perhaps even longer.

Good bits: Dill weed contains the carminative agent carvone, which has a calming effect and aids with digestion by relieving intestinal gas. The seeds are also high in calcium with one tablespoon providing the equivalent of 1/3 cup of milk. Dill is said to promote lactation in nursing mothers and has been historically used as a weak tea given to babies to ease colic, encourage sleep and get rid of hiccups.

Loves: Butter, cabbage, carrots, chicken, cucumber, eggs, green beans, lemon, mayonnaise, mustard, orange, pasta, potatoes, seafood (particularly salmon), sour cream, squash and yogurt. ■

Warm Herbed Potato Salad

Potato Salad

- 1.5kg new potatoes
- 2 tbsp olive oil
- 4 white onions, peeled and sliced
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh chervil
- ¼ cup chopped fresh parsley
- Zest of 1 lemon
- Sea salt and freshly ground black pepper to taste

Dressing

- 2/3 cup olive oil
- 3 tbsp white wine vinegar
- 3 cloves garlic
- Juice of 1 lemon



Scrub potatoes and boil in salted water until just tender but not soft.

In a separate pan, heat the olive oil and sauté onions over high heat until golden, about 8 minutes, then turn down the heat, cover and cook slowly for 20 minutes

Drain potatoes and return to the saucepan.

To make the dressing, place the olive oil, white wine vinegar, lemon juice and garlic in a screw top jar and shake until thickened.

Pour over the hot potatoes and toss, adding the fresh herbs and lemon zest with the sea salt and freshly ground pepper to taste.

Add the caramelised onion and toss to combine.

Serve warm. ■



Settling the score

[Words] Max Crus

Also in November

Fruit

- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Mangoes
- Melons (honeydew, rockmelon, watermelon)
- Nectarines
- Papaya
- Pawpaw
- Peaches
- Pineapples
- Strawberries
- Valencia oranges

Vegetable

- Asparagus
- Beans (green, wing)
- Beetroot
- Bok choy
- Cabbage
- Capsicums
- Cauliflower
- Chillies
- Choy sum
- Cucumbers
- Garlic
- Tomatoes
- Zucchini

EVERY now and then, one of my friends gets up me for my wine scoring system, saying I score everything the same, to which I usually respond, "Bugger off, it's my column and I'll cry if I want to," which I do, because that sort of thing really hurts.

Actually, that's not true, I couldn't care less what my friends say because it's my wine column and I'll lie if I want to, and what really hurts is stabbing yourself with the waiter's friend, or cutting yourself on the stelvin.

However, I am interested in what my enemies say, as they seem to have a better grasp on reality. I am still stinging from my last written criticism back in the 90s, from a woman in her 90s, who rightly admonished me for using the word 'bugger'. It was not clear whether her criticism was for simply using the word, or using it incorrectly, but whoops, done it again haven't I!

But scoring is a funny thing and very subjective. Proper wine judges usually rate wines on a fairly straightforward system, giving a score out of 20, which encompasses colour/appearance (maximum of 3 points), nose (7) and palate (10).

But why make it so complicated? Scoring should be simple: Do you like the wine? If so do you like it more than the last one? If so, try another and repeat the process until either you or your funds are exhausted.

So just to clear things up, 8/10 is goodish wine, 8.5/10 pretty good, 9 flash stuff and 9.5 is really flash. Get it, friends?

Now who said I score all wines the same?

All Saints Estate Family Cellar Durif 2006
[\$50.00]

Sometimes you feel like just one glass, open a bottle, then realise it's worth \$50. You can't waste it, so what do you do? Have three glasses. **8.8/10**

Gapsted Ballerina Canopy Cabernet Sauvignon 2005
[\$25.00]

Exactly three years ago, I emptied the cellar looking for a red that wasn't a million percent alcohol and what came to the rescue? Yep, another Gapsted 2002 model Shiraz. Amazing that 14.5 per cent is light these days. **8.8/10**

Leconfield Coonawarra 2006 Cabernet Sauvignon
[\$30.00]

I don't mind leaving unfinished wine behind, but it is galling leaving it with someone whom you know won't appreciate it and even worse that they can afford whatever they like anyway. I'd rather leave it at a soup kitchen. **8.8/10**

Grove Estate Hilltops Semillon 2007
[\$16.00]

You know you are in a country town when a big chain wineshop directs you to the local supermarket for local wines. Almost makes you want to grow old in Young. Lovely wine too. **8.8/10** ■

Crystal Clear

Better Hearing Australia recognises Sydney Channel 7 newsreader, Chris Bath, for helping keep the hearing-impaired well informed.

ON Saturday 30 August, Better Hearing Australia held an Open Day at their Sydney headquarters in Concord. A highlight of the day was the presentation of the Clear Speech Award 2008 to Sydney Channel 7 newsreader, Chris Bath.

Presenting the award to Chris was The Honourable Kristina Keneally, former Minister for Aging and Disability services. Ms Keneally has recently been appointed the portfolio of Minister for Planning in the newly reshuffled NSW Parliament.

Chris Bath received the award in recognition of her clear pronunciation and non-verbal communication skills to help the hearing impaired community keep well-informed. The Clear Speech Award is designed to promote clear speech as an essential communication strategy for reducing the impact of hearing loss. Each year the hearing-impaired community turn down the volume, switch off the teletext captions and, by watching the face and lips of newsreaders, vote for the reader with the clearest articulation and non-verbal communication skills.

"News reading is all about communication, so I'm very honoured to receive this award," says Chris.

Hearing Awareness Week, an initiative of the Deafness Forum of Australia, is a highlight on the calendar for Better Hearing Australia. A not-for-profit self-help organisation controlled by members, Better Hearing Australia provides an Australia-wide community support service of rehabilitation and help for people with hearing loss.



Better Hearing Australia conducts regular communication classes for managing hearing loss and lip reading. It's the ideal opportunity for anyone experiencing hearing loss to attend and learn lip-reading plus receive information on assistive aids to help manage hearing loss.

Classes are held every school term in Sydney areas including the City, Bondi Junction, Concord, Chatswood, Fairfield, Hurstville, Liverpool, Parramatta and Pennant Hills, plus on the south coast in Batemans Bay and the ACT. Classes are a minimal cost of \$25 per term for BHA members, with cost of annual membership from only \$30.00. They are held in a relaxed, friendly environment and help participants cope better with day to day activity.

Better Hearing Australia believes that by improving communication skills and learning to lip-read, interaction with friends and relatives can be considerably improved, thereby enhancing the quality of life of the hearing impaired.

Contact Better Hearing Australia on 02 9744 0167 or for further information visit www.betterhearingsydney.org.au ■

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Camille Hardman

Tully sinks the boot in!

Simon Cawte – Article [abridged]
courtesy of Moviecentre.net

IN Australia we've become accustomed to passing through small towns that pay tribute to their local area's main attributes by creating massive sculptures as some sort of weird and wonderful homage to their community. Camille Hardman and John Fink decided it was time to document this 'growing' trend. After months of travel, they arrived in the small town of Tully in North Queensland and an award-winning film was born.

Big Dreamers is a quirky, heartfelt journey into one town's struggle to stay on the map. The man behind the dream is respected Rotarian Ron Hunt, whose belief in his community led to his plan to build the World's Biggest Gumbboot in honour of Tully's Australian record rainfall of 7.98 metres in 1950.

Simon Cawte decided to ask Camille just what would make someone spend so much time on such an unusual subject matter.

What made you decide to cover this subject?

I have always had a fascination with Big Things. My mother's family was from Queensland, so every holiday on our way to Brisbane we travelled past the Big Banana and the Big Pineapple. I was always intrigued to find out who built them and why? One day I mentioned this to John. "I would love to do a documentary about Big Things." He replied, "Let's do it."

What was the strangest sculpture/monument you found?

Maybe it's my sense of humour, but I didn't find any of them really strange. Most of the Big Things have a fundamental reason why they were built. All are a signifier representing the town hero, local produce or industry in that particular town.

What was your main aim behind this documentary?

Globalisation affects small towns in different ways and many small towns are struggling to survive. But there are people willing to fight to keep their existence. Also, many of the people in the film are a dying breed. North Queensland is changing at a rapid rate and many of these old pioneers and renegades are disappearing. Six people in the film have already passed away, so I consider the film a portrait of a place that will not be around in the same guise in the near future.

How do you wish the subjects in the film to be viewed by the audience?

As people who were proactive in doing something to save their town. Whether or not we agree with the method they chose, they were willing to put their neck and reputations on the line 'to have a go'. Too many people are apathetic. They are quick to complain about the situation around them, but don't do anything to try and change it. I admire people who try and make a change.

Do you feel that the audience, especially in the larger metropolitan areas, will view this as another roasting of our slower country cousins?

I have shown this film now to over 2,500 people in regional and metropolitan areas in the US, Canada and Australia, and I haven't had one person say they thought I treated the characters with comical contempt. Most say I have achieved a funny film without making fun of the characters in the film. I remained loyal to my characters.

How do you feel country regions will react?

Country people love it. They can all relate to the town bickering. Nearly every character in the film is an archetype that most people in small towns relate to.

What future projects do you have planned?

I am currently doing two films. One about a married Polish couple, Krys & Ron Pawlowski, who escaped Nazi prison camps and travelled to Australia to become famous crocodile hunters in North Queensland in the 1950s. Krys Pawlowski holds the world record for shooting the largest croc. I have been filming them over the last seven years and Ron has also given me all his photographs and film footage of the time to use in the film.

After sold out screenings in Florida, Montana, Kansas, Oklahoma, Hot Springs and the prestigious 2007 SILVERDOCS AFI/Discovery Channel Documentary Festival in Washington DC, *Big Dreamers* is screening on ABC TV at 9.30pm on Thursday 28 November. ■

ACRONYMS

A Crude Representation Of Nonsensical Yabber Mimicking Sentences?

[Words] Laurie Barber

SOME people read newspapers and magazines for enjoyment, or at least for the information they contain. I suppose I do all that, but I also occasionally put on the hat I wore in a past life and start correcting some of the spelling, or the grammar, or the style. That's where the domestic disharmony continues. I say continues, because sometimes I correct the shopping list attached to the fridge door – and that's a big no-no.

In the October issue of RDU, managing editor Bob Aitken published a letter from a Double Bay reader, Heinz Gerstl, urging Rotarians to 'fix those acronyms, ASAP'.

In his letter, Heinz included as many Rotary acronyms as he could find, but he didn't use them all. Bob, in a footnote, commented that 'there's plenty more where this came from'.

It reminded me of a little episode in Bob's Parramatta office only a year or so back. A woman from a newspaper office a little west of Parramatta was marvelling at the many Rotary projects being



discussed. When incoming governor Geoff Bargwanna mentioned the PETS weekend she remarked, in all seriousness, "Don't tell me you train pets as well". He had to explain that the acronym referred to a training weekend for presidents-elect.

Some newspapers feel they can overcome the problem by publishing the name in full in the first instance, mentioning the acronym in brackets, and then using the acronym for the remainder of the particular report, that's if it is even mentioned again.

Why did we start this practice of writing in acronyms? Is it out of control? How do we stop it?

I don't know when the popularity of acronyms took hold. I'm sure that 50 years ago the papers found a way around the problem, although I can recall the journalists' union being referred to as the AJA before it became the MEAA, and the farmers claiming membership of such organisations as the FSA, the WWA and the UFWA. I attended a newspapers meeting in Sydney where discussion centred on acronyms that in some people's eyes represented the Country Party, the Communist Party and the Country Press Association.

These days, people establishing an organisation seem to agonise more over a catchy name than they do about what the organisation sets out to achieve. Remember the slogan acronyms SOS, a campaign which referred to Save Our Sons, and ASH, standing for Action on Smoking and Health?

Some authorities say a true acronym is a set of initials making up a word that can be pronounced. Otherwise, the initials are merely abbreviations. Other people don't seem to care one way or the other.

Pam Peters, editor of the *Cambridge Australian English Style Guide*, mentioned such acronyms that had become accepted as words in the English language, such as ANZAC, QANTAS, LASER, RADAR, SCUBA and SNAG. If you're baffled about SNAG, Pam wrote that it represented 'Sensitive New Age Guy'.

Tom McArthur in *The Oxford Companion to the English Language* urged us to treat such impositions on the English language as bumf. Tom came up with the acronym to beat all acronyms – ABRACADABRA. This, using the American spelling, was the title of a US list of abbreviations published by the Raytheon Company in the 1960s. It stood for 'Abbreviations and Related Acronyms Associated with Defense, Astronautics, Business and Radio-electronics'.

At Palm Beach on the Gold Coast, I heard an interesting address from a woman representing GECKO. I asked her what GECKO represented. She said it was an acronym for Gold Coast and Hinterland Environment Council.

I'm still trying to work that one out. ■

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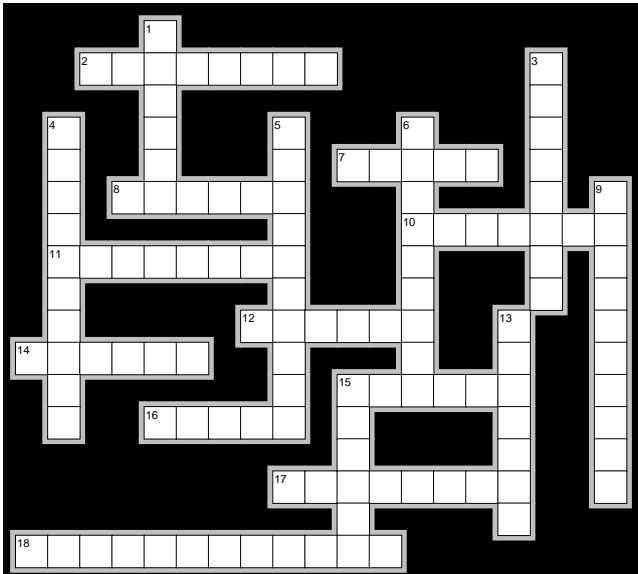
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Across

2. City/suburb where Rotary International head office is located (8)
7. Name of building where first meeting was held (5)
8. A former street for the office of Rotary International (6)
10. Name of the city where the first meeting was held (7)
11. First Rotary club outside U.S.A. (city) (8)
12. Restaurant where Paul Harris ate before going to the first meeting (6)
14. Name of the city where Paul Harris was born (6)
15. The street name where the office of *Rotary Down Under* magazine is located. (6)
16. Home country of R.I. President elect Don Kern Lee (5)
17. Name of street where first meeting was held (8)
18. City in which past Rotary International World President Glen Kinross held his convention (12)

Down

1. Incumbent R.I. World President Wilf Wilkinson's home country (6)
3. R.I. President Nominee John Kenny home country (8)
4. Current head office of Rotary International (street name) (10)
5. Suburb where Rotary International office is located within Australia (10)
6. Name of the state where Paul Harris was born (9)
9. City where the Rotary International Convention is held in 2008 (10)
13. A university Paul Harris attended (7)
15. The state in the U.S.A. Home to the incumbent General Secretary of R.I. (6)

1001 DAYS THAT SHAPED THE WORLD

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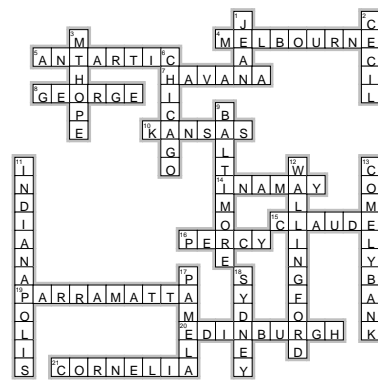


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