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lifestyle

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Afternoons (1 - 5pm)



Offering catering from 1 to 1000 guests. For breakfast, lunch, dinner, cocktail parties, buffets, seminars and corporate bbq's, Milestones Catering can cater for almost any event.

They can supply staff and all your equipment needs, tailor a menu to your specific needs and even provide alcohol through their partnership with Brown Brothers.

To see the extensive menu from the GOLD licensed Milestones Catering visit their [website](#).



Urgent Call for Blood

The Australian Red Cross Blood Service said today it is in urgent need of donors to come forward with less than 36 hours supply remaining nationally.

"We have half a million donors who support the 6 million Australians who have been, or will be, hospitalised this year," the National Operations Manager of the Australian Red Cross Blood Service, Dr Pip Hetzel, said. "This time last year we needed 20,000 donations each week to maintain an adequate blood supply. This year, we're needing 21,000 donations every week to meet hospital needs. That 5% may not sound like much but it is. There's no substitute for blood. If people with cancer, heart disease, kidney and bowel disease, premature babies and accident victims are going to live, they need blood to survive."

"Quite simply, Australia isn't meeting the needs of Australians at the moment," she said.

She said that people requiring chemotherapy are particularly at risk, unless donors come forward urgently, as 30% of all blood donations go to people with cancer. "Blood donation is one of the simplest ways to give something back to the community," Dr Hetzel said.

To make an appointment to give blood, or to find out more, call 13 14 95 or visit



The Boathouse Blackwattle Bay

For almost a decade The Boathouse on Blackwattle Bay has been recognised as one of Sydney's finest restaurants. Once again its consistently exceptional quality of food and service has been rewarded with a Chef's Hat in the 2007 Sydney Morning Herald Good Food Guide. The Boathouse's international reputation for showcasing the finest Australian seafood is also helped by its stunning location in an historic converted boathouse on Blackwattle Bay with spectacular views of Sydney Harbour and city. The Boathouse's on-going success can also be attributed to the commitment of Head Chef Perry Hill and co-owner Tony Papas to creating new and innovative dining experiences. The Boathouse is located right on Blackwattle Bay at the end of Ferry Road, Glebe, just 10 minutes from the CBD by car. The surrounding area has recently been landscaped, and the restaurant itself has just undergone major renovations. Its classic modern Australian decor with polished wooden floorboards, and the newly refurbished kitchen, which resembles a galley of an ocean liner, all help to give the sensation of being on a boat.

It's the ideal venue for any occasion whether a working lunch, romantic dinner or family function. And with the construction around the Bay now complete, there is plenty of parking in the nearby streets! For more information, visit the new website at www.boathouse.net.au to find sample menus, wine lists and information on booking for special occasions and groups, and a map of the location. Call (02) 9518 9011 for bookings.



Think Pink

As many of you would already know, it's Pink Ribbon Day today as part of Breast Cancer Awareness Week. Breast Cancer is the most common invasive cancer diagnosed in females in Australia and it is estimated that almost 13,300 Australian women will be diagnosed this year. The National Breast Cancer Foundation hopes to raise \$4.2 million to contribute to breast cancer research for 2006. To assist them to achieve this goal, why not purchase a 'virtual' pink ribbon, by sending the word 'pink' via SMS to 193 939? You'll receive a pink ribbon wallpaper for your mobile phone of which the foundation will receive \$3.00. So go on, think pink! For more information on the cause visit the [National Breast Cancer Foundation website](http://www.nationalbreastcancerfoundation.org.au).



Speed Alert - The Revolutionary New Drivers' Licence Saver

Drivers need never again lose track of what the speed limit is, even in unfamiliar territory, thanks to a revolutionary new hi-tech device called SpeedAlert. SpeedAlert continuously monitors a vehicle's speed and compares this to the prevailing limit. SpeedAlert protects drivers from a raft of dangers posed by unintentional speeding in demanding driving environments. These include increased braking distances, speeding fines and licence loss.

The SpeedAlert service combines a comprehensive digital database of speed limits - including all school zones and their activation and deactivation times - with satellite-based GPS navigation technology. It is designed to run unobtrusively on a range of hand-held electronic devices including PDAs and mobile telephones.

SpeedAlert operates unobtrusively and continuously as the vehicle is driven, assisting drivers to keep track of frequently changing speed limits. By removing uncertainty about the prevailing speed limit, SpeedAlert frees drivers up to concentrate harder on the dynamic traffic environment.

SpeedAlert emits a series of visual and audible warnings, which users can customize to suit their driving preferences, whenever the vehicle's speed exceeds the prevailing limit. This helps drivers pay attention to prevailing road conditions rather than continually referring their speedometer.

SpeedAlert, which has been under development for over two years and is operational in Sydney now, adapts automatically to the times during which school zones are active and inactive throughout the day. "SpeedAlert will make the roads safer," says SpeedAlert founder & CEO George Germanos. "And its not just SpeedAlert users who will benefit from it. All road users, including vulnerable groups like pedestrians, will benefit from a technology that reduces the conflicting demands on drivers in today's complex driving environment."

"With SpeedAlert monitoring both the speed limit and the vehicle's speed, drivers can operate in a more secure environment, and devote more mental resources to vital driving decisions like hazard perception and avoidance. SpeedAlert users are at much less risk of losing their licences. This will save SpeedAlert users money and substantially enhance the job security for the large proportion of drivers whose licences represent their livelihoods.

"Most importantly, however, SpeedAlert will help save lives and reduce road trauma."

For more information or to buy visit www.speedalert.com.au or call 1300 SPEEDING



Aussie Mutual

A Lifestyle of Choices. Financing the Australian Lifestyle.

Aussie Mutual is an ALL Services Finance and Investment Company.

At Aussie Mutual Our business is to find solutions which put affordable 'core value' lifestyle services into touch, with every Australian.

Spearheading our service is Medical Benefits at no cost to ourselves.

Aussie Mutual Home Loans are designed to reduce over the first four years, relative to the Standard Variable Rate.

Other reduced rates will include Energy Costs, Motor vehicle Finance, Insurance and various other products and services as they come to hand.

aussiemutual.com.au



Pacific Boating

If you love the thought of getting out on the water without the hassle, cost and know-how of maintaining your own vessel, Pacific Boating can make your dreams come true.

For the past four years, in excess of 200 members have been given access to Sydney waterways on board Pacific Boating's eleven strong fleet of world class luxury Sea Ray sports cruisers which range from 28 – 37 feet.

Pacific Boating offers a range of luxury cruisers ranging from 28 to 37 feet. Sleeping upwards of 4 people, they feature a walk around deck, television and DVD player, six stacker cd with speakers, air-conditioning, dual stove, dual refrigerator, microwave, barbeque and ice maker... 5 star luxury.

As a member of Pacific Boating you will be entitled to use the boats for up to 30 days each year depending on week day, weekend or overnight usage. Memberships start at \$12,000 depending on the class of vessel. All you pay for on the day is your fuel... leave the rest to the Pacific Boating team of membership consultants.

Director of Pacific Boating and former sailing enthusiast, Phillip Pitt, was a member first, leaving a high flying corporate position in general management for the ultimate sea change. Phillip says, this five-star 'walk-on, walk-off' service appeals to everyone but especially offers a 'try before you buy' concept for those who may have considered investing in their own vessel.' For Phillip it is the flexibility of the concept which has the greatest appeal. 'The beauty of Pacific Boating is that you're not committed beyond 12 months. While the majority of members do renew, the flexibility is there should you choose to take a break.'

pacificboatinggroup.com.au



Lifestyle Working

It's the exciting new workplace that everyone is talking about. Does your workplace have the freedom of choice and flexible work spaces that allow you to work outside of the office or hold meetings in catered meeting space at no extra cost? Does your workplace provide you with access to a great business community and link into one of the largest shopping centres in Australia? Are you tired wasting time while traveling into the city or sitting in traffic for hours?



A unique purpose-built business community, Lifestyle Working is the real alternative to leasing or owning inefficient or unsuitable premises, working from home or traveling to a dull city desk. The Lifestyle Working environment includes flexible workspaces and shared facilities such as privileged and semi-privileged collaborative meeting spaces so you save on costs while enjoying the facilities of a much larger organization. Add to that abundant parking, a health club, lap pool, cafe / restaurant and the Lifestyle Working mix becomes irresistible. Other unique features include use of solar energy, natural ventilation and lighting and rainwater harvesting – making it more affordable, cutting running costs and reducing outgoings. Lifestyle Working is setting the new benchmark for sustainable development in Australia and is leading the way in innovation and technologies to reduce the consumption of energy and water. There are 168 strata suites from 36sqm combining to provide 12,400sqm of lifestyle-oriented strata office

space for small to medium owner occupiers and investors.

For more information on Lifestyle Working visit [the website](#) or call 1800 195553.



CarLovers - Saving Our World's Water

CarLovers uses the latest technology at their Carwashes. Their water recycling system has the ability to recover up to 85% of car wash waste water. This environmentally friendly system is successfully used to cope with our extremely dry conditions.

CarLovers has 5 locations across Sydney, at Chatswood, Marrickville, Turramurra, Merrylands and Green Valley. There is also Lakehaven on the Central Coast and Warrawong & Wollongong south of Sydney. Plus our interstate locations, of which there is a full list on their [website](#)

CarLovers offers 2 different types of washes:

- The first is the laserwash, which is and a safe, automatic alternative to harsh, abrasive brush washes. Nothing touches your car but water, cleaning solutions and liquid polish (if you choose) to give you the ultimate automatic carwash. When you drive into a CarLovers' Laserwash, your car is accurately measured by sensors which allow the 25 high pressure jets to be at the optimum distance from your vehicle to maximise the effectiveness of the wash, even under your car. All you need to do is simply select between one of the three wash cycles, then sit back and enjoy the ultimate in automatic carwash systems. The cost of the laserwash starts at \$12 for the standard wash, \$13 for the deluxe and \$15 for the ultimate laser wash. Each laserwash has the following cycles; underbody blast, low PH soap, high PH soap, high pressure rinse and spot free rinse. The deluxe wash and ultimate laserwash also has a polysealant cycle, and the ultimate laserwash has a foaming liquid polish as well.
- The second is the self wash option; CarLovers' do-it-yourself, coin operated carwashes are safe and easy to use. This system offers you 6 options to choose from, all designed to provide you with the Ultimate Car Wash. The customer selects the cycles which includes; foaming brush, high pressure rinse, wheel tyre & engine cleaner, spot free rinse, liquid polish and high pressure soap. The cost is at \$1 per minute 15sec (Please note that the self wash option is not available at Chatswood CarLovers).

CarLovers also has vacuum machines available on site, as well as fragrance machines and vending machines containing car care products.

All sites are 24 hours, apart from Marrickville which is open 8am to 7pm.

NAME THAT TUNE



If you know and love the music from the 80's, Hasbro's brand new game, Name that Tune, is for you... Name that Tune is the DVD music board game packed with classic music video clips from that crazy decade known as the 1980's!

Test your musical knowledge as you relive the birth of music videos, viewing hundreds of video clips including those you loved and loved to hate, on your TV. There are more than 1,000 questions about music from the 1980's decade!

Take a walk down musical memory lane when Frankie went to Hollywood, The Bangles walked like Egyptians and Cyndi Lauper just wanted to have fun!

The game is based on the classic TV game show (if you remember it!). Players travel around the board and answer music trivia questions from cards, of which there are two types, standard and, for the real 80's connoisseur, 'Expert'. Once you have shown your prowess with 80's music trivia, test your skill with the DVD and conquer the 80's music clips and videos.

So slip into your favourite lycra outfit, break out the hair gel, spike up your hair and play the game that's packed with music clips from groups like A-Ha, Bros, Culture Club, Duran Duran, Roxette, The Ramones, Tears for Fears, Europe, Queen, Wham! and many more!

Name That Tune is available from all major retailers and toy stores for \$69.95



U2 VERTIGO TOUR RESCHEDULED TOUR DATES

Ticket holders should retain and use their existing tickets for the rescheduled performances.

Sydney - Telstra Stadium

Original Date: Friday March 31st

New Date: Friday November 10th

Original Date: Saturday April 1st

New Date: Saturday November 11th

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