


SAVOYARDS PRESENTS FOR 2014...

A Great Night at
The Theatre!



**Thoroughly
Modern Millie**
~ May / June
Season



Annie ~ September / October Season



SAVOYARDS
EST.1961
www.savoyards.com.au

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



Out & About

MAGAZINE

Visit us at www.outandaboutmag.com.au

Ashgrove Dance Studio



Ashgrove Dance Studio, the world of excitement and dance

BOOKINGS: 3366 2976 (Day or Evening). Refer Page 11 for Feature Editorial.

QUEENSLAND FOOT CENTRES ASHGROVE

HAVE PLEASURE IN ANNOUNCING THEIR NEW PRACTICE AT



Specialising in: • Footwear Advice
• Sport Injuries & Rehabilitation • General Podiatry
• Childhood Posture & Gait • Diabetic & Arthritic Foot Care

QUEENSLAND
**FOOT
CENTRES**

Consulting podiatrists for



PHONE: **3366 0500**

1/240 Waterworks Road, ASHGROVE
www.queenslandfootcentres.com

HICAPS

Fast claims... on the spot
DVA & EPC referrals welcome.

healthy refreshing relaxing



YERBA MATE
(South American
Green Tea)



Wholesale enquiries welcome

Tea Drinkers Are Better Thinkers

Web: www.justea.com.au Email: info@justea.com.au

Telephone: **0403 489 967**

VIEW OUR FANTASTIC WEB BANNERS ONLINE AT www.webbanners.biz & www.outandaboutmag.com.au

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



Editor Ros Lingard

Welcome to Out & About Magazine readers - and what an exciting year ahead!. With so much going on in and around Brisbane, there will be no excuses for sitting back with nothing to do in 2014. With New Year's resolutions in hand, this year is a time for trying out new things, eating well-if in moderation, being entertained and learning to relax. Read all about it in this edition of Out & About. Don't forget, Out & About Magazine is happy to publicise your community activity or event. Just send information to Out & About PO. Box 1686, Noosa Heads 4567 or email ros@outandaboutmag.com.au. The deadline for the next issue is 10th March.



Wade Maxwell Painting services,
serving Brisbane and the outer suburbs.

Reliable and professional,
call for a free quote today!

Phone: 0401 662227

ABN: 65173595936
QBSA: 1261324

wmaxwellpainting@outlook.com.au



**Capture your child's
fingerprint in silver**

Precious jewellery touched
by someone you love

Call Laura **0432 795 890**
Email laura.niebling@smallp.com.au
or visit www.smallp.com.au

24/7 Stepz FITNESS

Join your Local 24/7 Gym!
Mention this ad to receive your FIRST MONTH MEMBERSHIP FREE!

24 FREE GROUP TRAINING SESSIONS WITH EVERY MEMBERSHIP!

STEPZ FITNESS ASHGROVE
Shop 4, 480 Waterworks Road, Ashgrove QLD 4060
07 3366 8484, ashgrove@stepzfitness.com.au
www.stepzfitness.com.au



EISTEDDFOD 2014

\$11,000 Bursary & Scholarship Prize Monies

MUSIC

\$2,000 Scholarship – Instrumental and Vocal
\$1,000 Vocal Bursary

SPEECH & DRAMA

\$2,000 Drama Scholarship
\$1,000 Cherish Drama Bursary

DANCE

\$2,000 Dance Scholarship
\$1,000 Rose Cottage Ballet Bursary

CLOSING DATES

- Music – 16th April 2014 • Speech and Drama – 21st May 2014
- Dance - Groups 7th May 2014
- Dance - Solo 29th May 2014



Schedules / Entry Forms available on
www.quotabeenleigh.org.au
Or Phone 07 3804 0488

Email eisteddfod@quotabeenleigh.org.au

MARK YOUR DIARIES FOR 2014!

Plans are well underway for the **28th Annual Quota Beenleigh Logan Eisteddfod**.

We will be working hard to hold onto the Logan City Council, and the Bendigo Bank Sponsorships which have allowed us to continue with our **Rose Cottage Ballet, Cherish Drama and Songbird Bursaries** and introduce the **Bendigo Bank Instrumental, Vocal, Jazz and Drama Scholarships**.

We also hope to attract top class adjudicators once again – which will ensure performers receive excellent critique and encouragement to improve in their chosen field, and of course we will be using the excellent facilities at the Logan Entertainment Centre and the Crete Street Theatre for competitions.

With **17,000 performers, 112 schools and 60 performing Arts studios** participating we are one of the largest and most diverse eisteddfods in this area. Each year we continue to grow, feedback indicates it is because of the organisation, level of competition and the fact that despite the size the atmosphere has that friendly feel.

Quotarians are delighted the eisteddfod is our community service program allowing us to reach and hopefully enable some performers to reach the next level of performance – it also allows us to involve groups like the guides who need to do community service work to attain their badges and members of the **Junior Chamber and Junior Quota Club** to also perform/learn extra skills for their future.

Check out the website www.quotabeenleigh.org.au for all information and more on the 2014 dates and closing times. Schedules will be available from the 11th February on line. We look forward to your entries.



Area A (Letterbox Delivery) The Gap • Samford Village • Dayboro Village • Brendale • St John's Wood • Dorrington • Ashgrove • Ashgrove West • Bardon • Bardon West • Rainworth • Jubilee • Petrie Terrace • Red Hill • Ithaca • Paddington • Rosalie • Torwood • Milton

TRIVIA NIGHT!

Join the fun and excitement
celebrating with us at
The Polish Club
10 Marie Street, MILTON.
Saturday 15th March



Judith,
Mrs. Lowe
and Wendy.

Ashgrove Dance Studio

For further information
phone 3366 2976 (Day or Evening)
www.ashgrovedance.com.au

WANT TO PLAY GUITAR OR BASS



Principal teacher
Todd Moncrieff

- Fully Equipped, A/C Studios
- Friendly Professional Teachers
- All Levels - All Styles

**WE'LL SHOW
YOU HOW**

Red Hill 3511 7602 or 0411 728 155



Learn Music
Professional Music Tuition

Play the music
you want
to play



www.learnmusic.biz

Squash Players invited to

**ENOGERA
SQUASH CLUB**

154 Samford Road

NO JOINING FEE

refer page 13 editorial

Experienced & beginners
all welcome.

Great club
environment.

Grading & some
coaching provided.



CALL JEFF 0419 669 132

Hubbards's Provides Bridge To Success...

Milton's independent school
Hubbards, is taking enrolments
from academically focused
students looking to accelerate
their study or just complete
their studies in a non-traditional
school setting.

The School, which offers Year
11 and 12 courses, provides
accelerated programs which
appeal to students who already
have commitments to part-time
work, sport or whose health is
less than perfect.

To find out more visit
www.hubbards.qld.edu.au or
phone 3371 5999.

**WE HAVE SEE US
BRISBANE'S FIRST!
LARGEST RANGE OF**

**FUNKY
TRUNKS
FUNKITA
FUNKITA
FORM**

**Beachmums
Swimwear**

**From babies
through to
seniors**

**Experience
our "in store"
friendly service**

Ph: 3356 1111
5/448 Enoggera Rd
ALDERLEY.
- Easy Parking -

QUEENSLAND FOOT CENTRES ASHGROVE

**HAVE PLEASURE IN
ANNOUNCING THEIR
NEW PRACTICE AT**



**1/240 Waterworks Rd
ASHGROVE ~ NOW OPEN**

QUEENSLAND
**FOOT
CENTRES**



Specialising in:

- General Podiatry
- Sport Injuries & Rehabilitation
- Childhood Posture & Gait
- Diabetic & Arthritic Foot Care
- Footwear Advice

PHONE: **3366 0500**

DVA & EPC referrals welcome.



Fast claims... on the spot

Consulting podiatrists for



Excellence in Dance

Classes Now Booking

the
Ashgrove Dance Studio



Judith, Mrs.. Lowe and Wendy

CLASSES HELD DAILY

PHONE 3366 2976

10 Jubilee Terrace, Ashgrove and
24-30 Ashgrove Avenue, Ashgrove
(just past Woolworths)

www.ashgrovedance.com.au



Lifestyle & Living



**Experience the Difference
Classes now booking.**

Classical, Tap, Jazz, Hip Hop, Tiny Tots
**Telephone 3366 2976 for
bookings ~ day or evenings**
www.ashgrovedance.com.au

Ashgrove Dance Studio

**OUR BEAUTIFUL EASTER
& MOTHER'S DAY GIFTS
HAVE NOW ARRIVED !**



call in soon ...

Address: 40 Main Street
Samford, Queensland 4520

Phone: (07) 3289 1833

Email: aber51@hotmail.com

Web: www.heartandsoulaustralia.com



James Stephenson Architect

An elegant functional design for your
new home or renovation project.

0411 627 477 | james@architectjs.com.au | www.architectjs.com.au

**BUILDING • RENOVATIONS
IDEAL • INTERIOR • DESIGN**



mobile: 0412 853 164

website: www.briid.com.au

Ela Redmann
Renovation
Specialist

Enjoy the Game of Cricket from Up Close!
Be A Cricket Umpire!

(Senior Cricket Only)

Summer Season Commences September 2014
through to March 2015

ALWAYS LOOKING
FOR GOOD UMPIRES

Queensland Sub-Districts Cricket
Association Inc

- Training provided
- Ex-players most welcome
- Apply now

For more information contact
Mel Lowings 0419 739 826
secretary@qsdca.com.au

BRENTSCAPES

Achieve the best garden you can...



- Garden maintenance;
- Soft landscaping: plants, turf and garden construction;
- We will improve the look of your garden and add value to your home.

QUALITY WORK, GREAT CUSTOMER SERVICE

CALL BRENT 0415 159 059

R.W. Harrold Watchmaker Pty Ltd

TRADING AS BRISBANE SEIKO SERVICE CENTRE

- Authorised SEIKO, PULSAR & LORUS Service Agent
- ALL BRANDS incl. TAG, OMEGA, LONGINES, etc. expertly repaired
- Quality Service Guaranteed



Ron Harrold

Shop 3A Ground Floor, Sherwood House
39 Sherwood Road, Toowong 4066

Ph: (07) 3876 7133

Fax: (07) 3876 7414

**Want a better way to do Yrs 11 & 12?
PERSONALISED STUDY OPTIONS**

- Enrol from year 10, 11 or 12
- Great results • Very high uni entry rate

Need a prerequisite in a hurry?

- Intensive prerequisite courses
- After School Tutoring
- UMAT & QCS preparation

PH: 3371 5999

Go to hubbards.qld.edu.au



Introductory Offer

30% discount*# on your first visit

when you have a comprehensive dental examination, two digital xrays, fluoride treatment & thorough clean and polish of your teeth.

Complete Smile Dental

YOUR CARING FAMILY DENTIST



Dr Stephen Wong

After 2 years away from The Gap, Dr Stephen Wong is thrilled to be back where he had previously spent 10 years working in the local suburb.

Located next to The Coffee Club and Suncorp Bank, with opening hours suited to working families including Saturdays, we offer the latest technologies and equipment to make you feel most comfortable visiting us.

*Valid until 31st March, 2014, offer available upon presentation of advert, 30% discount applies after rebate from private health funds or 30% discount on total amount for customers without health fund.

visit.



Shop B, 988 Waterworks Rd, The Gap

P 7 3300 3388

enquiries completesmiledental.com.au
www.completesmiledental.com.au

SOLARGAIN POWER

Obligation **FREE** site assessment



1.75kW PV System

\$1990*

3.5kW PV System

\$3990*

5kW PV System

\$5690*



1300 73 93 55
solargain.com.au

SOLARGAIN HOT WATER

20% LARGER COLLECTORS
HIGHEST STC RATING



315L Split System

\$2990*

Fully Installed

*Subject to transfer of STCs and any rebates to Solargain PV Pty Ltd. 315L split system pricing only when replacing existing gas or electric hot water system, and must have approved RCD switch installed on site. Prices based on standard installation conditions for single storey dwelling for Brisbane, Sunshine Coast, Gold Coast and Ipswich metro and is subject to change without notice. Pricing not valid in conjunction with any other offers. Images for illustration purposes only. For full terms and conditions visit www.solargain.com.au BSA Lic Number 1228518 EC76260

Queensland Foot Centres Opens Its Doors At Ashgrove....

There is really no excuse for not getting the spring back into your step this year with **Queensland Foot Centres** now offering their huge range of specialty services at their new Ashgrove practice.

The private podiatry practice is renowned for its professional diagnosis, treatment, rehabilitation and prevention of medical and surgical conditions of the feet and lower limbs.

With a team of specialists holding a combined 50 years of experience within all areas of podiatry, including a special interest in acute and chronic pain, the Centre has earned a reputation as Queensland's most experienced and respected podiatry service.

The practice also enjoys a close working relationship with some of Australia's leading sports medicine professionals giving both professional and recreational sports men and women access to some of the most experienced advice and treatments available.

However, **Queensland Foot Centres** is about helping all people to get back on their feet – literally.

So no matter what your age or whether your condition is the result of a sports injury, an accident, illness, diabetes, arthritis, your posture or gait, or if you just need general foot care for anything from chronic nail conditions to corns and ingrown toe nails, the team at **Queensland Foot Centres** have the experience to tailor treatments to your specific needs and circumstances.

Contact Queensland Foot Centres on 3366 0500
or visit www.queenslandfootcentres.com
for more information.

QUEENSLAND
**FOOT
CENTRES**



Fast claims... on the spot
DVA & EPC referrals welcome.

Consulting podiatrists for



PHONE: **3366 0500**
1/240 Waterworks Road, ASHGROVE
www.queenslandfootcentres.com

Dress To Impress With Thoroughly Modern Millie...

Feathers, pearls, pin striped suits, beaded dresses and cloche hats – find it and wear it for an evening of intrigue and flapping good fun with **Thoroughly Modern Millie**.

Brisbane's Savoyards theatre company is encouraging audiences to dress up in their best, 1920s vintage clothing to enjoy this Tony Award winning musical set in New York, 1922 – a time when the workforce, the fashions and social behaviours were changing.

Join Millicent Dillmount as she moves to the City and to a new life of romance, madcap antics, villains and of course – all that jazz.

Tickets go on sale on 21st April.

Visit www.savoyards.com.au or phone 3893 4321 for details.



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



SAVOYARDS
EST. 1961

www.savoyards.com.au

Counselling Provides Pathway To Change...

While we all think we understand ourselves and know how to cope with stress, anger or relationship breakdowns, sometimes old and not very helpful patterns of behaviour can be our worst enemy when an impending crisis begins to rear its head.

But finding ways to behave differently is sometimes difficult to do on our own.

That is why it is good to know that Brisbane's western suburbs have the **Jindalee Counselling** Practice to help.

With a range of workshops, and counselling sessions by appointment, **Jindalee Counselling** has been helping people of all ages learn how to develop strategies, use simple tools and develop road maps for repair when moving through difficult periods in their lives.

Jindalee Counselling's Principal Counsellor, Carolyn Hamlyn, calls on her extensive experience working in the human resource sector, for crisis line services and more recently with young people at risk of disengaging from school, to help clients and workshop participants move forward.

"While we specialise in relationship, crisis and grief or

loss counselling, Jindalee also has a range of courses that are aimed at helping people cope with everyday life," Carolyn said

"For example, taking part in a workshop for managing stress, which we live with every day and which can be both positive and negative, is a great way to learn how to use positive stressors in our lives to control negative stress environments.

"We also offer workshops and seminars in helping manage behaviours such as anger, improving self-confidence and assertiveness, and strengthening relationships."

Carolyn holds a degree in counselling and is a member of both the Australian Counselling Association (ACA) and the Gottman Referral Network.

Email info@jindaleecounselling.com.au, phone 0439 701 444 or visit www.jindaleecounselling.com.au to find out more.



Carolyn A Hamlyn

Exercise Your Brain And Your Body at Ashgrove Dance Studio

Men and Women Welcome...

Learning 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.

These classes offer a wonderful social experience for men and women to get fit and enjoy!



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

Book Now 3366 2976 (Day or Evening)
www.ashgrovedance.com.au

Enjoy Tea For 10 GUESTS (Completely Complimentary) At A Tea Tasting With Mackwoods Fine Teas In Your Own Home...

You don't have to be a tea connoisseur to appreciate the beautiful flavours of fine teas.

Mackwoods is renowned as one of the pioneers in the tea industry with the company specialising in the production and export of pure Ceylon Tea around the world.

And thanks to the company's Australian agent Lindsay David of **Justea**, the **Mackwoods** fine tradition of tea tasting can be enjoyed at home, with friends.

Mackwoods has a huge selection of single estate loose-leaf and unblended teas to suit every palate.

"Cultivated and processed in line with stringent international standards for organic bioculture, **Mackwoods** produces one of the purest teas in

the world – a tea that incorporates an inviting aroma with a delectable taste," Lindsay said.

"But it also specialises in a range of flavoured teas and popular infusions.

"And that delicious experience of tasting, talking and enjoying tea is a great way to try these fantastic flavours before you decide which tea is for you."

To order **Mackwoods** teas or to find out how to enjoy a tea tasting with a group of 10 friends in your own home, visit www.justea.com.au.

Why not get a group together pre-Mother's Day and then select a great gift for your mum.

This service is completely complimentary. To book contact Lindsay on 0403 489 967.



Lindsay David
Tea Connoisseur
& Australian Agent

A Great Night At The Theatre!

Stay Classy

AT • THE • THEATRE

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.

www.facebook.com/StayClassyBrisbane



Enquiries Phone: (07) 3893 4321

SAVOYARDS
EST. 1961

www.savoyards.com.au



Jindalee Counselling Practice®

- Personal
- Relationship
- Grief and Loss



Carolyn A Hamlyn

*We welcome
you to join us
in 2014 for
our upcoming
workshops.*

Workshop (Venue TBA)	Dates
• Stress Management	March 8 (Saturday)
• Assertiveness and Self Confidence	April 12 (Saturday)
• Gottman 7 Principles Program Relationship Enhancement	A) May 3 & 10 – Consecutive Saturdays B) June 7 & 8 – Weekend intensive
• Time Management	July 9 (Wednesday)

please view website for further information
www.jindaleecounselling.com.au

VISIT OUR WEBSITE FOR OUR UPCOMING WORKSHOPS

Carolyn A Hamlyn
B AppSocSci (Couns)
CERT IV TAE
CERT IV CAREER DEVELOPMENT
MACA

15/66 Curragundi Road, Jindalee, Q 4074
info@jindaleecounselling.com.au

Ph: 0439 701 444



23RD MARCH
twilightrun.com.au

21
km

10
km

5
km

1
km



PRESENTED BY
intraining
the running store run by runners

Proudly supporting
CURE CANCER
AUSTRALIA FOUNDATION

A FUN RUN FOR THE WHOLE FAMILY

FIRST EVENT STARTS AT 4PM

21
km

10
km

5
km

1
km

23RD MARCH

twilightrun.com.au

Turning 41 And Looking Better Than Ever...

An Australia Day Medal for services to the performing arts, a Ruby Anniversary, a prestigious Rotary Club award, and an end of year spectacular to be remembered – all of that in just 12 months in the life of **Ashgrove Dance Studio**.

But there is no time to sit back and enjoy the moment. It's onwards and upwards according to Studio Principals Wendy and Judy Lowe.

"2013 has definitely been an exciting and rewarding year for us and will forever remain a highlight in the history of **Ashgrove Dance Studio** however, like a fine wine you could say we are only getting better with age!" Judy laughed.

"The studio might be turning 41 in 2014 but we are getting better in everything that we do."

And you can see that when you take a look at how far the studio has come in its 40 year history.

"Today we are one of the busiest and most



Excellence in Dance

successful dance schools in South East Queensland catering for all age groups, from tiny tots to seniors – both with and without experience - in all areas of dance and exercise," Wendy said.

"And 2014 will see us continue the tradition of offering classes in a warm and welcoming environment."

Visit www.ashgrovedance.com.au or contact the studio on (07) 3366 2976 day or evening to find out more.

DON'T MISS OUR EXCITING TRIVIA NIGHT AND DETAILS ALL WELCOME. REFRESHMENTS INVITED

visit our web banners www.webbanners.biz

WHAT'S NEW - WHAT'S NEW

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

For 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 forty-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)

Offering classes in

Ballet, Jazz, Tap
Hip Hop and Pilates.

Students from 3 to 73.

Qualified teachers.

Studios in Ashgrove.

RAD Examinations.

Annual Show.



Registered teachers of the Royal Academy of Dance.

3366 2976

www.ashgrovedance.com.au

 **Ashgrove
Dance
Studio**

World's Healthiest Sport Enjoys A Resurgence At Enoggera...

Labelled the world's healthiest sport - squash - is enjoying a global resurgence and in Brisbane, enthusiasts are joining the trend at the **Enoggera Squash Club**.

But the growing membership is not surprising.

The club is slowly being refurbished by an enthusiastic and dedicated band of volunteers who are interested in providing a fun and vibrant atmosphere for both dedicated squash players and newcomers.

The club's life changed five years ago when Darryl Hearn and Jeffery Smith, who hadn't played squash in a very long time, walked into the neglected squash courts and decided to take on the challenge of rebuilding the club.

And while the membership is steadily growing, the game itself is also growing in popularity, globally. According to the influential US

business magazine Forbes, squash is the number one sport, above rock climbing, rowing and even swimming, for both health and fitness because it provides a thoroughly modern and potentially competitive, effective workout in minimal time and space.

The survey measured a range of outputs and concluded that squash offers an impressive cardio workout, improves muscular strength and endurance, flexibility and burns more than 500 calories - all in just 30 minutes.

While the game is being promoted as the best way for busy people and families to achieve the maximum health benefits with a minimum time invested, the **Enoggera Squash Club** has gone a step further - it also offers the social environment that makes any sport enjoyable.

To find out more about the **Enoggera Squash Club**, including coaching with over 35s former world

champ Ian Freeme, and competition for all ages, contact Jeffery Smith Mobile 0419 669 132. Refreshments are offered after your game.

Squash Players invited to

**ENOGERA
SQUASH CLUB**

154 Samford Road

NO JOINING FEE

**Experienced & beginners
all welcome.**

**Great club
environment.**

**Grading & some
coaching provided.**



CALL JEFF 0419 669 132



Kindermusik



Music and movement classes for babies, toddlers and preschoolers. Classes 6 days a week, Monday to Saturday. Family friendly facilities in Everton Park.

Flying Fox Studios is a dedicated children's creative arts studio also offering art classes, construction classes, and holiday workshops.



Flying Fox Studios.

749-753 South Pine Rd, Everton Park

For all class information, times, prices and bookings

visit **www.flyingfoxstudios.com.au**

or phone 07 3855 1528



Lifestyle Choices

Reconnecting people, place & nature with Sanctuary Gardens

Aesthetic and environmental design services for personalised places of beauty, sanctuary, selfsufficiency and inspiration in hearts, homes, gardens and workplaces. In-depth consultation, landscape and permaculture design, interior layout and colour advice, basic feng shui principles, sourcing of garden ornaments and contractors, and site supervision.

Food gardens with artistic flair.
Informative workshops for DIYers.

**Present this ad by 30/04/14
for a free site assessment
and fee proposal & 10% off
the design fee if you proceed**

Helen Latham
Landscape Designer
0487-212-213

helen@sustainablesanctuaries.com.au
www.sustainablesanctuaries.com.au



Experienced Artist Shares Her Knowledge In Relaxed Garden Setting

Gap local and long-time artist Deb Pickering has opened her gorgeous garden as an art studio for people wanting to learn or develop their artistic skills.

An experienced artist and graphic designer, Deb offers art classes for adults and teens in the relaxed garden setting of her home.

Whether it is acrylic, gouache, pen and ink, collage (using items you have collected), pastels, charcoal, pencil or using the natural pigments of conte sticks, Deb tutors her students to become the best they can be in their chosen medium.

And to make it as easy and as flexible as possible, students can attend one or more classes each week. The classes are held from 9am to noon Monday to Thursday and Saturday, and one evening each week. Other times available depending on demand.

Probably the best thing for any budding or experienced artists wanting a few tips, advice or to learn new techniques is that there is no set length of time that you must attend. If you feel satisfied with what you have learned after five weeks, 10 weeks or wish to attend classes on an ongoing basis, the choice is yours.

And at \$30 for a three hour lesson, making Deb's art classes an ongoing choice is probably one of the best decisions an artist could make!

Call Deb on: 0402 111 173



BOOKINGS NOW OPEN FOR 2014

A Wonderful Learning Environment
For Toddlers To Seniors



Excellence In Dance

PHONE NOW DAY OR EVENING ON 3366 2976
www.ashgrovedance.com.au

ART CLASSES

Acrylic Painting, Drawing, **\$30 for 3 Hours**
Mosaics for Beginners
+ Photographing Subjects

Morning or Evening in a beautiful setting

Debra 0402 111 173



*Ashgrove Dance Studio
Welcomes Daniel Bond
to their specialist team*

**Daniel specialises in
Lyrical Dance and HIP HOP**

For Bookings phone Day or Evening **0407 675 230**

Website: www.ashgrovedance.com.au

Classes held at 10 Jubilee Terrace Ashgrove
and 24-30 Ashgrove Avenue Ashgrove





Great Ideas & Services



MOP'S

cleaning services

Fully insured/ Police checked servicing all areas of Brisbane

our services

- Regular home cleaning
- Pre-sale clean's
- Bond cleaning
- One off clean's
- Spring clean's
- Construction cleaning

Ph: 0438 644 345

E: mopsandmowing.services@gmail.com



Town & Country Pumps & Pipes

"Keeping it Green"

- Pump Sales, Repairs and Install
- Water tanks & Installations
- Irrigation & Plumbing Supplies
- Water Filtration Systems

ongra
PUMP SHOP
GRUNDFOS

Shop 6A Samford Central, Shopping Centre Samford
Phone 3289 1888 Fax 07 32892734
www.townandcountrypumpsandpipes.com.au



branat designs

- LANDSCAPING
- DESIGN
- PRE-SALE STYLING
- RETAINING WALLS

Brad: 0413 596 731
Natalie: 0402 416 399
National Director Queensland AILDM 418
Office: 07 3366 3260
Fax: 07 3366 3261
E: branat@optusnet.com.au
www.branatdesigns.com.au

TV PROBLEMS?

Tune in. Setup. Antennas
Home Theatre. New Points & More
Cheapest Rates

Matt 0488 870 873
E: matthew@tvmagic.com.au
Visit Website: www.tvmagic.com.au



COOL IN SUMMER - WARM IN WINTER...



Safe Natural Fibre Insulation

100m² Home
Insulated for \$1500*

*Conditions apply. See instore for details.

Solaro Day Lights™

Creates the same daylight as a traditional or tubular skylight without costly installation

The Skylight that's Not™




Wood Fire & Flue

From \$1595*

*Excludes installation. Conditions apply



Wirlybirds
from **\$180** Installed

Fire & Flue CLEANING
from **\$170**

GUTTER CLEAN
from **\$180**



Gutter Clean
from **\$150**

ALL NEW



GuttaFilter
IT WORKS! IT'S GUARANTEED!

- NO MORE LEAVES or BLOCKAGES
- KEEPS GUTTERS CLEAR

FREE MEASURE & QUOTE

• Roof & Gutter Repairs • The Small Leak Specialist

3201 5222

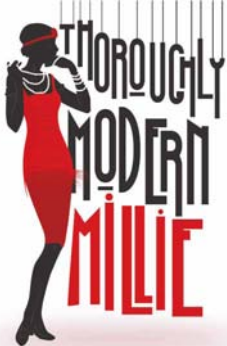
65 Pine Mountain Road, North Ipswich
ipswichskylights.com.au BSA #77749

Ipswich Skylights

.com.au

25 Years of Service

LOCAL FAMILY OWNED COMPANY ... SINCE 1989



Thoroughly Modern Millie

May/June Season

A Great Night at The Theatre!



www.facebook.com/savoyards.brisbane

Check our website for further information



www.savoyards.com.au



Out & About

MAGAZINE

Visit us at www.outandaboutmag.com.au

A Great Night at The Theatre!



Photo by
Christopher Thomas

For further details

Phone **3893 4321** or visit www.savoyards.com.au

Refer Page 7 for Feature Editorial.

QUEENSLAND FOOT CENTRES ASHGROVE

HAVE PLEASURE IN ANNOUNCING THEIR NEW PRACTICE AT



Specialising in: • Footwear Advice
• Sport Injuries & Rehabilitation • General Podiatry
• Childhood Posture & Gait • Diabetic & Arthritic Foot Care

QUEENSLAND
**FOOT
CENTRES**

Consulting podiatrists for



PHONE: **3366 0500**

1/240 Waterworks Road, ASHGROVE
www.queenslandfootcentres.com



Fast claims... on the spot
DVA & EPC referrals welcome.

Join us for our...
**Couples Refresher
Relationship
Enhancement
Courses**



please view website
for further information
www.jindaleecounselling.com.au

Ph: 0439 701 444

☆☆ See our feature ad on page 10



Carolyn A Hamlyn

VIEW OUR FANTASTIC WEB BANNERS ONLINE AT www.webbanners.biz & www.outandaboutmag.com.au