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MAGAZINE

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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

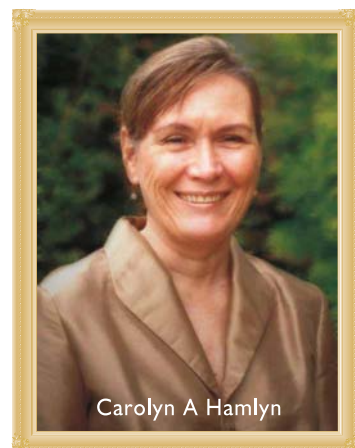
more recently with young people at risk of disengaging from school, to help clients and workshop participants move forward.

"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.



Carolyn A Hamlyn

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Carolyn A Hamlyn

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. Extra copies of Out & About can be collected at Simon's Gourmet Gallery, 10-620 Moggill Road, Chapel Hill.

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- Dance - Groups 7th May 2014
- Dance - Solo 29th May 2014



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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.



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**Men and Women
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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.

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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.



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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.

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Carolyn A Hamlyn

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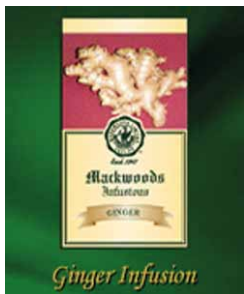
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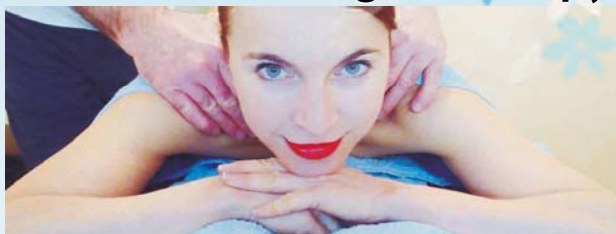
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Experienced Artist Shares Her Knowledge In Relaxed Garden Setting

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

Artist
Deb Pickering

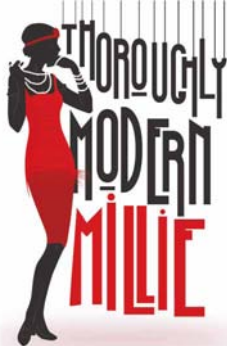
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