



**DONALD SIMPSON
COMMUNITY CENTRE
NEWSLETTER
September 2016**



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Cover: Getting old but still strong. Melaleucas standing tall in the DSC grounds.

SEPTEMBER UPDATE *from the Chairman*

Seniors week is over and we're now into the latter part of the year. Our activities have grown during Seniors Week with four performances of "The Fabulous Fifties" by the Theatricals and a two-day Art and Craft Show as well as the usual hosting of the Seniors Walk breakfast, the inter-club Indoor Bowls Competition and a new addition, the Wellness and Reablement Expo.

Packed into one week, these functions are an indication of the growing activity of the Centre as well as a tribute to the talented and hardworking members, volunteers and partner organisations who frequent our premises.

During the year, we have had monthly talks on a range of topics for seniors. Some of these have been better attended by others but all have been educational and deserved better patronage. We hope that more of you will recognise the need to keep abreast of information about topics and developments which may affect your future. There are three more of these occasions this year: one entitled "Elder Abuse is Domestic and family Violence" on September 23 featuring speakers from the Elder Abuse Prevention Unit, Aged and Disability Advocacy (ADA) Australia, Seniors Legal and Support Service and Queensland Police; The other two will be presentations from Crimestoppers and Home Instead, the latter about conversations which parents and older children should have. A new program is being prepared for 2017.

Cabarets are a new feature in our calendar. We have had a Rock Cabaret, a Jazz Cabaret (with a jazz group and a set from three teenagers) and or last one for the year will be a Variety Cabaret in November featuring a number of shorter items. It is hoped to continue to feature a range of genres of music in cabarets in the new year.

Our café is proving very popular with an updated menu

from Ann and her excellent volunteers as well as our introduction of espresso coffee. We endeavour to maintain a price structure to suit our membership and the increased activity in the café suggests that we are not too far off the mark. By the time you read this, it is likely that we will have changed the furniture in the café to better reflect a café atmosphere which we hope you will enjoy.

An ongoing issue I have to mention is planning for the Community Hub which will see our Centre extended to make way for the co-location of other similar community organisations. Members are urged to make themselves aware of the details of this development and to provide feedback to the Board on your impressions.

This article is long enough without my running on much further except to remind you of the imminence of our Annual General meeting on Monday 26 September. We are inviting guests to this meeting to help us launch a period of celebrations leading up to our thirtieth anniversary in July 2017. Please make an effort to attend this short meeting to elect new Board members and hear brief reports on the year's activities and finances.

Tony Christinson
Board Chairman

GOOD NEWS IS NO NEWS

Heading the news today is a sweep of news agencies around the world that reveals that there is no news.

In the last 48 hours there were no murders, robberies, nuclear leaks, refugee boats or other occurrences worth reporting. Many news outlets are apologising to their readers in editorials which range from references to bankruptcy to claims that the increased advertising space and additional public notices, cartoons and inane fillers written by staff have been brought about by the complete absence of sensational news in the 24 hour news cycle.

Even sporting news suffered as there were no players appearing before tribunals, no drug break-throughs, no injuries, no shock losses and no drinking or sex scandals.

Editor of the Simpsonville *Daily Blurb*, Perry Kent, said, 'It's unbelievable. We have the best newshounds on the planet and they've turned up nothing but stories on peace in the world and pleasure in the cities and on the beaches.'

When asked if that meant there was no story worth reporting anywhere in the world, Mr Kent said, "Absolutely. Nothing but happy stuff that nobody would read. It's been a disaster."

"Hey!" he shouted, "that's a story in itself. Hold the front page."

Stingray

DONALD SIMPSON COMMUNITY CENTRE LTD.

ANNUAL GENERAL MEETING

Members are advised that the Annual General Meeting will be held at the Donald Simpson Community Centre, 172 Bloomfield St, Cleveland at 9.30 am on Monday, September 26, 2016. All members are invited to attend.

BUSINESS OF MEETING

1. To confirm the Minutes of the previous AGM.
2. To receive and adopt the report of the Directors, the Financial Statement and the Auditors Report.
3. To note the continuing in office of the Auditor for the ensuing year.
4. To consider proposed Constitution changes.
5. To elect new Board members for 2016-18.

FROM THE MANAGER.

We are in the last quarter of the year 2016, and it is time to start planning out all the functions. You all would have noticed the biggest change probably has been in our café, which we can now offer a wide range of delicacies, cater for functions, and offer regular favorites of the members. Meals are produced fresh daily and produce is sourced locally. Our chef Ann Mason's calm composure and can do attitude for everything makes no task impossible. Special thanks to Ann, Kitchen Convenor Mary, along with each and every volunteer in the kitchen who is helping make HUB CAFÉ a very remarkable experience. So don't delay to book your Christmas party. Menu and costing can be designed to suit your groups needs. Book your date with Vanessa to get in your preferred date, at the earliest.

Not many organisations have the luxury of 30 years of operation and I think that stats are lower if you are a not-for-profit. From very humble beginnings of the Centre to maintain friendship and activities for members it has grown to become today one of the most reputable Community Centres, certainly in the Brisbane region, a proud asset for Redlands, and a second home for all our members. Hence join us as we commence to plan out our yearlong celebrations to mark the 30th anniversary in 2017. Some of the events include Cabaret/Music nights, Trivia Nights, Picnic at the park, and much more.

Lastly, you can always be updated of all the events/functions and activities in the Centre through our website and emails.

Thomas Jithin, Manager

CAFÉ FURNITURE UPGRADE

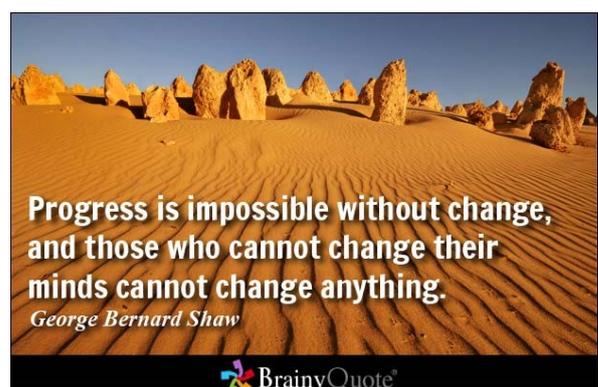


Earlier this year, a decision was taken by the board to upgrade the furniture in the Hub Café to develop a more café-like environment in keeping with our aim of making the café experience more enjoyable.

As illustrated in the photos above, the trestle tables have been replaced by smaller square ones and the chairs were selected with arms and in a colour which fits in with the present space.

At this stage, with the Council planning changes to the building, more permanent renovations are not desirable as they may conflict with future plans.

It is hoped that members, their visitors and other patrons will continue to enjoy both our menu in the café and the changed décor.





New study finds WHO exercise recommendations are way off

Leon Della Bosca

A University of Queensland study has found that the amount of exercise recommended by the World Health Organisation (WHO) to stay fit should be increased by five times.

The University of Queensland studied the correlation between the physical activity required to stay healthy, and chronic health conditions such as diabetes, bowel cancer, heart disease and stroke.

The study revealed that the WHO exercise recommendations of 10 metabolic equivalent (MET) hours per week are way off and need to around 50 to 70 MET hours per week to ensure a healthy lifestyle.

The University's recommended exercise levels include:

- walk briskly for 15–20 hours per week
- run between six and eight hours per week
- ride for seven hours per week
- swim for eight hours per week.

These recommendations may sound nigh on impossible for many people, but researcher Dr Lennert Veerman believes that we may already do more than we think.

"... if you cycle to work, walk to work, or if you take the stairs consistently, all those sort of things add up," said Dr Veerman.

Around 43 per cent of Australians stick to the WHO guidelines, but Dr Veerman says they simply need to exercise more.

"If we want to live long and healthy and reduce our waistlines, we need to do more activity," he said. "Activity levels for optimum health need to be about five times the currently recommended levels."

Read more at www.abc.net.au

Supplementary Article

Safe exercise for older adults

It's essential to keep physically fit. In addition to helping ward off serious illnesses, frequent exercise can keep you mobile, boost energy and improve your mood.

That being said, it can sometimes be difficult for older adults to find the time and motivation to keep up an exercise regimen. Here is some general advice on how you can strive for healthy living

How often should you exercise?

According to the Centers for Disease Control and Prevention, older adults have a number of different styles of exercise from which to choose. However, the type of exercise in which you participate will dictate how much time you should spend working out.

Older adults who prefer moderate aerobic activity, such as taking a walk or gentle aerobic classes, should aim to carry out such activities for two and a half hours every week and couple that with muscle-strengthening activities two or more days a week.

Is it safe?

You may feel you are too old or frail to exercise, or that participating in a workout will increase your odds of falling and suffering an injury. However, the opposite is actually true – working out regularly improves balance, which means may be more mobile and less likely to take a fall.

There are also many forms of exercise which can reduce the likelihood of injury. For example, you may prefer biking to jogging, as it will have less of an impact on joints and bones.

Some private health insurance plans cover exercise classes, such as yoga or pilates, or will provide rebates for gym memberships, allowing older adults to enrol in senior-friendly exercise classes.

Article from YouLifeChoices 12 August 2016

<https://www.yourlifechoices.com.au>

Puzzle Page (Answers overleaf)

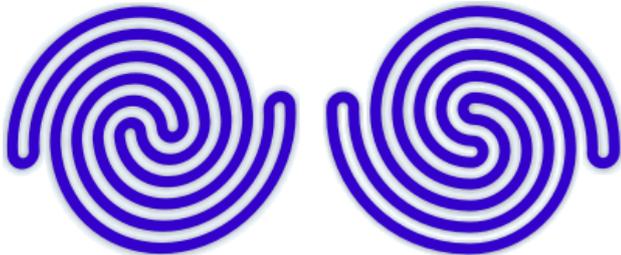
HOW MANY PHOTOS?



Busy Bertha was looking through the family photograph album, which has a photo of each of her parents, each of her grandparents, all the way up to each of her great-great-great-grandparents.

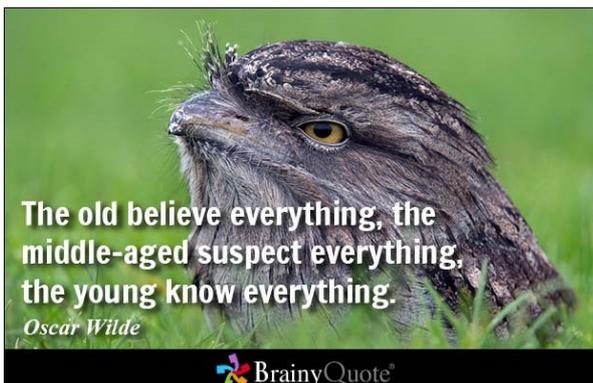
How many photos is that?

WHICH SPIRAL?



One of these spirals is formed with a single piece of rope that has its ends joined. The other spiral is formed with two separate pieces of rope, each with joined ends.

Can you tell which is which by using only your eyes, not tracing the lines with a pencil?



The old believe everything, the middle-aged suspect everything, the young know everything.

Oscar Wilde

 BrainyQuote®

Word Search

Words can be forwards, backwards, diagonally

A A F O O T S T N E Y P S E Y
 C D W J V O C U G O V F S E D
 L W V A E I F A J U I I N Q V
 D X B E Y H M N T P C R H Y U
 Z T Z L N E E O Z R U Y X H P
 U N L P S T G V E O S M O V E
 L I S Z Y E U X J S E C A L P
 X A H P T K E R F U F P X I D
 A Q K H Z O F N E O I U M F T
 Z K E F F V F X X K T W T E H
 E R G M K Z R C H P L B R R N
 E Q I L K L Q N F C R O X Z K
 K J S C C C F W E F H N X D C
 T R A V E L P M E B U R K D M
 H B B L P V Z C D P P V U M W

- ADVENTURE
- AWAY
- ENJOY
- EXERCISE
- FUN
- GAMES
- JOURNEY
- LIFE
- MOVE
- PLACES
- TOGETHER
- TRAVEL

Riddle me this:

The more you take, the more you leave behind...what are they?



CHRISTMAS LUNCHEONS - The December calendar is filling up quickly so book your Christmas Luncheon at the Centre now. Menus and prices to be advised. Please let Vanessa know if your group would like to book a party.

A DAY OUT - Corny as it may seem, it really was a whale of a day. Out With A Difference day trips are becoming more and more popular and the trip to North Stradbroke was thoroughly enjoyed by all. The walk around the gorge is amazing and not too difficult. All those who strolled around had great views of whales, dolphins and even a kangaroo in the bushland. Others, enthralled by the whales, just stood. It was a perfect day for whale watching. The sea was flat, no confusing white caps, the day was overcast, no glaring sun, lunch at the Straddie Hotel was excellent and several members saw a whale from there. It is not often a photo of a whale is taken on a small digital camera but one of our group managed it (see below), much to his wife's amazement, so we couldn't resist showing it off. Great job, Glen.



ACTIVITIES NOTICES

Commencing on Tuesday 4 October, table tennis will begin at 4.45pm to allow some players to start and finish earlier. Players may start later if they wish and finish anytime.

TENNIS

Expressions of interest are sought from members who would like to play social tennis with the Centre. If there is sufficient interest, sessions suitable to the participants will be arranged.

INDOOR BADMINTON

Anyone interested in playing badminton indoors should contact the Centre and register their interest. It is likely that sessions would be held in the afternoon at the Centre

Please contact the Centre on 3821 1089 or manager@donaldsimpsoncentre.com to express your interest.

DINNER PARTIES

We all enjoy a family get-together or a gathering of friends for a meal. Some of these occasions have been characterised in various ways from those which end in family brawls to really enjoyable socialising with family of friends.

These days, though, new complications have arisen for the host. Once it was Uncle Tom who wouldn't eat beetroot or children who wouldn't eat their vegetables. A dinner party today is faced with catering for a new range of preferences, some necessary and some purely by choice.

Dishes prepared may have to cater for vegetarians or vegans, gluten free, lactose intolerant or certain allergies.

Care must be taken that those with nut or seafood allergies are not exposed to even a trace of these foods.

It is normal when flying or dining out to be asked for any food preferences and these are now widely catered for.

All in all, it can be a difficult task and the hosts can count themselves lucky if their anticipated guests are able to eat anything put before them –except for Uncle Tom. Of course, who still won't eat beetroot.

"I am not young enough to know everything."

— Oscar Wilde

"I never travel without my diary. One should always have something sensational to read in the train."

— Oscar Wilde, The Importance of Being Earnest

Solution to How Many Photos

2 parents
4 grandparents
8 great-grandparents
16 great-great-grandparents
32 great-great-great-grandparents

$2 + 4 + 8 + 16 + 32 = 62$ photos in all.

oooooOooooOooooo

Answers:

Which Spiral? - Left

Riddle - Footsteps



**DONALD SIMPSON
COMMUNITY CENTRE
INFORMATION SESSION ON
ELDER ABUSE**

**IS
DOMESTIC AND FAMILY VIOLENCE**

This presentation is brought to you by the Donald Simpson Community Centre in partnership with:

*Elder abuse Prevention Unit (EAPU)
Queensland Aged and Disability Advocacy (QADA)
Seniors Legal and Support Service (SLASS) - Caxton Legal
Domestic, Family Violence and Vulnerable Persons Unit - Queensland Police*

PROGRAM

<i>9.30am to 9.45am</i>	<i>Welcome and Introduction</i>
<i>9.45am to 10.10am</i>	<i>Elder abuse Prevention Unit</i>
<i>10.10am to 10.35am</i>	<i>Seniors Legal and Support Service</i>
<i>10.35am to 10.50am</i>	<i>Break</i>
<i>10.50am to 11.15am</i>	<i>Queensland Aged and Disability Advocacy</i>
<i>11.15am to 11.40am</i>	<i>Domestic, Family violence and Vulnerable Persons Unit, Queensland Police Service</i>
<i>11.40am to 12.30pm</i>	<i>Panel Session and Conclusion</i>

**on
Friday 23 September 9.30am to 12.30pm
Morning Tea provided courtesy of Victoria Point Community Bank
Branch of Bendigo Bank**



ANG02C19B

Celebrate
MELBOURNE CUP
at Donald Simpson Centre



*Delicious Food & Bubbly drink
Entertainment Sweeps Raffles
Prizes for best Hat
Race LIVE ON BIG SCREEN
and much more...*

**Tuesday November 1, 12:00 noon to 3:30pm
Tickets \$10.00 all inclusive - on sale now at DSC
office. Book yours today - limited tickets only.
Call 07 3821 1089**

Big Whiskey

Out With a Difference



Friday, 7th October, 2016 - Brisbane International Garden Show - After visiting the first show last year, members are keen to return this year. All things gardening are to be found, in the 200 sites on the ground. Leading gardening experts will be available to give lectures and demonstrations. Get help with gardening problems and plant identification from the onsite Plant Clinic. Food courts will be available for you to purchase morning tea and lunch. Personal trolleys are welcome. Members cost \$46.00. Bookings close 22nd September, 2016.

Saturday, 22nd October, 2016 - Harrow Homestead and Harrow Gardens, Cambooya - Built in 1870 for Robert Ramsey this is mainly constructed from hoop pine and red cedar. The home covers 100 squares with wide verandahs on three sides. The gardens cover 10 acres and features a 50 metre rose arbor. Lunch will be alternate drop at Murphy's Creek Tavern. Members cost \$72.00. Bookings close 3rd October, 2016. WAITLISTED



Wednesday, 26th October, 2016 - Brisbane Tunnel and Toll Roads - take a casual low cost day around Brisbane and discover what's been happening around the city. After morning tea at Seventeen Miles Rocks we travel to Mt Coot-ha Lookout to see the changing Brisbane landscape. From there we travel along the new Legacy Way tunnel to Airport Link M7. Lunch today will be at the Skygate Airport DFO Centre. There will be time to check out the shops. Members cost \$32.00. Bookings close 17th October, 2016.

Wednesday, 2nd November, 2016 - Cobb & Co Trail out to Helidon following the distinctive "Wagon Wheel" directional sign. Rosewood, Forest Hill and Gatton have designated staging post signs. Morning tea will be at Queen's Park, Ipswich and lunch at the Gatton View Hotel. We will stop at Schulte's Meat Tavern for a deli tasting on the way home. Products for purchase range from meat, cheese, fruits and vegetables and wines. Personal trolleys welcome. Members cost \$48.00. Bookings close 14th October, 2016.



Wednesday, 9th November, 2016 - Garnisha Gardens on the Sunshine Coast is a producer of specialist curry pastes. Many of the spices and herbs grown on the property are used in these pastes. We will do a tour of the gardens and production shed. Each person will be able to choose one free jar of one of the variety of pastes available. Lunch today will be at the Apollonian Hotel, Boreen Point. Members cost \$73.00. Bookings close 18th October, 2016.

Out With a Difference

Wednesday, 16th November, 2016 - Country to Coast - lunch at Kingscliff Bowls Club. We travel south today, stopping for morning tea at Hinze Dam. Then it is over the range to Chillingham where we will visit Bucks Bush Tucker Shop. From here we travel through Murwillumbah along the Tweed River for lunch at Kingscliff Bowls Club. Members cost \$52.00. Bookings close 28th October, 2016.



Saturday, 26th November, 2016 - Take this trip to Eumundi Markets with a stop at Yandina Ginger Factory on the way home to stock up on your Christmas shopping. This popular market is always full of innovative ideas and interesting produce. There are plenty of food outlets for you to purchase your lunch. Members cost \$40.00. Bookings close 11th November, 2016.

Saturday, 24th December, 2016 - Spirit of Christmas, Concert Hall QPAC. This popular Christmas show books out very quickly, so don't waste time. Limited seats. Please note that bookings close on 21st October, 2016. Members cost \$80.00



Wednesday, 4th January, 2017 - "Fawlty Towers Live"



will be at the Playhouse Theatre, QPAC. This production features all Australian actors in the roles of Basil, Sybil, Polly the maid and Manuel the hapless waiter. The show is adapted from the TV series by John Cleese. Manic, snobbish, condescending, sycophantic and rude, Basil Fawlty is one of the most memorable British comedy characters ever written. Members cost \$96.00. Bookings close 10th October, 2016.

Saturday, 25th February, 2017 - The Sleeping Beauty Ballet, presented by the Australian Ballet. With Tchaikovsky's music this spectacular production by David McAllister will premiere in Brisbane. The well-known fairytale telling the story of the princess who prick's her finger and sleeps for 100 years is a popular ballet so book early. Members cost \$129. Bookings close 24th October, 2016.



Out With a Difference reserves the right to alter or omit any part of the itinerary or change the reservation, features and/or means of conveyance without notice. OWAD reserves the right to cancel the tour should it not reach minimum numbers. Clients will be notified prior to departure should this occur.

A \$7.00 cancellation fee applies

Community Hub Update

From the Chairman

(This is a letter which was sent to all members available on email and distributed at the Centre for the benefit of those not on email)

I think it's timely to provide members with this update to the extension to the Donald Simpson Centre known, in these planning stages, as a Community Hub.

For those who are not aware of this development, it is a proposal to extend the Centre, at the Wynyard Street or park end, to enable other similar community organisations to co-locate with us to form a community centre with consolidated benefits to members of the various organisations.

This initiative was largely initiated upon the suggestions of some of the groups, principally STAR Community Services, RDCOTA and the Donald Simpson Centre. The potential benefits are obvious to anyone who knows the organisations.

It should be understood, at the outset, that, though the Donald Simpson Centre was built predominantly with relevant government grant funding augmented by publicly raised funds matched by the Council around thirty years ago, because it was built on Council parkland, the ownership resides with the Redland City Council. The Donald Simpson Community Centre Board operates the Centre as we know it under a Council lease, supported by some Council funds to assist its operations.

Status of Development

After discussions over several months, various groups have provided their requirements, through the Council, to the architect ready for plans to be drawn. These plans will be for a four-storey extension, the first two floors of which will house the facilities to allow other organisations to co-locate with us, while the top two storeys will be residential accommodation to assist with the funding of the development. Other funds will be raised through grants, Council funds and, perhaps, some contribution from the participating organisations.

Governance of the Centre has yet to be negotiated but the residential floors will be on a separate title. No doubt some readers will be wondering how parking will be managed with the number of additional spaces needed in an already over-crowded carpark. We will have to await the plans to fully understand this but it is clear that some of the park will be lost.

Other organisations involved at this stage besides the three mentioned earlier are: Anglicare (Killara Respite Centre; Cleveland Meals on Wheels; Multicap; Redlands U3A and Blue Care. STAR and the Respite Centre have a number of vehicles and the whole of the Respite Centre will be housed in the extension. There will also be space for allied professionals who can provide services on a commercial basis to both current and future visitors to the Centre. This may seem like a situation akin to Dr Who's Tardis but the architect is the one charged with showing us how this will work.

Future Considerations

I can speak only for the Donald Simpson Board when I

say that we will be carefully considering some developmental and operational aspects of this venture. Some of the obvious concerns are:

- The one that everybody will realise is parking. Many of you have difficulty finding parks and we will want to see an improvement rather than a worsening of the current situation.
- Obviously, with all this building taking place, there will be disruption to our activities. This can be contained as far as possible but generally it is beyond our control. We do not want to lose income over this time because this has implications for the viability of the Centre. For example, our kitchen has become increasingly popular and disruption could cost us earnings. We are already struggling to balance much needed improvements to the Centre with the need to remain affordable to members.
- The Board at its recent meeting discussed, as far as it was able, the likely effect of residential facilities in an active community centre. Some think that having community members on the premises will enhance the Centre while others are concerned that our activities will affect those whose home is upstairs possibly resulting in lodgement of complaints. We do not want our activities, both current and future, curtailed because of any instructions emanating from complaints over such issues as noise or access.
- The extent of loss of some of our parkland environment is an unknown until we see the plans. One of the features of the Centre is its closeness to the Centre of Cleveland while maintaining a parkland environment. This has been emphasised by our logo and our use and intended use of the park.

The Board remains positive about the overall effect that the extension to the Centre will provide for services to the community. It remains to be seen how some of concerns will be resolved. The Board is aware that there has been little community consultation on what is effectively a community Centre. This is our part in presenting as much as we know to our members to allow you to develop a view on the development.

Feedback

The Board is extremely keen to hear members' views on the Hub development. Please address them to the Board, through me, at chairman@donaldsimpsoncentre.com or by contacting me through the usual Centre contacts. If there is any significant demand from members for face to face information, a general meeting could be organised at the Centre.

Tony Christinson
Board Chairman

LOOKING BACK TO 20 YEARS AND FORWARD TO 30

The Donald Simpson Community Centre began its thirtieth year of operation in July 2016 and it will end in July 2017.

Ten years ago, reporter, Lyn Uhlmann wrote articles in the February/March 2007 edition of *seniorlifestyle bayside* magazine to mark the twentieth anniversary of what was then the Donald Simpson Centre Over-50s Leisure Centre. At that time, Ernie Harrison was the Manager ably supported by Linda Watts.

Many of our current members will remember that the Centre, in those days, offered around 30 activities much as it does today. Though the Centre has since become the Donald Simpson Community Centre most of the activities remain.

Ernie was quoted in the magazine as saying, "I see the centre continuing to do what it does and having an open mind to opportunities that are recognised in the community and that we can do here."

Since then, the centre has undergone a number of changes some visible and others not so easy to see. Our office computer facilities have been extended and we now have a substantial member email base as well as a wide range of other contacts. There is now Free WiFi throughout the Centre and we have hearing loops throughout to assist those with hearing difficulties. Lately, new tables and chairs have given the café a more up-to-date look and the café itself now has a menu enjoyed by many members and visitors.

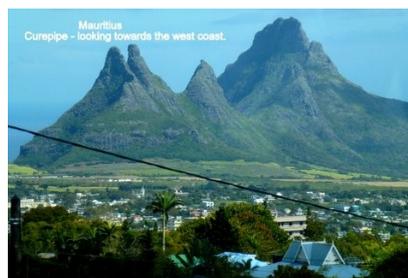
We have run two successful cabarets to introduce some musical entertainment and conduct monthly information talks of on topics of general interests.

Of course I should mention that Ernie Harrison has retired for a well-earned rest and our Manager is now Thomas Jithin who is already a popular figure at the Centre.

Organisationally, as well as changing our name, a new constitution was adopted to allow election of the full Board of Directors by the members instead of having all office bearers and half our board members appointed by the Council.

We will continue with our current activities as we progress through our thirtieth year and beyond and are planning new ones as well as some special events to celebrate our anniversary.

Away with a Difference - Mauritius



After an overnight and city tour of Perth, our group arrived in Mauritius, a small island republic in the Indian Ocean east of Madagascar. Why would you go there? To experience a different culture, the end result of Arab and Malays (900 AD), Portuguese (1498), Dutch (1598-1710), French (1715-1810), English (1814-1968), Indian, African Chinese and Mauritians who, with their different religions all live in harmony; some amazing scenery as the island was formed by several volcanos and is inhabited in the caldera surrounded by the mountain peaks and ringed by a lagoon and coral reefs and accommodation in top class resorts with a wide variety of different foods in our all-inclusive package. A special treat was a Creole lunch served at an authentic Creole restaurant.

Some walked with and others interacted with the lions, lion cubs and other animals at the Casela Nature Park, we saw the coral reefs on our catamaran luncheon cruise and from the glass bottom boats at our resort. We watched and then sampled biscuits manufactured in the traditional way since 1870 by the 4th generation of the family, and saw model sailing ships being assembled from the smallest handmade pieces. We drove past fishermen on the beach selling their fresh catch, many varied small crop farms and endless rows of sugar cane, their main asset. We shopped at the local markets and the high end shops of Port Louis and Grand Baie. Such diversity on a small island (covering only 85% of ACT) and supporting 1.3 million people.

The trip was thoroughly enjoyed by all, who came home with a new appreciation for the happier, more gentle way of life experienced by those who call this beautiful island "home."

Val Henry, Tour Director



Away With A Difference



Exploring Townsville - 14th - 19th October, 2016 - Highlights include - The Spirit of Queensland revolutionary railbed, Scenic town tour, Castle Hill Lookout: Reef HQ Aquarium : Charters Towers, Texas Longhorn Cattle: Venus Gold Battery Magnetic Island Great Barrier Reef Park Lucinda sugar loading jetty, Hervey's Range Heritage tearooms. Four nights accommodation at Holiday Inn, flight Townsville/Brisbane, all meals and attractions as per itinerary.

Rockpool on The Strand, Townsville. Photo: H. Garcia

PNG Cruise Sunday 18th December -28th December 2016 – 11 days – 10 nights. Enjoy an exotic ocean cruise to Papua-New Guinea on the “Sea Princess” this Christmas. Includes all meals on board. Ports of call are Alotau, Papua New Guinea, Kitava, Trobriand Islands, Rabaul. Kiriwina Island. Four sea days. Doini Island & Kawanasausau Strait and Milne Bay on Christmas Day.

“Sea Princess”



Bayview Towers

Best of Yeppoon - Sunday 12th March — Saturday 18th March, 2017. at Bayview Towers, beachside accommodation. This is an additional tour as the first booked out very quickly. Travel to Rockhampton on the Tilt Train where we transfer to the coach for the trip to Yeppoon and Bayview Towers. Highlights include Byfield National Park, a trip along the Keppel Coast after a visit to Shell World, a Gladstone Harbour Cruise and much more. All tours, attractions and meals as per itinerary.

“Spectacular Scandinavia” with optional Baltic Adventure cruise aboard Holland America’s “MS Zuiderdam” - 14th May - 12th June 2017 inclusive. Land only 18 days/17 nights, land with cruise 30 days/29 nights. Includes fully customized itinerary. Flights with emirates, stopovers with optional sightseeing tours in Singapore and Dubai. Starting in Copenhagen, Denmark, and travelling through Sweden and Norway through stunning scenery and fiords and historical villages and buildings, the trip ends in Oslo. From there you either board your flight home or continue on for your cruise around the Baltic. Ports included Tallin, St Petersburg and Helsinki, finishing in Copenhagen. Price to be advised



Copenhagen

Bookings open for all tours; Brochures available.

[Download full itineraries and prices from our website.](#)