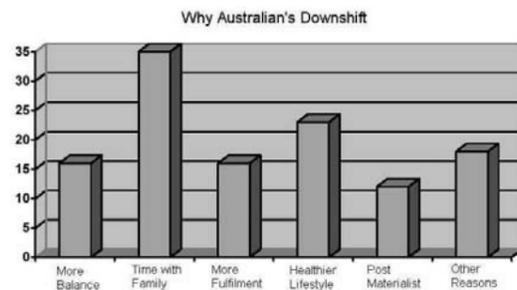


A BALANCED LIFE

Some 25% of Australian adults are choosing to opt for less pay and status in return for more time with family, friends and themselves. The following is an extract from a report by Clive Hamilton and Elizabeth Mail of The Australia Institute (www.tai.org.au) in their discussion paper *Downshifting in Australia: A sea-change in the pursuit of happiness* January 2003



... 'The trouble with the rat race is, even if you win, you are still a rat.' Many Australians agree with the sentiment of this epigram and dream of escaping the rat race. The ABC's SeaChange program was popular because it captured this shared dream. In other countries, there is evidence that many people have left the rat race to realise this dream. A US survey indicated that 19 per cent of adult Americans had voluntarily decided to reduce their incomes and consumption levels. This phenomenon is known as 'downshifting'; it has received almost no attention in Australia. In this study, downshifters are defined as those people who make a voluntary, long-term, lifestyle change that involves accepting significantly less income and consuming less. 'Sea-changers' may be thought of as a sub-group of downshifters,

those whose life change involves leaving a career and moving house in pursuit of a simpler life. 'Voluntary simplifiers' may be thought of as those sea-changers who make a more radical change for reasons

of principle as well as for personal motives....

The report provides an insight into a dramatic shift by many Austral-

ians, a shift away from consumerism, the belief that goods will make us happy to a life where relationships are all important. Where a sense of belonging is more important than belongings.

The full report can be obtained through a link on our web site or call us for a copy. I hope you find it useful and insightful reading. Cheers


Gordon Russell cpm
Managing Director

ps: our current newsletter can be downloaded from our web site

unit Care



Gordon Russell CPM
Managing Director
unitcare@senet.com.au

emergency numbers

Service	Number
Breakins, Electrical, Glazing	0412 420 544
Plumbing, Gas, Roof Leaks	0412 420 544
Police to attend - noise/robbery etc	131 444
State Emergency Services	1300 300 177

www.unitcare.com.au

COURT RULING ON CAT

unit Care

The following article appeared in the Sunday Mail in November 2002. We at UnitCare believe the Courts are sending a strong message to Body Corporates and their management committees that each application to keep a pet needs to be considered on its merits. This may equally apply to air conditioners and other works. We hope you find this useful information.

.... A pet cat has beaten an eviction order from a seaside apartment block.

Joshua, an 11 year-old Persian, can remain at his Glenelg North flat overlooking Gulf St Vincent until the day he dies, a court has ruled.

Outside the Adelaide Magistrates Court, his elated owner Penny Losifidis said she was "over the moon".

"I'm just so relieved that I can keep Joshua," the information support manager said. She said the result justified her decision to go to court. Ms Losifidis and her orthodontist husband Daniel De Angelis applied to the court after the Strata Corporation which manages the block ordered Joshua's eviction last December.

Under the rules, pets are not allowed at the 11 storey apartment block without the consent of the corporate body.

Subsequent appeals to the body failed to reverse their decision. Ms Losifidis said: "A blanket rule was placed on us and we didn't think it was right so we had to challenge it."

She said she hoped the neighbours could put the episode behind them. The childless couple bought their \$300,000 unit last year.

In overturning the eviction order, Magistrate Elizabeth Bolton said the corporate body's decision was unreasonable, oppressive and unjust.

"I'm not persuaded that the committee ever really considered the views of the applicants, in particular whether or not this was an appropriate instance in which the corporation should grant approval to keep the pet," Ms Bolton said.

Strata Corporation chairman Eric Torr said the verdict meant the strata's rules were "meaningless" and an appeal would be considered....

By Craig Clarke Sunday Mail 10/11/02



UnitCare Services
phone 08 8364 0022
fax 08 8364 6822
web site www.unitcare.com.au
email unitcare@senet.com.au
P.O. Box 195, Belair 5052
46 Kensington Road, Rose

after hours emergencies - phone 8364 0022 for numbers

ABN 193 4872 3265

This is a publication of UnitCare Services and is offered as information only and is not intended as a substitute for professional advice.

Web Site Improvements

UnitCare Services has improved its website for unit owners seeking help. There is more information and downloads along with an easier menu

It has some 30 pages of indexed and cross referenced help for unit owners and those thinking of buying a unit. The site includes:

- ✓ download our newsletter
- ✓ read articles from previous editions
- ✓ up to date comparison of fees & services with other managers
- ✓ the rights and responsibilities of unit owners
- ✓ procedures for changing a manager
- ✓ links to other useful sites and places mentioned in our newsletter



Find us at www.unitcare.com.au. We hope you find the site useful.

New ideas on issues most men won't talk about

Like older women, many men as they grey into old age seem to become invisible and silent — the difference is that men are only just beginning to talk about it. Some of them.

Older age for most men involves adjusting to major change, something many do not do well. Prominent among these are retirement, widowhood and relocation, all rating highly on the stress scale.

But it appears men have bigger issues at heart - father, adult, son relationships, the lack of a role once out of work and the spiritual aspects of living.

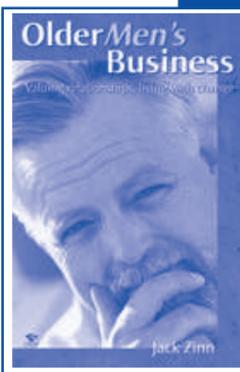
The prevalence of loneliness, depression and suicide among older men is similar to that among young men. But men over 65 are four times more likely to take their own lives than elderly women.

In reaction, Sydneysider Jack Zinn has written a book, *Older Men's Business*, his primary objective being to show men over 55 that they are not alone. Whatever their hidden feelings or fears, there are many others who feel the same.

This very readable book also provides insight for the families and carers of older men.

Jack Zinn lives in Sydney and was inspired by his own experience of retirement to become one of the founders of OM:NI (Older Men: New Ideas), the first organisation in Australia to focus on issues specifically affecting men in older age.

Jack has appeared many times on television and radio to discuss these issues, has worked with community and research groups and speaks to health conferences.



web help & wellbeing

Watch Your Step

The following appeared recently in *Common Ground*, the newsletter of CHU Insurance, Australia's major body corporate insurer.

..... Clumsy pedestrians have been told it is often unreasonable to expect damages payments from councils and the Roads and Traffic Authority (RTA) when they fall over on footpaths and roads in denying more than \$700,000 to three claimants, the NSW Court of Appeal ruled that people had to take reasonable care for their own safety when walking on surfaces with obvious imperfections. The judgements — summarised below — are in line with rulings by the High Court last year.

RTA v McGuinness

Trip over a manhole cover: \$599,000 damages overturned. "(A 13mm raised manhole cover) is not an unexpected or unusual danger to a pedestrian in Sydney. The standard of care is that which is reasonably required to protect pedestrians who are taking reasonable care for their own safety."

Burwood Council v Bymes

Trip on raised pavement: \$43,700 damages overturned. "The accident occurred in broad daylight in fine weather... if the plaintiff had been keeping a proper lookout she could have passed in safety. (A raised paver of 20mm) is not an unexpected or unusual danger to a pedestrian in the Sydney metropolitan area who is tak-

ing reasonable care and keeping a proper lookout."

Richmond Valley Council v Standing Trip, fall on crack/hole in pavement: \$68,400



damages overturned.

Pavement condition was "so obvious and so typical of those commonly to be encountered in daily life that the defendant was not under any duty to undertake inspections to identify them... (and) no duty to alter them in view of their obviousness.

These judgements indicate a shift toward the individual taking responsibility, or reasonable care, for their own safety. This shift by courts may have implications for the outcome of other personal injury cases and, ultimately, the availability and affordability of public liability cover

Source: Sydney Morning Herald Nov 05. 2002

free checkup

We have been able to save money for many of our clients through insurance premiums, after hours maintenance and preventative works.

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