

They need one too



Mobilising force: Inspector Raf Ajaka (from left) and superintendent Helen Begg with Kogarah Lions' Michael Kitmiridis and the type vehicle St George police want.

THE Kogarah Lions Club has launched an appeal to raise \$120,000 to buy St George police a mobile command vehicle.

It would act as a mobile police station to co-ordinate emergency operations.

Kogarah Lions Club director Michael Kitmiridis said the success of the fund-raising project will have benefits for the community.

"There are only two such vehicles to cover the southern region of Sydney," he said.

"Currently, officers of the St George area command have to borrow the vehicle used by Botany Bay or Miranda area commands.

"Given the recent spate of criminal activity within our community, it is our responsibility to assist our local police in providing us with the protection that we have come to expect." The fund-raising will culminate in a ball in September at the St George Motorboat Club hosted by Radio 2GB's Chris Smith.

Donations can be sent to Kogarah Lions Club, qf PO Box 389, Ramsgate 2217.



Greek PM's wife gives first aid to journalist

NICOSIA (Reuters) - The wife of Greek Prime Minister Costas Karamanlis, a doctor who works at a hospital in Athens, gave first aid to a cameraman who briefly collapsed during a state visit to Cyprus. Natassa Karamanlis stayed with the man until an ambulance arrived to take him to hospital after he had lost consciousness while filming her and Cypriot first lady Elsi Christofias at a museum in the capital Nicosia, local TV stations reported. Karamanlis is on a two-day visit to the Mediterranean island.

Mamma Mia! stage show returns to Australia

The Movie, starring Meryl Streep, Colin Firth and Pierce Brosnan, became the most successful movie musical of all time.

Now the global hit stage musical based on the songs of ABBA is set to return to Australia for a 10th anniversary tour, with strictly limited seasons in Sydney, Melbourne, Perth and Brisbane.

Writer Catherine Johnson's tale of family and friendship unfolds on a Greek island paradise.

On the eve of her wedding, a daughter's quest to

discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years earlier.

The new production of Mamma Mia! reunites several members of the original Australian tour cast, including Anne Wood who will return to the role of the mother-of-the-bride, Donna.

She spent two and a half years with the original production and said she had an "incredible time", but didn't feel inspired to reprise the role until she saw Mamma

Mia! the movie. Wood said she loved what Oscar-winning actress Meryl Streep brought to the part of Donna.

"I thought she was incredible. It goes without saying, she's an extraordinary actor," she said.

"I loved the way she sang as well, she really transcends her voice in many ways and the storytelling in her singing is just so intense and wonderful."

As an added source of inspiration this time around, Wood is now a mother herself, having given birth to

daughter Charlotte less than two years ago.

"When I did the show the first time around I felt like a mother to the two girls who successively played my daughter, and I'm still in contact with both of them - one of them still calls me mum in fact," she laughed.

"It will be quite strange going through the relationship with (on-stage daughter) Sophie knowing now what I know about being a mother, all the overwhelming love and the fear that you experience as a mother."

Ten reasons why now is a great time to holiday in Australia

While many Australians are finding it harder to take a holiday due to work and life pressures, and are accruing their annual leave at an alarming rate, there are indications that there are plenty of reasons why workers need to unlock their leave.

Annual leave accrual by full-time employees has grown 11 per cent from December 2006 to December 2008 and this is having many flow-on effects.

However, to increase productivity in the work place as well as mental wellbeing, it is now more important than ever to take a holiday.

Editor of Men's Health, Bruce Ritchie explains, "The best way to reduce stress - and reap the personal and health rewards - is to take a holiday. Reduce the hassles even more by cutting customs out of the equation and seeing more of Australia."

Tourism Australia's No Leave, No Life program is encouraging Australians to take their entitled annual leave and provides tools to make it easier for them to do so. The program's website (www.noleavenolife.com.au) includes tips on planning leave, as well as ideas for a quintessential Australian travel experience.

To emphasise the many types of holiday experiences available within Australia, employees have the chance to win an Aussie holiday every week for eight weeks through www.noleavenolife.com.

Just as important is finding ways of saving money in the current climate, so here are 10 reasons why holidaying within Australia is more cost-effective, fun and stress-free than holidaying abroad:

1. Petrol prices - at a five year low
2. Exchange rates - overseas travel is less affordable
3. Enjoy the comfort of travelling in your own car - and you can take the dog too!
4. Less baggage - your limit is as much as you can fit in your car
5. No airports - avoid the delays and stress
6. Explore your own turf - do you really know your country?
7. Shorter travel times - spend your time - and your money! - on holiday, not travelling
8. Discover something new - do something you've never done
9. Enjoy a longer weekend break - leave after work on Friday and return early Monday morning
10. Home away from home - no need to worry about currency or language barriers.

Bruce adds, "The No Leave, No Life program empowers employees to fight for a good work/life balance and ensure people can operate at their best - both professionally and personally. A holiday is a fantastic way opportunity to take some well needed time out and get a fresh perspective on what really matters while spending time with those close to you."



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