

Alchemy

Kismet Financial Services

SPRING 2009



Special points of interest: Points noted hereunder are quoted from Dr Shane Oliver, AMP Capital's Chief Economist

- With the economic emergency which followed the global financial crisis now fading into history, interest will soon start to rise, with Australia likely to lead the way.
- Whilst rising rates may cause periodic jitters in share markets and slow down their pace of advance, they won't be a major problem for shares until rates reach onerous levels. This is unlikely to be for several years given lingering economic uncertainties, massive excess capacity globally and low inflationary pressures.
- The key interest rate to watch is the US federal funds rate which is likely to take longer to start rising.
- A rising interest rate differential in Australia's favour will accentuate upward pressure on the Australian dollar, with another chance at parity likely in the next 12 to 18 months .

Marvelous Margaret

MARGARET GLENNON

OFFICE MANAGER

Margaret worked directly for AMP for 15 years before being "poached" by Genine to come and work for her as her Personal Assistant. Her years with AMP have given her a sound knowledge of all the products and services available and an enviable list of contacts. Margaret has significant office management expertise and ensures that the daily running of Kismet is smooth. She is the very proud mother of three and grandmother of six who enjoys craftwork, yoga, gardening, travel, fine dining and going out to the theatre or cinema. Behind her kindly grandmotherly façade lurks an extremely wicked sense of humour – don't let her fool you!



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Introducing Super Easy

Straightforward super

Flexible Lifetime - Super Easy is a competitive low-cost superannuation product that can make dealing with your super a simple and straightforward process. Offering easy investment choices, minimal fees and affordable insurance features, it gives you hands-on control of your account by letting you transact and keep up-to-date with your account online.

Key benefits

- Low fees
- Easy transfer from your existing super account
- Minimal paperwork
- Fast application
- Complimentary service to track down and transfer lost or old super accounts
- Full online access to check balances and transact anytime
- Simple for your employer to contribute to your account

Is it right for you

If you want to know more about Super Easy ring and speak to one of our Financial Planners and they can check if it meets your needs. Alternatively, come along to our "Wealth Creation" seminar where many topics of interest will be covered.

Kismet is a proud and active supporter of Vision Australia's "Have Cane Am Able" project.

A fund raising event will be held at Dame Elizabeth Murdoch's Cruden Farm, Langwarrin, on Sunday the 11th of October from 1-4pm. Everyone is welcome to attend and entry is by donation.

So why don't you make a day of it and come and support this fantastic cause whilst enjoying fabulous surroundings and entertainment!

WEALTH CREATION SEMINAR

Free to clients and friends of Kismet Financial Services, find out how to create tax effective wealth through various strategies including;

- Investment Gearing (Margin Lending)
- Shares
- Low Cost Superannuation
- Managed Investments
- First Homebuyers Account
- Property Investments

Date: Mid November

Time: 7:30pm

Venue: Watsonia Library

Speakers: To be advised

Phone Kismet Financial Services on **03 9467 3355** or email kismet@ampfp.com.au to indicate your interest

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day

Spring Sensation

Strawberry Tart

Serves 8, Preparation time 30mins, Cooking time 30 mins

Ingredients

For the crust

2 cups of flour, 4.5 oz of melted butter, 2 oz sugar (5 teaspoons)

2 egg yolks, 2 tablespoons of water, 1 pinch of salt

For the crème patissiere

2 cups of full cream milk, 2 eggs, 1/3 cup of flour,

3 oz sugar (8 teaspoons), 1 tablespoon extract of French vanilla

For the filling

32 oz strawberries



Directions

To prepare the crust, mix the melted butter with sugar, yolks, salt and water in a bowl. Put flour in a large bowl and pour the above mixture into it. Stir until a ball is formed. Place the ball on a floured surface and roll pastry with a rolling pin to obtain a circular pastry with a diameter of approximately 13 inches. Place pastry in a pie dish and bake for 30mins at 350 F.

Heat milk over heat until very hot. Meanwhile, beat eggs, sugar, vanilla and flour in a large bowl. Gradually stir hot milk into egg mixture and put it back in the saucepan over medium heat, stirring continuously, until the crème patissiere thickens.

Let it cool down and then pour the crème patissiere into the piecrust. Wash the strawberries, cut them in two and place them on the crème. Put the pie in the fridge at least one hour before serving.

From the online publication, France Monthly (www.francemonthly.com)

To accompany, our wine (or in this case sparkling/champagne) guru Natalie suggests ...

Less than \$20 - Lindauer Special Reserve. A New Zealand Sparkling it is rich and full flavoured with slight nutty tones. Retails for around \$15.30-\$19

\$20 to \$50 - Kreglinger Brut. A Tasmanian sparkling, this is a blend of pinot noir and chardonnay which shows fine consistent bubbles. Creamy richness with a crisp dry finish. Retails for around \$38-\$45

\$50 and over - G.H. Mumm Rose. This French Champagne is blended from a range of grand cru vineyards. It provides deep long lasting flavour, fine bubbles with a dry crisp finish. Perfect for desserts. Retails for around \$79- \$90

Hang the expense, my financial planner is a genius!! - Bollinger Vieilles Vignes Francaises Brut French Champagne . 100% Pinot Noir grapes sourced from original pinot noir grapes in the Champagne region. Fine beading, crisp, aromatic – Simply Stunning! Retails for around \$700-\$800

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Check out our new website at
www.kismetfs.com.au

Don't forget that your finances should be reviewed at least once a year, so call us on 94673355 if you need to make an appointment

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Five Fabulous Herbs For Your Health.

1 Turmeric to ease arthritis

A nice hot curry could help reduce your pain. That's because turmeric, a spice used in many curries contains curcumin, a powerful anti-inflammatory that works similarly to Cox-2 inhibitors, drugs that reduce the Cox-2 enzyme that causes the pain and swelling of arthritis. Clinical trials also indicate that it may be a preventative for colon cancer and Alzheimer's disease.

2 Cinnamon to lower blood sugar

A recent German study revealed that type 2 diabetics taking 1g capsules of cinnamon extract daily successfully reduced blood sugar by 10%, some significant results have also been identified in the reduction of "bad" cholesterol.

3 Rosemary to avoid carcinogens

Rosemary contains carsenol and rosmarinic acid, two powerful antioxidants that destroy HCA's (potent carcinogens implicated in several cancers). Early research indicates that Rosemary helps prevent carcinogens that enter the body from binding with DNA, the first step in tumor formation.

4 Ginger to avert nausea

Ginger works by blocking the effects of serotonin, a chemical produced by both the brain and stomach when you're nauseated. Ginger helps regulate blood flow which may lower blood pressure. It's anti-inflammatory properties are reported to ease the pain of arthritis and preliminary testing indicates that ginger powder may kill ovarian cancer cells as effectively or more effectively than traditional chemotherapy

5 Garlic to lower cancer risk

Studies have shown that high consumption of garlic lowers rates of ovarian, colorectal and other cancers. It is also believed to reduce blood pressure and prevent strokes by slowing arterial blockages. Crushed fresh garlic offers the greatest benefits but you will need to have at least 5 cloves per day!

Centrelink Matters—Changes effective from 20/9/2009

Source: Centrelink.gov.au

Increase in pension rate

From 20/9/09, the full single pension increased by \$65 per fortnight. The pension for couples increased by \$20.30 a fortnight combined.

The Pension Supplement

The Pension Supplement will automatically be paid to pensioners and other income support recipients with their regular fortnightly payment from 20/9/09. The supplement will combine various existing pension add-ons into a single supplement.

The Seniors Supplement

This will combine the Seniors Concession Allowance and the Telephone Allowance into 1 supplement for Commonwealth Seniors Health Card and DVA Gold Card Holders from 20/9/09.

Increase in the income test taper rate

From 20/9/09, the rate at which excess income affects the pension increased from 40 cents in the dollar to 50 cents in the dollar for singles and from 20 cents in the dollar to 25 cents in the dollar for couples

New Age Pension qualification dates

Born	Age
1/7/52 - 31/12/53	65 yrs & 6 mths
1/1/54 - 30/6/55	66 yrs
1/7/55 - 31/12/56	66 yrs & 6 mths
On or after 1/1/57	67 yrs

Closure of the Pension Bonus Scheme

The Pension Bonus Scheme was closed to new entrants who do not qualify for Age Pension before 20/9/09.

Good Fortune To All For The Spring Racing Carnival!

