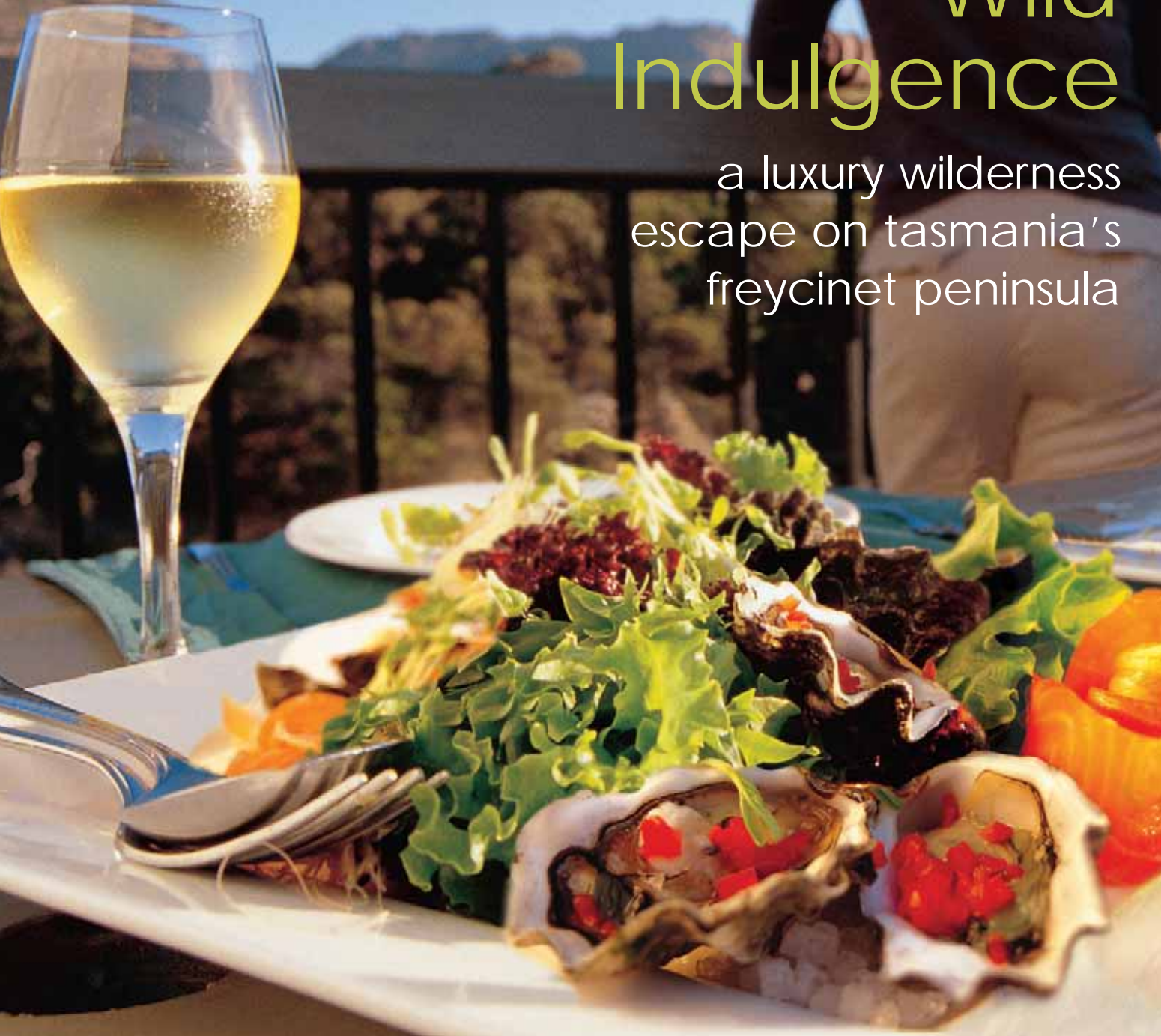


ROTARIAN Life

Wild Indulgence

a luxury wilderness
escape on tasmania's
freycinet peninsula



Rotary Down Under invites you to join John and Shirley Thorne
on the 2008 'Constellation' Cruise of the...

Baltics and St Petersburg

Last chance to join us!

Visiting Copenhagen, Tallin, St Petersburg (2 days), Helsinki, Stockholm, Riga, Rostock and Klaipeda



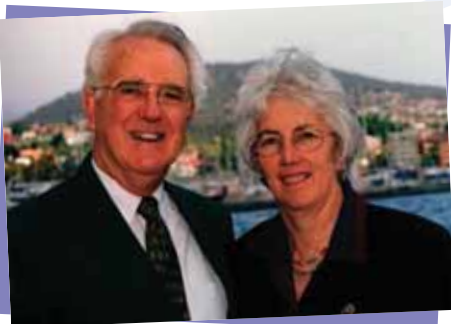
John & Shirley Thorne

John has served Rotary International on the world scene as an International Director and continues to serve on several world committees. John and Shirley have represented the world leadership of Rotary in many countries, including Japan, Australia, New Zealand, Korea, Taiwan, India, the Philippines and Thailand. They have also visited several Pacific Islands on behalf of Rotary, assisting with humanitarian aid.

Recently, John was invested as a Member of the Order of Australia (AM) for his community work, including his voluntary work overseas and working with people with disabilities.

Shirley and John have always worked as a team and are enjoying their retirement, offering them a little more time to be with their family.

Their friendly personalities and personable manner make John and Shirley the ideal people to lead the 2008 Rotary Constellation Baltic and St Petersburg cruise.



relax and enjoy

The Celebrity Constellation

The "Constellation" is one of the Millennium Class ships in the Celebrity Cruises fleet and was launched in May 2002. Premium in every sense, "Constellation" has been designed with refined elegance in mind, from the finest marble, wood, leather and fabrics to the specially crafted furniture and original works of art. Glass lifts present panoramic ocean views as you glide from deck to deck. Even the beauty salon and saunas have sea views. Another special feature included on this floating palace is the largest and most sophisticated AquaSpa afloat, complete with an Aqua Dome – an entire deck devoted to health and fitness. "Constellation" also boasts the first floral conservatory at sea. "Constellation" brings a truly luxurious cruise experience.

Great Fly / Cruise Inclusions

- Departs Australia August 14, 2008
- 15 days/14 nights on the luxurious Celebrity Cruise Liner "Constellation"
- Led by past Rotary International Director John Thorne
- Sightseeing tours of Copenhagen Denmark, Rostock Germany, Tallinn Estonia, St Petersburg Russia, Helsinki, Finland, Stockholm Sweden, Riga Latvia and Klaipeda Lithuania.
- Fully escorted by a Travelrite professional cruise manager
- Return flights on Singapore Airlines from Australia
- Air and cruise taxes
- All meals on-board "Constellation"
- Return transfers from London Heathrow to Harwich and the "Constellation"
- Private on-board activities including trivial pursuit and bingo
- One nights accommodation in London



Travelrite International
182 Canterbury Rd
Heathmont Victoria 3135

Further information can be obtained by telephoning Toll Free: **1800 033 436**

Email: heathmont@travelrite.com.au



ROTARIAN Life

Issue 31 – June 2008

Our cover: The indulgent Freycinet Lodge in Tasmania's Freycinet National Park. Photo courtesy of Tourism Tasmania

Rotarian Life is published by Rotary Down Under Incorporated in association with LBW Media

Design and editorial by iMedia Corp

SALES MANAGER

Peter Ryall

Phone +61 413 736 766

Email peterryall@rotarydownunder.com.au

EDITOR

Meagan Jones

Phone +61 413 067 717

Email editor@rotarianlife.com

CONSULTING EDITOR

Bob Aitken

Phone +61 417 722 190

Email bobaitken@rotarydownunder.com.au

DESIGN & LAYOUT

Rhys Martin

Phone +61 7 5580 9067

Email design@rotarianlife.com

CONTRIBUTIONS

Rotarian Life welcomes art, story & photo contributions. Email: editor@rotarianlife.com or post to: *Attention Editor, Rotarian Life, Unit 2, 1-3 Fleay Court, Burleigh Heads, Queensland, 4220.* *Rotarian Life* will not be held responsible for unsolicited contributions. *Rotarian Life* will retain reprint rights, contributors retain all other rights for resale and republication. Views expressed by authors are not necessarily those of the publisher.

Rotarian Life uses due care and diligence in the preparation of this magazine, but it is not responsible or liable for any mistake, misprint, omission or typographical error. *Rotarian Life* prints advertisements provided to the publisher but gives no warranty and makes no representation as to the truth, accuracy or sufficiency of any description, photograph or statement. *Rotarian Life* accepts no liability for any loss which may be suffered by any person who relies either wholly or in part upon any description, photograph or statement contained herein. *Rotarian Life* reserves the right to refuse any advertisement for any reason.

© COPYRIGHT - No part of the *Rotarian Life* magazine may be reproduced in part or in whole without the written permission of the publisher.



EVENTS CALENDAR

- 6 NSW & ACT
- 6 Victoria
- 7 Queensland
- 7 South Australia
- 8 Western Australia
- 8 NT & Tasmania
- 9 New Zealand
- 9 Pacific Islands

CONTENTS



4 TRAVEL FEATURE

Nowhere does pure indulgence in the wild quite like Tasmania

14 TRUTH BE TOLD

University is NOT the only post-school education option

15 PASSIONATE PROJECTS

The Rotary Club of Wellington North tackles childhood obesity in New Zealand with its Healthy Heroes initiative

16 LIVE IT

Happy equals healthy

17 EMBRACE IT

The changing face of retirement

18 GRAPE EXPECTATIONS

Max Crus has a *good* real-life experience with a telco ... and a few decent drops

wild INDULGENCE

[Words & Photos] Ian Robertson – www.ianrobertsonphotography.com

'Active' and 'relaxing' may sound like contradicting adjectives, but as Ian Robertson discovers, at Freycinet Lodge on Tasmania's picturesque east coast, it's possible to have both.

JUTTING out into the sea on Tasmania's mild east coast is the rugged and beautiful Freycinet Peninsula. Freycinet National Park consists of knuckles of granite mountains all but surrounded by azure bays and white sand beaches and offers a wide variety of activities.

Food, walk, walk, walk, drinks, shower, drinks, food, bed, food, walk ... what a day stay ... it should have been longer!

We arrived at Freycinet Lodge after a short leisurely drive from Hobart. We had landed at Hobart airport and within seconds were in our Hertz hire car for a quick trip into the city to check out the Salamanca Markets. Everyone was there to soak up the craft, food and atmosphere. The market takes place every Saturday between 8.30am and 3pm – rain, hail or shine – and is one of those special places where you actually meet the people who create, make or grow what they sell. You can shop for locally grown organic fruit and vegetables, freshly cut flowers, fine Tasmanian arts and crafts and an array of odds and ends.

But back to our intended destination ...

After a few stops along the way – watch out on the left for Spiky Bridge. A convict bridge built in 1843, the parapet features fieldstones laid vertically which gives the bridge a spiky appearance – we took a right turn to Coles Bay and entered Freycinet National Park.

With a spectacular waterfront location at the foot of the Hazards, just inside Freycinet National Park, Freycinet Lodge is a superb base for exploring the Freycinet Peninsula. A world of hidden comfort, the lodge is living proof that communing with nature does not have to mean roughing it.

After checking in and a quick briefing on the local attractions, we hurriedly downed a late lunch and Tassie brew, eager to begin our two-hour climb of Mt Amos to Wineglass Bay Lookout. While the Freycinet Peninsula boasts numerous sandy white bays and beaches, it is most famous for Wineglass Bay, named one of the top 10 beaches in the world by US *Outside* magazine. And it's no wonder ... the bay's remoteness is only the beginning of its appeal. In fact, the beach so beautiful and secluded that on the last Royal visit to Australia, the *Royal Yacht Britannia* anchored to allow the Queen ashore for an Australian-style beach barbecue!

Being a four-hour return trip, time didn't allow for us to walk

down to the beach – we would then have had to walk back 'up' again – so we opted for two shorter walks in the area.

At Sleepy Bay (10-minute return walk), the stroll past orange lichen-covered rocks enticed us downwards to a crunchy, gravelly beach; a private amphitheatre all to ourselves. The bay is on the route to Cape Tourville and the walk down to the rocks is easy and enjoyable.

The 20-minute return walk to the Cape Tourville Lighthouse is gentle and on a clear day I'm sure you could see all the way to South America! Perhaps not, but the views are spectacular nonetheless. Although Wineglass Bay is hidden by Mount Parsons, there is a dramatic view across Thouin Bay to Lemon Rock and Cape Forestier. The Cape Tourville Lighthouse was erected in 1971 and replaced the inaccessible Cape Forestier Lighthouse on Lemon Rock which was decommissioned the same year.

But enough walking ... drinks and food beckoned.

We chose Freycinet Lodge's exclusive Bay Restaurant to dine – a special treat for our feet – rather than the more family-oriented Richardson's Bistro where we had lunch. Overlooking the spectacular coastline of Coles Bay, The Bay Restaurant offered an intimate atmosphere to complete our Freycinet experience. We started with the best (local) tempura oysters we'd ever eaten – the peninsula is, after all, on Oyster Bay – which absolutely melted on our tongues. The lamb and duck for mains were accompanied by fabulous Tasmanian wines, while choosing desserts proved a difficult decision indeed.

On the short walk to our tree-secluded cabin, we came upon a friendly Tasmanian devil – a local inhabitant of the animal kind. The best nights sleep and an early breakfast saw us on our way to another wilderness area, Cradle Mt and Dove Lake. It's a comfortable three-hour drive, but allow at least six to take in the sights along the way.

Tasmania certainly does a great job of surrounding pure indulgence with wilderness. ■

Dining at Freycinet Lodge.
Photo: Tourism Tasmania
& Pure Tasmania



Sleepy Bay





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

Biennale of Sydney

Where: Various venues throughout Sydney, NSW

When: 18 June – 7 September

How much: Free entry

As Australia's largest and most exciting contemporary visual arts event, the Biennale of Sydney is renowned for showcasing some of the most innovative contemporary art from Australia and around the world.

P: 02 9368 1411

W: www.bos2008.com

Vivid – National Photography Festival

Where: Various venues, Canberra, ACT

When: 11 July – 12 October

How much: Costs vary

Celebrating photography's vital role in Australian life and history, this festival is a ground-breaking collaboration with 28 participating institutions hosting 36 exhibitions. See highlights of the national capital's rich photographic collections through exhibitions, conferences and events, including giant images projected on the Australian War Memorial's building.

P: 02 6262 1395

W: www.nla.gov.au/vivid

Bledisloe Cup – Qantas Wallabies vs All Blacks

Where: ANZ Stadium, Sydney Olympic Park, NSW

When: 26 July

How much: Adults from \$79.00

This famous and very large silver cup was first contested in 1931 when the then Governor-General of New Zealand, Lord Bledisloe, presented the Cup as a perpetual Rugby trophy and a token of goodwill between Australia and New Zealand. Since then it has been variously contested as a single Test match or as a two or three Test series. With the establishment of the Tri Nations series in 1995, it became a fixed two match series played on a home and away basis. In 2006, it was expanded back to a three match series as part of an expanded Tri Nations series.

P: 132 849

W: www.rugby.com.au

Sydney International Boat Show

Where: Sydney Convention and Exhibition Centre and Cockle Bay Marina, Darling Harbour, NSW

When: 31 July – 5 August

How much: Adults \$18.00

An International Boat Show featuring 300 exhibitors in 28,000 square meters of undercover exhibition space plus over 150 large boats in the specially built marina in Cockle Bay within Darling Harbour.

P: 02 9438 2077

W: www.sydneyboatshow.com.au



Victoria

Beat the Winter Blues 'n' Jazz

Where: Various venues, Milawa Gourmet Region

When: 11-13 July

How much: Costs vary

The Milawa Gourmet Region will turn up the heat this winter when it swings into action for the Beat the Winter Blues 'n' Jazz weekend. Wineries, cafes, restaurants and country pubs will serve up a feast of blues and blues-inspired music, along with the great food, wines and hospitality for which the region is renowned.

P: 03 5721 5711

W: www.milawagourmet.com.au

Mildura Writers Festival

Where: Various venues, Murray River, Mildura

When: 14-20 July

How much: Costs vary

Three days of words, food and wine on the banks of the Murray River featuring Australian and international writers. This year's festival features many well known writers including David Malouf, Les Murray, Alex Miller, Nicholas Rothwell, Alexis Wright, Sonja Hartnett, Sarah Day, Anthony Lawrence, Alice Pung, Alan Gould, Peter Goldsworthy and Paul Kane.

P: 03 5021 5100

W: www.mwaf.com.au

Australian Sheep and Wool Show

Where: Prince of Wales Showgrounds, Bendigo

When: 18-20 July

How much: Adults \$15.00

Organised by the Australian Sheep Breeders Association, the Australian Sheep and Wool Show is the largest sheep and wool show in the world. Featuring sheep, goats and alpacas as well as a wool craft competition and display, fleece competition, sheepdog trials, shearing and wool handling, the show provides 250 trade sites and much more for all to enjoy.

P: 03 5439 5094

W: www.sheepshow.com

Mountain Fresh Festival

Where: Dinner Plain and Mount Hotham

When: 18-23 July

How much: Costs vary

Awaken your senses with a winter festival of delicious regional food and sensational cool climate wines from the Alpine Valleys. From winemaker's dinners and cooking classes to lazy sparkling brunches, tapas and regional wine and beer tastings, there is something for everyone. All hosted in a magnificent snowy setting, there are plenty of activities for kids, families, foodies and skiers alike.

P: 03 5759 3550

W: www.mountainfresh.com.au



Queensland

Noosa Longweekend

Where: Various restaurants, galleries and theatres, Noosa Heads

When: 4-13 July

How much: Costs vary

Combine arts and culture with sun and sand in one of the world's most enviable destinations. The Noosa Longweekend is an annual 10-day festival of theatre, art, food, film, dance, music, literature and barrier-breaking forums that has become recognised as one of Australia's foremost regional cultural events.

P: 07 5474 9941

W: www.noosalongweekend.com

Gold Coast Airport Marathon

Where: Southport, Gold Coast Highway, Gold Coast

When: 6 July

How much: Costs vary

More than 16,000 people from around the world are set to 'Embrace the Next Step' and participate in the 30th annual Gold Coast Airport Marathon. There is an event for all ages and fitness levels including the 42.2km Marathon, 21.1km Half Marathon, 10km Run, 7.5km Walk and Junior Dash races for the kids over 2.25km and 4km.

P: 07 5564 8733

W: www.goldcoastmarathon.com.au

Brisbane Festival

Where: Various venues, Brisbane

When: 18 July – 3 August

How much: Costs vary

Inspiring, joyful, entertaining, thought-provoking and informative – the biennial Brisbane Festival is back. Taking place over 17 glorious days and nights, the festival will showcase artists from across the city and around the globe in a program that includes free community events, street parties, world premieres, multimedia installations, opera, theatre, dance, circus, music and everything in between.

P: 07 3833 5400

W: www.brisbanefestival.com.au

Brisbane International Film Festival

Where: Various venues, Brisbane City

When: 31 July – 10 August

How much: Costs vary

The 17th Brisbane International Film Festival (BIFF) brings you the best and most interesting cinema from Australia and around the world. BIFF presents an entertaining mix of local and international films, retrospectives, seminars, special guests and other events that embrace the vibrant art of filmmaking.

P: 07 3007 3003

W: www.biff.com.au



South Australia

MBA Building and Home Improvement Show 2008 and Adam Internet Technology Show

Where: Adelaide Showground, Adelaide

When: 11-13 July

How much: Adults \$9.00

Now in its sixth year, the 2008 event will be packed with everything that turns a house into a home – building and home improvement products, garden and landscaping, furnishings and décor ideas. Admission also includes entry to the Adam Internet Technology Show which features computer hardware and software, printers, office furniture, automation, information services, mobile technologies, home entertainment and games.

P: 08 8177 1499

W: www.kymjonesexhibitions.com.au

Adelaide Boat Show

Where: Adelaide Convention Centre, Adelaide

When: 17-20 July

How much: Adults \$15.00

The Adelaide Boat Show is one of the leading exhibitions in Australia. The event is centred around the range of boating opportunities offered in South Australia with all the popular modern recreational craft on display together with marine accessories, facilities and equipment. Holiday opportunities and leisure options are also an important part of the event.

P: 08 8212 6000

W: www.adelaideboatshow.com.au

Waikerie Off-Road Enduro 2008

Where: Enduro Road, Sunlands, Waikerie

When: 19-20 July

How much: Spectators free

A 300 kilometre off-road event held over two days for buggies, sedans and four wheel drives with excellent spectator points for all to participate. Camping facilities are available with hot showers and toilets.

P: 1300 657 625

Rally SA

Where: Mount Crawford Forest, Barossa and Adelaide Hills, Williamstown

When: 26-27 July

How much: Adults \$10.00/night, \$15.00 for both nights

Rally fever will hit South Australia when Round 4 of the Australian Rally Championship comes to town. Rallying is widely regarded as the most exciting, dynamic and challenging form of motorsport, with both crew and machinery pushed to their limits in the ultimate test of equipment and reliability.

P: 08 8212 2800

W: www.rallysa.com.au



Western Australia

The 11th Revelation Perth International Film Festival and Screen Conference

Where: The Astor Cinema, Mount Lawley

When: 3-13 July

How much: Adults \$15.00

The 11th Revelation Perth International Film Festival will showcase bold new features, documentaries, shorts, experimental works and animation direct from the international film festival and independent film circuit. The program ranges from big screen entertainment to specially curated showcases.

P: 08 9335 3904

W: www.revelationfilmfest.org

WASO – The Ballets Russes

Where: Perth Concert Hall, Perth

When: 4-5 July

How much: Adults from \$20.00

Join Vladimir Verbitsky and former principal dancer of the Australian ballet, Perth-born Steven Heathcote, in this tribute to the inspirational creativity of Diaghilev, Stravinsky and the astonishing group of dancers of *The Ballet Russes*. Presented in partnership with the West Australian Ballet.

P: 08 9326 0000

W: www.waso.com.au

WASO – Symphonie Fantastique

Where: Perth Concert Hall, Perth

When: 11-12 July

How much: Adults from \$20.00

The West Australian Symphony Orchestra presents *Symphonie Fantastique*. Oleg Caetani's memorable exploration of the Romantic orchestral repertoire continues with a performance of Beriloz's epic masterpiece. French sophistication abounds in a program that includes outstanding pianist Simon Trpceski.

P: 08 9326 0000

W: www.waso.com.au

Rugby Test Match – Australia v South Africa

Where: Subiaco Oval, Subiaco, Perth

When: 19 July

How much: Adults from \$39.00

Perth's Subiaco Oval will host a blockbuster encounter when the Qantas Wallabies clash with newly-crowned world champions South Africa. The Springboks carry the hopes and dreams of the nation whenever they play and with a strong forward pack and lightening pace in attack, they will again prove difficult opponents for the Wallabies in Perth.

P: 08 9381 2187

W: www.rugby.com.au



N.T. & Tasmania

Festival of Voices

Where: Various venues, Hobart, TAS

When: 3-6 July

How much: Costs vary

Set amidst a wintry Hobart landscape, the Festival of Voices, Australia's only annual choral festival, brings together singers from across the nation in four days of workshops with inspiring teachers as well as concerts, performances and vocal comradery. The festival offers unparalleled opportunities for singers to gather, extend their singing practice and celebrate the human voice in a non-competitive environment.

P: 03 6224 5975

W: www.festivalofvoices.com.au

Imparja Camel Cup

Where: Blatherskite Park, Alice Springs, NT

When: 12 July

How much: Adults \$15.00

Attracting visitors from all over the world, this race celebrates the uniqueness of Alice Springs and its quirky traditions. More than 4,500 people gather to experience this famous camel race and its dusty outback track, where the riders are either heroes or crazy!

P: 08 8952 6796

W: www.camelcup.com.au

Darwin Lions Beer Can Regatta

Where: Mindil Beach, Darwin, NT

When: 13 July

How much: Gold coin donation

The combined Lions of Darwin invite you to the 34th Annual Darwin Lions Beer Can Regatta. Optimistic crowds cheer on boats home-made from empty beer cans as they flounder and sink in the shallows. Boat entries range from 1 to 12 metres in this iconic event.

P: 0407 162 920

W: www.beercanregatta.org.au

Chocolate Winterfest Latrobe

Where: Various venues, Latrobe, TAS

When: 13 July

How much: Costs vary

Celebrating chocolate, food and wine in all the ways you love best and some you've never thought of, Chocolate Winterfest Latrobe will indulge, inform, astound and amuse. But above all, the festival celebrates chocolate as you escape from the bleakness of winter.

P: 03 6421 4650

W: www.chocolatwinterfest.com.au



New Zealand

New Zealand Mountain Film Festival

Where: Lake Wanaka Centre, Wanaka

When: 4-8 July

How much: Adults from \$10.00

Now in its seventh year, this festival (formerly the Wanaka Mountain Film Festival) attracts work from filmmakers around the world and plays to sellout audiences keen to experience the high adrenalin world of extreme sports from the safety of their seat. Over 100 movies are submitted to the festival with the top 30 making it to the final program. With subject matter ranging from base jumping to high-altitude mountaineering, mountain biking to eco-kayaking, the films provide a fascinating insight into the minds of some of the world's best (and lesser) known adventurers and the risks they take as they pursue their passion for the more adventurous side of the great outdoors. The festival also features an eclectic mix of guest speakers who give first-hand experiences of some of the most remote, hostile and challenging places on earth, while interactive workshops in photography and writing provide hands-on experiences. A trade show, photographic exhibition and live music complete an inspiring five days.

P: +64 3 4431 609

W: www.mountainfilm.net.nz

Cinderella On Ice

Where: ASB Theatre, Aotea Centre, THE EDGE®, Auckland

When: 11-20 July

How much: Adults from \$79.00

Cinderella on Ice is premiering in New Zealand, so you will be the first in the world to see this dazzling display of brilliance from 23 Olympic, World, National and European Championship skaters. The Imperial Ice Stars are renowned for their unique brand of innovative skating and story-telling, as they continue to break new ground in the genre of ice dancing with daring feats never seen before – and all performed in the intimacy of a frozen theatre stage.

P: +64 9 3075 060

W: www.the-edge.co.nz

Scotland the Brave

Where: Michael Fowler Centre, Wellington

When: 19 July

How much: Adults from \$69.00

Scotland the Brave is the international smash hit celebration of the best of Scottish music, song and dance. This spectacular production features over 100 performers including a live orchestra, rousing choir, pipe-band and drum corps, highland dancers and Celtic fiddlers.

P: 0800 TICKETEK

W: www.scotlandthebrave.ca



Pacific Islands

6th Norfolk Island Open Field Archery Championships

Where: Norfolk Island

When: 5-12 July

The Association of Norfolk Island Archers, operated by a small band of keen archers since 1997, invites you to join them on Norfolk Island for their sixth championships. Norfolk Island offers a multitude of activities and sports and it is for this reason the association has structured the week's competition in such a way as to allow you to take advantage of what the island has to offer – shoot in the mornings and enjoy the island in the afternoons. The local archers welcome you into their small, close-knit, fun-loving, arrow-shooting family while helping to make your visit something you will never forget.

P: 1800 1400 66 or 0011 6723 22502

E: samantha@travelcentre.nf or archer@norfolk.nf

W: www.norfolkisland.com.au

Heiva i Tahiti

Where: To'ata Square, downtown Papeete, Tahiti

When: 7-20 July

Most flamboyant of Tahiti's festivals by far, Heiva i Tahiti provides an outstanding opportunity for visitors to witness the very best in traditional Tahitian cultural performances. During Heiva, cultural groups congregate in Tahiti from all over the five widely dispersed archipelagos of French Polynesia. The main venue is To'ata Square, the paved waterfront area in Papeete, alongside La Maison de la Culture. Here is a large, open amphitheatre and stage, as well as a complex of stalls in which traditional arts and crafts are displayed. Recent years have seen a strong revival of traditional Tahitian culture, including singing, dancing, drumming, tattooing and weaving. All of these are showcased during Heiva as the many groups from the different islands vie with each other for supremacy.

E: contact@heivanui.pf

W: www.tahiti-tourisme.co.nz

Te Maeva Nui Festival

Where: Various venues, Rarotonga, Cook Islands

When: 1-10 August

The most important annual event in the Cook Islands is the Te Maeva Nui Festival, which celebrates self-rule and independence from New Zealand in a blaze of traditional displays and competitions held on the island of Rarotonga. The festival is an ideal way to experience the full impact of Cook Islands culture. There are numerous events on the island of Rarotonga including new dances, drumming and singing displays and competitions, a colourful float parade, as well as numerous sporting, historical and arts events. The National Auditorium in Rarotonga is the main venue with other activities taking place all over the island.

P: (682) 29 435

E: headoffice@cook-islands.travel

W: <http://cookislands.travel>

Go North for Christmas

Our 2007 Christmas tours booked out and feedback from Members showed they were memorable and magical holidays. We have added some extra inclusions for this year - book quickly so you don't miss out.



CHRISTMAS IN CANADA

Feel the true magic of a white Christmas in the Canadian Rockies on this luxurious 10-night journey. You'll discover a winter wonderland, with warm Canadian hospitality, carollers, festive entertainment and snow-capped mountains. Come aboard VIA Rail - The Canadian, one of the world's great train journeys and be pampered in Silver and Blue Class - see the majestic beauty of the Rocky Mountains as you travel through the wilderness from Vancouver to Jasper.

Celebrate Christmas at Chateau Lake Louise, in the land of a million Christmas trees - ice-skate by moonlight on the frozen lake, be part of the outdoor Christmas Eve pageant and enjoy a Christmas feast of traditional and gourmet treats.

Inclusions: Return flights from Sydney with Air Canada, NRMA Travel escort, professional driver and guides throughout. Luxury coach travel. 9 nights at 5 star Fairmont Hotels (3 nights Vancouver, 3 nights Lake Louise, 2 nights Banff, 1 night Jasper.) Silver and Blue class on The Canadian, sightseeing tours, entrance fees and 18 meals. Only 30 places available.

Tour Departs

Thursday 18 December and returns
Tuesday 30 December 08.

Price per person twin share is \$8,290
plus taxes of \$550*.

Single supplement \$1,600.



EUROPEAN CHRISTMAS

Imagine Christmas in a snow-covered European castle - that's what you'll experience on this enchanting trip through Switzerland, Austria, Hungary, Germany and Slovakia.

After a chocolate-making lesson in Switzerland, it's all aboard the Glacier Express to the exclusive resort of St Moritz. You'll visit the fairytale castle at Neuschwanstein and Crystal World of Swarovski, then delight in all the festivities of Salzburg, the 'Sound of Music' city - stroll through the famous Christmas markets and smell the aroma of roasting chestnuts and fresh-baked gingerbread.

You'll follow the Danube to Vienna for a waltz lesson, then cross Slovakia to celebrate Christmas in a Hungarian castle,

before your magical journey concludes in the World Heritage city of Budapest.

Inclusions: Return flights from Sydney, NRMA Travel escort and professional driver and guide. Luxury coach travel, sightseeing and entrance fees, 18 nights 4 star accommodation, 33 meals. Only 30 places available.

Tour Departs

Tour departs Wednesday 10 December
and returns Tuesday 30 December 08.

Price per person twin share is \$8,890
plus taxes of \$630*.

Single supplement \$1,200.



1300 851 997

www.nrmatravel.com.au

*All details correct at time of printing and subject to change. Tours require minimum 15 people to operate. Taxes subject to change and credit card fees apply. NRMA Travel Pty Ltd. ABN 48 001 233567 Lic. No. 2TA 55 22. This tour is operated on behalf of NRMA Travel by Adventure World Travel Pty. Limited. ABN 6912250531. Lic. No. 2TA5870

Get up and go!

NRMA Travel escorted tours are a great way to travel. Your NRMA escort travels with you from Sydney and we use professional guides and drivers throughout. Our tours are designed by us for you and include unique experiences to ensure you have the ultimate holiday. Smaller group sizes, comfortable central hotels, many meals and included sightseeing lets you simply relax and enjoy.

AFRICA from \$5,860pp* Earlier tours sold out fast

Discover the majesty of Southern Africa on our exclusive 14 day safari. From the winelands in the west, travel along the beautiful garden route and discover the rich cultures along the way. Enjoy delicious crayfish in Mozambique, search for the Big 5 in a prime safari areas and indulge in the surroundings at your private game lodge.

All this is included:

- Return flights and taxes from Sydney

- NRMA Travel escort and professional guides
- Luxury coach travel
- 14 nights 4 star hotels
- 2 nights Private Game lodge
- 27 meals

Tour Departs - 14 July, 25 August and 1 September 08. Single supplement \$770.

CHINA from \$4,640pp* Call for a brochure today!

Modern China will take your breath away with her beguiling mix of history, scenery, and cuisine. From bustling cities to ancient towns and peaceful rural villages, our 14 day tour showcases the highlights of this awe inspiring country.

All this is included:

- Return flights and taxes from Sydney

- NRMA Travel escort and professional guides
- Air conditioned coach travel
- Cruise on River Li
- 12 nights in handpicked hotels
- 31 meals

Tour Departs - 16 September and 4 October 08. Single supplement \$985.

INDIA from \$6,450pp* Not to be missed!

India is a bewildering hurdy-gurdy of modern and ancient, chaos and peace, and you will never forget it. Our 18 day journey through Northern India guides you through the splendours of Rajasthan. Search for Tigers in Ranthambore National Park and marvel at the amazing Taj Mahal, all while staying in opulent Heritage hotels and palaces.

All this is included:

- Return flights from Sydney
- NRMA Travel escort and professional guides
- Air conditioned coach travel
- 15 nights in handpicked heritage hotels
- Camel Safari and desert camp
- 34 meals

Tour Departs - 22 November 08, 10 January and 21 February 09. Single supplement \$2,210.

VIETNAM from \$3,250pp* Hurry this tour WILL sell out!

Experience the vibrant culture and stunning landscapes on our 11 day tour. From Hanoi to Hue and Hoi An to Ho Chi Minh City, we guide you through these wonderful town and cities and also cruise the famous Halong Bay. Enjoy rickshaw rides along back streets, wonderful meals and shows, and then be guided through the Long Tan area, such an important location for Australians' during the Vietnam War.

All this is included:

- Return flights and taxes from Sydney
- NRMA Travel escort and professional guides
- Air conditioned coach travel
- 10 nights 3.5-4 star accommodation
- Lunch cruise on Halong Bay
- 17 meals

Tour Departs - 29 September, 20 October and 24 November 08. Single supplement \$620.

Call

1300 851 997

www.nrmatravel.com.au

*Prices are based on per person twin share. India price is for the February departure, add \$340pp for November and January. India does not include airport taxes which are approximately \$450. All details are correct at time of printing and subject to change. Credit card fees apply. NRMA Travel Pty Ltd. ABN 48 001 233567 Lic. No. 2TA 55 22. This tour is operated on behalf of NRMA Travel by Adventure World Travel Pty. Limited. ABN 6912250531. Lic. No. 2TA5870

Go offer a Helping Hand



PERU

Immerse yourself in the wonders of Peru and leave a little piece of your heart behind after you help underprivileged children. Our journey through Peru will inspire you. It will motivate you. It will leave you with more than just memories. Through a combination of history, beauty, natural wonders and the simple act of kindness, you will have experienced more than you could have ever dreamed.

Our 18-night tour departs 8 September 08. Price per Member \$6,180 plus airport taxes of \$240* and single supplement \$500.



SOUTH AFRICA

Deepen your understanding of the places that you visit on a tour that takes travellers off mainstream tracks and into the heart of real Africa. You will spend time helping in a village, as you experience and learn about the African culture first hand. See the vast wildlife as we holiday through northern South Africa into Mozambique and Swaziland.

Our 16 day tour departs 18 June 08 and 03 September 08. Price per Member \$4,650 and single supplement \$320.



INDIA

This is the trip of a lifetime where you truly do make a difference! Work side by side within a community helping to improve their education in the crucial areas of health and safe use of water. Visit a local orphanage and bring a smile to a child's face as you immerse yourself in a culture as rich in human spirit and colour as it is diverse in history, amazing wildlife and breathtaking architecture.

Our 19 day tour departs 01 November 08 and 01 February 09. Price per Member \$5,785 plus airport taxes of \$440* and single supplement \$1,830.

*Airport taxes subject to change. All the above Helping Hands Tours include return flights from Sydney. Non members add \$300. This tour is operated on behalf of NRMA Travel by Adventure World Travel Pty. Limited. ABN 6912250531. Lic. No. 2TA5870

1300 851 997

www.nrmatravel.com.au



JOIN OUR FREE NRMA TRAVEL CRUISE CLUB

Cruise holidays are a rapidly growing market and we can now offer great deals for Members. We often have last minute exclusive deals and do not want you to miss out on them. Join the Cruise Club so you don't miss out on them. You will receive regular updates, invitations and special offers. Simply cut out the coupon and post it to NRMA Travel Cruise Club, PO Box 1026, Strathfield NSW 2135 or go online and register at nrmatravel.com.au.

Name

7 digit Member number

Address

Email address

Cruise destination preference

Age range

under 25 26-39 40-54 55-65 65+

If you opted in, NRMA Motoring & Services will use the information you provide to send you relevant information from time to time. NRMA Motoring & Services will not sell or rent your personally identifiable information to anyone. If you no longer wish to receive communications from us, you can unsubscribe at any time by sending an e-mail to nrmatravel@mynrma.com.au or call 1300 851 997.





Persistence

IT takes time to learn, so we need to be gentle with ourselves and remember to have fun along the way. Don't be discouraged if your first shots aren't all winners. I have duds too – I just don't publish them. When I first started, my good shots were few and far between. I was busy learning the lessons that I am now able to share with others. But while you're learning and practising, those occasional good shots help keep you motivated.

It takes time and lots of photographs to learn how your camera 'sees' things. There is an art to interpreting what you see through the camera and capturing it successfully for others to enjoy. You have to learn your medium (the camera you are using) and understand its limitations. You also have to have some understanding of how your controls work. Even if you put your camera on fully automatic, you still have to know what your camera is 'doing' to the scene in front of you automatically.

Read your camera manual! I must admit I have always hated this part, but over the years I have realised that manuals are really essential reading. They allow you to get the most out of your camera. Years ago, I once fumbled along without reading a manual on a new camera. A couple of years later I happened to read my manual and found lots of wonderful features I hadn't been aware of! Some of those features really helped. Since then I have always read the manuals. There is too much to miss out on if you don't.

Enjoy the journey,

Ken Duncan,



Stunning



Natural



Beauty

KEN DUNCAN GALLERIES

- CENTRAL COAST
414 The Entrance Road,
Erina Heights,
Ph 02 4367 6701

- SYDNEY
73 George Street, The Rocks,
Ph 02 9241 3460

- HUNTER VALLEY
Shop 14, Hunter Valley
Gardens Village, Broke Rd, Pokolbin,
Ph 02 4998 6711

- MELBOURNE
Shop U6, Southgate,
Ph 03 9686 8022

Visit the Rotarian page
of our website

www.kenduncan.com/rl

to download your
free \$20 gift voucher.

Truth be Told

Many young people are directed down the wrong path every year in regards to education, often by parents with misguided aspirations for their children. CEO of The Institute for Trade Skills Excellence, Mr Brian Wexham, says university is not and should not be seen as the number one choice when it comes to post-school learning.

[Words] Brian Wexham, CEO, The Institute for Trade Skills Excellence



WE all know that Australia has a skills crisis, as indeed does most of the Western world. However, in Australia we have great opportunities for those who are seeking a career in trades and skills areas. We have a TAFE system that is the envy of many Western countries and we need to encourage young people to seek out the opportunities that exist.

As parents, we are empowered to guide our children to the most appropriate learning route. However, all too often we think about academic qualifications as the best option. It's important that we listen to what our children want and look to the very generous choices that exist.

I was very privileged recently to visit several TAFEs and I am continually surprised at the quality, enthusiasm and professionalism of TAFE teachers. I was recently at Kingscliff TAFE where I was presenting a recognition plaque for their Building & Construction course on behalf of The Institute for Trade Skills Excellence (www.itse.com.au). Kingscliff TAFE has achieved 3 Gold Stars, the highest level of achievement under The Institute's industry recognition scheme.

I also visited Kingscliff TAFE's Hairdressing School. Unlike many TAFE colleges, Kingscliff High School is on the same campus, thus providing an early opportunity for students from the high school to connect with the opportunities that exist in Vocational Education.

The Hairdressing School was a buzz! Students were supervised as they experimented with styles on both mannequins and reluctant boyfriends who had agreed to receive a new 'do' or in some cases, a different colour!

I spoke with the Head of School and, as I often do, tried to ask intelligent questions. "Where do you get all the hair from to make the wigs?"

As I was admiring the variety of wigs, the Head of School remarked that they had a relationship with one of the local hospitals where patients undergoing chemotherapy lose their hair and the TAFE and students assist in the making and servicing of the wigs. This is a wonderful example of how TAFE works with the community in a local area. All too often it is easy to criticise Government Institutions, but often the reality is quite different from the perception.

Last month in Sydney I was speaking at the Tourism Training Conference and here again I listened to other speakers who were constantly reminding the audience of the difficulty of attracting and keeping people within the Hospitality Industry. Some recent figures suggest that there are some 60,000 vacancies in Travel and Tourism, one of Australia's most important and valuable exports.

Rotarians are known to be avid travellers both domestically and overseas. Have we ever thought of how we can contribute and do something that we love by getting involved in the Travel and Hospitality Industry? Many Rotarians can offer a broad range of skills and there is certainly no shortage of opportunities.

There are many travel courses available for anybody wanting to get involved. Just think about it; we can contribute to the economy, do something we love experiencing and earn some extra money on the side! It's not a bad combination – it's attractive.

Check out the government website www.serviceskills.com.au for details. For ideas look at skillsone.com.au where you'll find short videos (a few minutes) across hundreds of skills and trades – real careers and worthwhile choices. ■



Healthy Heroes

A Rotary Club of Wellington North initiative, Healthy Heroes began when Laury Sinclair shared his concern about childhood obesity at a Club Forum and persuaded the club to take action.

FOUR years on, the club has developed a program to improve the health and wellbeing of young children and safeguard them against the threats of obesity and type 2 diabetes. The program has been tried successfully with children and their families from four primary schools and more schools are starting this year.

The Healthy Heroes program goes into the child's home and involves the whole family. Parents welcome it and kids enjoy developing their self-responsibility. While the schools are involved in starting the program and in monitoring progress, Rotary clubs bring the program to schools' attention and can fill a support role. Children and their families agree that the children will:

- Have thirty minutes of physical activity each day
- Eat at least three vegetables and two pieces of fruit each day
- Get 8-10 hours sleep each night
- Stretch their minds for at least 20 minutes each day
- Help other people

It has been a long journey from one member concerned about a social problem, to today, with a sponsor-supported program up and running that can now be rolled out by other schools and clubs, backed by resource material already tried and proven.

Originally called 'Pioneers for Better Health', children taking part in the program decided that Healthy Heroes was a better name. The website describes the program and provides resource material

to run it. Additions in development include an interactive section to enable children to record and check their progress online. Results of the 2006 evaluation are also on view and a discussion of how it draws on Government health and education policy.

Support from teachers prepared to help launch something new, support from New World, Children's Health Camps and District Governors has ensured success.

Laury says that the program draws families into doing things together, helps develop a caring attitude and encourages self-discipline.

Now the Rotary Club of Wellington North is looking to introduce the program to more schools and enable clubs beyond District 9940 to support their local schools. For further information visit www.healthyheroes.org.nz ■



Top: Deputy Principal Pip Newton, Rotarian Jeremy Spanjaard, Warren Wright - New World Porirua CEO, Hon Luamanuvao Winnie Laban - Minister of Pacific Island Affairs with children of Corinna School receiving Certificates of Achievement

Right: Rotarian Jeremy Spanjaard, Warren Wright - New World Porirua CEO, Hon Luamanuvao Winnie Laban - Minister of Pacific Island Affairs with children of Corinna School receiving Certificates of Achievement

Left: Laury Sinclair who started the project





WENDY WU TOURS

Best Value Tours with
the Best Inclusions



China

Beijing – Xian – Yangtze River
– Guilin – Yangshuo – Shanghai

17 DAYS FULLY INCLUSIVE

From **\$3,980*** p.p
twin share ex Aust

Cambodia & Vietnam

Siem Reap – Phnom Penh
– Saigon – Hoi An – Hue
– Hanoi – Halong Bay

16 DAYS FULLY INCLUSIVE

From **\$4,080*** p.p
twin share ex Aust

Comfortable escorted groups.

All meals, accommodation, transport
and air, visa & taxes included!

Call 1300 727 998

www.wendywutours.com.au



* Airline fuel surcharge
and compulsory tipping
are additional.

ABN 87 082 688 202 Lic No 2TA4792

- CHINA • VIETNAM • INDIA
- KOREA • TIBET • MONGOLIA
- CAMBODIA • LAOS • MYANMAR
- NEPAL • BHUTAN • SRI LANKA

4225K

Happy = Healthy

New research is proving that laughter
really is the best medicine.

[Words] Sophie Scott, Medical Reporter ABC TV
and author of *Live a Longer Life*, ABC books

WHEN I was researching my book, *Live a Longer Life*, I found that if you do nothing else in your life but think more optimistically, you will live longer. And not just longer, but have extra years of a happy, healthy life.

From a health point of view, optimistic thinkers are more likely to pick themselves up when they are feeling sick. It's been proven that a positive attitude can help fight illnesses such as the common cold.

Scientists interviewed 300 people to assess their mental states then squirted the subjects with the rhinovirus, the germ that causes colds (imagine volunteering for that study!). Those who were the happiest and had the highest levels of wellbeing developed fewer colds.

Optimism can also make a big difference to a patient's recovery. A study from Duke University looked at 900 patients with heart disease. It found those who were happier and more optimistic had a 20 per cent higher survival rate than patients who were more negative.

Another study of 300 patients undergoing coronary artery by-pass surgery found optimists were only half as likely as pessimists to require re-hospitalisation.

It's possible that optimists enjoy better health and longer lives because they lead healthier lifestyles, have better social networks and get better medical care. But there are biological reasons as well.

Happier people are less likely to have high levels of stress hormones, which can thicken the blood and prevent coronary arteries from dilating easily.

In women, an optimistic outlook was associated with lower levels of two markers of inflammation, C reactive protein and interleukin 6, which can predict the risk of heart attack and stroke.

So it's clear; emotional wellbeing helps you stay younger and healthier. And good

mental health is inextricably linked to vitality and energy. If you are feeling down and depressed, you won't feel energised or enthusiastic about making the small but significant changes that will help you put off ageing for as long as possible.

The power of positive thinking and dealing effectively with stress makes a huge difference to your health and wellbeing and your chances of a longer life.

A large study of nuns found that the happier they were when they entered the convent, the longer they lived. Those who wrote about feeling 'joy', 'love' and 'being hopeful' were more likely to outlive their peers by up to ten years. The happier nuns also had fewer cases of Alzheimer's disease.

Studies of people who live to be more than 100 show they tend to manage stress well. Findings from the New England centenarian study show they tend not to dwell on things or internalise things that might be stressful, rather they just let it go.

For more information visit
www.livealongerlife.com.au ■



The Changing Face of Retirement

[Words] Eva Bennett, author of *So What Do We Do Now?*

ONE hundred years ago, the 'Old Age Pensions Act' was introduced in the UK and in Australia for those over 65 years. One hundred years ago the average life expectancy was around 50 years. Not many people lived long enough to even get the pension.

Today the average life expectancy is around 80 years, with an increase in the number of people living to 100 plus. Of the 20 million people living in Australia today, four million are 'baby boomers' born between 1946 and 1961.

No wonder baby boomers don't like the 'R' word! The inference of reaching 65 years as symbolising 'old age' is so out-dated. Today's baby boomers are healthier, more educated, financially better off and have a good third of their lives still ahead of them. We have so many more choices than previous generations on what to do with this next stage of our lives.

Employers are starting to experience labour and skills shortages and as four million baby boomers start retiring over the next 20 years or so, it makes sense for organisations to value the experience and knowledge of mature-age people and develop strategies to keep them or allow them to re-enter the workforce with flexible working arrangements.

Studies are showing that the idea of retirement being 'one long



holiday' can start to wear thin after a couple of years, especially when you realise you have a possible life expectancy of 20 to 30 years ahead of you. This is why it is becoming just as important to start thinking about life planning in conjunction with financial planning – how to spend your money wisely by knowing how you plan to spend your time.

To avoid the common pitfalls of retirement, my easy-to-read book is filled with helpful tips on life planning.

For details on how to purchase *So What Do We Do Now? – The Baby Boomers Guide to Enjoying Retirement*, visit www.ebec.com.au ■

Low Cost QUEENSLAND

All the thrills with just a few less frills. That's what you'll enjoy on a Low Cost escorted holiday with AAT Kings, the coach tour professionals who really do know Queensland best.

East Coast Adventurer 12 day Sydney to Cairns

AAT Kings 12 day low cost escorted tour is the perfect way to discover the enchanting natural beauty, sandy white beaches, fascinating history, vibrant coastal towns and stunning scenery of tropical Queensland.

Spectacular sightseeing highlights

- Stay in tropical Cairns for 3 nights
- Enjoy a 4WD tour of Fraser Island
- Discover the spectacular Great Barrier Reef
- Stay on beautiful Long Island in the Whitsundays
- Visit spectacular Millaa Millaa Falls
- Tour through the Atherton Tablelands
- Visit historic Langmorn Station
- Enjoy a guided tour at Billabong Sanctuary
- Cruise on Lake Barrine
- See the sight of Brisbane and Gold Coast
- Visit Byron Bay and Cape Byron Lighthouse

12 day tour from \$2945 pp*



Your AAT Kings holiday includes:

- Spectacular sightseeing experiences
- Quality hotel accommodation
- Many meals including full buffet breakfast daily
- Professional Tour Director & Driver
- Touring by luxury air-conditioned coach with panoramic windows
- Airport transfers & hotel portage

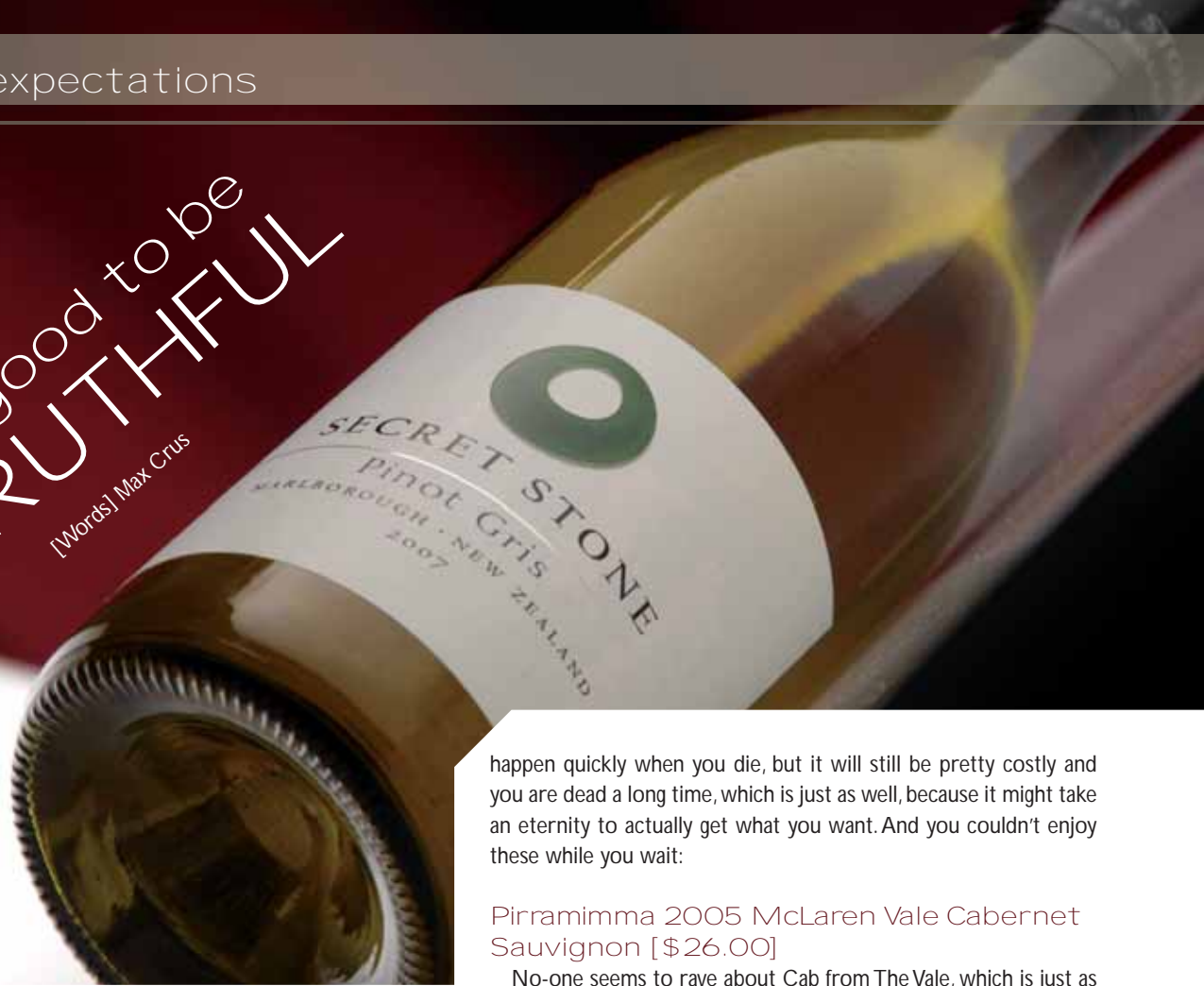


For more information on how best to see Queensland visit www.aatkings.com, call 1300 556 100 or contact your local AFTA Travel Agent

*Conditions: Tour price is per person, twin share, land only. Book and travel by 31 Mar 09. Please see AAT Kings Queensland 08/09 Low Cost brochure for full itinerary and conditions. Subject to availability at time of booking. AAT3918

AATKings
Now, that's how to see Australia.

too good to be
TRUTHFUL
[Words] Max Crus



YOU could have knocked me down with a feather; I had an actual real-life good experience with a telco! Unfortunately, since this column follows the ABC principle that because they are not paying me to say such nice things I will not name them until such time as they do, they will remain anonymous.

I almost didn't have a nice experience. Indeed, it started out like most calls to communications providers: "Your call is important to us ... but not important enough for us to employ sufficient people to answer your query before you get bored or angry".

Somehow – I think I fell asleep – I got through, woken by, "Hello my name is Bianca, how can I take your money?"

Wireless broadband had finally become cheaper than a tank of petrol on weekends and I wanted it, please, Bianca.

22 hours later – they want your money as soon as possible – a chunk of plastic with a USB arrived on the doorstep.

Four and a half minutes later, without a single techno glitch, I was surfing the net.

Incredible! Less than a day from query to unimpeded searching of the wide web of worldly wonders.

However, as always, there was a problem. It was incredibly slow. In fact, you wouldn't reckon something in 2008 could be so slow, except maybe if you'd asked a teenager to bring the washing in.

But it was.

Turns out the service is not available in my area, despite Bianca's assurances.

So, for anyone thinking of converting to Islam for the thousand virgin bonus, be warned: if they are anything like this Virgin, it may

happen quickly when you die, but it will still be pretty costly and you are dead a long time, which is just as well, because it might take an eternity to actually get what you want. And you couldn't enjoy these while you wait:

Pirramimma 2005 McLaren Vale Cabernet Sauvignon [\$26.00]

No-one seems to rave about Cab from The Vale, which is just as well or it would be as expensive as their Shiraz. **8.7/10**

Philip Shaw No.8 Pinot Noir 2006 [\$40.00]

Pinot is the sort of thing with which to start a night, but then again, they can be well suited to the end too. **8.8/10**

Tilbrook Estate Reserve Chardonnay 2004 [\$30.00]

If there's a new vintage I can't wait to try it. There's a heap of stuff going on here, fruit, nuts, wood, Icelandic proverbs, everything. You may not like them all, but there's something for everyone. **9/10**

Secret Stone Marlborough Pinot Gris 2007 [\$21.00]

Perfectly agreeable Gris, one must agree, but you wouldn't send a postcard home to Auckland about it. **8/10**

Mr Riggs 2007 Riesling, Watervale [\$22.00]

Riesling is never so welcome as when you are sick of Sav Blanc. How spoiled is that? Fairly! But so what? **8.5/10**

Beresford Beacon Hill NV Brut Cuvee [\$11.00-\$13.00]

All the bubbles and beading of a hippy weekend market, without that sickly smell of incense. Not as brutish as you might expect either, so just as good for afters as before. **8.2/10** ■



Bizzy Bees

Bees play an essential role as pollinators in the garden. Here are some tips on attracting them to your garden.

WITHOUT bees many of our fruits and vegetables would never get to harvest stage. The members of the pumpkin family provide classic examples. These all have separate male and female flowers and unless the pollen gets carried from the male to the female, there's no way the cucumber, zucchini, pumpkin, etc will develop.

The solution is to plant lots of flowers in the garden to attract pollinators. Mixing flowers among the vegies not only adds colour, it helps to ensure that there are enough bees around to do the job.

Here are some easy-to-grow, bee-attracting flowers.

- Forget me nots are spring annuals that produce copious quantities of seed, ensuring that the plants re-appear year after year.
- Lavender in all its forms is a wonderful bee attractant and because of its long flowering period and its range of varieties, it's possible to have lavender in flower for most of the year.

- Both the bee-attracting flowers and the leaves of Nasturtiums are edible.
- Catmint, with its grey foliage and soft mauve blooms, makes a delightful edging for vegie beds.
- Yates Phacelia (pictured) is renowned for its appeal to 'good' garden insects, including hoverflies and honeybees.
- Salvia, especially the blue flowering variety, attracts bees.

Some herbs like basil, thyme, sage and rocket are also very bee-friendly. They have a natural affinity with vegetables and many are said to deter insect pests in the garden.

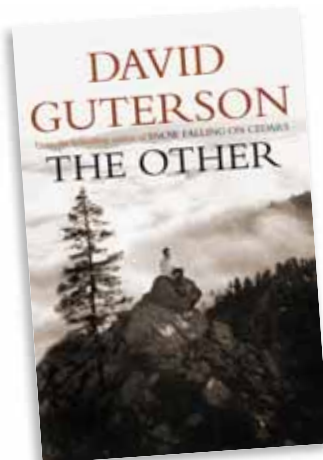
Don't forget that some people have a life-threatening allergic reaction to bees and bee-stings. Perhaps a cute sign will provide visitors with an appropriate warning.

Information supplied by Yates ■

The Other

David Guterson
Bloomsbury
RRP: \$32.95

THE eagerly anticipated new novel by the author of *Snow Falling on Cedars*. Seattle 1972. Two teenage boys are standing at the starting line of an 800m race; Neil from the local public high school and John William from a private academy for the privileged. After John William wins the race by a hair's breadth, their lives collide for the very first time, founding the beginning of a friendship that is both fraught and intimate. As they grow older, John William's intense intelligence and craving for isolation mark him out as an eccentric and as Neil begins to accumulate the more conventional comforts – a wife, a steady job – their lives begin to take radically different paths. Eventually, John William retreats permanently into his own self-made wilderness and in doing so presents his oldest friend with a gift which will change his life forever, bringing them both a notoriety that Neil had neither dreamed of nor hoped for. *The Other* is a moving tale about the mixed blessings that friendship can bring; an extraordinary novel from a masterful storyteller. ■



Help beat Australia's biggest killer
Leave a bequest to the Heart Foundation



Order your bequest kit today to make
a difference tomorrow.

Heart Foundation, GPO Box 9966
in your capital city.

1300 55 02 82 www.heartfoundation.org.au



Heart
Foundation