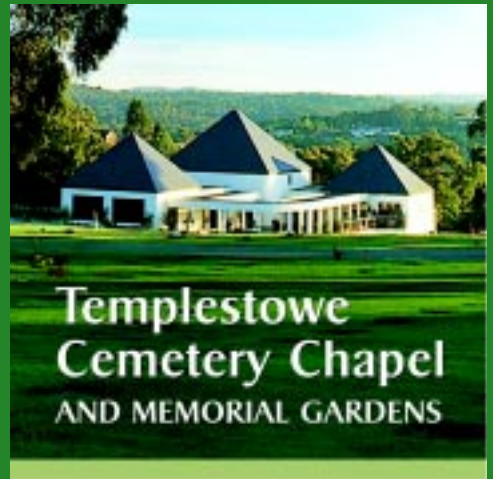




Plaster Fun House



Templestowe Cemetery Chapel AND MEMORIAL GARDENS

FREE

Volume 11 (2006), Issue 2, No. 22
www.apapublishing.com.au

living in

MANNINGHAM EDITION



HEALTHY RECIPES

- Time Out
- Education
- Stages



1800 55 44 66

- Repairs • Service
- Installations • Duct Cleaning

653 Burwood Road, Hawthorn East
Phone: 9882 5554 Fax: 9882 5033
ABN: 41 070 845 859

5000 A4
FULL COLOUR
BROCHURES

\$440

Ph: 1300 78 22 73



FREE SPINAL EXAMINATION

Danger signals of pinched nerves

- 1 Headaches, dizziness, loss of sleep
- 2 Neck pain, tight muscles
- 3 Pain down arms, shoulder pain
- 4 Numbness in hands and feet
- 5 Pain between the shoulders
- 6 Painful joints, nervousness
- 7 Lower back pain, hip pain, pain down legs

Why FREE? Thousands of area residents have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem which could be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities. Examination includes a minimum of 10 standard tests for evaluating the spine and a contour analysis photo as shown above. While we are accepting new patients, no one need feel any obligation.



Dr. Robin Nemeth, D.C.

Board Certified in Sports Injuries (U.S.A.),
U.S.A. trained 20 years experience in New York
Call Now **9523 1811**
• 597 Glenhuntly Rd, Elsternwick

NEED
SOMETHING
TYPED
CALL

0417 546 746



OGGE & LEE SOLICITORS

34 Queens Rd, Melbourne

Opp Albert Park, Melway Ref: 2L A8

9866 8811

- WILLS (\$88)
 - POWER OF ATTORNEY (\$66)
 - CONVEYANCING
 - PROBATE
 - MORTGAGES
 - LEASES
- VERY REASONABLE FEES**

APADESIGN04



benetas
THE CARING SPIRIT

Benetas, Victoria's leading not-for-profit aged care services organisation, provides older people with the care & support they need to experience a good age of life.

Our integrated, award-winning services, available across Melbourne, Mornington Peninsula & regional Victoria, include:

- ✗ community care (nursing home & hostel level care at home)
- ✗ direct care (personal & home care)
- ✗ respite & carer support
- ✗ specialist residential care facilities (high & low care)

For further information on our services, please call:

T: 8823 7900

FOUNDED BY THE ANGLICAN DIOCESE OF MELBOURNE IN 1948

www.benetas.com.au



living in

MANNINGHAM EDITION

inside...

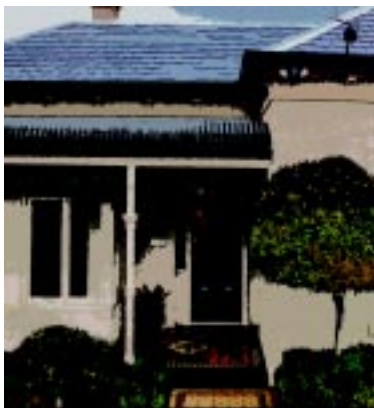
time out

- 4 healthy recipes
- hamburgers
 - pancakes
 - dip - hommus with parsley



real estate

- 6 march quarter figures show
victorian property market in
steady growth phase



stages

- 7 seniors statistics

KEY to front cover



- 1. Plaster Fun House**
9572 2009
- 2. Templestowe Cemetery Chapel & Memorial Gardens**
(See back cover)
263 Foote St,
Templestowe
9846 6569
- 3. Gas Appliance Services**
(See page 4)
653 Burwood Rd,
Hawthorn East
1800 55 44 66
- 4. 5000 A4 Full Colour Brochures**
\$440
1300 78 22 73

For more articles,
special offers and webpolls visit
www.apapublishing.com.au

Living In (Manningham edition) is published by APA Publishing Pty Ltd
(ABN 89 300 386 564)

062M-8

General Manager: Frank Mascaro Managing Director: Tony Mascaro
155 Poath Rd, Murrumbena, 3163 PH: (03) 9568 4144 Fax: (03) 9568 4900
www.apapublishing.com.au

For advertising enquiries phone 9568 4144

Production Manager/Editor: Frank Mascaro Design & Layout: Amato Soriano
All rights reserved. Reproduction in whole or part, without written permission, is strictly prohibited. While every care is taken, no responsibility is accepted for incorrect information or for material supplied by advertisers that does not comply with the Trade Practices Act.

Heidelberg Mowers Pty Ltd



Mowers, Ride-ons, Chain Saws,
Engines, Brushcutters,
Generators, Blow Vacs,
Shredders, BBQ'S etc.
SALES & REPAIRS

66 BELL ST, HEIDELBERG HEIGHTS
Tel: 9458 1220

Apex Anti Aging Clinic



- IPL Hair Removal
- Redness, Capillaries
- Age Spots, Freckles
- Rejuvenation
- Microdermabrasion
- Dermal Filler
- Anti Wrinkle Injections
- Lip Enhancement
- Sclerotherapy
- Liposculpture

"For a Brighter Even Toned
& Younger Skin"

37 Mitford Street St Kilda
(Cnr Dickens St)



*OTHER DAY PROCEDURES AVAILABLE AT THE NEW ST KILDA
DAY HOSPITAL (Next door to Clinic)

9593 9856
9525 5388

- Comprehensive water analysis
- Large range of chemicals, including speciality salt water and spa pool products
- Free salt cell testing service
- Filters, pumps, salt chlorinators
- Cleaning equipment, accessories, pool toys and spare parts
- Automatic pool cleaners: service agents for Pool Vac, Kreepy Krauly, Aquanaut, Questa, Manta, Polaris & Baracuda
- On site professional service and advice for the new pool/spa owner
- Gas and Solar Heating



1/110 Wood Street, Templestowe
9846 6255

HEALTHY RECIPES

HAMBURGERS - HEALTHY

Store covered in fridge (under 5°C)

Good source of: *folate*

Preparation time: *15 minutes*

Cooking time: *10 minutes*

Serves: *6*

INGREDIENTS:

- 350 g lean minced beef,
- 1 carrot, large, grated
- 2 medium zucchini, grated
- 1 green apple, large, cored and grated
- 3 slices wholemeal bread, made into crumbs
- 2 tablespoons parsley, chopped
- 1 teaspoon mixed dried herbs
- 1 egg, beaten
- 1 tablespoon olive oil

TO ASSEMBLE:

- 1 onion, large, sliced
- 6 hamburger buns
- 2 tablespoons grainy mustard
- 2 tomatoes, sliced
- 6 small lettuce leaves
- 6 slices canned beetroot

METHOD:

1. Combine beef, carrot, zucchini, apple, breadcrumbs, parsley, herbs and egg.
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
3. While burgers are cooking, heat oil and cook onion, stirring several times.
4. Split and toast buns. Spread top half of each with mustard.
5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
6. Top with remaining half of bun.

NOTES:

A good hamburger makes a balanced meal. It's hard to buy good burgers but easy to make them at home. If you have one, use a food processor to grate and mix the ingredients.



Source: *The Good Gut Cookbook*

DONCASTER PINE FURNITURE

- Factory Direct
- Quality Handmade Furniture
- Baltic & Hardwood Timber

CUSTOM DESIGN

NEED A KITCHEN?

At Doncaster Pine Furniture, we custom-make quality kitchens in a range of materials.

Doors in:

- Vinyl • Solid Timber • Two-pack Paint

Bench Tops in:

- Laminate (roll-edge or timber edge)
- Granite & Marble • Hardwood

Ask now for an obligation-free quote.

COMMERCIAL DEVELOPERS WELCOMES

DONCASTER PINE FURNITURE
Unit 2/568 Doncaster Road, DONCASTER
Tel/Fax: 9840 7557 Mob: 0413 090 698

GAS APPLIANCE SERVICES

1800 55 44 66

- **Repairs • Service**
- **Installations**
- **Duct Cleaning**

*SPECIAL 5% LABOUR DISCOUNT ON REQUEST

653 Burwood Road, Hawthorn East 3123
Phone: 9882 5554 Fax: 9882 5033

ABN: 41 070 845 859

PANCAKES FOR BREAKFAST

Suitable to freeze

Store covered in fridge (under 5°C)

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 12

INGREDIENTS:

- 1 1/2 cups wholemeal self-raising flour
- 1 cup untoasted muesli or rolled oats
- 1 teaspoon mixed spice
- 1 egg, beaten
- 1 tablespoon honey
- 2 cups reduced fat milk
- 3 teaspoons margarine, mono-or poly-unsaturated extra reduced fat milk, if required



METHOD:

1. Combine the flour, muesli and spice in a bowl, then make a hollow in the middle.
2. Add the egg and honey to the hollow and, using a wooden spoon, gradually beat in the milk. Allow to stand for 30 minutes, if possible, to soften the flour and muesli (or oats). The mixture should be the consistency of a thick batter and depending on the muesli used, you may need to stir in a little more milk.
3. Heat one teaspoon of the margarine in a frying pan over a medium to high heat. Use a large spoonful of the batter for each pancake, and cook the pancakes in batches, adding a little margarine to the pan as needed.
4. Cook the pancakes until golden brown, 1 to 2 minutes for each side. Keep the cooked pancakes warm on a plate covered with a clean dry tea towel until you are ready to serve them.

NOTES:

Serve with sliced fresh bananas, kiwifruit, strawberries, raspberries or blueberries. Add plain or fruit yoghurt then drizzle with a little maple syrup or warm honey. For variety serve with orange and grapefruit salsa.

If you prepare food for people with an allergy to nuts and seeds, please check labels carefully for ingredients.

Source: *Lifetrack (1999), Eat! Enjoy! The Lifetrack cookbook, Melbourne.*

DIP - HOMMUS WITH PARSLEY

Store covered in fridge (under 5°C)

Good source of: fibre

Preparation time: 10 minutes

Cooking time: 0 minutes

Serves: 4

INGREDIENTS:

- 1 X 440g can chickpeas, drained
- 2 clove garlic, crushed
- 1/2 cup tahini
- 1/2 cup parsley, finely chopped
- 1/2 cup water
- large pinch black pepper
- pinch cayenne pepper


METHOD:

1. Mash chickpeas to a thick paste, using a food processor.
2. Combine everything and chill thoroughly.
3. Taste to correct seasonings. Some people like extra garlic, soya sauce or tahini.

NOTES:

If you prefer you can use 1 1/2 cups of raw chickpeas. Soak for 1 1/2 hours and boil until very soft, about 1 to 1 1/2 hours.

Source: *International Diabetes Institute (1997), Diabetes, eating for health recipes, Caulfield.*



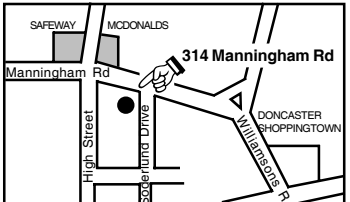
ORTHODONTISTS

Registered Specialists

Dr Hilton Katz
B.D.S. (Wits); M.Sc. (Wits); M.D.Sc. (Melb)
Certified Member Australian Orthodontic Board

Dr Janahan Raj
B.D.S. (Melb); M.Sc. (Lond); M. Orth RCS (Eng)

314 Manningham Road Doncaster Victoria 3108
Tel: 9848 4588 Fax: 9840 7830



Member of Australian Society of Orthodontists Inc

MARCH QUARTER FIGURES SHOW VICTORIAN PROPERTY MARKET IN STEADY GROWTH PHASE

The REIV's March quarter results show that the Victorian property market is in a steady growth phase with a 4.2 per cent increase in the median, compared with March quarter 2005.

Victoria's three main regional centres were also exhibiting steady growth. Ballarat recorded an 8 per cent increase, Bendigo a 3.2 per cent increase and Geelong a 5.5 per cent increase since March quarter 2005.

Over the last 12 months there has been a strengthening in demand for housing all over Victoria. The flat market of the last 18 months has well and truly ended, vendors and buyers should be confident that we are in a steady growth phase now.

The steady 12 months of growth is also replicated on the ground with greater activity in the market than this time last year. More properties are being offered and sold in auctions and private sale.

The March quarter itself showed a decline of 3.1 per cent in Melbourne's housing market while apartments and units increased by 0.8 per cent.

The apartment market is still stronger than the house market, not only did the quarterly result increase but the yearly median increased by 5.3 per cent. Melbournians are continuing to be enthusiastic about living in units and apartments.

The March figure is often down when compared to the December result due to the lack of sales in January. When you look at the detail it is clear that growth is not confined to inner Melbourne. Strong growth is happening wherever there are good properties with special features such as a good location or close to good amenities. For example:

- Lilydale increased by 12.1 per cent in the quarter and 20.4 per cent over the year,
- Bentleigh East increased by 12.1 per cent in the quarter and 16.7 per cent over the year,
- Toorak increased by 11.0 per cent in the quarter and 14.1 per cent over the year,
- Yarraville increased by 5.6 per cent in the quarter and 16.6 per cent over the year, and;
- Mornington increased by 8.9 per cent in the quarter and 8.9 per cent over the year.

This shows again that suburbs with strong underlying features will always perform well. In a stable market these sorts of properties will appreciate more quickly than the median so investors should keep an eye out for them.



Warrandyte Neighbourhood House Inc

168 Yarra Street
Warrandyte 3113
(Cnr. Webb & Yarra St)

Phone: 9844 1839
Fax: 9844 4088

Email: wngo1@vicnet.net.au

The Warrandyte Neighbourhood House aims to give people in the community a chance to

- Involve themselves in a variety of social and educational networks
- Learn to deal with issues/problems by attending self-help/support groups
- Drop in (and drop their children at our Occasional Care Children's centre) for coffee and company

Programs:

- Yoga
- Belly Dancing
- Knitting circle
- Poetry & Creative writing
- Monthly lunchtime discussion group
- Monday walks around Warrandyte
- Support & Self Help groups
- After School drawing classes
- Strong women stay young exercise group
- Contemporary dance class
- Time out for mums

and much more

SENIORS STATISTICS

One in six Victorians are 'seniors' – aged 60 years or more. By 2021, one in four Victorians will be seniors

- Population ageing is occurring because birth rates are falling, the “baby boomer” generation is getting older, and people are living longer.
- The trend towards an older population structure has been occurring over a number of decades both in Australia and in developed countries throughout the world.

Victoria's seniors are living longer and healthier lives

- Victorian men, aged 60 in 2001, can expect to live an additional 21 years, with 17 of these years being in good health
- Victorian women, aged 60 in 2001, can expect to enjoy another 25 years, with 20 of these being healthy.

A small proportion of seniors live in residential aged care facilities

- Older people consistently express a preference for living in the community, whether with their adult children, on their own, or with a spouse or other person.
- Less than 5% of seniors reside in institutional care.
- Home and Community Care (HACC) services are provided to 17% of Victoria's senior population. These services may include personal care, home maintenance and repairs, and assistance with household tasks.

The diversity of Victoria's senior population is increasing


- Those who migrated from overseas to Victoria during the 1950s and 1960s are now entering senior age groups. The ethnic diversity of Victoria's older population has increased as a result.
- One in three senior Melburnians were born in non English-speaking countries compared to only 1 in 10 in regional Victoria.
- At present, two out of every three senior Victorians are women.
- Indigenous Victorians have a markedly different age structure compared to the non-indigenous population, with 5% being over the age of 60.

In regional Victoria the proportion of seniors is increasing more rapidly than in Melbourne


- By 2021, large municipalities like Geelong and Mornington Peninsula are expected to have the highest numbers of senior Victorians.
- Regional Victoria will have some of the highest proportions of seniors by 2021, with West Wimmera and Strathbogie exceeding 50%.

**Sources: Australian Bureau of Statistics 2001 Census Data
Department of Infrastructure 2000 Victoria in Future**


DONVALE CHRISTIAN COLLEGE
A Christian Perspective to Learning and Living



A Prep to Year 12 Coeducational School
155 Tindals Road, Donvale 3111
Ph (03) 9844 2471 Fax (03) 9844 1102
www.donvale.vic.edu.au



Alzheimer's Australia Vic
Living with dementia



National Dementia Helpline - 1800 100 500

98-104 Riversdale Road, Hawthorn 3122

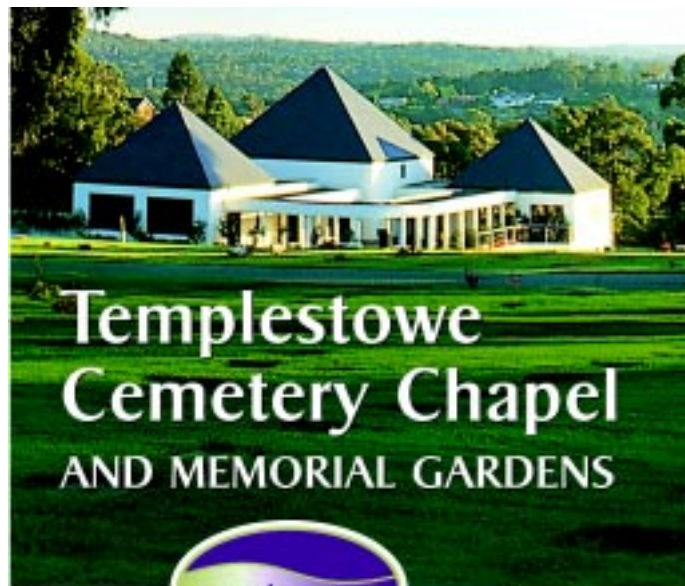
Heidelberg Mowers Pty Ltd



*Mowers, Ride-ons, Chain Saws,
Engines, Brushcutters,
Generators, Blow Vacs,
Shredders, BBQ'S etc.*

SALES & REPAIRS

66 BELL ST, HEIDELBERG HEIGHTS
Tel: 9458 1220



Templestowe Cemetery Chapel AND MEMORIAL GARDENS



Templestowe Cemetery and Memorial Gardens are continually evolving, not just with the seasons but with new garden areas and recently completed Memorial Reflection Pools.



With the cemetery closed to new burials, the elegant Silver Birch and Grevillea Garden Memorials provide new opportunities for families to be memorialised at Templestowe Memorial Gardens.

A place to remember life

High on the hillside, with mountain views, our non-denominational Chapel provides a tranquil place for family and friends to hold religious or civil services. Fitted with state-of-the-art audio technology, the Chapel easily accommodates 100 people, with additional space in our elegant Reception Room.

Mausolea - A future choice

Templestowe Cemetery is currently inviting expressions of interest in the development of Mausoleum facilities within our grounds. To register your interest in a Mausoleum placement contact Robyn Walker on 9846 6569

SERVING THE COMMUNITY SINCE
-1858-

Templestowe Cemetery CHAPEL AND MEMORIAL GARDENS

PO Box 745 Templestowe, Victoria 3106,
263 Foote Street (Corner of Church Road) Templestowe, Victoria 3106
TELEPHONE (03) 9846 6569 FACSIMILE (03) 9846 1741
EMAIL enquiries@templestowecemetery.com.au
WEB www.templestowecemetery.com.au

Bulleen PLAZA

DIRECTORY

BANKS

Commonwealth Bank	9850 7333
National Australia Bank	13 22 65
Westpac Bank	9850 9527

CAFES / EATERIES / TAKEAWAY

Bulleen Espresso Café	9850 9288
Bulleen Sushi Bar	9850 4059
Charcoal Rooster	9852 2300
Coffee Break Café	9850 2050
Dolce Pasticceria	9852 3860
Dominos Pizza	13 18 88
Eastern Red Cuisine	9852 0868
Hungry Jacks	9852 0267
Skippers Fish & Chips	9852 3223
Terra Mia Café	9850 7939

FASHION

B. Val Menswear	9850 1722
Dreamlane Fashion	9852 4433
Moda in Fashion	9850 1135
My Fashion	9850 5656
The Magic Cubby	9850 1000

FRESH FOOD / DELIS

Bakers Delight	9852 0640
Bon Gusto Deli	9850 5532
Bulleen Fish Supply	9850 8503
Bulleen Fresh Nut Plaza	9852 2066
Bulleen Plaza Meats	9850 5839
COLES-Supermarket	9850 5816
Cucina Al Dente	9850 7744
Deli Delitz	9850 5850
Fine Choice Liquor	9852 3121
Fruits of Envy	9850 4954
LiquorLand	9850 8642
Retenya Meats	9850 9995
Than Than Bakery	9852 3809

GIFTS / FLOWERS / HOME

Aussie Time	9852 7732
Brothers Jewellery	9852 0019
Envy Tableware & Gifts	9852 4746
Gary's Variety Shop	9852 3851
Just \$2 Plus	9852 1290
Just Flower	9850 3529
Rug Palace	9852 3388
Stella D'Oro Linen	9852 4026

HEALTH / BEAUTY

Bulleen Plaza Pharmacy	9852 1044
Bulleen Plaza Medical Centre	9852 2234
Fernwood Ladies Gym	9850 8744
Lavish Nail & Beauty	9850 5559
Optometrist - R Vella	9850 7504
Piazza Hairdressing	9850 7074
Rocklands Hair Cutters	9850 4543

SERVICES

Australia Post	13 12 18
Bulleen Electronics	9850 6088
Bulleen Dry Cleaners	9850 1732
Bulleen Library	9852 2288
Bulleen Plaza Newsagency & Tatts	9850 5590
Bulleen Service Centre	9850 9918
Civic Video	9850 9831
Parliamentary Office	9850 7983
Pets Wonderland	9852 4444
Serafini & Hill Solicitors	9850 9400
Top Color-Kodak Express	9850 7044
Vocational Training Group	9850 2388

79-109 Manningham Road, Bulleen 3105 Tel: 9852 0011
Fax: 9852 0158 Email: bplaza@alphalink.com.au