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# Out & About

Western Suburbs

MAGAZINE

## Ashgrove Dance Principal Awarded For Her Dedication...

**W**endy Lowe, one of the principals of one of Brisbane's oldest dance schools, has had her dedication to both dance and her students rewarded as the recipient of the Rotary Club of Windsor's Pride of Workmanship Award.

The prestigious award acknowledges Ms Lowe's enthusiasm and commitment to her students and is another accolade to add to the success of this popular dance studio.

"One of our objectives is to instil in our students a love of dance and see achieve a personal high standard of expertise and enjoyment," Ms Lowe said.

"Receiving this award is a very inspiring acknowledgment that we at Ashgrove Dance Studio are making headway towards achieving that vision."

As one of the most popular dance schools available in the Western Suburbs of Brisbane, Ashgrove Dance Studio has become a haven for dance students young and old.

While the school has successfully launched the careers of many dancers both on the stage and off the stage as fully qualified dance instructors, it is also making its mark in the world of modern dance including dance for exercise, therapy and fitness.

So whether it be evening or day classes, ballet, tap, jazz, or contemporary style dancing, or just the fitness of pilates, Ashgrove Dance studio has a class for you.

Visit [www.ashgrovedance.com.au](http://www.ashgrovedance.com.au) or contact the studio on (07) 3366 2976 day or evening.



Wendy Lowe

## Margies Vietnam Tours Join us for a life-time holiday in Vietnam!

### Master Chef Cooking Classes

**Masterchef – Vietnamese Cooking Tour (16 days – 15 nights)** Includes:

- 15 nights 4 and 5 star accommodation with all meals included
- Special cooking classes
- All sightseeing entrance fees detailed in our itinerary
- Return train to Sapa, 3 internal flights, luxury junkboat
- Tour arrival and departure transfers
- Local bilingual guides
- Water puppet Show

For more information telephone Margie on Mobile 0408 882 771 Day or Evening.

### TOUR DATES

- 14th August to the 29th August
- 4th November to the 19th November
- 14th April 2013 to the 29th April 2013



• [www.margiesvietnamtours.com](http://www.margiesvietnamtours.com) • e: [margmeierviet@yahoo.com](mailto:margmeierviet@yahoo.com) •



from the **editors desk...** with Ros Lingard



**H**ello Readers - Spring will soon be upon us - time to spend the lovely warmer days refurbishing your gardens with new ideas - Enjoy! Out & About Magazine is happy to publish details on community activities and events. Just send information to Out & About PO.Box 1686, Noosa Heads 4567 or email [ros@outandaboutmag.com.au](mailto:ros@outandaboutmag.com.au). The deadline for the next issue is 8th Sept. Extra copies of Out & About can be collected at Simon's Gourmet Gallery, 10-620 Moggill Rd, Chapel Hill.

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## Fun For The Family!

**M**ark your diaries November 15th - 16th and 17th for the Annual Show Extravaganza of the Ashgrove Dance Studio titled "LET'S DANCE"

Special guest Pam Foley will be returning for the Show. Pam is in her 80th year and still dancing strongly under the guidance of Wendy and Judith Lowe. Pam will be joined with some of her closest friends to perform in this Annual Extravaganza at the Queensland Performing Arts Complex.

*If Pam can do this - why not you !! Still time to join the Ashgrove Dance Studio and be part of this wonderful event.*

Telephone Wendy and Judith Lowe on 3366 2976 day or evening.

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- Contact: [homestylemarket@gmail.com](mailto:homestylemarket@gmail.com)

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Annual Dance  
Extravaganza is coming...*

**TITLED "LET'S DANCE"**

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talented dancers on stage -  
a show to be enjoyed by  
the whole family.*

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**Enquiries: 3366 2976**

[www.ashgrovedance.com.au](http://www.ashgrovedance.com.au)



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Dance  
Studio**

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

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# ***Margies Vietnam Tours***

*Join us for a life-time holiday in Vietnam!*

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We invite you to join us for a personalised cycling tour visiting orphanages, schools, fishing villages and donating to one poor family which will change their lives for ever. Cycling is the best way to explore quaint riverside towns, sample the best tropical fruit from the colourful floating markets and meet friendly locals. For more information contact Margie on Mobile **0408 882 771** Day or Evening.



• [www.margiesvietnamtours.com](http://www.margiesvietnamtours.com) •  
e: [margmeierviet@yahoo.com](mailto:margmeierviet@yahoo.com)



# Margies Vietnam Tours

*Join us for a life-time holiday in Vietnam!*

## Take A Walk On The Tribal Side....

Getting a feel for a country, its people and its culture – on foot - doesn't have to be hard work, particularly if Vietnam is your destination and the walking tour is organised by **Margie's Vietnam Tours**.

This Brisbane based operator has put together an intriguing five day tour of the Sapa region which includes a tasting plate of cultural experiences, a relaxed pace and plenty of luxuries.

Starting at Hanoi, take an overnight train ride to Lao Cai. Here, at 1600 metres above sea level, the experience really begins.

Check into the Victoria Sapa Hotel and then head for one of the cafés for a cup of Vietnamese coffee and the sights - hill tribes in different costumes walking to the market against a backdrop of old French colonial buildings— an experience not to be missed.



Enjoy a lifetime experience with Vietnam Tour Specialists - Margie's Vietnam Tours.

Neither is the chance to have dinner with the Black H'mong people and learn about their food, musical instruments and body performances.

Nor the visit to Coc Ly and its famous market of Flower H'mong people or the boat ride on the Chay River to visit the Tay people.

## This tour certainly has it all

For more information contact Margie on Mobile **0408 882 771**  
Day or Evening.

• [www.margiesvietnamtours.com](http://www.margiesvietnamtours.com) •  
e: [margmeierviet@yahoo.com](mailto:margmeierviet@yahoo.com)

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

**F**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 thirty-nine 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



**Ashgrove  
Dance  
Studio**



### **Principals**

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

### **Offering classes in**

Ballet, Jazz, Tap  
Hip Hop and Pilates.

Students from 3 to 73.  
Qualified teachers.  
RAD Examinations.  
Annual Show.



*Registered teachers of The Royal Academy of Dance.*

**3366 2976**

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The fragrance from the Gardenias in your garden makes you stop and enjoy the moment. The Jacarandas in flower remind you of University exams. Your daughter brings you a bunch of daisies she has just picked for you from your garden.

In these busy times these are priceless moments that help keep a balance in our lives.

The design of your garden is important so that shade and light are well balanced. There are plants in flower throughout the year and there is always something of interest to attract your attention.

What could be better than smelling the Gardenias and listening to the birds in the trees; nature at its best. Spend time in the garden and you will feel much better for it.

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## Working From Home Has Never Been Easier...

**W**estlake's Debbie Dove has hung up her corporate suit and sensible shoes in favour of casual attire and a job that is only a hop skip and a jump from her lounge room sofa – in her home office.

Debbie has joined the hundreds and thousands of men and women around the world who are tossing in the 9 to 5 rut in favour of working from home.

But unlike the multitudes, Debbie has joined a travel and lifestyle company that has been listed as one of the fastest growing travel companies in North America – Resorts 360.

But that's not all – it also offers members the opportunity to become a business partner – which is the opportunity Debbie found too difficult to refuse.

Debbie said that while she works from home and enjoys the benefit of no travel time commuting to work and back, she can now spend more time on building her business – at any time of the day or night.

"As in any business, the more effort you put in, the more results you get".

"Because of the tremendous value and advantages of the business affiliation – there really is no way that as an individual you cannot succeed – whether it's in business or on holiday!".

**Contact Debbie on Mobile 0421 973 208 - by email [doveexcursions@gmail.com](mailto:doveexcursions@gmail.com)**



Debbie is keen to chat to readers interested in Resorts 360 so to find out more visit Debbie Dove, Independent Associate of Resorts 360, at [www.doveexcursions.com](http://www.doveexcursions.com) or join her mailing list at [www.doveexcursions.luxuryfromhome.com](http://www.doveexcursions.luxuryfromhome.com)

## Debbie Dove

Independent Associate of Resorts 360



# Margies Vietnam Tours *Join us for a life-time holiday in Vietnam!*

## Masterchef – Vietnamese Cooking Tour (16 days – 15 nights)

Includes:

- 15 nights 4 and 5 star accommodation with all meals included
- Special cooking classes
- All sightseeing entrance fees detailed in our itinerary
- Return train to Sapa, 3 internal flights, luxury junkboat
- Local bilingual guides
- Tour arrival and departure transfers
- Water puppet Show



For more information contact  
Margie on mobile 0408 882 771  
Day or Evening.

## Central and South Vietnam active cycling (15 days -14 nights )

Includes:

- 14 Nights 4 and 5 star accommodation with all meals included
- Fully escorted tours with back-up vans • Local bilingual guides
- All sightseeing entrance fees detailed in our itinerary
- All drinks and refreshments during cycling breaks
- Tour arrival and departure transfers
- 2012 Specialized Crosstrail Pro Disc bike
- Specialized Align helmet & other equipment
- Complimentary cycling jersey & maps



For more information contact  
Margie on mobile 0408 882 771  
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## Cycling Green Mekong & Phu Quoc island retreat (8 days 7 nights)

Includes:

- 7 Nights 4 and 5 star accommodation with all meals included except lunch and dinner on Phu Quoc Island
- Flight ticket Phu Quoc – Saigon including airport transfer
- Fully escorted tours with back-up vans
- All sightseeing entrance fees detailed in our itinerary
- Local bilingual guides
- 2012 Specialized Crosstrail Pro Disc bike
- Specialized Align helmet & other equipment
- Complimentary cycling jersey & maps



For more information contact  
Margie on mobile 0408 882 771  
Day or Evening.

## Optional Cycling Tours around Hoi An & Danang areas ( 7 days – 6 nights )

Includes:

- 6 nights 4 and 5 star accommodation with all meals
- Fully escorted tours with back-up vans • Local bilingual guides
- All sightseeing entrance fees, detailed in our itinerary.
- All drinks and refreshments during cycling breaks
- Tour arrival and departure transfers
- 2012 Specialized Crosstrail Pro Disc bike
- Specialized Align helmet & other equipment
- Complimentary cycling jersey & maps



For more information contact  
Margie on mobile 0408 882 771  
Day or Evening.

## Hoi An to Hue Cycling ( 7 days – 6 nights )

Includes:

- 6 nights 4 and 5 star accommodation with all meals
- Fully escorted tours with back-up vans • Local bilingual guides
- All sightseeing entrance fees, detailed in our itinerary.
- All drinks and refreshments during cycling breaks
- Tour arrival and departure transfers
- 2012 Specialized Crosstrail Pro Disc bike
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For more information contact  
Margie on mobile 0408 882 771  
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## Personalised Bus Tours – 16 Days and 15 Nights

Includes:

**Day 1** - Arrive in Hanoi International Airport , you will be met by your guide and transferred to Sofitel Legend Metropole Hotel. You will have the orientation tour of the French quarter by cyclo – a unique form of transportation . This evening you are invited to a private cocktail reception at a famous art gallery in town where you will have the opportunity to see most of the contemporary art works of Vietnamese artists. Dinner tonight will be at the “Cha Ca La Vong” restaurant where you can enjoy their famous fish dish “Cha Ca”. Return to the Hotel (3 nights)

Through to...

**Day 15** - Today after an early breakfast we drive you through the scenic countryside passing through small villages, local markets, rubber plantations on our way to Cu Chi to visit the famous tunnel systems built by VC during the Vietnam war. You will be guided by a former VC around the site, have lunch at a local restaurant and return to Saigon . Farewell dinner tonight is at a local restaurant.



For more information contact  
Margie on mobile 0408 882 771  
Day or Evening.

**For more information contact Margie on mobile 0408 882 771 Day or Evening.**



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# Margies Vietnam Tours *Join us for a life-time holiday in Vietnam!*

## Hanoi - Haiphong - Catba - Halong Bay - Hanoi (8 days - 7 nights) (Walking/ Kayaking)

Includes:

- 7 Nights 4 and 5 star accommodation (including Junkboat) with all meals included
- Local Bilingual guides
- All sightseeing entrance fees detailed in our itinerary
- Tour arrival and departure transfers.



For more information contact Margie on mobile 0408 882 771 Day or Evening.

## Hanoi Arts Tour 4 days – 3 nights (Walking)

Includes:

- 3 Nights 5 star accommodation with all meals including one cocktail function
- Local bilingual guides
- All sightseeing entrance fees detailed in our itinerary
- Tour arrival and departure transfers



For more information contact Margie on mobile 0408 882 771 Day or Evening.

# Margies Vietnam Tours

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## Homestay Packages Available Mid 2013



For more information contact Margie on mobile 0408 882 771 Day or Evening.

## Sapa areas – Tribal communities/markets 5 days – 4 nights (Walking)

Includes:

- 4 Nights 4 and 5 star accommodation with all meals included
- All sightseeing entrance fees, detailed in our itinerary
- Tour arrival and departure transfers
- Local bilingual guides
- Return train travel to Sapa



For more information contact Margie on mobile 0408 882 771 Day or Evening.

# Margies Vietnam Tours

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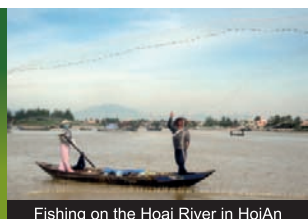
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# Margies Vietnam Tours *Join us for a life-time holiday in Vietnam!*

We invite you to join us for a personalised cycling tour visiting orphanages, schools, fishing villages and donating to one poor family which will change their lives for ever. Cycling is the best way to explore quaint riverside towns, sample the best tropical fruit from the colourful floating markets and meet friendly locals.



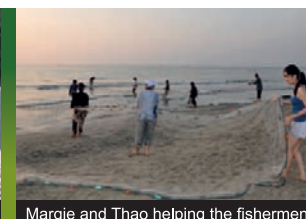
Fishing on the Hoai River in HoiAn



Mr and Mrs Huyah Ba with Nam



Kayaking in Halong Bay



Margie and Thao helping the fishermen

**For more information contact Margie on Mobile 0408 882 771 Day or Evening.**



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# Margies Vietnam Tours

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## Paddle Through Vietnam On Board Margie's Kayaking Tours ....

If exploring crystal clear water of Vietnam's Halong Bay, with its mystical caves and intriguing oyster farms, is something you have always dreamed about, then make your dream come true by taking a kayaking trip with **Margie's Vietnam Tours**.

The eight day tours, offered monthly between September and March each year, are a magical way to explore this intriguing part of Vietnam in a very up close and personal way.

But it's not all hard work.

Brisbane base tour operator, Margie, and her Vietnam based business partner, Nam Quang Ngo, have planned these tours so that the leisurely kayaking experiences are integrated into an itinerary that includes walking tours of historic sites, romantic cruising on a private junkboat, and travel on board a hydrofoil to see the famous floating villages.

In between, famished travellers dine on mouth watering Vietnamese cuisine, sit in the audience for traditional puppet show performance and can even take part in sunrise tai chi classes.

The eight day tour includes four and five star accommodation (including two nights on the Junkboat), all meals, local bilingual guides, kayaking and all sightseeing entrance fees as detailed in the itinerary.



The joy and pleasure of kayaking in Halong Bay, Vietnam.

For more information contact Margie on Mobile **0408 882 771**  
Day or Evening.



• **[www.margiesvietnamtours.com](http://www.margiesvietnamtours.com)** •  
**e: [margmeierviet@yahoo.com](mailto:margmeierviet@yahoo.com)**



# Margies Vietnam Tours

*Join us for a life-time holiday in Vietnam!*

## Hop On A Cycling Tour For A Truly Intimate Experience Of Vietnam...

There is no better way to truly experience a country then moving through it at a pace that allows you to really immerse yourself in its people and its culture – and what better way to do that then on a bike in Vietnam.

**Margie's Vietnam Tours** offers a range of cycling tours which cater for all levels of cyclists with tours that range from 15 days to one day only trips that can be integrated into other tour itineraries when visiting this intriguing country.

Whichever way you choose to do it cycling through Vietnam is a sure road to creating unforgettable memories.

Brisbane based tour operator, Margie, and her Vietnam based business partner, Nam Quang Ngo have developed these tours to take in some of the most historic, evocative and beautiful parts of this breathtaking country.

Nam is a Vietnamese local with more than 10 years of experience as a tour leader with several travel companies.

Now clients of Brisbane based **Margie's Vietnam Tours** will be able to take advantage of that experience as Nam takes tour groups on cycling trips along the back roads of Vietnam's spectacular countryside, the narrow lanes of the romantic French quarter, past old air bases and even to the famous Cu Chi Tunnels system - always with plenty of time to stop and enjoy the experience.



A total lifestyle experience when bike riding through Vietnam with your talented professional tourist guide Nam.

For more information contact Margie on Mobile **0408 882 771**  
Day or Evening.



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# Margies Vietnam Tours

*Join us for a life-time holiday in Vietnam!*

## East Meets West - A Partnership With Authentic Asian Flavour...

Our Vietnam and you will discover a country with immense geographic and cultural diversity, welcoming people and some of the best food on the planet.

Tour with **Margie's Vietnam Tours** and you will not only discover the real Vietnam but also experience those taste sensations alongside some of Vietnam's best chefs.

The Masterchef Vietnamese Cooking tours are the brainchild of **Margies Vietnam Tours**. But while Margie might call Bardon in Brisbane home it is thanks to a decision to join forces with Vietnamese local Nam Quang Ngo, that the tours of this naturally beautiful country are attracting guests seeking a truly unique experience.

The 16 day tour, which starts in Hanoi and finishes in Saigon, takes in markets, fishing villages, historical sites, includes tai chi lessons, and a traditional junkboat cruise.

But it is the tour's focus on the taste of Vietnam that makes this a must do tour for lovers of mouth watering cuisine.

Meet one of the world's top 10 chefs and take one of his east meets west fusion cooking classes - a chance to understand the French and Asian influences which are an integral part of Vietnam.

Enjoy a traditional Vietnamese festival meal, learn about street food on a tour with a local chef and spend an evening at the famous Ngon Restaurant learning about South Vietnamese cuisine - experiences that to create memories that will last a lifetime.

For more information contact Margie on Mobile **0408 882 771** Day or Evening.



Margie with Masterchef

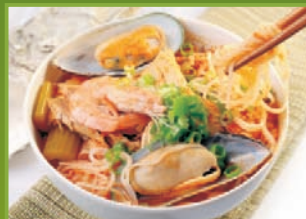
TOUR  
DATES

• 14th August to  
the 29th August

• 4th November to  
the 19th November

• 14th April 2013 to  
the 29th April 2013

**For more information contact Margie on Mobile 0408 882 771 Day or Evening.**



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