

Eternal love - 50 years of marriage bliss

When Peter Jackson-Calway first set eyes on Effie in Gunnedah NSW approximately 52 years ago, it was a life-changing moment - it was love at first sight.

The two crossed paths while stationed in the rural country town; Peter was running youth camps through the church at Gunnedah and Effie was travelling through NSW working with youth and attending youth conferences.

After their initial meeting, Peter and Effie became great friends, but any thoughts of a relationship meant enduring long periods apart and trying to keep in contact with each other from a distance; something that was much more difficult in the late 1950's than it would be today.

But the strength of their love for each other overcame the distance problems and after two years of snatching precious moments together every few months, Peter proposed marriage to the beautiful girl who had not only caught his eye, but captured his heart.

Peter took Effie for his bride on Sep-

tember 26, 1959 at St Peters Cathedral in Armidale, and, as Effie's family were of Greek decent and Peter's English, they had two weddings - one Anglican and one Greek Orthodox.

The union has stood the test of time



and the couple are about to reach the milestone of 50 years of marriage, which they will celebrate with their sons, Michael and Tim, and close friends and family.

When asked what advice they would offer to young couples looking to tie the



LEFT & BELOW: Peter and Effie on their wedding day 50 years ago.
BOTTOM LEFT: Peter and Effie today - their love still standing the test of time



Effie agreed, adding that their deep faith has helped hold them together through the trials and tribulations running businesses together over the years.

"Communication and support for one another is the key." Effie said, "forgiveness and understanding on both sides and looking at ultimately what is most important - don't dwell on the petty".

And 50 years has not dimmed the desire for Peter and Effie to spend precious quality time together - they clearly adore each other and are very good friends as well as husband and wife.

"We really enjoy each other's company" said Effie. "We like to take short breaks together, its important to spend time alone and switch off".

knot and last the distance during times of rising divorce rates, Peter and Effie have very similar thoughts; proof that being on the same page is an important ingredient.

"Patience, understanding and being able to talk things through," said Peter.

By Kerrie Martin
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Free brekkie snags \$4000 for charity

STELIOS Adamou from Short Black Espresso Bar at Penshurst has again shown his hospitality by serving up hundreds of free breakfasts.

More than 500 hot breakfasts were served at the recent event. "It was crazy but good fun", Mr Adamou said. Dion Accoto and Daniel Harb from DPH Lawyers at Penshurst paid for the breakfast. Mr Adamou said the success of the day was due to the hard work of his staff, friends and family members, who were run off their feet. "It is a good feeling - it's good to get involved with the community", he said. More than \$4000 was raised for the Spastic Centre an amount that exceeded the expectations of one of the centre's staff members Lyn Kerslake. She said the money would help buy resources including a communication device for children who couldn't speak. "I'm really pleased we'll be able to buy a few things", she said.

True hospitality: Stelios Adamou (fourth from Left) with friends and family who helped at the free breakfast. Picture: John Veage, article from The Leader

Health, Beauty and Fitness

A waist to die for

FLABBY bellies are notoriously difficult to control through diet and exercise.

"Liposuction alone does not remove extra skin or tighten muscles", says Penrith plastic surgeon, **Dr. Tim Papadopoulos (PHOTO)**.

"A tummy tuck addresses all three major problem areas at once.

"In one operation we remove excess fat, saggy skin and tighten abdominal muscles that may have become distended with pregnancy or age".

Incisions for a tummy tuck are made below the bathing suit line from hipbone to hipbone and are generally tailored to the patient's wishes.

Another incision is made around the belly button.

While the belly button is left intact, the tissues beneath are elevated from the lower abdomen to the rig cage area and redundant skin is removed, exposing the abdominal wall. "At that point, the abdominal wall is tightened by suturing together the abdominal muscles and repairing any damage that occurred during pregnancy or weight gain. At no time are these muscles actually cut," Dr Papadopoulos stresses.

"It is the tightening of the muscles that really reduces the waistline".

Liposuction is then performed on the abdominal wall, waist, hips and "love handles" in an effort to create a smooth, pleasing contour across the entire waistline.

Finally, the abdominal skin above the belly button is stretched down to meet the incision at the public hairline.

A small incision is made for the belly button, which will reach back through the abdominal wall as usual.

Patients are usually instructed to wear a girdle or medical compression garment over the entire abdominal area to provide support and comfort while healing.

It takes generally two to three weeks to make a complete recovery, and Dr. Papadopoulos insists most of his tummy tuck patients are back to work within three to four weeks.

