



THE COSTCO CONNECTION

AUTUMN 2015

A lifestyle magazine for Costco members

NAPLAN tests

PREP YOUR KIDS FOR SUCCESS

Craft pressings

BEYOND D'ARENBERG'S
CELLAR DOOR

**Blue ribbon
Black Angus**

THE ART OF GROWING
A GREAT STEAK

**Small business
resolutions**

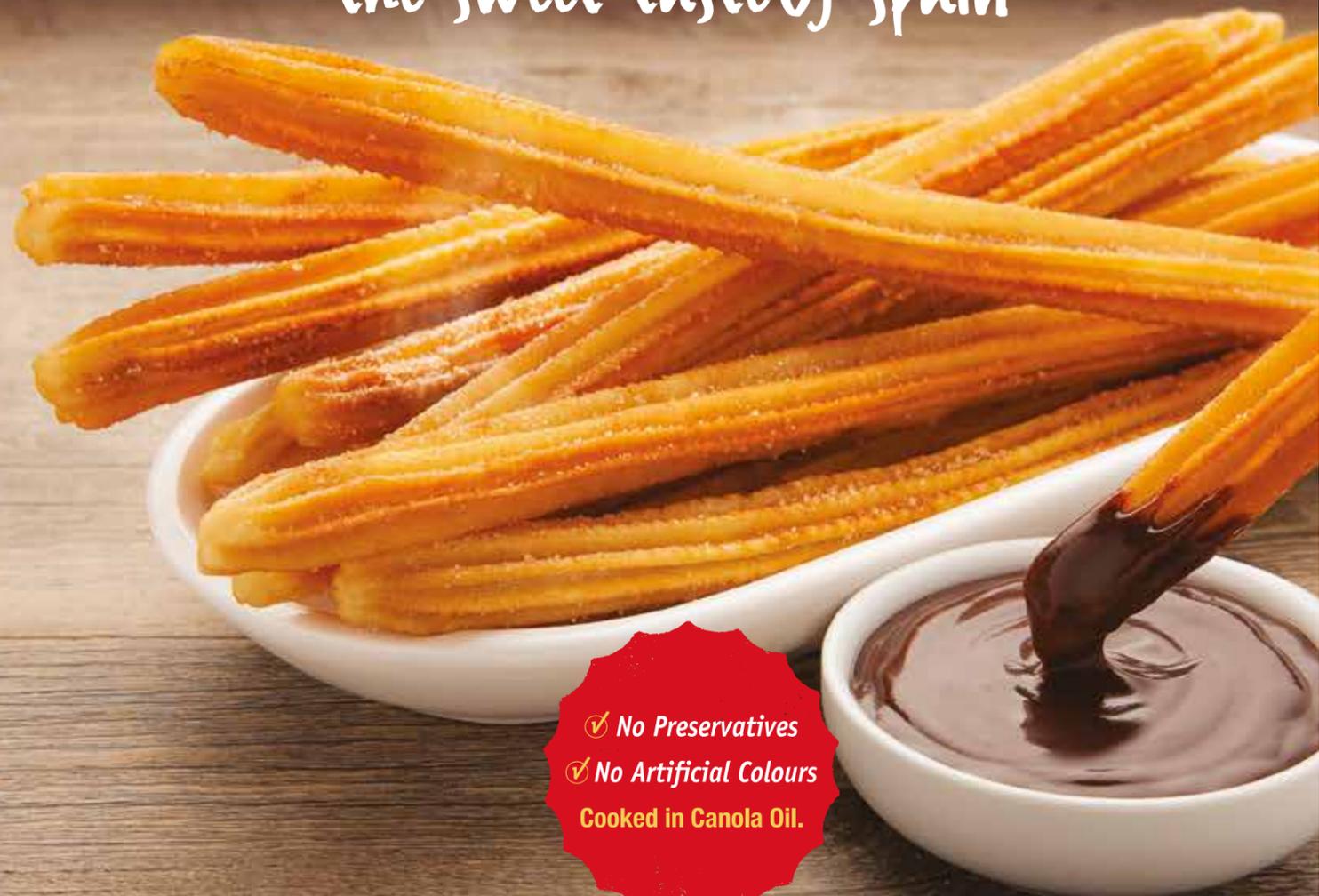
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HAPPY NEW YEAR FROM US AT COSTCO!

We are welcoming in the Chinese year of the goat. This gentle animal's supposed influence brings peace and harmony, with a focus on family values and common sense. The goat also represents mental abilities and strategic thinking, which translates as using your head to make good choices – the kind of opportunity we like to offer our members. And now that we

have seven warehouses in five cities, including South Australia, we're even better placed to do exactly that.

In this issue of *The Costco Connection* we've rounded up some of the best ideas to help you make the most of 2015, with health features, tips and useful information about starting the year on the right foot. We chat to a celebrated veterinarian about the benefits of being a pet owner, ask a couple of education experts about how to prepare your kids if they are sitting the NAPLAN tests this year, and explore the many traditions behind Chinese New Year celebrations and what's on the menu.

Speaking of gourmet fare, we trace the journey of prime Oakey Black Angus Reserve beef from paddock to plate, and hear what one of Australia's most colourful and celebrated winemakers, Chester Osborn from d'Arenberg, has to say about the creation process behind a top drop.

Lastly, we want to know what you think. Please share your thoughts and comments, through connection@costco.com.au or through the Tell Us What You Think area in the warehouses. We'd love to hear from you!

Managing Director
Patrick Noone



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The Costco mum

This healthy lifestyle mother loves the quality and the choice.



Nicole Romano started her Costco Mum Facebook page after her brother introduced her to the warehouse when it opened in Canberra in 2011. "I didn't know anything about Costco," she says. "He was a member so he took me. The first thing he took me to see, first stop, was the diamonds and a \$160,000 necklace!"

While she wasn't in the market for the necklace, Nicole did sign up as a member. "I remember buying goji berries that were \$20 for a massive bag. I went, 'It's so cheap!' I also had to buy the Kirkland Signature toilet paper after my brother said, 'This is the best toilet paper ever.'" It's now a fixture on Nicole's shopping list. "It's their third best seller," she says.

Her Costco Mum page, which currently has more than 13,700 likes, reviews

products and flags new items, reflecting Nicole's own experience of the warehouse. "There's a lot of Costco in our house," she laughs. "I go weekly and do my main shop at Costco, and if I want something I go to Costco first."

She says the range is what initially impressed her. "They have everything from homewares to toiletries, shoes to groceries and meat. I find the products are a lot better quality than we often get in Australia, which is always a bonus. We buy clothes and shoes, Carter's and OshKosh for the kids, toys, and I buy clothes for myself - the gymwear is really good."

Her sewing machine came from Costco as well as her hallway runner. She says sometimes she's surprised by what's on offer. "We wanted to buy a recliner chair and couldn't find one we liked. My husband said, 'Let's go to Costco,' and there was the perfect chair. You can get a kitchen sink there, a shower, a bathtub, flooring.

"I love Costco. A lot of people buy things after seeing them on my page and I suggest products for them to check out as well."

The top five items always in Nicole's trolley: Adelaide Hills Organic Triple Brie cheese, Liddell's lactose-free milk, eggs, spinach and avocados - "such good quality and they're really big!"

See what's in Nicole's trolley at [facebook.com/pages/Costco-Mum/491497024261906](https://www.facebook.com/pages/Costco-Mum/491497024261906)

Like what we do? 

Then 'Like' us on Facebook for info on warehouse openings, special offers, book signings and special guest visits. [facebook.com/CostcoAustralia](https://www.facebook.com/CostcoAustralia)



Hot diggity dog

Who doesn't love a hot dog? They're something of an Australian food-on-the-move institution. The Costco All Pork Hot Dog, supersized at 113 grams to satisfy the hungriest shopper, is boiled until tender and then nestled into a sesame seed bun. The garnishes are up to you. Want ketchup? Yup. And mustard? You bet. How about some gherkin relish? Be our guest and get yourself into a pickle at the self-service bar, where you can also top up your drink. This best-in-show dog costs a pocket-friendly \$1.99 and comes with a 625 millilitre soda - with free refills. No wonder we sold over a million in Australia last year!



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Insider tips

The Costco experience is different from shopping at other stores. Read on for some hints to make the most of your membership.

SHOPPING TIME

Costco gets super busy on weekends and holidays. Luckily, we stay open until late, Monday to Friday – it's the perfect time to shop without the crowds. For opening hours see costco.com.au

COUPON MANIA

Costco regularly offers members additional savings throughout the year with special coupons that offer big discounts from suppliers. When you sign up for membership, remember to register your email address to receive these additional member savings.

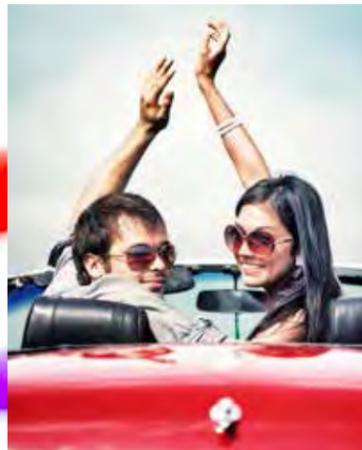
GOT ANY SHOPPING TIPS OF YOUR OWN?



SEND THEM TO
CONNECTION@COSTCO.COM.AU

AND YOU COULD BE PUBLISHED IN THE NEXT ISSUE OF *THE COSTCO CONNECTION*.

Pump it up



Costco Australia members can take advantage of the warehouse giant's buying ability to benefit from very competitive petrol prices. Three types of fuel, Unleaded 91, Premium 98 and diesel, are available from the Adelaide warehouse in Kilburn, South Australia; North Lakes in Queensland; Crossroads near Liverpool, New South Wales; and the Canberra fuel station that recently opened in December.

All Costco fuel stations are self-service for efficiency and convenience.

Kilburn countdown

Costco's southernmost warehouse opening met with an enthusiastic reception from Adelaide locals.



"Opening day went off with a bang," says Costco regional marketing manager Kyla White. Costco Adelaide officially opened the doors of its brand-new warehouse in Kilburn at 8am on Wednesday 19 November with about 100 members already lined up to make an early start to shopping. One of them had even arrived the day before to make sure she was first through the doors and found herself included in the ribbon cutting line-up!

Other opening ceremony luminaries included the South Australian Minister for Health Jack Snelling and Costco's managing director Patrick Noone, who both cut the ribbon, Director of Operations

Australia Rob Liess and Adelaide Warehouse Manager Teri Moore who all convened at the new site in Churchill Road.

"The warehouse filled up very quickly and by 10.30am the car park was full," Kyla says.

She noted that people seemed in the know about the range of products available, with a big run on the designer handbags and 2.36 metre-tall Costco teddy bears. She said Adelaide locals were also savvy enough to have joined as members beforehand and had their cards ready for opening day.

"It means they understand the Costco concept," she says. "This is our seventh warehouse in Australia and people know the Costco name now, even if they've never been in a warehouse before. Secondly, word of mouth has been building through our members and then there's the pre-opening marketing. Our Adelaide marketing team has been talking to local businesses for 10 to 12 weeks.

"People see the building under construction, the logos go up and the excitement builds. Since opening day it's been absolutely crazy."

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54 Dyson Cinetic™ cyclones have rubber tips that vibrate at a high frequency. This dislodges dust, preventing the aperture from clogging. They are so efficient at dust separation that no filter washing or replacement is required – meaning no loss of suction.

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WORDS SARAH NORRIS

Australia's Chinese community will mark the start of the lunar new year on 19 February and with it welcome in the year of the goat. We consider what fortune we can expect and how to prepare for the month-long celebration.

Nicole Kidman, Michelangelo and Bruce Willis are just some of the luminaries born in the year of the goat. And if there is any truth to the character traits of the zodiac, then it would be right to say they are creative, compassionate, polite and gentle.

"It's a really great sign," says Gill Minervini, director of events at the City of Sydney, which plays host to the largest celebration of the lunar new year outside of mainland China. "It's gentle, calm, creative, caring and wise. Just like the rabbit and the pig, the goat has some nice characteristics so I am hoping it's going to be a great year."

Also known as the Spring Festival or lunar new year (because the

Chinese calendar is lunisolar), it's an occasion that lasts just over two weeks and includes a number of feasts, rituals and events far more complex and symbolic than a night of fireworks and champagne cork popping.

"Ritualism is very prevalent in lunar new year celebrations," explains Minervini. "Red is a lucky colour: giving red envelopes with either coins or notes inside is considered to be lucky, and draping the door of your house with red fabric is meant to bring luck. The day before the new year you should clean the house to sweep all of the evil spirits away so you can let the good luck come in."

Warding off bad spirits and encouraging good fortune, happiness, longevity and wealth



If you were born in the following lunar years, you're a goat and it's your time to shine: 1931, 1943, 1955, 1967, 1979, 1991, 2003 and 2015.

is at the centre of all celebrations and rituals of the lunar year celebrations. It's there in the dragon ceremonies, parades, markets and the cacophony of fireworks that are let off throughout the revelries. The customs continue in the home, too.

People hang paper cutting decorations and couplets – or strips of paper marked with the 'Fú' character (meaning prosperity) – on entrances for fortune and good luck.

Food, of course, is also at the cornerstone of every get-together, especially the season's most important event, the 'reunion dinner'. It takes place on the eve of the new year (18 February this year), and is considered special because it is one of the only times all year that the entire family comes together. 🍴



F IS FOR FORTUNE

Given the importance of food in Chinese culture, it's not surprising to see it's also a key element of New Year celebrations. Such an auspicious occasion warrants weeks of feasting and culinary dishes steeped in tradition and each dish served is a homonym for a wish for the upcoming year. So before you dig in, understand what you're eating and why.

- The reunion dinner on New Year's Eve is a large, long affair involving several courses, and can include chicken, pork and fish. At the centre of the table is a communal hotpot, which remains simmering so ingredients that are added can be cooked. It symbolises the coming together of the family.
- The meal is made up of eight dishes, a number considered very lucky, unless there has been a death in the family, where seven will be served.
- The phrase *nian nian gao sheng* means 'increasing prosperity year after year' and relates to the Chinese word for rice cakes, or *nian gao*. Eating these also celebrates the beginning of the rice harvest that begins in spring.
- Dumplings shaped like pieces of money used in northern China are supposed to bring fortune to those who eat them. It's believed that the more you eat during this time, the more money you will make in the future.
- Spring rolls are a Cantonese dim sum dish and are named after the Spring Festival. Their shape and golden colour represent gold bars, a symbol of wealth.
- When the Chinese New Year fish dish is served (it is typically steamed with soy sauce and ginger), people say the equivalent to 'May the year bring prosperity'. Whole fish is preferred as it symbolises unity, and the fish is never finished as leftovers for the next day signify that prosperity will overflow.
- Uncut noodles are served as long as possible, representing long life.
- Chicken should feature on every Chinese New Year menu because it's believed that no matter what your financial circumstances, everyone should be able to afford it at this time of year.
- Some make and serve a glutinous New Year cake and give pieces to family members. It's supposed to increase prosperity year in and year out.



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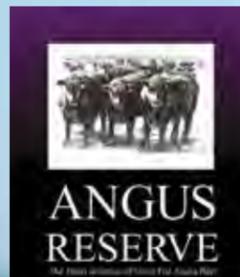
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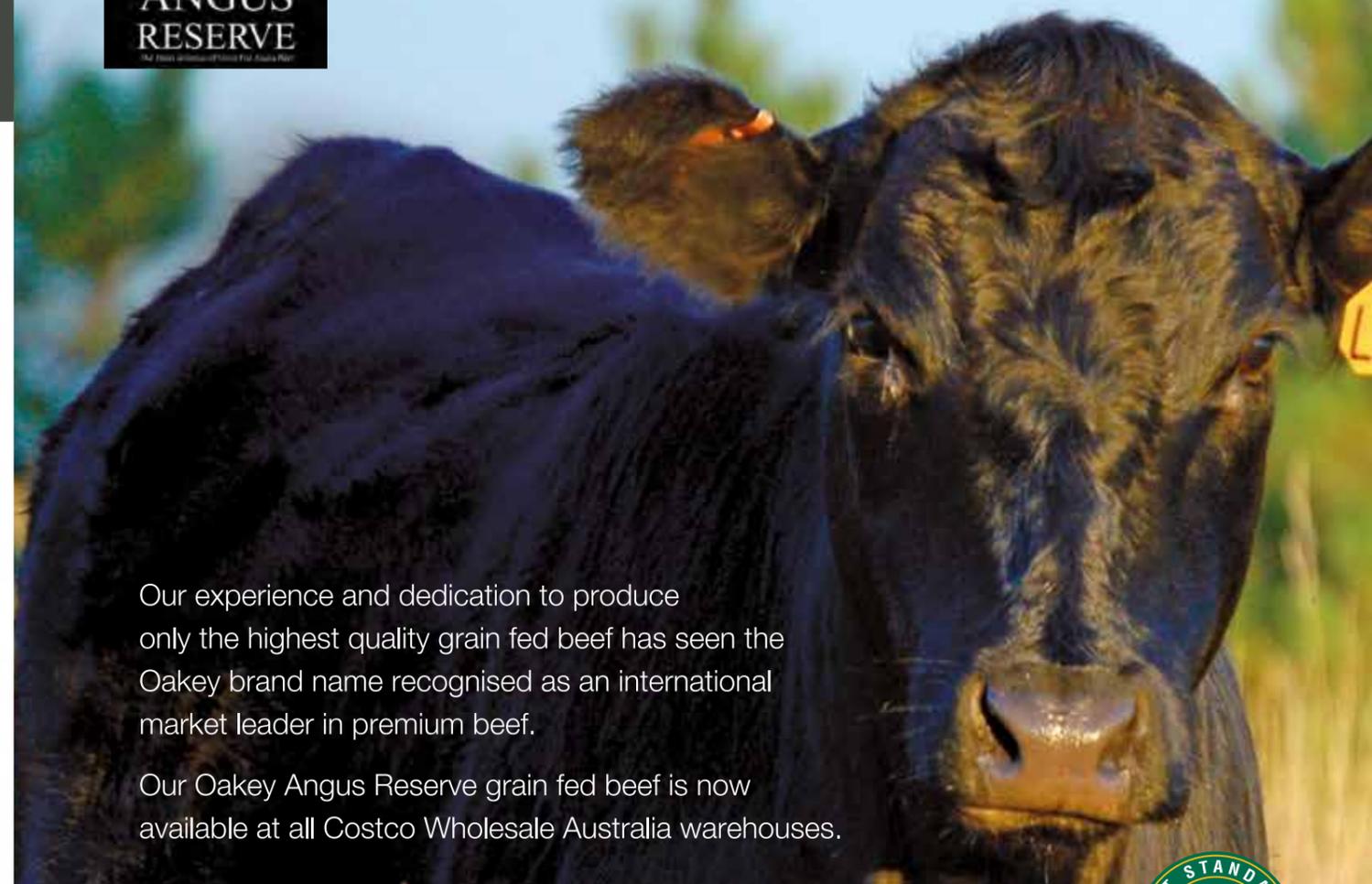
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- Specially formulated high energy grain ration including wheat, oats and barley
- Meat Standards Australia [MSA] Graded for tenderness, juiciness and flavour to ensure consistent eating quality

Not surprisingly the Oakley brand has won numerous awards including gold medals at Australia's premier fine food events, Sydney Royal in 2012 and the Royal Melbourne Fine Food Awards in 2014.

Check out our extensive product range including; Tenderloin (Eye Fillet), Rib Eye (Scotch Fillet), New York (Porterhouse), Top Sirloin (Rump), all available either pre-cut or in vacuum sealed packs.





BLUE RIBBON BLACK ANGUS

WORDS GILLIAN SAMUEL

Costco's meat counters offer a wide variety of cuts and portions all graded to Meat Standards Australia requirements.

If you've talked to a Costco member, you've probably heard them rave about our steak. Members know they'll get the highest quality at terrific value. We talked to the team responsible for creating that quality...

The story of your Angus Reserve steak involves a cast of experts in animal husbandry, nutrition, food handling and hygiene, before it arrives sizzling on your plate.

"We make muesli for cattle," cracks Whyalla Beef feedlot general manager Chris Fenwicke. That's because Oakey Angus Reserve grain fed beef comes from specially selected purebred Black Angus cattle that have been on a special diet for a minimum of 150 days.

The Whyalla livestock buying team sources young animals – aged a year to 18 months – from farms in New South Wales, Victoria and Queensland. The prime cattle are submitted to physical soundness and health checks, then transported to the Queensland feedlot where they go on the nutritionist-designed diet made up of wheat, barley, corn, roughage such as silage and hay, with molasses to mix it all together.

The grains are steam flaked, just like muesli, which makes them easier for the cattle to digest, Fenwicke explains. The animals weigh around 450 kilograms when they arrive and gain a minimum of half a kilo a day on their grain regime. "What we get is better marbling, pearly white fat and cherry red meat. The texture and the flavour are functions of the genetics of the cattle and the feed," he says.

Angus cattle, he adds, have been bred over the years to produce tender, full-flavoured meat. Whyalla Beef has been in the feedlot business since 1988.

Full house

Not surprisingly the kitchen operates on an industrial scale. "With 750 head coming in each week and on feed for 22 weeks we have 16,500 at any one time," Fenwicke says. "We've had as many as 50,000 in the feedlot."

The Whyalla feed mill produces 750 tonnes daily of different rations

THE COSTCO CONNECTION

Look out for Costco's minimum 150 day grain fed Oakey Angus Reserve beef in the meat department of your local Costco warehouse.

and feeds for six menus including the Black Angus combination. "We check our rations and feed each month for pesticides, chemical residues and heavy metals and also do a full nutrient profile," he says. "Same for the water to ensure there are no contaminants."

The animals are kept outdoors in shaded paddocks and fed every morning and evening. Their diet is monitored every day by a dietician who also checks the quantity the cattle are eating. "They're treated better than most people," Fenwicke says with a grin.

He is justifiably proud of the operation. The whole system is ISO9001 accredited for quality and ISO2200 accredited for hazard control and food safety, as well as for occupational health and safety and environmental management.

The same high standards are applied to processing the meat from the Black Angus cattle, says Oakey

The cuts, which range from ribs to roasts to steaks, including the impressive tomahawk, are vacuum packed and transported in accredited refrigerated containers to arrive on Costco shelves in perfect condition.

Beef Exports general manager at NH Foods Pat Gleeson. "We're recognised as one of the most state-of-the-art facilities in the world and our highly trained team is supported by an on-site laboratory which continually checks and tests the product."

Scientific process

Rigorous checks ensure contact surfaces are free from microbial contamination and the meat is under active refrigeration within 40 minutes and reduced to 1 degree Celsius within 24 hours. "The

quicker you cool it down the less chance there is of any microbial growth," Gleeson explains.

Throughout the process the cattle are kept calm and humanely treated, which also contributes to the quality of the final product.

The meat is graded according to Meat Standards Australia measures: ossification (physical maturity) for age and 2+ for fat marbling. Wet ageing, where the meat is aged in a vacuum-sealed bag to retain its moisture, further improves eating quality.

The cuts, which range from ribs to roasts to steaks, including the impressive tomahawk, are vacuum packed and transported in accredited refrigerated containers to arrive on Costco shelves in perfect condition.

All that's left for a member to do is choose their preferred cut of beef and take it home to cook. The proof of all the time and expertise that has gone into producing Oakey Angus Reserve is in the eating! 🍴

THE PERFECT STEAK

Brush the meat with oil instead of adding oil to the pan. Ensure your cooking surface is hot – the meat should sizzle on contact. Cook on one side until moisture is visible on the top surface, turn once and cook to your preferred degree. Rest steaks for 2 to 4 minutes in a warm place before serving.

RARE

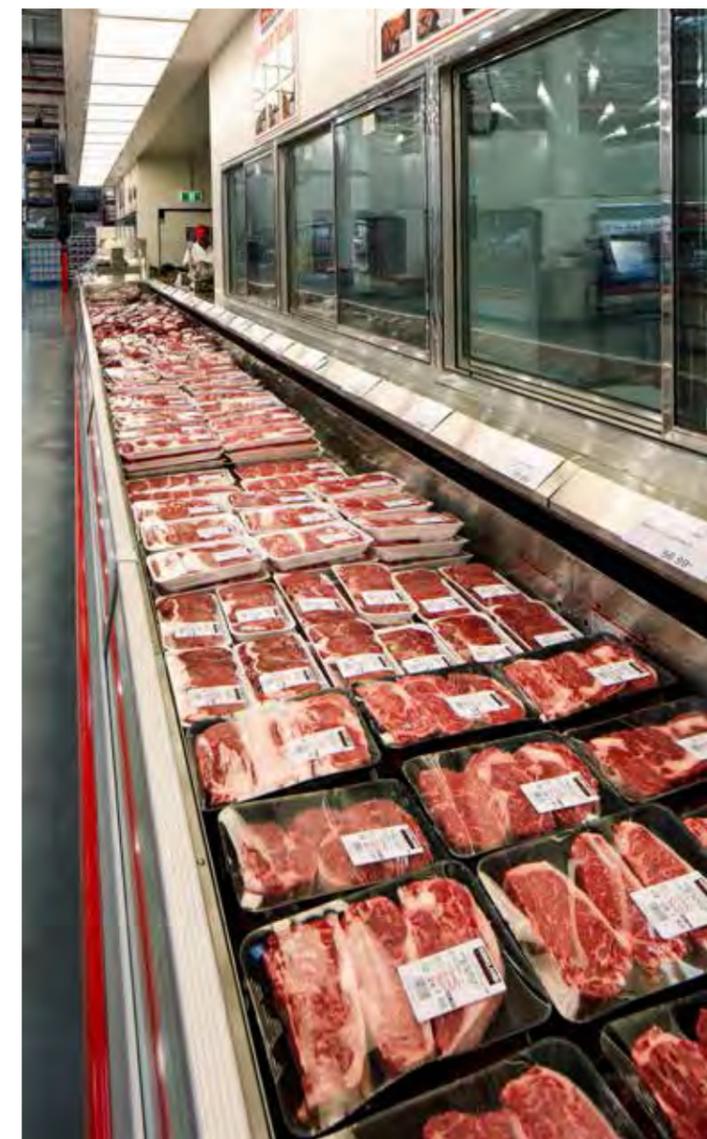
Cook for a few minutes on one side (depending on thickness). Turn and cook until the steak feels very soft to the back of the tongs.

MEDIUM

Cook on one side until moisture is visible on the top surface. Turn and cook on the second side until moisture is just visible. Continue to cook until steak feels springy to the back of the tongs.

WELL DONE

Cook on one side until moisture appears on top surface. Turn and cook on second side until moisture reappears. Reduce heat slightly and continue to cook until steak feels very firm to the back of the tongs.



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HERE TO HELP

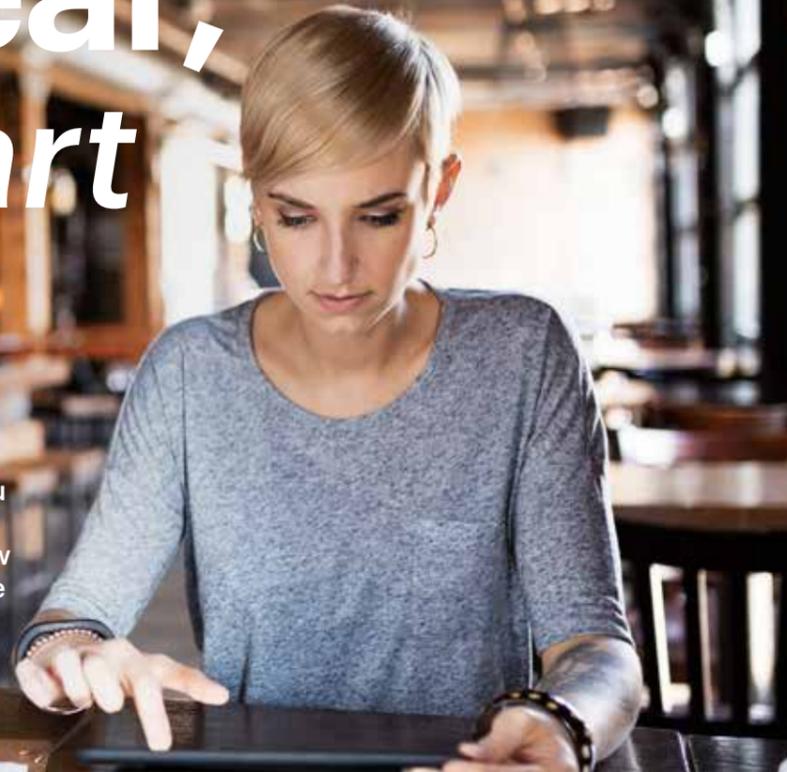
At Costco, we believe in helping you save money on everything you buy - even those items that don't go in a shopping trolley.



New Year, fresh start

Say it with us now – 2015 will be the year you whip your business into shape. Corporate expert Blythe Rowe shares her top three New Year's mantras that small businesses can use to steer themselves to success.

WORDS JANA ROOSE



It's the start of a new year. The dawn of 2015. The shopping-centre Santas are gone, the carols have faded and the tinsel has been removed, leaving sticky tape residue on all manner of surfaces, from your business's front window to your own forehead (yes, it was a manic end to the year).

Now small business owners have to fire up their enterprises again, possibly when they are most depleted. Blythe Rowe has heard the exasperated sighs – and it's a sound that happens to fuel her engines.

“Christmas is one of the busiest times of the year and everyone has been working their butts off,” she says. “The challenge is how do we ramp it up again? How do we get everyone out of holiday mode and back on track for the new year?”

According to Rowe, making New Year's resolutions for your business can be subject to the same naivety as telling yourself each January, ‘Never again will I binge-eat a pack of Tim Tams’ or ‘No really, this is actually the year I will learn French’. She believes it's more realistic to have mantras.

Mantra 1
I will focus on the future and on being optimistic, always

“We small business owners can be our own biggest barrier to our success, through our limited thinking,” says Rowe. “Always remember, our thoughts and beliefs will determine our actions – or inaction – sometimes in our own businesses.”

What is usually going through a small business owner's mind at this time of year is short-term focused and often through a negative lens. They're thinking about two things, sales and cash flow, and wondering where they will come from.

“Sales and cash flow are constant things to focus on, of course, without them businesses crumble,” Rowe says. “I do believe, though, the key is to really try and think bigger picture. Fast-forward six to 12 months and visualise what you want the business to achieve, then backtrack from there. What could be possible?”

After identifying where you want to be, the next step is taking action. “Plan and strategise for at least the next 90 to 120 day period. Why 90 to 120 days? The market is so dynamic now that sometimes longer plans can become less relevant,” she says. Short-term goal-setting also makes your goals more achievable and allows you to re-evaluate a few times throughout the year.

Mantra 2
I will commit to the development of myself and my team to grow the business

Small business owners can get so stuck in the constant day-to-day doing that they put growth and development on the backburner. Jumping into January and picking up where you left off is not the way to go.

First off, communicate with your team. “Business owners can underestimate the importance of inspiring action in their team,” says Rowe. “They just get back to ‘business as usual’ and hope that everyone is on board.”

Rowe recommends calling a meeting with your team and letting them know this year will be even bigger and better than the last. Outline what you want to achieve; if your staff knows where they're headed and what they can do to get the business there it will be much smoother sailing with the whole team having a sense of purpose.

The new year is also a good time to invest in your development as a business owner, whether that is developing leadership skills, sales skills or technological skills. A particular area to pay attention to is how you can grow your business without outlaying cost – social media is what we're talking about here. Don't be afraid to fire up Instagram and Facebook accounts, and remember that retail customers respond to visuals so post good pictures at least a few times a week.

Mantra 3
I will treat failure as learning and not let it paralyse me

So your Instagram account has only 14 followers and your staff still won't tuck their shirts in. Let's call on an old proverb here: *Be not afraid of growing slowly, be afraid only of standing still.* Give new ideas time to work and keep giving them your ultimate effort to make them successful – they haven't failed until you give up on them.

The best way to move on from a tough year and steer your business towards success is the most obvious: get your customers excited. “Make them feel really, really special,” says Rowe. “Us humans love to feel connected and special. Offer them their real value – perhaps a fun New Year's promotion – and then supersede their expectations. Give them more value than they expected. This can be in the littlest way, it does not have to cost you lots of money.”

Consider an upgrade, free or faster delivery, an extra point on a loyalty card or a personal touch. Exceeding expectations is one fast way to get your customers excited about your business and in turn set you up for a record-breaking 12 months of success. ☑



BLYTHE ROWE

In 2011, after a 13-year career in senior HR leadership, Costco member Blythe Rowe started a small business of her own, using her vast experience to help other businesses tidy up their acts for both happiness and profit. See blytherowe.com

MAKE SOCIAL MEDIA WORK FOR YOU

“Social media can be an amazing tool for giving phenomenal value to clients, which starts to generate raving fans who then go on to do the promoting for you,” says Rowe. “It's not just about selling or promoting, but about first building a connection and then going on to make an offer.”

As an example, creating an Instagram account can be one of the most valuable ways for a café or catering business to connect with customers. Learn how to take visually appealing photos of your shop space and products (look to the internet for tips), use trending hashtags (#nomnom #snackattack) and, most importantly, let your customers know you have an Instagram account so they can engage, post photos and tag your business.

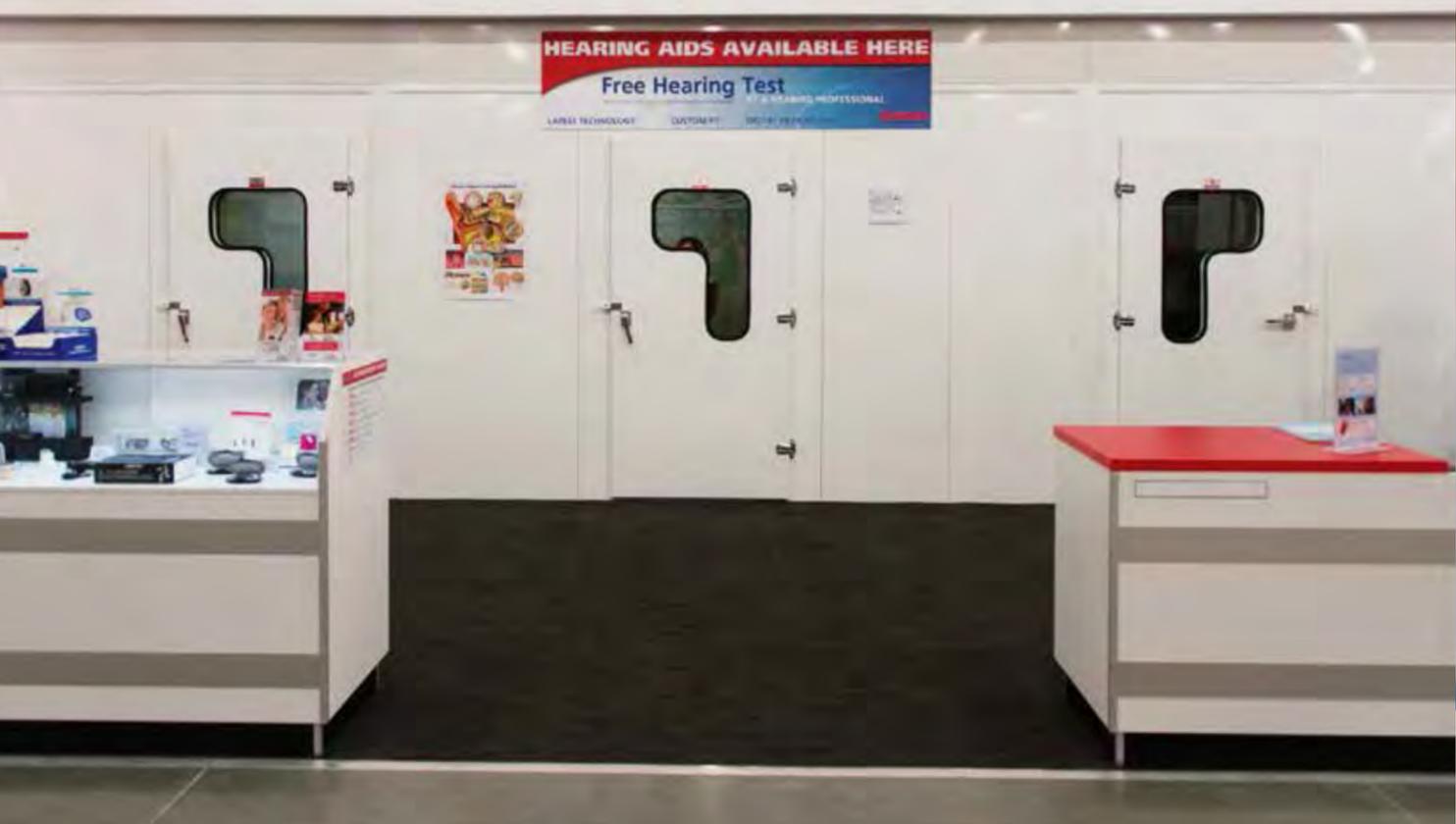
The time it takes to learn how to use Instagram well will pay off numerous times over. The next time you initiate a promotion or new product your followers will be immediately in the know and excited about coming in.

To see a few small businesses who are doing it right, take a look at: Two Little Pigs (@two_little_pigs), Mr Sparrow (@mrsparrowshop), Finn Café (@finncafe), Poppy's Catering (@poppycatering) or Daisy's Milk Bar (@daisymilkbar).





HEARING AID CENTRE



HEARING AID

Welcome to one of our newest departments
- *The Hearing Aid Centre*

Hearing aid technology is smarter than ever and Costco is proud to offer significant savings on the latest features, brands and styles. But we do more than fit you with a hearing aid, we'll teach you how to incorporate all of the new technology and capabilities into your everyday life. Each hearing aid purchase comes with the service and value you expect from Costco.

Product demonstrations, hearing tests to determine if your loss may be helped by hearing aids and follow up appointments are free.

Call your nearest warehouse to arrange an appointment.
See www.costco.com.au for contact information.



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I'M A CORDLESS PHONE WITH ALL THE SMARTS

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FUTURE PHONES

Battery life, storage capacity, screen size, speed, compatibility and desirable extra features should all be top of mind when smartphone shopping.

WORDS ALEX KIDMAN

Buying a new smartphone can be a tricky business because there are so many models and specifications to choose from. According to Costco Australia technology buyer Rhys Jackson, there are a few key factors you should keep in mind for any smartphone purchase you're considering.

"Battery life is still the key," he says, because it's what keeps your smartphone ticking along no matter what it is you use your device for.

"Consumers want a reliable phone that can do more than make calls and send messages. Mobile phone usage is more than voice calls these days. Consumers use mobile phones to write emails, take photos or videos, pair to Bluetooth devices, watch movies, use as MP3 players, play games and download new apps," he explains.

Dream screen

"Right now there's new technology allowing for larger and clearer screen displays, as you'll find in the Samsung Galaxy Note 4," he says. "The Note 4's 16 megapixel camera takes incredibly crisp pictures that appear fantastically on its 5.7-inch screen. A larger screen size makes it

easy to see at a glance what emails, missed calls and messages are sitting waiting to be actioned."

If a larger phone doesn't suit you the Samsung Galaxy S5 might be more your taste. "It's a standout for its embedded pedometer that tracks how many steps you've walked, along with its heart rate monitor and IP67 water and dust-proof rating. It's a good choice if you're someone who enjoys outdoor activities," he says.

Want a pure Android experience? Then consider the Motorola Moto G, which combines "super-fast 3G performance with dual SIM compatibility", Jackson advises.

A dual SIM phone lets you choose the network or phone number you want to take and make calls on, so you can have one business number and one personal one in the same phone, or simply save on better call or data rates across multiple networks.

If you're buying a new phone be sure to check its onboard storage capacity too. "It's a given that if it

doesn't have high storage on board it should have expandable capacity," says Jackson.

"Costco members should be excited about the Samsung Galaxy Note 4, Motorola Moto G second generation and the latest trend in technology, the Samsung wearable Gear Fit."

Future phones

Today's smartphones are clever devices but Jackson predicts the best is yet to come.

We can assume that processors will continue to get faster and screens will get better, although maybe not that much bigger than the current large screen devices.

"We're already seeing features like fingerprint scanners to unlock your phone or even facial recognition,

along with wireless charging," he says, "but maybe one day we'll have smartphones with virtual keyboards projected onto desk surfaces or a small pocket phone with larger screen-image holographics projected above the phone." ☑



RHYS JACKSON

Rhys Jackson is Costco Australia's technology buyer, as well as handling the toys, gaming and seasonal departments. He's worked for Costco since late 2008, starting before the first Australian warehouse opened in Melbourne's Docklands. He is passionate about home theatre electronics and surround sound, an area he's pursued throughout his career.

THE COSTCO CONNECTION

If additional storage space or battery life are required, Costco offers SanDisk Micro SD cards up to 128GB, and portable battery packs up to 12000mAh.



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Samsung GALAXY Note 4

SAMSUNG

PHONE IT IN

WORDS ALEX KIDMAN

If you're in the market for a phone or phone accessory, we've rounded up some of the latest products with standout features.



SAMSUNG GALAXY NOTE 4

Large-screen smartphones are pretty common these days but there's nothing ordinary about Samsung's premium Galaxy Note 4, from the QHD 5.7-inch display screen to the 16 megapixel camera for pin-sharp photos every time. The S Pen stylus has been refined, making it easier to not only jot down notes but also select and copy onscreen items, making the Note 4 the only device you need to carry. Costco members can also benefit from the bundled Bluetooth headset that makes taking and making calls easy. *Item No. 33229*



BRACKETRON

Universal smartphone holder - two pack

It's unsafe to use your mobile while driving, not to mention illegal. No matter what brand your handset is or its size, a Bracketron's smartphone holder allows you to secure your smartphone in place for hands-free use, whether you're answering a call or following your phone's inbuilt GPS. *Item No. 923498*

WESTERN DIGITAL MY CLOUD 6TB

Desktop hard drive

Storage space on your smartphone is at a premium, which limits your music and movie choices on the go. Western Digital's My Cloud 6TB desktop drive lets you store an incredible amount of content from your PC that you can also share through an online cloud link to your smartphone, meaning your favourite music and movies are only a click away. *Item No. 33546*



SAMSUNG GALAXY S5

The Galaxy S5 offers a mid-sized Android experience with a lot of integrated technology that makes it ideal for active users, from the heart rate sensor that tracks your health to the fingerprint sensor for easy unlocking and payments. It's both water and dust proof, giving it excellent durability, and its 5.1-inch display screen gives you plenty of space to review photos from its ultra-quick 16MP rear camera. *Item No. 30637*

PANASONIC KX-TG7893/AZS

Cordless phone with three handsets

Panasonic's DECT-compatible cordless telephone system integrates via Bluetooth to your mobile phone, which means you can use it to make and receive mobile calls from your home connection, leaving your mobile phone where reception is best, placed on charge. It also features a USB port for convenient mobile phone charging. With three handsets it's easy to cover your entire home so you never miss that vital call. *Item No. 33426*



UNIDEN XDECT8115+1

Cordless phone with two handsets

Uniden's XDECT8115+1 cordless phone incorporates Bluetooth for mobile pairing and sharing of contact lists, as well as USB charging of your mobile when you're not using it. Speaking of power, the XDECT8115+1 also features blackout protection with a charged handset that provides power to the phone base, leaving your communication lines open even if the powerlines are down. *Item No. 33503*



MOTOROLA MOTO G

Second generation

Motorola's Moto G comes with the latest version of the Android operating system and none of the clutter of apps that other smartphones have pre-installed. It's a highly affordable phone for even the most budget-stretched buyer and its dual SIM ability allows you to mix work and pleasure or simply budget for the best calling deals. *Item No. 33237*



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FOR YOUR HEALTH



Strong teeth and healthy gums do more than make for a winning smile. The health of your mouth protects against tooth decay, gum disease, bad breath and tooth loss. The secret to a healthy mouth is simple: a healthy diet and regular brushing and flossing.

Australian Dental Association oral health committee member and Brisbane-based dentist Derek Lewis says brushing twice a day with fluoridated toothpaste is vital. "Fluoride is essential to having strong teeth," he says. "It protects and strengthens the enamel."

Lewis says although there is fluoride in the water in most parts of Australia, which helps our teeth to stay strong, using a fluoridated toothpaste twice a day gives our teeth a low-dose fluoride treatment. "Fluoride toothpaste stays in the mouth, soaks into the teeth and protects them."

Everyday care

The most important aspect of brushing is removing plaque from the teeth. Plaque: the →

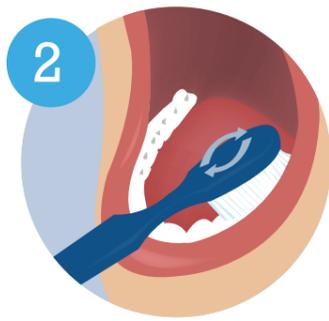
ORAL LEARNING

Good habits for oral health start at home with proper hygiene habits and regular dental check-ups.

WORDS VIRGINIA MILLEN



1 Squeeze a pea-sized blob of toothpaste onto a soft bristled brush.



2 Brush gently using circular motions. If you brush too hard it can harm your gums.



3 Brush all the surfaces of your teeth paying special attention to where the tooth meets the gum. This is where plaque builds up.



4 Remember to brush behind your front teeth using the tip of the toothbrush.



5 Keep brushing for at least two minutes. Repeat morning and night.

THE BIGGER PICTURE

Can oral health affect your overall health? Lewis says research has shown a close relationship between diabetes and gum health.

“Some research shows improving the state of your mouth, and particularly the gums, helps with blood sugar control,” he says. “And it works the other way. If patients get their blood sugars under control it can help their gums.”

soft, sticky film that builds up on teeth, producing acid which eats holes in teeth. It can also lead to an infection in the gums, called periodontal disease, which can cause the gums to detach from the teeth. “Plaque looks like food but it’s actually a collection of bacteria,” Lewis says.

While using a hard-bristled toothbrush may seem like the most effective way to remove plaque, Lewis says this is not the case. “Because the bristles aren’t flexible they don’t get between the teeth and underneath the gums efficiently to clean,” he says. “Running around every tooth is a little gutter and, while it looks like the gum is tightly attached, the top part of the gum isn’t actually attached. You need the bristles to be flexible to get into that.”

But it’s not just the bristles’ flexibility that is important. Lewis adds that hard toothbrushes can actually contribute to tooth abrasion, causing teeth to yellow. “A hard toothbrush will actually wear the enamel of the teeth away which exposes dentine, the inside part of the tooth,” he says.

Dentine can be very sensitive to cold and sweet foods, and it is yellow so the harder you brush the more yellow your teeth become. “We’re not trying to clean mud off army boots or anything, we’re just trying to get a thin film of plaque off teeth and a soft toothbrush with a gentle technique is all that is needed there,” he assures.

However, brushing is not the only requirement. “Although it is a bit tricky and takes some time, flossing removes plaque from in between the teeth where the toothbrush can’t reach,” Lewis says.

People who find flossing very difficult or have large gaps between their teeth can try interdental brushes. “They are like little bottlebrushes, little tiny brushes are also very effective in cleaning between the teeth,” he says.

Mouthwash should be used on the advice of your dentist. “If you are having trouble cleaning a certain area of your teeth and there is always plaque building up, then perhaps a mouthwash might be of benefit,” Lewis says.

A visit to the dentist every six to 12 months is a good habit to get into because dentists can pick up on decay, tooth damage or any signs of gum disease or infection early. This will help avoid the need for fillings, which weaken the structure of the tooth. Lewis says people with ongoing gum or tooth problems should see their dentist more frequently.

Oral nasties

Plaque build-up, tooth decay, gum disease and bad breath are more likely to occur in people

who do not regularly brush, floss or see their dentist. “The cause of bad breath and gum disease is bacteria; it’s germs in the mouth,” says Lewis. “The fewer germs you have, the healthier your mouth will be and the fresher your breath will be.”

Tooth discolouration can be caused by some foods, tea, coffee, wine or tobacco stains, or internal staining which can result from an impact to the tooth or taking antibiotics as a child.

Starting young

Children should start having dental checks early. “The time for the first check-up should be around their first birthday. It’s a good time for a chat with Mum and Dad about getting good habits in place,” Lewis advises.

Children should be supervised while brushing their teeth until they are between seven and nine years old, as before then they don’t have the fine motor skills and the focus and concentration to do it properly.

According to Lewis, the most important aspect of dental care is diet. “The number one thing for stopping decay is diet, far and away,” he says. “Brushing and oral hygiene are important but having a really good diet is critical to having healthy teeth.”

THE COSTCO CONNECTION

All Costco warehouses stock a wide range of oral hygiene products including toothbrushes, toothpaste, floss and mouthwash varieties.

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KB's Green Curry Prawn Dumplings

KB's Green Curry Prawn Dumplings use only the best quality ingredients. These deliciously tasty dumplings are perfect for entertaining – your guests will ask for more every time.

Item No. 33857



Serve dumplings with a simple Asian slaw:

- To make the slaw, combine ½ a shredded Chinese cabbage, 2 thinly sliced spring onions, 1 deseeded and sliced long red chilli, ¼ cup coriander leaves, ½ cup bean sprouts, 8 halved cherry tomatoes and 1 diced Lebanese cucumber in a large bowl.
- To make the dressing, place 2 tbs olive oil, 1 tbs fresh lime juice, ½ tsp sesame oil and ½ tsp fish sauce in a screw-top jar. Shake to combine, then dress the slaw and serve.

Chan's Yum Cha at Home Prawn Hargow dumpling noodle soup

INGREDIENTS

- 1.5L chicken stock
- 2 cups water
- 2 tbs soy sauce
- 3cm ginger, peeled and finely sliced
- 12 pieces Chan's Yum Cha at Home Prawn Hargow
- 1 packet egg noodles
- 2 carrots, julienned
- 1 bunch bok choy, roughly shredded

METHOD

1. Place the stock, water, soy sauce and ginger in a pot and bring to the boil.
2. Add noodles and Prawn Hargow and cook for 5 minutes.
3. Add carrots and bok choy, then simmer gently for 5 minutes. Serve hot as a quick and delicious lunch or dinner.



Item No. 14763

Slow cooked abalone with ginger, lemongrass and cream



INGREDIENTS

- 4 x 100g Ausab frozen abalone whole in shell
- 1 tbs olive oil
- 20g butter
- 3 cloves garlic, peeled and finely sliced
- 50g ginger, peeled and finely sliced
- 10cm piece of lemongrass, finely sliced
- 3 spring onion bulbs, finely chopped
- 125ml white wine
- 180ml cooking cream
- Freshly ground black pepper

INSTRUCTIONS

1. Thaw the abalone and rinse it under cold fresh water. See ausab.com.au/about-abalone/preparation
2. Heat the olive oil and butter in a large non-stick pan over medium heat, then add the garlic, ginger, lemongrass and spring onions and cook for 2 minutes.
3. Reduce the heat, add the abalone meat side down and cover with lid. Cook on low heat for 20 minutes. The abalone will release juices into the pan. Continue cooking until juices reduce. Once the abalone is cooked remove it from pan. Save stock mixture for the sauce.
4. Gently remove the abalone meat and gut from shell. Wash the shells and set aside for later. Remove the gut/gonad (the green or white portion of the gut) and the mouth from meat, discarding the mouth and reserving 3 to 4 guts for the sauce.
5. Add abalone guts to the pan with reserved stock mixture. Stir to combine over a medium heat. Add white wine, using a wooden spoon to break up the abalone guts. Simmer and reduce by half then add cream, stirring to combine. Strain sauce through a fine sieve.
6. Evenly slice cooked abalone meat and arrange in the shells. Pour sauce over abalone and serve with freshly cracked black pepper.

Whole baked salmon with salad and lime



INGREDIENTS

- 1x 2-3 kg whole salmon*
- 1 tbs olive oil
- 3 spring onions, sliced on the diagonal
- 1 lime, sliced
- 1 bunch coriander
- 8 peppercorns
- ½ cup white wine
- 3 tbs tamarind purée
- 1 tbs finely grated palm sugar
- ½ tsp ground cumin
- 2 large red chillies, seeded and finely sliced
- 1 tsp soy sauce
- 1 heaped tbs finely grated ginger
- 1 red capsicum, julienned
- 1 yellow capsicum, julienned
- 100g snow peas, finely sliced
- ½ cup fresh mint leaves
- 3 limes, quartered

METHOD

1. Remove salmon from the refrigerator half an hour before baking. Rinse under cold water and pat dry with paper towel. Preheat oven to 180°C.
2. Put a length of wide heavy-duty foil onto a large flat baking tray, ensuring that the foil is at least twice as long as the salmon. Brush the foil with oil and place the salmon onto the foil. Fill the cavity with spring onions, sliced lime, a handful of coriander and the peppercorns. Bring the edges of the foil up then pour over the white wine. Wrap the salmon in the foil, carefully crimping the edges together to seal.
3. Bake for 30-40 minutes, or until nearly cooked. Turn the oven off and leave wrapped salmon in the oven for a further 30 minutes with the door slightly ajar.
4. Place the tamarind purée into a bowl with 150ml of water and stir to combine. Add the palm sugar, ground cumin, chilli, soy sauce, ginger and a tablespoon of finely chopped coriander.
5. Place the capsicum, snowpeas and mint into a bowl and toss to combine.
6. Undo the foil and transfer salmon to a serving dish. Peel away the skin from the top, leaving the skin on the head and tail intact, then spoon over the tamarind dressing. Decorate with salad and lime quarters.

**Please note that whole salmon is available for sale at Costco Seafood Roadshows only. Item No. 13083*

Shanghai Streets Soup Dumplings



Item No. 29120

Shanghai Streets Soup Dumplings are simple to prepare. Line a steamer with baking paper and fill base with boiling water. Place soup dumplings on the baking paper and steam for 8-10 minutes. Allow to cool for 1 minute.

For a truly authentic taste, serve with a delicious dipping sauce. Simply combine ¼ cup black vinegar, ¼ cup soy sauce and 1 tsp sesame oil with a pinch of peeled, julienned ginger. Yum!



The Foodsmiths Pork Belly Buns DIY Kit

Bring one of the world's most popular dishes to life at home in three easy steps. Entertain your family and guests with a DIY kit that contains everything you need to make 20 delicious pork belly buns. Item No. 30805

Step 1: Mouthwatering pork

Place pork belly on a baking tray in the oven for 14-16 minutes, or pan-fry for 2-3 minutes each side, until the internal temperature of the meat reaches 75°C.

Step 2: Beautiful buns

Microwave buns for 1-2 minutes, or steam for 3-5 minutes, then allow to stand for 1 minute.

Step 3: Easy assembly

Open bun and drizzle with pork belly sauce. Place a slice of pork belly in the bun and top with 2-3 slices of cucumber pickle. All that's left for you to do is enjoy!



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Dill

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Chester (left) and his father 'dArry' Osborn watching a ferment being foot trodden.



PRESSED TO IMPRESS

It's recognisable for its red-striped label, but it's what's in the bottle that makes D'Arenberg one of Australia's great wine producers.

WORDS SARAH NORRIS

Chester Osborn has a penchant for a loud shirt and for doing things his own way. So much so that D'Arenberg is one of the only large-scale wineries in the world to still crush grapes by foot. "We foot press," says the fourth generation family winemaker. "I don't know anyone else who does that."

Since taking over the D'Arenberg family winery in 1983 from his father Francis 'dArry' Osborn, Chester has been committed to employing traditional handcrafted winemaking techniques that aren't used by many producers. In fact, D'Arenberg is the only winery in Australia to still use the labour-intensive basket pressing process

(with an 1860 press) for pressing both white and red grapes. Osborn believes it's gentler and produces a cleaner juice. "The way we make our wines is certainly unique," he says proudly.

It's certainly paid off. Accolades have been heaped on the winery over the years, beginning in the 1970s when it first gained national and international attention under dArry's direction.

It's been named one of the top 100 wineries in the world by United States *Wine & Spirits Magazine* countless times and local and international wine writers have called Osborn one of Australia's more creative and imaginative winemakers.

Gourmet Traveller Wine made him a finalist for winemaker of the year in 2008, saying: "Osborn's wines have an individual voice that resonates across the undulating and peaceful landscape of McLaren Vale... Osborn is a Renaissance man."

"His love of people and the structural extends to architecture and figurative and abstract art. Diversity of interest, personal conviction and leadership make Chester Osborn one of our great winemakers."

Terroir Fleurieu

Established in 1912, D'Arenberg is a one-hour drive south of Adelaide in the picturesque McLaren Vale on the Fleurieu Peninsula.



ANTON RAMSHAK

Anton Ramshak has been Costco's national liquor buyer and in-house wines, drinks and spirits expert for the past six years. He developed a love for wine over a 13-year stint at Australian Leisure and Hospitality Group where he had a number of roles including retail liquor manager, state liquor operations manager and finally national liquor buyer.



As a wine region it's also one of the most geologically diverse and is influenced by its unique interactions between geology, soil, elevation, slope, aspect, rainfall and macro-climatic differences. Many argue it's Australia's most consistent wine region – a claim Osborn backs, although he acknowledges he may be a little biased. "It is the perfect environment for growing grapes. You have the sea on one side and the mountain range on the other. That means the days are not too hot and the nights aren't too cold. We have mild winters, autumns and springs, which means we don't get frost and, because of this moderate climate, a lot of varieties work here."

It's particularly good for north and southern Rhone red grape varieties like shiraz, grenache, mourvèdre, and whites like marsanne, roussane and viognier. "But it's also very good for Bordeaux varieties like cabernets, petit verdot, cabernet franc and big merlots," Osborn says.

Winning wines

The D'Arenberg philosophy is to make wines that have great fragrance, fruit palate texture

and length. "That means the style of wine we produce is a cross between European and Australian," Osborn explains. "We capture the ripeness of Australian wines but also the minerality, length, elegance and structure of European wine."

Among its 150 premium quality wines Costco stocks the 2010 D'Arenberg The Dead Arm Shiraz; 2009 The Sticks and Stones tempranillo, grenache, tinta cao and souzao; and a three-bottle red wine gift pack.

"The Dead Arm Shiraz is the flagship wine for D'Arenberg and The Sticks and Stones continually rates highly," says Anton Ramshak, Costco's national liquor buyer and in-house wines, drinks and spirits expert. "Both wines drink exceptionally well now, however, The Sticks and Stones will only improve with cellaring up to 15 years and The Dead Arm Shiraz 2010 will improve with age for up to at least 20 years."

THE COSTCO CONNECTION

Look for the red and white d'Arenberg label in the liquor department of your local Costco warehouse. Note, wine is not available at all Costco locations.

According to Ramshak, the name 'Dead Arm' comes from a vine disease that can be common in old vineyards. "The disease slowly reduces one of the 'arms' of the vines to dead wood, which helps the other 'arm' of the vine to produce small volumes of incredibly concentrated and highly flavoured grapes," he explains.

Ramshak says winemaker tasting notes are available on all Costco wines to assist members in making an informed decision, but as a rule there is a lot to like about D'Arenberg wines.

"The winery was one of the first quality Australian producers we contacted before our first warehouse opened back in 2009. We source premium quality wines from all over the world that deliver members high quality

and great value, and D'Arenberg delivers on both fronts."

He adds, "For anyone considering starting a wine cellar, it should be top of the list."



CAKE & DELI

Take the fuss out of your next event. Costco members can order custom birthday cakes and deli platters online. Sponge cake designs include soccer, clown, princess and more. Choose your platter from Prawn, Hye Roller, Chicken Wing and Sandwich Platter. See www.costco.com.au for details and to place orders.*

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* 48 hours notice is required for all orders

HERE TO HELP

At Costco, we believe in helping you save money on everything you buy – even those items that don't go in a shopping trolley.



Pet subject



Bondi Vet Dr Chris Brown shares some of his wisdom about the real benefits of owning a pet, and some important points to consider when you're choosing a four-legged companion.



DR CHRIS BROWN

Presenter, author and animal ambassador (Assistance Dogs Australia and other organisations) Dr Chris Brown's *Bondi Vet* show has won audiences in the United Kingdom, Europe, Scandinavia, Thailand, Brazil and the Ukraine. Along with his media career Chris is a surfer and practising vet, with a family that includes Rusty the dog and Milky the albino budgerigar.

It feels like in the last 10 years we've really moved from pets just being guard dogs or mouse-catching cats to having a deeper emotional purpose. They give us affection, make us feel less lonely and, if you believe the research, make us healthier, fitter and less prone to illness. But personally I think they show us how to be happy. How the simple things in life like a sleep in the sun or a run in the park can be the greatest pleasures in life!

I always find each individual has a very unique relationship with their pet. For some people they're just a backyard accessory that runs some occasional 'security' work and is nice to pat when they're feeling that way inclined. But for others – me included – they're fully fledged family members who eat, sleep and exercise at the same time as their slightly less hairy counterparts. The names of these kinds of pets are the giveaway. Rather than being called Spot, Tiger or Red, they're given 'people' names like Max, Jesse, Chloe and Zoe, that suit their human status!

You should always choose pets that enjoy a similar lifestyle to your own. So if you love running, go for

a working dog like a border collie or even a real go-getter like a Jack Russell. If you're more of a water baby then try a golden retriever or Labrador or even a crossbreed like a groodle or labradoodle. These guys crave water like a surfer craves swell.

If getting a sweat up really isn't your style, there are also pets that are perfect for you. (Interestingly enough, dogs don't actually sweat to cool down. They don't have sweat glands!)

For the more relaxed of us out there, cats can be the perfect lazy pet. They're happy in their own company and don't crave exercise. They're more likely to create their own activities with a burn around the house or backyard.

In the canine world cavalier King Charles spaniels, pugs, cavoodles (cavalier x poodle), miniature dachshunds and miniature schnauzers measure up pretty well. Surprisingly, an ex-racing greyhound could also be a good option. Despite their running reputation, these guys are actually

quite relaxed and are more than happy with just an easy walk around the block.

Dogs love being outside for all the new sights, smells and opportunities for exercise. You can't help but get caught up in their enthusiasm. But importantly, they make us so much more social. We end up visiting places and talking to people we'd never normally engage with. In fact, not only are pets great personal trainers, they're also great matchmakers!

Just remember that the most important exercise for your pet often isn't with a leash. Exercising their mind is just as important as their muscles. After all, pets get bored and may suffer from

separation anxiety if their mind is able to focus on the fact their best friend is far away from them at work.

So just like you do for your human partners, try to have some quality time together where it's just the two of you. 🛒

THE COSTCO CONNECTION

Our pet roadshow will be visiting all warehouses from mid-February and during March. Dog kennels, pet beds and tasty treats for your furry friends are just some of the exciting items we have on offer. Check your local warehouse for details.



TYRE CENTRE

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Getting to know NAPLAN

WORDS SARAH MARINOS

Every year, thousands of primary and high school students across Australia sit the NAPLAN tests. Here's what you need to know.

In mid-May around one million students around the country will take part in the National Assessment Program – Literacy and Numeracy. More commonly known as NAPLAN, the tests help measure essential literacy skills such as reading, writing, spelling and grammar, and numeracy skills including measurement and algebra.

So, before the tests begin, what do you need to know about NAPLAN?

How it works

NAPLAN tests are for students in Years 3 and 5 in primary school, and in years 7 and 9 in high school. Both government and non-government schools take part.

Tests are held at a child's school and are organised by the school's usual teaching staff

so children are surrounded by familiar faces and sit their NAPLAN tests in a familiar place. The tests are multiple choice or require short written answers. In tests to assess writing skills longer answers are required. Tests usually last 40 to 50 minutes.

What NAPLAN does

"NAPLAN was introduced to provide parents with information about their children's achievements in literacy and numeracy," says Norm Hart, president of the Australian Primary Principals Association. "It allows them to compare their children's test results with the test results of students of similar age in their school, state or territory and Australia wide."

But it's important to remember that NAPLAN tests are not 'pass or fail' tests and

children aren't penalised for their results. Instead the focus is to provide schools, teachers and parents with feedback on a child's progress and on teaching programs, and NAPLAN is only one part of how schools assess a child's educational development.

What do the results mean?

A child's individual performance for each test is shown on a national achievement scale that has 10 bands. One band shows the national minimum standard at each year level and a result in this band shows a child has reached the basic literacy and numeracy skills expected for their year.

Parents receive a NAPLAN report that shows how their child has performed compared to the national average, which →

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can highlight learning areas where a child may need help. “Parents should discuss their children’s NAPLAN scores with the classroom teacher, particularly where there is a discrepancy between the NAPLAN results and the achievements indicated on the child’s recent report cards,” says Hart.

How do schools use the results?

NAPLAN helps schools see how different education programs are working and where improvements can be made.

“NAPLAN results are useful for schools when considering the effectiveness of their programs,” says Hart. “If most of the students in the school answer a particular question incorrectly it is possible the school’s curriculum program is not placing sufficient emphasis on that topic.”

Government and educational bodies also use NAPLAN scores to identify schools that might require additional needs-based funding.

How can you help your child?

Schools help children by familiarising them with the test environment and by getting them used to different types of exams, such as multiple choice and shorter and longer writing tasks, says Nerina Pretlove, director of the Australian Professional Teachers’ Council.

“Primary schools help young students with the technical aspects of the test, for example, how to fill out the answers or correct an error,” adds Hart. “Teachers also provide advice about managing time during tests which are designed to place students under time pressure. Effective primary schools resist the temptation to modify what they teach or how they teach as a result of NAPLAN. Instead they provide a rich, well-taught curriculum as the best preparation for students to demonstrate mastery of the material.”

Pretlove says parents can support their child by regularly reading to them and with them. “Let them see you reading and have conversations with them about what they are reading,” she says, “and involve them in decisions that use numeracy, such as calculating change, buying things and in do-it-yourself projects.”

Parents can find sample NAPLAN questions and a sample writing task on the National Assessment Program (NAP) website at nap.edu.au

If your child is stressed, “Remain calm and reassure them that this is just another part of schooling,” says Pretlove. “Speak positively about the results by saying things such as, ‘This is what you can do. Let’s see what we can do to help you build new skills in this or that area.’” Reassuring children that you only expect them to do their best is also helpful.

“Remind children that NAPLAN is a test for every student in their year level in Australia, so they shouldn’t panic if they encounter something for the first time in the test,” advises Hart. “Suggest a visit to the toilet and a drink of water at the bubblers before the test. Hydrated and relaxed bodies always perform better in testing situations.” ☕

KIDS’ LEARNING AIDS



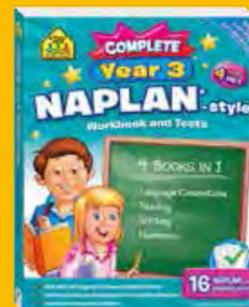
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Share fun educational activities with your preschooler using this learning pack for three to five year olds. The pack includes six coloured marker pens, more than 70 cute stickers and packs of Go Fish game cards, Three-Letter Words puzzle cards and Colours, Shapes & More flash cards, along with a giant pad, all packaged up in a ‘big kid’ school satchel. *Item No. 34030*



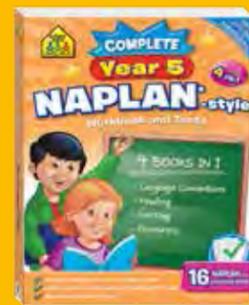
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School Zone NAPLAN-Style Workbook Complete Year 5

This workbook helps kids get a grip on reading, numeracy, language conventions and writing through 16 NAPLAN practice tests based on the Australian Year 5 curriculum, with correct answers supplied. The tests progress through stepped beginner, medium and advanced levels and are presented with engaging colour illustrations and easy-to-read text, printed on quality paper. *Item No. 33717*



School Zone NAPLAN-Style Workbook Complete Year 7

Covering the scope of all four Year 7 NAPLAN tests for numeracy, language conventions, reading and writing, this workbook includes exercises and 16 practice tests, progressing through beginner, medium and advanced levels, and eight pages of rewards stickers to help provide positive feedback and keep your seventh grader motivated. *Item No. 33717*

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Music to your ears

Having a piano in your home is an open invitation to creativity and joy, and a wonderful resource for gifted youngsters. **Auburn** members can see the range of Gospel pianos: kids', upright, digital and - if you have the floor space - even grand pianos. **February**



Little marvels

Talk about pot luck! Bonsai trees are miniature works of art, grown in attractive ceramic pots. These botanical wonders are an investment for your home. Costco is happy to announce its amazing-value bonsai trees and pots roadshow is coming to **all warehouses**. **February - April**



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