

Dear Readers,

In this issue I hope you will find inspiration for all sorts of things - coming from the depths of winter we all need a little boost and Dianne Baxter's "Dare to Do" is a wake up call for many of us to get out there and Live our Goodlife.

I am glad I took her advice but am feeling a bit guilty for not sharing the weather - writing as I am from sunny Italy. I can almost hear you hissing from here but this is my first holiday for 5 years and I had no idea that every day would be hot and sunny! On the other hand I am very keen to get back home to Amy and the puppies and in time for some wonderful clothes shopping.

Annette Sanfilippo has put together a comprehensive overview on what to look for this Spring and I am sure you too will find inspiration and some great pointers. I just know that after window shopping here the prices on the Peninsula will be a great comfort to my overstretched budget. This trip has made me realise how lucky we are to have so much choice at all price points.

I am also happy to note that in my experience our restaurants absolutely stand up to European comparison - for value and quality and service with a smile - three cheers for the Peninsula!

In our dining section offering flavours from across the globe we feature several chefs with world class credentials including Zac Poulter at Stillwater, Tim Menger at MorningStar and Russell Bald at the Old Cinema plus some great recipes "From the Menu" - Enjoy.

It seems to me that European women tend to look after themselves a little more - here's definitely where some of us could follow their lead. Why feel guilty about a little indulgence when it makes you (and often those around you) feel so good. "Time may be a great healer but it makes a lousy beautician" - wise words and true so Tim Brown's information is very timely for me at least and Julie Hynes has some sound **'makeover' advice** in her article this issue. In Health and Beauty we have plenty of qualified opinions from expert practitioners, therapists and consultants across varied yet complimentary fields.

You'll find **some great reading** with Tim Bracher's first in a series on 'Second Gen' family businesses, Emily Davenport's interview with Zac Poulter, Karen Tatman's always relevant Clutterbusting and more inspiration from Dianne Baxter with her story on MP Youth Enterprises - more evidence that our best assets are our people.

As always we hope you enjoy the social pics and the centre spread for our **Goodlife Lunch** at the Racecourse is a timely reminder for you to book for our next lunch at The Grand Hotel in Mornington - celebrating 25 years of Hospice (numbers are strictly limited). We look forward to seeing many of you there.

- Enjoy the Goodlife

Mary and Arthur (globetrotting on assignment),
Lisa & Melissa (holding the fort)



LIVING *the Goodlife*

I recently came across a phrase that I thought summed up much of what life should be about: Dare to Do! So often we are all guilty of putting off actions because of what

we consider at the time to be legitimate excuses or simply put wishes into our Dreams drawer!

So I thought; I'm going to Dare to Do as part of this column and challenge you to join me in the process, particularly during the winter season.

DARE TO DO

As many of you have may have guessed over time, I truly love animals. I also love adventure. I was recently beguiled by the 2-hour Bush and Beach ride advertised by Gunnamatta Trail Rides and so bought myself a ride, which I will be undertaking in August. Now, having said that I love animals, I hereby admit to being somewhat nervous around horses. The last horse riding experience I had - some years ago - was one that has always stayed with me. My beautiful, small horse decided it wanted to go down for a roll with me on board! We both headed for the ground, but fortunately I managed to get off her just in time. So, the staff at Gunnamatta (and the poor horse allocated to me) will have an interesting 2-hour experience! This indeed is a big Dare to Do for me. I will let you know the outcome of my journey in my next column!

When it comes to cars and trains, men often revert to boyhood at the sight of a V8 Ford racing round a track (particularly at Bathurst!) or a locomotive winding its way along the rails! Dare to revert to a childhood dream and experience the Diesel Driving package with Mornington Railway. Guys (and Girls), Dare to drive the T-class diesel under instruction from one of the railway's experienced drivers.

With winter upon us, I - like most - am tempted by delicious comfort food. However, I have undertaken another promise to myself - Dare to lose 4kgs by Christmas! Of course, I haven't yet come to terms with how I will keep off the kilos at that special time of the year with so many temptations put in one's way! Waking up early this morning, I donned walking gear and headed off into the foggy, crisp morning without the two Girls (Miss Brodie and Georgia). I did feel guilty leaving them watching out the window, but I wanted to undertake a 30-minute walk without a stop. Their idea of walking - of course - is to stop and sniff every blade of grass along the way and a 30-minute walk turns into a slow, stop-start 1 hour ramble.

I may continue to try to achieve this goal on my own, but if not I will head to Curves for physical and emotional support. Won't you join me in my quest to lose the winter (and often other seasons!) kilos? Let me know.

Dare to have fun at a pole dancing class; go back to (night) school and start a course you have always regretted not doing earlier; enrol in a painting session; enjoy the magic of a bathe in natural thermal mineral waters; learn to sail; take a scuba diving lesson; the list of Dare to Do's is endless here on the Mornington Peninsula.

FATHER'S DAY

This special day to celebrate Dad's important role in the family will be held on September 6.

Cards and presents are normally part of the ritual we undertake at such time. However, as the line in an old song says "little things mean a lot". Why not Dare to Do something different.

Google the year Dad was born. Look for titles of music of the era. Top sporting billing stories. General News headlines of the day (and week) he was born.

Car and fashion tidbits. And look for other items of interest that Dad would enjoy reading. Prepare an easy booklet format and present to him on the day.

If you would rather do something practical (or active) then: take him fishing (early morning); have a father-son walk and chat before returning home to prepare a barbecue for him surrounded by his family; or bake his favourite dessert; let him be in charge of the remote control for a week (now that's a Dare!); mow his lawns; wash his car; listen to him and learn Dads are special.

AND THERE'S MORE ...

A Women In the Workplace luncheon will be held on September 16 from 12noon at Cape Schanck Resort. The speaker will be Dr Jane Shelton, Chief Executive Officer (honorary) for "Life. Be in it" and Managing Director of Marshall Place Associates, Melbourne's independent think tank. Jane has also written a book called "No Workplace Like Home". This will be a great function, so mark the date in your diary now (5950 1842)

Take up the challenge of Dare to Do. Participate in life and what we have on offer in our beautiful and exciting surrounds.

As part of the Good Life, remember:
if you can dream it you can do it

- Cheers, Dianne

Expecting Friends & Relatives? ...or just want to have as much fun as the Visitors?
www.visitor.com.au or pick up a copy of the MP Visitors Guide

55,000 WELL READ COPIES PER EDITION

The GoodLife delivered to 50,000 homes & postal boxes from Langwarrin to Portsea.

5,000 bulk dropped & venue copies to high traffic areas

DON'T MISS OUR SPRING ISSUE

Booking & Material DEADLINE 15th September

Book early for best positions.



PHONE 9789 9633 FOR ALL ADVERTISING ENQUIRIES OR EMAIL goodlife@visitor.com.au