

from editors desk....th Ros Lingard

Dear Readers, Physie's the cool option

Physie is a form of dance that combines elements of aerobics, jazz, ballet, contemporary dance and hip-hop. It is the perfect combination of movements designed to increase flexibility, strength and fitness. Physie teaches important life skills that assist in a child's

development including improving social skills, concentration, sequencing, fine and gross motor skills, memory, listening skills and teamwork. Refer Page 3 Advert. To notify us of any events send information to Out & About PO. Box 1686, Noosa Heads 4567 or email ros@outandaboutmag.com.au. The deadline for the next issue is 30th March.



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(Senior Cricket Only) **Summer Season Commences** September 2015 through to March 2016 **ALWAYS LOOK** FOR GOOD UMPIRE • Training provided Ex-players most welcome · Apply nov Queensland Sub-Districts Cricket **Association Inc** For more information contact **Mel Lowings 0419 739 826** secretary@qsdca.com.au www.qsdca.com.au f www.facebook.com/qsdca

OUEENSLAND SUB DISTRICTS CRICKET ASSOCIATION INC. FOR SENIOR CRICKETERS.

President Mel Lowings advises "we are expecting another successful season of summer cricket with the outdoor exercise that we all need".

Our association is an affiliate of Queensland Cricket and we have been in existence for over 90 years providing summer Senior Cricket competition covering many parts of Brisbane. We have teams in the north such as Stafford: in the west such as Taringa: in the east such as Clevelands Thornlands; in the south such as Springwood.

Whilst the normal competition consists of the ususal mix of one day and two day matches, we also have a Separate 20-20 competition played on Sundays during the season and we enter a team in the Plunkett Cup which is a 50 overs competition.

In the Plunkett Cup we play against teams such as from Toowoomba, Beaudesert, Ipswich, Churches Cricket.

All matches are played on the turf wickets and the season is completed during mid to late March 2016. We are currently looking to boost our umpire numbers. Umpires are paid expenses for their role and some training is provided.

Experienced umpires and ex-players welcome to contact me. Mel Lowings President

Queensland Sub Districts Cricket Association Inc. Ph: 0419 739 826 email: secretary@gsdca.com.au





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Easy Steps To A Dreamy Design...

When thinking about a building project, the first thing that most people think about is desian.

Ask architect James Stephenson and he would agree. Then he would also take you through a simple process to make sure that the design is not only good and right for you, but that it is feasible.

It is these important initial steps that make the difference by helping you understand the look and feel of your project, perhaps with some options, before moving into the more expensive process of detailed design and the production of construction documentation.

This efficient method ensures that you are not only getting what you want but within the price range you can afford.

Whether it is extending your entertainment space with a deck to enjoy the great outdoors without leaving home, a renovation to an old school building or a much loved character home, or even a totally new build - big or small - the same easy process is used.

To find out how easy it is to make your design

and dream a reality, contact James Stephenson Architect on 3202 9383. Mobile 0411 627 477. iames@architectis.com.au or visit his website www.architectjs.com.au



On-line Door To Door Laundry Service Cleaning Up On The Domestic Front...

hen life is busy who has time to do the washing, the drying, the folding and the ironing?

But when it all gets out of hand and your last business shirts lie crumpled on the floor and you have resorted to paper towels to dry dishes in the kitchen then it is time to call in a fairy godmother.

For locals, that specialist fairy godmother that comes is Katy of CS Laundry Services.

Her door to door customised service is helping turn domestic and commercial laundry dramas into freshly folded and ironed linen.

And Katy doesn't stop at the laundry. If the refrigerator needs a clean, she can swing by and do that as well.

So lets face it, if you have had enough of being on tea towel duty at the office, running to the dry cleaner at lunch time or trying to find clean clothes for the mad morning dash, then it is time to give CS Laundry a call on 0466 711 232. Or even easier, organise a pick-up, on line at www.cslaundry.com.au



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CO-CURRICULAR PROGRAMS ASSIST ACADEMIC ACHIEVEMENT, LEADERSHIP AND BEHAVIOUR

Co-curricular programs, activities which are an extension of the formal learning experience, are essential to the development of secondary aged children. Just some of the activities they have on offer are musicals, backstage crew); sports (Aussie Rules,

Research has found that children are three times more likely to have positive outcomes with academic achievements, leadership, and behaviour if they participate in co-curricular activities. Moreover, students who are involved in such activities get to know students across age-groups and have a greater sense of belonging and value as a contributor.

Grace Lutheran College at Rothwell and Caboolture is one school that caters for all levels in co-curricular activities, offer plenty of options for your child's interests, provides camps and Outdoor Education programs, and has international connections. Just some of the activities they have on offer are performing arts (dance, instrumental music, choirs, musicals, backstage crew); sports (Aussie Rules, futsal, soccer, hockey, volleyball, beach volleyball, basketball, touch football, waterpolo, cricket, tennis, netball, softball, and rugby league); academic enrichment (debating, chess, tutors and robotics); creative industries (news, film, cinematic theatre production, and art); and service learning (faith and service, charity, and community service).

The best way to find out if the co-curricular program at a school is suited to your child is to visit the school on a tour or Open Day.



VISIT CHOOSINGASECONDARYSCHOOL.COM.AU FOR HELPFUL HINTS AND TIPS ON SELECTING THE RIGHT SCHOOL FOR YOUR CHILD



Come and see Grace Lutheran College for yourself at one of our GRACE@WORK or Open Day events.

GRACE@WORK AM: MAY 2015 CABOULTURE OPEN DAY: MAY/JUNE 2015 GRACE@WORK PM: AUGUST 2015

SPECIALISTS IN SECONDARY EDUCATION

At Grace Lutheran College we are proud to be trusted specialists in secondary schooling.

Established in 1978, the College, a Christian co-educational secondary school, has a long history of providing quality education to students in the Moreton Bay region at both the Rothwell and Caboolture Campus.

Our established Middle School Program, including Years 7, 8 and 9, has been tried and tested since 2008, providing students with a flying start to their high school education.

For four weeks all students in Year 10 at Grace attend our third campus, Googa, an Outdoor Education Program facility near Blackbut. Under the direction of highly trained and specialised staff, the students gain a multitude of skills and life experiences including adventure activities, hiking, camping, daily cooking, washing and cleaning, responsibility for feeding livestock, preparing devotions, as well as journal and letter writing. Through a proven pioneering approach, our students fully engage in a wide array of activities that they might otherwise miss, or take for granted in the home environment. The aim of this journey is for the students to develop into young adults, to learn self-reliance and team work skills, discover how to respect others and understand their spiritual path.

Skills learnt at Googa assist them to grow academically and personally in the final two years of school and beyond. Students lead as College Ambassadors in Year 11 or as mentors in a wide range of co-curricular and service activities in Year 12. In addition, a large number of students offer academic support to other students during and after school. This supplements the tutoring programme in the library from Monday to Thursday afternoons conducted by teachers and past students on staff.

Book a personal tour or visit one of the Grace events to discover how your child could benefit from attending Grace, specialists in secondary education.

INTERVIEWS HAVE COMMENCED FOR 2015. ENQUIRE TODAY.

Anzac Avenue, Rothwell T: 07 3203 0066 E: grace@glc.qld.edu.au 129 Toohey Street, Caboolture T: 07 5495 2444 E: enquiries_cc@glc.qld.edu.au glc.qld.edu.au



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Ashgrove Dance Studio Grows From Strength To Strength

ne of the oldest dance schools in Queensland continues to move from strength to strength attracting some of the best dance teachers to offer students a dazzling array of choices.

The much loved **Ashgrove Dance Studio started as a ballet school in 1899** at a period of time when dance classes generally would have been in short supply.

But through the dedication and passion of subsequent directors, the ballet school slowly grew and since 1973, under the direction of two former students and current directors, Wendy and Judith Lowe, the Ashgrove Dance Studio has developed into the vibrant and diverse dance studio it is today.



Australian Skin Clinics

Judith, Mrs. Lowe and Wendy.

Wendy said the studio is one of the busiest and most successful dance schools in South East Queensland, catering for all age groups , and teaching a variety of dance styles from classical ballet, tap and jazz, to hip hop, Irish and more recently, lyrical dance.

"We are fortunate to have introduced Lyrical Dance Classes to teach experienced senior dancers this beautifully expressive form of dance here at Ashgrove," Wendy said.

"I believe our success comes from our tradition of offering our students classes in not only a warm and welcoming environment but also of a standard that has seen so many of them continue to do extremely well within the dance and performance industry.

"Daniel's classes continue that tradition here at Ashgrove."

Why not find out more about the Ashgrove Dance Studio by visiting the website www.ashgrovedance.com.au, phoning mobiles: 0407 675 230 or 0419 670 906. (Day or Evening), or emailing principal@ashgrovedance.com.au

As enrolments for new students are open all year around, anytime is a great time to start. Visit www.ashgrovedance.com.au or contact the studio on (07) 3366 2976 to find out more.

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Kindermusik

Music & movement classes for babies, toddlers, and big kids. As you play instruments, sing, move, and explore, you'll uncover an engaging musical world while building your child's confidence, self-control and communication skills. A good beginning never ends.



Studio & Store 749-753 South Pine Rd Everton Park www.fyingfoxstudios.com.au 07 3855 1528

Magical Fairy Tale Musical To Enchant Savoyards Audiences...

he French fairy tale that became a Walt Disney classic and one of the top 10 longest running musicals on Broadway, Beauty and the Beast, is soon set to enchant Brisbane audiences.

The **Savoyards**, Brisbane's longest continuously running community based musical theatre company, is planning to roll out the production during its next **theatre season in mid March**.

And as always, the show is one not to be missed.

Beauty and the Beast tells the story of a prince who is transformed into an ugly beast as punishment for his cruel and selfish ways, and a beautiful young woman named Belle who becomes the captive of the beast after she persuades him to allow her to take the place of her much loved father, already imprisoned in the beast's castle.

The story of acceptance, respect and compassion unfolds as the beast earns the love of Belle and in so doing, finds his own humanity, becoming a man again.

With music by Alan Menken and lyrics by Howard Ashman and Tim Rice, the musical has been nominated for a number of awards since its first appearance on Broadway in 1994.

In 1998 it won the Laurence Olivier Award for Best New Musical. And this year, the **Savoyards version of Beauty and the Beast** is aiming to again become a winner – in the hearts and eyes of community theatre lovers in Brisbane.

For more information about the show dates and times, including how to book tickets, visit www.savoyards.com.au or call 3893 4321.



Talk To Jeff To Take The Stress Out Of Downsizing Your Home

If the kids have grown up and moved on and the house seems a little empty, then now is the time to seriously think about what happens next?





And who better to help assist in the "what next" deliberations than *Jeff Smith of Ray White Real Estate in Paddington.*

Jeff has a great knowledge of real estate and assures his clients they will receive the very best options to buying or selling their home. "Downsizing a family home is not only a big decision but it can also be an emotional one," Jeff said. "I understand these sensitivities but as an experienced real estate agent I want to make sure that you as my clients are getting the best possible outcome from the sale of your home and the purchase of a new property."

If you are thinking about downsizing, contact Jeff on 3369 6488 or Mobile 0432 00 33 55 for a confidential discussion.



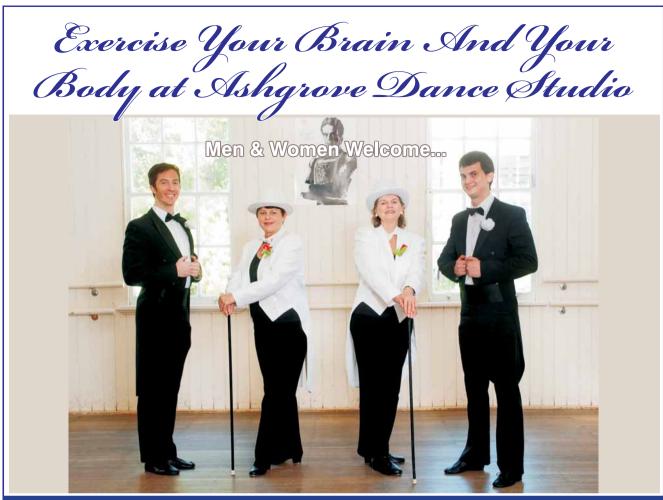


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The excitement of Dance with the expertise of the Ashgrove Dance Studio...

earning to dance can be not only a lot of fun but a workout for the whole body.

According to some neuroscientists the benefits of activities such as dancing, particularly as we age, can help maintain not only our bodies but also our brains.

In fact, both the social aspect of being with people and enjoying ourselves, combined with the more complex activity of dance, requires the use of several parts of the brain – parts which we don't normally exercise as we age.

Through dance we coordinate action, memorise complex behaviour, move it from short-term to long-term memory while also socialising - predicting how our partner will respond and how we will respond to others.

Wendy and Judith Lowe, the directors of Ashgrove Dance Studio, one of Queensland's oldest dance schools, not only agree but can pay testament to the science.

"While we took over the dance studio in the early 1970s, both of us have been dancing and teaching dance nearly all our lives," Wendy said.

"Learning a new routine is akin to learning a new language."

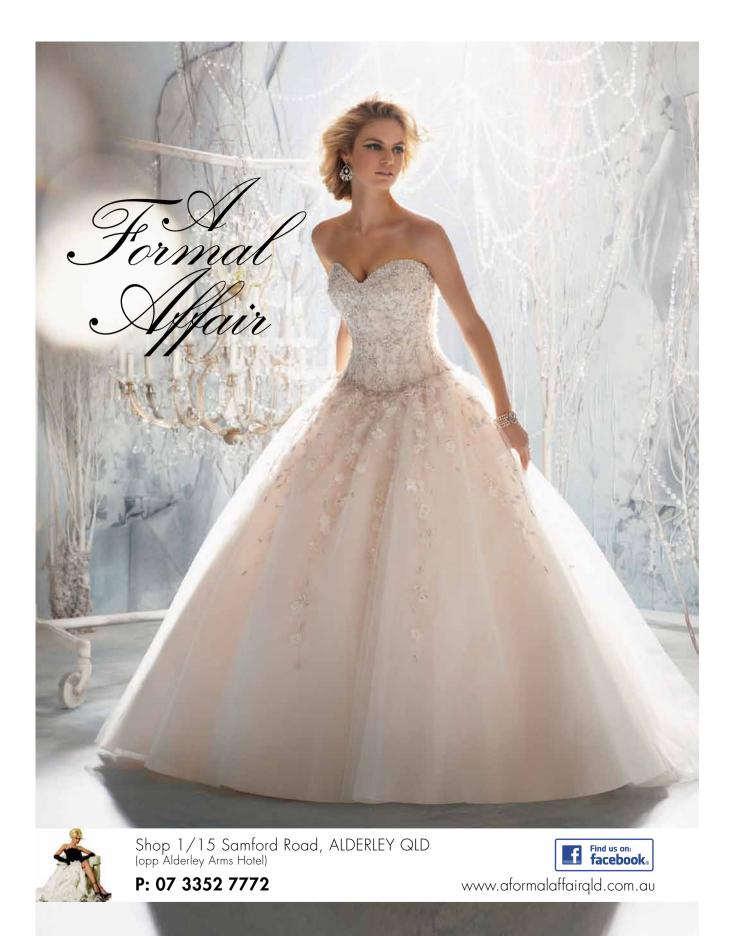
"But unlike a new language, dance is a whole of body experience – there are some very complex things happening in the brain for something that is not only physically good for you but also a whole lot of fun." Judith said Ashgrove Dance Studio had classes specifically for seniors - both male and female.

"While our dance studio has a reputation for shaping up and coming dancers and dance instructors, it is our classes for the older generations that have the potential to really make a difference in terms of enjoying life – the added bonus is that it's also a great way to make friends." To find out more about Ashgrove Dance Studio and particularly classes for older men and women, visit www.ashgrovedance.com.au or phone 3366 2976.



Judith, Mrs. Lowe and Wendy.

Enquiries Mobile: 0407 675 230 or 0419 670 906. (Day or Evening). www.ashgrovedance.com.au



WHAT'S NEW - WHAT'S NEW

ASHGROVE DANCE STUDIO -THE PERFECT PLACE TO LEARN TO REALLY DANCE.....

or many people starting at Ashgrove Dance Studio was the start of a lifelong love of dance. Classical, jazz, and tap are dance styles taught with style and aplomb at Ashgrove Dance Studio.

In more than 100 years that the Ashgrove Dance Studio has been operating, thousands of Brisbane students have passed through its classes.

The studio's principals, Wendy and Judith Lowe, have been at the helm for fourty-one years.

Both registered teachers of the Royal Academy of Dancing in London, they have continued the fine tradition of providing lessons in classical dance, jazz and tap to students of all ages, plus a creative movement class for toddlers.

To obtain more information, call: (07) 3366 2976

Principals Wendy Lowe A.R.A.D. Judith Lowe A.R.A.D. (Solo Seal)

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Remember when going to the theatre was a special event and people actually enjoyed dressing up for it? "Stay Classy" is a new initiative encouraging Brisbane theatre goers to have fun and revisit that bygone era.

www.facebook.com/StayClassyBrisbane

Enquiries Phone: (07) 3893 4321



hinking of doing something new in 2015 ? why not learn to speak a new language. Lapont Language Centre has recently launched its latest Newmarket Northside Location.

Small classes will be held at Newmarket - Lapont Language Centre, 15 Banks Street – NEWMARKET (under the umbrella of the Newmarket State School)

French-Spanish-Italian- Japanese and more... languages are taught by friendly native teachers, the main focus is to encourage students to make progress on the spoken language needed in everyday situations, right from the start.

Whether you want to learn the language of your next travel destination, for work, family or simply for pleasure; Lapont has classes for all ages and abilities and welcome absolute beginners – there are no mixed levels and the groups are limited.

Lapont's world-renowned teaching method has been proven to get results fast and easily using the highly successful communicative and language Immersion approach to teaching languages.

Lapont does not always run parallel to School Terms and starts new classes every week and offers flexible affordable Private tuition at the convenience of your own home or office.

Why not learn as a family or with a friend, Lapont offers generous discounts for 2 or more students.

You can even make up your own private language group at your home or office, Lapont will design a program to suit your individual needs.

Travelling and learning a language is an experience that you will always cherish, find out more about the exciting Lapont immersion tours to South America or France organised by Lapont and immerse yourself in the language and culture, secure with friends

Classes in Newmarket are starting from 16 February, 2015 - Don't hesitate make a start in 2015 - You can speak to a language expert to discuss your goals and the current timetable. Contact: Lapont Language Centre on 3822 7757 email info@lapont.com enrol online visit www.lapont.com $\star \star \star$ Also a C.B.D. LOCATION at 138 Albert Street BRISBANE CITY



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BOOKINGS NOW BEING TAKEN FOR 2015 A Wonderful Learning Environment For Toddlers To Seniors



Day or night. Enquiries Mobile: 0407 675 230 or 0419 670 906 www.ashgrovedance.com.au

Savoyards Offer Business Advice Via An Award Winning Musical...

The Tony Award winning musical, **How to Succeed in Business Without Really Trying**, based on the 1952 satirical book by Shepherd Mead is set to become the next successful production by the Savoyards.

The Savoyards, Brisbane's longest continuously running community based musical theatre company, is planning to roll out the production during its next theatre season.

And as always, the show is set to entertain.

Adapted for the stage as a musical by Abe Burrows and Frank Loesser the creative team behind Guys and Dolls, **How to Succeed in Business Without Really Trying** tells the story of the rise, from window cleaner to chairman of the World Wide Wicket Company board, by the young and ambitious J. Pierrepont Finch.

The musical first opened on Broadway in 1961and went on to win seven Tony Awards and the 1962 Pulitzer Prize for Drama.

More than 50 years after its Broadway debut, the musical's irony and wit still has the power to resonate with audiences, and encourage them to hum a tune or tap a toe with a score and dance routine that is both original and familiar.

For more information about the show dates and times, including how to book tickets, visit www.savoyards.com.au or call 3893 4321

Check our website for further information www.savoyards.com.au www.facebook.com/savoyards.brisbane



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While Ashgrove Dance Studio originates from the oldest ballet school in Queensland, few would know that it is also the first dance studio in Brisbane to hold ballet classes for adults.

Since 1973, the Ashgrove Dance Studio has been teaching adults tap, jazz and classical dance styles.

40 years later, those classes are still as popular for those wanting to get fit, stay fit and feel good.

Co-principal, Wendy Lowe, said today more

than ever, we are realising that fitness is an important part of maintaining healthy lifestyles as we get older.

BOOKINGS NOW OPEN FOR 2015 Ph: 3366 2976 For details including venues and timetables visit the Ashgrove Dance Studio website **www.ashgrovedance.com.au**

Enquiries Mobile: 0419 670 906 or 0407 675 230.



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