

## FESTIVAL TIME AT FOREST GARDENS



The annual Forest Gardens Festival was held on Saturday 24th October 2009 and what a great fun day was had by all. There were cute little farm animals, rides and entertainment, food stalls, competitions and a live band playing the latest hits. See more photos inside....

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'Jacks' performed live on the day...

## FOREST GARDENS FESTIVAL FEATURE:



Green piece



## Congratulations... Cairns Family Church

They certainly know how to organise a family fun day...

Cairns Family Church did a wonderful job organising the 2009 Forest Gardens Festival and deserve very hearty applause.

The event went off without a hitch raising much needed funds for Harold's House. Volunteers came from all corners of the local community to lend a helping hand - and even the powers above helped out making sure the weather was kind.

Cairns Family Church is passionate about supporting the local community and would welcome your participation in future activities. They also would like to invite you to join their Sunday morning service held at Woree State High School, Q Block, Rigg Street Woree. The service begins at 10:00am and finishes at 11:30am followed by a light lunch. For more details email [cairnscrc@people.net.au](mailto:cairnscrc@people.net.au) or phone Billi Wright on 4054 1780.



# National Recycling Week

9th-15th Nov.

This year Planet Ark's National Recycling Week (NRW) will help find ways to re-use useful items, clear out your filing cabinet and learn important kerbside recycling information.

The official NRW09 website has information and resources about:

The **Big Aussie Swap**, including a guide to hosting your own party and an event locator to find a public Swap Party near you;

The **Friday File Fling** including a full guide for hosting your own File Fling at work;

The **Recycle Right Quiz** to test your recycling knowledge and go into the draw to win a Sustainability Pack.

Log onto the website <http://recyclingweek.planetark.org> or call the RecyclingNearYou Hotline on 1300 733 712 for more details.

# 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 11am- 2pm No vacancy at moment.		
Private Group 1st and 3rd Monday every month between 7:30pm and 9:30 pm		Extreme Health To Go Express 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 Express Challenge 5:30-6:45am Contact Narim 0414 899 609		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 Weekly 6.30-9pm Contact Anne McKinnon 0406 029 746	Private function Every 2nd Friday 6:30 - 11 pm		

Extreme Health To Go is doing it again! This time they are running a 'SPRING INTO SUMMER' program encouraging you to lose those kilos before Christmas! Join the Express Weight Loss Challenge starting 11 November. To pre register visit [www.xtremehealthwlc.com](http://www.xtremehealthwlc.com) or text 'challenge' to 0414 899 609 or call 4033 5609

# What's happening...

The inaugural Rotary Community Carols in Forest Gardens will be held this year at our very own Benjamina Street Oval on Saturday the 5th of December. We are expecting a bumper crowd to celebrate the event so mark it in your diary straight away.



**ROTARY  
Community Carols  
in Forest Gardens**

*Free Event,  
All Welcome!*

**Saturday 5th December 2009  
6.15pm - 8.15pm**

*Forest Gardens will be alive  
with the Sound of Carols...*

**All funds raised will go to the  
Rotary Shelter Box Appeal**

*Featuring:*  
The Cairns Junior Choral Society  
Aged (7-15)  
Special items from Cairns' Best Vocalists

*Special Appearances By:*  
The Cairns Taipans  
Bush Poet David Delany  
& Santa!

**Benjamina Street Oval, Forest Gardens**

Gather your friends and family, shake off the picnic rug and make a real night of it. (And by the way... don't forget to bring the kids!!!!)

# Classifieds

## 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

### 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.

## 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 peterpapouliis@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.

### 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.

# Classifieds

## 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](mailto: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](http://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 nature, 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 \(hm\)](#).

## 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](#).

### Garden and Lawn Care

Lawn mowing and edging from \$25. All general garden maintenance no job to small. Professional,

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 .

# Welcome back...

Denese Wedrat rejoins the sales team at Forest Gardens after 6 months of maternity leave.

Now, if you speak with Denese I am sure she will let you in on a secret - that spending 6 months at home with a new baby is hard work and no holiday!!! However I will leave that for you to discuss with her personally. Denese reports that baby Imogen was very kind to her mother.

We have missed Denese and are happy to have her back on the team!



## Delfin Realty *is* Forest Gardens

Both Denese and Scott genuinely believe "We're here to sell your house - not ourselves" and practice this fundamental approach in their day to day sales activity at Forest Gardens.

Between them they share over 20 years experience in selling real estate. Honesty and integrity have played a major role in their careers to date and is without doubt, a contributing factor in allowing them to sell properties in Forest Gardens with passion and ease.

Forest Gardens has been our business for 14 years so we know the advantages of living here and use our knowledge and experience to sell homes. We are located at the very heart of Forest Gardens near the Boulevard entrance and open 7 days a week. We are also one of 25 Delfin Realty offices nationally so we use this strength and draw on this bank of knowledge to use innovative strategies to sell homes.

Delfin Realty Forest Gardens currently has a free Customer Service Package that is unmatched in the local region. The Package offers a range of free services to help you sell your home.

So if you are thinking of selling your home in the near future, give us a call and experience our superior customer service - first hand. Nobody knows Forest Gardens like we do.

**CONTACT SCOTT FRAZER 0427130076 OR DENESE WEDRAT 0409274958**

**PHONE 07 4036 1233**

**WEB [www.delfinrealty.com.au](http://www.delfinrealty.com.au)**

**FAX 07 4036 1211**