

Raining cats and dogs

■ A hard rain fell in Melbourne on Saturday like nothing any of us had experienced. It came as quickly as it went and left a path of destruction in its wake. I was supposed to be at *Cats* opening night, and stood my date **Colette Mann** up as I couldn't get out of my building due to no power and elevators not working!

During the week I did see probably the best concert I have seen in a long time with **George Michael's** fantastic performance at **Etihad Stadium**.

It was magnificent. Some 47,000 people Melbourne saw a first-class professional slick production and the effortless ability of **George Michael** to deliver some of his best known songs and classics was superb.

The audience was rapt. Thanks to **Paul Dainty** and his team for a great night. It was good to catch up with **Vince Colosimo** who let his hair down and was seen dancing among many of the celebs in the crowd including **Megan Gale** and **Andy Lee**.

Aston Fitness launch



● Naomi Robson with Sigrid Thornton
Photo: Sam D'Agostino

■ Another fabulous night was the opening of **Aston Fitness**, at the **Como Centre**. **Donna Aston's** new fitness establishment is very impressive, and **Donna** is a living example of her work.

Donna is a very inspiring woman, having been a large teenager and working hard on her body she is a credit to what she does and her clientele reads like a who's who!

Sigrid Thornton, Naomi Robson, Jane Kennedy who always looks fabulous, one of the best smiles in the business, **Magda, Dave O'Neill** and **Vince Colosimo** all have their bodies sculptured by **Donna**.

Donna realises that nobody has hours on end to spend at the gym. Working with a trainer allows the focus to remain wholly on you, so all gym work is done on one-on-one.

I have booked in and am going to throw myself into the **Donna Aston** exercise regime as a treat for myself for my birthday.



● Donna Aston with Di Rolle

To Di For



with leading Melbourne publicist **DI ROLLE**

MELB. IS PAMPERING CAPITAL

■ Personal training and fitness is hugely popular and as well as rejuvenation of the body, one of the things I am fascinated with is facial rejuvenation.

In my job I get to meet great people and I have met a wonderful cosmetic surgeon named **Dr Tass** who I highly recommend.

Dr. Tass specialises among other things in anti wrinkle injections, brow lifts, frown lines and lip lines.

Dr Tass operates out of this two medical centres: one in **Ripponlea, 9295 6200** and **Beacon Cove, 9646 4655**

The **Herald Sun** recently reported that personal pampering in **Melbourne** has surged over the past decade, and that includes both men and women.

Seen on TV

■ **Dr Tass** says that demands for all types of procedures are up and his clients ages range from 18 to 80.

Men see it now as part of their grooming preparation and women love it to hide frown lines and improve their self confidence. It's now very accepted.

It has become a part of men and women's maintenance care just having your hair done or your eye brows plucked.

It's simple, not time consuming and inexpensive or as expensive as you want it to be.

I am going to investigate it this year, have a mini major concern about my marionette lines and my smile lines!

Just want to look rested, look out for **Dr. Tass** on an upcoming story on **Today To-**



● Dr Tass, image cosmetic physician

night. Among his clients are mums, teenagers, tradesmen and company directors and newsreaders!

New trend

■ Did you know? The top five cosmetic surgeries in 2005 were liposuction (up 24 per cent from 2003); breast augmentation (up 19 per cent); eyelid surgery (up 8 per cent); nose job (down 4 per cent) and facelift (up 25 per cent).

Americans spent just under \$12.5 billion on cosmetic procedures in 2004. Women had nearly 10.7 million procedures, 90 percent of the total.

There seems to be a growing trend among both men and women to have embraced this type of grooming.

What was once deemed egotistical and trivial, or something accessible only to **Hollywood's** elite and rich and famous, cosmetic surgery has

me relax like no other time.

I love the peace and quiet, listening to music, working (yes I work on public holidays) and catching up.

This past long weekend had the direct coverage of the **Academy Awards** which was an extra bonus! That being said, I never forget what the holiday is for and the **Labour Day** weekend holiday was an important one, for two reasons.

March 8 not only marked **Labour Day**, but **International Women's Day**.

In **Australia** the **Labour Day** public holiday is fixed by the various states and territory governments and so varies considerably.

It is the first Monday in October in the **ACT, NSW and SA**.

In both **Victoria** and **Tasmania**, it is the second Monday in March (though the latter calls it **Eight Hours Day**).

In **WA, Labour Day** is the first Monday in March. In both **Queensland** and the **Northern Territory**, it

now become common practice and has certainly gained acceptance in today's modern day society. Certainly the demand has increased.

Labour Day

■ Must say I do enjoy a long weekend, even with the storms, long weekends make



● Sylvia Pankhurst

is the first Monday in May.

The celebration of **Labour Day** has its origins in the eight hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours to rest.

I mention that as I abide by none of those and wish I did!

For women

■ **International Women's Day** is a time for global celebration, established in 1911.

International Women's Day provides women across the world with the opportunity to declare their rights and celebrate their achievements.

Born at a time of great social turbulence and crisis, **IWD** inherited a tradition of protest and political activism.

In the years before 1910, from the turn of the 20th century, women in industrially developing countries were entering paid work in some numbers.

Their jobs were sex segregated, mainly in textiles, manufacturing and domestic services where conditions were wretched and wages worse than depressed.

Trade Unions were developing and industrial disputes broke out, including among sections of non-unionised women workers.

In **Europe**, the flames of revolution were being kindled. Many of the changes taking place in women's lives pushed against the political restrictions surrounding them.

Turn To Page 10

Storms

■ With the hard rains falling in **Melbourne** came damage, I want to advise that **Melbourne Recital Centres** performances will go ahead as planned this coming week.

Some other theatres in **Melbourne** have not been so lucky with the **MTC** copping a huge drenching.

Whispers are that they are cancelling all performances all week. This is such a shame.

Yo-Yos

■ Some wonderful invites and items arrive on my desk weekly; these were two of my favourites, something about appealing to my inner child!

Remember yo-yo's, I could never master yo-yo's. Well they are back in fashion and they're incredibly cool - **Yomega** are launching a gorgeous range of retro yo-yo's called **The Brain** and **The Fireball**.

These yo-yos are about to take **Australian** schoolyards and playgrounds by storm and you heard it here first!

The **Australian Toy, Hobby and Nursery Fair** is on in **Melbourne** from March 11-14.

International yo-yo guru **Brett Outchunic (Ooch** for short) will be on hand to show all the tricks, stunts and features that have made **Yomega Yo-Yos** a hit with kids and yo-yo professionals everywhere.

Look out for him coz I am sure he will pop up on TV whilst here.

● Turn To P10



● 'Ooch'