

Spring is Nature's Way of Saying Let's Party!

There's a Spring in my Step!
Spring Fever! Hope Springs Eternal!

It's true what they say about Spring – there IS something in the air and as we put this issue to bed in the Goodlife office we can all feel it...Spring has Sprung and Summer is just around the corner!

I'm starting to see and marvel at how much of my garden has actually survived last Summer; it's a little lighter when I get up in the morning and the afternoons are stretching into evening; generally the world looks brighter.

In this issue we hope you'll enjoy reading about some of the colourful personalities living on our Peninsula – Rosalie Sword and Joanna Murray-Smith (not quite a resident but an 'old girl' of Mt Eliza). There are lots of opportunities to get involved – see our community noticeboard and of course the Railway story;

Things to do? Our What's On is jam packed and don't miss the Main Street Mornington Festival on 21st September. For art lovers the ADFAS Forum is also a must and off the Peninsula but presented by our own Jenny Pihan Fine Art is the fabulous Two Artists-One Space Exhibition at the Glen Eira City Council Gallery. Lots more in our Arts section!

Looking for the Fountain of Youth? – our Health and Beauty pages are packed full of great ideas and there is a load of Spring colour in our Fashion feature.

Ginger Hill has also found her inspiration in the colours of Spring and in her own backyard – sprucing up our outdoor entertaining areas are just some of the suggestions she offers in House and Garden. Of course we know you will turn to our fabulous dining feature and try the chef's selections for inspiration. Don't miss our new Women's Business section and we are continuing to feature more stories on education, environmental & sustainability issues.

On a personal note I was delighted to include a great article on the barefoot people of Tilonia written by my very dear Uncle Jim (Vickers-Willis). His new book 'The Magic of Life' is out now and available with a free copy of his "Square Dancing Boom" cd (95992205).

*"Sitting quietly, doing nothing,
Spring comes & the grass grows by itself."
(Zen saying)*

Not on this block!

Who would believe it? This issue marks the start of our 5th year!

Thankyou to all our advertisers for making it possible and our great readers for your support and encouragement.... Enjoy the Good Life!

- Mary, Arthur, Lisa, Suzette,
Melissa, Ginger and the Team

LIVING *the goodlife*

The Winter rains have been both delightful and devastating, as we have seen in parts of Gippsland. We needed the drought to break, but certainly not all in one day, as it seemed.

Now Spring is upon us and great food is in abundance here 'at home' with so many wonderful restaurants, cafes and hotels.

MAYBE A LAZY BREAKFAST?

Café Jett offers that and more seven days a week. A venue for a business luncheon can sometimes get one thinking. Problem solved. Paringa Estate's dining room with its pretty views, extensive menu and award winning wines sets the mood.

Perhaps a weekend stroll into the new homewares boutique for a spot of shopping followed by an intimate (if you desire!) luncheon with your husband at La Petanque Restaurant.

Looking for a place to meet up with the girls? Why not try The Café at Tuerong. Casual dining, a fully licensed restaurant and an open fire. Extend your stay.

BODY ATTENTION

Although still a little cool outside, Red Hill Spa can warm and revitalise the body with many different packages. A facial, massage and manicure. Or maybe simply try their special pedicure, which encases your feet in warm oil to soften the skin, followed by a wide choice of nail colours for the toes.

Out of shape but not wanting a regimented exercise regime that takes ages to implement? Why not try Contours who can provide comfortable surroundings and workouts that suit individual needs and lifestyles. By the time Summer arrives, you will notice the difference!

Enhance the colour of your hair to make you feel and look better, as well as getting a cut that suits not only your face shape, but also your busy life. Go and speak to the team at Zumay about what you have in mind.

With all of that in place, Ladies, you need to adorn your body with some enchanting pieces from Minzenmay's. Leave time to browse and buy, as there is much to view.

Looking for more in your wardrobe, see our fashion pages for fabulous Spring Carnival ideas.

HOUSE WORK

Sorry about the heading, Ladies, but it has to be said. When the weather has not been at its finest, our interior surroundings can sometimes seem to reflect the same mood.

Break out the cheque book or credit card and head for some soul lifting shopping!

Tigerlily in Mornington offers a wide range of furniture. The Mellow Canary in Mount Eliza will help enhance the romance with soft furnishings, wallpaper, chandeliers and curtains for several areas of your home. Beacon Lighting, Frankston, has a light fitting for your every need.

Beds are a place we love to lay our bodies on at the end of a weary day. But how long have you had your mattress? I know what you are saying, it is old but comfortable. Well, possibly it is not good for your back. Bedshed of Mornington can help with a new mattress that you will sleep well on and you will wonder why you didn't change before this!

The walls looking a little bare or the same old same old? McGee's Gallery, Mornington represents a range of artists' works – traditional and abstract.

Jenny Pihan Fine Art in Frankston has a large selection of artwork for every taste – modern, traditional, seascapes, floral, large and small. Discuss your taste in art with those with the expertise and you will come away contented with your purchase.

JUST A TIPPLE!

With all the shopping completed, a glass of local wine is a justified reward. Paringa Estate has award-winning wines as part of its cellar door selection. Take the time to enjoy.

With so much to do, what are you waiting for? Go and enjoy the Good Life. You deserve it.

- Cheers for now, Dianne



Expecting Friends & Relatives?

...Or just want to have as much fun as the visitors?



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