

(thrive)



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Eye ON THE ball

As the star goal shooter for the West Coast Fever and the Australian Netball Diamonds, Caitlin Bassett tells *Thrive* how she stays fit and focused for the game and the future.



Shooting the winning goal for the Australian Netball Diamonds at last year's World Championships was an achievement Caitlin Bassett still finds a bit surreal. "It was sort of a dream come true that I didn't expect," Caitlin says. "If you had told me at the start of the year that I would have that opportunity, I would never have believed it."

Having helped the Diamonds

reach the world number one ranking, Caitlin is pumped up for another great year of netball, hoping to play for the national team again and to bring the West Coast Fever to the premierships.

"I've been playing with the Fever for eight years, so winning a premiership would just be amazing," she says.

Caitlin discovered her love for netball early, playing with her friends from around the age

of 11. At first, it was the thrill of winning that kept her excited, but as she started playing at a professional level she realised her passion for the game ran much deeper.

"I think it took playing with Perth Orioles in my late teens to know it was something I really wanted to do long term," she says. "To still want to play netball after training full time and maybe [Continued on page 7]

Talking about four generations



Joy O'Reilly was a young bride when she joined HBF in the 1940s as one of its pioneering members. Now, as her local Karrinyup branch is celebrating HBF's 70th birthday, she is the proud matriarch of four generations of women – daughter Tina, granddaughter Clare, and the newest addition to the family, baby great-granddaughter Eva – who are all HBF members today.

When Eva was born, she was given a "Ted" bear from HBF, and Joy recently had to call upon her HBF coverage for a hip replacement.

Joy is a pioneer through and through, having spent her early career as one of the state's first female pharmacists, and her unwavering loyalty to HBF over almost 70 years is greatly valued and admired.

DID YOU KNOW?

Last year we paid out \$12,378,589 for 6195 skin cancer treatments, giving our members fast access to care.

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not always having the success we wanted all the time, you have to have passion for the game.

"I like to be challenged, so every day out there it's something different. No training session is the same, and I really look forward to having a new challenge."

The social side of being a part of a team is something else Caitlin loves. Between training and trips away for games and even living with two of her teammates, she spends a lot of time with her fellow netballers, and counts them amongst her closest friends.

"I probably see the girls on the team more than I see my family," Caitlin says. "We know each other so well, and we can pick up on each other's moods so easily."

Being such close friends is especially useful when things get stressful, as Caitlin says it often does when playing away from home. "If I'm stressed out I'll go and talk to someone who looks really calm around me," she says. "Cath Cox is just the most calm and settled person before a game, so I always go and talk to her."

"Some people like to be alone before the game, some people want to dance around, and you just need to find the group that fits in with how you feel and be respectful that everyone is different."

Away from the netball court, Caitlin keeps busy working part time at a Bikram



yoga studio and studying journalism at university.

"I really want to work in the media one day – that's one of my main goals for after I finish playing netball," she says. "That's keeping me occupied during the off season, so I haven't gone too crazy!"

When she does get some downtime, Caitlin prefers quiet nights to wild parties. "I love really simple things, like going out and having a coffee with the girls or getting a movie and staying in," she says.

"I'd rather stay in any night of the week than go out! I guess it might sound boring for some people, but I'm a tracky dacks girl - I love to be all cuddled up on the couch. Sometimes after running around on the court for two and a half hours it's really nice to have a rest."

Staying in top condition for the game is a fine balance between working hard and avoiding burnout – and of course, good nutrition is essential as well.

"For me, it's all about eating consistently," Caitlin says. "I try to make sure I have breakfast, lunch and dinner and snacks in between."

But she also believes in allowing yourself the occasional treat. "When we travel to different cities I love to go for a walk and find a coffee and a cupcake."

This year will be a big one, and Caitlin is determined to keep playing her best. "I base a lot of my goals around fitness targets, so I just want to keep getting fitter and stronger. If I do those things, I figure other goals will sort of take care of themselves."