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Please Refer to Page 9 for Feature Editorial

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#### from editors desk. with Ros Lingard

New business owner **Andrew Jervis** prides himself on the friendly services he provides. **Timber Venetians & Shutters Direct** is a family owned and operated business that has been centrally located in Latrobe Terrace Paddington for over 10 years. Due to the nature of the no obligation in home quotes throughout Brisbane, their shop front is not always open so please phone 0421 696 108 to arrange an appointment anytime. You will see quality shutters, blinds and/or awnings at affordable prices, solving your shade and privacy problems..**See Ad page 3**. Don't forget, Out & About Magazine is

happy to publicise your community activitity or event. Just send information to Out & About PO. Box 1686, Noosa Heads 4567 or email ros@outandaboutmag.com.au. The dealine for the next issue is 30th March. Extra copies of Out & About can be collected at Simon's Gourmet Gallery, 10-620 Moggill Road, Chapel Hill.



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#### Easy Steps To A Dreamy Design..

hen thinking about a building project, the first thing that most people think about is design.

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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.

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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.

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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?

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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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Helen Stevens - Principal

#### 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.

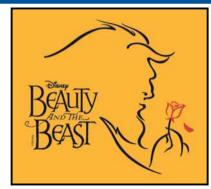
**Beauty and the Beast** tells the story of a prince who is transformed into an ugly beast as punishment for his cruel and selfish ways, and a beautiful young woman named Belle who becomes the captive of the beast after she persuades him to allow her to take the place of her much loved father, already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



**OPENS 14th March** 



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



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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.



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.



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. Join us and *LIKE* Stay Classy Brisbane.

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

he 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.



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. Pierreport 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



A Show Not To Miss!







## 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

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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."

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# Exercise Your Brain And Your Body at Ashgrove Dance Studio



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."

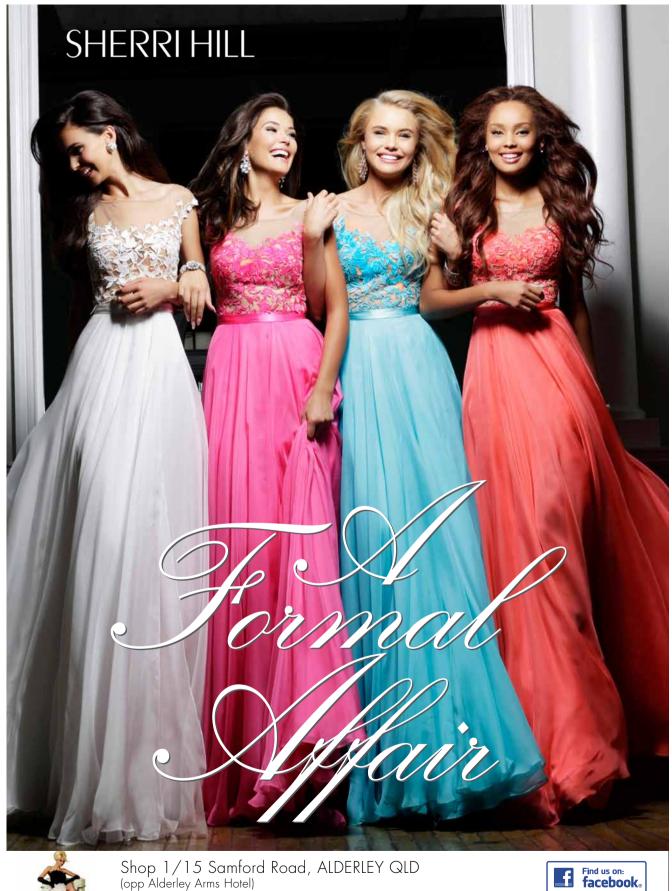
"But unlike a new language, dance is a whole of body experience – there are some very complex things happening in the brain for something that is not only physically good for you but also a whole lot of fun." Judith said Ashgrove Dance Studio had classes specifically for seniors - both male and female.

"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

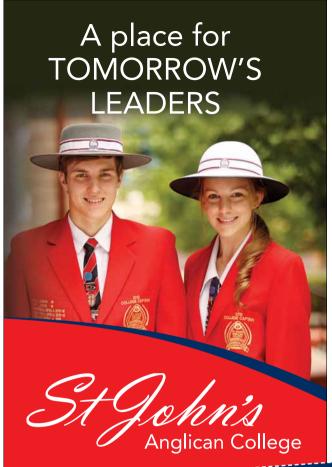


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Ashgrove Dance Studio

#### A wonderful way to keep fit and enjoy life!

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: 0407 675 230 or 0419 670 906.





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#### A Great Night at The Theatre!

Photographer - Christopher Thomas. Cast: Patrick Oxley [Beast] and Kate Milward [Belle]



Refer Page 5 for Feature Editorial.

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