

# Ready ... set ... relax!

This month, an overview of some great ways to relax – we present some ideas to get your work/life balance back on track.

Edited by Geoff Kingswood

## EMMA & TOM'S

All the juices and drink produced by Emma & Tom's are made in Australia and most importantly, the company is Australian owned. And interestingly, Tom is a Chartered Accountant. They support Australian fruit, vegetable and botanical producers and use their products as often as they can.

We all know fruit and vegetables are good for us, but why do Emma and Tom put herbs, seaweed and botanicals into their juices? It's because they are full of nutrients. In fact, some of them are absolutely loaded with nutrients, which benefit the brain and all sorts of other important bits of the body.

Emma and Tom know how important it is to provide Australians with a healthy, great tasting choice, when it comes to their drinks. That's why they started this company.

For a full list of healthy ingredients and where to buy, visit [emmaandtom.com](http://emmaandtom.com) or call 1800 112 889



## WINE REVIEW – WINES WITH PRESENCE

I have just enjoyed an exciting Semillon and a wonderfully crafted Chardonnay. They're under the Poole's Rock label and both were made by Usher Tinkler. It wasn't the first time I had tasted these two but, then, they'd been masked and variety and vintage was all we knew. I had given each a solid score and thought the Semillon was surely a Hunter and more than merely good. Since then I've decided it is one of the best I have seen and is, indeed, a world-class white.

That initial encounter was in the first-round judging of The Wine Society's Young Winemaker of the Year awards 2007 and down the track I was pleased to learn they had won their maker the top trophy. They are wines with presence, senior judge writes John Belsham. "Tinkler showed great maturity in handling the varieties," he says.

Endorsements like this are as strong as a winemaker would want, especially one aged 28. The proverb says you can't put an old head on young shoulders but Tinkler challenges it. Perhaps that's because from first days he was part of a family business and participated in pruning, trellising and harvesting in the Pokolbin vineyard that his grandfather planted in 1943. Or, perhaps, that as a man he has taken a degree in wine science, done vintages with Tyrrell's and Brands (and vintages in France and Italy), been assistant winemaker at McWilliam's Mount Pleasant and worked at Poole's Rock under guidance of one of the valley's great makers, Patrick Auld.

Whatever, Usher Tinkler is gifted and promising and definitely worth following.

Paul Foster was, for 10 years, the Winemaster at The Wine Society and continues to participate in its wine education and wine judging programs.



## POOLE'S ROCK SEMILLON 2005

Keen and clean while possessed of a certain softness. Apple and lemon with something along the lines of honey. Terrific tension and exceptional length; the flavours just don't go away. Cellar 10+ years. \$32



## POOLE'S ROCK CHARDONNAY 2005

Precise, with citrus and stonefruit factors. Elegant, even delicate, texture. Restrained oak. Depth, length, integration and balance. A Hunter with style. Lovely now and should cellar 2-3 years. \$32



## PRISONER: CELL BLOCK H

If he used to give you roses and you wish he could again, this complete DVD set could be exactly what you are looking for. All 692 episodes of this original Australian drama series can be yours to own, including an exclusive etched aluminium carry/display case.

The set also arrives with a handy book that outlines all the key characters, a literal who's who of Australian actresses of the time – when and why they arrive and their method of departure – not always on parole. Some of the DVDs contain extras that have never been seen before, these include cast interviews (from then and now), parts of episodes that never

made it to the television screen and director's commentary to give you a better understanding of the filming of each scene.

The complete set is available from most quality DVD retailers – individual volumes of episodes can be purchased, but the savings and the carry case make the box set a must have for all die-hard Prisoner fans.

If anyone asks, just say Queen Bea Smith made you buy it!



## LG SOLARDOM®

The SolarDOM® will help you prepare any dish up to four times quicker than a conventional oven. As well as getting healthy food to the table faster, another key advantage of less cooking time is a reduction in energy usage.

With the SolarDOM® you can choose from a variety of easy cooking methods:

- > convection cooking – this method of cooking is the same as an electric or gas fan-assisted oven. Air, heated by an electric element, is forced around the oven cavity giving an even cooking result with the traditional dry cooking method

- > speed combination cooking – allows you to combine microwave and convection or microwave and grill cooking, giving you quick results with a traditional appearance. Cooking times can be typically cut in half, while taste and vitamins are preserved.

- > microwave cooking – a very fast way of preparing food and especially suitable for foods that have a high liquid or fat content. Like all microwave ovens, high frequency radio waves cause the water and fat



molecules to vibrate and cause friction and therefore heat. The heat is produced on the outside of the food and spreads to the centre (microwaves do not cook from the inside outwards)

- > convection/grill cooking – this is an additional setting with a fully variable temperature range (40°C, then 100-250°C), allowing all foods to be cooked to satisfaction. The grill setting is a combination of radiant heat from above from the halogen lamp and quartz grill and bottom heating. There are three different heat levels.

For more details on the SolarDOM® Light Oven visit [au.lge.com](http://au.lge.com)

## SANDISK CRUZER® ENTERPRISE

Responding to a data breach is far more expensive today than just a couple of years ago. A recent survey in the US, conducted by the Ponemon Institute, shows a 43 per cent rise in costs when compared with 2005. The study found that the average total cost per breached record was \$US197 in 2007. The average total per incident cost was a staggering \$US6.3 million.

While there are no specific figures available for the cost of data breaches in Australia, it is fair to assume they are costing companies not only dollars, but reputation as well. A loss of confidence and trust can often be as costly to businesses as monetary losses.

Enter Cruzer® secure enterprise-grade storage solutions – portable and safe.

Cruzer® Enterprise USB flash drives are specifically designed to meet the unique security, compliance and manageability needs of enterprise-size businesses. The units do not rely on the user to decide which files to secure, instead it requires mandatory access control for all files – storing them in an encrypted, password protected partition. This requirement provides security and protects stored data in the event of loss or theft.

Cruzer® Enterprise features ultra-fast transfer speeds, a simple interface and the ability to plug and play. It's intuitive and practical enough for users to start using immediately. With hardware based encryption and mandatory access control, Cruzer® Enterprise helps IT managers more effectively protect information on company issued portable storage devices.

Businesses can add another level of security by launching Central Management & Control (CMC) server software — an innovative client server solution that utilises the unique hardware and embedded software capabilities of Cruzer® Enterprise USB flash drives.

For more details on the SanDisk Cruzer® Enterprise USB flash drives and Central Management Control software range visit [sandisk.com/enterprise](http://sandisk.com/enterprise) and for distribution enquiries contact Tudor Australia on 02 8221 9560 or email [info@tudortech.com.au](mailto:info@tudortech.com.au)



## The Excel® Wizard

**Q:** How can I sum data in a list based on specific criteria?

**A:** The "SUMIF" function!

SUMIF allows users to sum values based on a single criterion.

**Example:**

Below is a list of staff and their respective hours (A1:B6). In cell B9, let's add up only Daniel's hours.

	A	B	C
1	Staff	Hours	
2	Daniel	40	
3	Matthew	20	
4	Daniel	35	
5	Daniel	30	
6	Matthew	20	
7			
8	Summary		
9	Daniel	??	

Use the SUMIF function, as follows:

**Sum** = SUMIF  
(Criteria Range, Criteria, Sum Range)

**Criteria Range** = the names (\$A\$2:\$A\$6),

**Criteria** = Daniel (A9) and

**Sum Range** = the hours (\$B\$2:\$B\$6):

**B9** = SUMIF (\$A\$2:\$A\$6,A9,\$B\$2:\$B\$6)

	A	B	C
1	Staff	Hours	
2	Daniel	40	
3	Matthew	20	
4	Daniel	35	
5	Daniel	30	
6	Matthew	20	
7			
8	Summary		
9	Daniel	105	

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