

Laugh out loud (LOL)



Pictured above is Forest Gardens resident and laughter yoga facilitator, Jennifer Luhan.

Who would have thought this fun new exercise system sweeping the world would find its way into the Forest Gardens community room?

Laughter Yoga was developed in 1995 by a doctor researching an article "Laughter the best medicine".

Now thanks to Dr. Madan Kataria, known as the guru of giggling, there are some 6000 laughter clubs in 60 countries, including a few in Far North Queensland and ...one in Forest Gardens!

The Forest Gardens' class held in the community centre combines laughter exercises with yoga breathing, thus bringing more oxygen to the body and brain making one feel more energetic and healthy.

Safe, easy and scientifically proven, Laughter Yoga is a lot of fun, so call Jennifer Luhan on 07 4036 0032 or mobile 0432 010 857 for full details.

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Incident & Injury Free:

Protecting yourself against the flu.

Influenza, commonly referred to as the 'flu' has been receiving a fair bit of air play recently - locally, nationally and globally, so we thought it might be opportune to highlight a few basic measures to protect yourself, your family and loved ones.

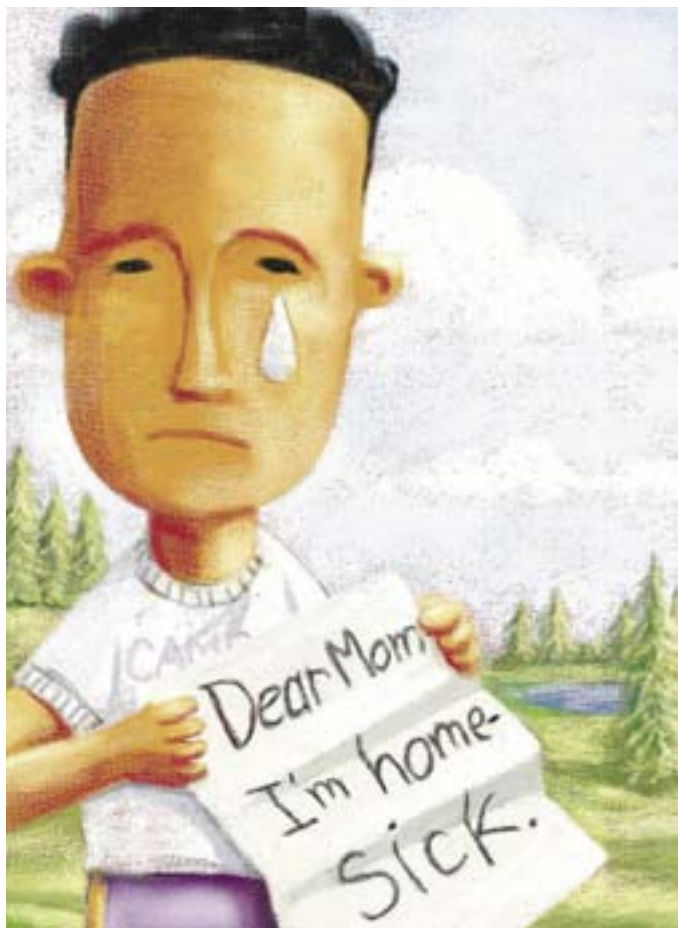
The flu is a respiratory infection causing symptoms such as fever, lethargy, lack of appetite, coughing, runny nose, nausea, vomiting and diarrhoea. According to Queensland Health, more than 80,000 people across Australia will seek medical attention as a result of influenza.

Simple steps can be taken as a preventative measure:

Talk to your doctor about a flu vaccination. This can help protect you against the three most common strains of influenza at any given time and either make your symptoms milder or more manageable.

Wash, wipe, cover - don't infect another. Wash your hands at every opportunity and especially before eating and after going to the bathroom. Cover your mouth and nose when sneezing.

If you have flu-like symptoms, the following steps are advised: Stay at home; don't go to work or school; avoid visiting aged care facilities and hospitals; wash your hands regularly with soap and water or try a disinfectant wipe or sanitiser gel; drink plenty of fluids and rest. Finally, consult your GP or call 13 Health (13 43 25 84) if you are concerned about your symptoms. For more information visit www.health.qld.gov.au/flu



Also on the Queensland Health web site has a very interesting section about myths surrounding influenza.

Myths like:

- The flu vaccine gives you the flu;
- Influenza is not a serious illness;
- You don't need to be immunised if you've never had influenza;
- The influenza vaccine causes severe reactions or side effects;
- Getting an influenza shot every year weakens your immune system;

Green piece

EXTREME HEALTH TO GO



Forest Gardens 'Weight Loss Challenge' participants preparing for the big challenge.

Twelve weeks ago a group of local Cairns weight loss coaches issued a challenge to the Cairns local community to lose weight over a 12 week period using weekly get-togethers, information sharing and group motivation. Two Weight Loss challenges started and the results were truly amazing.

From early May, Series 2 Weight Loss Challenges are being held in the Northern Beaches, Manoora, Gordonvale and Forest Gardens. The goal is to finish Series 2 losing a total 1000kgs and 2000 cms collectively... Now that's a challenge!

For more information contact Narmin Hanna on 4033 5609 or 0414899609.

Reduce, reuse and recycle in the home:

Saving energy in the home is not only good for the environment but just as good for your hip pocket! Here are some very easy energy saving tips:

Kitchen - If you purchase a top star rating fridge you can save \$450 over the lifetime of the appliance. Also consider whether you really need that second fridge - doing away with a bar fridge can save you \$200 per annum.

Bathroom - Installing an AAA rated shower head can save up to \$20 per person a year, and fixing a dripping tap can save \$25 per year.

General - Turning off all power switches when not in use saves big \$\$\$\$. Even having appliances on stand-by costs money so switch off completely at the power point and you will save.

There's a helpful Government web site that can give you all the facts and figures on how to save money. Visit...www.epa.qld.gov.au/environment_management/waste/waste_minimisation/reduce_reuse_recycle/

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	YOGA 9:30 - 10:45 For details contact Monique on 0402 252 372	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	LAUGHING YOGA 3rd Tuesday every month For details contact Jennifer Luhan 0432 010 857	Extreme Health To Go 12 Week Challenge 9:00-10:30am Contact Narim 0414 899 609		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	Extreme Health To Go 12 Week Challenge 5:30-6:45am Contact Narim 0414 899 609	NEW YOGA CLASS 2nd & 4th Thursday 6:30pm-7:45pm For details contact Monique on 4055 4880 or 0402 252 372	Card Making 4th Friday 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 function Every 2nd Friday 6:30 - 11 pm		

A FUN NEW EXERCISE SYSTEM SWEEPING THE WORLD - Here at Forest Gardens

The class held in the Forest Gardens community centre combines laughter exercises with yoga breathing, thus bringing more oxygen to the body and the brain making one feel more energetic and healthy. Safe, easy and scientifically proven, Laughter Yoga is a lot of fun!

For full details and class times call Jennifer Luhan - Laughter Yoga facilitator on 07 4036 0032 or mobile 0432 010 857

Classifieds

NOTICE BOARD

Please consider your neighbours...

Over the past few months there appears to have been an increase in the number of resident and visitor cars being parked on nature strips. All we ask is that you consider your neighbours when trying to accommodate additional vehicles at your home. Thank you.

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 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](tel:4036 0967) for further details on [4036 0967](tel:4036 0967) or [4032 055 334](tel:4032 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](tel:0410 135 988) on [0410 135 988](tel:0410 135 988).

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](tel:4036 0613) from Phoenix trading on [4036 0613](tel: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

For Sale

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

Floral Paintings

Will take commissions. Phone [Joan Kingsley](tel:4036 3715) on [4036 3715](tel: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](tel:4036 0613) on [4036 0613](tel: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](tel:4055 4880) on [4055 4880](tel:4055 4880) or [0402 252 372](tel:0402 252 372).

Speech Pathologist

Your most essential communication tool

[Gail Rogers](tel:4012 906 241) 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](tel:4012 906 241) can now organise workshops for professional voice users in the Forest Gardens Community Room. If you would like further information please call [Gail](tel:4012 906 241) on [0412 906 241](tel:4012 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](tel:4036 3141) on [4036 3141](tel:4036 3141) for your personalised program.

Horstmann Technique

If you suffer from back pain, migraines, depression or sports injuries, contact [Deanna Kennedy](tel:4036 2015) 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: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](tel: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 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:4033 2904) on [4033 2904 \(wk\)](tel:4033 2904) or [4036 4458 \(hm\)](tel:4036 4458).

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](tel:4041 4098). Mini Bikes from \$1999. Cairns only Mojo Motorcycles dealer. Phone [4041 4098](tel:4041 4098).

Scrapbooking

Classes, workshops, tools and supplies now available in Forest Gardens. Phone [André](tel:0438 356 629) on [0438 356 629](tel: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](tel:0406 029 746) on [0406 029 746](tel: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

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](tel:0417 705 550) and speak to [Shandah](tel:0417 705 550) or [Russell](tel:0417 705 550) 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:0411 879 988) on [0411 879 988](tel:0411 879 988).

Budget Landscapes and Tiles

Phone [Scott](tel:0439 988 960) on [0439 988 960](tel:0439 988 960) 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,

Classifieds

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 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.

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.

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



14 OAKBLUE DRIVE

Low \$300's

- Lovely elevated position
- 3 bedrooms, neutral tones throughout
- Separate lounge & dining
- Main bedroom with 2 way bathroom
- Timber kitchen
- Security alarm system
- Mountain views

HOME & LAND PACKAGES NOW AVAILABLE



More properties needed to sell!

Scott Frazer
0427 130 076

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

Jennifer Clark
0402 099 581

PHONE 07 4036 1233

WEB www.delfinrealty.com.au

FAX 07 4036 1211