

Local talent heads to the Sydney Olympic Stadium

But he's not running a race.....

Dave Delaney has been invited to participate in The Red Room Company's annual poetry program for 2009 at Sydney Olympic Stadium.

If you listen to ABC Far North 106.7 on a Wednesday morning then you're probably very familiar with Dave Delaney's poetry style from his regular segment as "poet laureate". But come March 2009, Dave will be spreading his wings and sharing his style with others at the Sydney Olympic Stadium.

The Red Room Company will be staging Dust Poems as part of their 2009 program. The stories of truck drivers are explored in Dust Poems, a poetry project in which poets working in the trucking industry and poets outside of it will write about the lives and landscapes that are part of trucking.

Forms of expression and communication will explore how ideas of distance, landmarks and deadlines combine in the thoughts and words of highway drivers. The poems are then installed at specific sites and creatively displayed. This display will be launched at the Sydney Royal Easter Show in April and will remain on display until June 09.

For further information go onto the Red Room Company web site www.redroomcompany.org/ or listen to ABC Far North on a Wednesday morning.



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Incident & Injury Free:

If only it was so clear to everybody in the home...

Question: What smells nice and is soothing for baby, yet it has the potential to seriously injure or kill. **Answer:** Baby oil

Baby oil, along with other common household oils for massage, hair and bath, essential oils, eucalyptus and camphor oils are responsible for at least 3,000 reported ingestion incidents to young children every year in Australia. In fact, each year in Australia 140,000 calls are made to the Poison Information Centres Hotline by concerned parents or carers, with between 5 and 10 children dying from accidental poisoning.

Baby oil - why so toxic? Look at the ingredients and you see baby oil, sunscreen oil, makeup removers, nail enamel dryers - are all made from mineral oil, a petroleum ingredient from crude oil. Mineral oils contain hydrocarbons, a real danger to the stomach and especially the lungs - causing death by slow suffocation if aspirated.

What do you do if you suspect a child has taken something they shouldn't?

1. DO NOT give them milk or water to drink or try to make them vomit as this may worsen the damage.
2. Pick up the suspected poison container, the child and take both to the telephone.
3. Call the Poisons Information Centre on 13 11 26 (Australia wide, 24 hours a day). Keep this number by the phone. For more information, go to:

KidsSafe Australia - www.kidsafe.com.au
Poisons Information Hotline - 13 11 26



HELP STOP DENGUE.

Is your property dengue free?



Cairns is facing a dengue epidemic. Cairns Regional Council is calling on ALL residents to help stop the spread of the particularly virulent strain of Type 3 dengue.

Check your property weekly. Dengue mozzies don't breed in rivers & swamps - they breed close to your home.

Empty & remove dengue breeding objects containing still water – like pot plants, play equipment, gutters, tyres, palm fronds, tarps & containers.

For advice on how to stop the mosquito breeding around your property, phone Council on:

4044 3044, 4099 9444 or
1800 070 444.

Green piece



Great growing weather!

Ok, so everything is soggy, muddy and a tad mouldy... but how good is this weather for the garden? The trees, shrubs and plants are lapping it up. And of course, so are the weeds - and now is the best time to remove them when the ground is soft and subtle!

But what is a weed? We all know weeds are plants growing in the wrong place at the wrong time but did you know there are over 60 introduced plant species that are declared weeds in Queensland? A declared weed is a plant considered a serious enough pest to warrant enforced control and prohibit sale. Many people think of weeds simply as a garden or lawn pests, but weeds cause serious damage to agricultural land, native bushland, the economy and human health.

Three of Queensland's worst weeds - rubber vine, lantana, and thunbergia were deliberately introduced as garden ornamentals, and then escaped into bushland. Anyway, enough about weeds, make the most of this fantasitic wet season and your garden will reward you!



News on Insulation:

Homeowners could get free ceiling insulation as the federal government takes a green approach to boosting the economy.

The insulation is expected to slash up to \$200 from annual power bills for more than two million homes - and greenhouse gas emissions will drop as well.

It is anticipated households who want to install insulation will get up to \$1,600 as part of the federal government's stimulus package. The industry estimates most houses would spend a maximum of \$1,400 to buy and install insulation - so it will be free. According to the Government (and many others), insulation is the single best way to make homes more energy efficient.

The rebate for solar hot water heaters has also been increased to \$1,600, and there is talk of the income means test being scrapped, so all households may qualify. It is estimated going solar will save between \$300 and \$700 on annual power bills!

Stay tuned to the local news on insulation updates, and we will also try and keep our residents up to date.

Your Community Room

Forest Gardens boasts a Community Room that offers a pleasant respite from the humidity. Located at the Sales and Information Centre and overlooking gardens and the lake, this air-conditioned space is available for a variety of activities. Contact the Forest Gardens Community Coordinator on 4036 1233 for further details on the room or groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Folk Art 10.30am-1pm Contact Jenny Lee Long 4056 1699		NEW YOGA CLASS 6:30am - 7:45am For details contact Monique on 0402 252 372		Japanese Mother's Group 9am- 1pm No vacancy at moment.		
Private Group 1st and 3rd Monday every month between 7:30pm and 9:30 pm				Private Group 4 - 6 pm		Sewing and Craft Get Together 1-4pm, fourth Sunday each month Contact Jenny Clark 4036 1233
	Neighbourhood Watch 7.30pm first Tuesday Contact Mark Clarkson 0404 178 297		NEW YOGA CLASS 2nd & 4th Thursday 6:30pm-7:45pm For details contact Monique on 4055 4880 or 0402 252 372			Creative Memories (Scrap booking) 3rd Sunday of Month 1 - 5pm Contact Gill McDonough Bookings on 0410 128 847
	SPEED (Southern Parents Empowering Early Development) 6.30-8.30pm fourth Tuesday Contact Hazel Jeremy 4033 0498	Private Group 7 - 9:00pm	Toast Masters Public Speaking 1st & 3rd Thursday every month 6.30-9pm Contact Anne McKinnon 0406 029 746	Private function Every 2nd Friday 6:30 - 11 pm		

Yoga classes now at Forest Gardens

For all those working mums and dads or busy residents, Angelic Healing Centre is now running a Wednesday morning yoga class starting at 6:30am to 7:45am and then every 2nd and 4th Thursday evening from 6:30pm to 7:45 pm. For further information please contact Monique on 0402 252 372

Classifieds

NOTICE BOARD

Angelic Healing Centre

Now running yoga classes at Forest Gardens every Wednesday morning and the 2nd and 4th Thursday evening every month. Angelic Healing Centre specialised in beauty therapy, counselling, detox, massage, naturopathy, nutrition and yoga. Visit the website on www.angelichealingcentre.com or phone Monique on 4055 4880 or 0402 252 372.

ANIMAL CARE

Forest Gardens Volunteer Snake Catcher

What should you do with that snake in your house or garden? DON'T TOUCH IT. Observe it from a safe distance. If it doesn't go away, call your local Forest Gardens Volunteer snake catcher for help. I hold a Damage Mitigation Permit from the EPA which allows me to legally catch and relocate snakes which are a potential threat to human health. Call **Phil** on 4036 3356 or Mobile 0419 756 109

Animal Care and House Sitting

24/7 Care on site. I accept all sized animals and can provide all daily needs plus home sitting. Reliable, honest and Caring. Please phone **Paula** on 0405 300 437 after 5pm for more details.

Lisa's Pet Pampering Services

I will pamper your pets as if they were my own. My services include walking, feeding, grooming and playing with your pets. Life can be too busy and your pets may feel neglected if you can't always find time to give them the loving care they need. Ring **Lisa** on 4036 0110.

Pet Services

If you are going away on holidays, or just for a weekend and your pets need to be looked after, well I'm your girl. I will play with, feed and walk your animals for only \$3.00 a pet (unless 2 of the same animal). If this is what you are looking for, phone **Kristen** on 4036 1289.

BEAUTY

Nail Obsesshh

Acrylic nails, manicures and pedicures. Affordable prices in a home salon. Appointment needed. Call **Michelle** on 0438 680 057.

Bronwyn's Hair Design

Whether you are after an exciting new look or just an update on your current style, then I would like to create that for you! With over 30 years experience in all aspects of hairdressing, I have a lot of knowledge to share. Call me at **Bronwyn's Hair Design Edmonton** - 0427435821.

Who Wants to Be Gorgeous?

Your skin, hair and body deserve the best of care. Great products like these are surely rare. Priced affordably and happy on your purse. Miss out now you will curse! Phone **Donna** on 4036 3141 for a great range of hair and beauty products.

Avon Representative

Pauline Bradshaw has been an Avon rep. in Forest Gardens for over 10 years. For a brochure call her on 4036 3790 or email paulinebradshaw@aapt.net.au.

Mary Kay Skin Beauty Consultant

I would love to get your opinion of our fabulous Mary Kay Skin Care products by offering an absolutely free skin care appointment. We have a full range of skin care and the latest in colour cosmetics and a new release Mens Skincare range. If you would like to offer your opinion please phone **Diane** on 4036 1216. Because you deserve it.

Forest Gardens Hairdresser

Michelle Cooke is now working from home in Forest Gardens. For all your hairdressing needs, call **Michelle**. Quality work and products used at affordable prices. 20 years national and international experience. Sorry, ladies only. Call for an appointment on 0448 965 272.

DOMESTIC SERVICES

Home Cleaning Now Available

Reliable and experienced lady will clean your home. \$20/hour. Phone **Cheryl** on 4033 6825.

House Cleaner

Mature experienced cleaning lady. Police clearance. \$20/hour. Phone 4036 2260.

Reliable Cleaners

Reliable cleaning ladies to do those jobs you hate. \$20 per hour. Phone 4067 5194 or 0432 891 611.

ENTERTAINING AND PARTY IDEAS

Cake Anyone?

Pastry Sensations for all your cake requirements. From mud cakes to cheesecakes and all in-between! Birthdays, get together or to just spoil yourself! Cakes from \$22.50. Call 4041 0221 Monday to Saturday. Delivery available.

Entertainment

Available for any event The **Pauline Bradshaw Duo**, comprising jazz pianist and jazz vocalist playing all the old favourites. Highly professional and experienced. Contact **Pauline Bradshaw** for flyer and demo CD on 4036 3790 or email paulinebradshaw@aapt.net.au.

CD Music

Party Music – be your own DJ! Hundreds of MP3 dance classics from 50's to present day and DJ software. Inspirational and Personal Development – hundreds of practical articles sourced worldwide and suitable for all the family. Subliminal Healing/Improvement – personalised CDs to improve any aspect of your life. Call **Mike** on 4036 0633 or email mikefrig@bigpond.com.

Bratz Fancy Dress Parties

Glitzy, glam Bratz outfits for 6 – 10yo. Ooh La La make-up, glitter tattoos, music, disco lights, play games with prizes, cat walk modelling. Party in style. Call **Wendy** on 4036 4360 or **Susan** on 4036 2695.

Reef Day Tripper

Your locally owned and operated sailing catamaran sails out to Upolu Cay and the Great Barrier Reef daily. Local rates on offer. We can take 20 people out for a fun day with personalised service and heaps of fun. Contact **Mark** or **Dawn** on 4036 0566 or 0417 000 413 or take a look on www.reefdaytripper.com.au.

WOW Jewellery

Beautiful jewellery and watches from all over the world. Host a party or simply place an order. Fantastic offers. Catalogue out now. Phone **Nicole** on 4036 0624 or email peterpapoulis@austarnet.com.au.

Classifieds

Genuine French Perfumes

If you like swimming you find the sea. If you like perfume you find me! Do you like French perfumes? Would you like to hold a perfume party and get a 30ml Parfum Concentrate free or \$60 worth of product free. We also have body lotion, deodorant spray, oil mist, powder, soap, aftershave balm etc. for both men and women. Just pick up the phone and call [Jessy Philip](tel:40360967) for further details on [4036 0967](tel:40360967) or [4032 055 334](tel:4032055334).

Chloe's Closet

The baby home shopping party that comes to you! Original and funky baby goods you will not find in any stores. Book now for your party. Call [Wendy](tel:0410135988) on [0410 135 988](tel:0410135988).

Christmas Cards

Christmas cards that are beautiful, affordable and different! You can also order everything else you need without having to leave your house. Phoenix trading produces top quality Christmas and greetings cards, giftwrap and tags, ribbon and gift boxes, invitations and thank yous, notepaper and other stationery. Contact [Donna Livingstone](mailto:Donna.Livingstone@phoenixtrading.com.au) from Phoenix trading on [4036 0613](tel:40360613) or email donna.livingstone@yahoo.com.au for a free Christmas supplement, or why not see the beautiful products with your friends at a 'Coffee and Cards' event.

FOR SALE

For Sale

New fabulous wall paintings, unique process. As new computer with 17" LCD screen, black piano finish subwoofer and new 90" x 16.9 projector screen. See online at www.cairnsonsale.com

Floral Paintings

Will take commissions. Phone [Joan Kingsley](tel:40363715) on [4036 3715](tel:40363715).

Cards and Giftwraps

Do you hate shopping for cards, giftwrap and ribbon everytime there's a birthday? Would you like to save money on buying them and get everything you need at once? Phoenix Trading produces top quality greeting cards, tags, ribbon and gift boxes and other trimmings. Phone [Donna Livingstone](tel:40360613) on [4036 0613](tel:40360613) or email donna.livingstone@yahoo.com.au for a free brochure, or why not see the beautiful products with your friends at a 'Coffee and Cards' event.

HEALTH & FITNESS

Speech Pathologist

Your most essential communication tool

Gail Rogers from Cairns Speech Pathology Clinic would like to offer you the opportunity to participate in a free & fun information session to introduce this topic to you and your colleagues. Gail can now organise workshops for professional voice users in the Forest Gardens Community Room. If you would like further information please call [Gail](tel:4042906241) on [0412 906 241](tel:4042906241).

Weight Loss

Make that decision for a new you. Lose that weight, there has never been a better time than right now. We support and work with you. Phone [Donna](tel:40363141) on [4036 3141](tel:40363141) for your personalised program.

Horstmann Technique

If you suffer from back pain, migraines, depression or sports injuries, contact [Deanna Kennedy](tel:40362015) and ask how Horstmann Technique can help you. This technique is non-invasive bodywork therapy that releases physical, emotional and mental blockages. Phone [4036 2015](tel:40362015).

Hawaiian Lomi Lomi Massage for Ladies and Couples

Let yourself be pampered and relax with an amazing Hawaiian massage in a beautiful setting. Professional service for a fraction of the cost of a normal spa. Call now on [4036 3356](tel:40363356) for a rejuvenated you! Just a short walk away from you.

Healing Touch by Kay – Registered Nurse

Do you have a chronic health problem? Looking for a way to reduce tension and improve your well being? Healing Touch is nature, simple and gives you more benefits than you would expect. Gift vouchers available. Special gift for residents. Prices start from \$35. Call [Kay](tel:40332904) on [4033 2904 \(wk\)](tel:40332904) or [4036 4458 \(hm\)](tel:40364458).

HOBBIES & INTERESTS

Certified Action Sports

Urban wear, mini bikes, MTB, BMX parts/accessories. Brands such as Skin, Metal Mulisha, Controversy, Unit FMX, Balls Deep, Electric Visual, Orchid Footwear, Little Devil, Shadow Conspiracy, S&M, Croptorn. Shop [2/47 Shields Street, Cairns](tel:40414098). Mini Bikes from \$1999. Cairns only Mojo Motorcycles dealer. Phone [4041 4098](tel:40414098).

Scrapbooking

Classes, workshops, tools and supplies now available in Forest Gardens. Phone [André](tel:0438356629) on [0438 356 629](tel:0438356629).

Public Speaking Course

Overcome your nerves! Improve your communication skills! One night per week (Thurs) for 6 weeks; 7 - 9pm; start 10 May; \$99; Forest Gardens Sales Centre; hosted by Toastmasters. Contact [Anne](tel:0406029746) on [0406 029 746](tel:0406029746) or email fnqmacca@ozemail.com.au.

Science Fiction Fans

Interested in science fiction/fantasy? Check out www.sofageek.com. An online community for people with these interests.

HOME & GARDEN MAINTENANCE

Lawn Care and General Yard Work

G'day, I'm a local Forest Gardens resident with a domestic lawn mowing run. We do anything from lawn mowing to wheely bin cleaning – generally any yard work required. We offer a free quote and all work carried out is done to a high quality and most of all, great presentation. So if you would like help with some work, please call [0417 705 550](tel:0417705550) and speak to [Shandah](tel:0417705550) or [Russell](tel:0417705550) to organise a quote.

Angels Appliance Repairs

Appliance repairs and general electrical maintenance. Stoves, ovens, rangehoods, dishwashers, washing machines, dryers and hot water systems (no refrigeration). Contact [Marco](tel:0411879988) on [0411 879 988](tel:0411879988).

Budget Landscapes and Tiles

Phone [Scott](tel:0439988960) on [0439 988 960](tel:0439988960) for free quotes for • Tiling • Pool Surrounds • Paving • Bathroom Renovations • Decking • Alterations and Repairs.

Your Odd Job Man

Now you can get those little jobs done that you find it hard to get a tradesman for! Or do you not have the patience and know-how? Don't worry any longer, contact Your Odd Job Man today for lawn maintenance, paving, landscaping, painting, repairs, assembling furniture, water pressure cleaning, changing tap fittings and small tiling jobs. Call [Terry](tel:0411708141) on [0411 708 141](tel:0411708141).

Need a New TV Antenna?

For as little as \$210 you can have a digital ready antenna installed. Installation of additional TV outlets and phone lines can also be arranged. To discuss all your requirements, call [Kevin](tel:0417847603) on [0417 847 603](tel:0417847603).

Classifieds

Problems With Your Garage Door?

Call **R&F Garage Doors** who specialise in service and repairs to all types of garage doors including sectional doors, roller and remote doors. Sales, installation and insurance work available. Call **0407 485 896**.

Garden and Lawn Care

Lawn mowing and edging from \$25. All general garden maintenance no job too small. Professional, prompt, quality service. **Cairns Great Outdoors Garden Service**. Call **Alex** on **4036 2742** or **0434 941 046**.

Landscape and Garden Design

We are a landscape and garden design business called **Artifice Contemporary Gardens** and we specialise in creating fabulous outdoor environments and gardens to suit our outdoor lifestyle. You know when you have a great idea for your garden, but you don't know where to start or how to put it together? We provide and horticultural advice and ideas, designs drawn to scale, and all quoting, construction and installation requirements. Contact **Pamela** on **0409 345 247** or **Laurie** on **0409 345 227** or by email **artifice@westnet.com.au**.

OTHER

Astrology Horoscope

Read what the stars say about your future! A comprehensive individual report covering your personality, love aspects and future direction. \$40 (25% discount to residents). Contact **Mike** on **4036 0633** or **mikefrig@bigpond.com**.

Tarot Readings by Halina

Answering your questions! A confirmation of what has happened in your life over the past year, what is going on now and what will happen over the next six months. Answering questions concerning your career, personality and relationships and giving advice. \$25. Contact **Halina** on **4036 3424**.

PROFESSIONAL SERVICES

Jalta International Pty Ltd

Stay at home mums/dads with a uni degree wanted for teaching English and home stay for Japanese students. Call **Cassie** on **0414 567 408**.

Professional Designer and Illustrator

Peter is a professional designer/illustrator. He can design, cost, illustrate any type of garden and create personalised business cards. Call **4036 0646**.

Jewellery Repaired and Made To Order

Chains and bracelets repaired, rings resized and repaired, handmade work, competitive prices, no job too small, free quotes. Phone **4036 0110** anytime.

Having Car Problems?

We have the answers! Call us today. **Cairns Leading Automotive**. We do it right the first time. Established since 1992 with 30 years experience. Now at **3/128 Lyons Street, Bungalow**. Phone **4035 2550** or **0428 332 904**.

Justice of the Peace Services

Including Commissioner of Declaration Services. Email **kendall@petos.com.au** or phone **4036 0451** after 5pm weekdays or on weekends.

Learning Difficulties/Behaviour Management

I can help you find out why difficulties may exist and how to address them. I am a teacher with 14 years experience in the areas of childhood learning difficulties, disabilities and behaviour management. For a no obligation chat to find out how I may assist, call **Karen** at **Helping Hand** on **4036 0879**.

Local Letterbox Deliveries

Do you have pamphlets that you wish to be delivered to the residents of Forest Gardens? Very low charge for this service. Phone **Andy** on **0412 164 150** anytime.

Be Computer Savvy!

Syd has 20 years experience in the computer industry, creating software, teaching computer skills. Learn Word, Access, Excel, PowerPoint, Photoshop and more. From absolute beginner to advanced. Special resident rates. Phone **4036 0024**.

Dressmaker

Susan is a professional machinist with 12 years experience. For curtains, blinds, alterations or a special, unique bridal or evening gown, call **4036 2695** or **0416 049 071**.

New Home Design

Thinking of a new home? We can help with design and colour selections. Years of experience and at an affordable price. See your home in 3D before its built. We can also prepare specifications for your builder. Call **Keith** or **Anna** on **4036 1011**.

Don't Dream About It – Just Do It!

There has never been a better time to start your own business. Network marketing is the peoples franchise. Anyone can do this. Phone **John** on **0408 543 785** and change your life forever!

Integration – The Way of the Future!

Integrate audio visual devices within your personal computer. Control your CDs, Mp3s, web downloaded movies, DVDs, video tapes, cable/satellite TV, free to air TV and even high def TV all with your computer and have them displayed in high quality on your television, flat panel display and/or home theatre projector! Call **Arcane Technologies** on **0437 114 928** for a free quote.

Websites

Priced from \$99 inc GST. Many features included, plus a reply email contact form. Be seen on the internet. Call **Keith** on **4036 1011**.

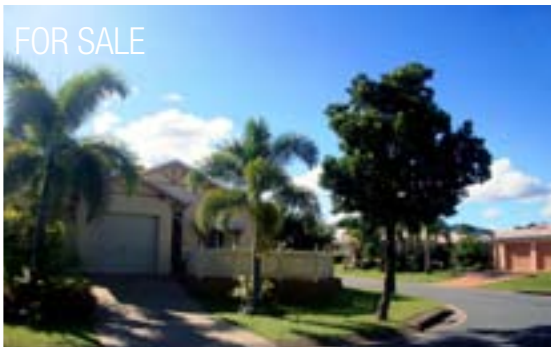
Save Your Favourite Music!

Peter can transfer your old records and tapes to CD. Sometimes they sound better than new. About \$25 per LP depending on how much work is required. Call **4036 0892**.

HOUSES FOR SALE



**Over \$2 million
worth of sales
in February**



73 BENJAMINA STREET

\$305,000

- Fall in love with this delightful home
- 3 bedrooms, neutral tones throughout
- Open plan living with air-conditioning
- Tiled living/carpeted bedrooms
- Painted feature walls
- Large covered patio
- Corner block with side access



42 BENJAMINA STREET

\$319,000

- Cottage charm.....
- 3 bedrooms, 2 way bathroom
- Open plan design
- Split system air conditioning
- Claw bath & ornate timber vanity
- Fully fenced yard with lush gardens



Denese Wedrat
0409 274 958

Scott Frazer
0427 130 076

**More properties
needed to sell!**

**If you're thinking of selling,
come in and talk to us.**

PHONE 07 4036 1233

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