

Brook

February '10 - www.forestgardens.com.au

Forest Gardens' facilities just keep getting better!



The new state-of-the-art premises of the Mount Sheridan Medical Centre.

You may have already visited the new Mount Sheridan Medical Centre located just to the left of the first roundabout in Forest Gardens, but if not - then you could be in for a big surprise!

7 doctors are now on hand after the arrival of 2 new doctors since the practice moved from Mt. Sheridan Plaza, and as of the 18th of February, Dr. Simon Tucker, a Specialist Dermatologist, will join the team.

Also new to the area is the Forest Gardens **FISHBAR**.

Decked out in a vibrant underwater theme, the menu offers far more than just fish and chips. Phone 4036 2727 for full details.



ABC Learning Centre has a new external program starting this month called **ZOO TO YOU**. The trial kindy program was a big hit late last year as it allowed the kids to get up close with our amazing wildlife. So successful, it will now run monthly at Forest Gardens ABC. The Centre still has vacancies so call 4036 4177 for details.

Inside this issue

Incident and Injury Free: Snakes alive!!!	2
Community: Forest Gardens Art Show	2
Green piece: Energy saving guide	3
Community room timetable	4
Community classifieds	5
Delfin Realty	8

Incident & Injury Free:

'Snakes alive'

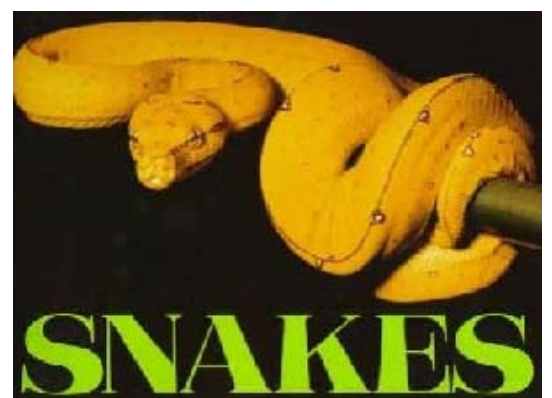
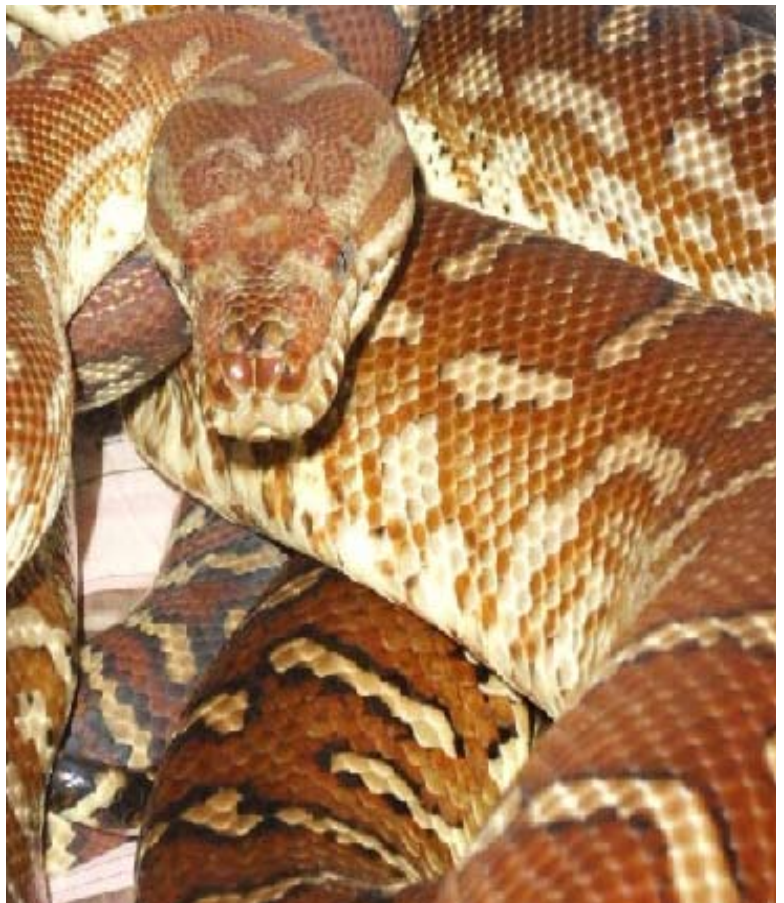
The news headlines can often be scary but the potential threat of being bitten by a snake is rare - but real.

Just Google snakes on Cairns.com.au and you will see headline after headline warning us on the dangers of snakes. Headlines such as: Amazing pics of snake eating toad; Killer rabbits attack snakes; and Snake terror in kid's bedroom..are just a few in the past few months.

However of the 150 snakes caught by our resident snake catcher over the past two years, 99% of the snakes were not venomous. Snakes are definitely active at the moment and we all must be aware of their potential threat however most of them are safe and form an important role in eco system.

Snakes tend to be at their most active towards the end of the day, with snake bites usually happening in late afternoon and early evening according to Dr. Peter Gibbs from the Australian Veterinary Association. Snakes also tend to be attracted to rodents and rubbish to hide under.

Forest Gardens has our very own volunteer snake catcher. Phil holds a Damage Mitigation Permit from the EPA which allows him to legally catch and relocate snakes. Phil can be contacted on 4036 3356 or 0419 756 109

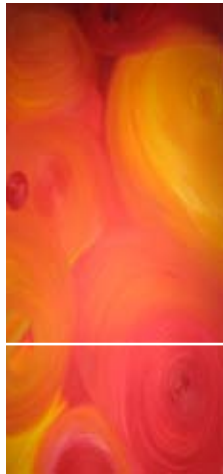


Green piece

Potential art show here in Forest Gardens..

Calling all budding artists. We are currently trying to find someone in our local community who has a passion for art and would like to be involved in organising the inaugural Forest Gardens Art Show.

The plan is to hold a week exhibition here in the Sales and Information Centre around May/June to showcase our local talent. If you are interested in being involved or know of someone who might be, then please call Claire Pennington at the Sales and Information Centre on 4036 1233. Once we get a firm date we will then be on the look out for some home grown art by Forest Gardens residents. So start thinking...and creating!



Energy Saving Guide now available

What you should know about the running costs of electrical appliances is detailed in a guide published by Ergon Energy. The guide is available from the Forest Gardens Sales and Information Centre and details the cost of running appliances per hour.

Electricity is an important part of any lifestyle, yet most of the time it's taken for granted. Some people may only think about their electricity usage once every three months - when they receive their bill.

As an example: Air conditioners can cost up to 30c per hour,; a clothes dryer can cost up to 33c per hour: or a kettle or jug - 33c per hour.

Compare this to a washing machine that costs 8c per hour or a refrigerator that costs 3c per hour and you become very aware of what appliances to use sparingly.

Another guide in the series of informational literature by Ergon is 'Hints for the home' which details energy saving hints in the kitchen, bathroom, laundry and outdoors.

For further information, drop into the Forest Gardens Sales and information Centre and pick up a brochure, or contact Ergon Energy customer service on 13 10 46

We'll help you elevate your lifestyle.

\$15,000 BUILDING BOOST

Forest GARDENS www.forestgardens.com.au One word. Delfin

Forest Gardens is inviting you to elevate your lifestyle with a new \$15,000 building boost.

The offer is available on selected premium blocks of land in Viridian, Treetops or Viewpoint and will suit a range of budgets with land prices starting from just \$143,000.

The \$15,000 building boost can be spent on a range of services, including architect or design fees, a deposit to your builder, or even earthworks or retaining costs - the choice is entirely up to you.

Conditions do apply though, so drop into the Forest Gardens Sales and Information Centre and have a chat with Denese or Scott on 4036 1233 to find out more.

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
Pilates 6:00am - 9:30am Contact Simone Kay 0411 027 883	YOGA 9:30 - 10:45 For details contact Monique on 0402 252 372			Pilates 6:00am - 9:30am Contact Simone Kay 0411 027 883		
Folk Art 10.30am-1pm Contact Jenny Lee Long 4056 1699		Extreme Health To Go 12 Week Challenge 9:00-10:30am Contact Narim 0414 899 609		Japanese Mother's Group 9am- 1pm No vacancy at moment.		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	Extreme Health To Go 12 Week Challenge 5:00-6:45pm Contact Narim 0414 899 609		Card Making Fiiday Monthly Ruth Massey 0409 046 206 6:30 - 10:30pm		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 Group Every 2nd Friday 6:30 - 11 pm		

Extreme Health to go.

The weight loss program running at the Forest Gardens Sales and Information Centre is now an ongoing program and very popular with residents and surrounding suburb participants. For more information contact Narmin Hanna on 4033 5609 or 0414 899 609.

Classifieds

NOTICE BOARD

BE BRAVE AND SHAVE
11-13 MARCH 2010
SHAVE OR COLOUR YOUR HAIR FOR THE
LEUKAEMIA FOUNDATION



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 pauline@jazz.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

House Cleaner

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

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 pauline@jazz.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 fab 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.

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 Perfume 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 for further details on 4036 0967 or 0432 055 334.

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 on 0410 135 988.

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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 you, notepaper and other stationery. Contact Donna Livingstone from Phoenix trading on 4036 0613 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

Floral Paintings

Will take commissions. Phone Joan Kingsley on 4036 3715.

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 on 4036 0613 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

Angelic Healing Centre

Now running yoga classes at Forest Gardens every Tuesday & 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 web site on www.angelichealingcentre.com or phone Monique on 4055 4880 or 0402 252 372.

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 your 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 on 0412 906 241.

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 on 4036 3141 for your personalised program.

Horstmann Technique

If you suffer from back pain, migraines, depression or sports injuries, contact Deanna Kennedy 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.

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 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 natural, simple and gives you more benefits than you would expect. Gift vouchers available. Special gift for residents. Prices start from \$35. Call Kay on 4033 2904 (wk) or 4036 4458 (hm).

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, Crophorn. Shop 2/47 Shields Street, Cairns. Mini Bikes from \$1999. Cairns only Mojo Motorcycles dealer. Phone 4041 4098.

Scrapbooking

Classes, workshops, tools and supplies now available in Forest Gardens. Phone André on 0438 356 629.

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 on 0406 029 746 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

Brett Collins Carpentry

Brett offers quality craftsmanship with over 15 years experience in the local area. Specialising in

renovations - no job is too small. Phone for a free quote on your next job - 0407 455 542.

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 wheelie 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 and speak to Shandah or Russell 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 on 0411 879 988.

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 on 0411 708 141.

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 on 0417 847 603.

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 to 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

Classifieds

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.

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.

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.

BUYING, SELLING OR PROMOTING YOUR WARES....

This classifieds section is designed to allow Forest Gardens residents to promote their wares to each other free of charge.

It is a cost effective way to buy, sell or promote locally.

If you would like to participate in this Forest Gardens community initiative and promote your local business, please call 4036 1233 or drop into the Sales and Information Centre with all your details.

Information for classified advertisements is supplied by Forest Gardens residents. Classified advertisements are published as a service to business owners living in Forest Gardens and should not be considered to be recommendations or endorsements made by Delfin Lend Lease and Delfin Lend Lease does not accept any responsibility for their accuracy .

HOUSES FOR SALE



19 ALDERMAN STREET

\$465,000

- Stunning location
- 4 bedrooms or 3 plus study
- Executive main brm with large ensuite including a spa bath
- Feature lockable front entrance gate
- Large theatre room
- Split air conditioning throughout
- Raked ceilings



115 BENJAMINA STREET

\$349,000

- Open plan design
- 3 bedrooms - main with WIR & ensuite
- Split air conditioning and tiled throughout
- Fabulous kitchen servery opening out to back patio and pool area
- Double grill iron gates at entrance
- Tandem lock up garage
- Powered garden shed

RESALE LAND FOR SALE

Lot 1440 Alderman Street	432m2 Elevated with gentle slope	\$145,000neg
Lot 1444 Alderman Street	640m2 Ready to build	\$175,000neg
Lot 1550 Cribwood Close	787m2 Large building envelope	\$225,000neg
Lot 1546 Cribwood Close	1347m2 Uninterrupted views	\$239,000neg
Lot 951 Sugarmill Close	2262m2 Commanding position	\$260,000neg

More properties needed to sell!

Scott Frazer
0427 130 076

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

Denese Wedrat
0409 274 958

PHONE 07 4036 1233

WEB www.delfinrealty.com.au

FAX 07 4036 1211