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# New arrival at YMCA of Boroondara.

The YMCA at Boroondara Leisure and Aquatic facilities are excited about the arrival of new pieces of Health Club equipment. Expanding membership bases and high expectations of customers has seen the City of Boroondara in partnership with the YMCA, increase the range of equipment available within Council's three main Health Clubs. Ashburton Pool & Recreation Centre, Hawthorn Aquatic & Leisure Centre and Kew Recreation Centre have all received new cardio and strength training equipment, enabling the facilities to meet demand and address the health needs of the local communities they serve.



Ashburton Pool & Recreation Centre has expanded and updated its collection of cardio equipment with the addition of three treadmills, two cross trainers and steppers, two summit trainers and two fluid rowers. New circuit equipment and free weights have also arrived including a chest press, seated row, dumbbells and barbells.

Hawthorn Aquatic & Leisure Centre is celebrating the arrival of seven new treadmills, a fluid rower, six upright bikes and two cross trainers. They have also received an assisted chin/dip machine, a dual pulley, lat pulldown, chest press, power rack, smith machine and new olympic bars and weights.

Kew Recreation Centre are the proud new owners of four treadmills, seven upright bikes, three summit trainers and five steppers. The upcoming months will also see the arrival of another seven new treadmills. Their strength training equipment has also received a boost with the arrival of new benches, a back extension and a Tower rack.

Do you want to improve your lifestyle in mind, body and spirit? Let the YMCA at Boroondara help you achieve the results you are after for less than \$2.70 per day. For more information or if you are interested in having a look at the new equipment, please contact your local YMCA at Boroondara branch for a tour on:

**Ashburton Pool & Recreation Centre** 9885 0333

**Hawthorn Aquatic & Leisure Centre** 9815 0988

**Kew Recreation Centre** 9853 6177



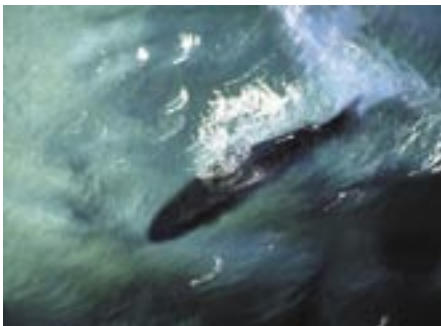
# living in

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(See page 15 and back cover)  
113 Chomley Street,  
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9529 8107

**2. St Michael's Parish School**  
(See page 8)  
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9885 3105

**3. Ashwood School**  
(See page 9)  
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therefore **CHOOSE LIFE** the Life of the

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(DEUT 30/19) *that thou and thy Seed may Live.* (1st Thes 5/23)

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THERE ARE TWO CHOICES SET BY GOD, FOR MANKIND TO INHERIT.

## LIFE and Death

**THEREFORE CHOSE LIFE, THAT THOU AND THY SEED MAY LIVE. (Deut. 30/19.)**

But if you choose the second choice Death, by believing that all mankind hast to Die and go to the grave, you will die, and go to the grave. Because it is the end of your Faith even the Salvation of your Soul. 1 Peter 1/9. By grace are ye saved, not of work, lest any man should boast, it is the Gift of God through the blood of Jesus. Eph 2/8. (Luke 20/36.) (James 2/17, 18.) This is a Spiritual Celestial Glory after death, (15th chap Cor.) — The Soul forming a Spiritual Body for the Spirit to dwell in, that cannot be handled.— at the First Resurrection — if repented before death — if not at the second resurrection one thousand years later; but your mortal body lying in the grave, will return unto dust as it was created. Dust thou art, and to dust shalt thou return, the body has returned to dust and will not be raised again, it is Eternally Damned. Satan has claimed your mortal life, by resting in the power of Satan. But if ye through the Spirit and power of God, do mortify the deeds of the body, ye shall live and not die. Rom. 8/13. This is resting in the Power of the Spirit of God. The Life of the Spirit, Soul and Body, to Live, Believing, that you will not Die. This is the second Choice set by God for mankind to inherit — if they are prepared to combine their Faith with their Works, and make a New Covenant with God through his Son Jesus Christ. (Heb. 8-9th chapters) To him that Worketh is the reward not reckoned of Grace, but of Debt, Rom. 4/4, which has been owing to man since the creation of man. All things are possible with God, but if you want to rest in the Spirit of God, (not in the power of Satan) you must be prepared to do the Will of God and prove your desire, by keeping both the Law (Royal Laws, pertaining to the Life of the Body) and the Gospel, (Love of Jesus Christ) in unity, till you come in the unity of the Faith, unto the measure of the stature of the fullness of Christ. (Love without Fear.) To Live and not Die. Physical Immortality.

C.I.Church Feb 06 Ph: (03) 9416 0807 Fax: (03) 9416 0810 Website:- [www.cichurch.asn.au](http://www.cichurch.asn.au) Email: [melbourne@cichurch.asn.au](mailto:melbourne@cichurch.asn.au)

# STAGE 3A WATER RESTRICTIONS

**In April this year, Water Minister John Thwaites reminded Melburnians that Stage 3a restrictions were in force and urged them to continue saving water.**

“Melburnians have done a great job saving water, achieving big savings on top of what’s been achieved under water restrictions in place over recent months,” Mr Thwaites said.

“In March, Melburnians used 35 per cent less water per head per day than the average use for the month in the 1990s.

“That is, people used about 294 litres per person per day in March this year, compared to 454 in the 1990s.

“Households use more than 60 per cent of the water from Melbourne’s storages so these savings are vital in securing our supplies.

“And without these efforts we would have been on Stage 4 water restrictions – which means no watering - some time ago.”

Speaking at the recent Melbourne International Flower and Garden show, Mr Thwaites said introducing tougher Stage 3a restrictions was necessary to protect storage levels.

“We have seen record low inflows into our catchments dating back to winter last year – with spring 40 per cent below the previous lowest ever,” Mr Thwaites said.

“Stage 3a allows people to keep some water up to their gardens and will save jobs in the car wash industry.

“With our winter sports seasons starting, the decision also allows a lot of our competitions to go ahead, including juniors, although some teams may need to share grounds.”

Mr Thwaites said the Government had also recently announced a new measure to reduce industry water use – a mandatory requirement for the top 1500 industrial water users to develop individual water saving plans.

“The water saving plans will require individual businesses to identify ways they can use water more efficiently through initiatives such as high pressure washing, on-site recycling and re-use of water from production processes,” he said.

Mr Thwaites encouraged Melburnians to continue to take up rebates for household water saving measures.

“Since we began the Water Saver Gardens and Homes Rebate Scheme, 153,287 rebates have been claimed for fitting homes and gardens with water efficient products,” he said.

“Rainwater tanks and mulch are a great way to save water in the garden.”

Mr Thwaites praised the Melbourne International Flower and Garden show organisers on their efforts to reduce water use.

“The Flower and Garden show (used) groundwater and recycled water for all of their gardens, ponds and water features,” he said.

“This (was) a great opportunity for over 100,000 visitors to see the latest water saving products, gardening techniques and practical examples of waterwise gardens.”

South East Water tankered in 300,000 litres of groundwater and contributed three large tanks as part of its joint sponsorship of the event with City West Water, Yarra Valley Water and the Savewater Alliance.

After the event, the recycled water from gardens, water barriers and tanks has been used by the City of Melbourne to water significant trees or fill ponds.

The key difference under the new restrictions is that people can no longer water in the evenings.

## UNDER STAGE 3A WATER RESTRICTIONS:

- A manual dripper system, hand-held hose fitted with a trigger nozzle, a watering can and a bucket can be used to water gardens as required on specified watering days between 6am - 8am\*.
- An automatic dripper system can be used to water as required on specific watering days between midnight - 2am\*.
- Cars can be washed at a commercial car wash. A bucket filled from a tap can be used to clean windows, mirrors and lights; and spot-remove corrosive substances.
- One in four sports grounds can be watered. Councils must complete a water conservation plan and ensure water use on these sports grounds is cut back by an additional 25 per cent.

**\* Even numbered properties can water on Saturday and Tuesday; odd numbered can water on Sunday and Wednesday. People aged 70 and over can water between 8 am and 10 am.**

# MAN'S BEST FRIEND HELPS HEART HEALTH

Dog owners are 68 per cent more likely to achieve the recommended level of physical activity per week than non-dog owners, according to the latest research from the Dogs and Physical Activity study being conducted at the School of Population Health at the University of Western Australia.

"This finding is significant as it establishes a clear beneficial link between owning a dog and exercise, one of the primary preventative measures in decreasing the risk of Australia's leading cause of death and disability," said Mr Trevor Shilton, National Physical Activity Manager, Heart Foundation. The author of the study, Ms Hayley Cutt, said that other results showed:



- 61% of dog owners accumulated the recommended 150 minutes of physical activity per week, compared with 54% of non-owners.
- The likelihood of achieving the recommended level of physical activity per week was seven times higher for dog owners who walked with their dog five or more times per week compared with non-dog owners.
- Dog owners reported 55 more minutes of total physical activity per week than non-owners.
- Dog owners perceived their closest park or bushland in their neighbourhood to be closer to home than non-dog owners.

"Many people perceive heart disease as something that affects older people but unfortunately, cardiovascular disease can affect younger people as well as older members of the community," said Mr Shilton. "People who live a healthy life can reduce the risk of suffering from heart disease and two of the key elements in a healthy life are getting sufficient exercise and reducing stress. It is increasingly clear from scientific research that dogs contribute positively in both these areas," he added.

"These results, which come from surveys with 1,800 people in Perth, indicate that creating supporting environments for physical activity is beneficial for dog owners as well as the general community," said Ms Cutt. "We are currently analyzing data collected as part of the study to look at the amount and quality of open space that dog owners have access to and how this affects owners' levels of dog walking," she added.

A landmark 1992 study by the Baker Medical Research Institute published in the Medical Journal of Australia found that pet owners had lower levels of risk factors for cardiovascular disease than non-pet owners.

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# BULLYING

***Bullying is ongoing physical or verbal aggression by a child or children against other children. It can have detrimental effects on all involved, including the bully. Schools have a responsibility to ensure a safe environment and should have policies to deal with bullying. Parents can help by supporting their child, helping them to develop coping techniques and speaking to the school.***

## **BULLYING - IT'S MORE THAN JUST INTIMIDATION**

Bullying is the deliberate desire by one or more people to hurt, threaten or frighten someone with words or actions, and can vary in its severity. Bullying can include threatening, teasing, name-calling, preventing others from going where they want to or doing what they want to, pushing or hitting, and all forms of physical abuse.

## **WHY CHILDREN ARE BULLIED**

Children who bully sometimes pick on anyone around them. Sometimes, though, they will choose children who seem easy to hurt. They may pick on children who:

- Look or are different in some way.
- Are stressed, either at home or at school.
- Have a disability.

- Struggle with schoolwork.
- Are not good at sport.
- Lack social confidence.
- Are anxious.
- Are unable to hold their own because of being smaller, weaker or younger.

Occasionally, children provoke other children to bully them by teasing first. A very competitive school environment can contribute to bullying.

## **LOOK OUT FOR SIGNS AND EFFECTS**

Children who are being bullied may not always tell adults. They may be afraid or ashamed. Some signs of being bullied may include:

**continued page 9**

## De La Salle College and Sacré Coeur present "THE WIZ" National Theatre, St Kilda 16-18 August

It's a long way from a Kansas farmyard to an inner urban Melbourne backyard. But when Dorothy and her friends Lion, Tin Man and Scarecrow, hit the boards at the National Theatre in St Kilda in August, for a spellbinding performance season of The Wiz, you'll believe anything is possible.

This year's co-production of The Wiz between De La Salle College and Sacré Coeur promises to rock this revamped version of the much loved story.

The Wiz Artistic Director, Bryan Smith, isn't giving too much away about this year's production, except to say that it will be big and it will be funky and there will be a Hills Hoist involved. "This is the biggest production we have done to-date and The National Theatre is a big theatre which will give the students a wonderful opportunity to perform before some large audiences," Mr Smith said.

"Our interpretation of this classic tale of adventure, hope, trust and friendship will have a very Melbourne, very funky feel to it." More than 100 students will take part in The Wiz from both colleges. De La boys and Sacré Coeur girls will make up a cast of brilliant singers, dancers and actors playing parts as varied as scooter riding monkeys to punk munchkins. It will be a whirlwind that could blow your sheets right off the Hills Hoist.

(For further information about this media release, call Kerry Martin on 9508 2100).

**The Wiz**  
at The National Theatre,  
St Kilda  
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### 2006 at St Michael's .....

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- Lacrosse Clinic
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- Mini Micks and Pre Schoolers Mornings
- African Drum and Dance
- P – Yr 6 Buddy Program
- Sacramental Preparation
- Book Fair

**Part of a vibrant parish community.....**  
St Michael's School exists within the framework of St Michael's Parish community. As a Parish school it must have a sense of corporate purpose and a responsibility for the application of the teachings of Jesus.

## continued from page 7

- Not wanting to go to school and finding excuses to stay at home (for example, feeling sick).
- Wanting to go to school a different way to avoid the children who are bullying them.
- Being very tense, tearful and unhappy after school.
- Talking about hating school or not having any friends.
- Bruises or scratches.
- Refusing to tell you what happens at school.

Your child may show other signs of unhappiness, such as problems with sleeping. These signs may not necessarily mean your child is being bullied, but you need to check out what is worrying your child.

If bullying is allowed to continue, it can have a very bad effect on the child who is being bullied. If children are allowed to go on bullying, they are more likely to grow up to bully or hit their partners and their own children.

## PARENTS CAN HELP

There are several things parents can do to help. These include:

- Listen to your child and take their feelings and fears

seriously.

- Try not to take everything into your own hands, as this is likely to make your child feel less in control.
- Help your child to work out their own ideas about coping with the problem.
- Don't call your child names (such as 'weak' or 'a sook') and don't let anyone else do so.
- If the bullying is verbal teasing, you may be able to help your child to learn to ignore it. Practise at home ways to help your child gain confidence (for example, walking past with their head up).
- Help your child think of ways to avoid the situation (for example, by going home a different way or staying with a group).
- Some children are helped by imagining a special wall around them, which protects them so that the hard words bounce off.
- Work on building your child's confidence in things they do well.
- Be very careful that your child does not feel that being bullied is their fault.

continued next page

# WHY CHOOSE ASHWOOD SCHOOL?



Making the right choice of school is a crucial issue for parents of children with learning difficulties or mild intellectual difficulties.

What is a Special School? Why would I want my son or daughter to go to one?

At Ashwood School all students from 5 years to 18 years benefit from full involvement in all the school has to offer – whether it is in the variety of specialist programs, small teaching groups, sporting opportunities, literacy and numeracy programs or participation in our excellent performing arts program.

Students who graduate from Ashwood School leave with high self esteem, a wide circle of friends and a knowledge and understanding that they can accept challenges and work with confidence at achieving their goals.

**Ashwood School** welcomes all interested visitors and is located in Montpellier Road, Ashwood. Please contact the school on **9808 7444** for an information package and to arrange a tour of the school.



continued from page 9

## AT SCHOOL

If bullying happens at school, talk to the school about it. Many schools have policies that deal with bullying.

- Make a list of the things that have happened to your child. Be clear and be firm about their suffering. Be prepared to name the children who bully. If bullying persists, write down 'who', 'what', 'where' and 'when'.
- Talk to the school principal about the school's way of dealing with bullying and what steps they take to prevent it and protect children from it.
- Talk to the teacher about what can be done to help your child. Keep in contact until the problem is sorted out.
- If you find it difficult to go to the school and talk about this, take a friend with you.

It is important to get professional support if this is an ongoing problem for your child, or if it happens to your child a lot in different situations and with different children.

## IF YOUR CHILD IS THE BULLY

If your child is bullying others, it is worth looking at the home environment and considering issues such as:

- The way you handle discipline - are you modelling helpful ways to communicate with other people?
- Is there unhappiness, arguing, marital discord, fighting or violence at home?
- Is your child worried or frightened about something? Where is your child learning the bullying behaviour? Are you keeping in contact with the school?
- Is the school handling it?

## WHERE TO GET HELP

- Your child's school
- Your doctor
- Your local community health centre
- Youth worker.

## THINGS TO REMEMBER

- Let your child know that bullying is wrong, take your child's fears and feelings seriously, and help work out ways of dealing with it.
- Reassure your child that being bullied is not their fault, and that something can and will be done about it.
- Let your child know that bullying happens to lots of children.
- Protect your child by involving the school or club, or those in charge of wherever the bullying is happening.
- Help your child to feel good about the other things in his or her life.

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*This information has been provided by the Better Health Channel. Fact sheets on the Better Health Channel are updated regularly. For the most recent information on this topic go to [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au).*

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# FATIGUE FIGHTING TIPS

People who are fatigued feel chronically tired in both body and mind. Low energy levels can be caused by a number of factors working in combination, such as unhealthy lifestyle choices, workplace problems and stress. There are many different ways you can boost your energy levels. However, always see your doctor to make sure that your fatigue isn't caused by an underlying medical problem.

## ENERGY EXPLAINED

Food is broken down by the digestive system. Some elements, such as water and glucose, can be absorbed through the stomach, while the remaining nutrients are absorbed through the small intestine. The body's preferred energy source is glucose, which comes from carbohydrates, but it can also use fatty acids (from fats) and amino acids (from proteins). Glucose is delivered to virtually every cell in the body by the bloodstream, and is then burned with oxygen to produce energy. Hormones control every step in this process; for

example, the pancreas makes the hormone insulin, which helps to control blood sugar levels.

## DIETARY SUGGESTIONS

Have a good look at your diet - it's very important if you want more energy in your daily life. Suggestions include:

### DRINK PLENTY OF WATER

- a dehydrated body functions less efficiently. Be careful with caffeine - one or two caffeinated drinks (like coffee, tea or cola) per day boosts energy and mental alertness. However, heavy caffeine users (more than six drinks per day) are prone to anxiety, irritability and reduced performance.

### EAT BREAKFAST

- food boosts your metabolism and gives the body energy to burn. The brain relies on glucose for fuel, so choose carbohydrate-rich breakfast foods such as cereals or wholegrain bread.

CONTINUED PAGE 13

## **DON'T SKIP MEALS**

- going without food for too long allows blood sugar levels to dip. Try to eat regularly to maintain your energy levels throughout the day.

## **DON'T CRASH DIET**

- low kilojoule diets, or diets that severely restrict carbohydrates, don't contain enough energy for your body's needs. The reduced food variety of the typical crash diet also deprives the body of nutrients such as vitamins, minerals and trace elements.

## **EAT A HEALTHY DIET**

- increase the amount of fruit, vegetables, wholegrain foods, low fat dairy products and lean meats in your diet. Reduce the amount of high fat, high sugar and high salt foods.

## **DON'T OVEREAT**

- large meals can drain your energy. Instead of eating three big meals per day, try eating six mini-meals to spread your kilojoule intake more evenly. This will result in more constant blood sugar and insulin levels. You'll also find it easier to lose excess body fat if you eat this way.

## **EAT IRON RICH FOODS**

- women, in particular, are prone to iron-deficiency (anaemia). Make sure your diet includes iron rich foods such as lean red meat.

## **SLEEP SUGGESTIONS**

A common cause of fatigue is not enough sleep, or poor quality sleep.

Suggestions include:

### **GET ENOUGH SLEEP**

- adults need about eight hours sleep per night. Make the necessary changes to ensure you get a better night's sleep.

### **LIMIT CAFFEINE**

- too much caffeine, particularly in the evening, can cause insomnia. Limit caffeinated drinks to five or less per day, and avoid these types of drinks after dinner.

### **LEARN HOW TO RELAX**

- a common cause of insomnia is fretting about problems while lying in bed. Experiment with different relaxation techniques until you find one or two that work for you; for example, you could think of a restful scene, focus on your breathing, or silently repeat a mantra or phrase.

### **AVOID SLEEPING PILLS**

- sleeping pills don't work in the long term because they don't address the causes of insomnia.

## **LIFESTYLE SUGGESTIONS**

Suggestions include:

### **DON'T SMOKE**

- cigarette smoke contains many harmful substances. There are many reasons why smokers typically have lower energy levels than non-smokers. For example, for the body to make energy it needs to combine glucose with oxygen, but the carbon monoxide in cigarette smoke reduces the amount of oxygen available in the blood.

### **INCREASE PHYSICAL ACTIVITY**

- physical activity boosts energy levels, while a sedentary lifestyle is a known cause of fatigue. Physical activity has many good effects on the body and mind. For example, exercise and moderate physical activity reduces blood pressure, helps to maintain a healthy weight, and is an effective treatment for depression and anxiety. A good bout of exercise also helps you sleep better at night.

### **LIMIT THE TIME YOU SIT DOWN**

- reduce sedentary behaviours such as watching television and using computers.

### **SEEK ADVICE**

- if you haven't exercised in a long time, are obese, aged over 40 years or have a chronic medical condition, always seek your doctor's advice and encouragement regarding the small steps you can take toward a more active lifestyle.

### **SEEK TREATMENT FOR SUBSTANCE ABUSE**

- excessive alcohol consumption or recreational drug use contributes to fatigue, and is unhealthy and potentially dangerous.

### **WORKPLACE ISSUES**

- demanding jobs, conflicts at work and burnout are common causes of fatigue. Take steps to address your work problems. A good place to start is to talk with your human resources officer.

## **PSYCHOLOGICAL ISSUES**

Studies suggest that between 50 and 80 per cent of fatigue cases are mainly due to psychological factors.

Suggestions include:

### **ASSESS YOUR LIFESTYLE**

- for example, are you putting yourself under unnecessary stress? Are there ongoing problems in your life that may be causing prolonged anxiety or depression? It may help to seek professional counselling to work out family, career or personal issues.

### **RELAXATION TRAINING**

- constant anxiety drains the body of energy and can

lead to burnout. Strategies include learning relaxation techniques, such as meditation or yoga, to help to 'switch off' the adrenaline and allow the body and mind to recover.

**LEARN TO DO NOTHING**

- one of the drawbacks of modern life is the urge to drive ourselves to bigger and better heights. A hectic lifestyle is exhausting. Try to carve out a few more hours in your week to simply relax and hang out. If you can't find a few more hours, it may be time to rethink your priorities and commitments.

**HAVE MORE FUN**

- maybe you're so preoccupied with commitments and pressures that you don't give yourself enough time for fun. Laughter is one of the best energy boosters around.

**COPING WITH THE MID-AFTERNOON ENERGY SLUMP**

Most people feel drowsy after lunch. This mid-afternoon drop in energy levels is linked to the brain's circadian rhythm and is 'hard wired' into the human body. Prevention may be impossible, but there are ways to reduce the severity of the slump, including:

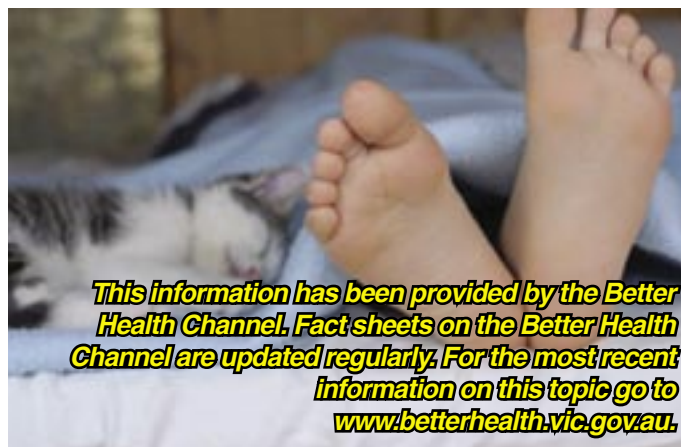
- Incorporate as many of the above fatigue fighting suggestions as you can into your lifestyle. A fit, healthy and well-rested body is less prone to severe drowsiness in the afternoon.
- Eat a combination of protein and carbohydrates for lunch, for example a tuna sandwich. Carbohydrates provide glucose for energy.
- More good reasons to eat protein for lunch; the amino acid tyrosine allows the brain to synthesise the neurotransmitters dopamine and norepinephrine, which help keep your mind attentive and alert.
- Get moving. A brisk walk or even 10 minutes of stretching at your desk improves blood flow and boosts energy.

**WHERE TO GET HELP**

- Your doctor

**THINGS TO REMEMBER**

- Always see your doctor to make sure that your fatigue isn't caused by an underlying medical problem.
- Activity and nutrition are an important part of putting more energy into your daily life.
- Studies suggest that between 50 and 80 per cent of fatigue cases are mainly due to psychological factors.



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# PRE-APPROVAL OF GREAT BENEFIT TO POTENTIAL PURCHASERS

## April cash rate decision sees a stable rate environment

**T**HE Reserve Bank of Australia's April decision to keep the country's official interest rate steady for another month will be a bonus for those looking to buy property with a variable rate mortgage as well as those already repaying one.

With the cash rate remaining stable at 6.25%, a historically low rate that has been maintained since November 2006, variable rate mortgages should stay put at around 7.5%. The average fixed rate loan should continue to hover at around 7.3% and 7.5%, depending on the length of the term.

Regardless, potential property purchasers – homebuyers and investors alike – would be savvy to investigate how much money they can actually borrow before commencing their search for a property.

Local Mortgage Choice loan consultant, ANNE SAYLE said this way borrowers will avoid the disappointment of finding the perfect property and then discovering they can't afford it.

"I have many customers who find their ideal property then meet with me to apply for a loan and are extremely disheartened to hear they cannot borrow the amount they need

for that particular property. In fact, the annual Mortgage Choice Franchisee Survey found that 19% of customers nationally find the property first," she said.

"A loan pre-approval, which usually lasts around three to six months, is a great way to avoid this setback and to save buyers time spent on looking into properties outside their attainable price range.

"Reputable mortgage brokers such as I do not charge customers for service and can provide value to those looking to enter the property market by saving them much of the time, money and stress that can be exerted by visiting many lenders separately.

"It is a consumer service that borrowers can easily take advantage of in order to clarify their pre-purchase financial situation."

Another important point regarding the current property market is that, with super laws coming into effect 1 July 2007, a number of property investors have listed their properties for sale in the hope that they can input proceeds into their superannuation fund.

Some are listing at a lower price than they would otherwise in order to speed up the sale and this is giving prospective property buyers a better chance of finding a suitable property at an achievable price.

With the market looking healthier nationally over the last couple of months, it is a good time for prospective buyers to do their research, obtain a pre-approval and go searching for property in a stable rate environment.

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# A HOUSE WITH A SENSE OF HOME

When you enter Chomley House's recently renovated and extended premises you are immediately struck by a vitality and energy not normally associated with an Aged Care Home. Owners Kendra and Bill Templer and Facility Manager Margaret Zarkadas are passionate about the care they provide. It is clear that they put everything into creating a home where residents can enjoy their retirement years. It is obvious that the residents appreciate all the personal attention delivered from all the staff.

The renovations and extension have given Kendra and Bill the opportunity to decorate the home tastefully and comfortably, all rooms are private with ensuite, and contain hydronic heating allowing each resident to personally adjust the heating to their own comfort. Air-conditioned central and main areas along with lots of open space and natural light throughout the building, makes the atmosphere feel very homely and inviting.

Chomley House has attained a Three Year Accreditation every time. The modern hairdressing salon is utilised weekly by visiting podiatrist, physiotherapist and doctor of your own choice to continue your care. An enthusiastic activities Officer organises many and varied activities tailored to suit individual residents.

"Menu is very important," says Kendra "we go out of our way to include meals that the residents request to be included on the menu. Our food service is extremely important because we understand that this can be the highlight of the resident's day, when a fine and appetising meal is presented on the table. Those that wish can have a glass of wine at the table. The weekly happy hour becomes a social event.

"The staff are selected for their kind and caring manner. When family visit they feel very included and are made to feel welcome. Margaret has encouraged a strong team focus within the home, and has implemented in-house group exercise classes with our own personal trainer Jason, who is a handsome young Italian man whom the ladies of Chomley love."



Chomley House provides:

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- \* Personalised Activity Program
- \* Weekly Hairdresser
- \* In-house Concerts
- \* Physiotherapist
- \* Chomley House Pet Dog
- \* In-house Church Services
- \* Registered Nurse on Duty
- \* Complete In-house Laundry
- \* Respite Care
- \* Visiting Beauty Therapist
- \* Visiting Podiatrist
- \* Special Events
- \* Four Weekly Rotating Menu
- \* Choice of your own Doctor
- \* Weekly Bus Outings
- \* Emergency Call System

Bill and Kendra have been working in Aged Care for the past 23 years and Margaret has been in Aged Care for 7 years. They have a wealth of experience that all goes to making the residents' stay at Chomley House a quality period of their lives.

**Enquiries: Ph: (03) 9529 8107 - Fax: (03) 9529 8166 - Email: [chomley@agedcare.com.au](mailto:chomley@agedcare.com.au) - [www.chomleyhouse.com.au](http://www.chomleyhouse.com.au)**



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## CHOMLEY HOUSE

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*Chomley House offers the best of quality Care in truly luxurious surroundings.*

Located in the prestigious suburb of Prahran which is a vibrant and exciting place. It neighbours on to the suburbs of Windsor, South Yarra, Toorak, Malvern, Glen Iris, Kooyong, Armadale and Malvern East.

Our residents can find themselves amongst an abundance of beautiful parks and gardens, and a myriad of restaurants and cafes, all of which contribute to providing a wide range of lifestyle opportunities.

### ACCOMMODATION

Single ensuite bedrooms with connections for private telephone calls and television and 24 hour emergency call system. Bedrooms are comfortably furnished and residents are welcome to bring their own furniture if they desire.

### THE BUILDING

Architecturally designed. It is modern, bright and spacious, centrally heated and has first class furnishings and amenities. Garden areas are easily accessible if residents wish to enjoy time outdoors.

Activities are available to provide a variety of experiences and assist residents to develop, maintain or regain skills. These include outings to the various local facilities such as the theatre and cafes near our famous antique furniture shopping and clothing shops in High Street, Armadale.

### PERSONAL CARE

Our professional and caring team offer individualised personal care and support for our residents. We have visiting weekly, hairdresser, podiatrist, beauty therapist and physiotherapist, residents have their own choice of doctor to continue their care.

**CHOMLEY HOUSE**  
113 Chomley Street, Prahran VIC 3181

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Facsimile: (03) 9529 8166

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