

PENSION INCREASE ON THE WAY

More than 46,700 pensioners in the electorates of Blaxland and Banks will receive an increase in the pension from September 20.

From September 20, single pensioners on the maximum pension rate will receive an additional \$70.83 per fortnight.

Couple pensioners combined on the maximum rate of the pension will receive a total increase of \$29.93 per fortnight.

The increase applies to age pensioners, disability support pensioners, carers, wife and widow pensioners and veteran income support

recipients.

Member for Blaxland, Jason Clare MP, says "Every dollar counts when you're living on the pension."

Mr Melham, Member for Banks, said "These reforms to the pension are long overdue and well deserved."

The Federal Government is also simplifying the way the pension is paid.

A new, increased 'Pension supplement' will replace four allowances – the Utilities Allowance, Telephone Allowance, the GST Supplement and the Pharmaceutical Allowance.

The new Pension Supplement is greater in

value than the four allowances combined.

The Government is also improving the way in which the pension is indexed twice yearly through the introduction of a new Pensioner and Beneficiary Living Cost Index (PBLCI).

The PBLCI provides a more accurate reflection of the costs of living for pensioners. It takes in account the kinds of goods pensioners buy and is also benchmarked against the current average wage.

Pensioners will receive a letter from Centrelink detailing how the pension changes will affect them.



Full details of the changes available at www.centrelink.gov.au to rates and thresholds are



A mountainous 18th century 'Parthenon'

Characterised as the "Parthenon" of the Pindus Mountain range that dominates north-west and north-central Greece, the monastery of the Holy Cross, near the community of Doliana, is one of the most significant ecclesiastical and historical monuments in Trikala prefecture. Trikala prefecture already features the imposing Meteora rock formations and the stunning Orthodox monasteries and chapels built on the rock summits. Built at an altitude of 1,150 metres in the "heart" of the rugged mountain range, the monastery's architectural style is a composite, according to university professor Pavlos Mylonas, with the domed basilica and other domes showing at least three chronological periods of construction, beginning in 1770. Prof. Mylonas, in fact, cites influences from as far away as Moldavia, old central European architecture as well as Ottoman and even Armenian styles prevailing in the 18th century. "We're led to think of a chief builder that was well-travelled and cosmopolitan, probably someone that travelled and worked as far as the Danubian principalities," he said.

George "Rockstar?" Kapiniaris

George is back for 2010 in his very own one man show "GEORGE-ROCKSTAR?" With a rider of Nappies, Powdered Milk, Wet Ones and Souvlaki, George Kapiniaris is ready to fulfil his true destiny...becoming a ROCKSTAR!

You would think that starring in some of Australia's most iconic TV series and boasting a highly successful career in comedy would be enough for Australia's most loved Wogstar...but with the prospect of fatherhood loom-



ing over his shoulder, George Kapiniaris has realised he never truly fulfilled his burning desire that has always been his true passion!

Never quite getting over the Bouzouki Stratocaster that his parents bought him for his fourteenth birthday, ironically his prized possession is a Gibson Les Paul guitar that he bought for himself in an act of midlife crisis.

"This is more than a mid-life crisis" explains George "This is a calling from a higher power... This is like an ancient greek quest...like Jason and the golden geece... Odysseys and the Cyclops... St george and the dragon... The 300 spartans minus 299 spartans...and what would he do?"

ROCKSTAR is george's last chance to strut and strum his stuff on stage because he's

not aloud to do it at home anymore-his marshall amp is now a stand for the baby bath & change table!

KISS might have given ROCK N ROLL TO YAH, but George Kapiniaris will take it away in 'GEORGE-ROCKSTAR?'

Only the lyrics of AC/DC can best describe george's dilemma:

IT'S A LONG WAY TO THE TOP if you use a breast pump...

YOU SHOOK ME ALL NIGHT LONG but the baby's still awake...

DIRTY NAPPIES ARE DONE DIRT CHEAP

BABY PLEASE DON'T GO back to sleep because I'm going to have to feed our son at four a.m. in the morning instead of you

ROCK AND ROLL AINT NOISE POLUTION its crying that's noise pollution

I'M ON A HIGHWAY OF SMELL!

& FOR THOSE ABOUT TO have a baby WE SALUTE YOU!

George "Rockstar?" Kapiniaris Performing at the Function Centre

Saturday 27th February 2010

Doors Open: 7.30pm Seated Show. Ages 18+ Tickets On Sale Now: \$30 + \$3 b/c

Barossa chef named Australia's best pizza maker

It was third time lucky for South Australian chef and restaurateur Damon de Ruiter when he grabbed the title of Australia's best pizza maker.

De Ruiter battled it out in the finals of the Dairy Farmers Best of the Best Pizza Challenge against young pizza maker Riccardo Moretti to be named the national winner of the annual competition. It is the third year that De Ruiter – chef and owner of the Angaston Roaring 40s Caft in the Barossa Valley – has been in the national finals of the competition which aims to find Australia's best pizza maker.

As part of his prize package he will head to Las Vegas next year to be repre-

sent Australia on the international pizza making stage at a world pizza competition there. The competition was run over three days at the giant Fine Food Australia event now taking place at the Sydney Convention and Exhibition Centre. Ten finalists – five in the traditional pizza section and five in the gourmet section – went head to head to make pizzas in a series of categories for the panel of judges.

De Ruiter was named the overall gourmet pizza winner while Moretti – from Pizzeria Bellucci at the Bankstown Sports Club in Sydney – won the traditional category. After being announced the winners, the pair then were given a

'Black Box' of ingredients and had 30 minutes to plan and 20 minutes to prepare and cook a pizza from those ingredients to take the overall title. The ingredients the pair had to use included Wagyu beef bacon, rocket, capers, triple cream brie, red onion, and horseradish.

Following a tense cook-off in front of a huge crowd the judges tasted the pizzas and declared De Ruiter's the winner. After winning De Ruiter said he was "knackered" and announced his retirement from the competition. "I'll be getting some of my young staff to compete next year," he said.

The category winners for the competition included Johnny Kondoutsikos

from Othello Greek Restaurant, Southbank, Victoria (Best Cheese Pizza, Gourmet), Kaz Derbas from Hugos Manly (Best Black Box pizza, gourmet), Emilia Galatis from Delizioso Cafe, Subiaco, WA (Best Seafood Pizza, gourmet), Damon De Ruiter (Best Smallgoods Pizza, gourmet), John Ottone from Golden Pizza, East Brunswick, Victoria (Best Smallgoods Pizza, traditional), Mel Anastasio from Sfera's Mint Cafè Bar, Modbury, SA (Best Cheese Pizza, traditional, Riccardo Moretti from Pizzeria Bellucci, Bankstown (Best Seafood pizza, traditional and Best Black Box pizza traditional.

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