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RETIREMENT

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ISLE OF MAN • BLUE MOUNTAINS • QLD OUTBACK

THE TREORCHY MALE CHOIR

THE RETIREMENT VILLAGE ASSOCIATION

SETTING THE
STANDARDS

An AKA Entertainment publication
Issue One, 2004
www.onthego.com

ISSN 1449-4124



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They don't make retirement



...thank goodness

Living Choice has successfully developed and managed retirement villages for many years. We are proud of the homes we offer, both in the quality of construction and the features and inclusions. We also offer quality care second to none if you need it.

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- 24 hour emergency VitalCall
- Billiards Room, Library, Sunny Lounge Areas, Workshop, Chapel
- Community Function Hall for social occasions

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Our services and amenities include:

- 122 Independent Living Apartments, Care in the Home Services
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- 24 hour emergency VitalCall
- Swimming Pool and Spa, Billiards Room, Hairdressing Salon, Library, Sunny Lounge Areas
- Community Function Hall for social occasions
- 3 hole golf course, Workshop, Communal Vegetable Garden

Enquiries welcome: phone (02) 9653 2638



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Thanks to

Joel Peisley, Joanne Boik, Trish and participating NSW/ACT RVA Members and Associates, Brendan Upcroft, Rachel Foster, Jayde Foster, Kent Gryphon, Greg Steele, Daniel Floyd, Mark Dickson, Cameron Muir, Jenny Paschal and our lovely models and locations.

For advertising and editorial enquiries, please visit:

.....www.onthegomag.com

Web Hosting by

.....www.prussia.net

Distributed by

.....NDD (POS Outlets)
.....RVA (NSW/ACT)
.....AKA Entertainment

ONTHEGO Magazine is an independent publication published by AKA ENTERTAINMENT on an annual basis. (With specials and sub-branded releases published at other times of the year.) The RVA(NSW/ACT), RVA Logo and name are used with permission, for the purpose of promotion of the RVA in line with ONTHEGO's distribution agreements.

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ISSN: 1449-4124
Issue 1 - March 2004 - March 2005.

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editorial

The process of putting together a magazine like this is an amazing one. From the initial concept meetings to partnership arrangements to the decisions on what to include in an annual... it has been a task, but it has showcased just how brilliant and how hard the ONTHEGO team has worked to make this a reality.

We have made it our mission statement, to provide a high quality title, for the markets looking into, planning for and living their retirement.

It was obvious that there are titles that cater for seniors finance, for politics and heavy issues... but where was the title that provided you with an instant network of quality service providers, professionals and lifestyle editorial to make your planning, wealth accumulation and retirement interests fun?

We will, over time, expand sections and increase awareness of the issues, areas and topics that are needed. This issue is our starting gate, if you will - we are extremely proud of it, but know we have a lot more to play with - our aim is to provide our readers, weather they be consumer or industry with the "stallion" of future living publications.

Retirement in my mind is an essential thought process for any Australian, at any age. The younger we are when we think about our future life, the more success we will have in it. And from the way our lovely country seems to be going, we need to plan well in advance to even make sure you have enough money to live on, let alone enjoy our retired years.

Wealth accumulation, planning and living are all vital areas to consider for your life. ONTHEGO is just that, a means to assist you plan for you future, and when your there, to live it with gusto.

Enjoy the magazine, and please feel free to contact me or any member of the team, should you have any questions or comments.



Robert Manser
Editor/Publisher

editor@onthegomag.com

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*in order of appearance

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www.livingchoice.com.au

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and Woollooware Bay

Creating Communities of Christian Care

Kirrawee - Now Selling Donald Robinson Village

This brand new village offering quality, spacious 2&3 bedroom Independent Living apartments at affordable prices is now open. (Pictured Right)



Become part of a freindly, caring community that Anglican Retirement Villages is renowned for

With over 20 villages and facilities across Sydney, 1,2 and 3 bedroom Independent living units and villas are now available.



Woollooware Shores



New development

This new village will be on the shores of Woollooware Bay yet only minutes from the heart of the Sutherland Shire.

Stage 1 construction of 68 Independent Living apartments has commenced with the stage 2 Assisted Living facility to commence soon. Due for completion early 2006, stage 1 will also include an indoor pool, chapel, gymnasium, kiosk and community centre.

TO EXPRESS YOUR INTEREST, REGISTER NOW

To find out more about retirement living options, available now and in the future, send this coupon to: Sales, Anglican Retirement Villages, PO Box 284, Castle Hill 1765

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Address.....

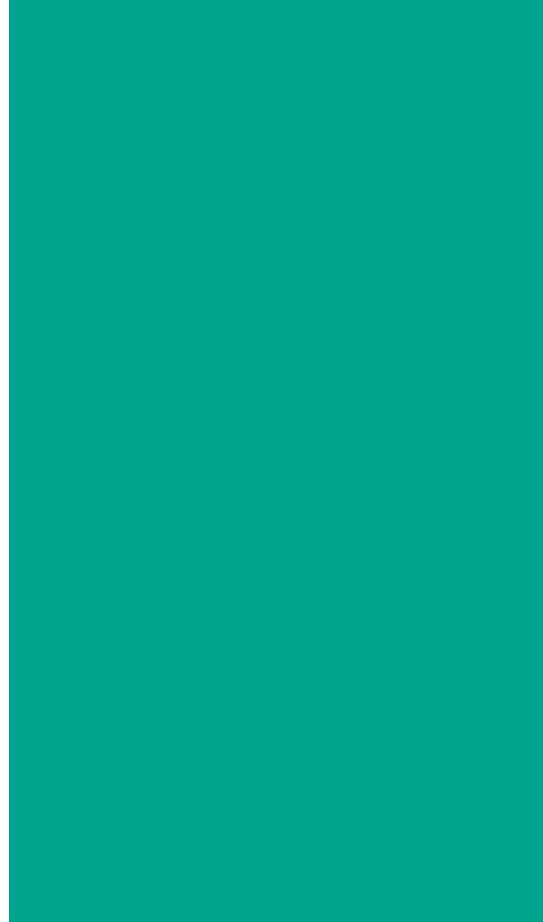
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RETIREMENT
VILLAGES
DIOCESE OF SYDNEY

Phone 96345500



Caring for the Landscape within a Retirement Village.

As a landscape manager and professional gardener there is nothing more frustrating and disappointing than seeing a beautifully designed and installed landscape being let slip into a state of disrepair.

In my experience gardens that are not maintained properly are often due to a lack of knowledge for what is required to sustain a beautiful garden long term. Quite often even the most passionate or qualified of gardeners fail to put in place the appropriate yearly plan for long-term success of a landscape. Not maintaining the garden areas properly can be extremely expensive. Many shrubs, especially native shrubs

cannot be cut back to rejuvenate them once they have grown old and woody, and often plants will never thrive once they have been subjected to long periods without the appropriate growing conditions.

This often leads to very expensive rejuvenation programmes that require complete removal of the existing trees and shrubs before improving the growing conditions and replanting new trees and shrubs. Continual care, nutrient addition, correct pruning techniques and an appropriate management plan are the keys to a garden that can be enjoyed long term by all.

The importance of a beautiful well maintained landscape throughout a retirement village is endless. Some of the most important include: presentation for visitors and prospective



purchasers, attracting native birds and insects to the area, having pride in and enjoying the living environment, higher re-sale values within a village.

The garden should be a peaceful environment where you can escape and enjoy the outdoors.

Being involved with maintaining the landscape in your village is something that everybody can be a part of. Hand watering during the current water restrictions, looking after the area around your apartment or putting ideas before the gardening committee to be discussed with the team that maintains your village will all add to improving the environment for everybody.

An active Garden Committee can be the vital ingredient that a village needs to ensure there is a harmonious relationship between the residents and the gardening team together.

The strong committee that we have the pleasure of working with at "Bayview Gardens" is a key factor to success of the gardens within the village.

The climate that we enjoy in Australia allows us to grow beautiful gardens. It is important to allocate the correct resources and people to keeping them looking beautiful for all to enjoy.

•••



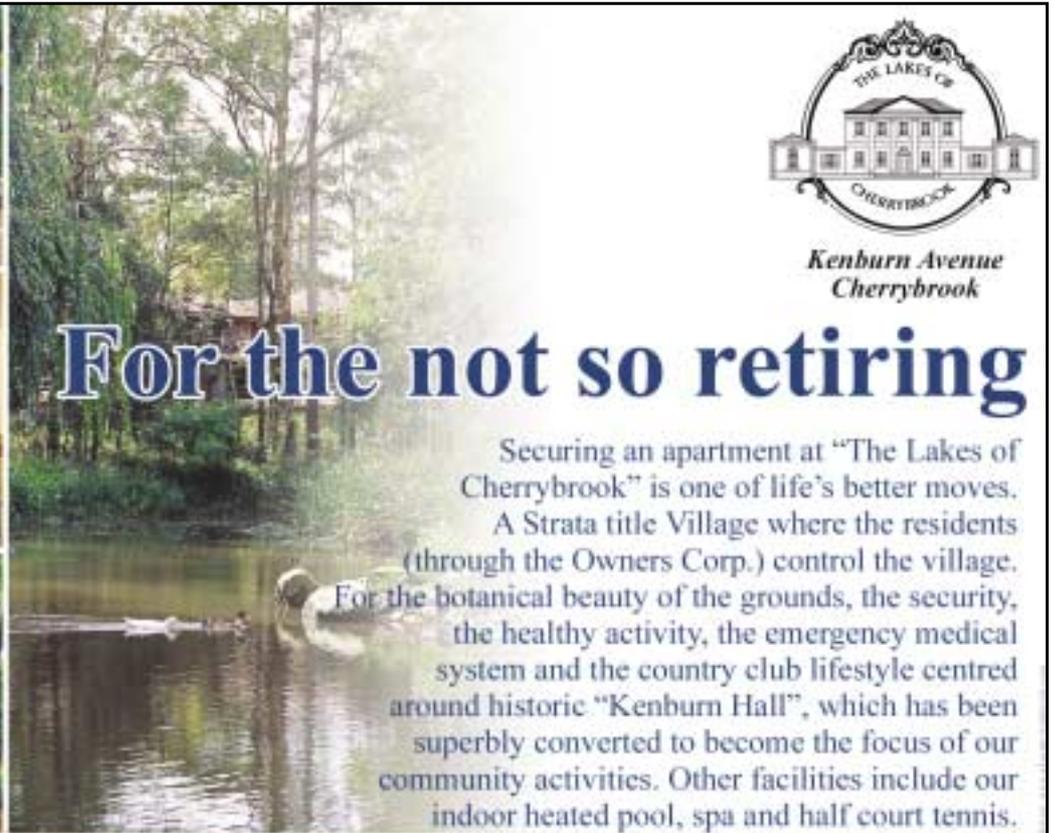
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The Skyline Landscape Services team can bring enormous amounts of enthusiasm, knowledge and expertise to your village, to improve it's presentation. We will develop a landscape management system for your village to ensure you receive consistently good results every day.

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Kenburn Avenue
Cherrybrook

For the not so retiring

Securing an apartment at "The Lakes of Cherrybrook" is one of life's better moves.

A Strata title Village where the residents (through the Owners Corp.) control the village.

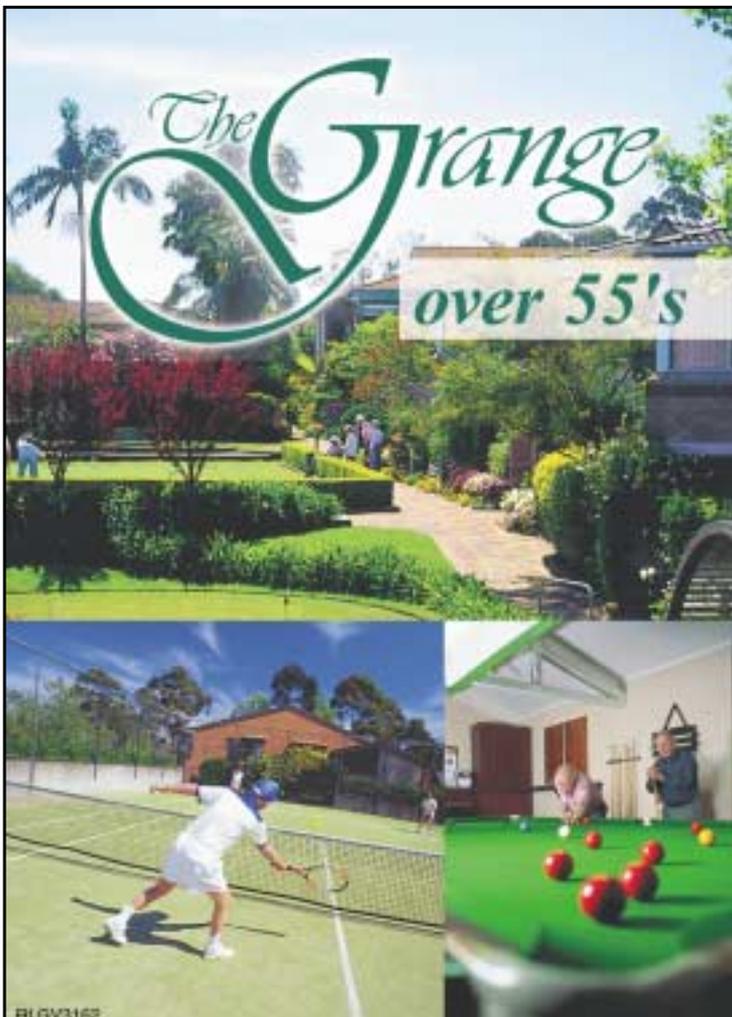
For the botanical beauty of the grounds, the security, the healthy activity, the emergency medical system and the country club lifestyle centred around historic "Kenburn Hall", which has been superbly converted to become the focus of our community activities. Other facilities include our indoor heated pool, spa and half court tennis.

The Lakes Of Cherrybrook - An established Strata site.

Enjoy the peace, privacy and control of our beautiful apartments set within 6 fully maintained acres, next to the lakes, the local shopping centre and the local bus services.

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Enquire about your choice
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- Bowling green • Dining room • Tennis court
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INDEPENDENCE DAYS

Planning for your retirement is a complex but essential process.

Retirement is no longer the picture of walking sticks and a cabinet full of pills and creams. Many younger people are wondering how they will survive, post work, in their future life. The government has made it very clear that they will be unable to facilitate a good and secure pension



planning

system that previous generations have relied upon.

Baby Boomers have been the target of campaigners for some time in regards to their retirement, but realistically, it should be the generations X, Y and Z that should be planning for their future, and doing it now.

Lifestyle choices, cost of living and the want to live a fuller and more vibrant life will be the key areas of concern for the next generations to start planning for retirement. The key rule in anyone's plan should be:

The more money you have put away, the more you will be able to do and achieve later in life.

Its that simple! Current trends suggest many couples plan to live on more money \$30,000 p.a.+ than the age pension currently provides, which currently sits at around \$19,000 per annum.

'Gone are the days when it is just the 'baby boomers' that need to plan for their retirement.'

If you want to live well in your future life, the onus is on you to start saving as

planning

early as possible; to establish goals, look into investment options, learn about the pro's and the con's of investing money and also what the consequences are of any action you may take – after all, it is YOUR life that you are working on.

Not all people want to know about investment and shares and all the guff that goes along with the financial markets, that's where a good investment consultant would come in handy. There are a variety – and when we say variety – there are hundreds of business' wanting to assist you in the planning of your financial future.

When selecting a financial consultant or planner, make sure you do your homework, and only go with those that

have a good trading record, and have sustainable plans. Your retirement is not something that needs to be played with, or have a risk taken on. Play should always be safe and secure.

Financial's aside, there are also other factors to consider when planning.

- What type of accommodation do you want to live in?
- What quality of life do you want?
- What health management procedures do you have in place?
- Where would you like to be located?
- What type of travel and activities would you like to partake in and what will bring you maximum happiness with the minimum amount of stress?

All factors must be thought about from an early age, and for those people reaching the retirement age sooner, rather than later, now would be a good time to research and revise your retirement strategy. Make sure you will be able to not only survive in your later years, but live it with gusto and maximum enjoyment.

•••



Further Resources

Financial Planning Association
Ph 1800 626 393
Web www.fpa.asn.au

Law Society Of NSW
www.lawsociety.com.au

CentreLink
www.centrelink.gov.au

Australian Consumers Association
www.choice.com.au

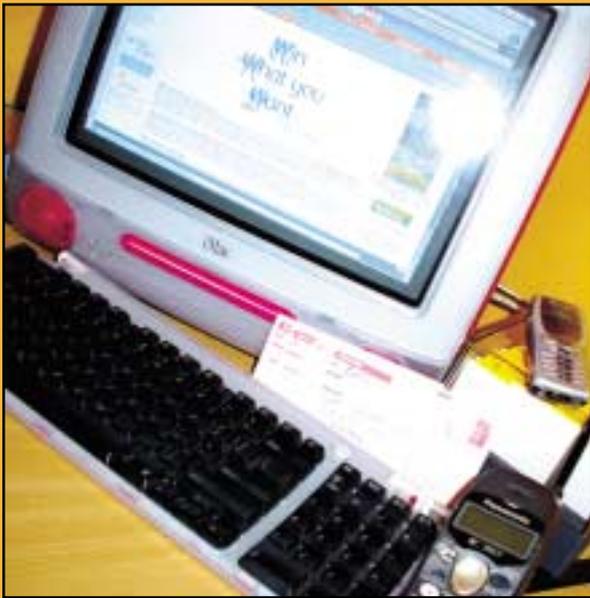
Governments of Australia
www.gov.au

Department of Health and Ageing
www.health.gov.au



'Financials aside, there are also other factors to consider when planning for your retirement'





TECHNO BABBLE

During a recent study, one Senior voiced she had been told by her son, "She would never figure out a computer and should not buy one". Most seniors believe that with patient instruction and some individualised help, they could progress in slow steps and thus be successful using the computer and the Internet.

It is however, a common misconception that all seniors would have a problem with technology, in fact, the vast majority of Australian Seniors are very quick on the uptake of technological devices, as well as the internet and communications equipment.

There are segments, however, that need more assistance due to the fast paced nature of the industry – once you have learn't to do one thing, it gets changed or "upgraded". How do you upkeep?

Our study showed that seniors who used technology were very capable of sending emails, e-cards, browsing sites and researching. There were areas of technology that were completely foreign to them and we have decided to break down some of these areas to offer some assistance to those who may need it.

Internet Searching

Searching the internet for content can be tricky. With nearly every web page and document on the internet being catalogued, you can spend forever in search engines actually finding what you want.

The best way to search for something is to use keywords. Like a library catalogue, they are the most direct form of searching. The most obvious things you could want may be hard to find by just typing in the URL (Website address). For example, to find the website for ONTHE**GO**, you could do the following:

Visit a search engine site, such as Google

- <http://www.google.com.au>

Type into the search field your search terms as follows:

- "ON THE GO", "MAGAZINE"

NB: each term has parentheses, and a comma separating them, this helps the search engine look for those terms individually, rather than a sentence.

Hit search, and your results will appear in order of relevance.

Google, a popular and reliable search engine, also has image searches, for those who like to look at pictures and graphics, so give that a go. [www.google.com.au]

Other search engines can be useful, such as the following:

www.altavista.com

www.yahoo.com

www.infoseek.com.au

www.mamma.com

www.excite.com.au

Purchasing Technology

Hardware, or the actual computer, is no longer a "major, once in a lifetime purchase"... to keep up to date with technology and to not allow your technology to be obsolete, you should plan to replace your computer (personal use) every five years... for corporate use, nearly every two or three years. You may not have to replace the whole thing, but you will at least need to upgrade your machines with memory, new components and other cards to handle new systems, software and internet technology.

The best way to figure out how to purchase a machine is make a list of what you want to use it for. There is no point in buying a machine and then not being able to use it, or buying something that is too big, and you will never use all of it's capabilities.

In the near future, you will also be able to purchase low cost PDA or handheld devices that can facilitate most of your basic computer needs, like email, video streaming, video calls and

technology

communications (3G phones are currently on the market, but they are not a replacement for your PC.)

Structure your list around what you

- Will it require extensive training to use?
- Will you be paying for massive amounts of features you won't use?
- Is it from a reputable supplier?
 - Is it available from more than four retail points?
 - If software is on sale, or

would want... then take it up a notch, and it should last you for some time. A good rule, and one not often taught, is that a computer will cost twice its purchase price (or value) in maintenance and upkeep. If you budget this over a couple of years, you will be in good stead and not have any nasty surprises.

IS SOFTWARE TOO HARD?

One of the challenges in purchasing software is ensuring that you have the most recent version available that works on your system.

Gone are the days when the sales clerk at the local store is capable of informing you of their products. Most retail staff have issues with informing customers properly, and are only usually trained in offering advice on the products they are paid to move. The best bet is to locate and research as much as possible, prior to venturing into a shop front, or even an online store. Make sure you target the usage needs of the software you want to buy, and most of all, just because the software is new, does not mean it is better! Many people spend thousands of dollars on titles to find out that they are not actually compatible with their system software.

Look into these factors before making any software purchase:

- Does the software do what you need it to?

not, check that a new version is not going to be released for at least 6 – 12 months – that way you will avoid additional fees for upgrades for a while and not be buying inferior or out of date products.

Many stores have a policy of "Buyer beware" so make sure you do your research and take the time to visit the web site of the manufacturer and ensure that you are getting full value for your hard-earned dollars.

STREAMING DOWNLOADS / ONLINE MEDIA

There is a massive variety of information and files that you can access on the internet.

The internet was, in fact, established for the purpose of the free exchange of files and information.

There are file sharing services for music downloads, video files and even DVD's – but the thing to remember here, is that most of these services, whilst offering some "pay-per-view" titles, do infringe on copyright laws and do not make payments to authors, recording artists and other owners of the material. Make sure you check that the content you want is not an illegal download. For music, many record companies now have official "download sites" where you can pay a nominated fee for the transfer of the material.

Online streaming is another type of service where you can access and listen or view content without actually downloading the files to your computer – this system is used by online broadcasters (such as radio stations, adult film companies and other media outlets). To access these services you will require a player (a piece of software) such as RealPlayer. They are easy to install, and most newer systems come with these facilities built in.

Online radio and tv broadcasts are now taking off, there are several new channels in development, which you can access through your PC.

ONTHEGO's radio station, aptly titled ONTHEGOradio, will be launched during 2004 and will be accessible through the magazine's website at www.onthegomag.com. It will cater for those people living and planning for their retirement. Containing a healthy mix of music, news and talk. If you would like to be involved, please contact the station staff through the website.

Industry Recommendation:

For commercial operators, villages and those companies needing assistance with their information technology and computing needs, feel free to contact the helpful and extremely knowledgeable team at prussia.net.

<http://www.prussia.net>

•••



A Radio Station just for you?

Register your email address
online now for announcements
and the latest news - you could
also win great prizes, get the
chance to appear on-air and
even host your own show!

MAKING WAVES IN 2004

ONTHEGOradio IS AN AKA ENTERTAINMENT STATION
for advertising, editorial and sponsorship enquiries,
email: airwaves@onthegomag.com
or call AKA Entertainment on (02)9283 1152



Broadcasting 24 hours a day, 7 days a week, a radio station that is catered towards over 40 year olds, who are interested in living their life whilst planning for their future, or those already enjoying their retirement.

A radio station that delivers quality content, without politics, dull & opinionated hosts - just good music, interviews, facts and resources for you to make the most of your life ON THE GO.

Log on and listen via your computer. www.onthegomag.com



TENDER LOVING CARE

COOKING CAN TAKE ON A NEW MEANING DURING RETIREMENT

Nutrition and good eating are a vital part of living. But time and life's little stresses can make eating properly a chore. The endless shopping, chopping, preparing and cooking... then there is the worry of nutritional value. We could go on and on.

A variety of pre-prepared food services have existed for years catering to those who want to join expensive weight loss clinics, contract services and such – though these are usually marketed towards different demographics, leaving out seniors who would benefit from this type of assistance.

In 1995, a close friend of Jack Barker was involved in a car accident which caused serious brain damage. Jack pulled up his sleeves and pitched in to help his friend's family by preparing quality meals for them during their time of need. A high standard was set by Jack, and the hospital saw the need for this service, not only for those hurt or injured, but for a wide range of people, and an agreement was made with NSW Health.

We asked Jack about TLC and the work it offers for the seniors community. "TLC is a non-profit organisation that does not seek nor receive any

assistance from Government. It does however, provide a much needed service to seniors that have cooked all their life, and now want a break from having to shop and prepare meals every day."

The dinners carry the Heart Tick Of Approval because the recipes are low in fat and salt, so you can be sure that the meals are healthy. Through our research, we know of no other service that delivers Heart Foundation approved dinners right to your door.

The other benefit of using TLC's services is that there are no contracts or obligations. You pay for what you order, and that can mean substantial savings on bulk purchases... particularly interesting as most of TLC's meals last up to six months in the freezer.

The dinners are delicious, healthy and save you time and effort. Forget the shopping, chopping and cooking. It's like having your own personal chef at home... all you do is heat and serve. The range of dinners include mouth watering roasts such as Roast Lamb, Roast Turkey, Beef and Pork. There is a variety of over 26 dinners to choose from including a Mild Chicken Curry, Homemade Rissolle's, Baked Ocean Fish to Apricot Chicken and other delights.

"Dinners have fresh vegetables straight from the markets, which are cooked in a combination steam cooker, immediately chilled to avoid bacteria build-up, plated and sealed and then blast frozen to ensure that the dinner tastes like they have been freshly prepared." Jack says. The quality control on TLC's products are second to none, and well they should be. Jack and the team at TLC have the communities interest at heart, and are committed to providing a quality product time and time again.

So remember, to keep your nutrition going, even when you don't feel like cooking, there are serious and quality alternatives. A busy retirement does not have to mean a loss of lifestyle or having to let yourself go. TLC can be that added hand in times of need, or when you need a break.

•••

Further Online Resources

- TLC
www.tlc.org.au
- NUTRITION AUSTRALIA
www.nutritionaustralia.org
- THE HEART FOUNDATION
www.heartfoundation.com.au



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LATE NIGHT SHOPPING



It has become an Australian Free To Air television tradition. "bookmarking" your sleeping hours, and covering most of your weekend viewing are a tone of international and locally produced television "infomercials" that claim to bring you the hottest thing since slice bread - or in some cases, a new way to slice bread!

Being a relative nightowl, I thought it would be an idea to actually find out about some of these products and how they may or may not work for us. I was surprised by some of the outcomes, and what bang you actually get for your buck.

The Orbitrek Platinum is an amazing piece of technology. Although it looks overly complex and daunting, the Orbitrek Platinum is a breeze to use and a definite must have for those who want to keep fit and healthy in their future lives, without stress, strain and pain. Its design allows a low impact yet solid workout that you can pace at your own level, whilst watching TV or listening to the radio. Perfect for cardio and weight work for all levels of fitness. **10/10 POINTS**

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Gardens*

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Mari Winsor Pilates DVD Base Pack

Pilates is all the rage these days, taking over Yoga and other forms of relaxing exercise. Mari Winsor is the top of the bunch when it comes to teaching this age old form of a workout. Definitely worth the dollars, and mighty fun.

Available from Guthy Renker Aust.
RRP: \$89.85 www.guthy-renker.com.au
Ph: 1800 500 903

Its all new, and would have to be the best knife set we have ever tested. Although the commercials are rather painful, this knife set is better than any medium priced range available in the shops. The handle design also can assist those with arthritic conditions, and the variety of blades means you will not have to invest in any more than this set for the longest time to come.

9/10 POINTS

Available from Guthy Renker Aust.
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Miracle Blade III Perfection Series

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7/10 POINTS

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Vacuum Container Set

Without repeating the commercial word for word, this product does what it says! A brilliant machine for those who want to bulk buy groceries, freeze dinners, other foods etc. Easy to use, reliable and sturdy.

9/10 POINTS

Available from Danoz Direct
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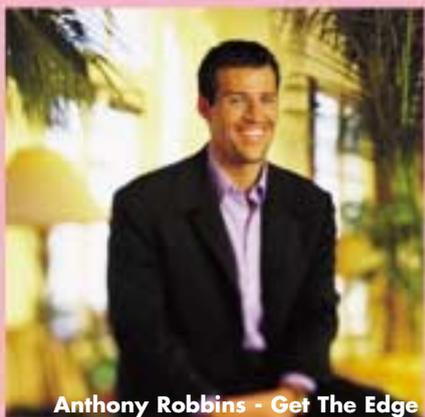


Foodsaver Vacuum Seal Machine

To finish off our list, you guessed it - its Anthony Robbins - the #1 Late Night TV infomercial king - and quite rightly! Anthony's tapes have sold millions worldwide, and with a positive outlook and drive that no one can resist, even the most synical person would get a boost from these tapes. Even in later life, it would be nice to have a helping hand through tough times, and Anthony can help you plan your life to achieve maximum results.

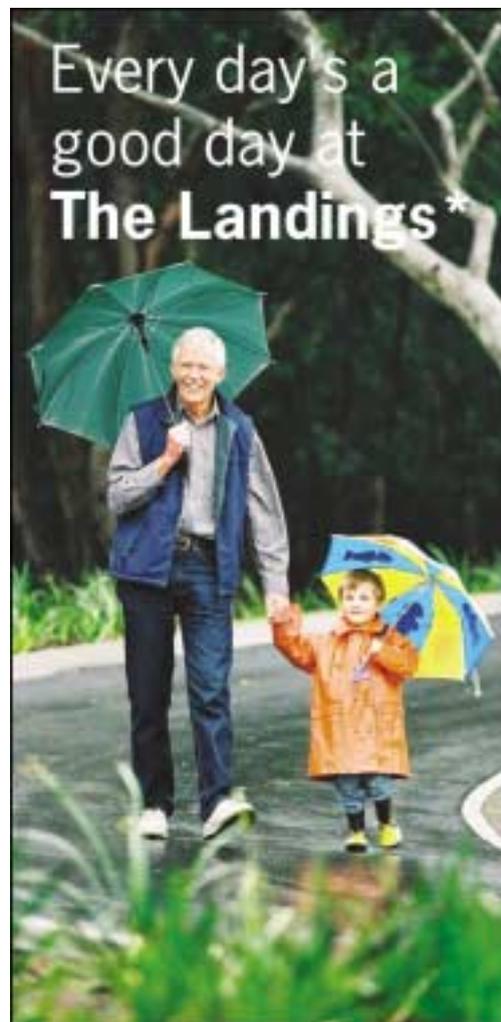
10/10 POINTS

Available from Guthy Renker
RRP: \$299.70
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Anthony Robbins - Get The Edge

If you have any products you would like considered for review in the next issue of ONTHEGO, please contact editor@onthegomag.com



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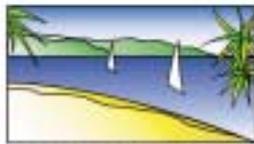
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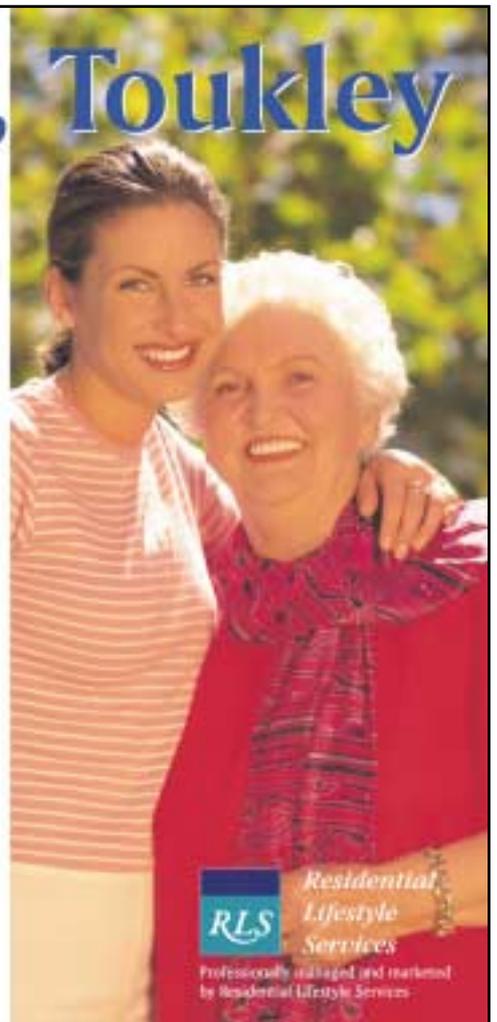
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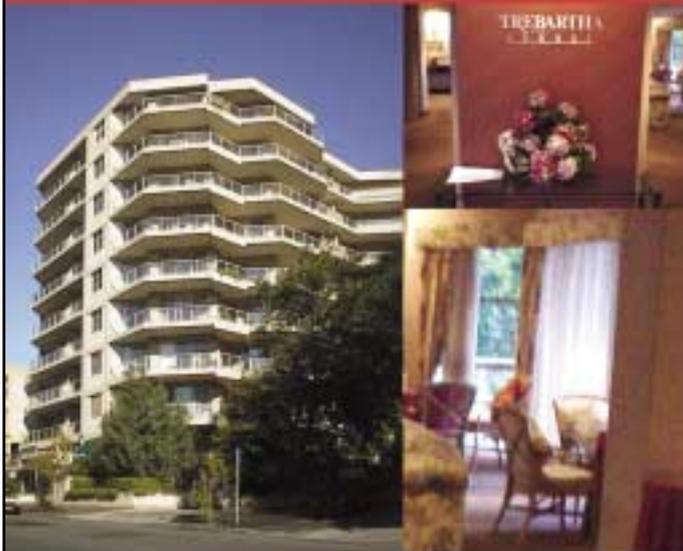
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The Fairy Bridge



Port Town of Peel



The Isle of Man is not a common place to visit, but really should be visited if you manage to get over to the United Kingdom... from the beautiful scenery, to the interesting tail-less wildlife... it is unique in every way...

The Island is located in the middle of the Irish Sea, 83 miles from Liverpool and 90 miles from Belfast and is approximately 572 kilometres square, being 50 kilometres long from north to south and 20 kilometres wide from east to west. Scenically it has a little of everything that is attractive about the British Isles - a central mountain, Snaefell (2,036 feet or 620 metres), surrounded by hills that lead down to seventeen national Glens, fertile farmland

and a varied coastline.

The Island is a unique self-governing kingdom - a Crown dependency which belongs to neither the UK nor the European Union. It has its own parliament (called Tynwald), laws, traditions, culture, cuisine and postage stamps. But as a holiday island it is best known for its very agreeable and relaxed pace of life, along with a wealth of attractions and places to stay. And while other differences include the Manx language and currency (though English is the spoken tongue and English and UK currencies are accepted everywhere), there are also reassuring familiarities - such as driving on the left and road signs in English. The Island has 688

ISLE OF MAN





miles of roads and car hire is widely available. So bring your own car or rent one at attractive rates. Road travel is a very attractive option to be able to see the Island at your own pace. If you like, you can also travel around the island on not only trains but trams too! One of the unique aspects of the Isle of Man heritage is the Island's remarkable Victorian transport system - still going strong after more than 100 years of sterling service. We guarantee that wherever else you go in the world, you won't find anything quite like this!

In addition to the Isle of Man Steam Railway, Manx Electric Railway, Snaefell Mountain Railway and Douglas horse trams, you can enjoy summer trips on the clifftop Groudle Glen Railway and combine a visit to Curraghs Wildlife Park with a memorable ride on the Orchid Line - the

smallest passenger-carrying railway on the Island.

The thriving east coast town and port of Douglas is the capital of the Isle of Man. The hub of much Island activity, it offers a great variety of accommodation, holiday attractions and other visitor facilities such as first-class shopping, banks, building societies, and car hire. Douglas is 16 miles from the northern coastal town of Ramsey, 12 miles from Castletown on the south coast, and 11 miles from the west coast port of Peel.

For your dose of shopping, there are familiar UK High Street brand names, local speciality stores, the Woollen Mills at Laxey, heritage shops, excellent new facilities in Douglas and many other traditional shops across the Island. The superb Tynwald Mill Craft

Centre at St John's is one of several outlets selling Manx rural craft products made on the Isle of Man. Make sure you check out the fantastic artworks inside St.Johns, and the Manx sheep outside - which are a deep black, and have the most amazing horns you will ever see.

You're spoilt for choice when it comes to accommodation on the Island. Whatever your taste and budget - from campsites to first-class hotels - the Isle of Man can accommodate you comfortably. Other popular holiday towns and resorts are Port Erin, Ramsey, Peel, Castletown, Port St Mary and Laxey. There are also many lovely villages nestling in beautiful countryside and offering idyllic rural accommodation. If your looking for accommodation once you have arrived, the Tourist Information Centre

in Douglas will be happy to advise you, or alternatively you can chat to your travel agent prior to leaving.

On the Isle of Man there's never a dull moment, whatever your age and interests. Fabulous scenery, enchanting glens, miles of uncrowded beaches, medieval castles, Victorian railways and trams, beautiful parks and gardens, international motorsport, countless opportunities for first-class angling, golf and watersports and other activities, fascinating museums and heritage centres, delicious Manx wining and dining...

If you want to take it easy and travel around at a more leisurely pace, cycle hire is widely available, and in addition to miles of quiet country lanes there are six designated cycle trails to explore. If you prefer travelling by horse or pony, stables and riding schools can be found at various locations across the Island. But if you want to catch every viewpoint, every sunset, there's probably no greater Island adventure than discovering the Isle of Man on foot!

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Further Resources

Isle Of Man Tourism
www.visitisleofman.com

Isle Of Man Government
www.gov.im



isleofman fastfacts

The Isle of Man is a combination of the very beautiful and the very ordinary, the sophisticated and the old-fashioned, the progressive and the traditional. Similar, certainly, to many other evolving British communities - but also a separate, independent, ancient kingdom with its own unique 'Manx' character.

Capital town

The capital town is Douglas, the seat of the Manx Government and main centre of population (25,308). Other major settlements are Onchan (8,706), Ramsey (7,626), Peel (3,779), Port Erin (3,351), Castletown (3,082) and Port St Mary (1,927). New housing in estates and village outskirts is gradually changing the traditional look of the Island but there is still plenty of 'green' space and quiet, unspoilt countryside.

Just off the southern tip of the Island lies a two square kilometre islet called the Calf of Man, an official Bird Sanctuary which is owned by the Manx National Trust. The Calf's only year-round resident is a warden but it is open to public visits during the summer.

Weather

Exposure to sea breezes keeps average summer temperatures in the early to mid twenties centigrade, while winters tend to hover around 9 degrees and snow sometimes strikes in late February/ early March.

Head of state

The Queen is the Island's constitutional head of state - the Lord of Mann - and she is represented here by a resident Lieutenant Governor. The IOM is not a full member of the European Union but has associate status. This allows the Island-traders free trade with the rest of the community but means they are not liable for financial contributions nor eligible for EU grants.

Representation

The IOM is not represented in the UK parliament as it has its own parliament - the Tynwald, an institution founded by the Vikings over a thousand years ago.

Language

English is the first language of modern Manx people but the 'old' language is Manx Gaelic. There are no longer any native Manx speakers but a growing number of enthusiasts have kept it alive and it is a learning option for all schoolchildren over the age of 7. Government departments use English and Manx titles on all official documents, correspondence and vehicles and Manx is also used on town and road signs and increasingly by commercial businesses.

National symbol

The National Symbol is the Three Legs of Man, first officially used in the early fourteenth century on the Manx Sword of State. The legs, clad in armour and bearing spurs, run in a clockwise direction and bear the Latin motto 'Quocunque Jeceris Stabit' or 'Whichever way you throw it, it will stand' - a testament to islanders' independence and resilience.

Flora and fauna

Best known amongst the Island's unusual Flora and Fauna is the Manx cat which in the pure 'rumpy' version has no tail at all while a 'stumpy' has a vestige of a tail. Loaghtan sheep - with four horns - are also unique to the Isle of Man. During the summer, giant Basking sharks are often seen in Manx waters. These huge creatures grow up to 35 feet long and two tonnes in weight but they are harmless to man and live on a diet of plankton.

Travel

Travel to and from the island is either by air or sea. The national airline - Manx Airlines - flies direct to many British destinations from Ronaldsway airport in the south of the island, with linking flights into Europe. Flying time to London is only about an hour. Sea travel is either by private vessel or with passenger/freight ships and 'fastcraft' belonging to the Isle of Man Steam Packet company. Average journey time across the Irish Sea is about four hours. If you're travelling to and from UK destinations you don't need a passport or visa.

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easysdaysout



If relaxation is your idea of a perfect holiday, the Isle of Man is definitely for you. Particularly as taking it easy doesn't mean you have to do nothing! There are many hidden gems on the Island - attractions which you can simply enjoy at your own leisure.

For example, seek out four unusual museums: Moore's Traditional Museum in Peel, for a working demonstration of how Manx kippers have been cured over oak chips since around 1770; Leece Museum, which tells the story of Peel in historic photographs, the Regimental Museum of the Manx Regiment in Douglas; and the Aviation Museum at Ronaldsway Airport. Visit Tynwald Mills Craft Centre in St John's - over 30 speciality shops in an idyllic location, selling everything from toys to fashion. Paws for a break at the Mann Cat Sanctuary, Santon, and the Home of Rest for Old Horses near Douglas.

Join a tour to see the wonderful Gaiety Theatre or a commentated coach excursion to explore the Island or to see the Isle of Man's famous film locations (used in more than 25 films and TV series shot on the Island in recent years).

Admire the beautiful work of Ballabrara Arts in Port St Mary, where creations in Manx slate and other materials are handcrafted. And browse in the many other studios and galleries across the Island which specialise in arts and crafts, such as Shebeg Gallery (near Ballasalla), Gansey Pottery (Port St Mary), St George's Woollen Mills (Laxey), Erin Arts Centre and Courtyard Crafts (Port Erin), and Celtic Gold & Manninkilt and the Fabric Centre (Peel).

For those who want to explore the dramatic landscape and coast from the sea, a trip on the pleasure boat Karina is a must. To the west of Laxey are the wonderful gardens of Ballalheannagh - a true delight of the Island. And no visit to the Isle of Man is complete without a trip to Onchan Pleasure Park, Nobles Park in Douglas, Silverdale at Ballasalla, for boating and sailing, and Mooragh Park, which offers hours of fun for all.

The Isle Of Man Story was compiled with the assistance of the Isle Of Man Tourist Commission. Visit www.onthegomag.com for more links and travel offers to the United Kingdom. Photos: LilyPublications Ltd / Isle Of Man Tourism and Robert Manser / AKA Entertainment.



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BLUE MOUNTAINS

Just a short journey from Sydney, and nestled within The World Heritage Blue Mountains, the City of the Blue Mountains is the only urban area located within a World Heritage listed site. Ever since Blaxland, Wentworth and Lawson carved their way up through the hills and glens, the Blue Mountains have been a favourite holiday destination for City people, the change in climate and pace is something that is sure to rejuvenate and refresh those who live on the coastal strip of NSW.

Because of the elevation, seasonal variations are quite evident with four

distinct seasons. The autumn sees the beautiful tones of the exotic trees introduced from Europe by the homesick settlers, while in the springtime private gardens, many with breathtaking cliff tops views are made open for public inspection. Large public gardens such as Norman Lindsay's Gallery, The Everglades Garden, Leuralla and the cold climate annex to the Royal Botanic Gardens at Mt Tomah are open year round.

Linked by the Great Western Highway to Sydney, and regional centres such as Bathurst, Orange and Cowra, it is an easy drive by car or by touring coach to arrive at your destination where,

over 1000 meters above sea level you will leave behind the humidity of the lower lands.

Called the Blue Mountains for their "blue" hue – which can be seen from the Penrith/Nepean Basin, the blue colour comes from escaping gases caused by the Eucalyptus oil in the regions gum trees.

The Mountains is also serviced by Interurban electric train, or for country people, the XPT, so the ease of arriving cheaply and safely is manifold.

When you are living in a Retirement Village, you come to expect many facilities at your fingertips, and these

A place for all seasons.



can be found at many of the varying styles of accommodation that are in the Blue Mountains and nearby Jenolan Caves.

Large, modern resort Hotels such as the Peppers Fairmont Resort or Lilianfels are matched with Art Deco style buildings such as The Hydro Majestic Mercure Grand at Medlow Bath or the Carrington Hotel in Katoomba's main street. Modern accommodation can be enjoyed at hotels such as the Mountain Heritage or Mercure Resort, or if you wanted to nestle in amongst the trees, the environmentally friendly Jemby Rinjah Eco Lodge offers a total break away from city style living.

Mountains folk are renowned for their hospitality and their laid back nature.

The area is a perfect holiday or day trip destination – from the natural beauty of areas like Wentworth Falls, to the "bush-burban" landscapes of Katoomba, you are sure to find a spot that will be exactly what you are after.

A variety of activities exist for you to enjoy, and a trip to the Blue Mountains is not complete without a ride on the world famous Scenic Skyway and for those who are a little more adventurous, the Scenic Railway.

Both exist along side a new imported lift service, called 'Scenescender', that instead of going over the valley, takes you over the side of a cliff down into the depths of the forest canopy below. The

nerves may take a jolt, but the views are well worth while! Located in Katoomba, "Scenic World" as it is now

'Mountains folk are renowned for their hospitality and their laid back nature.'

known, is a major tourist destination, and worth a look.

Katoomba also boasts the Paragon Restaurant. At the top of Katoomba street, you can taste locally made chocolates, truffles and other delights, or stop in for a true mountains devonshire tea.

There are numerous coffee shops and quaint cafes in all of the mountain villages, or centres to enjoy lunch mixed with breathtaking views. For another culinary delight, stop into the Rene's Pizzeria at the top of Katoomba Street for a pizza you will never forget.

Popular towns in the Blue Mountains





further resources

- FANTASTIC AUSSIE TOURS
www.fantasticaussietours.com.au
 Tour provider that offers special tours geared towards seniors, and other quality markets.

- BLUE MOUNTAINS TOURISM
www.bluemountainstourism.org.au

- BLUE MOUNTAINS ONLINE
www.bluemountainsonline.com.au
 A great site, with links to accomodation, whats on and so much more.

- NATIONAL PARKS & WILDLIFE SERVICES
www.nationalparks.nsw.gov.au

- BLUE MTNS AUSTRALIA WEB
www.bluemts.com.au

- BLUE MTNS PHOTOGRAPHS
www.bluemountainphotos.com

- BLUE MTNS FOLK FESTIVAL
www.bmff.org.au

- BLUE MTNS CITY COUNCIL
www.bmcc.nsw.gov.au

- INFO BLUE MTNS
<http://info.mountains.net.au>

include Leura, which you can shop to your hearts content and taste some old fashioned treats from the English Lollie Shop, but the real winner when it comes to mountain life is the quaint village of Wentworth Falls. Home to many celebrities and a variety of families, the village has always been a fantastic place to live, and would be an ideal place to retire. Located right on the snow line (Cascade Street to be precise), the town has the best mountain weather – not too hot, not too cold. Its lake is a beautiful place for picnics, bbq's and family gatherings.

The town centre boasts some great arts and crafts shops, a world famous patisserie, and no trip would be complete without a stop off at the Canton Palace Restaurant for the best Chinese food Australia has to offer.

Wentworth Falls also offers bushwalking for those who want to take it easy, yet see some great scenery, The Charles Darwin Walk, which commences at the Park at the top of Falls Road, which will take you all the way to the top of the Falls themselves.

The mountains are home of many artisans and artists, you will find

numerous galleries and craft shops, or some centres where you may enjoy seeing the artist at work.

The Blue Mountains Explorer Bus, operated by genuine English Double Decker buses offers a wonderful circuit to get to all of the main attractions, and the pass is validated for the length of your stay. This gives you the chance to enjoy a series of short bushwalk's, take in the craft shops or enjoy Scenicworld. Your ticket includes a wonderfully comprehensive guide book that has the timetable and detailed maps. Part of the Explorer Bus circuit included the Cliff Top and Valleys Tour which offers commanding views over the Megalong Valley towards the Great Dividing Range.

Fantastic Aussie Tours have long been active in Blue Mountains Touring, and are able to offer a range of sightseeing options either for the day, or for overnight tours for groups where you will join the tour coach at your own village and have every aspect of the tour cared for. Organising secretaries are invited to contact the company at 1300 300 915 or by email at info@fantastic-aussie-tours.com.au.

•••



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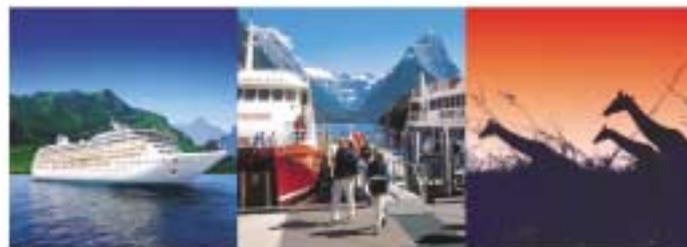
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QUEENSLAND OUTBACK

Living in the cities makes it very difficult to enjoy the night time stars, but if you ever get the chance to move into the clearer and cleaner air of the Outback, make sure that you take the time to leave the townships and spend time enjoying the "wall to wall" stars.

You never have far to drive westwards from the coastal strip before you cross the Great Dividing Range, and as you do so, you need to be aware that you are crossing Australia's most significant geographical feature. It really is an anticlimax often, because the range is marked with a roadside marker and an elevation, but the hills do not seem very spectacular. Driving the New England Highway does climb the range with a distinctive set of steeper hills of the Liverpool Ranges, but the Great Western Highway and the Hume Highways both cross the Great Dividing Range as just a set of rolling hills.

As its name suggests, this series of hills and mountains divides the flow of water

from Eastern and Western flowing rivers. Eastern flowing rivers capture heavy volumes of water, leading to the beautiful rivers of the North Coast such as the Hunter, Manning, Macleay, Hastings, Richmond and Tweed, or in Queensland the mighty catchment of the Burdekin River creates massive flood plains as the river nears its mouth.

But it is the western flowing rivers that are interesting to follow, and it is these rivers that created many of our legends of Australian folklore and literature. Carrying the water from the Great Dividing Range downstream, the rivers provided fresh water to settlements, and it is hard to imagine that as you drive through townships like Bourke and Wilcannia they also provided sufficient volume for inland navigation.

Early explorers within NSW followed elusive paths looking for an Inland Sea. They did not know that the vast catchment area of the Darling River system begins in South Western Queensland and captures much of the



The Birthplace Of Legends

flow from the Western side of the Great Dividing Range through the rivers such as the Barwon, Namoi, Macintyre and the Gwydir, as well as the Castlereagh and Bogan (not Great Dividing Range Rivers). This mighty river then flows south west into the Murray River, emptying into the ocean as the Murray through Lake Alexanderina.

A man who was to become a

'suddenly you recognise you are looking at Coolabah trees growing alongside a Billabong.'

legendary Cattle man known as the Cattle King, Sir Sidney Kidman, recognized that some of the rivers overflowed their banks after heavy cyclonic rains of Queensland created a flooding effect. Nearby properties relied only on the sparse rainfall that fell spasmodically, and using this knowledge of wet and dry properties, he amassed more land than any person

living in the British Empire. He was able to walk his cattle overland from the Gulf of Carpentaria to the rail heads of South Australia (from the Gulf unto the Bight) and so many legendary tracks became known.

It is now possible to drive these tracks as they have become roads, so the Birsdvile Track and the Oodnadatta track can be enjoyed by drivers and well equipped caravan holiday makers.

When you cross the Great Dividing Range, you are able to step

back in time, and good preparation for such a journey includes more than reading road maps and ensuring that you have sufficient motoring provisions.

You need to dust off your old school days poetry books and geography books so that you can get a feeling for what the early days of the bush were like.



travel

Banjo Paterson's pen captured the feeling and spirit of the bush, and it is not until you start to drive on the "sunlit plains extended" or at night, take in the "everlasting beauty of the everlasting stars" that you feel the romance of the penmanship of this very special Australian man. It was Paterson who wrote "On the outer Barcoo, where churches are few" (The Bush Christening) and as you drive the vast western Mitchell Grass plains, and then come across a little church stuck in the corner of a wheat paddock that this poem comes alive. Or when you drive into Winton, and notice the special trees growing along small overflow channels that suddenly you recognise you are looking at Coolabah trees growing alongside a Billabong.

The drover and his dogs are disappearing, but there is every chance that while driving in the Queensland Outback you will come across a drover and his small mob of cattle or sheep, or come over a small rise and see "Out on



the plains the brolgas are dancing".

In the last few years, Government funding into many of these outback Queensland towns has meant that heritage sites either have been preserved or new attractions built. The Stockman's Hall of Fame in Longreach is one of those 'must visit' places, alongside the Qantas museum, the Waltzing Matilda Centre in Winton or the Dinosaur findings at Lark's Quarry. In Charleville you may have the chance to enjoy the night sky at Cosmos – a look at the night sky using high powered telescopes. Blackall is "on the outer Barcoo" and it is here that you may take in the restored Blackall Woolscours. Barcaldine features the

very important tree of knowledge under which the shearers met during the great strike that formed the Australian Labor party, and it also houses the Worker's Museum.

Fantastic Aussie Tours have created a special tour into Outback Queensland called the Banjo Paterson tour and this can be put together at any time of the year, but of course, the ideal time for traveling into this region is between April and October. You may like to make contact either by phone at 1300 300 915 or on the web site – www.fantastic-aussie-tours.com.au.

•••

Words and Photos compiled with the assistance of: John Cronshaw, Fantastic Aussie Tours and Outback Tourism, Queensland.

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BROTHERACT

Rob Manser delves into the mind of Treorchy Male Choir Soloist, Dean Powell to find out all about Welsh singing, touring and Tom Jones.

The Choir has a very extensive history can you tell us how the choir came about and how it has reached the pinnacle of performance art today

The original Treorchy Male Choir (it really was spelt that way!) was formed in a pub in its hometown in the summer of 1883. A singing competition, or Eisteddfod, was being held one afternoon and a small group of miners decided to enter. They sang the famous Welsh love song, Myfanwy, won £1 and the choir was formed. Twelve years later it became so famous that it sang - by royal command - at Windsor Castle for Queen Victoria. The present choir, reformed following World War II in 1946 undoubtedly outshone the previous choir. It was reformed by servicemen, fresh from war and determined to rebuild the successes of the past. Male choral singing has always played a major role in the cultural history of Wales, so it was natural for a new choir to be created in Treorchy once

then men were available. Mostly miners, this new choir, under the baton of conductor John Haydn Davies scaled the peaks of musical distinction. Under his guidance they created a new, unique "sound", the quality of which had never been heard in Welsh choirs before. It was this "sound", nurtured by successive musical directors, that saw the choir win 22 first prizes in 27 national competitions before embarking on a glorious period of commercial recordings, TV shows, international concert tours and celebrity performances.

As a tenor in the choir, how did you manage to secure a place in this prestigious group?

I lied about my age to join the choir! I was 16 at the time and heard the choir perform in a theatre in Treorchy. It was probably the most magical sound I'd ever heard and I wanted to be a part of it. My father's workmate was already a chorister. I applied, told them I was 18,

auditioned and secured a place in the tenor section. I'd already been singing for years as a boy soprano, but never to this standard. Within three years I was asked to audition for the post of tenor soloist and have been there ever since. Now aged 31, and having 15 years of Treorchy life under my belt, I can safely say I've learned just as much about life as four-part harmony singing. They are a wonderful group of friends.

Did joining the choir limit your solo aspirations, or do you also continue to perform with other groups or as a soloist?

To be honest, I never had great aspirations to become a professional singer. My cousin is a leading big band singer and I saw how difficult it was for him to sustain a career in music. I became a journalist instead and followed that career path to become an editor of my own newspaper. However, singing still plays a huge part of my life. I still perform

as a soloist in concerts other than with the choir, but have never fully explored the opportunity further. My love remains first and foremost with Treorchy. I regularly receive voice tuition from Stuart Burrows who, in his time, was probably the world's foremost lyric tenor. He's a hard task-master for sure, but I've benefited greatly from the experience.

Are there many benefits of performing as part of the Treorchy Male Choir?

How else would I get the opportunity to stand on the stage of the Sydney Opera House and sing my heart out? Of course there are. The opportunities have been incredible. Every concert is special, every rehearsal is unique, every tour is unforgettable. We've sang in some of the top venues throughout the UK, United States of America, Canada and Australia. I'll never forget the last Australian tour in 1999 and how much of a joy it was. I think it was probably the best month of my entire life. We enjoy the opportunity of singing with top professionals like Tom Jones. And we've made some wonderful friends along the way. It's thanks to the choir that I met the veteran Hollywood actress Joan Fontaine during a tour of California. The Oscar-winner invited me to dinner and we've been friends for the past 10 years. In fact, I took my parents to visit her home in Carmel last year. She's been a good friend for many years.

What is the repertoire for the choir? Do you tour with the same play list or change it from gig to gig?

We will perform from two different concert lists during the tour. However, the repertoire of the choir is immense and we ensure there's something for everyone in the performance list. It's our hope that we will perform a variety of music to suit all tastes. This can either be from the operatic repertoire, the modern show music or the more traditional Welsh religious and folk music. And we'll have a few Australian surprises up our sleeves too. With 50 albums recorded in as many years, you can imagine how extensive that repertoire is!

What type of people attend your performances? Do the types of people vary from country to country?

I am always amazed at the cross-section of people who attend concert performances. They vary considerably in ages but undoubtedly in the UK our audiences are more or less in the 40 to 80 category. However, when going abroad there is of course a younger age range too since many Welsh exiles living in other countries want to hear the choir in an effort to remind them of home. We're sure that plenty of exiles in Australia will turn out in force to welcome us, but our concert repertoire is designed to suit all tastes - not just our fellow Welsh. We'll have a few Australian surprises up our sleeves too!

During your time with the choir, has there been any celebrity guests? Who would you like to perform with in association with the choir?

During my 15-years with the choir I've enjoyed the opportunity of supporting Tom Jones, Shirley Bassey and even Jon Bon Jovi on one occasion. Before I joined the choir also performed with greats like Ella Fitzgerald, Julie Andrews and Burt Bacharach to name but a few. Personally, I would love to perform with Placido Domingo, since he remains my favourite of the tenors.

What impact has choral music had on your native Wales?

Wales has always enjoyed this rather romantic image of the "Land of Song" and without doubt we have produced some remarkable singers and choirs over the years. Choral singing remains the very lifeblood of our rich cultural heritage. It moved an entire generation in the mid 1800s when it became popular. It was born from the non-conformist chapels of course. During the week the men worked underground in the mines. On a Sunday they sang in the chapels. This sense of camaraderie when working in such atrocious conditions meant there was a special bond between them. They worked together and then they sang together. The male voice choir was born!

Similarly, the large choral (mixed) choirs gained momentum, with each village in the Rhondda valley boasting a choral group of about 400 voices, also junior choirs, female choirs and the male choir. First-class tenors, baritones and sopranos rose to the forefront of the British music scene with incredible regularity. During a rather bleak Victorian era, when Wales was often condemned as a backward, immoral country filled with heathens, the Welsh needed to create a new wholesome image for themselves. The image of the land of song, the fierce religious singing, was just what they wanted. Since then the choirs of Wales have continued to enjoy an international reputation like no other country in the world.

Has that impact resonated around the globe due to your touring?

Touring plays a major role in the ongoing high reputation of the choir. However, we are probably the most recorded choir in the world and our CDs, tapes and records have gone worldwide.

With the changes in music styles these days and the progression of musical styles —do you see choral music, and in particular, the Treorchy Male choir, surviving, or is it a dying art?

The choir of today exists in an era far removed from when it was reformed almost 60 years ago. In the modern era we have seen the demise of the chapels and coal mines which created the choral tradition in the first place. There are so many other interests to enjoy now too. The rapid changes in our social life, working life and leisure facilities have had an impact on choirs naturally, but we still maintain the same high musical standards as six decades ago. Choral music can hardly be considered a dying art when we still enjoy classical concerts being held daily in every corner of the globe with groups continuing to perform the works of Handel! As for the Treorchy Male Choir, I think it is inevitable that one day all Welsh choirs will die. Like the brass band tradition, the choirs are a dying art in a world so totally removed from that "golden era" when up to 25,000 people would come to a competition to see/hear rival choirs fight

it out on the stage (sometimes literally!). But I think we're a very ,very long way off before we even have to think about such a terrible day, if it comes at all in our lifetime.

The choir has toured Australia previously, were you a part of that tour? What was your best memory of our country?

Yes, I was the soloist on that tour also .It was the best month of my life. The concert halls were packed to the brim. The audiences in every single venue were a joy to perform in front of. We took Melbourne, Adelaide, Brisbane and Sydney by storm. The concert in the Queensland Performing Arts Centre in Brisbane and the Adelaide Festival Theatre stand out as probably the best two concerts of the trip. I remember crying throughout one of the songs because it was such an emotional performance. It was unbelievable. But I'm sure this forthcoming tour will be even better - particularly since we get the opportunity of returning to the Sydney Opera House. We were the first Welsh choir to sing there - way back in 1986 - and this is our return performance.

Is there a particular message that you would like to convey through your performances, or is it as simple as "sit back, relax and enjoy some good singing"

The Treorchy Male Choir is bound together in the common purpose of music making and bringing that sound to its audience. We hope the memory of each concert lives long in the hearts of each person who comes to hear us perform. It is our pleasure, delight and honour to return to Australia and bring you all a taste of Welsh life and the opportunity to hear a legend in male choral music.

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The Treorchy Male Choir are touring Australia this year. Check the advertisement in this issue of ONTHEGO for dates and more information. For future tours and other concert attractions, visit www.icaaustralia.com



Pirates Of Penzance

On the eve of his 21st birthday, Frederic is about to conclude his forced apprenticeship with the infamous Pirates of Penzance and resume a place in normal society...

He makes a vow to the Pirate King that his new found freedom will be devoted to exterminating all pirates. But putting this vow into action will be much more difficult than he ever imagined. Frederic soon meets Mabel, the beautiful daughter of the Major General and they fall in love at first sight- but the Major General is on his own quest to rid the world of pirates.

Torn between his past alliances and his desire to gain the acceptance of Mabel's strong-willed father, Frederic will face untold challenges, hurdles and obstacles that would crush lesser men. The road to finding love will be paved with trouble.

2 out of 10



Scotland The Brave

From the stage of the Sydney Opera House comes Scotland the Brave - a memorable performance that will stir your heart and soul. Featuring pipers, dancers and an extraordinary cast of talented singers and instrumentalists, and supported by the Australian Concert Orchestra/ Queensland Pops Orchestra, the Imogen Menis Chorus and the Pymble Ladiesí College Choir, Scotland the Brave is a celebration of the best of Scottish music, song and dance.

6 out of 10



Kylie Kwong - Heart And Soul

Kylie Kwong is a restaurant owner, author, award-winning chef and a fifth generation Australian whose Australian-Chinese hybrid name sums up her style of cooking. Follow Kylie to the fish, fruit and vegetable markets, the butchers, the China Towns all over Australia where like 80% of her family who don't understand a word of Cantonese, she makes herself understood with broken English and great lashings of sign language.

10 out of 10



Wild Australasia

This epic series is a journey through time and space to explore Australasiaís natural wonders. It is a detective story, delving into Australasiaís hidden secrets to explain why its wildlife and wilderness are so special. As the driest inhabited continent on Earth, Australia is a world apart - a place where successive invasions of people have made the greatest impact on its wildlife and wilderness areas. Its wildlife is an astonishing mix of the surprising, the strange and the deadly. From the tropical jungle to the vast shallow coral reefs, from burning deserts to snowy mountains, Australasia is a land of outstanding splendour with a great variety of moods and landscapes.

10 out of 10



Empires - Roman Empire

Two thousand years ago, at the dawn of the first century, the world was ruled by Rome. The Roman Empire struggled with problems which are surprisingly familiar: violent coups, assassinations, overarching ambition, civil war, clashes between the classes as well as the sexes, and questions of personal freedom versus government control. But from the chaos, the Roman Empire would emerge stronger and more dazzling than ever before. Soon, it would stretch from Britain across Europe to the shores of North Africa: and from Spain across Greece and the Middle East to the borders of Asia. It would embrace hundreds of languages and religions and till its many cultures into a rich soil from which Western civilisation would grow. Rome would become the worldís first and most enduring superpower.

7 out of 10

For your chance to win a BBC DVD pack and home theatre projector with inbuilt TV receiver, fill in our readers survey on page 49.

WHAT IS THE RVA?

Retirement villages have emerged as an alternate lifestyle for people over the age of 55, providing security, companionship, social and sporting activities and emergency medical assistance.

The concept of retirement villages was first conceived during the 1950's by church organisations and their innovation was closely followed by private and community organisations.

Some villages provide only self-care accommodation, while others provide a three-tiered plan, incorporating self-care, serviced apartments and nursing home accommodation in the one village location.

Ideally, villages are located in landscaped grounds close to shops and community facilities and are serviced by public transport. Many villages also



provide private transport to enable residents to attend local and regional facilities.

There are many reasons why older people are choosing to live in retirement villages.

Factors such as no garden maintenance (unless chosen by the resident), substantially less housework, readily available social interaction, the removal of isolation and the security of knowing there is 24-hour on call emergency assistance available if required, are all high on the list of priorities.

Residents appreciate being part of a

'Residents appreciate being part of a village "family" while at the same time being able to maintain the necessary privacy.'

village "family" while at the same time being able to maintain the necessary privacy. Architects are designing villages to meet the needs of older residents, with such items as strategically placed kitchen cupboards taps and handles that are easy to manipulate, smooth accessible pathways and ramps around the village

and even the careful placing of units to obtain both privacy and the right aspect.

Both Commonwealth and State Government departments, especially the Department of Housing, The Department of Fair Trading and Local Government and Planning, are now taking a great

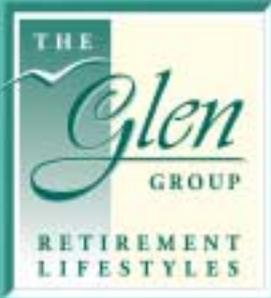
interest in retirement villages from design through to management. The N.S.W. State Government report, Sept 5, "State Environmental Planning Policy No. 5 - Housing for Aged or Disabled Persons", sets out the goals and standards required in developing the best possible type of housing in this category.

Accreditation and setting the standards.

In October 1988, the Retirement Village Association of NSW Inc., was formed to meet the needs of all resident-funded retirement villages. The Association acts as a source of information for members of the public as well as providing a vital liaison link between Government and village owners, managers and residents. The Association's goal is to improve and develop all aspects of the retirement village industry through training programs for managers, accreditation of villages and advice to developers and managers on the requirements to be met in the day-to-day running of villages.

Many older people considering the idea of moving to a retirement village are uncertain about where to start. They know that the family home is now too large to manage, that the fears associated with isolation and less robust health must be faced, but they are equally worried about the trauma of moving and facing a





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completely new lifestyle. It is here that the Retirement Village Association NSW & ACT is able to help.

Retirement village units are available in a wide variety of prices and locations. The current distribution of villages in the metropolitan area of Sydney shows a high concentration in the northern suburbs with fewer in the eastern, western and southern suburbs. The central coast has also rapidly developed as one of the prime locations for retirement villages. Retirement villages are also sprinkled throughout country areas but a higher proportion are found along the coast.

The Retirement Village Association instigated a continuing program of Accreditation in 1989. Villages apply to the Association for accreditation and must meet a stringent list of standards and be inspected by a highly professional and independent team before being granted accreditation. A list of these accredited villages can be found in this issue of ONTHEGO.

The RVA provides a wide range of services including a public information service (weekdays 9am to 5 pm) from its Burwood office on (02) 9747 4732.

...



RVA Accredited

You can depend on it - here's why ...

The Retirement Village Association Ltd has developed and introduced a national Accreditation Scheme for retirement villages. This scheme is based on criteria agreed by more than 400 retirement villages across the country and sets standards for retirement village environments and practices. To be Accredited, villages must be assessed by independent assessment teams as having reached these standards and judged to be striving for quality outcomes in all they do.

Accreditation will become compulsory for RVA members in 2005, and is also available to all retirement villages in Australia regardless of their membership status.

Villages achieving Accreditation are those where:

- Residents are actively represented in village affairs
- Residents are kept informed about village operations, including finances
- Residents' dignity, privacy and confidentiality are respected
- The village encourages residents to access a range of activities and become involved in the wider community
- Residents are treated equitably and with respect
- There is a dispute resolution mechanism in place
- Management provides support to the Resident's Committee
- Management, residents and staff regularly consult on activities and operations of the village
- All financial and contractual arrangements are clearly documented
- A system is in place to ensure compliance with relevant legislation and regulations
- The village demonstrates a commitment to quality management and continuous improvement
- The village environment is safe and ensures the comfort of residents, staff and visitors

RVA Accreditation is not about status, wealth, location or size. It's about positive resident outcomes and how they:

- Contribute to your quality of life
- Deliver appropriate, accessible and affordable services and support
- Enable you to conveniently enjoy the facilities of your village
- Respect your privacy and independence
- Facilitate your choice of supportive care services
- Increase your sense of physical and emotional security and comfort within the village community
- Give you ease and equality of access

Wherever you see the badge of Accreditation, you will find a village built on a responsible and ethical foundation with a commitment to quality. You can depend on it. Our Accreditation system will not approve anything less.

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36-42 Cabbage Tree Road
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Peninsula Gardens
79 Cabbage Tree Road
Bayview 2104
Ph: (02) 9979 5515

Minkara Retirement Resort
10 Minkara Road
Bayview Heights 2104
Ph: (02) 9979 6217

Glenaeon
Glenaeon Avenue
Belrose 2085
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Belrose Country Club
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Belrose 2085
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7 Waters Road
Neutral Bay 2089
Ph: (02) 9953 5741

Huon Park Village
381 Bobbin Head Road
North Turramurra 2074
Ph: (02) 9959 5755

Fernbank Village
2-8 Kitchener Street
St Ives 2075
Ph: (02) 9449 8266

The Pines
42 Booralie Road
Terrey Hills 2084
Ph: (02) 9450 1719

The Landings
440 Bobbin Head Road
Turramurra 2074
Ph: (02) 8248 7900

SYDNEY HILLS

Castleridge Retirement
Resort
350 Old Northern Road
Castle Hill 2154
Ph: (02) 9899 1100

The Lakes of Cherrybrook
10 Kenburn Avenue
Cherrybrook 2126
Ph: (02) 9875 3146

Woodlands Village
2 Kitchener Road
Cherrybrook 2126
Ph: (02) 9481 8842

(Melaleuca) - Kooloora
Village
100 Boundary Road
North Epping 2121
Ph: (02) 9874 4337

Courtlands Retirement Village
15 Gloucester Avenue
North Parramatta
2151
Ph: (02) 9630 0732

Constitution Hill
Centenary Drive
Old Toongabbie 2146
Ph: (02) 9896 3232

Lutanda Manor
14 Victoria Road
Pennant Hills 2120
Ph: (02) 9875 4477

Cabrini Retirement Village
43 Hawkesbury Road
Westmead 2145
Ph: (02) 9635 9433

SYDNEY WEST

Lemongrove Gardens
Retirement Village
Cnr Gascoigne & King
Streets
Penrith 2750
Ph: (02) 4732 7831

Windsor Country Village
7 Bandon Road
Vineyard 2765
Ph: (02) 9627 5720

SYDNEY SOUTH WEST

Camden Downs Retirement
Village
31 Crookston Drive
Camden South 2570
Ph: (03) 9817 1411

Maple Grove Casula
Retirement Village
25-29 Pine Road
Casula 2170
Ph: (02) 9822 5013

Beauty Point Retirement
Resort
33 Bernard Road
Padstow Heights 2211
Ph: (02) 9773 7119

Greglea Village
192 Penshurst Street
Penshurst 2222
Ph: (02) 9579 6444

Blue Hills Village
Kookaburra Road
Prestons 2170
Ph: (02) 9826 6233

Waterbrook Lifestyle Resort
19 Wyralla Road
Yowrie Bay 2228
Ph: (02) 9541 3000

CENTRAL COAST

Karagi Court
1 Yakkalla Street
Bateau Bay 2261
Ph: (02) 4334 1283
Kiah Lodge
Anne Findlay Place
Bateau Bay 2261
Ph: (02) 4334 2602

Elderslee
15 Bias Avenue
Bateau Bay 2261
Ph: (02) 4334 2602

Greenleaf Lifestyle Resort
Fencott Drive
Belmont North 2280
Ph: (02) 4956 4000

Henry Kendall Bayside
157 Marconi Road
Bonnells Bay 2264
Ph: (02) 4980 1505

Alloura Waters
Murra Road
Davistown 2251
Ph: 1800 064 344

Tarragal Glen
6 Tarragal Glen Ave
Erina 2250
Ph: 1800 65 2227

Waterford Village
Avoca Drive
Kincumber 2251
Ph: 1800 241 691

Broadwater Court
79 Avoca Drive
Kincumber 2251
Ph: 1800 064 344

Henry Kendall Wyoming
Maidens Brush Road
North Gosford 2250
Ph: 1800 044 912

Glengara
Hansens Road
Tumbi Umbi 2261
Ph: 1800 689 775

Wamberal Gardens
1 Spencer St
Wamberal 2260
Ph: (02) 4384 4106

Deepwater Court
25 Park Road
Woy Woy 2256
Ph: 1800 064 344

LAKE MACQUARIE

Macquarie View Retirement
Village
12 The Ridgeway
Bolton Point 2283
Ph: (02) 4959 3933

HUNTER

Tea Gardens Grange
Lot 301, Settlers Way
Tea Gardens 2324
Ph: (02) 4997 2333

NORTH COAST

Golden Ponds Retirement Resort
Cape Hawke Drive
Forster 2428
Ph: (02) 6555 4444

Camden View Village
Laurie St
Laurieton 2443
Ph: (02) 6559 8855

Mountain View Retirement Village
Ingram Place
Murwillumbah 2484
Ph: (02) 6672 1011

Bellevue Gardens Retirement Village
Parker Street
Port Macquarie 2444
Ph: 1800 641045

Lincoln Gardens
Marion Drive
Port Macquarie 2444
Ph: (02) 6581 3370

The Governors Retirement Resort
River Park Road
Port Macquarie 2444
Ph: 1800802016

Garden Village
7 Garden Crescent
Port Macquarie 2444
Ph: (02) 6583 6022

Kurrajong Retirement Village
Barton Lane
Tamworth 2340
Ph: (02) 6766 5570

Woolgoolga & District Retirement Village
49 High Street
Woolgoolga 2456
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Leura 2780
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BOWRAL (SOUTHERN HIGHLANDS)

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502 Moss Vale Road
Bowral 2576
Ph: 1800 026 388

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Mittagong 2575
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Linton Village
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Yass 2582
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ACT

Araluen – The Weston
Creek Village
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Fisher 2611
Ph: (02) 6288 9555

Ridgecrest Retirement
Village
55 Burkitt Street
Page 2614
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SOUTH COAST

The Manor Retirement
Village
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Batemans Bay 2536
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SOUTHERN NSW

Allen Court Retirement
Village
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Moama 2731
Ph: (03) 5480 9147

Riverina Gums Retirement
Village
44 Dalman Parkway
Wagga Wagga 2650
Ph: (02) 6931 4848

Settlers Village Wagga
Wagga
Avocet Street, Estella
Wagga Wagga 2650
Ph: (02) 6933 1488

Riverwood Retirement
Village
990 Padman Drive
West Albury 2640
Ph: (02) 6021 8577

This listing is comprised of current accredited villages of the RVA (NSW/ACT). Correct as at March 2004. For up to date listings, please contact the RVA on (02)9747 4732 as memberships can change. Highlighted Villages are those that have advertising placements within this issue of ONTHEGO, please support them.

Interested in advertising your accredited village in the 2005 edition of ONTHEGO? RVA Accredited villages are eligible for discount rates and special offers. Register your interest by visiting our website at: www.onthegomag.com

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Ph: 02 9211 2324

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Milsons Point 2061
Ph: 02 9955 0072

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PO Box 250, Tuggerah
2259
Ph: 02 4353 5855

ARCHITECTS

JSA Architects Pty Ltd
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Chatswood 2067
Ph: 02 9415 2088

Young & Metcalf
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Paddington 2021
Ph: 02 9360 9799

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Adelaide SA 5000
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Parramatta NSW 2150
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Residential Lifestyle Services
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Cromer NSW 2099
Ph: 02 9984 7524

CATERING

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Ashfield 2131
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Catering Industries
PO Box 456,
Chatswood 2057
Ph: 02 9411 1111

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Katoomba
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Leichhardt 2040
Ph: 0407 552 343

Kingston Properties Pty Ltd
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Newcastle 2300
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L&R Projects
43/24 Macquarie Place,
Tahmoor 2573
Ph: 02 4683 1721

Lifelink Care Pty Ltd
PO Box 221
Unanderra 2526
Ph: 4271 5144

Manchester Unity Retirement
Lifestyles Ltd
307 Pitt St,
Sydney 2000
Ph: 02 9322 1225
Primelife (Griffith) Pty Ltd
464 Collins Street
Melbourne VIC 3000
Ph: (03) 9618 5588

Primelife (Wollongong) Pty
Ltd
464 Collins Street
Melbourne VIC 3000
Ph: (03) 9618 5588
Regal Lifestyle Solutions
PO Box 1410,
Fyshwick, ACT 2609
Ph: 02 6239 2360

Retirement Realty
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Willoughby 2068
Ph: 02 9958 2488

Mr Stuart Brumley
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Toorak VIC 3142
Ph: (03) 9822 6768

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Islington 2296
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Parramatta 2150
Ph: 02 9687 3555

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ClearView Retirement
Solutions
97 - 99 Bathurst St,
Sydney NSW 2000
Ph: 132 976

GDK Financial Solutions
GPO Box 575,
Ph: 02 9223 9484

Quantum Lifestyle Services
Level 9, 49-51 York St,
Sydney 2000
Ph: 02 9262 4443

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Milsons Point 2061
Ph: 1800 017 247

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Pt Clair 2250
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Skyline Landscape Services
PO Box 124, Terry Hills,
NSW 2084
Ph: 02 9674 1400

HEALTH PROMOTIONS & FUND RAISING

Guide Dog Assoc NSW & ACT
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Milsons Point 2061
Ph: 02 9922 4211

National Heart Foundation
PO Box 572,
Darlinghurst 2010
Ph: 02 9219 2415

MAINTENANCE SERVICES

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Service Pty Ltd
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Crows Nest 2065
Ph: 02 9439 1230

Higgins Coatings
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Rozelle 2039
Ph: 9647 1100

Programmed Maintenance
Services
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Auburn 2144
Ph: 02 9748 7088

MANAGEMENT SERVICES & CONSULTANTS

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Associate Member Of The RVA

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Sydney NSW 2000
Ph: (02) 9931 4999
Email: akoumoukellis@nsw.gadens.com.au
Web: www.gadens.com.au

A.C. KNIBB KAINE & ASSOCIATES

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Woodbridge TAS 7162
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Village Consulting Services
PO Box 21
Mosman 2088
Ph: 9969 8901

Anglican Retirement Villages
284 Castle Hill Rd,
Castle Hill 2154
Ph: 02 9634 5500

Catholic Health Care
Services
Level 2, 16-18 Bridge St,
Epping 2121
Ph: 02 8876 2100

Colliers International -
Australia
Level 26, AAP Centre,
259 George St,
Sydney 2000
Ph: 02 9257 0222

Community & Aged Care
Consulting Services
PO Box 183,
Bexley 2207
Ph: 02 9597 650

Hunter Valley Care Pty Ltd
80 York St,
Teralba 2284
Ph: 02 4950 6944

Independent Retirement
Services
1E Camellia, Wondakiah,
22 Ross St, Wollstonecraft
2065
Ph: 02 9460 3997

Stan Manning & Associates
PO Box 7158,
Kariang 2250
Ph: 02 4340 0333

The Frank Whiddon
Masonic Homes
81 Belmont Rd
Glenfield 2167
Ph: 9827 6634

The Vasey Housing
Association
Level 6,
283 George St,
Sydney 2000
Ph: 02 9299 3951

War Widows Guild of
Australia
2nd Floor Stockland House,
181 Castlereagh St,
Sydney 2000
Ph: 02 9267 6577

MEDICAL

Better Hearing Specialists
Level 2, Gordon Court,
802 Pacific Highway,
Gordon 2072
Ph: 02 94182911

Good Health Publications
207 Christie St.,
St Leonards 2065
Ph: 02 9439 1599

INS Lifeguard
PO Box 485,
Unanderra 2526
Ph: 02 4254 6226

MSL Medical (Australia)
PO Box 11,
Peakhurst 2210
Ph: 1300 302 535

Para Quad - NSW
PO Box 6327
Silverwater DC 1811
Ph: 9647 1966

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Source-IT Automotives
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Quakers Hill 2765
Ph: 9837 2630

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Sydney 2000
Ph: 02 9252 4449

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Wahroonga 2076
Ph: 02 94897211

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GPO Box 3896
Sydney 2000
Ph: 8267 6100

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Level 4, 12 Thomas St,
Chatswood 2057
Ph: 02 9411 4466

Baldwin Oates & Tidbury
Solicitors
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Gordon 2072
Ph: 02 9499 2166

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Parramatta 2150
Ph: 02 9635 8266

Cutler Hughes & Harris
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345 George St,
Sydney 2000
Ph: 02 9290 6258

Emil Ford & Co
L5, 580 George Street,
Sydney 2000
Ph: 02 9267 9800

Gadens Lawyers
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77 Castlereagh St,
Sydney 2000
Ph: 02 9931 4873

Heazlewoods Bushby
International
16-18 Bridge St,
Epping Sydney 2121
Ph: 02 9869 2222

Minter Ellison
GPO Box 521,
Sydney 2001
Ph: 02 9210 4444

Central Coast Business
Lawyers
4/162 The Entrance Rd,
Erina 2250
Ph: 02 4367 4366

Tesoriero Henderson Cotter
134 Erina St,
Gosford 2250
Ph: 02 4323 2266

Thorntons Lawyers
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Sydney South 1235
Ph: 02 9264 2573

TressCox Lawyers
Level 20, 135 King St,
Sydney 2002
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Macarthur Strata Pty Ltd
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Narellan 2567
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CSM Services Group
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Ph: 9439 4886

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Ph: 02 9240 0133

Permanent Trustees Co Ltd
 35 Clarence Street
 Sydney 2000
 Ph: 8295 8422

Tower Trust NSW Limited
 Lv 10, 135 King Street
 Sydney 2000
 Ph: 9448 9234

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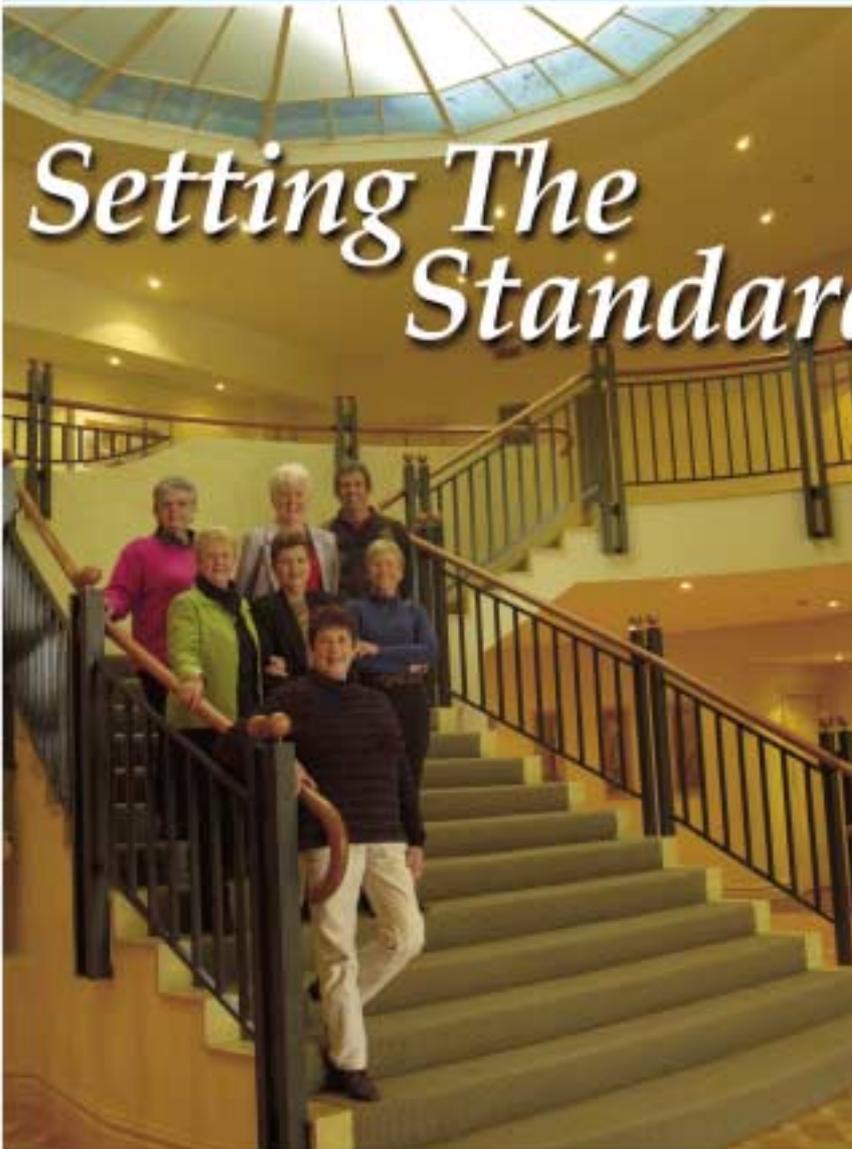
WEBSITES & INTERNET

Twenty Twenty Design
 Box 408, 150 Queen St,
 Woollahra 2025
 Ph: 041 6155 506

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www.retirementvillagesnsw.com.au

Setting The Standards



Retirement Village Association Ltd

The Retirement Village Association NSW & ACT
 Suite 3, 17 Burwood Road, Burwood NSW 2134 Tel: (02) 9747 4732 Fax: (02) 9744 1557



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DURHAM GREEN is set on 22 acres of magnificent landscaped gardens offering independent living in the 173 architecturally designed freestanding and duplex styled 2 and 3 bedroom villas with the finest inclusions - all with single or double garage. Attached will be a 38 bed low care Residential Aged Care Facility for those requiring a little extra care with their day to day living

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- Games area for billiards, carpet bowls, line dancing and crafts,
- Theatre • Heated swimming pool • Restaurant • Bar • Outdoor bowling green,
- Village bus • Workshop • BBQ area

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BLUE HILLS MANOR forms an integral part of BLUE HILLS VILLAGE. The 67 bed Low Care Residential Aged Care Facility has 24 hour care staff to assist in your daily care in your own private studio or 1 bedroom apartment, whether just for a short stay or on a permanent basis. Features include kitchenette, electric hi-low bed, linen, blinds, curtains, wall mounted LCD TV, fridge, microwave, kettle and toaster.

Above all, providing security, comfort and quality care by our fully qualified staff.

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BBC

SURVEY

please circle or highlight your appropriate responses

Are You?

- Male
- Female

What is your age?

- 30-44
- 45-54
- 55-64
- 65-74
- 75+

In Which State or Territory do you live?

How many people have/will read this copy of ONTHGO?

Are you still working?

- No
- Part Time
- Full Time

What is/was your major occupation?

If retired, would you be seeking employment during your future life?

- No
- Part Time
- Full Time

If not retired, what is your current salary?

- <\$30,000
- \$30,000 - \$39,999
- \$40,000 - \$49,999
- \$50,000 - 59,999
- >\$60,000

Expected / Income In Retirement...

- <\$20,000
- \$20,000 - \$29,000
- \$30,000 - \$39,999
- \$40,000 - \$49,999
- \$50,000 - 59,999
- >\$60,000

Do you access the internet from home?

- No
- Broadband
- Dial Up
- Other

Do you have access to Pay/Subscription Television?

- Yes
- No

If yes, which service do you subscribe to?

If No, are you considering subscription television?

- Yes
- No

If yes, which service?

Do you have a mobile phone?

- Yes
- No

If No, are you considering a mobile telecommunications device?

- Yes
- No

Do you purchase items online?

- Yes
- No

If Yes, what type of items?

- Clothing
- Groceries
- Music/DVD
- Ticketing
- Adult Products

If No, would you purchase items online in the near future?

- Yes
- No

Would you listen to a free online digital radio station catered towards those planning for and living their retirement.

(No need for special equipment - just connection to the internet - no charge)

- Yes
- No

Do you travel for:

- Relaxation
- Education
- Work Related Activities
- Other

continued over the page

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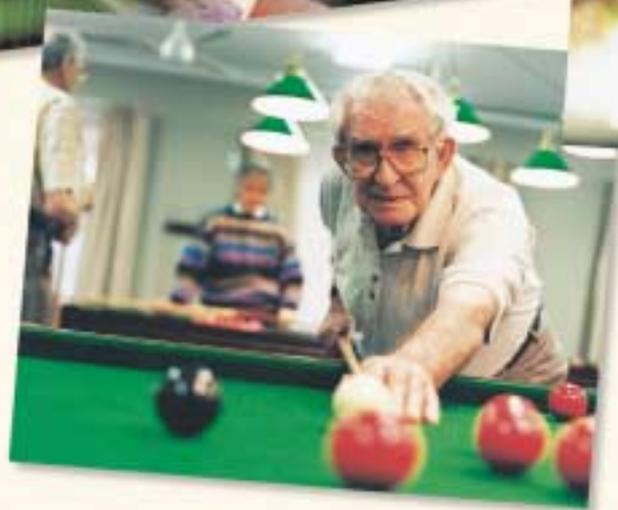
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Courtlands

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