

GOOD LIFE *peninsula style*



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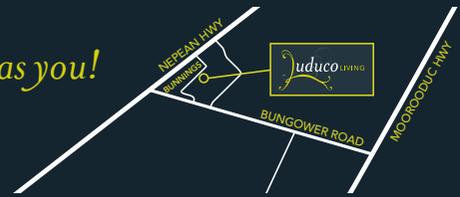
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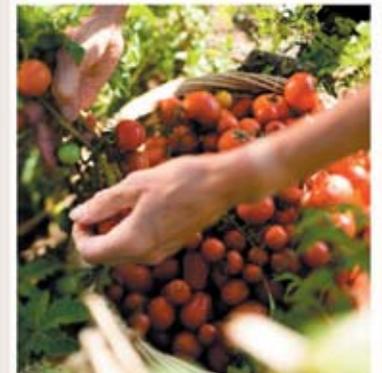
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Dear Readers

We have a great edition for you and I hope you will enjoy the read as much as we have enjoyed putting it together. Dianne Baxter gives us an overview of what to do this Autumn. We explore the villages of Mt Eliza & Flinders - lots of opportunities here to spend a whole day shopping & throw in lunch!

We discover the many delights of the Frankston CAD shopping precinct, with great strip shopping in streets filled with enthusiastic & professional retailers offering great value & very friendly service. The often maligned Frankston really does have it all & the Focus on Frankston winning images reflect some of it's character.

We spoke with two very interesting Peninsula personalities Roy Lambert and Cecily Dyos, attended lots of events including the Festival of Lights & Sandsculpting, the Kananook Creek Boulevard launch, the Mornington Cup, Peninsula Hot Springs and more. The pictures on our social pages tell the story.

Frankston also features highly in the Taste of Harmony feature which runs through our dining and wine country pages. Meet the chefs and restaurateurs - as always we are spoilt for choice. And speaking of spoilt we have 10 pages on **Locals at Leisure** this edition - some great school holiday ideas and year round fun for all the family. I know we say it all the time but how lucky are we to live in Victoria's favourite getaway destination! Its all on our doorstep.

Loads of Fashion - as always - what would we girls do without a little wardrobe revamp every now and then and the new season's styles are very inspiring. Annette - our Diva of Fashion - tells all and we have also put together a page of fashions worn at our Goodlife Charity Lunch showing stock available in store now and paraded by real people. Our models are from all walks of life and most shapes, sizes and ages are represented which we believe is a more honest approach. I hate seeing all those gorgeous clothes that only look good on coathangers and rather appropriately in this issue Clare Maxfield talks about "Finding Your Authentic Self." As always we have included a solid Education and Life Skills section and some great galleries and exhibitions worth visiting.

Health and Beauty? Lots here too. Dealing with 'Blah' hair days - tips from Lorna Evans, an interesting piece on childhood attention and learning issues, dealing with stress and a compassion exercise and we are always proud of our Goodlife Charity Lunch (pages 86, 87) which this time around raised funds for Ovarian Cancer Awareness.

In **House and Garden**, after so many years it seems Karen has found the answer to most of life's problems lie in having good storage, see her regular Clutterbusting page for words of wisdom and there is a great article about investing in your garden, new furniture ranges and the one-stop carpet, curtain and tile decorator centre in Rosebud.

On a personal note we are off to celebrate our son's wedding and there WILL be pictures next issue!

Enjoy the change of season & have a Happy & safe Easter

- Mary, Arthur, Melissa, Lisa, the puppies and our extended family at Centreforce.

OUR Peninsula People

Helen Jones

...is best described as 'a full time mum who does the occasional spot of writing'. Born in the UK, she also lived in Canada before coming to Australia 15 years ago. With a background in advertising, a passion for the written word and a love of vintage clothing, she enjoys being part of the Peninsula community.



Dianne Baxter

It wasn't love at first sight when Dianne moved to the Mornington Peninsula, 13 years ago. This City girl (with city clients) felt isolated from family, friends and favourite shopping strips. However, it wasn't long before the beauty, vitality and 'music' of the Peninsula "tugged the heart strings" and she became firmly entrenched living in "the best region in Victoria".

Dianne lives on a small property with Ron - her partner of 21 years, two dogs - Miss Brodie and Georgia, two cats - Dudley and Beau, an Echidna that strolls through from time to time and countless varieties of birds that 'knock' on the backdoor for food! When not working at her event and tourism agency (Trinity Marketing), Dianne loves to: lose herself in a good book, listen to an eclectic mix of music, travel (anywhere!) and taste the temptations created by local chefs. Dianne's philosophy is to "look for something special in every day & laugh a lot".

Annette Sanfilippo

Majoring in fine art and dance our lovely local fashion editor soon discovered a strong creative passion for color, texture, design and fashion. After nearly twenty years in various aspects of the fashion arena Annette developed her love for millinery and accessories, launching her first collection during the 2002 L'Oréal Fashion Festival - Annette's quaint French style studio and bridal boutique is at the Packing House Antique Craft Village in Tyabb.



Clare Maxfield

...writes both locally and internationally on all topics relating to image. Growing up on the Peninsula has meant that the Peninsula is always close to Clare's heart. Clare is the author of 5 books and the internationally best selling Getting Gorgeous. As an Image Consultant Clare's passion is to make looking good simple and attainable for everyone.

Karen Tatman

Lives: Red Hill. Age: About to have a birthday that rhymes with naughty. Family: Long-suffering husband Chris, divine daughter Beth super spunky son Hugh and, according to the aforementioned long-suffering husband, far too many furry friends. Loves: All of the above plus Haigh's violet cream chocolates, air-freight editions of US magazines, my new pistachio green KitchenAid mixer, Ebay and the Red Hill Market. Something you didn't know about Karen: she has a collection of more than 100 books about housekeeping, but despite this there is almost always quite a lot of cat hair on the sofa.



Jayne D'Arcy

Mornington-born freelance journalist Jayne D'Arcy spends plenty of time travelling for her work (she's also a Lonely Planet author), but is always ready for a thorough hunt through the Peninsula's antique shops and wineries on her return. Recently engaged at Cape Schanck, she's currently researching wineries for her wedding venue (that's her excuse, anyway).

Lorna Evans

...has been hairdressing for 25 years and been a salon owner for the past 19. Currently owns 3 successful salons on the Mornington Peninsula called Zūmay Salon and Insalon. Winning her first IHS award in 1986 and many more after. Lorna has been hair educating all over Australia for the past 9 years for the L'Oréal Group, Lorna is also a hair director for Sydney & Melbourne Fashion week and in 2009 Marie Claire voted her look to be the best in hair fashion. Lorna's photography work has been published in over 30 hair magazines both nationally and internationally.



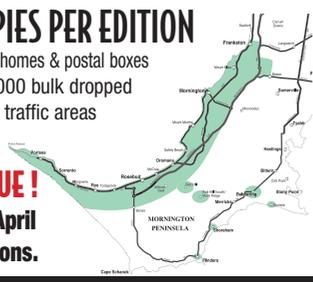
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LIVING *the Goodlife* with Dianne Baxter



I recently sat pondering at my desk as I looked out onto gum trees, rainbow lorikeets and blue skies and thought – whatever happened to Christmas? We are now well into the second month of 2010 and all the rushing round the shopping centres to purchase gifts for family and friends, the food preparation, tree decorating and more has almost vanished into the memories of yesteryear!

At the same time I was feeling blessed to be able to call Australia home; particularly the Mornington Peninsula. We have an abundance of: beauty in our surrounds, harvest to table food, local wines to tempt any palate, attractions to please and a way of life that is so easy to slip into!

Take the time

.... to create a special moment in time just for the two of you. Let me set the scene. Flickering candles. A rose upon the table. A view out to a starry starry night. Your favourite restaurant. Love is in the air!

Where to start? Where to book? **La Petanque** Restaurant, Main Ridge; intimate and with a special menu that will delight. **Stillwater at Crittenden** – renowned for its taste bud tempting dishes and wines to complement all selections – offers an evening of romance. The **Kananook Creek Boathouse**, Frankston; food and ambience to suit all ages

Perhaps you'd rather have an evening at home to make time stand still? Then take a trip to Red Hill Cellars; a boutique delicatessen, offering

delicious, local gourmet foods. **Main Ridge Dairy** – recently opened to the public – has samples of its quality, handcrafted goat milk cheeses.

Sunny Ridge Strawberry Farm (Main Ridge), a great place to stock up on scrumptious ice-cream! **Tully's Corner Produce Store** in Moorooduc offers an array of quality fruit and vegetables that taste like they have been picked just before you enter the store! Create your own magic!

Don't forget the Resolution!

Why do we persecute ourselves with well-intentioned resolutions each year? Most will be broken. However, good health and exercise are ones that we indeed should keep.

If like me you are trying not to break such resolution then hit the walking and bicycle trails that are scattered within easy reach throughout our 'backyard'. Need more discipline to keep on top of your resolution? Perhaps take up the option of a **Wellbeing workshop**. Or perhaps enjoy a full body or foot massage at **Peninsula Life Medispa** as a present to yourself for your discipline since making that good health and exercise resolution!



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Easter

How can one mention Christmas and Easter in the one column? Well, Christmas has come and gone, but Easter is on the way. Hot cross buns are already in the stores and so too, I believe, Easter eggs!

This is a time for family. A time to re-discover the area in which you live – the great Mornington Peninsula. Plan your trips so that you truly do have that sense of adventure.

The **Gordon Studio Glassblowers** at Red Hill is a working hot glass studio and gallery with pieces of interest for all ages; from Mum to Grandma, sister to cousin.

Take the family to a painting class at **Cheryl Petersen Galleries** (Somerville).

The **Mornington Railway** – a trip for both the young and young at heart to enjoy.

There's so much on offer at **Boneo Maze and Wetlands** for all the family: wetlands, boardwalks, hedge mazes, lawn puzzles and games, gardens, tea rooms and a puzzle gift shop. Stay a while. As Easter occurs at the beginning of April this year, the sun will still be smiling, the beaches "beaming" and you will be able to sail on smooth seas and walk through the wonders of the Hinterland – the Peninsula will be yours at a time to enjoy many of its offerings. Festivals, functions, food and wine experiences and events that only occur at this time of the year. Enjoy!

New Wardrobe

Perhaps your wardrobe is bulging at the seams and yet you still "don't have anything to wear"?

Why is it that men simply do not understand this statement? It is SO logical!

Come tour with me

Chris Yates, Mount Eliza – a great place to shop where you will rarely walk out without buying an outfit or two! Classical and elegant. **Euro Collections**, Mornington – variety galore. Evening dresses, racing outfits, casual clothes, dresses, suits, skirts and more. **Lillybelle Shoes and Accessories** (Mornington) – an array that will please. **Deuxieme Souffle**, Flinders features American designer labels. And if the weather is a little cooler as we head toward Easter, **Sweaterworks** – merino wool garments of all shapes and colours. And who could overlook jewellery? **Minzenmay** is indeed a shop to stop and indulge your tastes!

We still remember...

The first anniversary of Black Saturday occurred on February 7. It was a day in 2009 that we will always remember because of its horror – the loss of so many lives, the shattering of dreams for those who lost property, pets and equipment, forests decimated, wildlife and farm animals lost in huge numbers. It is now time to reflect and let those still suffering know that as fellow Australians we continue to support them.

Let our hold on the good life spread its warmth and rays of hope throughout the regions whose people suffered so much on that day.

Speak to you in the next edition

Cheers for now

- Dianne

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Roy Lambert Stars at the Spice Club

It's surprising how many quality, smaller restaurants fly under-the-radar of food writers and critics. However, since 2003 Frankston and Peninsula residents have not needed a Claude Forell or Matt Preston to tell them about The Spice Club on Nepean Highway in Frankston.

Despite being just around the corner from Frankston's rapidly transforming waterfront, this small, stylish restaurant doesn't get a lot of drop-in business, but it has been built on a solid following among local diners, who go back to enjoy modern Indian and Sri Lankan food, again and again.

The dishes are more adventurous than most Indian restaurants; the classy décor is certainly a cut-above many others, and the host, Roy Lambert, is about as interesting a host you could hope to find in a suburban eatery.

When he shows you to your table and explains the menu, keep in mind that over the past 30 years the man has done the same for people such as Margaret Thatcher, Colonel Gaddafi, Indira Gandhi, Marshal Tito, Anwar Sadat, Diana Ross, but, alas, not for Rod Stewart.

When Rockin' Rod turned up at the Melbourne Hilton Hotel's silver-service Clivedon Room, Lambert had to turn him and his entourage away because the jeans-clad party didn't meet the Clivedon's strict dress code.

There's no such dress code at The Spice Club, but, nevertheless, 5-star trained Lambert runs his restaurant with the same style and attention to detail.

Born and raised in the beautiful but politically-troubled northern region of Sri Lanka, Roy Lambert defied the family tradition of teaching to enrol in the country's first European-style hotel management school; one of 30 selected from 6,000 applicants.

The intensive five year course in Colombo was followed by work stints with the Carlton, Holiday Inn, and the Oberoi group of hotels in Sri Lanka and the Middle East. Colombo's Oberoi hotel was regarded as one of the country's most prestigious workplaces, but the political unrest starting to brew in the mid 1980s saw him leave his close-knit family to start afresh in Australia.

His qualifications and experience were recognised by Hilton International, where he spent 16 years in the Melbourne Hilton's food and beverage area, including Manager of the Clivedon Room. He became one of Melbourne's most recognisable faces in front-of house restaurant management.

An internal change of direction at the Hilton resulted in two brief engagements at other Melbourne hotels, before deciding to set-up on his own.

The choice of Frankston initially raised a few eyebrows among colleagues and business advisors. However, Lambert could see its potential and the region's need for modern Indian food, served in a stylish setting. He travelled the world on a fact-finding expedition before opening the doors. The restaurant's two Indian chefs have 5-star experience, gained most recently from Le Meridien in Melbourne.

It's not just the locals who have been flocking to The Spice Club since 2003. Bookings from across Melbourne and wedding groups from regional Victoria are commonplace, not to mention the occasional celebrity. Spice Club patrons were

delighted recently when Harry Potter's 'Professor Pomona Sprout', Miriam Margolyes, quietly slipped-in to taste the renowned food.

Lambert has also expanded the business into outside catering; from intimate dinners held in local houses, to 900 person weddings.

In 2005 he catered for the 570 cast and crew of a Bollywood blockbuster filmed on Rye beach. Large numbers do not daunt him – not since the time had had to cater for a family wedding of the Oman Oil Minister, when more than 6,000 goats were slaughtered to feed the 5,000 guests. More recently, he catered for a cast party for the acclaimed Music Director of Slumdog Millionaire, A. R. Rahman.

Another growing off-shoot to the Spice Club business is the production of quality, frozen Indian foods for several Melbourne hospitals.

Rumour has it that the success of Frankston's Spice Club could see another opening-up in the mid or southern Peninsula in the not-too-distant future.

-Tim Bracher

What is your point of difference ?

"We have thoroughly modernised many of the traditional dishes and have devised many of our own. You need to make it worthwhile for someone to travel a distance to Frankston, rather than visiting their own neighbourhood Indian restaurant. We recently catered for a large dinner where we featured Indian food prepared in a French style. Because I am not Indian, I feel that I can break the Indian tradition. People are more health conscious these days, so we minimise the oil content and we have mostly gluten-free dishes."



What type of wine suits Indian dishes ?

"I often encourage people who are not familiar with wine to choose a sweeter style to complement the food, such as a Moselle or Lexia. Otherwise, I prefer a Pinot Noir or Merlot, so that they don't overpower the curries, which a cabernet or a heavy shiraz can do. We also have many Indian beers available".

What is your favourite dish?

"I was trained in the European fine-dining tradition, so I must confess that it is always Beef Wellington, but not cooked the traditional way. I cover the beef with a mushroom and shallot paste, then put chillies, peppers and spices in the crust".

The Spice Club, 506 Nepean Hwy, Frankston (03) 9770 5011
www.thespiceclub.com.au
Open nightly from 5pm, and on Fridays for a buffet lunch. Fully licensed.



Roy pictured with some of the photographs of famous guests and events that line the entrance of Frankston's fabulous Spice Club

FRANKSTON'S FIRST LADY *Cecily Dyos*

Senior Sergeant Cecily Dyos has a twinkle in her eye. You'd think that after 31 years in Victoria Police (including stints at Frankston Station at every rank) it would be long gone, but there's something about Dyos that smashes the 'jaded cop' stereotype. She's enthusiastic about her job (she's Officer In Charge at Frankston Station), enthusiastic about Frankston (she's lived in the area since she was twenty) and passionate about her family (four children, three stepchildren and a step-granddaughter).

Dyos started policing when Frankston Station was a "tiny rabbit warren on Davey Street.

"It was too close to the four hotels on the four corners," she says. "We had a riot once - the police arrested someone at the hotels and put them in a divvy van to the station and they all marched up to the station."

The late '70s, when Dyos graduated, were also the heady first years of equal opportunity. Back then, female police had their own division. "It was missing kids and sexual assault - they wouldn't let us do patrols," Dyos remembers. There was maternity leave (Dyos took four lots over eight years), but no part-time option on return, so many of her female contemporaries disappeared off the radar. It almost happened to Dyos, too. "After I had my second child I thought 'well, I'll have to resign now', but after my second lot of maternity leave I knew that it wasn't for me." Dyos decided to continue working, and took on night shifts and weekends while her first husband worked during the day. "I don't like being judged for being a working mother, and I don't judge women that choose to stay home; both roles are important and fantastic... now I feel that I was a better mother working," she says.

It's this longevity in the force that has seen Dyos collect quite a few 'firsts' and 'only's': she's the first female Senior Sergeant at Frankston Station, and, while a Sergeant, was the only female Sergeant. "At this time, I'm the only female Senior Sergeant on the whole of the Peninsula," she says. Her role as Officer in Charge sees her manage 16 Sergeants who, in turn, manage around 78 uniform police.

Currently only 31 of the 304 Victorian Senior Sergeants are women, and Dyos admits it took her a bit longer to become a Senior Sergeant. "It's roughly about 10 years, minimum, to become a Sergeant, but I stayed a Sergeant longer than I probably should have, because I had young children," she says.



Dyos doesn't falter when she talks about some of the attitudes she's encountered within the police force. She copped flack for taking maternity leave and her promotions were challenged along the way. Her advice to others treading a relatively untrodden path is "believe in yourself and go for it, and don't be put off by people who dissuade you."

Inspiring women in the police force include former Chief Commissioner Christine Nixon, who changed the culture of Victoria Police. "It was very much a macho boys club before she came along and she showed us another way of doing things, she showed us that you didn't have to be a tough stand over strong-arm type to get results."

Dyos' mother was also an inspiration. She worked full time, managed the house then did Year 12 at the same time as Dyos' sister and graduated university with a Bachelor of Arts Degree. She started a new career as a social worker in her 40's, and often worked in tough inner city housing commission blocks. "She did all this and always remained glamorous and beautiful with a gentle nature"

Dyos' own career has seen her riding former Cup winner, Black Knight, at the mounted branch in St Kilda Road (joining the mounted branch fulfilled a lifelong dream); working at stations ranging from Narre Warren to Dandenong and teaching at the Police Academy in Glen Waverley. All the while, Dyos lived in Somerville, Mt Martha and Mornington and commuted.

"I was right on the verge of taking the next step and applying for an Inspector's job, but when the Frankston position came up I realised how much I wanted it. It felt like I was coming home. I've been to the same hairdresser in Frankston for the past 25 years (Wayne White of Colour Collections takes care of her blonde locks) and I shopped in Frankston; my son works at Kmart in Frankston, my daughter worked at My Chemist and my other sons work at restaurants in Frankston... so it was a very strong connection to Frankston."

Dyos remarried two years ago (to guitarist Simon Dyos), and added three stepchildren to the mix, and though they live in N.S.W, when they all get together

the similarly aged children get on well. "They get on like a house on fire," she says. "We can't believe our luck. All of our kids get along with each other, and with us."

Parenting teenagers while getting a police officer's view of the world has had its challenges. "When you do see things it makes you wary, and my kids have often said 'It's not fair, Mum, you know too much'. I was full of all these warnings about getting into cars with drunk drivers and drinking then driving yourself. But it was a lot harder for my kids to pull the wool over my eyes," says Dyos. Was there ever a temptation to screen their friends? "Absolutely - I thought about it, but we're not allowed to. I didn't even screen my husband before I married him, and I would have loved to have done that. So he could have a hidden past I didn't even know about," she says, smiling.

Though there's no police requirement to keep fit, Dyos does. She's a jogger ("every couple of days"), a walker, and takes full advantage of her seaside locale. After initially being a keen scuba diver and diving around sites like Pope's Eye, Portsea Hole and outside the heads, Dyos has taken to snorkelling in the waters off Mornington and Mt Martha. "The most amazing thing we see around the pier in Mornington are giant stingrays. They're magnificent things."

Dyos' love of water extends to Frankston's foreshore. "We've got the boardwalk now, and places where festivities take place. It's all well lit and well attended by families. There's this very safe beach, there's boating, scuba diving and snorkelling." It's not just the foreshore that's seen improvement during Dyos' 30-year relationship with Frankston, "There have been a lot of recreational-type improvements, too, like the cinema complex and restaurants and bars."

In August it will be a year in the OIC job, and although it has meant that she's put her inspector plans on hold, Frankston benefits by having a very positive ambassador. "It's such a beautiful place to work," "Every day, I drive down Olivers Hill and say to myself 'don't ever take that incredible view for granted'. It just looks different everyday, depending on the weather and the colour of the sky."

- Jayne D'Arcy

PENINSULA

Seen



Frankston Festival Of Lights
a celebration of its 12th year



Peninsula Hot Springs
launch of 35 new bathing
experiences



Frankston's Teddy Bear Picnic



FRANKSTON'S INAUGURAL RECYCLED FASHION SHOW
Pic Right. at the Boulevard Events Centre was also the
finale of the Search for Frankston's hidden model. The final
15 contestants of the competition featured on the catwalk
showcased the surprising range of fashion from local
recycling boutiques with Hair Razor (official hair stylist) and
The Wow Factor-e (official make-up supplier).



Kananook Creek 40th Birthday



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Peninsula Hospice Service Race Day at MRC



Sandsculpting Australia presents 'Great Moments in History', at Frankston Foreshore - Open until the 26th April 2010.



Christmas at Montalto



Kids Day Out at Mornington Race Course

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DIARY DATES

ONGOING UNTIL 26 APRIL
Sandsculpture - Great Moments in History at the Frankston Foreshore. Details page 14

ONGOING UNTIL 30 APRIL
Montalto Sculpture Prize, Montalto Vineyard & Olive Grove, Shoreham Rd Red Hill South. Free Entry.

2ND SUNDAY EVERY MONTH
Mornington Racecourse Market

1ST SATURDAY EACH MONTH SEPTEMBER TO MAY
Red Hill Community Market

1ST, 2ND & 3RD SUNDAY EACH MONTH
Mornington Tourist Railway. Departs Moorooduc Station or Watt Rd, Mornington. Details page 16

FRANKSTON BUSINESS CHAMBER
has a full calendar of events. Details page 42.

March

18 MARCH - 2 MAY
MPRG, two exhibitions commencing, details page 23.

27 MARCH
Red Hill Show, Red Hill Showgrounds, Arthurs Seat Rd

27 MARCH - 9 MAY
Eucalypt Festival Royal Botanic Gardens Cranbourne. Details 13

28 MARCH
Mt Eliza Farmers Market 8am-12.30pm Mt Eliza Village. Details page 37

April

26 APRIL
Morning Star Estate, 100% Kylie & Robie Williams plus BABBA and more. Details page 7

May

MOTHERS DAY - 9 MAY

12 MAY - 27 JUNE
MPRG 2010 National Photographic Portrait Prize, details page 23.

23 MAY
Mt Eliza Farmers Market 8am-12.30pm Mt Eliza Village. Details page 37

27 MAY
Linton's Garden & Home, 10am Cancer Council Biggest Morning Tea. Details page 94.

LOCALS

What does it mean to be a local?

Well, apart from living down here, it means that we have excellent access to so many attractions across the Peninsula, without the long drive from Melbourne. From Frankston to Flinders, wherever you live on the Peninsula you're not far away from all that it has to offer - from world class wineries to family friendly parks and mazes, fresh produce and uncrowded beaches, train rides, shopping and a myriad of other activities to suit all ages - we are so fortunate to have it all on our doorstep.

at Leisure

Autumn is a time of year when the Peninsula is at its best - fresh produce is available at farms everywhere, including strawberries at Sunny Ridge, where their café serves up a selection of local fare and strawberry themed treats. If you're looking for inspiration for a family outing, couples retreat or even just an indulgent day out for one, pick up a copy of The Mornington Peninsula Visitors Guide, or visit it online at www.visitor.com.au. After all, just because you're local doesn't mean there isn't something new to discover - just get out there and see for yourself.

- Helen Jones

Pick up your free copy of the Autumn Winter Visitors Guide at information centres and attractions across the Peninsula - Out for Easter or visit www.visitor.com.au



What's On at the Royal Botanic Gardens Cranbourne

MARCH, APRIL, MAY 2010
Guided tours - The Australian Garden Journey Every day 1pm - 2pm \$5.50 adult \$4.50 child

The plants of the Australian Garden
Every Wednesday excluding 31 March & 7 April 11.30am - 12.30pm
A fantastic tour for those looking for some more in-depth horticultural information.. \$9 adult \$7.60 concession Bookings required.

The Eucalypt Festival
Sunday 27 March - 9 May 2010
The diversity and beauty of eucalypts, Australia's most iconic tree, will be celebrated this autumn during the Eucalypt Festival .

27 March to the 11 April 2010
A range of fun walks, workshops, family programs and kids' activities will be on offer during the autumn school holidays, With special programs on **Sunday 4, Monday 5th and Sunday 11 April**

Monday 29 March
Thursday 1 & 8 April
9.30 - 10.30am Gum nut fairies & elves

Monday 29 March
1 - 2.30pm & Thursday 1 & 8 April 11am - 12pm
Magical gum nut craft

Monday 29 March
Tuesday 30 March & 6 April 11am - 12.30pm (1.5 hour program) Detective Grubby ~ who killed the eucalypt!

Monday 29 March Tuesday 6 April 1 - 2.30pm Build a hortasaurus

Tuesday 30 March Saturday 24 April 5.30pm - 9pm Family program Twilight Highlights, with bush BBQ.

Join The Garden Grub Kids' Club
Any time! The Garden Grub Kids' Club is an exciting club for kids between 5 and 10 years of age. Sign up online www.gardengrubs.com.au.



Special event
Mother's Day
Sunday 9 May
Bring your Mum to the Australian Garden on Mother's Day and you'll get Mum in for FREE! The Boonerwurrung Café will be creating delicious treats to thank Mums for all their hard work.

Kids - drop-in to our activity station to create a beautiful present for Mum. Pot-a-plant to take home for your garden, or make a delicious bath bomb from eucalypt oils to spoil your Mum.

Mums with at least one of their children will enter the Australian Garden FREE on Mothers' Day only.

Fees apply for entry & most activities and bookings are required for most activities (03) 5990 2245

Another Opening - Another Show!

PLOS Musical Productions is keeping a long standing tradition, over 40 years in the making of presenting fabulous musicals at the Frankston Arts Centre.

Each year PLOS presents two full scale musicals live on stage - these involve its members and supporters in all facets of presenting a production.

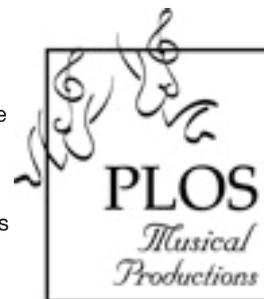
This commences at the time of show selection when the company is looking at productions the our audience would love to see, one that people want to perform in. Finally it needs to be a show that provides a challenge for our design teams in the areas of Sets, Lighting and Costumes. PLOS has been lucky to engage the very best Directors Musical Directors and Choreographers that are able to present the very best of entertainment for our audiences.

The company holds auditions and the cast is selected - then the fun begins three times a week the PLOS Shed our home in Overport Park Frankston South is alive with the excitement of rehearsals; the lines are learnt, the dance steps are practised and the songs are rehearsed

and then it is all put together with the excitement coming in the final stages as a production takes shape and we know we have something special happening.

Meanwhile the orchestra is rehearsing; then the magic happens as we move to the theatre. At this stage the Lighting Designs are put into place as the set is rebuilt on stage. We get everything in place & build up to the dress rehearsals, & finally the show opens & we get to enjoy the reaction of our audiences.

Does this sound like something you could contribute to or are you interested in being involved in one of the many facets of putting on a show - then visit our website www.plos.asn.au or contact our Secretary mail@plos.asn.au and join in the fun and excitement that occurs in doing something very special.



Royal Botanic Gardens Cranbourne

eucalypt festival

Celebrate the beauty of Australia's most iconic tree, the Eucalypt, in the award-winning Australian Garden during Autumn.

Saturday 27 March to Sunday 9 May

Participate in a variety of Eucalypt-themed fun family activities including guided walks, music, art activities, games, face painting and fabulous food!

- The Story of Gums - Guided walks
- Family planting activities
- Face painting
- Bicycle and bushwalking tours
- Cubby making activity
- Didgeridoo playing activity
- Bosisto's Eucalypt oil demonstration
- Music performances
- Mother's Day activities - Mum's enter for free!



Australian
Garden

ROYAL BOTANIC GARDENS CRANBOURNE

For additional information and activity dates and times:
Phone (03) 5990 2245
www.australiangarden.com.au



Sand Sculpting Australia presents
**GREAT MOMENTS
IN HISTORY**

Frankston Waterfront



Open daily until April 26 - 2010

Frankston Waterfront has once again be transformed as 3,500 tonnes of sand has been carved into spectacular sculptures depicting people, places and events that have shaped our world, from caveman discovering how to create fire, world wars and crusades, great civilisations, inventions and architecture through to scientific discoveries and man walking on the moon.

Included free* with your event entry are our sand workshops*, sculptors talks*, face painting*, dab dab tattoos* and assorted childrens entertainment* including balloon art, hair sculptures, storytelling plus more. Activity upgrades are also available including sand art, sand bottles, sand diggers and sand paintings. This is a great day of family entertainment for all ages.

'Sandsational' Easter Egg Hunt

Friday April 2 to Monday April 5

Find the sand 'eggs' hidden amongst the sculptures. All children who participate in this free activity will receive a bag of Easter eggs and go into that day's draw for a fabulous Easter hamper and family passes to Sand Sculpting Australia 2011.

Location:

Frankston Waterfront,
Nepean Highway, Frankston,
Melway Ref: 100A B8

Dates:

26 December 2009 to
26 April 2010

Times:

Open daily from 10am

For further information:

Visit our website www.sandsculpting.com.au or call 1300 322 842.

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Sand Sculpting Australia is a Sandstorm Events production.

Focus on Frankston's Winning Photos

Sponsored by Good Life, Peninsula Camera Centre, Officeworks and AFI Branding Solutions

The Focus on Frankston Photography Competition has come to a close with over 1300 entries. In only its second year the competition has proven a huge success amongst locals and visitors whose photos capture the essence of Frankston City and the experiences that make Frankston an exciting place to live, work and visit.

Congratulations to the major prize winners, **Ron Brown** for his photo titled 'Hidden Gem', **Zac Damiani** for his photo titled 'Bobby's first day at the beach' and **John Grasso** for his photo titled 'Unexpected'. Congratulations also to the nine category prize winners whose photos were all chosen by the public.



Ron Brown 'Hidden Gem' - 1st place

"On an early morning walk along the beautiful Kananook Creek walking track I was inspired to return home and get my camera. On returning to the area I proceeded to take photographs of the reflections on the water, the water birds and the bushland surrounding the creek. It was then that I discovered my "Hidden Gem". It gave me all the qualities that I associate with this area. The reflections, the boats, the old boat shed and even the Australian flag all combined into a composition portraying the stillness and beauty of this area. I took only one shot and moved on."

I have always been interested in the visual arts and always wishing that I had the time to paint. For many years it was an unrealistic dream. On retiring from my business I was then able to fully involve myself with my painting. This was something that I had not done since my teens when I painted landscapes and went to night classes at RMIT. I have always been interested in photography and although having led a busy working life I have taken many photos during these years. This served as a means of remaining connected to the arts. This enjoyment of photography has been a way of recording ideas for my painting as I know that I would be lost without my camera. Living in the Kananook Creek area I have ready access to many and varied aspects of nature and my competition entry illustrates the beauty that is so close to central Frankston.

1. The Water's Edge - Liz Lewis
2. The Learning City - Peter Verschuren
3. Out and About - Karen Barber
4. Our Great Outdoors - Liz Lewis
5. The GoodLife - Ben Merton
6. Arts and Culture - Tania Millson
7. I Love Frankston - Benjy Lee
8. Secret Spots - Monique McLaren
9. Get Creative - Rick Rendell.

All winners will have their photographs displayed in the gallery at Cube 37 from Monday, 15 March until Thursday, 1 April 2010.

Frankston City Council's Marketing Manager Maxine Sando said: "It is thanks to everyone who entered the competition and who voted that we can continue to promote a true image of Frankston to our locals who choose to live here and visitors who keep coming back to experience more of the lifestyle we enjoy every day". Visit www.visitfrankston.com to view the winning photographs in the photo gallery.

2nd place winner Zac Damiani Bobby's first day at the beach

"My puppy's (Bobby) first day at the beach with the family. My two sisters are in the background on a hot, sunny day after his first swim"



I'm Zac Damiani and I live on the Mornington Peninsula, I go to the Peninsula School and am currently in year 11. I got into photography after watching photography shows and seeing how images come together and seeing final products. I love how a photo can just be captured and savoured for a long time. I am more interested in commercial photography and I hope to go to RMIT to study photography when I finish school and then hopefully get into the photography industry. I am not a professional photographer, just an amateur at this stage but I hope to be. I have a digital SLR camera which I have loved using to capture my pets and families memories. Its great! I took this photo at Frankston beach of my new puppy Bobby as he came out of the water after his first swim, he absolutley loved it and had a ball. Luckily I had a camera on me to capture this moment. Wasn't my SLR but my mobile phone, weird I know haha. I never thought I would come even close to second place with any of my images entered, but I am very thankful I did. I would never have even found the competition if it wasn't for my mum finding the article, therefore I would like to thank her. She's the best and is always encouraging me to do things.



Ben Merton - 'The Goodlife' The good life for me starts at home with great food and great company!

John Grasso 'Unexpected' - 3rd place

"I have always found it fascinating how the best things in life and the best images often come out of spontaneity and rushed situations. After staging some shots mainly along the beach and Olivers Hill, I was in a hurry to get home, walking briskly past alley ways. Something made me stop, walk backwards a few steps and look down this particular, hidden alley that caught my eye. Nature and man seemed to conspire together. I decided to capture the drama and feelings I had at the time by increasing the contrast of the cloudy sky (nature) in greyscale while maintaining the colour of art works (humanity) as a reminder of how opposed yet entwined they can be."



While I was doing my Bachelor of Education in Art & Craft Secondary, I studied photography as one of the many disciplines that was part of the course. I instantly fell in love with "writing in light" as per the definition of photography as an art form. I was equally in love with painting and sculpting. Since then, I have taught in many subject areas in TAFE/University institutes, in Secondary and in Community Houses. Nature has been my greatest influence and personal teacher primarily, and secondarily, the way master painters, sculptors, architects and photographers visualize and interpret the world about them. How they share what's in their imagination and what's important to them; what makes them as individuals who can contribute to the world aesthetically, didactically, culturally and personally has always fascinated me. Symbology has been one of the most recent areas of study that has captured my interest and I enjoy incorporating this into much of my imagery.

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Old Favourites and the Unusual

**2117 Point Nepean Rd Rye
(opposite the Rye Yacht Club)**

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LOCALS | *at Leisure*

There are a multitude of activities indoors & undercover across the Peninsula ...you could ride the steam train at Mornington, indulge your sweet tooth at Sunny Ridge Strawberry Farm or learn to ride and of course the whole family can enjoy mini golf, ten pin bowling or the latest features in air-conditioned comfort at Starzone.

Sweet Memories from Childhood

Opened just before Christmas to the delight of her now many customers Annie's Old Style Lolly Shop is in Rye, opposite the Yacht Club in Point Nepean Road. It's here you can come and taste your old favourites -

Peanut Buttercups, Sherbet Whips, Wizz Fizz, Freckles, Raspberry Drops and the list goes on. Annie's also specialises in the unusual including Swiss Chocolate Swiss Knife, Chocolate Spoons from Turkey, Casino Chips from Germany, wheat, gluten, lactose and sugar free lollies from Greece.

Annie's aim is to eventually to have a lolly from every country and so far there are 16 countries represented and more coming all the time. At Annie's you will also find a varied selection of boxed chocolates and biscuits, lolly hampers and gift packs made to your taste. Annie themes the Shop for each occasion so come in and see what Easter looks like and what's on offer, relive your sweet memories from childhood and enjoy again.



The Fun Place to Be

At Top Fun in Rosebud you can have a game of mini golf, ten pin bowling or try out the pinball parlor. They have some great new machine games to play with a wide variety of prizes to choose with your redemption tickets. There are two 18 hole courses on site and Top Fun can either be a wet weather day activity making use of the 18 holes undercover or have some fun in the sun with the outside course. Try your hand at Ten Pin Bowling, the indoor bowling alley is a hit with all of the family and prices include shoe hire. Catering for all age groups, from the very young to the retirees- all are welcome and birthday parties, corporate packages & private functions are a speciality.

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Journey into the Past

The friendliest sound on the Peninsula is undoubtedly the whistle of K163, Mornington Tourist Railway's steam loco, as it winds its way across the northern

Peninsula countryside. It's also the Railway's best advertisement, as it lures dozens of young families out of their homes on weekends to experience rail travel the way it used to be. For most children it's the closest thing they'll get to the magic of Hogwart's Express, even if the rapidly growing suburbs on either side of the track doesn't quite measure up to the rolling countryside of middle England.

The Mornington Railway runs five return services between Moorooduc and Mornington on the first three Sundays of each month, as well as two public holidays. Both children and adults enjoy the magic of the Mornington Peninsula steam train experience which runs between Moorooduc and Mornington.

Riding in restored heritage carriages, which are hauled by vintage steam locomotive K163 always brings smiles and wonderment to the faces of the many children who ride on this railway. It is a unique experience for the children and a journey back into the past for adults.



Experience Diesel Driving

The Mornington Railway has been working on a new product for some time, Driver Experience. The Diesel Driver Experience course allows a guest to live childhood dreams of driving a locomotive. No previous railway knowledge or experience is required as the basics of driving a mainline diesel locomotive are taught by a select group of experienced drivers.

The guest driver may invite a limited number of family members/friends to ride on the train for the day with one of our friendly conductors. Lunch can be provided for the family/friends of the guest driver at an additional cost. Also included in the package is a 12 month membership of the Mornington Railway Preservation Society (subject to approval). To book, customers just have to call 1300 767 274, and arrangements will be made for completion of the formal application, payment, booking of the train and organisation of volunteers for the day.

A great day out for the whole family...

Boneo Maze is only a 5 minute drive from Rosebud, off Boneo Rd on the Mornington Peninsula. Take a walk along the boardwalk - winding thru the unique 15 acres of swamp and wetlands; stopping to view the native wildlife, tall tea tree and fern glade. During summer walk with the butterflies on the outdoor buddleia walk. (weather dependent - this is not an enclosure) Get lost in their mazes - largest hedge maze stands over 2 metres tall with a centre viewing platform. The small maze was designed for the young and young at heart. The timber 'Cage' maze has 1.5 metre long tunnels, enter if you dare. Play giant games and puzzles - have a friendly game of chess or draughts and other games and lawn puzzles within the gardens, complimented by tall shady trees and luscious green grass perfect for family picnics. Bring a picnic - stage coach and picnic tables in the gardens, bring a blanket. (No BBQ's) The tearooms serve homemade Devonshire Tea, light refreshments and great coffee. The Gift Shop offers a range of puzzles, games, chess sets, garden and other quality giftware. Opening hours; Monday to Thursday 10am to 4pm. Friday to Sunday, public and Victorian School Holidays 10am to 5pm. (Closed Christmas Day and Extreme Weather) 695 Limestone Road Fingal (Boneo)

Ph: 03 5988 6385 www.boneomaze.com.au

Boneo Maze & Wetlands

Only a 5 minute drive from Rosebud, Off Boneo Road
Open Daily from 10am - Closed Christmas Day



Take a walk along the boardwalk - get lost in our mazes
Play giant games and puzzles - bring a picnic

Wetlands - Boardwalks - Hedge Mazes
Garden Chess & Draughts - Lawn Puzzles & Games
Gardens - Buddleia Butterfly walk (Summer Only)
Tearooms - Gift Shop - Picnics Welcome



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Everything is a chew toy to a puppy- Leather Lounge \$3,000, Nike Runners \$200, iPhone \$900. You only get one chance to get it right! Can you afford not to attend “Super Puppy”?

“Super Puppy” is the only puppy class of its kind on the Mornington Peninsula. This exclusive and intensive eight week course is designed to give you the simply the best curriculum for the most important training in your dog’s life.

Owner education, socialisation and access to exciting equipment will give your Grrr8 Mate confidence and opportunities for learning. In addition, extensive notes are provided. Plus, you will have loads of fun along the way!

Puppies and dogs are not appliances – they can’t be “fixed” when problems occur. “Super Puppy” will help you prevent problems before they start.

Book your place in Puppy School BEFORE you pick up your puppy. Puppies can start training at 8 weeks of age, provided they have had one vaccination one week prior to attending.

At Paw Behaviour, we not only love dogs – we know them and understand them. We’ve been helping owners and their dogs build happy and rewarding relationships since 1999.

Jennifer Wilcox, is a nationally accredited Cert IV Delta CGC Dog Trainer, an IICAB (International Institute for Applied Companion Animal Behaviour) Professional Dog Trainer and member of the Australian Association of Pet Dog Trainers. Call 9776 1571 or 0414 637 568 www.pawbehaviour.com.au



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Lots of Reasons to Celebrate the Kananook

Every year hundreds of residents come together to enjoy the festivities on Kananook Creek Celebration Day, but this year there was even more to celebrate. Sunday, 28 February was not only Kananook Celebration Day and the 40th birthday of the Kananook Creek Association, but also the official launch of the new Kananook Creek Boulevard.

The boulevard now joins the Frankston CAD with the waterfront and creates a vibrant meeting place that is home to cafes, restaurants and businesses, enlivening the area and creating a mini Southbank experience in Frankston. The official launch by Minister Madden was part of the day’s festivities and included the Kanawalk from Seaford Pier forecourt to the new boulevard, where there was a re-creation

of the 1918 Grand Parade of watercraft. Canoeing trips on the creek, live music and dancing, the Ronald Macdonald Magic Show, an historic photographic exhibition, a short film festival at the Boulevard Events Centre, the launch of the new book Underwater Wonders of the Mornington Peninsula by Freddie Leong and the Ten Stories of Frankston Historical Exhibition at the Frankston Yacht Club were also features of the celebration.

The new Kananook Creek Boulevard runs from Beach Street to Davey Street, where a new vehicle and pedestrian bridge is currently being constructed across the creek. For more information go to www.frankston.vic.gov.au or phone 1300 322 322.



Life in Orbit...

Orbit fitness is located on Nepean Highway in between Bentons and Craigie Roads. Their gym offers everything you are looking for in a fitness centre. Their facilities include... Cardio theatre Extensive weights and resistant training area. Cycle/ Boxing studio Group Exercise Studio

– with more than 57 classes on offer every week
Pool – heated to 31° offering Aqua Classes (water aerobics) 6 times per week Spa, Sauna and



Steam Room. The membership options are many and varied and there is bound to be something to suit everyone. If you are after a one off casual visit, they can help you there too. For those looking for a complete fitness routine; their membership prices are excellent and provide you with every opportunity to achieve your goals. They even cater for those who are only around for a month and want a short term membership or a 10 Visit Pass.

Staff are friendly and helpful and the focus is on being a part of the community. Orbit pride themselves on making everyone feel that they belong. If you are looking for a great gym, why don’t you go down and see for yourself what life is like in Orbit.

Bring Your Camera

A firm favorite with visitors to the Peninsula and locals alike, at Jillian Fishing Trips they provide plenty of fun and excitement. Their trips include visits to the seals so make sure to bring your camera. The Jillian leaves the Rye pier daily, weather permitting and bookings are essential to avoid disappointment.

All fish that are caught will be cleaned for you, so you can prepare a meal straight away. Group and individual charters available all year round. For further information phone 0418 148 426.



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Fishing Licences available onboard boat

A visit to the seals on the way home (Weather permitting)
Twilight fishing & Fort and seal tours available

BOOKINGS ESSENTIAL. ENQ: 0418 148 426

Spring Creek Farm Expands

Terry and Bev Scott's Spring Creek Farm has now expanded to incorporate Red Hill Equestrian Centre. Horseback Winery Tours over the past 8 years have achieved nationwide and international recognition. "Nowhere else in the world can people enjoy this experience" says Terry. "Our horses and staff are outstanding we can cater for experienced riders or total beginners. We are fortunate that we are close to some of the best wineries in Australia offering award winning cool climate wines. Wineries such as Montalto, Red Hill Estate, Tucks Ridge, Pier Ten, Foxeys Hangout, Ten Minutes by Tractor, T'Gallant and Mantons Creek also offer innovative dining experiences in their restaurants which range from casual cafe style to fine dining".

RED HILL EQUESTRIAN CENTRE

"The demand for correct and safe riding instruction is enormous" says Terry "There are many excellent instructors on the Peninsula but none have suitable school horses. We fill that need. We have horses and ponies to suit beginners and highly educated horses to suit experienced riders. Our instruction will cover all aspects of riding, training & horsemanship."

FACILITIES

We have just completed a new 60 x 30 metre all weather arena and a 19 metre lungeing ring.



Our facilities provide a safe environment for riders of all levels. Clients can enjoy a cup of coffee or glass of wine in our new cafe or enjoy a BYO picnic or BBQ by the frog pond

Our Instructors Paul Walking (Bev's son) is an extremely accomplished rider having come through the ranks at Main Ridge Pony Club as a teenager, has competed successfully as a showjumping and eventing rider. He has enjoyed the privilege of having been instructed by the best including Rosemary Thiele, Michael Baker, Olympians Andrew Hoy and Amanda Ross, International competitors and instructors Michelle and David Strapp and showjumping great George Sanna. Paul, an excellent communicator, enjoys instructing and is available 6 days a week.

There will be several other regular instructors as well as clinics throughout the year with renowned instructors from Australia & overseas. Stabling and paddock facilities are available for visiting horses & we offer excellent B&B & catering for clients.

What's New at Sunny Ridge

The mood at Sunny Ridge this autumn aims to evoke a sense of calmness after the mad rush of summer. Fresh strawberries, blueberries and raspberries are for sale at the farmgate and upick strawberries are available until May 2010.

DESSERT CAFÉ

Their heavenly dessert menu focuses heavily on Sunny Ridge farm produce with strawberries – of course – remaining a prominent feature. For example, their decadent chocolate fondue is sure to keep the indulgers happy. This perfect marriage of our strawberries with the highest quality Belgian chocolate serves two at your table. Just try not to fritter away the

afternoon while you dip your luscious berries into the warm chocolate sauce in the authentic farm surrounds.

SHOP

Sunny Ridge's award winning farm ice cream is available in a range of fresh flavours and the cellar door delights are in full bloom. Sunny Ridge's boutique fruit wines and liqueurs are world class, unique drops. Their "Charlotte" Strawberry Sparkling and the new "Strawbellini" Sparkling Strawberry Moscato have won many accolades. The range of strawberry themed gifts are changed regularly while locally produced honey, olive oil and gourmet produce are always available.



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Terry Scott Ph: 5989 6119

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Email: terryscott@iprimus.com.au www.springcreekfarm.com.au

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Melway Ref: 190 E12
Phone: 03 5989 4500

Web: www.sunnyridge.com.au

The Mornington Cup...

always festive and vibrant was blessed this year with beautiful weather. From the Members Dining Room and trackside marquees to the crowded lawns, fashion and fun were the winners on the day. Lots of friendly and familiar faces spotted enjoying Mornington's premier social and racing event.



Lorna from Zumay and Wayne & Beckie from Colour Collections



The Pole Divas on show



The lovely ladies from Fiona's



Sarah & Bec from Ruby Road



Karen & the girls from Splash Of Red



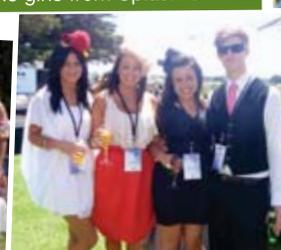
Tree & Pru from Diamond in the Rough



Girls from Mayko Hair



Donna & Mal - Simply Brazilian



Lisa Taranto & friends



Friends from our Good Life Lunch



Best Dressed Couple by Annette Sanfilippo



Special guest judges



Ladies from Orbit



From Audi



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Escape to a Tropical Queenslander

Sans Souci is a unique picture perfect Queenslander built from silky oak over 120 years ago. The retreat features original details you would expect in a property of this kind - polished wooden floors, high ceilings, louvers, wide wrap-around verandas and French doors from each room. Lush tropical gardens surround the wet edge pool where you can sit and enjoy the peace this retreat offers. A truly beautiful and elegant property Sans Souci is the perfect place to escape year round but especially during our cooler months.

Offering a personal meet and greet service upon your arrival at Sans Souci - (subject to arrival times), chilled boutique wine, exotic fruit basket and tropical flowers and L'Occitane amenities are also thoughtfully provided for your enjoyment.

Personalised spa packages may be tailored for your stay.

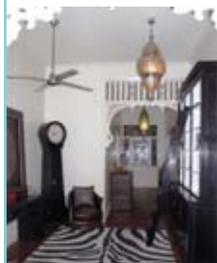
In the privacy and comfort of your retreat immerse yourself in a massage, facial and pampering for the hands and feet. This grounding, soothing and replenishing treatment



will bring relief to your entire being (90 mins \$185.00)

Sans Souci is just a short stroll from popular Four Mile Beach, the Four Mile shops and the Rainforest Habitat and supermarket, and only moments from the retreat is the Sea Temple Golf Course, Tennis Court, Gymnasium, Lap Pool and restaurant. The heart of cosmopolitan Port Douglas is only short drive away. Call today to book your escape

Call 0401726601 or email info@timbrown.com.au



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Travelling with Bill

Southern Florida

A seldom visited gem for Australians

America is great value for money at the moment with trans Pacific airfares being at record lows and the Australian dollar still up at around 90 US cents. In considering a holiday to the US, Florida is often overlooked as a destination and yet it offers a wealth of attractions and options for a great stay.



Bayside Miami

Miami is the gateway to the south of the state and a great place to spend a couple of days to explore this exciting and cosmopolitan city. A must see is the famed South Beach precinct. Apart from the beautiful beaches and elaborate beach settings the area is famous for its art deco architecture. Being a tropical climate Florida is famous for its el fresco dining. South Beach is no exception and Lincoln Rd. is one of the best for both its food

and people watching. On the opposite side of Biscayne Bay, at the base of the Miami CBD is Bayside, a uniquely Florida dining and shopping experience right on the foreshore.

To the north of Miami lie the famous beaches of Hollywood, Fort Lauderdale, Pompano Beach, and Boca Raton. All of these offer a more relaxed atmosphere than South Beach and make a perfect choice for a seaside break.

No trip to the South of Florida would be complete without a trip down the Florida Keys to Key West, the southern most tip of the continental United States. The Florida Keys are a 120 mile long chain of islands linked by bridges. The drive itself is fascinating with many picturesque stopping points along the way. The turquoise blue water and coral reefs make this area a mecca for divers and snorkelers. The first stop worth a look is the John Pennecamp Coral Reef State Park on Key Largo, the first key in the chain. Here there are a number of options including diving, snorkeling and glass bottomed boats. Further down the keys, at Marathon, is the Dolphin Research Centre which affords the opportunity to go swimming with the Dolphins. Key West is the final destination the trip and is renowned for its colonial architecture and of the course the home of Hemingway. The "old town" is the centre of Key West's history centered around Duval St. with its famous bars and restaurants.



Fort Lauderdale

Southern Florida is famous for the Everglades. The southern route through the Everglades, from the town of Homestead, gives access to the Coe, Royal Palm, and Flamingo visitor centres. Route 75, from Fort Lauderdale to Naples is the famed Alligator Alley at the top end of the Everglades.

From an accessibility point of view Florida is very well set up with facilities for the disabled traveller, whether it is accommodation, restaurants, parking and picnic facilities or attractions.

A holiday in Florida can be tailored to meet any budget. From a climate point of view it is a tropical environment. Summers are hot, wet and humid and winters warm and dry. The best time to visit is from late November through to May.

Bill Forrester.

Bill Forrester has visited over 27 countries and owns and operates Harvey World Travel Frankston, Dromana and Dandenong. His contact details are:
B 9781 3733 M 0417 690 533
Email bill@harveyworldfrankston.com
Web www.harveyworldfrankston.com



PENINSULA *fashion*



A Melting Pot of Fashion...

As I sit in front of my computer screen with a blank page, I can only feel for the designers about to embark on their creative journeys for the season ahead. A bare palette is a very daunting beginning but somehow they find

inspiration to make a start. Just as I do when I try to describe the next phase of fashion, everyone finds some trigger to get them started.

What amazes me with creative minds is they constantly feed off one another taking ideas sometimes from the simplest detail. What I have been exposed to already proves that by giving all these minds some basic materials such as beads or leather to work with gives light to fabulously innovative and individual applications from each designer. The collections reflect these similar trends strongly but very differently giving us such a variety to bring into play.

Autumn is set to shock a little but in a good way.

The season stands to be a touch avant-garde with many trends about to cross over and break some rules. It's about a lot of everything all put together in an 'bijoux' individualistic way. That's great for the daring and for those who sometimes get it a little bit wrong but with the weather still a tad on the warm side and some fresh days and nights it lends itself to letting your imagination have a bit of fun.

All of the local boutiques are unwrapping collections as I speak and I happened to walk into one doing just that the other day and was in awe of each piece, now in anticipation of a shopping spree and cooler weather.

Leather, heavily printed fabrics from floral and graphic designs, to textured embellished materials surrounded by a dose of real and faux fur lay the grounding for your wardrobe staples. Shoes, bags and smaller accessories are still very important and play a big part in balancing the eclectic mix of texture, detail and prints that

will see us considering many unexpected elements this season.

Much of the detail will be eye popping and its use is to enhance what you will see as quite un-fussy

designs leaning strongly toward simplistic cuts from all eras forgone. Short, long-waisted, A-line, fitted and flowing styles are all there but smart neck, shoulder or belt embellishments will take it to the next level.

Colour will be powerful and its use will demand attention. Bold contrasting tones with play off against shapes and embossed and patterned details which will help the eye become saturated with all that is beautiful. **Soft feminine silks** will be seen with hard leather belts, the basic little dress will be 'blinged' to the max with either appliquéd shoulder details leopard print accessories or interesting Aztec style diamante bodice cuffs that all create a feature.

One of the most stand-out trends in detailing and one to look out for is the cut out or stenciling



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of fabrics. Collars, sleeves and hemlines will appear to have shapes taken away to reveal either bare flesh or a luxurious fabric underneath. Done well it may be all the detail you need to make a statement at your next occasion.

The resurgence of the jacket is the big secret this autumn and winter so if you want to add anything to the mix, find one that has a statement sleeve, hugging fit and interesting neckline. It's as important as the perfect handbag and most won't leave home without it! With this comes a rebirth of the trouser too.

Skinny pipe legged slacks, very un-obstructed, allow the jacket to take the stage and add of heir of comfort while you still try to stay on top of the fashion stakes. Not everyone can wear the skin tight look but if you have a longer tunic style top its ok to add it under your jacket still keeping the look very chic. Leather pants, skirts and jackets have found their way back from the eighties looking as sharp and contemporary as ever with clever cuts and edgy additions.

Faux Fur is the fun factor right now and can be used in scarves trims and most commonly on little shrug styled jackets to throw over a dress or any outfit to add a touch of layer and warmth. It's been labeled a 'Chubby' jacket and should be cropped at the waist or hips, look simple in designs be either a vested or sleeved and be neutral in colour. Some designers have gone all out and introduced the real thing once again so be aware and check the labels before you buy.

Headwear which has been keeping me very busy of late is still one of the biggest movers in becoming part of daily dress. Repetition of detailing on the head and giving a finished-off look is just as important as a great pair of shoes. It could be as simple as a sequined flower or bow to a lacey headband with lots of shiny beads, so play with your hairstyles and get creative with what's on offer.

The multitude of delightful labels that our boutiques have acquired gives you good reason to find something amazing to tantalize your senses with any budget. From top end to street savvy it's so about you creating a signature style to call your own, so welcome in the season with a stroll through the gorgeous Peninsula shopping districts and get a sneak peak before everything is snapped up.



At Fiona's of Mornington new season stock is now in store. Their imported labels including Nougat, Hoss, I Blues, Day and a fabulous new Italian layering range Stella and Minx are selling fast. Also their winter boots by Jeannot and an Amber Rossi Shoe/Boot, the latest look for this Winter, have arrived.

The beautiful Melbourne label Thurley, features jewelled neck pieces that can be worn with other items and at Fiona's they say that fur and leather is all 'the look' this season. Erica, Victoria, Carolin and Suzanne look forward to welcoming you in store to show their beautiful new ranges.

Till next time
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Versatile and Contemporary Fashion at Geoff Bade



Peter Andrew in their Richmond Warehouse. Over the years the product has changed emphasis from stylish day dresses to eye catching evening items, to everything in between!

Today the company aims itself at the Australian boutique market and produces a wide range of contemporary fashion. Each season, versatile separates mix and match with bold colour and playful prints, leading through to striking, structured looks, items as practical as they are stylish.

Geoff Bade are currently very well known in the fashion industry for their bengaline pants which run in many styles and have an excellent fit!

Geoff Bade are always up to date with overseas trends and pride themselves in using interesting and quality imported fabrics in all garments which are still proudly 100% manufactured in Melbourne.

Fashion label Geoff Bade was established in Melbourne in 1950 by Geoff himself (now aged.83). He first started by manufacturing woollen jackets and fine coats in his Flinders Lane workshop. The label is now run by his son Martin Bade & partner

Fashion & Style Across The Ages

Pink Panache opened in Dromana in 2005 - the only boutique around and it caught everyone's eye.

The current proprietor, Dee Dee, was one of its best customers in the early days and then she so impressed the owner with her 'passion for fashion' that she was offered a job.

Dee Dee worked in the store for almost 2 years and without hesitation took over when the boutique went up for sale. She already knew the customers and they knew her and with labels like Lovers, Threadz, Scandals, Arcadia, See saw, Gitane, Vicky Vale, Mazi, Elly M, Re-launch, V&M, Contony, Mimosa, Runway Secrets and Martini Pink Panache lives up to its promise of catering for 18 to 70 plus tweens.

Pink Panache also caters for real women and they are not afraid to show it with fashion parades showcasing average sizes and all ages with real women.

So call in to Pink Panache in Dromana and bring your Mum or your Gran for a shopping trip you'll all enjoy with a stylish selection of clothes to delight each generation.



Geoff Bade
AUSTRALIA

Shop 5/59 Barkly St, Mornington ph. 5975 7756
www.geoffbade.com.au

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Explore the many different Sweet drops combinations for example; the extravagant Sweet drops™ paved with white or black diamonds, cut to perfection, the feminine Sweet drops™ with rose quartz, amethyst or Tahitian pearl, the fairytale Sweet drops™, like the golden bird in its golden cage, or the more modern or rough Sweet drops™ in black silver with diamonds or natural black onyx – the opportunities for creating your personal jewel are many.

The Sweet Drops™ leather bracelet is handmade in Denmark with expert craftsmanship, using traditional tanning, dying and sewing techniques, and hours of manual work in order to acquire the desired result. It is made from the finest, soft leather, tailored for the removable Sweet Drops™

The Sweet drops™ bracelet comes in a variety of colours. Together with

a yellow gold, white gold or silver Sweet drop™ combination, you can build your own personalized look and mood, - be it feminine, extravagant or contemporary. One can also attach the Sweet drops™ to Ole Lynggaard Copenhagen’s luxurious silk necklaces, gold and silver chains or bracelets.

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The staff at **Sportiva** pride themselves on their personal service. You can relax and be reassured they will help you choose the right style, fabrics and labels to suit every woman's needs and body shape with sizes XS to XXL.

The new range from Rohnisch is now in store and is designed for the bootilicious lady. Clothing from Sportiva is not only for the gym but also great for travelling as all items are stylish yet very comfortable, light and made from quick drying fabrics.



FINDING *your Authentic Self*

Every day we are bombarded by what the latest looks are. What this one and that one is doing in the spotlight. What we should do to create so and so's look. This constant affirming that everyone has it right can only spell one

thing for the rest of us. Well maybe that is two. Firstly that we are missing out and secondly that what we are is wrong. Nothing like a negative affirmation of where and who you are.

Think back to those moments when you felt amazing. Was it after your hair had just been cut? Was it after you had nailed a presentation or a sale at work? Was it after you had watched with pride as your children had started school and waved goodbye letting you know that you are the bestest ever Mummy out there? That is the feeling we wish we could bottle every day. Well you can.

Unfortunately our life is filled by the following moments. Like when you are walking down the street and catch up with a friend and find yourself apologising for the ill-fitting mismatched clothes; or the fact that you haven't done your hair or get caught in the doorway at work feeling unprepared. These are the moments when your authentic self is on vacation. Probably in Bali or Hawaii or wherever your dream self goes.

It is when you are feeling complete with your authentic self in tow that life flows like a dream. You can tackle the grind at work, you can tackle the grind at home, guess what. You can tackle the world.

So how do you locate this authentic self? The steps are quite simple. Start by knowing what your own true goals are in life. Stop living by someone else's dream. You follow this up by understanding your own personality style so that when you dress it is always a reflection of who you truly are. Once you know your personality style it is important to understand your shape. The true shape of your body and not the latest star or the latest 'it' girl. You may find what looks fabulous on them will look dreadful on you. Complete your transformation by knowing exactly how to wear your clothes to compliment

your colouring and lastly act and be in as such a manner that is again making the most of who you are not who you think you are. Wearing a mask will doom you too failure as one day you will be caught out without it on and the truth will be there for all to see.

We are not only in a new year but also a new decade. So why not use this opportunity to usher in not a new you but the true you. In the past I found that I looked at the latest and greatest and wondered if it was really me. Should I have bothered and can I tell you so many times in the past I did bother and guess what. Those must have latest seasons items are still hiding in my wardrobe. Do you find the same? It is a shame, a waste of precious time in buying the stuff, precious space in storing the stuff and also a waste of your hard earned money.

It is time to shed your old layers of fear. Look inside to discover your true self and step into your own spotlight. Guess what it is a good feeling. The first step of the above process is goal setting. Take 15 minutes with a notebook and write down everything you want to achieve. Keep it positive and keep it possible. Look at your list. Select the most burning desire and write down as many ways as you can think of to reach that goal. Once your list is exhausted and this should fill an A4 page.

I want you to look at the most possible and work on that over the next month. You will be amazed at what you can achieve.

In case you were wondering these are exactly the steps I have walked many clients through and the steps Joy takes the girls through in my latest book. *Lattes, Laughter and Lipstick*. If you would like to know when the *Lattes Laughter and Lipstick* workshops will be starting in Mornington drop me an email at clare@claremaxfield.com.au and I will let you know.

If you cannot wait for the workshops you can buy the book direct from my website or call me on 03 9891 7491

Until next time when I'll shed some light on discovering your personality style.

- Cheers Clare

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Zúmay Team Update...

I feel like I am on a roller coaster—we are not even a third of the way into the year yet and I already have so much to share with you all about what the amazing Zúmay team have been up to. Here it is so far...

January:

- I joined Chloe and Victoria from our Myer salon for five days in Sydney at Sharon Blain's long-hair boot camp (see our beautiful dolls on the Zúmay Facebook page). It felt very decadent to commit five full days to practising and learning new styling techniques!

February:

- Ten Zúmay team members spent two days with Tracey Hughes (twice Hairdresser of the Year and twice Educator of the Year) workshoping Precision Cutting with real clients. Tracey's work is amazing. Check it out at www.traceyhughes.com.au
- Victoria auditioned to join the Redken Fashion Week styling team. Results still to come...
- I spent four days in Melbourne at the Redken Artists Conference, learning how to deliver education in hairdressing. There was a lot of role play and hands-on workshoping. This is also where I learned about Organic Cutting—it is the most effective way I have ever looked at cutting curly hair. On the last day we did a half-hour presentation to Sheri Doise, Redken's Global Education Director from New York.

The home work I put in to this presentation had me in tears the night before but all paid off when I was later invited to New York in May to do a four-day platform artist course. I've got goose bumps just thinking about it!

- Still in the same month, I flew to Sydney for a Rosemount Fashion Week photo shoot with Redken. Look out for the shots in Harpers Bazaar, Madison and Grazia.

March:

- Two fantastic new stylists joined our Mornington team. Amanda Hollingworth, after not beginning her apprenticeship until into her late 20s (now in her 30s), went on to win Apprentice of the Year at the Head Masters Awards and was a runner up in Victoria's HBIA Apprentice of the Year Awards. Not bad! Amanda also attended Tracey Hughes' Precision Cutting workshop and the Organic Cutting for Curly Hair training. We are SOOOO excited to have her on board with us. Stacey Lee, who is also a teacher at Victoria University, is with us on Mondays and Thursdays in the evenings. Last year she spent a month styling hair on movie set, and this year is travelling to the American movie sets to learn wig work alongside other stylists.

Lots to tell, I know. I am just bursting with what we have to offer our clients in 2010! I hope to see you soon.

- Lorna



Erin loved her training days



Amanda deep in concentration with Tracey Hughes



Lorna, Victoria and Chloe @ Sharon Blain workshop



Sharon Blain on the last day shows off her editorial skills

ORGANIC CUTTING

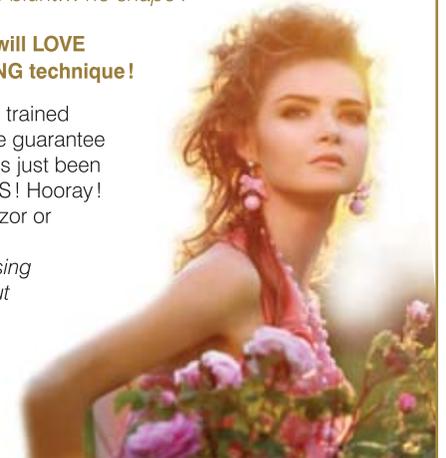
Do you have naturally curly hair?

Have you ever had a hair cut that just didn't work for your hair type? Was it too frizzy... too short... too blunt... no shape?

If you answered 'yes', then you will LOVE Zúmay's NEW ORGANIC CUTTING technique!

Our specialised stylists have been trained intensively on cutting curly hair. We guarantee that your hair will not look like it has just been cut, which means no BLUNT LINES! Hooray! We achieve this without using a razor or texturising scissors.

(Some hairdressers believe that using these tools to take some weight out of curly hair will reduce the bulk; however, this has been proven to make the hair frizzy and unmanageable).



At Zúmay we will:

- provide a thorough consultation covering your life style (i.e. how often you wear your hair naturally curly compared to blow dried straight, the condition of your hair, hair colour, and of course the shape). And our Organic Cutting Specialists have their own 'look books' full of curly hair images to use as visual references
- select and use a shampoo specifically suited to your hair type
- blot dry (not towel dry) your hair, to reduce frizz and to reveal the true natural curl
- use the Organic Cutting system to create shape and, again, NO BLUNT CUTTING!
- demonstrate how to wear your hair to manage its curl, then blow dry and straighten your hair (we do this to be sure that your organic cut will work for you worn both curly and straight).

And, remember, we guarantee that if your stylist doesn't show you how to do your hair at home, it's FREE! So you can expect to go home with all the tips and tricks you'll need to recreate your look at home.

If you'd like to try one of our specialised organic cuts, ask for Amanda, Erin or Nicole (at Mornington), or Simone (at Myer Frankston).

Special Introductory Package:

*Full consultation
Kérastase Ritual Treatment
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Package cost only \$90.00

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ph. 5977 0711



MYER

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ph. 9781 6304

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www.zumay.com.au

The Cure for Bad Hair Days



We all know we can put on a great outfit but if our hair is Blahhh we will feel Blah here are some hot tips to help you through those dreaded bad hair days

Make sure you have a great hair cut & colour & conditioning treatment remember salon treatments are 9 times stronger than any take home treatment every 6 weeks

a style with no shape, split ends and regrowth will be extremely hard to make look amazing in a short time.

Too much build up of unprofessional product can make your hair dull and lifeless.

Mix 1 table spoon of Bicarb Soda in with Kerastase reflections shampoo the soda will remove any build up and the reflections will add shine.

If your hair is long enough to put up and you have a fringe try just washing & style only your fringe - add fudge dry shampoo to the roots of the remaining hair and pin up.

Have a variety of hair accessories on hand headbands clips and can you believe even bows are back in Vogue. You got to love the 80s.

Use a shower cap the moisture inside the cap and the heat from the shower help to reconfigure you hair style.

If you know you have a few busy days ahead shampoo with Redken Oil Detox this helps to reduce oily roots so your blow dry will last twice as long.

Use Kerastase Nectar Thermique Blow cream at the midlengths and ends and blow dry with a paddle brush. Use Redken fabricate on dry hair and place 6 velcro rollers in the top and sides leave in while you do your makeup.

Always use a thermal protectant spray before using an iron or tong lets face it we don't put our skin in direct sun without suntan lotion remember your skin is made up of soft keratin and your hair is made up of hard keratin.

If you have ironed your hair the day before and you want to curl your hair today you need to add in Redken thermal resist WHY? When you straighten your hair you take out all the moisture so without adding moisture back into the hair you will find the curl will be limp and lifeless.

To minimize A.M. frizz, sleep on a satin pillowcase or put your hair in a silk scarf. Those fabrics are much softer than cotton, so there's less friction.

Lorna, Zumay



Real Fashion for Real Women

- at the GoodLife Fashion Lunch!

Featured at our GoodLife fashion lunch in February, our boutiques from Mornington, Mt Eliza, Frankston and Flinders showcased a range of beautiful garments from summer and introduced pieces for the new season. We have picked some of our favourite outfits from the day...



Lisa Taranto



Annette Sanfilippo



Fiona's of Mornington



Diamond In The Rough



Fiona's of Mornington



Deuxième Souffle



Lillybelle



Pink Panaché



Ruby Road

VILLAGE LIFE

Flinders



Flinders is a great shopping destination particularly if you are also looking for a little relaxation. With several wonderful galleries and superb antiques, a fabulous hotel and a good choice for lunch or afternoon tea it makes sense to head to Flinders. Abfab's eclectic mix of menswear, gifts and furniture and the fabulous

Deuxieme Souffle - a truly international affair with American designer labels and "the best from Australia and beyond" - have been joined by The Enchanted Child which is all about stylish original and affordable designer children's and babies' clothing and accessories. Janne of Flinders, Zeega & Former Glory offer even more choice.

Explore Flinders Fine Art Gallery (pictured above) and the Hugh Gallery, hidden inlets and rock pools, secluded beaches. Visit The Blowhole, Flinders Pier or enjoy a round at Flinders Golf Course.

A world of shopping in Flinders - & so much more.

Zeega of Flinders specialise in making beautiful clothing, soft furnishing, handbags and home wares from the finest natural fabrics from around the world such as Liberty Art Fabrics, Jane Churchill, Colefax & Fowler and Manuel Canovas.

With over 35 years' experience in the fashion industry all of our clothing is handmade, beautifully finished and meets the highest quality standards. Even the buttons are sewn on by hand and they design timeless classics that are stylish as well as practical.

At Zeega only quality 100% natural fibres are used. The current range of clothing fabrics are organic cotton and hemp blends, hemp and yak blend, 100% cotton, cotton linen blends and



pure linen. All fabrics are pre-washed and pre-shrunk then re-ironed before cutting and making. Perfectly designed for easy care and to look good and feel good every time you wear it. All garments are machine washable and can be put in the tumble dryer. Their women's wear is available in Australian sizes 6 to 20.

To complement their beautiful creations, Zeega also stock hand-crafted jewellery and other Australian made and quality hand made international items as well as some select antiques.

And more - Zeega also make soft furnishings including their specialty, fully tailored sofa and armchair slip covers.

Call in and meet Kathy and Kim at Zeega, they look forward to hearing from you!

Janne of Flinders

LADIES FASHION BOUTIQUE



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Zeega Clothing Furniture Gifts

Handmade clothing from all natural fibres, jewellery, handbags, home wares, soft furnishings, gift items and antique furniture.

Hours: Open 7 days 10am to 4pm (if you are making a special trip please call us first to ensure we will not be out visiting clients)

Phone: 03 5989 0570
Website: www.zeega.com.au

Zeega, 62 Cook Street, Flinders

Deuxième Souffle - Fabulous Fashions at Flinders



Nestled between a gourmet café and a fine art gallery in the beautiful seaside town of Flinders is the Mornington Peninsula's only boutique dedicated to American fashion labels and accessories. Deuxième Souffle Designer Boutique's owner, Erica Gilchrist, a 30-something American ex-pat, decided to leave the corporate world and let her entrepreneurial spirit follow her passion for fashion. At the heart of her decision to create Deuxième Souffle Designer Boutique is the desire to provide a point of difference for shoppers; to provide them with a range of choice of American

designer label garments and accessories without the price of a plane ticket to the USA.

Deuxième Souffle is synonymous with current American style including well know labels like Liz Claiborne, Jones New York and belldini, as well as emerging designers such as Amyberlynn Designs, Hip Line [Eve Kinizo] and Louisa Villani. And, just to mix things up a bit, Deuxième Souffle also offers the exclusive organic and natural line of Mitta Mitta.

This collection is Mornington Peninsula designed, and Australian-made and sure to provide eco-friendly delights for everyone!!

Whether you're visiting beautiful Flinders or simply surfing the net, make Deuxième Souffle a destination for only the best in American Fashion offered right here in Australia.

So head down to Deuxième Souffle Designer Boutique in Flinders today for that perfect Autumn wardrobe that is sure to set you apart from the rest!!

**9/33 Cook Street Flinders
Phone 5989 1164
www.dsflinders.com.au**

Hugh Evans - Flinders Inspired Artist

Hugh Gallery is owned by artist Hugh Evans a master in print making using techniques from from intaglio, embossing and collograph to pure painterly marks in his quest for fresh solutions to spatial treatment in fine art print media. more commonly referred to as mono-prints (indicating that they are "one-off") His pieces are inspired by light and the mysterious tonal drama it throws across the land and his seascapes reveal shapes, and romances the imagination into vivid recall of cherished instants.



"I encourage you to visually wander through my works and discover new and unexplored territory as light creates different forms and nuances of colour from the undulations of the embossing. I ask you to let the work 'flow over you' and take from it what you may. Don't become too analytical. Just realise that I enjoy playing with colour, tone, surface and atmosphere" says Hugh.

His latest works are inspired by the town of Flinders itself. The paintings have rolling lines and the beautiful red, blue and brown colours, abstractly replicating the views throughout Flinders.

Hugh Gallery is on Cook Street in Flinders, now showing 'Flinders Field Collection,' and other past works. Open to the public most weekends and by appointment all other times. Please call ahead to avoid disappointment

Hugh: 0417 800 554

FLINDERS FIELDS COLLECTION



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Ab Fab of Flinders is the perfect place to find a unique gift for someone special or find a trendy accessory for yourself. Also stocking a range of homewares to suit all styles.

A Kaleidoscope of Fun

The Enchanted Child children's boutique is enhancing the magic of children and babies this winter with stylish, original and affordable designer fashion.

With a kaleidoscope of carefully selected fun and colourful clothing and accessories to explore, The Enchanted Child offers something for every little prince and princess, and this winter is no exception!

Labels include favourites such as Big by Fiona Scanlan, Dolly Up, Fixoni, Freshbaked, Minymo, Oobi Baby, Ouch, PrincessRatbag, RuffleButts, Run Scotty Run, Sooki Baby and more.



A children's boutique full of magic and colour, visit The Enchanted Child in Flinders or shop online at www.enchantedchild.com.au. It's only a magical click away! Relax and enjoy great value and the ease of shopping anytime, anywhere.

You'll be enchanted too!

Janne of Flinders

Right next door to Ab Fab of Flinders is the stylish boutique womens fashion store, Janne of Flinders. With their constantly evolving range of clothing labels and attention to detail, they offer individual client wardrobing and they pride themselves on excellent customer service. New Autumn/Winter stock is arriving in store now, so be sure to pop in to see Sue or Xena who will help you find the perfect new piece or two for your wardrobe.

**Shop 2/46 Cook St Flinders
Phone 03 5989 0944**



FLINDERS CRICKET CLUB MARKET



To be held at the Flinders Cricket Club (BA Cairns Reserve), Stokes Street, Flinders

On Sunday 4th April 9am - 2pm

Types of stalls

- food
- jewellery
- plants
- toys
- clothes etc

Contact: 0425 707 750 - Bianca for a stall!

Or: bianca_symes@hotmail.com

Funds raised go to the cricket club. A gold coin donation for parking goes to the Flinders Fire Brigade.



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VILLAGE LIFE

Mt Eliza

Mt Eliza with its tree lined streets, easy parking and wrought iron benches is home to more than 100 specialty boutiques and businesses offering everything from fine fashion and footwear to beauty therapy and interior design. Eating out is a real pleasure too, especially in the village which is endowed with so much choice and further afield the terrace at Morning Star Estate is a

Affordable Treasures at Truffle Hunter

The fabulous new boutique in Mt Eliza, Truffle Hunter, opened last November and is delighting locals with its fresh and sometimes funky treasures

lovely escape in a delightful setting. Don't miss Lintons Home and Garden - great gifts and garden ideas and a huge bonus is the historic cottage cafe which is famous for its lively and lovely lunches and teas. Mt Eliza's bustling village atmosphere, fabulous boutiques and friendly service makes it a popular destination for locals from across the Peninsula.

and so it is appropriate that Michaela says (as the store name implies) they 'hunt hard to find treasures that are very affordable' This is the second Truffle store. The original in Brighton has been open for more than 9 years. A relatively new resident of the Peninsula and settling well into the community, Michaela and her young family moved to

Sth Frankston 2 1/2 years ago and they love the area. Michaela has an impressive background in the fashion industry including stints as a buyer both here and overseas and with a retail grounding in Chapel Street. She buys every week to keep it fresh and so you'll find the look changes frequently. Layering textures and patterns is her specialty and Michaela loves working with colour and especially enjoys giving a personalised dressing to show clients how to maximise an outfit. Remember Michaela only buys a 'handful' of pieces each week so and you'll need to come in once a week for the newest items and as the stock is always limited, once its gone, its gone.

Mt Eliza Country Club



The Clubrooms are available for private Functions. The Venue, including staff, can be hired by the public, at excellent rates.

The Club is open 6 days a week - Monday to Saturday.



Should you require more information regarding membership of the Mount Eliza Country Club, or hiring of the Clubrooms for your social event, please contact the Club Secretary Allan Angus on 0439 916110



New to Mt Eliza

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Mt Eliza

haircuts



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(Opp IGA)

Chippys

CHILDRENS' BOUTIQUE



Would you like a custom made outfit with the advantage that clever tailoring can disguise or enhance your figure's conformities?

Appointments can be made exclusively with Yvonne at Euro Collections who can give you a dramatic new look to suit your style.

Individually made garments are a specialty with

exclusive made to measure in luxurious imported fabrics. Euro boasts 4 stores including Mornington, Armadale and Bendigo and has ranges to set you up in style from top to toe. Hats and accessories are the extras you will find to complement some of the best labels imaginable and their shoes are too die for.



Pictured Michelle Manager of Euro, Mt Eliza

Fashionistas have no shortage of choice in Mt Eliza with boutiques like Euro Collections and the eponymously named Chris Yates which has been in the village for 26 years.

Chris says she has fashion 'with a twist' with sizes up to 18 and she is quick to point out that these are stylish clothes - not just big clothes.

Outfits are put together in store so you can see what goes with what and both Chris and Fiona (another familiar face whose background in fashion dates back to the original "Fiona's" in Mornington) can

'wardrobe' you. Call in and see the exciting new autumn range which is in store now.



Open Monday to Friday 9.30am to 5.30pm and Sat 9.30am to 3pm.

Chris Yates

shop 60, Mt Eliza Way ph.9787 8122



Open M-F 9.30 to 5.30 SAT 9.30 - 3.00



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Menopause and Your Skin

It's a fact of life, every woman will go through menopause, usually in her early to mid 50's. In addition to triggering symptoms such as hot flushes and mood swings, menopause can greatly affect your skin too, causing dryness, adult acne and thinner, more translucent skin which is less elastic.

When menopause occurs, the body experiences a drop in the production of the female hormone estrogen. Not only does estrogen affect the whole body, but it also plays an important role in the health of your skin, promoting circulation, the production of collagen and a healthy glow.

A common symptom of menopause is a drier than normal skin, due in part to a decline in estrogen which will then decrease collagen. Once hormone levels begin to dip, the oil glands are not stimulated in the same capacity as before, causing in some skins to produce less oil, thus the skin becomes drier. Many times with menopause the cholesterol levels rise and statins like Lipitor are taken. Many people forget there is cholesterol in the skin and statins can cause dehydration from the loss of lipids, resulting sometimes in very dry and itchy skin.

Once the skin is less able to retain moisture and produce an adequate amount of skin lubricating oil the underlying fat layers start to thin. As facial fat starts to diminish, thinning of the skin can occur, which may cause it to take on a bluish tint and look translucent, thus calling attention to changes in the midface like dark circles and sunken cheeks. In addition more mature skin tends to be paler, bruise more easily and are often more prone to allergic reactions and irritations.

It seems counterintuitive that adult acne can occur as hormone levels taper off, but truth be told, acne is common in menopausal skin, although usually temporary. Menopausal acne occurs from increase levels of progesterone. Often many women and men need to re-address their skincare at this stage, some products you may have used for a long time, no longer suit or even irritate or block your skin. Milia is often seen, as certain ingredients are no longer suitable for you.

There are easy ways to keep your skin healthy during menopause and beyond. Keep your body internally and externally hydrated. Topically applying treatment creams assist hydrate the skin from the outside,

but its just as important to hydrate from the inside out. Omega-3 fatty acids, which can be found in foods like salmon and nuts are absolutely vital to prevent the skin from becoming dry and itchy. We all know that at least eight glasses of water a day are also essential. Diet is important.

Topically a retinol serum or cream may be used as it will help to address clogged pores and also stimulate collagen production and thereby may assist the thickness of the skin. There are also many serums which can assist the dryness without leaving the skin feeling as if it is covered in axle grease.

IPL facials, peels, microdermabrasion, skin needling all assist with the stimulation of collagen formation. The correct skin care is vital to see a change in your skin. If you don't make a change, you will not see a change. Not simply a lot of products, but the right products for YOUR skin will make the change. Collagen stimulating fillers such as Restylane and Juvederm will also assist by giving sunken areas and wrinkles a gentle and natural plumping appearance, along with a little Botox for those frown lines.

Menopause does not have to be the end of our skin's health and radiance. Managed both internally and externally with the assistance of key professionals such as aestheticians at Mt Eliza Beauty Therapy and the doctors next door at Anti-Aging and Associates your skin can still reflect the youth that you feel on the inside when you look in the mirror and see your reflection smiling back. Call Mt Eliza Beauty Therapy for a consultation to receive the advice your skin and you deserve. Try a half hour peel and microdermabrasion treatment and you will be pleasantly surprised.

Sue Verheyen

Mt Eliza Beauty Therapy

Long Lovely Lashes in Mt Eliza

At Mt Eliza Hair Studio they never rest on their laurels and are always looking to provide services to make life easy for their clients with a one stop shop. Their comprehensive range of hair services with up to the minute styling and products is complemented by their new spray tanning service and just new to the salon - the fabulous Bella Donna Lashes.

In the true spirit of try before you buy and to make sure the service would suit her many clients Cathy of Mt Eliza Hair Studio put the procedure to the test and pictured right you can see the fabulous result.

Bella Donna Lashes are provided by Donna Stewart on Wednesdays by appointment.



A full set is \$90; refills within 2 weeks \$35. There are mini lashes, standard lashes, extreme lashes. Donna says that when applied properly and with proper care they last 4 to 8 weeks depending on the individuals cycle of hair growth. When the natural lash sheds so will the attached lash extension. AND most clients fall asleep through the procedure which can take 30 minutes to 2 hours depending on desired lash look!

Call in and see Cathy and her enthusiastic new team for 2010 who are always there to help you.

Located at the Strand Shopping Centre, **Warren Ritchies Pharmacy** is now stocking the latest Dr Lewin Private Formula - Even Tone Lightening Cream - designed to help your skin improve clarity and tone as well as lighten and even out discoloured and sun damaged skin while diminishing the appearance of pigmentation and age spots. If you are interested in Dr Lewin's Private formula now is the perfect time to see a staff member at Warren

Ritchies Pharmacy as they are having a Dr Lewin Stocktake Sale, with up to 50% off the basic stock line . *Be quick as it is only while stocks last!*



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PHONE: 9787 7988

Ask the DENTIST?



Q.

THE ADA REPORTS INCREASED RATES OF DECAY IN CHILDREN'S TEETH . . . HELP!!! WHAT SHOULD I BE DOING?

A.

THE REASONS FOR DECAY ARE CLEAR . . .

TOO MANY SUGARY FOODS TOO OFTEN; PLAQUE + SUGAR → ACID = DECAY!

We all need to approach the issue creatively. The fact is many of our children eat or drink too many sugars and carbohydrates too often.

COME TO US FOR HELP WITH:

- 1. Fixing the Problem** At Dental Care Mt Eliza, we pride ourselves on our expertise with Children. We provide Childs fillings and crowns, Child root canal treatments and extractions, and we also offer General Anaesthetics. It is important to gain the trust of children for a positive outcome.
- 2. Managing the Disease** It is essential that everyone owns the problem. We help with Dietary analysis and advice, anti decay product use and we ensure your child is brushing effectively.
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Write Us: Ask the Dentist, 126 Mt Eliza Way, Mt Eliza 3930



Dr Scott Robertson

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Many readers will remember Robyn who was for several years the face of Florentines Cafe (also in the Village). And now - after 4 years - she's back! Returning to the Village with a new venture Robyn is excited about 49 Fine Food and Catering where 90% of what they sell is made in-house. Using only the best available produce they also make their own jams, marmalade, chutney & relishes.

Call in to 49 where they are happy to take special orders and have a catering menu, but can discuss each customers requirements and plan a menu to suit the occasion.

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9.00 - 3.00 pm Saturday
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Revlon at Eliza Square

Revlon has introduced their new PhotoReady™ makeup which they say produces the ultimate flawless finish in any light. Indoors, outdoors, and everywhere in between you get poreless airbrushed luminous skin with the light diffusing formula which gives a complete yet virtually undetectable coverage. The new advanced technology foundation is SPF20, oil-free and fragrance-free and the photochromatic pigments bend and reflect light to erase every flaw as it delivers a soft luminous finish.

Sue (pictured below) is the Revlon representative at Eliza Square Pharmacy. To find out more about PhotoReady™ Makeup or other Revlon products, Sue will be able to help find the best product for you.



New Revlon PhotoReady™ Makeup at Eliza Square Pharmacy

REVLON
NEW
**REVLON
PHOTOREADY™
MAKEUP**
Indoors, outdoors, and everywhere in between, get poreless airbrushed skin in any light.

Now there's
no such thing
as bad lighting

eliza square
pharmacy

Eliza Square (Opp Safeway) Mt Eliza
ph: (03) 9787 3280

OPEN

- 9-6 mon-fri
- 9-5 sat
- 9-1 sun
- public holidays 9-1



Unique Collection at Gouzlan

Farid Madkour of Gouzlan Egyptian Jewellery has a collection including exciting French and Italian pieces to compliment his Egyptian collection. Farid has expert knowledge on the pieces in his collection which also showcases gold, diamonds, semi-precious stones and silver.

All pieces are unique and you will be delighted when you visit Gouzlan Egyptian Jewellery in Ranelagh Arcade in Mt Eliza.

New Market at Mt Eliza

The inaugural Mt Eliza Farmers Market will be held on Sunday 28th March 2010 from 8am-12.30pm in the centre of the picturesque Village Mt Eliza. A plan hatched by a group of local food enthusiasts to start a Farmers' Market in Mt Eliza several months ago has finally come to fruition. It is anticipated that the Mt Eliza Farmers' Market will become a staple on the Peninsula Community's calendar for many years to come.

Stallholders from the Peninsula and regional Victoria have been excitedly waiting for this market to commence and the local community are equally enthusiastic.

Come and support this fantastic initiative to get the kids (and adults!) eating healthily and to bring the food of our region to your table. Produce available will include: free range eggs, local cheeses, seasonal vegies, local apples, tomatoes, fresh pastries, condiments, local seafood, boutique wine and beer, free range meats and that's just the beginning.

Come and gain from farmers' agricultural knowledge whilst listening to music and enjoying a bite to eat. Don't forget your baskets and re-usable bags as plastic will not be provided.

Held on the 4th Sunday of every month (except 25th April – ANZAC Day) from 8am – 12:30, this will be a morning not to be missed. For more information contact Mel Wigg (0429 398 684) or visit www.mtelizafarmersmarket.com.au Mt Eliza Farmers Market is a proud initiative of the Mt Eliza Chamber of Commerce supported by Mt Eliza Lions and Mt Eliza Rotary Clubs.

We look forward to seeing you there!



Mount Eliza Farmers' Market

4th Sunday of the month
8:00am - 12:30pm
Mt Eliza Way & Village Green

The highly anticipated
MARKET LAUNCH
Sunday 28th March!

For more info: 0429 398 684

thevillage
■ M T E L I Z A ■■

Naturopathic Feel your best!

At Mount Eliza Natural Therapies we specialise in finding the reason for your complaint rather than just treating the Symptoms.

Kate O'Brien & Briony Gill are both Naturopaths and have a Bachelor of Health Science – Naturopathy

Naturopaths can treat a range of conditions such as

- Bloating
- Insomnia
- Eczema
- Menstrual Problems - PMS, heavy or painful periods
- Tired / Fatigued
- Asthma
- Depression & Anxiety

Or just not feeling 100% and you want to feel better.

...We Can Help You

\$40

INITIAL NATUROPATHIC CONSULTATION
Initial consultation (aged up to 12 years)

(valid to 30/3/10)

\$45

Hour Massage Voucher

(valid to 30/3/10)

\$35

INITIAL CHILDREN'S NATUROPATHIC CONSULTATION

(valid to 30/3/10)

1/2 PRICE HEMAVIEW

LIVE BLOOD SCREENING

See your blood on the screen.
New & Existing Patients
Only \$30 (Save \$27.50)
15 min. appointment

(Valid 30/1/10)

Please advise at the time of booking.



Unique & Exquisite Jewellery in Mt Eliza

Shop 6, 20 Ranelagh Dve, Mt Eliza
P 9787 0100 M 0419 778 814

Mt Eliza Natural Therapies
Suite 2, 7 Davies Avenue, Mt Eliza
Phone 9787 7366

MCOUNT ELIZA
NATURAL THERAPIES

FOCUS

on Frankston

The streets of Frankston are a treasure trove of good old fashioned shopping. Especially in Wells and Thompson Streets and the areas surrounding them you will find a huge number of retailers offering quality product and genuine service with a smile from shops and small business run so often by their owners and families. There is a wealth of variety with competitive

prices, range and in many cases product that you can't find in the larger retail/department stores and offering personal service and attention to detail. With a range of eateries and entertainment in both Wells, Thompson Street and of course the "Eat Street" that is Nepean Highway you can take your time to explore and enjoy the vibrant atmosphere that Frankston offers.

Minzenmay Now in Frankston

At Minzenmay with our 100th anniversary rapidly approaching we are fine tuning our business for the decades to come. This is a very exciting time for us and for you as our valued customer.

After 98 years in business on two continents, creating exquisite jewellery for our customers, we've decided that it's time to give you a makeover at Mornington and a whole new store in Frankston - Minzenmay Moda.



bracelets and a new range of Royal Selangor wine celebration decanters and funnels. Come in and choose a unique gift for friends and family who like 'something a little different' and don't forget Mother's Day.

From fun and funky, to exclusive designer pieces, Minzenmay and Minzenmay Moda have it all. So, why not spoil yourself?



We look forward to welcoming you to our brand new Frankston store - Minzenmay Moda, and our renovated Mornington store. Now you have 2 ways to Minzenmay!

Minzenmay Moda -
9 Thompson St Frankston
Minzenmay - 152 Main St Mornington

The changes to Minzenmay go beyond our new looks. Both stores now contain a dedicated Pandora shop in shop stocking the largest, most up to date range of Pandora on the Peninsula. And we now have a wider range of brands and styles to suit all tastes, including the exclusive Scandinavian Sweet Drops™

New Seasons Stock at Signature

Fabulous colour range, exciting and different styles, light and bright shop. These are just some of the things customers are saying about Signature Footwear.

Owner, Rochelle Cliff opened Signature Footwear just four months ago in Thompson Street, Frankston and is more than happy with the result. She says the street is experiencing a huge makeover with the opening of some exciting new shops giving the street a vibrant feel.



Signature Footwear is staffed by four girls with over eighty years experience in footwear between them, all offering excellent friendly customer service and product knowledge.

Supplying brands that are exclusive to Frankston such as Django & Juliette, I Love Billy, Neo and Nu by Neo along with Hush Puppies, Skechers, Merrell, Zensu, RMK, Valeria Grossi and Effegie is proving to be the key to continuing success.

"Our customers are wanting something that is a little different, yet comfortable and affordable. We have styles that appeal to all age groups offering shoes for orthotics as well as fashion. The winter range is absolutely beautiful and again will offer our customers colour, unique styles and great prices. It has been a very busy and exciting few months since we opened our doors," says Rochelle.



Summer Sale ON NOW...

Summer stock up to half price



Autumn/Winter now arriving

SHOP 4, 13-15 THOMPSON STREET FRANKSTON

• Phone 9770 1071 •

HAIR RAZOR

hair studios



NOW AVAILABLE

Keratin Straightening

Completely Safe

Repairs and Straightens!

Frankston's Best Prices

FROM UNDER \$200

100% NATURAL

HAIR EXTENSIONS

No Glues,

No Chemicals

All Colours Available

\$495 Full Head

\$295 Half Head



FRANKSTON

2 Thompson St 9783 8433

19 Keys St 9783 8422

Build a Beautiful You - With Wow

The WOW Factor-e, in Thompson Street Frankston is a retail and makeup store that is the cutest "factory" you've ever seen. And down the back, The WOW Workshop is where you can either receive a variety of makeup services or undertake one of their fun (but serious!) makeup courses. As they say at The WOW Factor-e, they can help "Build a beautiful YOU". The brainchild of Cate Cracknell it brings together her original concept in retail, together with a passion for ensuring makeup and its application are a fun experience. As a retailer, the aim is to present all this in a fun, engaging and unlike so may beauty retailers, a non-threatening way. And the range of available products is extensive: Cosmetics, Skin Care, Nail Polish and Nail Care, Bath & Body, Fashion Accessories, Cosmetic Accessories

The other exciting dimension to the product offer at The WOW Factor-e, is the huge range of gifting options



available and they have a huge choice of affordable, quality gifts for all ages and all pricepoints. The WOW Workshop is where Cate's philosophy really comes together... At the WOW Workshop, Cate and her team offer a range of beauty services and also an innovative programme of makeup and related courses.

- **Makeup services include:**
 - Special Occasion Makeup
 - Makeup Colour Consultation
 - False Eye Application
 - Lip Enhancement
 - If you have a specific interest, just ask

WOW Workshop Courses include a fun and fresh approach to makeup education:

- Mum & Daughter Workshop
- Best Friends Workshop
- DIY Nail Art Workshop
- Complete MakeOver Course

There will be more to come, but fundamental to the courses is Cate's approach to the ideal that makeup and the leaning about its application should be fun and not intimidating. If it is an opportunity to share, so much the better and so much more the enjoyment. Particularly with her younger students, Cate's desire is to help students understand that it is not how much you spend on your makeup. It is about knowing what to look for, understanding the colours that will suit you best and also the application techniques that will help you to make the most of your natural assets.

LIFE HAS
ITS MOMENTS...



PANDORA
UNFORGETTABLE MOMENTS



MINZENMAY
Est. 1911

152 Main St Mornington
P 5975 2439



MINZENMAY
MODA

9 Thompson St Frankston
P 9781 4516

www.minzenmay.com.au

The WOW Factor-e

Fully trained staff of
Makeup Artists to
help &
advise
you



Pure Mineral Magic: \$200*

We will match your skin tone & show you how to apply the most pure, healthy makeup products on the market today - without that flaky look!

0.5 hr - Includes \$200 worth of product

Mum & Daughter (For 2): \$200*

1.5 hrs - Includes \$100 product voucher

Best Friends (For 2): \$150*

1 hrs - Includes \$75 product voucher

Special Occasion Makeup Trial - 60 mins - \$50

Special Occasion Makeup - 45 mins - \$75*

* Includes Product/Voucher & 15% discount card

Courses & Workshops (Bookings essential)

Complete MakeOver - over 5 weeks: \$390

Learn how to analyse your face/skin, choose perfect colour combinations and learn lots of tricks-of-the-trade. Requires our complete Makeup, Trunk & Professional Brush Kit supplied for an additional \$405

Tuesday evenings 6-8pm or
Thursday mornings 9-11am
- Max 6 students per class

New Look, Techniques & Tricks Makeup Class: \$250*

Sundays 12-4pm - Max 8 students per class
- 4 hrs - Includes \$100 product voucher

New

Personal Makeup Lesson: \$150* - 1.5 hrs of individual attention with your own makeup artist - Includes \$50 product voucher

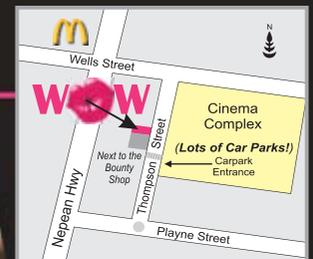
DIY Nail Art: \$145 - Saturdays 1-3pm.

Includes kit of Tools, Paint, Polish & 155 designs reference booklet worth over \$140 - Max 8 students

We teach you how to...

Build a beautiful YOU

A full range of
Colour Cosmetics,
Bronzer, Makeup Brushes,
Nail polish - 100's of colours,
Nail Art & Manicure Tools
Bath & Body Skincare,
Handbags & gorgeous
Gift Packs for all the whole
family: Including Mens,
Teen & Kids



Shop 1, 13-15 Thompson Street,
Frankston Victoria 3199

Phone: **9770 5844**

Classes after hours by appointment
OPEN: Mon to Fri 9am-5.30pm
Sat 10am-5pm Closed Sundays

A World of Lingerie



To merely define Bare Necessities as a store would be extremely limiting, considering its unique, comforting and familiar atmosphere.

With a bright setting and three fitting rooms for maximum comfort and privacy, the

store reflects its owner's personality: exuding simplicity, warmth and refinement.

Bare Necessities has already garnered a reputation for customer care and service. By stocking Frankston's widest selection of reputable brands and the boutique's commitment covering the entire size-range, at various price points, Bare Necessities is clearly focused on finding their customers a personalized, perfect fit.

Bare Necessities stocks: Berlei, Bella Bodies, Calvin Klein, Elomi, Fantasie, Freya, Holeproof, Little Minx, Simply

Silk, Sloggi, Spanx, Triumph and many more. The size-chart run is equally impressive, with stock from 10-26 and AA to G.

The unequalled customer service at Bare Necessities extends to offering shoppers a complimentary professional fitting, as well as Service By Appointment, which allows after-hours fitting service for the busy businesswoman.

Bare Necessities offers "Dates To Remember" cards, which allow clients to leave subtle reminders for spouses and gift-wrapping is available.

Bare Necessities is an exciting shopping destination, stocked, merchandised and serviced with the customer in mind, a truly remarkable experience in the world of lingerie.

Bare Necessities is located at 86 Wells Street in Frankston.

(www.barenecessitiesaustralia.blogspot.com)



Frankston's Vegetarian Cafe, Gallery and so much more

Stepping into this oasis you immediately feel serenity and relaxation. It's the perfect place to catch up with a friend for a light lunch or snack. Owner, Elke will gladly show you why Aum Shanti has earned its reputation for serving Frankston's #1 coffee!

Elke offers food that is both appealing and healthy, with an emphasis on both vegan (dairy & egg-free) and gluten-free food. Her chocolate Melting Moments are to die for!

Elke's other passion is to support local & Peninsula art. The walls reflect this with works by renowned artists, as well as many other emerging artists. Are you looking for a gift that has been ethically created? They have organic teas, coffee & chocolate, soy candles, incense, home wares, a gorgeous range of children's clothing, and more! All this, combined with a nurturing environment, makes for an experience you will want to have more than once! Why not participate in one of their inspiring workshops such as drumming, mandala drawing, meditation and healing, to crystal jewellery making. Email aumshanti54@optusnet.com.au so you can keep ahead of upcoming events.

Brazilian Butterfly
total body care

www.brazilianbutterfly.com

waxing • tinting
elos permanent hair reduction
eye brow sculpting • spray tans

Present this ad at your next appointment to receive 10% off

FOR FURTHER INFORMATION PLEASE CALL
9783 2234

FRANKSTON SALON: 15 WELLS ST FRANKSTON FRANKSTON@BRAZILIANBUTTERFLY.COM

Diamond
IN THE ROUGH
28 Wells St, Frankston. 9783 8161

Charlie Brown
Very Very
Lisa Taranto
Violet & I
Howard Showers
... and so much more

New label "Pink Stitch" now available!

Making a Difference

Wayne and Beckie White are the proud business owners of Colour Collections, who have served the Frankston community and beauty industry for over 30 years. They have both worked and trained nationally and internationally and now lead a dynamic team of dedicated hair and nail professionals, who take pride and passion in their work. "Most of all we enjoy making a difference in the lives of the people we treat" says Beckie.

"Colour Collections is the salon you can trust" says Wayne. "Our motivation is to always strive for excellence through industry and business seminars and our salon training program is outstanding. We have such a dynamic team all with vast qualifications we can cater to everyone." 2009 was a very busy year for Colour Collections and they won many awards both for the salon and individual team members. They now offer spray tanning,

Luscious Body Lotions

Brazilian Butterfly has two new luscious body lotions to keep your skin hydrated & fresh this summer!

Blue Crush with guava and tangerine and **Summer Cocoon** with coconut and pineapple are our new must-have shimmer lotions. They were designed as a light delicious smelling moisturiser for those clients wanting something different and non-clinical that does not contain any antiseptic properties. They contain no nut ingredients for those with allergies.

The new lotions glide on light and fresh like a burst of summer which you can smell all day leaving a beautiful summer shimmer on the skin, a perfect way to enhance a golden glow.



439 Nepean Highway, Frankston

aum shanti
Vegetarian cafe & gallery

Aum Shanti Vegetarian Café & Gallery is nestled right in the heart of Frankston CBD. Stepping in the door takes you on a journey that will delight all your senses

Vegetarian, Vegan & Gluten-Free lunch & snack menu

Genovese coffee & organic fair-trade coffee
Serenitea range of organic & fair-trade teas
Dagoba organic fair-trade range of chocolate
Aromatics spices (blended here on the Peninsula)
Yummy Earth organic confectionary
Tea Culture green flower tea range
Art & Jewellery by local & renowned Peninsula artists
Aromae essential oil range
Nag Champa range of incense & soy candles
Inspired recycled silk clothing for women
Eternal Creations ethical clothing for children
Inspirational books for adults & children
Ethical Homewares & Gifts to suit all ages

MON-FRI: 7.30am-5pm (Seasonal)
SAT: 10am-4pm SUN: Closed
(available for workshops & private functions)

Tel/Fax: (03) 9783 2899
Email: aumshanti54@optusnet.com.au

Wasp hair extensions, the Global straightening system (which has been a huge success) and have introduced the services of cosmetic surgeon Dr David Powell. Dr Powell performs the latest in anti aging procedures like injectables, fillers and lipo dissolve and comes highly recommended.

2010 is already starting off with a big bang for the salon with the launch of the new product line, Qaba, in February. Qaba is a fabulous line of products from hair care to herbal tea that Wayne and Beckie and the team at Colour Collections are very passionate about and many clients are already on the program experiencing amazing results and loving it !.

See the team at Colour Collections and enjoy the difference.

Now is the perfect time to begin your ELOS permanent hair removal at Brazilian Butterfly ELOS works via a synergy of light and bipolar electrical energy. The light and electrical energy travels down the hair and the combination of both, permanently destroys the hair follicle. Most people achieve satisfactory reduction after 6-8 treatments, however individual results vary depending on hair color, skin color, medical and genetic factors.

Ring Brazilian Butterfly Frankston on (03) 9783 2234 for your FREE ELOS consultation



Bare Necessities
Lingerie & Jewellery

Berlei
Bella Bodies
Calvin Klein
Eveden
Holeproof
Little Minx
Lovable
Simply Silk
Spanx
Triumph
And Many More.

Come in & try our free fitting service

86 Wells Street
Frankston, Victoria, 3199
Phone: (03) 9770 1994
Fax: (03) 9770 1992
bare_necessities@hotmail.com



Is your shampoo safe for your hair and scalp?

We see it in the news, we read it in the magazines and we hear it on the radio. . . . "Are the products you are using and eating safe for your body???" It can sometimes get a bit confusing with what we should and shouldn't be using, eating or drinking. The great news is that with a little education you have the power to make an informed decision in what's best for you and your body.

Colour Collections is now offering the perfect hair and scalp solution for all hair types. Qaba™ is a hair and body line that is totally 100% free from sulphate (sulphate is the nasty ingredient in soaps and shampoo's that makes them lather into a foaming action which can strip your hair of colour and block the follicle.) Some products on the market claim to be sulphate free however disguise it under another name. You can tell because the product will still lather up on your body or hair.

Qaba™ is an amazing line of products from hair care to herbal teas. Creating a total body experience from inside and out. Qaba™ allows you to style your hair without boundaries in a safe and environmentally friendly way. All Qaba™'s packaging is recyclable and is all for animal rights, so it is only tested on humans. Every product purchased from the range equals a donation to "Qaba Cares" which funds an education centre for under privileged children in Malaysia.

Feeling confident and sexy without compromising personal style is the Qaba™ way. Colour Collections is the only stocklist of the Qaba™ products on the peninsula. The team at Colour Collections understands the importance of your hair and scalp looking and feeling like you've just stepped out of the salon. They know that Qaba™ is the product to help you achieve this in the safest way possible.

Now that you are more educated on safe hair care range, you can call us on 9783 4195 to experience the Qaba™ difference! If you don't find the results amazing we'll refund your money. . . .no questions asked. That's our guarantee to you.

The power to transform yourself is in your hands.

qaba™

Shop 5-7 19 Wells St
Frankston VIC 3199, Australia
(03) 9783 4195

Operating since 1955, the Frankston Business Chamber is the lead organisation promoting prosperity in the greater Frankston business community. Be it a large or small business, a commercial entity or a not-for-profit organisation if your business is based within the greater Frankston region (including the Mornington Peninsula, Seaford, Cranbourne) the Chamber is here to help you grow your business.

Could your business benefit from building stronger relationships within the local business community?

As a member of the Frankston Business Chamber you can take advantage of a plethora of benefits, including:

1. Networking opportunities:
2. Support network:
3. Sense of belonging to a larger organisation, particularly for sole traders
4. Event involvement
5. Business and brand exposure to Frankston businesses via web site, newsletters, events, etc
6. Promotional opportunities

And many more: refer www.frankstonchamber.com.au

4 March 2010

International Women's Day was a joint networking lunch between our two local women's networking groups – **Women Connect Frankston** and **Women in the Workplace at the Mornington Racecourse**.

The two inspiring guest speakers Sheree Marris and Kathleen Quealy. Sheree is an Aquatic Scientist/ Environmental Communicator and is one of Australia's youngest environmental ambassadors, a born communicator well at ease with the media. Kathleen Quealy with husband Kevin established T'Gallant, and in 2006 established Quealy Wines at Balnarring Vineyard. Kathleen, a visionary and Peninsula personality, mother of five children also manages Merricks General Wine Store.



FRANKSTON BUSINESS CHAMBER

The people to see ...

Frankston Business Chamber has a full calendar of monthly networking nights where you can meet other Chamber members, catch up with old friends, forge new business relationships - all over a glass or two of wine and some finger food.

Their networking nights are extremely well supported - with over 100 people generally attending each function. Why don't you join them too?

To register for any of their networking nights please contact the Chamber on Ph. 9781 1422 or info@frankstonchamber.com.au

16 March

Carrum Downs and Seaford Trade Expo / Networking Night 5:00 pm

To display at the Expo will cost you only \$50 if you are a current FBC member or \$100 for non-members.

To participate you need to complete a registration form and lodge with the Chamber on Ph/Fax 9781 1422 or info@frankstonchamber.com.au

23 March

FBC Annual General Meeting 5.30pm

Join us at our Annual General Meeting at the Frankston International Motel. This is the meeting where YOU will get the chance to really influence what activities the Chamber focuses on over the next 12 months.

To register for the night please contact the Chamber on Ph. 9781 1422 or info@frankstonchamber.com.au

20 April

FBC Networking Night 5.30pm at the Seahorse Tavern - Monash University McMahon's Road, FRANKSTON.

To register for the night please contact the Chamber on Ph. 9781 1422 or info@frankstonchamber.com.au

22 April 2010

Monash Peninsula Business Associates Program - Breakfast 7:15 am Monash Peninsula Business Breakfast

Guest Speakers: Gerald Richards, Market People - Business Trainer, Coach and Consultant Topic: Marketing for Profit - You can do it!. Venue: Ranelagh Club, Mount Eliza

Cost: \$38.00 (inc GST & a cooked breakfast) Bookings: Contact Narelle Krueger from Monash University, Peninsula Campus to reserve your place Phone (03) 9904 4074, Fax (03) 9904 4645 or E-mail Narelle.Krueger@buseco.monash.edu.au. (Registration forms for this event will be available shortly.)

5 May

FBC Golf Day 11:30

Join other like minded business operators in an informal environment at one of their golfing days. Catch up with old friends, forge new business relationships - all while improving your handicap!

The golfing days are extremely well supported - with an average of 60 people generally attending each day. Why don't you join them too? FURTHER DETAILS WILL BE AVAILABLE SHORTLY To register for the day please contact the Chamber on Ph. 9781 1422 or info@frankstonchamber.com.au

12 May

Networking Night at Core Health Club 313 Nepean Highway, FRANKSTON

To register for the night please contact the Chamber on Ph. 9781 1422 or info@frankstonchamber.com.au

1 June

Monash Peninsula Business Associates Program - Breakfast 07:15 am

Monash Peninsula Business Breakfast Guest Speakers: Dr Alex Joiner, ANZ Bank - Economist Topic: Federal Budget 2010

- Is the global financial crisis behind us? Venue: Steeples Restaurant, Mornington Cost: \$38.00 (inc GST & a cooked breakfast) Bookings: Contact Narelle Krueger from Monash University, Peninsula Campus to reserve your place Phone (03) 9904 4074, Fax (03) 9904 4645 or E-mail Narelle.Krueger@buseco.monash.edu.au. (Registration forms for this event will be available shortly.)



Endota Now in Frankston

Endota spa have opened a brand new, 7 room day spa in Frankston, right by the entrance to the Bayside Shopping Centre on Balmoral Walk (near Sanity). Think modern, understated spa surrounds. Down to earth, friendly service. Come in and meet Sharnee and her team of qualified therapists with organic, all-Australian treatments that have made endota spa the most popular spa network in Australia.

Since December, endota spa Frankston has been soothing and serenading visitors in 2 double, and 5 single treatment rooms. The response from tourists and locals alike has been sensational; record numbers of people snapped up value-plus endota spa gift vouchers and gift packs in December. And in January, the spa has been awash

with clients seeking sweet summer wind-down time.

Slip in for an organic facial, massage or body treatment. Breeze in for beauty treatments including waxing, tinting and spray tanning. Treat yourself to a Dermalogica treatment facial, or stock up on the full range of Dermalogica products.

The spa welcomes solo spa-goers, couples and groups. There is also a Kiosk located on the second level in Bayside where an experienced staff member can assist you in making appointments, organise a gift voucher or help you find the perfect product to help hydrate and manage your skin from the Endota Organic Range or Dermalogica skin bar.

endota spa Frankston | 9783 5675 | endota.com.au

Good Old-Fashioned Service at Anny's



Anny's has served the Peninsula now for nearly 20 years. Their regulars would know and agree that they are always served by a jeweller and treated as friends not customers.

Anny's specialise in diamond and precious stone jewellery, repairs and remodelling is carried out on the premises leaving our clients with the piece of mind they want when

parting with their precious valuables. Anny's stocks unique pieces of jewellery and also well-known brand names like DORA wedding bands and the new exciting range of quality silver from Thomas Sabo. Come in and experience good old-fashioned service with experienced jewellers at Anny's.



Anny's Manufacturing Jewellers

'You Imagine - We Create'

"I Feel Naked without my Jewellery"




Anny's Manufacturing Jewellers
92 Young St, Frankston ph. 9783 6226
www.annys.com.au

Excellence 2006

What a Walk!



Talk about a challenge! On the weekend of 16-18 April 2010, three teammates and myself will be walking 100km to raise money and awareness for Oxfam Australia. The event is called Oxfam TRAILWALKER Melbourne 2010, and begins in Wheelers Hill, goes up and over the Dandenong Ranges and finishes in Warburton, passing through some of the most rugged and beautiful bush terrain in Victoria.

My team is called "WOW" women on walk and we are proudly sponsored by PRAGMATIC TRAINING.

My other team mates are Lorna Westley (Peak Connection), Nicole Seagren (Vision Finance), Pippa Hanson (The Sports Injury Clinic) and myself, Beckie White (Colour Collections). We are already training

and getting up at 5.30am several mornings a week to walk around the Mornington Peninsula.

Teams of four enter this event and have 48 hours to walk or run the 100km trail, although our team are hoping to finish in 30 hours with a short sleep overnight. The event raises vital funds for the programs delivered by Oxfam Australia. Oxfam are an independent, secular, non-government organisation working in 28 countries including Indigenous Australia.

- Beckie White

PLEASE DONATE all that you can to help others less fortunate than us. Visit our website for updated info on our team training. www.oxfam.org.au/trailwalker/melbourne



endota spa

down to earth heaven

now open
endota spa frankston
shop 12 balmoral walk frankston
9783 5675 endota.com.au

DINING & ENTERTAINMENT

CONGRATULATIONS

Ms Maree Morgan
Frankston
winner of last issue's 'Dinner for 2'
at The Spice Club.

WIN!

DINNER FOR 2 AT



IN MORNINGTON
VALUED AT \$70

Simply send in your name and address on
the back of an envelope and mail it to:

"Dinner For 2 Competition"

PO Box 596 Mt Eliza 3930

FOOD ONLY, CONDITIONS APPLY

Unfortunately Summer is now behind us and as we approach Easter, the days do get a little cooler but there is still plenty of life left in the day to enjoy a meal with family and friends.

Change of season is a great time to visit our Restaurants and Cafés as they refresh their Menus to cater for the climate. You will find **Caesars, Davey's Bar and Restaurant** and **Kananook Creek Boathouse** in Frankston have introduced new menus with rich and warming foods.

In our dining section this issue we have really explored the international flavours and spoken with Chefs and Restaurateurs to discover what inspires their menus and how different cultures have played a part in their food, coinciding with 'A Taste of Harmony' and 'Vindaloo against Violence.' We are spoilt for choice with international cuisine on the Peninsula and in Frankston alone we have great examples of Thai flavours at **Siam Bayside**, wonderful Chinese and Cantonese at **Ginseng** and **Ling Wah** and fabulous fresh flavours of India at **The Spice Club**. - Melissa G

Karl Winsborough - New Chef for Boathouse

The Kananook Creek Boathouse Restaurant is pleased to announce the appointment of Karl Winsborough as their Executive Chef. Karl started his career in hospitality in the Royal Navy where he qualified as a Chef and was an award winner at Salon Culinaire, picking up the respected first prize for creative cuisine. He was appointed to cook for H.R.H. Prince Andrew and after a successful military career Karl ventured in freelance work, service to the merchant navy and to many commercial ships, including the world famous cruise liners, P&O Oriana, Queen Mary 2, Seabourn Pride and Navigator of the Sea.

On QM2 he held many positions working with top celebrity chefs like Todd English, and whilst on board Queen Mary 2 he also hosted the ship's famous Chefs Galley show which was a live and recorded cooking show for ship's television broadcast.

Karl has cooked for countless 'A list' celebrities as part of the QM2 team and even Her Majesty the Queen.

His marriage brought him to Australia from Cardiff, Wales and since his arrival he has consulted for many small business', displayed his talent in demonstration shows, cooked for discerning guests including the Governor General of WA and at parliament house.

Karl, a contender for WA chef of the year, is looking forward to adding his personal style to the already delicious offerings at the Boathouse.



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A TASTE OF HARMONY

A Taste of Harmony takes place during the week of 15-21 March 2010 & coincides with National Harmony Day encouraging all workplaces to celebrate their diversity by gathering colleagues together over a delicious lunch made up of foods from different lands.

To borrow words from Hugh Mackay, Australia's most pre-eminent social researcher, in Australia, '...We are world champions at creating a harmonious society from a blend of people who, over the years, have come here from every imaginable birthplace.'

Australia's 22 million people come from more than 230 different countries – and this March will see Aussie workers lunch together during Australia's biggest celebration

of cultural diversity at work. Last year, more than 60,000 Australians shared deliciously diverse lunches while getting to know more about their colleagues' cultural backgrounds.

This year, thirteen of Australia's biggest celebrity chefs and foodies are also joining the party to celebrate Australia's many cultures through the joy of food, including Maeve O'Meara, Tobie Puttock, Serif Kaya and Cheong Liew. In its second year, A Taste of Harmony is an initiative of the Scanlon Foundation and is supported by the Australian Multicultural Foundation and the Department of Immigration and Citizenship. Cultural diversity is a defining feature of our nation and has contributed greatly to Australia's success, Scanlon Foundation chairman Peter Scanlon said.

"Australia has, and always will be, a nation of immigrants," he said.

"A Taste of Harmony gives all Australian workplaces the opportunity to recognise and celebrate cultural diversity, to achieve greater understanding and appreciation of our nation's key strength. Getting together to share a meal is a simple way to connect with your colleagues and community, which increases a sense of trust and belonging."

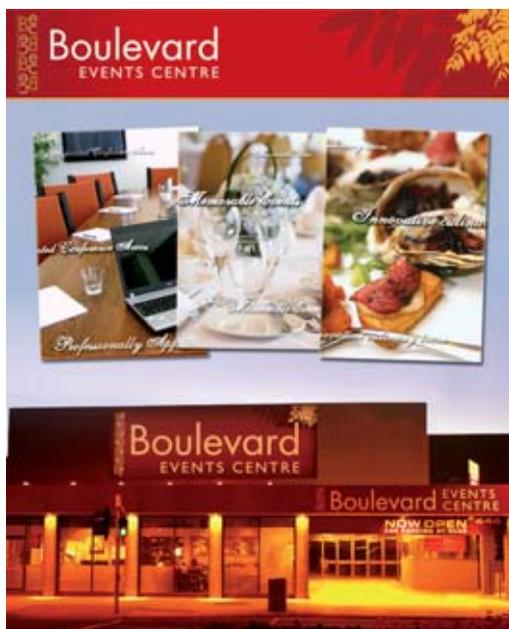
For more information, visit www.tasteofharmony.org.au. The website also lets you upload and share your favourite multicultural recipes, see recipes from celebrity chef ambassadors, share advice and tips on making your lunch celebration the best possible, and see and upload event photos.

We're celebrating the Taste of Harmony in the Goodlife this issue with insights from our own celebrity chefs.

*We have included an interview with Roy Lambert from the **Spice Club** on page 8 and David from our own **Ginseng**, the lovely Toy from **Siam Bayside** and Mario and David from **Caesars** are representing our multicultural restaurants in Frankston on page 47.*

*Simona and Jamie in Mornington have fascinating backgrounds - Italian and Maltese - very much in keeping with the produce they stock at **Salumeria**, (great meats and wonderful cheese!) and you can read what they have to say on page 51. Representing the wineries we have Barry Davis who is head chef at **Montalto**, Jason Goldingay from **Dromana Estate**, Bob Coley from the **Linden Tree at Lindenderry Estate** and Zac Poulter from **Stillwater at Crittenden**. Just a few words - but wise - from Philippe Marquet who has delighted so many diners at his wonderful **La Petanque** in Main Ridge and David Sarfaty who heads up quite a multicultural crew at **Woodman Estate**, the Peninsula's own small luxury country hotel, tells all on page 62.*

We really are blessed to have such a talented array of chefs and restaurateurs in Frankston and on the Peninsula.



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David at Ginseng Reveals his Passion for Food

Growing up with my family in the hospitality industry, we've had numerous restaurants of different Asian and Australian Cuisines. Since young & working in the kitchen with dad, it was always most enjoyable to watch & participate in my father's experiments with infusing traditional and non-traditional Asian dishes with different types of ingredients from all other cuisines. Although experiments may have failed at times, none the less, it was always fun and importantly a learning experience.

Regarding food & cooking, my father has always taught me to enjoy & finish what I eat, as other countries strive for food as he and my mother once did, to not be afraid to experiment but also to learn from mistakes and most significant, is to smile and enjoy what I do.

Gratefully, no matter the cost, my parents gave me the opportunity to find what I like to enjoy best, which I found is to cook, eat and pursue the career of hospitality. With the support of my family and my fathers' long experience of recipes and cooking methods, I have begun my career, experimenting every now & then & still learning day by day.

Why is food the perfect medium to explore different cultures and bring people together?

I believe food is a great way to explore our heritage and family ties. As food in each culture is not only differentiated by its ingredients and tastes, but also how it is acquired, whom prepares it and how it is prepared, who may eat first or is served first to, & who would be seated where. This form of communication is rich with meaning exposing our cultural backgrounds & should be shared with everyone.

Food ties us all together either as family, friends and even strangers, no matter the age, sex or race, from a simple meal or business meetings to celebrating special occasions, it creates stronger bonds between people.

With food being part of our daily lives, these cultural differences give everyone the opportunity to explore food to not only satisfy our hunger & enlighten our senses, but also to extend our knowledge & develop stronger bonds between communities. Hence that is why I have so much love for Melbourne, as it is a very friendly & multi-cultural food city.

What is your favourite dish?

With a strong passion for food, I have a great deal of favourite dishes.

However, a particular dish that I can eat literally at anytime of the day is the 'Peking Duck'. The five-spice, ginger marinated then roasted crispy duck cut into tender pieces, served with crepes, fresh greens and home-made Peking sauce always satisfies my taste buds.

I can eat it warm or cold, snack on a piece or two for something light or devour a whole Peking duck if I am starving!! I'll even add some sliced birds eye chillies inside for a spicier note or more crunchy greens to make it like a mini superb salad duck wrap. Either way, no matter how I have prepared it or how-ever many I have consumed, it always puts a smile to my face... "Satisfaction".



At Caesars Restaurant Mario & David Share their Experience

Mario Tavian (Owner/chef)

Coming from an Italian family and growing up to love food, from an early age my mother taught and encouraged me not only to cook but to appreciate flavours and where they originate. Every culture has its own food and with it comes a great deal of history. Food along with wine and people always makes for a good celebration.

What is your favourite dish?

Simplicity and freshness is the key to any great dish and that is why I love my mum's potato gnocchi folded in butter and cinnamon, topped with fresh parmigiano. To this day I still make the gnocchi following my late mum's recipe at Caesars Restaurant.



David Molinari (Chef)

As a child being involved in cooking of the daily meals inspired my desire to produce good simple tasty food.

Here at Caesars we cater for all walks of life and I think that underlying is the love of good food and conversation bringing people together.

What is your favourite dish?

I don't have a stand out dish but a favourite is the orange infused sheep's yogurt panna cotta with black cherries in grappa here at Caesars Restaurant.



At Siam Bayside Toy Loves Cooking!

As a young girl growing up in Thailand you learnt to cook at a very young age. The first thing you learn is preparation of the spices using a mortar and pestle - this is the only way to do Thai cooking.

Food brings people together to experience and share which generates conversation particularly when a table shares a range of dishes.



My favourite dish would be 'Gaeng Om E-Sarn' as it hold so many good memories.

As a young girl in Thailand I was always responsible for preparing the paste for this dish and when you are cooking it the aroma is sensational with fresh herbs, lemon grass, shallots and lemon basil.



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All have delicious new menus, great entertainment options and special events planned for Autumn

PENINSULA HOTELS GROUP

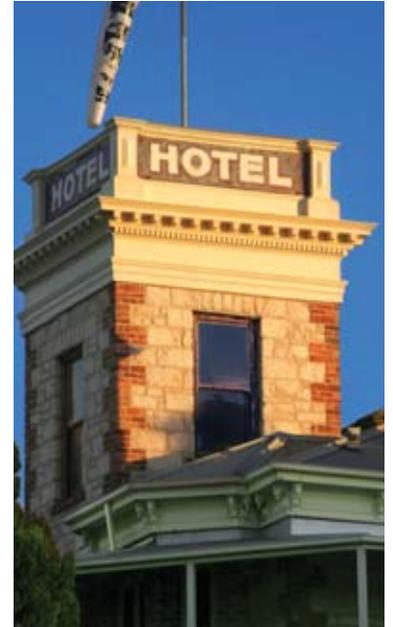
Peninsula Hoteliers receive highest honours at AHA (Vic) Awards...



Late last year two of the Mornington Peninsula's leading hoteliers and community leaders were joint recipients of the prestigious Nikakis Award in recognition of their sustained commitment to the community and inspirational industry leadership in the hotel industry. Dorothy Horton, proprietor of the Rye Hotel and Bernie Taylor,

proprietor of The Grand Hotel Mornington were recognised by the Australian Hotels Association as joint recipients of the award for their outstanding commitment to community life on the Mornington Peninsula and demonstrated leadership in the hotel industry. "I am thrilled to jointly receive the recognition of our peers in the hotel industry," said Dorothy.

"The Grand Hotel has been involved with the Peninsula community for many years which has always been rewarding and has provided us with many good friends and many more fantastic memories," said Bernie. "We remain committed to supporting the local community and plan to remain actively engaged in the hotel industry for many years to come."



Hotel Sorrento

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DINING

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Around the Restaurants

Thai by the Sea is a cute and cosy place in Blake Street. Their specials change on a weekly basis and you will always find something new to try, chefs choice, and their most popular dish is a stir fry with Peking Duck, with Chilli and Basil. After a successful Greek Banquet night La Monicas are now reintroducing a Pizza and Pasta night on a Thursday, with pizza's starting

- with Melissa

from \$10.00 and pasta starting from a \$15.00, this includes a glass of House Wine or House beer. Recently I experienced my first Yum Cha session at Soy in Mornington and it was FUN, relaxing Sunday afternoon with the girls, such an array of really different foods I never thought I would be one to try a chooks foot, but while in Rome- or at Soy!!

Feast your eyes



Feast Australia is a catering and food business based in Sorrento. It is the brainchild and

combined passion of Sorrento locals John Middleton and Rachel van den Bosch. A blooming business and an energetic toddler keep them busy, but John and Rachel still find time to grow their own organic herbs and vegies, and scout the Peninsula for the freshest seasonal ingredients. "We believe in creating beautiful food that you'd be proud to serve anybody, anytime. Combining great produce and having a lot of love for what we do, is what we're about" says chef and naturopath Rachel.

Before starting Feast Australia Rachel worked in restaurants such as The European, Journal Canteen (with the much loved Rosa Mitchell) and Est Est Est along side the likes of influential chef Donovan Cooke.

"I love the excitement and challenges of high-end dining but I was keen for a change of pace. And running our own catering business has meant I can truly incorporate my ideals when it comes to the standard of food we make, how it's grown, the harmony of flavours and even whether it does you any good once you devoured it!"

John brings the yang to the duo. Passionate cook and gardener, for John it's all about having a great time and doing right by yourself and the land. "Nothing compares to the flavour and satisfaction of eating something you've grown yourself. Except maybe being able to relax and enjoy someone else preparing it for you..."



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A Taste of Harmony at Salumeria

Salumeria is a new licensed cafe/delicatessen in Mornington and owners Jamie and Simona say the response from locals has been fantastic.

Stocking specialist products sourced from Melbourne and imported from Italy, you will find a variety of olive oils, pasta, cheeses and meats. Jamie and Simona have knowledge of all the products they serve and can give you expert advice on how to use these at home.

Take your own serving platter and they will put an antipasto mix together for you or they will pack your picnic basket full of goodies, stress free and ready to be enjoyed with your family and friends in the great outdoors.

We asked them how their culture and background had inspired and enriched their cooking and for their favourite dish.

- Simona

I was born in Milano and coming from a large family in Pavia, my family have always been about food. My uncles and aunties have always made their own salami's and grown their own vegetables and have been great hunters for wild bore and pheasants. Its never been about fancy cars and big houses but always about good food and family gatherings. I must confess I'm a Bread-a-holic. That's right, I could eat a French stick a day without blinking. Pasta, potatoes and most of all, imported cheese - I guess there's really nothing I don't eat. Working in a delicatessen is really hard especially when all the French and Italian cheeses and meats arrive. It's such a temptation. That's why I love my job so



much, the product we use is the best and we use it in all our cooking. Our risotto have either Talegio or Gorgonzola which really bring some amazing flavours together. I love when people come into the shop and they can not decide what they want and after giving them a taste they're hooked.

- Jamie

I was born in Australia but with a Maltese mother and father so food also has been a big part of my life too. My mother Imelda and sister Celia have always been the master cooks in my family. Opening my third café now its all about bringing all the knowledge together. Simona and I have still a lot of ideas for this café and we are slowly getting through them one by one.

We both feel that food is the perfect medium to explore different cultures and bring people together because it really is the one thing that everybody can relate to. Great food and great company truly is the best recipe for a great time. As you get older in life there is nothing better then the company of family and friends, and it doesn't have to be Christmas it can be just a bit of antipasto and nice wine, to pass the time. I think there is too much emphasis on fancy food. I find the best food is the poor man's food the less ingredients and freshest make the best meals.

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The Garlic Kiss has built an exceptional reputation with locals with a unique continental European menu, caring attentive service, exceptional coffee and lasting memories. The bohemian style cosy décor creates a casual sophisticated and classy ambience.

Owner's Sam and Max together with their maitre'd Amy, are passionate about offering friendly professional service and work closely with Head Chef Scott Devery to maintain an exciting different European menu.



The new winter menu features double smoked pork with sauerkraut and mash, duck pie with lentils and pickled pear. Our signature dish is Hungarian Goulash with house spatzle. Comfort food at its it's best.

The "Kiss" has fast become a permanent part of many people's lives for breakfast, lunch dinner or a simple cup of great coffee.

Bookings on 5976 144

New Life for a Red Hill Icon

Conscious that many have fond memories of Noel's Gallery going back 40 years, the new management have spent the past six months refurbishing to again create the same charm that has brought people back to this Red Hill icon since the 1970s.

"As part of our ongoing wall space revamp, new works and new artists are arriving each week," Lucy Tilley said, "right now works by Janette Mouat are featured, along with works by renowned artist Merlyn Rae."

"Lots of new and beautiful ceramics are in too. We've also found that hand made jewellery has been a popular attraction".

Chef and owner Jane Tilley said the restaurant emphasis was on creating a casual and relaxed ambience: "And we're not believers in taking \$200 from diners for 'fine dining' once a year as a special occasion-our philosophy is that we'd rather see people come back every week, fortnight or month for quality food at more reasonable pricing.

"The private gallery dining room (pictured) available for groups has also been a big hit.

"You can choose to view the valley from our cosy back verandah dining room, soak up the sun on the

deck or dine among the art in the gallery room where you can enjoy a crackling log fire on the cooler nights."

Home made desserts, gorgeous scones and cakes and really good coffee are always available for afternoon teas.

Noel's gallery is open Wednesday-Sunday fro lunch, with dinner on Fridays and Saturdays.

Live Music features at Noel's on Friday nights. See the website for news of latest exhibitions and who's playing when.




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9789 1192

Main Ridge

La Petanque
1208 M'ton-Flinders Rd
5931 0155

Morning Sun Vineyard
337 Main Creek Rd
5989 6571

Noels Gallery
1175 M'ton-Flinders Rd
5989 2538

Mornington

Biscottini
159 Main Street
5977 0617

Chowdhary
10 Blake St
5975 5595

Garlic Kiss
1c Albert St
5976 1444

La Monicas
67 Main St
5976 3198

Mornington Masala
1e Albert St
5975 7377

Mornington on Tanti
917 Nepean Hwy
5975 2015

Restaurant Soy
Upstairs 25a Main St
5975 5311

Salumeria
37 Main St
5973 4074

Steeples
Mornington Racecourse
5976 0700

Thai By The Sea
63B Barkly St
5976 8040

The Grand Hotel
124 Main St
5975 2001

Mt Eliza

Lintons Cafe
Cnr Canadian Bay Rd &
Nepean H'way
9787 3244

Morning Star Estate
1 Sunnyside Rd
9787 7760

Mt Martha

Josephines at the Briars
Nepean H'way
5974 1104

Red Hill

**Linden Tree
at Lindenderry**
142 Arthurs Seat Rd
5989 2933

**Montalto Vineyard &
Olive Grove**
33 Shoreham Rd
5989 8412

Rye

Rye Hotel
2415 Pt Nepean Rd ph.
5985 2277

Sorrento

Hotel Sorrento
5-15 Hotham Rd ph.
5984 2206

Tuerong

Dromana Estate
555 Old Moorooduc Rd
5974 4400

Dromana

Five Sons Estate
85 Harrisons Rd
5987 3137

Stellas Dromana Hotel
151 Pt Nepean Rd
5987 1922

Stillwater at Crittenden
25 Harrisons Rd
5981 9555

Flinders

Flinders Hotel
Cnr Cook + Wood Sts
5989 0201

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Hunting around for something to do over Easter?

The hunt is over at Star Zone Karingal!



feeling hungry?

Catch up with friends and family at one of Star Zone's choice of great dining options. From steak to pancakes, Asian cuisine to Portuguese flame grilled chicken and Australian dining... there's something to tempt all!

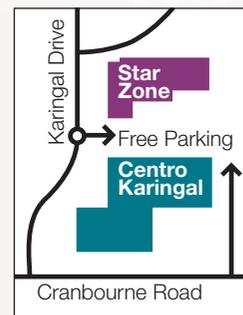
- **Asian Palace** 9789 8833 • **Hog's Breath Café** 9789 2888
- **Nando's** 9785 9662 • **Red Fire Lounge** 9789 4000
- **Stacks Pancake Bar** 9789 8388



be entertained!

Village Cinemas Karingal offer the best in movie magic with entertainment choices for everyone. In addition to their traditional screens Village offer Vmax, Cinema Europa and Gold Class... the ultimate cinema experience.

Children can hop into Wriggle -It and enjoy a fantastic indoor play area with café facilities for grown-ups too!



Star Zone Karingal 197 Karingal Drv, Karingal. Tel: 9789 1192



PENINSULA

Gourmet

True to Taste

Since commencing business on the Peninsula in June 2008, Peninsula Fudge has won many accolades from customers for their delicious mouth watering fudge which is available in a wide range of flavours.

The quality of their fudge was again acknowledged at the 2009 Royal Melbourne Fine Foods Award-Confectionery, gaining bronze medal for its Crème Brulee fudge with judges commenting that it displayed "authentic appearance, smooth natural flavour, true to taste". A fantastic recognition for a

first time entrant against strong competition.

Peninsula Fudge is available through a range of retail outlets on the Peninsula and at their regular stalls at both Boneo Community and Tootgarook Primary School monthly markets.

Enquiries are welcome and they are able to provide additional services such as bonbonnières for those special occasions, and are always willing to discuss your special needs.

For more information please visit the website www.peninsulafudge.com.au.

Tully's Corner Produce Store is conveniently positioned on Moorooduc Hwy, Mornington – only minutes away from Frankston and Mt Eliza, offering a relaxed shopping experience in barn-like surroundings.

Tully's boasts a huge continental delicatessen and full butcher including meat, poultry & fresh fish daily. The premium quality fruit & vegetables are purchased from agents and growers from across Australia, and as local as our very own Mornington Peninsula and they always have a great selection of fruit salads and platters.

Tully's stock a full variety of organic and gluten free products. The bakery cabinet is stocked by Phillippa's Breads, Burgen, Michelino's Woodfired Bread and Delbake. Stacked alongside their famous Evia yoghurts, which are topped with fresh berries or coulis, you'll find a great range of gourmet cheeses including imported Grana Padano & Reggiano (matured for 24 months), Epicure, Vintage, Bries & more!

You won't miss the gorgeous selection of fresh flowers as you walk through the doors - Roses, Gerberas, Lillies, Proteas, Orchids, Carnations and Chrysanthemums (just to name a few). Ideal for any occasion or someone special. Gift wrapping is available.




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A TASTE OF HARMONY *in Wine Country*



Hailing from The Press Club, **Bob (Robert) Coley** has recently joined the team at **LINDENDERRY** as Linden Tree's Executive Chef. You

can experience Bob's cooking, Thursday-Saturday nights and lunch over the weekends, Bob is also offering a light lunch menu from the Lindenderry Cellar Door over the weekends he shares his views -

How have you seen food play an integral part in bringing people and cultures together?

Food is the common bond of life, everyone eats. Whether that is at an impromptu dinner with friends, sandwich in the kitchen at home, a formal gathering of hundreds of wedding guests, a picnic by the Yarra or nut bread baked over an open fire on the plains of the Serengeti. Food is that universal bond. Friendships have been formed, Families re-connected, Alliances made and connections to our nearest and dearest made all the more stronger over a simple meal at the Kitchen table.

How have you benefitted working with people from different countries and cultures?

I have spent a year working in Spain and six months in the South of France as well as time in the UK. My skills increased ten-fold during that time. Simply by stepping out of that comfort zone we are all happy to live in, it gives a whole new sense of value to life and just how small a world we live in. A real humbling but, at the same time, a fantastically welcoming experience.

I try to offer that in my kitchen, no matter background, race or moral values. You put in the hard yards and you will be rewarded, and ultimately, I try to offer that same welcoming to anybody who may have travelled thousands of miles to end up in my kitchen, because I've been there before and I knew how well I was received.

As a boss, what are the benefits of having a culturally diverse workplace?

Ideas, lots of them. An amazing amount of great food ideas can come from just an informal chat over a staff meal or after a beer or two after work. Once you start to pick the brains of people who have traveled or come from another background, a whole - and I hate to use this word - Fusion of ideas develop. "ok let's try this with that" "or how about we do this dish but using the cooking methods from that one" And in social terms, nothing is ever boring which is great for morale.

How do you live the A Taste of Harmony philosophy at work?

The world of food is one huge melting pot, everybody contributes whether they know it or not. The world at work is exactly the same, a wide range of backgrounds in the kitchen enables us to bounce around ideas, humour, conversation and support. No matter where we all came from. My crew come all walks of life and from all over the world and I wouldn't want it any other way. In the end, no matter where we are, all of us have to eat.



Zac Poulier Stillwater at Crittenden

I am from mixed heritage, my father immigrating to Australia in 1957 from what was then Ceylon (now

Sri Lanka), my mother coming from a more traditional English & German background. Growing up with a very large extended family & group of friends that had all come from Ceylon meant that there were always big family gatherings with lots of different curries, sambals, rice dishes etc. I was exposed to cooking a lot with my Grandma, Violet, who was a renowned cook. Whilst she passed away before I started cooking as a career, time in that family environment certainly exposed me to different flavours. Whilst most families would sit down to a Christmas lunch of turkey & ham we would be relishing a prawn or crab curry. Being able to know how to use flavours so as not one particular flavour overpowers a dish is crucial.

Why is food the perfect medium to explore different cultures & bring people together?

Food is fundamental to life. We all have to eat. By eating & exploring the cuisine of differing cultures we begin to have something in common with others. By the sharing of food we are accepting someone in to our lives. The further we go into the exploration of a cuisine we start to understand the differing factors that have had an influence on the development of a culture's cuisine, such as socio-economic, historic or religious factors, which gives us a better understanding and greater acceptance of the differences between peoples.

Do you have a favourite dish?

A bit too hard a decision to make! There are many things that I love, like pan rolls, a crumbed crepe-like finger food stuffed with a spicy beef & vegetable filling that were made on special occasions as a kid, or the smoked eel & foie gras terrine that I had at Nicholas Le Bec in Lyon as a bit of a life changing moment, or fresh asparagus dipped into the just set yolk of a coddled egg and rolled in fried breadcrumbs with herbs after having only ever tried tinned asparagus rolled in buttered white bread (yuk!).

A lasagne made with a lot of time & love is always well appreciated! (especially slicing little bits off in the fridge the next day!) Warm Portuguese tarts fresh out of the oven so the caramel sticks to your top lip, apple tart tatin with clotted cream, Philippe Mouchel's cassoulet, wok fried live school prawns done in garlic and fresh black pepper that I had in Borneo that just pop in your mouth they are so crunchy.

There are just too many to name just one.

At Dromana Estate Jason Goldingay had this to say...

I come from a Scottish highland family & the emphasis on our home cooked food was very much "paddock to plate". Whatever my grandfather bought home was what my grandmother cooked for the family.

As a child, I spent many years in South Africa and again the food on the plate came from the paddocks! We would go to the markets and the locals would sell the produce they grew and that is what we took home and cooked - it was fresh and fabulous.

Food - the perfect medium

Produce is reflective of different regions, that is different regions bring different produce. Food brings people together because it is about celebrating and passing on heritage from grandmother to daughter and father to son. This is a common theme that exists in all cultures no matter what the produce is that is being created into a meal.

Favourite Dish

As my mother and grandmother ran one of the first Deli's in Glasgow in the 80's I was bought up around smallgoods.

That is what I really love : salamis, hams, foreign cheese, pates and in particular artisan foods - hand crafted sausages and pates. This is the food people put their heart and soul into and the results are usually fantastic.

Montalto's Barry Davis

The Chef's hat rated Montalto Restaurant is imbued with a provincial spirit, from a personal greeting at the front door to the food on your plate. Led by Head Chef Barry Davis the kitchen serves food inspired by regional France but anchored in the fresh regional produce of the Estate and the Mornington Peninsula. We asked Barry, a doting dad, about his cultural background and how it has inspired and enriched his cooking?



My grandmother, like most of her generation, cooked seasonally, from what she had on hand. This early learning has been consolidated through my professional career. With Philippe Mouchel as a mentor I learned about French cuisine and the importance of great ingredients. Now at Montalto with access to the bounty of fresh produce from the kitchen gardens the seasons are brought sharply into focus.

Why is food the perfect medium to explore different cultures and bring people together?

Food is a constant that we all need, and it also has the capacity to bring us great joy. It is central to times of celebration with family and friends. It is a tangible way of experiencing the tradition and essence of a culture - where they eat, when they eat, how they eat and of course what they eat. Much more interesting than a tour of museums and art galleries for me!

And finally do you have a favourite dish?

It's hard to nominate a favourite dish as there is so much beautiful produce and food to create from it, but I do love cooking with duck.



PENINSULA

Wine Country

I always feel that there is a richness to the Peninsula at this time of year.

Gold tinged fields shimmer against a bright blue sky, nights grow cold and clear under brilliant stars and everywhere there is a feeling of burgeoning nature as harvests come to fruition.

Pretty poetic hey?

Seriously though, this time of year is a wonderful one for produce and our local restaurants and wineries make the most of this cornucopia, creating and serving up delectable dishes made from the finest local fare.

Picking your own fruit is a delightful way to spend an Indian summer's day and you need look no further than Sunny Ridge Strawberry Farm for a great picking experience. If you don't wish to spend time in the fields, visit their store instead for an excellent array of fresh fruit, vegetables and herbs, as well as a delicious range of strawberry themed treats, including their famous strawberry wine.

Eating out and enjoying local wines is easy to do all across the Peninsula, with Morning Star Estate and Stillwater being just two of many fine

establishments making a point of using local produce and wines to create menus which burst with flavour and innovation.

The award-winning La Petanque at Main Ridge offers a tasting plate which, when paired with one of the many wines in their cellar, is a wonderful way to sample a variety of seasonal dishes. So let us make the most of this season as the wheel of the year turns towards the cold days of winter. Enjoy our remaining sunny days as you explore and taste all that the Peninsula has to offer.

Sante! - Helen Jones



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Our unique site is also available for your own special event.

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www.fivesonsestate.com.au

Looking for a Perfect Afternoon?

Visiting Five Sons Estate is an experience. The cellar door and restaurant are housed in the old Passiflora Passionfruit Packing house which has been restored. As you enter along the picturesque tree lined driveway you gain an immediate understanding that this is what 50 acres of vineyard is all about. Upon your arrival you are welcomed by friendly staff who are more than willing to talk to you about the property's history and off- course their beautiful wines produced under three labels (Five Sons, The Boyz & The Girlz), truly there is something for everyone. Five Sons Estate specializes in Mezze style platters – perfect for a relaxed, casual shared environment, suitable for 2 people to 50 people. The concept of food on the table, bottles of wine and good company works really well! Match that with great coffee and you have the perfect afternoon. There are always bats & balls as well as a volley ball net and giant chess set & ofcourse plenty of space for the kids to run around on the lawns. Five Sons would have to be one of the most "kid friendly" places on the Peninsula. Five Sons Estate is also a great venue for weddings and functions. **Open every weekend 11am – 5pm**



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Friendly Style at Dromana Estate

Dromana Estate Café, is making a name for itself with its casual, relaxed and very friendly style.

Chef, Jason Goldingay, came to Dromana Estate last year with some impressive credentials. He helped set up the Ten Minutes by Tractor Restaurant and some will also know

Critically Acclaimed

Lindenderry at Red Hill have won an impressive array of medals for their wine over the past 4 years and more recently gained acclaim from world-renowned wine authority Jancis Robinson for the Lindenderry 2006 Pinot Noir.

The Lindenderry Cellar Door is open each weekend year round, allowing visitors who may not be staying at the property, the opportunity to taste and purchase these acclaimed examples of cool climate Peninsula wine and also explore the impressive Lindenderry Gardens or eat at the critically acclaimed Linden Tree restaurant.

The Linden Tree restaurant is open for dinner Thurs to Sat and lunch on weekends. Showcasing a menu that moves with the seasons, dishes are accompanied by the award winning range of estate grown wines as well as an exceptional range of local wines and wines from around Australia and the globe.

Jason for his other passion - Harvest to Hearth - which he established on the Peninsula to offer food tourism workshops. He describes his cooking style as rustic European offering great dishes with fresh seasonal produce. His classic country style fare, simple and good, is part of a very affordable menu.

The restaurant and café spread over several rooms of this charming original homestead and weather permitting you can also dine al fresco on the verandah or in the superb gardens.

Wines such as the Dromana Estate Pinot Noir and Chardonnay were among the first to highlight the region's suitability for cool climate viticulture and the Dromana Estate range of classic French varietals is some of the country's finest.



Fresh is Best at Morning Star

Executive chef Tim Menger serves contemporary dishes prepared from a variety of locally sourced and seasonal produce at Morning Star Estate.

When it comes to the dishes on offer, Tim's philosophy is simple - 'Fresh is best'. He prides himself on using local produce whenever possible, including cheeses from the Red Hill Cheese Company and produce from Flinders Farm, to name just two local suppliers and the elegant menu changes to reflect seasonal availability.

Hosting beautiful weddings and

functions as well as lunch every day and dinner Friday and Saturday, the Estate also has a programme of exciting events bringing entertainment to the region on a large scale. Their next big event is the BABBA Concert with 100%Kylie and Robbie Williams on April 26 see page 7 for details.

The Estate Restaurant is located at 2 Sunnyside Rd, Mt Eliza Ph (03) 9788 6630. Bookings are recommended. Lunch Wednesday to Sunday from 10am & dinner Fri & Sat from 6:30pm

Door to Door with Your Shuttle

Red Hill Shuttle is now known as Your Shuttle (Mornington Peninsula). We will continue to meet the needs of residents and visitors with quality services such as the well established and highly regarded Restaurant Shuttle Service for groups of up to 10. Your Shuttle is also expanding with new and innovative services such as: Your Door to Cellar Door

Saturdays and Luxury Small Group Touring. Your Shuttle (Mornington Peninsula) more simply reflects the personalised service we offer, linking you to any of the Mornington Peninsula's restaurants, wineries and golf courses. **For details and bookings call 5989 2929 or email seats@yourshuttle.com.au**

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VINEYARD RESTAURANT BOUTIQUE HOTEL CELLAR DOOR WEDDINGS FUNCTIONS



An Experience Like No Other

Montalto offers a journey through vineyards, olive groves, restaurant, kitchen gardens and orchards, sculpture and wetlands. These are the foundations to a 5 star estate – multiple wine awards, the region's only Chef's Hat Restaurant, sought after olive oils and a spectacular sculpture collection.

The Mitchell family established and manage the estate. All products are exclusive to visitors to the estate and all guests are invited to tour the property to gain a greater appreciation of the bounty of the land.

Described as 'the Mornington Peninsula's best winery restaurant' Restaurant Montalto is led by head chef Barry Davis. The Piazza and Garden Café offers simple, tasty food to enjoy with a glass of estate wine in the protected courtyard or amongst the abundance of Wendy's kitchen garden.

And a picnic at Montalto is a unique experience - an afternoon in your

own private and beautiful location and a menu inspired by the freshest produce. (Available Nov – April)

Abundance Dining at Montalto 20 March 2010, 12pm

Join them for a progressive lunch celebrating the produce of our estate from vineyard and olive grove through to kitchen gardens, orchard and berry gardens. Savour three courses in three separate locations on the estate, matched to their estate grown wine. Meander through the works of the 2010 Montalto Sculpture Prize, and the beautiful natural wetlands or take a ride in Monty, the tractor-drawn carriage. The estate meets the plate as Chef Barry Davis creates a lunch to remember from the beautiful abundance of produce at Montalto.

Cost: \$130 includes three courses amongst the property with matched wines. For bookings please contact the Restaurant on 03 5989 8412 or email restaurant@montalto.com.au

JUST IN...

Montalto is proud to announce that it has won the award for Best Winery Restaurant in The Australian Travel & Tourism Awards coming in above some tough competition from around Australia. The Australian said of Montalto: "This dining experience offers outstanding food, much of it sourced from the estate's organic gardens and orchards". Thank you to all who voted for us, it is wonderful to know we have such support out there.

So Close Yet a World Away

Stillwater at Crittenden is destination dining at its best but literally only 10 minutes from Mornington and sitting on the delightful deck you could be anywhere in the world

Stillwater offers the whole package - a cellar door with over 13 wines and great local produce to taste including their own house dressings, the multi-award winning Stillwater Restaurant with fabulous alfresco areas, 4 1/2 star Lakeside villas and plenty of wide open space in a beautiful setting.

Zac and Jacqui Poulier have earned an enviable reputation for being great hosts in their popular restaurant and they have recently taken over the running of the lakeside villas, which are luxuriously perched on the lake, complete with ducks, gourmet country breakfast hamper and bottle of sparkling wine included in the tariff. Stillwater is also one of the most sought after wedding venues on the Peninsula and the lakeside



villas just add to the appeal. -

The restaurant itself was recently reviewed in the Age by Tricia Welsh who noted "Stillwater is one of the best on the Peninsula" and with very good reason. Zac's skills as a chef are well documented and his smooth running of the restaurant ensures a great dining experience whether you're there for lunch or dinner.

Special occasions at Stillwater are guaranteed to delight. Their private dining room which seats 40 has its own private decking or you may enjoy drinks and canapés by the lake at sunset with gorgeous receptions in the main Dining Room.

Stillwater at Easter

Live music, a la carte dining, casual dining on the terrace, a chocolate hunt..... it's all happening at Stillwater this Easter!

Autumn is one of our favourite times at the Estate and Easter falls smack bang in the middle of it! The vine leaves are turning their reddish brown colour, the lawns are lush and green and its perfect pinot noir drinking weather. On **Easter Saturday** evening we celebrate the best of Autumn's seasonal bounty with a beautiful 2 or 3 course a la carte menu. Choose your own wines, or let us expertly match wines to each of your courses.

Our **Easter Sunday** luncheon features our a la carte menu - choose 3 courses for \$70pp.

We have "The Warrains" playing live on the terrace, why not indulge in one of our vignerons platters with a glass of wine whilst enjoying the wonderful music and atmosphere beside the lake and vines? Of course, it wouldn't be Easter without a chocolate Easter egg hunt for our Stillwater littlies. The hunt begins at 3pm throughout the lawns and gardens in front of the restaurant. Fun for everyone! Bookings for this weekend are especially important, being one of the busiest ones of the year.

**Special Mother's Day Lunch
4 courses \$80**

Spoil mum and treat yourself to a wonderful day at Stillwater

Join new Executive Chef, Bob Coley, straight from the Press Club, on Thursday nights for locals' night and bring your favorite bottle of wine.

Linden Tree Restaurant at Lindenderry

Opening Hours

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Lunch on Weekends

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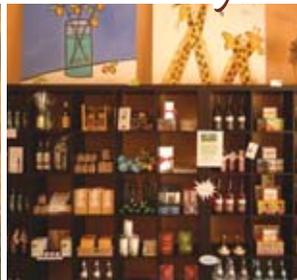
LINDEN TREE
AT LINDENDERRY

visit crittenden estate

...and indulge your senses at stillwater



taste, indulge, stay



Restaurant • Lakeside Villas • Cellar Door • Weddings

Restaurant

Come and enjoy this multi award winning dining room overlooking our tranquil lake and vines. Indulge in modern, produce driven cuisine by chef owner Zac Poulter and browse our extensive wine list with over 30 wines available by the glass. For a more casual lunch try a vigneron's platter with a glass of estate wines by the terrace and lake.

"Stillwater is one of the best on the Peninsula" Tricia Welsh The Age 20/2/10

Cellar Door

No trip to the Peninsula would be complete without a visit to the Crittenden Estate cellar door. We offer 13 wines available to taste as well as gourmet Goodies, produce tastings, estate made jams and chutneys as well as plenty of wine and food related gift items.

Luxury Villa Style Accommodation over the Lake

The 4.5 star lakeside villas are an oasis of luxury and tranquillity. Featuring private decks, separate bedroom with king sized bed, full kitchen and laundry facilities as well as quality appointments throughout. Just a short stroll across to the restaurant and cellar door to indulge in our beautiful food and wine, or why not take a walk around the lake with native wildlife, vines and ducks to complete the scene. Gourmet country breakfast hamper and bottle of sparkling wine is included in the tariff

Coming Up

Easter: Open for lunch and dinner right thru the Easter period.
Easter Sunday \$70pp 3 courses

Mothers Day: 4 beautiful courses and flowers for mum \$80pp

Winter wine weekend: Special degustation dining Saturday evening

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LAKESIDE VILLAS
at crittenden estate



Affectionately known as “Woodmans”, this Mornington Peninsula restaurant is renowned for its charming breakfasts, superb meals and its infamous Sunday “high tea”.

The kitchen is under the care of Chef, David Sarfaty, who has an impressive background in fine food preparation. He has worked with Louis Loizia in Sydney, learnt the art of regional Italian cuisine in both St Kilda and Sydney and enjoyed a Japanese fusion experience with Eki Takagi at Byron Bay which is a solid foundation for simply outstanding, modern, Australian food.

This eclectic mix of training and experience ensures that gourmet food is the order of each day when coupled with the best in local and seasonal produce.

Breakfast is available daily and you can choose to dine inside in the elegant Brasserie or outside on the Terrace overlooking the breathtaking private lake.

Sunday's High Tea is served to your table on a traditional three tiered stand, complete with a selection of finger sandwiches, savoury and sweet pastries, delicate cakes and luscious slices.

Expect the best of modern Australian cuisine when you dine at Woodmans. This is where David's experience shines through with entrees making the most of seasonal vegetables, as in the “zucchini flowers stuffed with gorgonzola mousse and drizzled with truffle honey” for entrée or for main, the “local pan-fried snapper on crushed kiplers and crab meat with pencil leeks and chilled cherry tomato sauce”.

Whatever you choose on the Woodman's menu, you will be delighted with the fresh flavours and its flawless, technical execution.

Treat yourself to a memorable lakeside dining experience, enjoying the warm welcoming ambience and professional service the Estate is famous for.

Woodman Estate Luxury Country Hotel Restaurant . Spa 136 Graydens Road, Moorooduc 5978 8455 www.woodmanestate.com

David Sarfaty Head Chef at Woodman Estate

took time out from his busy schedule to talk to us As an Australian with access to a multicultural background, David passionately believes all foods should be considered in the creation of a modern menu to engender inclusiveness through food,

Why is food the perfect medium to explore different cultures and bring people together?

Food is very much the common language. When you combine this with the seasons, we achieve wonderful taste sensations enjoyed either in the intimacy of winter or outside when the weather is conducive.

Do you have a favourite dish and why?

Not a dish per say, but rather an ingredient - duck. Irrespective of whether it Asian or European flavours, I just love working with this meat

How have you seen food play an integral part in bringing people and cultures together?

During extensive travel over the years, I have found being a stranger in another country that food is indeed the common language.

How have you benefitted working with people from different countries and cultures?

Our current team at Woodman Estate consists of a Mauritian with strong french roots, Australian apprentice and an Indian. We are all inquisitive of each others food culture and methodology.

As a boss, what are the benefits of having a culturally diverse workplace?

Diversity encourages and forces us to remain open to other influences without any agenda but food.

How do you live the A Taste of Harmony philosophy at work?

In simple terms, its all about being open to exchanges and ideas. This is best described when an Indian team member brings a curry in for the head chef to enjoy - personally made at home. This says volumes for the team dynamic, exchange of ideas and new knowledge.



Philippe Marquet - La Petanque

Your cultural background, how has it inspired and enriched your cooking?



My food culture was influenced by working with Chefs at the Hotel de Crillon in Paris and in and around Avignon in Provence and I believe that food is the universal language. Every culture is different and yet we can connect instantly. Our sense of smell and taste is the link to our childhood memories. I was born and raised in a little boulangerie patisserie in Paris.

Like most children raised in a small business environment, you start to help as soon as you can carry something.

The only thing I cannot do without is good bread, good cheese and good wine.

But if I had to chose one dish as my favourite it would be a dish with fresh black truffles.

Eat, Paint, Laugh

Morning Sun in picturesque Main Ridge was established in 1995 as a retirement project for owner Mario Toniolo, and has grown into an amazing winery and cellar door complex, incorporating two bed and breakfast apartments and an art gallery. Mario now aged 85 can still be found daily in the vineyard or tending our organic vegetable gardens. Visit their beautiful, rustic cellar door, taste their award winning wines, enjoy a wood fired pizza or their famous Polenta Fries whilst overlooking the beautiful vineyard. Open 7 days, serving lunch daily and breakfast on Sundays til 12 (bookings essential).

Art workshops @ Morning Sun Eat, Paint, Laugh

Want to try something different ?

Indulge your senses in a wonderful experience at Morning Sun Vineyard. They provide a day out that you will definitely remember.

Eat : fabulous Italian inspired food including antipasto platters, wood fired gourmet pizzas and try their trophy winning Pinot Grigio and the other estate grown wines.

Paint : create your own masterpiece to take home, under instruction from one of the many talented artists from the Peninsula Artists Trail.

Laugh : let yourself go, have fun and who knows, there may be a Rembrandt lurking within. Bookings are available for groups or individuals. Lunch, wine tasting, tea & coffee and all materials provided.

For more information 5989 6571 or 0447 001 677

Morning Sun Vineyard • 337 Main Creek Road • Main Ridge Victoria • 3928
www.morningsunvineyard.com.au • info@morningsunvineyard.com.au • Phone 5989 6571



- Open 7 days a week 10 – 5
- Award winning Pinot Noir and Pinot Grigio
- Lunch daily serving Northern Italian inspired cuisine
- Breakfast Sundays til 12
- \$20 lunch and wine special Mon – Wed
- Gallery and Art Workshops
- Two three bedroom B&B apartments



Buy our wine and olive oil online at our new website www.morningsunvineyard.com.au

La Pétanque Set to Expand

After much anticipation La Pétanque is finally expanding.

Due to be completed in August 2010, la Pétanque is transforming the restaurant space. The kitchen will double its size, creating a bar area for diners to relax and enjoy a drink before or after their meal. The dining area will move forward to the new extension and large deck area opening the restaurant to the magnificent views over vineyards and olive groves.

La Pétanque Living, the homewares boutique is reopening in Flinders in June 2010. The cottage atmosphere will remain with a new exciting selection of French style furniture, L'Occitane skin care, jewellery and accessories from contemporary designers.

Talented head chef Simon Buckley and sous chef Larissa are introducing new dishes to celebrate the autumn and winter season.

Selections from the New Autumn Menu

Entree

Warm salad of Autumn vegetables, poached duck egg and tarragon vinaigrette
Scallops and Tasmanian truffle pissaladière, baby herbs salad and truffle vinaigrette.
Steamed saffron mussels, roasted root vegetables au sel de Guérande
Veal sweet breads and cheeks, capers, cornichons and pistachio ravigotte,
Foie gras de canard 'Mi-cuit' de Sarlat en Perigord, served with Sauternes jelly and warm brioche

Mains

Port Phillip Bay snapper fillet, parsnip purée, baby peas, grapefruit, tarragon and olive oil emulsion,
Slow cooked honey glazed pork belly, crab and poached oyster, preserved lemon broth, oyster mushroom and baby leeks
Mickelham duck breast, roasted black figs, roasted fennel, zucchini flower, Shoreham honey and star anise jus
Flinders Island lamb shoulder, black with black olive farce, eggplant gratin and thyme pesto

Desserts

White chocolate and pistachio sponge, mango Carpaccio and cardamom ice cream
 Salt butter and almond sablé, grapes and candied fennel ice cream
 Quince crumble, poached pear and apple sorbet with apple balsamic coulis
 Black figs and hazelnut tart, yoghurt ice cream and black berry coulis
 Soft centered Valrhona chocolate biscuit with crème praliné and Tahiti vanilla ice cream

La Pétanque Restaurant - 1208 Mornington Flinders Road – Main Ridge - Phone : 5931 0155
 La Pétanque Living – Homewares Boutique – 39 Cook Street - Flinders



South of France Cuisine



BEST EUROPEAN RESTAURANT
 GOURMET TRAVELLER
 BEST REGIONAL
 WINE LIST OF THE YEAR 2009

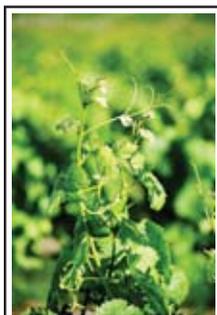


LUNCH
 WEDNESDAY
 TO SUNDAY
 DINNER
 FRIDAY &
 SATURDAY

EXTENDED
 HOURS ON
 LONG
 WEEKENDS



1208 Mornington Flinders Road, Main Ridge
 Mel: 190 D8 www.lapetanque.com.au
 Bookings Phone 5931 0155



Dromana Estate

Winery • Cellar Door • Café Restaurant • Function Room • Online Cellar Club

• Check our website for upcoming activities and events such as cooking classes, Easter activities, luncheons and much more.

555 Old Moorooduc Road Tuerong Victoria 3933
 Cellar Door open Wed to Sun 11am to 5pm
 Café restaurant open Wed to Sun 12pm to 4pm
 Office: 5974 3899 Cellar Door / Café: 5974 4400
 Mel Ref: 152 B2 www.dromanaestate.com.au

Mt Eliza Welcomes Art of Australia



The art gallery/warehouse offering original Aboriginal paintings aptly named Art of Australia commenced operations in Melbourne five years ago. Now based in Mt Eliza, the curator and Aboriginal art specialist Daniela and Director Graham both with extensive experience and connections in the Central Australian art scene, offer to Peninsula Aboriginal art enthusiasts a wide range of authenticated art by established and emerging artists. Sourced directly from those artists and their representatives, the gallery is also currently offering works for individual sale from a large private Aboriginal art collection on behalf of a Central Australian art collector.

The art varies considerably in style and size and is priced conservatively in comparison to mainstream retail outlets. One of the unique services at Art of Australia being their offer to allow potential clients to have their art selection on trial to ensure its suitability for the chosen home or business location. Art gallery staff can also assist you with ideas for private and corporate gifts to suit all budgets.

Gallery membership is also available at no cost which offers a loyalty program providing benefits including discounts, sourcing art and researching artists for clients.

Art of Australia welcomes professional, corporate and re-seller enquires. Suitable retail outlets and wineries invited to express interest regarding hosting an exhibition for a limited period.

Aboriginal art specialist Daniela regularly conducts informative Aboriginal art and cultural talks to select groups, enquiries welcome.

THE GUILD ART GALLERY

Original paintings by award winning artists in oil, watercolour, pastel and acrylic



"The Dam"

Situated in the Craft Village at the rear of the Tyabb Packing House, Mornington Tyabb Rd, Tyabb
Mel Ref 148 H10 Ph 5977 4399
Open 10-5 Thursday-Sunday & Public holidays

The 2010 Montalto Sculpture Prize opened with the winner of the \$20,000 acquisitive prize announced. New Zealand artist Hannah Kidd took out the award for her piece 'Artist to Antarctica'.



Guy Abrahams, 2010 guest judge, and director of the Christine Abrahams Gallery from 1987-2008, opened the Exhibition and announced the winner, describing it as 'a work that thoughtfully and deliberately addresses questions of sculptural language, human identity and environmental uncertainty.' The steel rod and corrugated iron piece depicts the artist accompanied by a pensive polar bear watching two humorously slapstick penguins. Abraham's says of the piece:

'It is not clear what they are doing together – penguins live in the Antarctic, but we know that Polar Bears do not. Has a change in climate forced them into an unlikely migration south? Has the Artist brought the Polar Bear there? The artist seems to be custodian of these animals. Is she smiling at the penguin's antics, or grimacing at some impending danger? Does the Polar Bear sniff something in the wind? Why isn't he eating the Artist? What is their strange alliance? Are we to understand that humans and animals in fact inhabit the same world, that our destinies are entwined?'

The Mitchell Family Award was also announced at the opening, going to Joanna Rhodes for her piece 'Big Red'. Rhodes receives a case of Montalto wine.

Kidd's work joins the other 18 permanent members of the Montalto Sculpture Collection. The works of the other 25 Finalists will be exhibited until end April, and are available for sale.

The beauty of the landscape at Montalto provides an idyllic setting for the creativity of the works, with sculptures sited amongst vineyard, wetlands, produce gardens and spring fed dams.

Visitors to the Exhibition are invited to vote for their favourite piece in the \$1,000 Pennon Hill People's Choice Award, announced after the close of the Exhibition on 30 April.

The Montalto Sculpture Prize Exhibition of Finalists runs from 14 February to 30 April. Entry to the Exhibition is free.



Art of Australia

EXTENSIVE RANGE OF ABORIGINAL ART

Direct from Central Australian artists, artist's representatives & private collections

Peninsula based Gallery/Warehouse offers quality original art by high profile and emerging Aboriginal artists

Attractively priced & Full Authenticity/Provenance provided

Professional, Corporate and Re-Seller enquiries welcome

Viewing by Appointment: Graham Mob 0409 138 028

Mornington Peninsula Regional Gallery

From 18 March to 2 May the Mornington Peninsula Regional Gallery is showing two captivating and contrasting exhibitions – Zhongjian: Midway, a Wollongong City Gallery touring exhibition, and Beyond the Persona: Eminent Women of Victoria, Paintings by Caroline Williams.

Zhongjian: Midway consists of works by 15 contemporary artists from China and Australia and features paintings, sculpture, installations and video projections. Together, these artists investigate notions of tradition, globalisation and identity in their work. Artists include: Guan Wei, Guo Jian, Jin Sha, Xifa Yang, Sally Smart, Kate Beynon, Laurens Tan, Liu Qinghe and Zhang Qing.

Beyond the Persona: Eminent Women of Victoria features Caroline Williams Mora, a conceptual artist who focuses upon history painting, politics and portraiture. This exhibition celebrates the achievements of Victorian women through portraits of twelve significant, contemporary Victorian women, including Alison Carroll, Suzanne Cory, Suzanne Dance, Dure Dara, Helen Garner, Moira Kelly, Joan Kirner, Christine Nixon and Joy Murphy Wandin.

We also look forward to the **2010 National Photographic Portrait Prize**, a touring exhibition coming to us from the National Portrait Gallery, which can be viewed from 12 May to 27 June. The National Photographic Portrait Prize is an annual event intended to promote the very best in contemporary photographic portraiture by

both professional and aspiring Australian photographers.

Enjoy a free guided tour of the exhibitions at 3pm on Wednesdays, Saturdays or Sundays. Come along to our special event **'The artist and the sitter'** with Caroline Williams, artist and Joan Kirner, Victoria's first female Premier, 1990–92,

Wednesday 28 April, 11am–12 noon,

Tickets \$10, Bookings essential.

Also enjoy **The tale of two cities: Beijing and Shanghai** and film *Up the Yangtze* with Kenneth W Park, curator, presenter and international tour leader.

Date: Wednesday 14 April,

Time: 11am–12pm for talk, 1pm–2.35pm for free film screening,

Tickets: \$10,

Venue: Sorrento Cinema, Bookings essential www.mprg.mornpen.vic.gov.au for more details.

Telephone: 03 5975 4395

Open Tuesday – Sunday 10 am – 5 pm

Entry: Adults \$4.00 Conc \$2.00



Stuart Miller
Gori, Bougainville 2009



Caroline Williams
Helen Garner 2008
oil and pencil on linen

Serious art

without the
serious attitude



At the Mornington Peninsula Regional Gallery,
we know there's more to life than art.
See more at one of the finest galleries in the country.



MPRG

Mornington Peninsula Regional Gallery

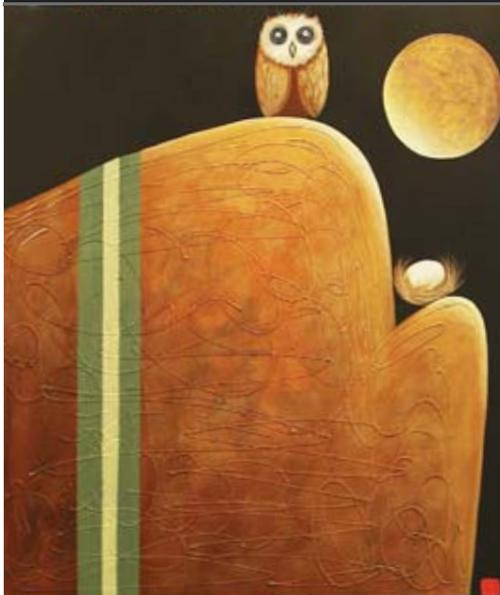
Civic Reserve, Dunns Road, Mornington, VIC 3931
Open Tuesday – Sunday 10am – 5pm Telephone 03 5975 4395
<http://mprg.mornpen.vic.gov.au>



BELEURA - THE TALLIS FOUNDATION



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— Over 200 Artworks on Display —
Life Drawing Classes - Commissions Available
Painting Lessons, Children and Adults - **Open 7 days**

Very Special Glass this Easter

For all you collectors, the Glassblowers will be creating some very special glass eggs this Easter. Eileen makes only a few each year and she is all fired up with some stunning ideas. Glass is such a beautiful medium for special works like this, we can only imagine the colours and translucency, wow. They are bound to be very collectable, think of those glorious Faberge eggs and their value today!

And, as we head towards winter, imagine the beauty of a collection of glass candle bowls on your dining table. Definite conversation pieces.



Enjoy and Learn

Cheryl Petersen Gallery is an artists run gallery holding over 200 paintings, featuring a variety of different styles. They also have unique jewellery pieces and gift cards from local artists.

They offer art classes for adults and children, taught by the resident artist Cheryl Petersen.

Up and coming is a one day workshop on Sunday March the 28th which will be teaching students to "free up your style."

Fine Art in Flinders and Sorrento

The first in Flinders, Flinders Fine Art Gallery established in 2002 has become a highly regarded gallery for locals and visitors to view award winning artists' works.

Located opposite the newly renovated Flinders Hotel, the gallery houses some thirty different artists works with varying styles focusing on traditional but including some of the highest quality modern/contemporary artists.



The staff at Flinders are always welcoming and helpful, with more than a knowledge of the artists, most being good friends for many years. Home viewings, layby, wedding registers and commissions are always available. More than paintings, the gallery also promotes local jewellers and potters. Amanda Rosser is a favourite with the use of her silver smithing and south sea pearls creating unique sometimes quirky earrings, necklaces, rings and bracelets. John Stroomer has been with the gallery from the beginning and is forever popular with his crystalline glazing (exhibiting in the Chelsea Flower Show U.K)

Flinders expanded five years ago and opened Sorrento Fine Art Gallery, the two galleries are a real success story on the Peninsula catering to all art needs for local and Melbourne clientele also shipping interstate and overseas. The galleries proudly promote Australian artists and hand made jewellery.

Contact Rebecca on 5989 0889 or visit www.peninsulagalleries.com.au

Hot Glass



GORDON STUDIO GLASSBLOWERS Red Hill

A working hot glass Studio & Gallery
Open daily 10 - 5pm

290 Red Hill Rd, cnr. Dunns Creek Road
Ph. 5989 7073 www.gordonstudio.com.au

SORRENTO FINE ART GALLERY
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SORRENTO (OPP ROTUNDA)
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FLINDERS FINE ART GALLERY
10/33 COOK ST FLINDERS
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*Representing the finest Traditional & Contemporary Paintings on the
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www.peninsulagalleries.com.au

MORNINGTON ANTIQUE CENTRE

65 TYABB ROAD, MORNINGTON

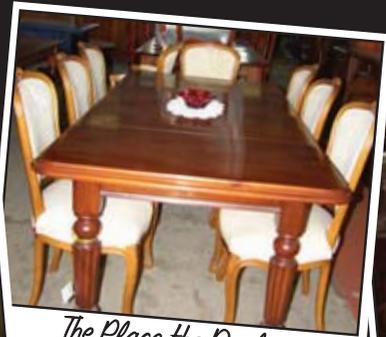
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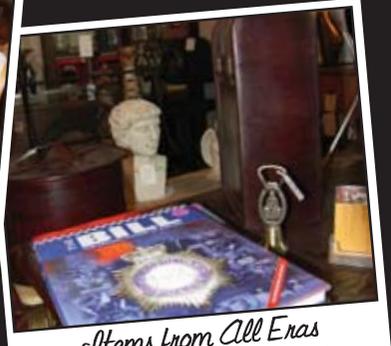
60,000 sq. feet of
Antiques and Collectables



New Items Arriving Daily



The Place the Dealers
Come to Buy



Items from All Eras
including Art Deco & Retro

Furniture - Books - Crystal - China - Jewellery - Silver - Tools - Linen - Clothing - Collectables
You Name It - We've Got It! - Open 7 days 10am-5pm



MORNINGTON ANTIQUE CENTRE

Mornington Antique Centre has 60,000 square feet of antiques, furniture, collectables, china, jewellery, crystal, books and bric a brac from all eras including, retro, art deco and art nouveau. An antique market with something for everyone and new items arriving daily - you can literally browse for hours.

Also at the Centre is Cafe Lulu open for breakfast, lunch and afternoon teas with a range of hot food, homemade pastries, devonshire teas, coffee and drinks - eat in or take away.

The Mornington Antique Centre is open 7 days, 10am to 5pm with plenty of off street parking.



Cafe Lulu...
A great place for
a light lunch
while browsing
through the vast
treasure trove



CAFE
Lulu

Open from 7.30am for Breakfast, Light Meals, Devonshire Tea & Take Away

EDUCATION | *life skills*

2009 was another great year at Woodleigh School.

Academically, we were delighted with our VCE results. Gabrielle Sing had our top ENTER score with a sensational 99.9 and a range of impressive achievements and prizes, such as winning the Monash University Human Rights Essay Competition and having significant roles in our drama productions and choirs.

The Woodleigh Prize, which goes to the school's best all round student, was awarded to Laura Snyders, who also leaves the school with an impressive list of cocurricular achievements, especially in the sciences, and an impressive ENTER score of 97.1.

Students from four different subjects (English, Literature, Media, and Outdoor Ed.) achieved subject scores of 50 (the top score possible), making them equal top of the State in that subject.



Importantly, our analysis of VCE results shows that almost all our students achieved at or above their potential level – and often significantly above (i.e. 10 – 20 ENTER points above that predicted) – and on an individual basis, that's what really matters!

There were many other exciting developments in 2009. During the year we completed a major renovation of the Jago Centre for the Performing

Arts at the Senior Campus, and in November we opened a stunning new centre for all Year 5 and 6 students (the "Year 5/6 Homestead") and Library at the Junior Campus. The building is very 'green' and is surrounded by delightfully landscaped external spaces. It joins with other recently completed projects at the Junior Campus such as the Gymnasium, Hall, Multi-purpose rooms, and an all-weather oval surface – the Campus has been substantially transformed in recent years!

In 2009 we also launched our new 'Challenge' programs for able students; we further developed our extensive Wildlife Reserve (The Brian Henderson Reserve), which is now ready for the breeding of endangered bandicoots and other marsupials; and we expanded our 'Broadening Horizons' cultural programs.

These now include exchange programs with India and France, a wide range of community service initiatives (including voluntary community service camps), and a range of indigenous initiatives, including an exchange with a Yolgnu community in North East Arnhem Land. We have also applied for membership of the international association of independent schools, Round Square, to further 'broaden our students horizons.'

In Term 4 we took part in an on-line survey of our current parents' levels of overall satisfaction with the School as well as our many programs. This was a large survey organised by Independent Schools Victoria for 38 Victorian Independent Schools.

While we are always looking for ways to improve what we do, we were delighted to learn

that our parents reported the highest levels of satisfaction of all 38 participating independent schools – a good reason to celebrate!

2010 looks like being just as exciting as 2009, with our usual diverse array of academic and cocurricular programs – 'Challenge', performing arts, sport, community service, debating, aviation, camping, environmental... the list goes on and on!

All of these activities are underpinned by our philosophies which stress the importance of community and respectful relationships with others. This and the wide range of life skills, such as independence, initiative, and resilience are all delivered in a positive and optimistic environment that empowers young people to grow in maturity.

We would be delighted to show you around Woodleigh. It's a pretty special place!

Paul Turner - Principal



Woodleigh School 1999 Reunion.

What a lovely afternoon it was. Thirty or so pre-millennium good time girls and boys, together, again in the wonderful grounds of Woodleigh School catching up on times gone by, reminiscing and having a few laughs.

Every graduate an individual

Woodleigh School nurtures all students' abilities and interests – not only through additional programs, but also through our everyday curriculum and philosophy.

Our 2009 graduates achieved some fantastic individual feats – a top ENTER score of 99.9 to Gabrielle Sing; individual study scores of 50 out of 50 to Gabrielle and three others – Louise Halliwell, Kaitlin Morris and Kristina Hardner; and folio work of five students – Maddy Dusek, Kristina Hardner, Ellen Keillar, Pia Lindner and Cam Taylor – has been selected to appear in the Top Arts, Top Designs and Top Class Dance exhibitions respectively.

But the greatest result is that 97% of our graduating students have moved on to tertiary studies in their career area of first choice.

To learn more about Woodleigh School and the opportunities it offers your child, visit the School's website woodleigh.vic.edu.au or call the Director of Enrolments Bruce McCallum on 5971 6100.

A school of independent thought



Year 7 at Mornington Secondary College – an exciting beginning!

Mornington Secondary College places a very high value on ensuring the transition from primary to secondary education is as smooth and as seamless as possible. The Junior Learning Centre provides an environment with rich ICT provision, flexible configuration and strong group activities. All students have a core group teacher who forms a significant part of their year 7 studies. Core group teachers are expert practitioners in English, Maths, Science and Humanities and spend a significant amount of time with their students, taking responsibility for their learning and welfare. This has a positive and fundamental impact on the successful transition of students into the secondary school environment.

Weekly Tours: If you would like to experience the school program and curricula first-hand, please do not hesitate to join one of the weekly tours of the College. Bookings are essential, please contact 5970 0200 to make an appointment.

Scholarships For Year 7, 2011 On Offer

Applications for scholarships from students entering Year 7 in 2011 are now on offer in the fields of Academic Achievement, Instrumental Music, Sport, Sport/ Swimming, ICT/ Notebook and will contribute substantially to educational costs of the first two years of secondary education. Application forms are available from the general office, including details of application dates. **Telephone 5970 0200** for more information.



Exciting New Classes At The Mount Eliza & Peninsula Ballet School 2010

Principal Catherine Preston has taught for over 30 years training. She aims to foster a love of dance in a fun environment with safe, correct technique. She danced professionally for over 15 years and wishes to give this joy to her students, by developing their natural creativity, encouraging and inspiring enjoyment, artistry and excellence.

All classes at the Mount Eliza and Peninsula Ballet School are designed so that each student can achieve personal progress reaching goals at their own pace, within their own capabilities. Students are encouraged to enjoy dance while fostering a love of dance in a fun environment with safe technique. Dance is a disciplined 'art' form, which can foster a student's natural joy of moving. When well taught it will lay a good foundation for any form of physical activity and in fact, for life itself.

Contact Cate on 9787 3290



Mc Eliza & Peninsula Ballet School

Principal: Catherine Preston. F.C.D.E.C.
Classical Ballet LMDS Russian Style

Tiny tots to adults
Beginners to advanced
Special children's dance courses

Contemporary

Pointe

Boys Only Ballet!

Stretch

Funk

Ballet

Latin-Salsa

Jazz

Hip Hop

VCE

Tap



ENROL NOW FOR 2010

Special Offer

\$25/class off one Term's Fees, new families.

Fully Trained & Professional Staff

18 Virginia Street, Mornington
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www.mepbs.com

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0407 302 441

Inspirational Learning on the Mornington Peninsula



Mornington Secondary College

Mornington Secondary College is the inspirational school of the Mornington Peninsula and prides itself on being able to provide the best educational opportunities for students from year 7 through to year 12.

The college boasts expansive and attractive grounds, state of the art facilities & resources & a curriculum designed to provide rewarding & stimulating educational challenges for all. Tours of the college are conducted every week, so if you would like to experience first-hand the college in operation, please contact the office & make a booking.



Tour & enrolment inquiries welcome
Please contact the office on 5970 0200

Mornington Secondary College - 1051 Nepean Hwy, Mornington
Ph. 5970 0200 www.mornsc.vic.edu.au

respect... honour... relationships... challenge



Academics, Sport and Creativity at Balcombe

The comprehensive program at **Balcombe Grammar School** ensures each student realises their personal best. The curriculum is designed to develop strong Literacy and Numeracy skills.

The broad curriculum encompasses academics, health, sport and creativity with a strong emphasis on pastoral care. Skilled teachers ensure that learning is carefully differentiated to meet the needs of all learners. Students are encouraged to participate in sport and general health programs.

The instrumental program offers a wide range of instruments with over half of the student population currently enrolled in the program. **Years 3-10 enjoy an annual camp** that is integrated into the broader curriculum. **The Year 6 snow camp** offers a fitting climax to the Primary program. In the secondary school, the **Year 9s** have a choice of several adventure based camps with **Year 10s** enjoying the option of attending our New Caledonia French trip or Great Victorian Bike Ride. **Special Features Engagement** with the local, national and international

community is a priority. **The Active Community Program** ensures that we spend time each fortnight in our local community. The Program offers a range of healthy and community based activities including: sailing, life-saving, environmental projects, yoga, dance and community programs. **The Make a Difference Program** is part of a specialised Year 9 program developed to promote personal empowerment and service to local community. **For more information contact the school on 5970 1100**

Balcombe Grammar (Primary & Secondary)

The best way to experience the culture of Balcombe Grammar is to visit the school. Visitors often comment on how comfortable the students are, both in terms of their own sense of self and the manner in which they approach their studies. The school has limited vacancies in Years 3 & 10, please contact the school for an interview.

VISION • DIVERSITY • ENDEAVOUR



**BALCOMBE
GRAMMAR SCHOOL**

OPEN DAY
Friday May 7th
2010

Balcombe Grammar School
389 Nepean Hwy Mt Martha VIC 3934
T 03 5970 1100 F 03 5974 2755
W www.balcombegrammar.vic.edu.au



Private Hairdressing Training Centre

Studio hairdressing academy has forged a new direction in learning the art of hairdressing on the Mornington Peninsula

Their vision is to provide excellence in a private hairdressing training centre with a personalized aspect to train hairdressers of the future. Students who have the opportunity to bring quality hairdressing skills to an ever changing career.

The academy has a fully equipped training centre with a complete functioning salon, in a trendy, current and spacious decor.

They have created an environment where the atmosphere is relaxed with a definite family feel and where students are able to come daily to be educated in the fine arts and skills of this career.

All this on the Mornington Peninsula, Frankston with public transport on the doorstep.

Introduction to Hairdressing Workshop is a 2 day course that has been created for those who are interested in wanting to make a decision about hairdressing as a career. We teach the initial basics required for new staff so that you can be an asset in your work place from

your first day. Also the opportunity to have some beginners skills and basic knowledge as an added advantage when going for an interview.

Contents of the course are:-

- Communication skills and customer service
- Making appointments
- Shampooing and preparing clients
- Blow drying
- Hair care analysis
- Round brush blow waving • Using your Straightening Irons correctly
- Face shapes
- Know your tools and equipment

Students will receive a workbook containing notes, information and activities covered during the course, a certificate of completion and also a basic hairdressing kit so that they can continue to practice their new skills at home! The total cost of the courses is \$180.

Call the Studio Hairdressing Academy on 9770 2808

An alternative approach to hairdressing education.... Not been able to complete your apprenticeship?

We can help you to become become qualified and achieve your goal completing your Certificate 3 hairdressing.

Certificate 111 in Hairdressing Fast Track

Become a qualified hairdresser in as little as 12 months!

Practical based training aims to give students experience in all facets of hairdressing necessary to become a qualified hairdresser including:

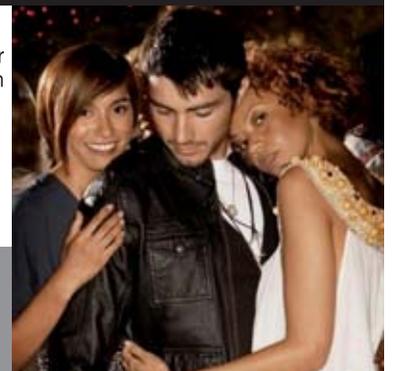
- Short, medium and long hair styling.
- Traditional and creative styling and cutting for both ladies and men.
- Creative colour theory and techniques.
- Chemical perming and straightening.

...CREATIVITY STARTS HERE...

Certificate II and III enrolments commence fortnightly, on a full time or part time basis. If you are committed to a career in hairdressing then Studio hairdressing academy may be just the beginning for you.....

Accredited through Unity College Australia RTO6330.

Models are required at a reduced price for our students to master the fine arts and skills in hairdressing. All our students are under constant supervision while attending to you in our trendy, spacious, fully equipped salon at the academy.



Studio hairdressing academy - it's just the beginning...

40 Young Street, Frankston Phone 9770 2808
or email enquiries@studiohairdressingacademy.com.au
www.studiohairdressingacademy.com.au

THE INGREDIENTS OF GOOD TRAINING

In their final year of a Certificate III in Hospitality (Commercial Cooking) at Pragmatic Training, **Jemma Eaton** and **Jayde Shallies** are well on their way to meeting their goals and broadening their horizons.

Working in two very different industries, both apprentices have been putting into practice the variety of skills they have developed through a structured off campus training program, highlighting that good training is the ingredient to successful careers.

Although Jemma Eaton started her career in Hospitality, it was when her employer offered her the opportunity to begin her apprenticeship that things really took off. "I had a trial as a waitress in a restaurant and I loved the atmosphere. I also had a love for food – so it was a natural progression into the kitchen."

Since embarking on her apprenticeship Jemma hasn't looked back. "As a result of my training I have noticed huge improvements in my cooking. I get to experience variety during my training, and the course offers more challenges and options than completing my certificate solely on the job". These sentiments are shared by fellow class member Jayde Shallies,

who is also near completion and currently working in a fine dining restaurant. She has found that extending her qualifications has improved her day to day work. "All the skills I have learnt are transferable into my workplace – such as learning how to make a roux and stocks, I now do it every day in my job."

Learning in an offsite kitchen from qualified industry trainers, who have maintained their vocational knowledge, has been one of the key aspects that both apprentices have found vital to achieve success.

"I meet (with the trainer) at least once a week at the moment. And the one on one training I get has given me a deeper level of understanding compared to organisations who have much larger class sizes" says Jayde. Jemma agrees, "Our trainer is always in contact with us and always has something exciting planned for class. We have had excursions to Prahran Market, Hansa Butchers and have also gained exposure to catering events through Pragmatic's affiliation with the Boulevard Events Centre. Completing a Certificate III in Hospitality (Commercial Cookery) also opens a lot of doors and opportunities. Once qualified some

of the perks hospitality students can enjoy include; travel, a wide range of industries to choose from, flexible hours and the scope to work in a creative environment.

Hospitality Team Leader for Pragmatic Training, Nicholas Hockaday says, "Both of these students have strong careers ahead of them. They have learnt the practical and theoretical skills that they will need to be a qualified chef in any kitchen in the world. However, while both these apprentices have had their start through forward thinking employers, new students can also follow this path by starting their Certificate II in Hospitality Operations or undertaking an industry specific short course certificate such as Barista Training or Responsible Service of Alcohol. This is definitely a good way to impress potential employers",

Jemma is optimistic about her future. "I'm excited that I can take my qualification and use it all over the world as there is demand for chefs. Even if I choose another career path one day, I will always have this qualification to fall back on".

Pragmatic Training

is a Registered Training Organisation (RTO) that offers Nationally Recognised Training qualifications throughout Australia. The training strategies utilised by Pragmatic Training aim to engage and challenge students in their learning, while providing them with the skills and knowledge necessary to fulfil relevant industry roles. Pragmatic Training is currently registered to train in Hospitality, Business Services, Training and Assessment, Health Service and Community Services. For more information on courses now available go to: www.pt.edu.au.



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New Principal for St Leonard's College

The ninth Principal of St Leonard's College, Mr Stuart Davis, says he wants to give students the confidence to make a difference in their own lives and others. He also has a genuine love of teaching and wants to support the College community. "I want students to feel motivated to explore, discover and develop their talents in an environment in which they feel appreciated."

Additionally, he is very ambitious for St Leonard's College students. "I want them to develop virtues such as wisdom, courage, temperance and justice and see evidence of these in how they lead their lives. I want them to feel motivated to explore, discover and develop their talents in an environment in which they feel appreciated, so that they can be proud of who they are," he says.

"Our challenge is to be a great school, and to do this we need to recognise the multiple intelligences of our young people. School isn't just about grades. It's about creativity, it's about engagement in a broad co-curricular offering, it's about friendship, it's about young men and women living and working together in harmony, it's about fun, it's about embracing new opportunities, it's about developing open and enquiring minds and nurturing the character and courage to make a valuable contribution in a changing world," he says.

Mr Davis particularly enjoys teaching mathematics. He has also taught computing and science, as well as specialist subjects such as the International Baccalaureate Theory of Knowledge and programs for gifted and talented students.

Over the past 13 years Mr Davis has acted in Principal or senior management roles at some of Australia's most respected schools. Most recently he was Head of Campus at the St Kilda Road campus of Wesley College. Prior to this he was the Principal of Scone Grammar School in New South Wales and held positions as Head of Boarding Housemaster and Director of Student Welfare at Geelong Grammar School.

Not surprisingly, as the new Principal of St Leonard's College, Mr Davis expects to be very busy. However, he says spending time with his family is also very important to him. "I am passionate about rugby and hope to help coach my son's rugby team this winter," he says. Mr Davis also enjoys surfing, windsurfing, music and reading. The College is very excited to have Mr Davis as their new Principal and is keen for the community to meet him and discuss his ambitions for the future. A number of tours and information sessions are scheduled at both campuses of the College.

At the Cornish Campus at Patterson River there is our always popular twilight tour on Tuesday 16 March beginning with tours at 6.15pm followed by an information session at 7.00pm.

At the Brighton Campus tours of the Middle and Upper Schools are being held on Wednesday 17 March at 10.00am and the Junior School on Wednesday 24 March at 10.30am.

For more information contact the Community Relations Office on 9909 9300.

highly competitive and as jobs become harder to find it is the confident articulate person who will be selected." Principal Ros Williams said.

Catering for five to 18 year-olds, the Academy's program helps children develop clear articulate speech, fluent delivery and the ability to converse and discuss in a creative manner. An enormous amount of self esteem is gained by students taking part.

"Young people enjoy the medium of drama. We encourage them to develop their creative sides in an enthusiastic and energetic way drama can benefit anyone, not just those who intend to take it up as a career."

Enrolments are now open for Term 2.

Contact Ros on 5974 4499.

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Helen O'Grady Drama Classes encourage students aged 5-17 to develop confidence and communication skills. They provide excellent preparation for growing up in today's competitive world.

They'll just love it!

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www.helenogrady.com.au



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The Medium of Drama

Giving children the skills to develop successfully in life, not just to create young stars, is the aim of the Helen O'Grady Drama Academy.

The Academy aims to provide students with a self-development program designed to increase their confidence, communication skills and creative talents through a carefully constructed syllabus. Today many children do not develop as successfully as they might because of an inability to express themselves clearly. They may speak indistinctly, answer in incomplete sentences or lack eye contact in discussion.

"Never before have young people so needed a life skills program such as we offer. Today's world is

Small school, big school, great school!

St Leonard's College provides an education and environment to suit all students. From our smaller campus at Patterson River to our larger Brighton Campus that caters to students up to year 12 and offers both the VCE and the International Baccalaureate.

Meet our new Principal, Mr Stuart Davis at our information sessions in March.

Brighton Campus 163 South Rd, Brighton East

Middle & Upper School tours (years 5-12) **Wednesday 17 March** at 10.00am and Junior School tours (ELC - year 4) on **Wednesday 24 March** at 10.30am.

Cornish Campus at Patterson River 65 Riverend Rd, Bangholme

Twilight Tours Tuesday 16 March. Tours will begin at 6.15pm followed by an information session with the Principal at 7.00pm.

For more information call the Community Relations Office on 9909 9300 or email enrolment@stleonards.vic.edu.au



St Leonard's College
Leaders in coeducation

Cornish Campus Patterson River Brighton Campus Brighton East

stleonards.vic.edu.au

Toorak College our Early Learning Centre

At Toorak College our Early Learning Centre recognises that each boy and girl is a unique individual with many talents and endless possibilities. As educators we will listen to, nurture, respect and guide each child, helping them to grow and develop. It is impossible to overestimate the importance of early Childhood Education, with positive experiences in the early years building a solid foundation for future life.

Throughout our Early Learning Centre we build upon the boys' and girls' experiences and value the learning that has taken place before they begin their formal education. Our program reflects the belief that children learn best in play-based environments - the joy of learning through discussion, investigation, collaboration and sharing is encouraged and facilitated. Teachers work alongside the children and support them to become lifelong learners. With the ability to question and discover the world around them, each child develops their skills, knowledge and understanding in their own way, at their own pace.

Our Learning Program reflects and caters for each child's age and stage of development and this is achieved through Units of Inquiry, as part of the International Baccalaureate Primary Years Program (PYP), which closely compliments the philosophy of Reggio Emilia. The key to the Reggio Emilia approach is the acceptance of multiple points of view regarding children's needs, interests and abilities. This is reflected in an atmosphere of community and collaboration.

Our ELC is comprised of boys and girls aged from 3 to 5 years. There is a 3 Year Old group, two 4 Year Old groups and a Prep Transition group.

In the 3 Year Old program we recognise that your child is entering a whole new phase of their childhood full of exciting discoveries. This is a time where their identity of self develops further, their language and physical skills increase and their social interaction is expanded.

In the 4 Year Old program we recognise that this is a time of refinement in every way, where language skills have not only increased but have become more sophisticated.

The children in the Prep Transition program are ready for further challenges, building upon those skills gained within the 4 Year Old program. Boys and girls of this age become more curious about the world and they begin to apply a higher level of thinking to their investigations. Prep Transition fosters more opportunities for independence, self confidence, communication and consolidation of their existing skills before taking the leap into Prep.

We also have numerous specialist classes within our ELC program – Music, PMP, Library and Sport - and these classes provide opportunities to further extend the children.

Recognising and celebrating that boys and girls learn in a wide variety of ways and are capable of expressing themselves in a rich and vibrant manner is a large part of what makes the Toorak College ELC such a special place. Visit us at

our Open Day on Saturday

1st May and see for yourself, or for further information contact Ms Donna Galloway on 9788 7234.



ELC OPEN DAY

Saturday 1st May from 10am - 2pm

**3&4 Year Old Pre School
Prep Transition Program**

Our Early Learning Centre guides boys and girls in developing their skills, concepts, language and attitudes... a hands-on approach bringing 'learning to life' for your child.

Please RSVP to Ms Donna Galloway on 9788 7234 or email donnag@toorakc.vic.edu.au by Friday 23rd April.

We hope to see you there!



Co-educational Pre School to Year 6 and Girls from Years 7 to 12 www.toorakc.vic.edu.au

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WOMEN'S *business*

Wise Wealth for Women!

Women and Money! Two things that seem to go together, especially when we think of shopping! For many women they are the CFO (Chief Financial Officer) of their household. This means they are the ones responsible for making most household decisions regarding daily finances, major purchases, school fees and holidays.

However, when it comes to investments or retirement, women generally do not take care of finances. This is usually deferred to the men of the household. Statistics show that 75% of women will spend at least 1 decade on their own, either because they married later, divorced or their spouse dies.

Because women have not generally been given the opportunity to deal in these areas, it may come as a shock to them when they actually end up with

full responsibility for their own and, possibly, the family finances.

Tricia Hill of LIFE Solutions Financial Adviser in Mornington offers FREE workshops for women to help educate them about all aspects of their finances. Tricia will again host her free Wise Wealth for Women series starting in April. Due to its popularity in the past, Wise Wealth for Women will now be held in 2 locations, Boyz at Manyung and Coast in Blairgowrie.

Also, if you have found yourself Suddenly Single and you want, or need, to gain an understanding of your financial situation, then join Tricia for a workshop just for you. This workshop is being held on March 15 at The Rocks Mornington.

Call Laura on 5976 6599 for details.



The Mary Bruce Story

During the early 1970's, while involved with the production of prestige cosmetics and watching their manufacture... the Mary Bruce dream was born!

As a qualified Beauty Therapist, Mary gathered vast experience in her chosen career. Travelling throughout Australia and overseas, Mary worked and studied with elite cosmetic houses such as Estée Lauder, Max Factor, Christian Dior, Lancome, Shiseido, and Elizabeth Arden.

During her journey, Mary always dreamed of creating her own effective, natural skincare range that would not only feel fabulous but also be quick and easy to use. Throughout her career, Mary met so many women struggling with skin reactions and sensitivity resulting from the harsh chemicals found in many types of skincare. It became Mary's strong belief that when calling on Mother Nature for skincare solutions, an answer is always provided.

Shortly after Mary was married, an opportunity to begin her own Beauty Therapy business presented itself. Through her business, Mary began creating her own skincare range. Because of the natural ingredients found in her products, Mary had no problems testing her prototypes on her friends, family and even her children.

Today, people throughout the world use Mary Bruce Natural Organic Skincare and love it. And while there are many ranges and types of skincare products available in today's market, Mary firmly believes that there is no substitute for a product line 100% derived from the Nature we live and breath in everyday of our lives.

Mary loves sharing her products and extensive skincare knowledge and is fully confident you will enjoy the results you'll find from following your own Mary Bruce skincare ritual.

At Mary Bruce we believe good skin care is essential... Mary Bruce it's Essential! No Chemicals used Not Tested on animals
www.marybruce.com.au



Suddenly Single?

If you have found yourself suddenly single, then this workshop is for you. Designed to provide and empower you with real life tools to enable you to move forward in life. Join presenters:

Trish Hill - Life Solutions Financial Advisers.
Barbara Barber - Personal Relationship & Family Counsellor
Julie Hyne - Allyou AICI Personal Image & Appearance Consultant

The Rocks Mornington: 15 march 2010 from 6-9pm
Cost: \$35 includes workshop, light refreshments & a glass of wine
RSVP: March 12
Bookings: **5976 6599**

CALLING ALL MUMS!! HARVEST WANTS YOU!



When is it a good time to rejoin the workforce after children? Whether it's a want or a need, wouldn't it be good to find a workplace that enables you to truly enjoy a work/life balance, where you can use your corporate background without travelling hours to and from the city, and where your employer understands the demands of being a mum? Well this employer understands. I'm the owner and founder of Harvest Management (Australia) Pty Ltd, but I'm a mum first.

Can you relate to this?

My plan was to be a stay-at-home mum. But what do they say about the best laid plans? Life changed, and I changed with it by starting my own business. What was good about it was that I could work from home. I was with my son nearly every day. It wasn't perfect, but it was close. I wanted to make sure that whatever business I had, it was going to be a place that mums could feel valued, encouraged and proud. Harvest was born.

My first employees were mums. They're still with me over 6 years later! Why?

Here's what one of these mums, Jo Brady, has to say:

"I've been with Harvest since it began. With a 2 year old daughter and a 6 month old I was searching for a workplace with the flexibility to work the hours that would suit their needs whilst allowing me to enhance my skills and to stay in touch with the ever changing workforce. In Harvest I found that opportunity. With Ingrid Maynard, Harvest's CEO, being the mother of a small child she was, and has remained, totally empathetic to my situation. Now that my daughters are both at school I'm able to work around those hours, which suits me perfectly."

90% of Harvest's employees are parents! Some of us are even grandparents!

Gretchen Bugden has been with Harvest for over 2 years now: "As a Mum with school age kids I found working full time meant missing out on the simple joys of life: catching up with a friend for coffee, walking my daughter to school occasionally and feeling part of my community. I have found a real work /life balance at Harvest. It's a fun supportive team of real professionals and is so close to home. It's been a great opportunity and I recommend Harvest to anyone interested in a possible career change."

We're looking for passionate, experienced people and are interviewing now!
Call us today to find out more: 1300 300 485.
Visit our website:
www.harvestmanagement.com.au
to find out how we create sales ready prospects from unqualified leads so salespeople can sell!



This is why I like employing mums:

- **Experienced:** many have already had a working life filled with success and accomplishments.
- **Mature:** parenting broadens your outlook on your life, gives you perspective in the bigger picture.
- **Skilled:** parenthood develops your negotiation skills, persistence, and accountability: all qualities we look for in our team members.
- **Reliable:** with more to do, they're impeccable time managers. You can count on them.
- **Values:** working means more than just the money: they want satisfaction, flexibility, acknowledgement and friendship.



HARVEST YOUR CLIENTS

GROW YOUR BUSINESS

- Harvest Management specializes in generated executive sales meetings for companies.
- Harvest Management acts as an extension of a sales team, feeding them a consistent stream of qualified appointments.
- Current clients are in industries ranging from IT, recruitment, consulting, interior design to training.
- Staff members have extensive experience in clients' industries, or in meeting generation and sales.
- Staff members are provided with a family focused, work-life balance culture, and are also granted the opportunity to undertake courses to grow and keep up to date with current business trends.



Harvest Management Pty Ltd

ph. 1300 300 485
www.harvestmanagement.com.au

GOODLIFE CHARITY FASHION

Now that February has passed and Ovarian Cancer Awareness Month is over, it is important that women continue to make themselves and others aware of the symptoms for ovarian cancer. Each year more than 1500 Australian women are diagnosed with ovarian cancer and 850 women will die from the disease – that's one woman every 11 hours.

It could be you, your sister, your mum, or your partner. Currently, there is no early detection or screening test and contrary to popular belief, a Pap smear does not detect the disease. In the past ovarian cancer was described as a 'silent killer' but we now know that it is not silent. Scientific evidence shows that many women experience symptoms that if acted on, could result in an earlier diagnosis and a better chance of beating the disease. Currently, 75% of sufferers are diagnosed in the advanced stages, when the cancer is very hard to treat.

Symptoms may include:

- Persistent abdominal pain or pelvic (lower abdominal) pain
- A noticeable increase in abdominal size or abdominal bloating
- Needing to rush to the toilet to urinate often or urgently
- Feeling full quickly or finding it difficult to eat

If these symptoms are new for you and persist for more than two weeks, make sure you visit your GP. Download a free symptom diary from the Ovarian Cancer Australia website at www.ovariancancer.net.au to help you keep track of your symptoms and be better able to communicate them to your GP.

Ovarian Cancer Australia is a national not-for-profit organisation that provides support and advocacy for people affected by ovarian cancer, and is the peak body for ovarian cancer awareness and prevention. Their programs are focused on promoting awareness of ovarian cancer and its symptoms in the community; providing support networks and resources to women and their families and friends affected by ovarian cancer; and advocating with medical professionals, government and the media for women diagnosed with ovarian cancer.

If you are concerned about symptoms, know someone with ovarian cancer who needs support, or you would like to make a donation to help Ovarian Cancer Australia continue its vital work, please visit www.ovariancancer.net.au or call 1300 660 334.



LUNCH

@ Stillwater



The Good Life experienced something a little different for its 16th Fashion Lunch. Our host, the charming Zac Poulter of Stillwater at Crittenden served a delicious gourmet BBQ to more than 150 ladies and some very lucky men.

We were delighted with a performance by the Pole Diva's after lunch which really spiced up the afternoon. Davina, the original pole diva, showed us a trick or two with such ease we understand many of our ladies were inspired to give it a go.

Fashions were extraordinary showcasing not only Summer pieces and racewear but also debuting fashions for the up and coming Autumn/Winter season. Bravo to their models in the heat and many thanks to Fiona's of Mornington, Lillybelle Shoes and Accessories, Deuxieme Souffle, Lisa Taranto, Pink Panache, Annette Sanfilippo Couture, Diamonds in the Rough and Ruby Road. As always **Clare Maxfield** MC'd magnificently (even in the heat), **Suzette Tayler** stepped in to run the Auction and **Annika Turpie** sold raffle tickets with her usual enthusiasm.

As February was Ovarian Cancer Awareness month all monies raised from our Raffle and Auction went to assist their programs and in total we raised just under \$4400 on the day.

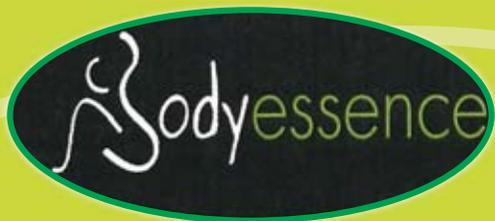
We have to say a massive thankyou to our advertisers who time and time again generously donate awesome products for our charities.

In no particular order but with genuine gratitude: Diamond Lite, Lisa Taranto, Mary Bruce Organic Skincare, Paper 2, The WOW factor, Flinders Hotel, Ab Fab of Flinders, Underground Wines, Minzenmay, Zumay Hair Salons, Studio MAX, Aust Plant, Five Sons Estate, Diamond in the Rough, Lillybelle, Simply Brazillian, Mt Eliza Beauty, Ruby Road, Restaurant Soy, Annies Jewellery, Sorrento Gallery, Bedshed Mornington, Crittendens Estate, Mornington Racing Club, Main Ridge Dairy, Guinot Australia, Merricks General Wine Store, Pink Panache, Deuxieme Souffle, the Long Table, Steeples, Spice Club, Fiona's of Mornington, Annette Sanfilippo, Lillybelle, Pink Panache, Peninsula Life Medispa, Body Essence, Denor, Annies Jewellers. And finally thankyou to all our guests who weathered the extreme conditions with good humour and gave so generously.

We had a wonderful day, the weather was a little hotter than we all would have liked but on a positive note - a least it didn't rain!

Until next time, - Melissa

And many many thanks to Melissa who always works tirelessly behind the scenes and on the day triumphed in the heat and kept the show on the road - Mary.



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ONLY \$75 for 5 sessions, normally \$125, a saving of \$50



WITHOUT SURGERY



HEALTH

and Beauty

Autumn is here, but that's no excuse to ease off on the exercise and beauty routine you've maintained over summer. Keeping fit over the colder months will stand you in good stead as the seasons turn to warmer weather, so dig deep and make the effort to keep walking, riding or working out – your body will thank you next summer!

Many of us have made new years resolutions to improve our level of fitness, but how many of us have actually started? Well, it's never too late to get fit - walks outside are still possible with our balmy autumn weather, and there are plenty of excellent fitness practitioners on the Peninsula just

waiting to help you get started with a program.

Beauty routines change as the weather becomes colder. Moisturisers and body wraps help heal skin that has been overexposed in the summer months, while tans can be extended using the spray version. Don't stop wearing sunscreen just because the summer sun has gone away – protecting your skin all year round is important too. When it comes to beauty, it really is all about maintenance, and we are lucky to have so many good salons and spas on the Peninsula to help us look our best, all year round.

- Helen Jones

Working Wonders at Splash of Red

Splash of Red now stock a new and revolutionary product to the hair dressing industry "MORROCANOIL" is a treatment which is a revolutionary line of styling, finishing and conditioning product for hair that will guarantee an enhanced result making your hair look & feel healthier after just one application. A remarkable gift from nature found

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Action You Can Take To Ease Your Own Stress

In just a few minutes of doing this exercise, you will feel more peaceful and have increased tolerance and understanding of others.

Harry Palmer, author of the Avatar® materials, says 'Love is the willingness to create space in which something is allowed to change.'

When we feel jangled or upset with others there is a discomfort, tension, or stress we create for ourselves, doing this exercise is a gift for ourselves and the 'others' and has a flow on effect to people around us.

This is one of thirty exercises from Harry Palmer's book: ReSurfacing®: Techniques for Exploring Consciousness.

Compassion Exercise

Honesty with yourself leads to compassion for others.

Objective: To increase the amount of compassion in the world.

Expected Results: A personal sense of peace.

Instructions: This exercise can be done anywhere that people congregate. It should be done on strangers, unobtrusively, from

some distance. Try to do all five steps on the same person.

Step 1: With attention on the person, repeat to yourself:

"Just like me, this person is seeking some happiness for his/her life."

Step 2: With attention on the person, repeat to yourself:

"Just like me, this person is trying to avoid suffering in his/her life."

Step 3: With attention on the person, repeat to yourself:

"Just like me, this person has known sadness, loneliness and despair."

Step 4: With attention on the person, repeat to yourself:

"Just like me, this person is seeking to fulfill his/her needs."

Step 5: With attention on the person, repeat to yourself:

"Just like me, this person is learning about life."

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This exercise is also part of "The Compassion Project", and reprinted on cards. Get your own copy of the Compassion Card. Call Lin Walden on 0407 495 392 or info@avatarawakening.info Get information on The Compassion Project at www.TheAvatarCourse.com/compassion

Summer Colour All Year at Simply Brazilian...

Let's face it, everyone feels and looks great with a tan. We all know you want to look and feel healthier, slimmer and more confident.

Now, thanks to the latest technology in spray tanning, you can have great colour all year round without the harmful effects of UV rays from the sun or tanning beds. No one will ever know or guess it's a spray tan, it only takes 10 minutes.

Do you have a wedding or a party coming up, or are you just going on holidays? Do you have a special occasion or would you just simply like to look fantastic?

Come in and let us look after all your Waxing needs and get a healthy looking Tuscan Spray Tan, so that you will look fantastic in whatever you decided to wear and make your friends green with envy because it is all about you.

Simply make a booking, come in and we will do the rest with our wonderful trained Therapists.

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Time Out to Rejuvenate

It can be a cluttered world with mixed messages, especially when it comes to skincare. Buzzwords abound, and new products enter the market place daily, each promising remarkable results.

Unfortunately, these products often do not communicate clearly with skin cells. The effects sometimes include inflammation



and irritation, resulting in short-term benefits and long-term damage. At Peninsulalife Medispa they only use chemically correct peels

and procedure- specific skin care . Their products speak the language of the skin and deliver real and lasting results, you will be amazed by.

The festive season, school holidays and the Victorian summer, what a fun, hectic, sometimes stressful time it is! Now that the kids are back to school, routines are back in place you can take a little time out for yourself to relax and rejuvenate. What better place to do this than at Peninsula Life Medispa.

With the combination of our luxurious, Litya Day Spa treatments, Medical Aesthetics Clinic, Laser and Beauty specialists they can relax and rejuvenate your mind and body whilst addressing all your skin and beauty needs.

Take the time for an energising total body exfoliation, steam capsule and relaxing massage.

Rescue your tired hands and feet with a luxurious manicure and pedicure.

Make an appointment with our skincare professionals to assess your complexion after the rigours of celebration and summer and advise an individualised program of treatments and products to repair and rejuvenate.

Book a consult now with one of their female doctors to find out how you can freshen and rejuvenate your look by treating unwanted frown lines, wrinkles and folds with antiwrinkle injections and dermal fillers.

Laser hair removal, laser vein treatments, collagen genesis and IPL pigment removal all need to be planned and booked in advance to ensure the best results.

Ring now for an appointment with one of their laser experts. Phone 03 59757309

AGEING AND THE BABY BOOMERS.

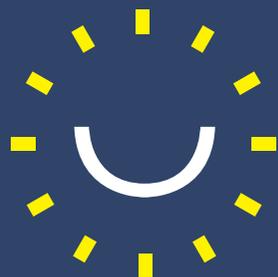
There comes the day of realisation to all baby boomers whilst standing in front of the bathroom mirror that the part of the body that ages the most rapidly is our face. For most of us it is the part that we wish to be the most youthful!

There are the dreaded wrinkles of course as well as sagging cheek muscles and our chin getting closer to our noses. Then we smile! Are there stained and chipped teeth? Missing teeth and dark fillings? Do the teeth easily catch food and allow you to smile your greens into the camera?

We spend much of our advanced study each year on rehabilitating aging mouths as it is of particular interest to the practice principal...Dr. John Osborne. There are answers to suit every budget and some techniques can even be accomplished under general anaesthesia if need be. (Yes we cater for those who don't absolutely adore their dentists!)

John has more than 30 years experience with veneers, crowns, bleaching, implants and other aspects of rehabilitation of the aging mouth. He has an extremely energetic and dedicated team behind him.

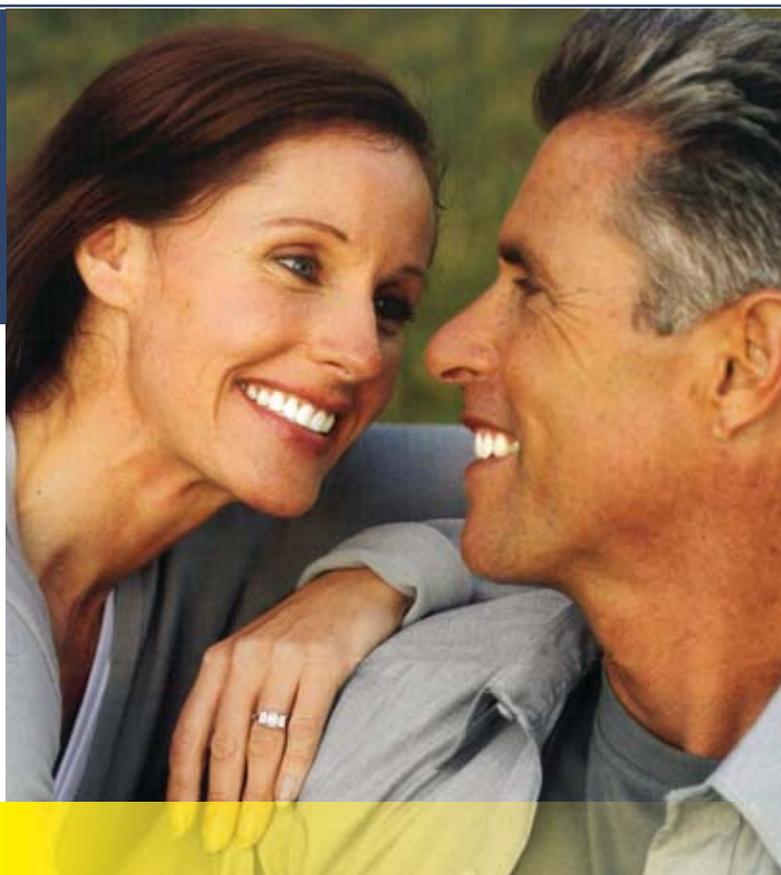
To make an appointment for your particular needs and budget phone 59 75 5944 .



Mornington Peninsula Dental Clinic
Principal John Osborne

Expert Care to Create your Ideal Smile

- Bleaching
- Retorations
- Periodontics
- Veneers
- Root Canal
- Crowns
- Bridges
- Implants
- Orthodontics
- Dentures
- Oral Surgery
- General Anaesthesia
- Preventative Hygiene



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Introducing the revolutionary new P.L.M.S. Healthy Skin Medi Facial. An amazing skin treatment that offers immediate results. A vitamin packed skin booster to revive even the most dehydrated and stressed skin.

Enjoy the Anti-Ageing Benefits for a low Intro Offer of \$129

ABSOLUTELY
FREE...

PLUS RECEIVE

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PHONE 5975 7309

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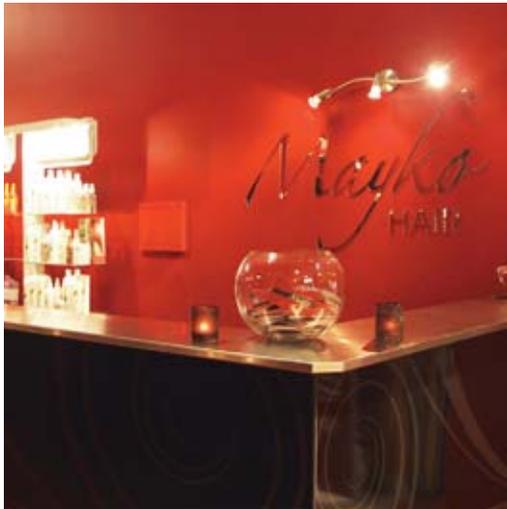
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Free Assessments For Childhood Attention and Learning Issues

If your child is having problems paying attention in school or at home, consider a simple computer assessment with the Interactive Metronome (IM). This free timing assessment is available through Chiropractors Dr Jeroen Lynders & Dr Janine Ritchie, of Nepean Health Group in Mount Eliza

Interactive Metronome is a computer-based therapy that improves motor planning, timing and sequencing, all of which are considered fundamental capacities for learning and performance. The comprehensive IM assessment uses headphones, hand and foot sensors to determine how closely a participant responds to computer-generated musical beats. An IM training program may be beneficial to children who score outside of the normal range.

IM training is offered in clinics, hospitals and by educational therapists around the world, to address Attention Deficit Hyperactivity Disorder (ADHD) and a wide variety of other disabilities. Many media outlets are reporting on this therapeutic technology and non-drug alternative for ADHD. In one clinical study the Interactive Metronome™ was found to produce significant gains in children with ADHD in the areas of concentration, motor planning, control of aggression, language processing and reading. These findings are consistent with recent research on the growth of the brain that indicates that environmental influences, not just genetics, can facilitate a child's development.

During training, this innovative, patented, auditory therapy progressively challenges participants to improve their motor planning, timing and sequencing. Like training wheels on a bicycle, the guide sounds instantaneously provide feedback on the accuracy of each movement and encourage improvement.

In recent scientific studies, Interactive Metronome training has been found to improve brain functioning in children and adults in both academic and sports endeavors. In addition, IM performance correlates with academic achievement in areas such as mathematics, language, reading, and attention to task.

Nepean Health Group is helping many children:

- end homework hassles
- improve grades and test scores
- interact better at home and with peers
- increase self esteem, and
- enhance academic and athletic performance

To arrange for your child's free Interactive Metronome timing assessment call Nepean Health Group on 9787 2859. This offer is available until end March. Interactive Metronome™ training only is available through a growing network of healthcare providers and educational specialists throughout Australia. Visit nepeanhealthgroup.com.au for more information.

WATCH THOSE LINES AND WRINKLES FALL AWAY

Just like autumn leaves, your lines and wrinkles will soften and fall away after our Autumn anti-aging facial treatment.

You will experience and delight in a

- Deep cleanse
- Microdermabrasion
- Soothing cosmeceutical mask formulated to deliver anti-aging and antioxidant rich hydration to the skin
- 15 mins Max7 LED light therapy.

The deep exfoliation using microdermabrasion, and Max7 LED light therapy to firm, tone, and stimulate collagen production, will have your skin feeling younger, firmer, brighter and smooth to touch.

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Brilliant in a series of 3 for \$349*

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lookinggood@allyou.com.au

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Fantastic Eyebrows can change a person's whole look, and now you can have perfect eyebrows permanently!

OUR SERVICES ARE:

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- Eyelash & Eyebrow Tinting
- Eyelash Extensions
- Body Piercing
- Cosmetic Tattooing
- Petite Body Tattooing

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St Tropez Tanning Products and ozBrite Teeth Whitening

Shop 3,
Rear 134 Main St,
Mornington

Ph: 5976 8322



SECRETS TO LOOKING YOUNG AT ANY AGE



Helping people feel good about themselves is the driving force behind cosmetic Plastic Surgery. Patients need to make informed decisions about their care and deserve an honest pressure free approach. It is important to deliver high calibre care you feel confident about.

It is not about how you make people look it is about how you make them feel.

It is paramount to listen to what patients want so you have a roadmap of where you want to go.

The key to successful outcomes lies in listening.

Patients should have safe, reliable procedures that are predictable and offer long term benefits and are performed in a safe accredited facility.

Mr Brown and his team offer a variety of procedures from cosmetic surgery to dermal injections, wrinkle erasing injections and skin peels microdermabrasion and an excellent skin care range.

They understand that it can be a terrifying experience to take that first step to enquire about your concerns, so they offer complimentary consultations with their three nurse trained patient educators. Joanne, Tracey and Kas have many years of experience with patient education and

can explain procedure, expected operative course, show you photographs of current work by Mr Brown and also point out associated costs of surgery.

Mr Brown performs the following procedures at either his Berwick Private rooms or Frankston Private rooms. Both practices are only a freeway drive away and they do offer out of hours consultations.

- Breast surgery** **Eyelid Surgery**
- Abdominoplasty** **Gynaecomastia**
- Liposuction** **Rhinoplasty**
- Facelift** **Necklift**

KAS HOLLINGSWORTH

is their nurse assistant/ injectables registered nurse. She can help you with basic skin care range and glycolic peels as well as injections for

- Wrinkle erasers**
- Lip enhancement**
- Cheek enhancement**



VITAL DOCTOR CHECKLIST

• QUALIFICATIONS

Does your doctor hold the appropriate certifications and is a member in good standing of key professional societies.

• HOSPITAL

Does your doctor have hospital privileges to perform your procedures at an accredited hospital

• PROFESSIONALISM

Your doctor must listen to you and address your goals. You will be offered solutions and you must understand these and not be talked in to unrelated procedures. Your doctor and support staff must treat you with respect and dignity. They should be clear, concise, organized and attentive.

• INFORMATION

You should be given all the information you need to make an informed choice, including informed consent documents to sign. Even if you have had the same procedure before, each procedure requires your consent.

• COST

You are not looking for or offered a special deal. You accept the defined costs of surgery and the variable costs, including operating room time, anaesthesia and unexpected outcomes.

• PROOF

Your doctor should be able to demonstrate his ability to perform your required surgery many times in the past and you should request to see photographs of recent results from past patients.



Tim Brown. PLASTIC SURGEON

Tim Brown is a member of the Australian Society of Plastic Surgeons and is also a Reconstructive Surgeon. He practices and operates in Berwick on a regular basis and offers a wide range of procedures, including:

COSMETIC PLASTIC SURGERY

- breast reduction
- breast enlargement
- facelift
- abdominoplasty
- liposuction
- ear pinning
- breast reconstruction
- brow and templelift

SKIN TREATMENTS

book for your injectables now.

SKIN CANCER TREATMENT

Mr Brown continues to offer treatment and management of all skin malignancies. **Call now to book your complimentary consultation with one of our nurse educators**

MICRODERMABRASION is a process that deeply exfoliates the skin. It can be used for various skin conditions such as: acne, rough skin, preparing sun damaged skin for PDT treatment, anti aging treatments in conjunction with chemical peels and skin care. It is very safe and effective procedure and delivered with the supervision of a highly quality registered nurse reduces any risks and complications in the future.

Both procedures can be used in conjunction with each other and can be discussed at your consultation.

WHAT ARE CHEMICAL PEELS?

Chemical peels are performed on the face, neck or hands.

They can be used to:

- reduce fine lines and wrinkles
- treat skin conditions and blemishes caused by sun damage or age
- improve the appearance of mild scarring
- treat certain types of acne
- improve the look and feel of skin that is dull in texture and colour.



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Do you Suffer from Severe Indigestion?
Do you Suffer from Excessive Sweating?
Are you Seriously Overweight?
We can help!*

*Why keyhole surgery?
Minimally Invasive (Small Cuts)
Minimal Pain!
Fast Recovery!
Quick Return to Normal Duties!*



**The Team at
Lap Surgery Australia**

The surgeons at LAP Surgery Australia are dedicated to their patients needs. Performing the Laparoscopic Gastric Banding surgery is just one part of the multidisciplinary approach to the effective and sustained weight loss process. They understand Obesity and the effect it has on daily life and the associated medical problems such as diabetes and heart disease.



Who are the Team at LAP Surgery Australia??

The Surgeons: Mr. Ray McHenry, Mr. Richard Gilhome, Mr. Chris Hensman & Mr. Dean Spiliadis. Whilst the chosen surgeon does the operation one the others assists. They have over ten years experience in advanced laparoscopic surgery and perform over 400 Laparoscopic Gastric Bands per year in four locations across Melbourne.

Clinical Nurse Specialists: Cheryl Hansen, Di Scheffer and Ruth Bertuch. Our nurses are available Monday to Friday to help with all our patients needs. They provide expertise and invaluable support throughout the process prior to and following surgery including facilitating a support group program run once a month which is available to all our bariatric patients.

Consultant Physician: Dr. Ivan Stratov. Our consultant physician investigates any associated medical conditions and prepares the patient for surgery to achieve the best possible care.

Dietitian: Kelly Donnelly is the dietitian on our staff. She consults with the patient before and after surgery educating the patient on how the Gastric Band works and the management process relating to diet and nutrition.

Weight Loss Counselor: Our Weight loss counselor's are involved in preparing the patient for the weight loss journey and offering advice and support. They understand the effect obesity has on your life and how to manage the changes encountered on the road ahead.

Lap band co-ordinator: Jacqui Thresher co-ordinates all the appointments with the Lap Band team before surgery. Jacqui can answer all questions related to out of costs and the information nights and process before and after surgery.

We encourage our patients to attend one of our information evenings. It is a great forum to meet the team at LAP Surgery Australia, be informed about the surgery and the process and ask questions and listen to other peoples questions as well. We are very proud of the comprehensive team approach we provide to our patients and find the positive outcomes very rewarding.

Ph 9210 7277 for all enquiries and to book a place at one of our information seminars.

HOSPITAL LOCATIONS

The Bays Vale Street Mornington
Knox Private 262 Mountain Highway Wantirna
The Valley Private Cnr Police & Gladstone Rds Mulgrave
St John of God Gibb Street Berwick
Vimy Private 5 Studley Avenue Kew

Phone 9760 2777 or 1300LAPSURGERY
www.lapsurgeryaustralia.com.au

The Bays Hospital Expansion Project

Building for your Future from September 2010

The Bays Hospital is proud to have been able to provide top quality health care to the Mornington Peninsula community for nearly 80 years. Starting as the Mornington Bush Nursing Hospital, The Bays Hospital has grown and developed along with the Mornington Peninsula community over that time.

Recently, the Mornington Peninsula community has experienced unprecedented population growth. This rapid population growth has increased demand for our services to the point where we are often operating at full capacity and are unable to admit additional patients who require medical care. As a result, The Bays Hospital needs to upgrade and expand its facilities to meet the current and projected needs of the Mornington Peninsula community.

The Bays Hospital does not receive any direct funding support from federal or state governments. It is a community-owned, not-for-profit organisation and a registered charity. The hospital reinvests earnings in its building, equipment and people and relies on the continuing support of the local community to meet its objectives.

What are we building?

The building project will include 19 new private patient rooms with ensuites; 2 new state-of-the-art operating theatres; and a purpose-built Day Surgery unit.

The project will also create a new ambulance entry at the front of the hospital and will include support services such as a nurse call and internal paging system, a larger power generator and a new kitchen. The redevelopment of the hospital is expected to be completed by February 2012.

What can you do to help?

Your support means everything to our staff, doctors, patients and families and the broader community. Your cash donation, no matter how large or small, will help build a better hospital that will serve the Mornington Peninsula community well for decades to come. Your donations may be made by ringing Neralie Thorp, Public Relations Manager on 5976 5242, alternatively, a donation form can be obtained by visiting www.thebays.com.au and clicking on the Support the Bays options, all donations are tax deductible.



The Bays Aged Care Facility in Hastings



The Bays Hospital Group, a community owned, not for profit organisation

The Bays Hospital provides acute medical, surgical and obstetric services in a modern well equipped hospital.
Vale Street Mornington Telephone: 5975 2009

The Bays Dialysis Unit has an eight patient capacity and operates six days a week.
15 Cool Store Road, Hastings Telephone: 5979 0344

The Bays Aged Care Facility provides quality aged care and dementia specific accommodation.
15 Cool Store Road, Hastings 3915 Telephone: 5979 0333



www.thebays.com.au

LIVING OPTIONS *in Mornington*



Park Hill Gardens Aged Care Facility offers the best Hostel Low Level Care, High Level Care. Dementia specific and affordable Extra Services High Level Care available on the Mornington Peninsula!

Staffed by registered Division 1 & Division 2 nurses & fully qualified Personal Care Attendants, Park Hill Gardens ensures that traditional nursing care is available 24 hrs a day.

Fully accredited & with Aging in Place, Park Hill Gardens is a modern, purpose built facility comprising tastefully decorated single rooms with ensuite, various lounges with tea/coffee making facilities, hairdressing salon, spa baths, BBQ & children's playground set amidst landscaped gardens. With open visiting hours, residents and their families can share time together in any of the lounge areas or in one of the many courtyards.



Maintaining a sense of involvement and independence for all residents is vital and our Lifestyle Activity program aims to achieve this. All residents enjoy the weekly Happy Hour, bus trips, BBQ's, arts & crafts, exercise classes, concerts and participating in

the gardening club or reading group. Many local church groups, schools, libraries & organisations such as Probus & the RSL, provide outlets and entertainment opportunities for our residents.

Physiotherapy, podiatry, massage, reflexology, tai chi as well as church services of all denominations ensure that the resident's spiritual & social needs are provided for.

Meals are prepared on site using only the freshest ingredients from local suppliers by our qualified chefs to ensure that residents nutritional requirements are met.

Park Hill Gardens has set a new benchmark in what to expect from Aged Care. If you would like some further information or to make an appointment to visit the facility please contact us on (03) 5975 2700.

a home away from home

COMFORTABLE FRIENDLY PERSONAL CARE

All Inclusive Package

Affordable Extra Services Wing

24 Hour Registered Nurse

Close proximity to Main Street Shopping, Restaurants, Cafes, Banks and Harbour.



PARK HILL GARDENS RESIDENTIAL AGED CARE

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email: park.hill@bigpond.com



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\$160,000

*Luxury, comfortable &
secure living for over 55's*

Live the lifestyle you *deserve*

Shearwater at The Mornington

Shearwater at The Mornington offer all the very best services, facilities and activities to help you make the most out of your retirement. You've earned it, so now it's time to enjoy health, happiness and security in our village on the Mornington Peninsula.

The Mornington

150 privately owned units nestled among idyllic gardens, offering a sense of community and relaxed, sociable village life.

Shearwater at The Mornington

Luxury, affordable independent living for the over 55s; beautiful serviced apartments with lake and garden views, meals provided.

Some of our many facilities & activities include:

- on-site doctor & emergency call system
- podiatrist, massage & hairdresser
- dining room with chef prepared cuisine
- relax in the spacious club house, library or lounges
- enjoy the cinema and craft & hobby room
- join in various activities from bowls to billiards
- daily shopping trips & regular outings

**150 Mornington – Tyabb Road
Mornington Mel Ref 145 J4**

Ph 5970 5507

www.shearwaterapartments.com.au



HOUSE | *and Garden*

As the holiday crowds start to leave the Peninsula, we realise that there is still plenty of great weather left for us to enjoy. Even though Autumn officially started on March 1st, warm sunny days linger well towards the end of the month and through to Easter, allowing us to make the most of our outdoor spaces.

If Christmas visitors have left you realising that your outdoor furnishings aren't quite up to scratch, there's still plenty of time to refurbish or update your settings – you may even be lucky enough to benefit from the sales traditionally held at this time of year. Bay Living, at the Peninsula Lifestyle Centre, offers a large range of high quality outdoor furnishings in a variety of materials, while the Mornington Antique Centre is a great place to browse and discover things like vintage planters and wicker furniture for a more eclectic outdoor aesthetic.

A well known (and somewhat facetious) quote about gardening reads 'The gardening season officially begins on January 1st and ends on

December 31st. There is always something to do in the garden, no matter the time of year, and continuing to care for your garden is easy with a little help from Diaco's. Their expert advice can help you add greenery to even the smallest spaces, as well as give you plenty of ideas regarding planting and preparing your garden for autumn and winter. Thinking ahead, it's also a good time to install a rainwater tank (if you haven't already), so as to take advantage of the autumn and winter rains and giving you water to use when spring rolls around again.

It's a nice time of year for getting a good night's sleep as the days grow shorter and the nights are cooler. Outside, use candles, heaters and light rugs to create a cosy ambience while inside, fresh linens and heavier bed coverings make for a comfortable nights sleep after the restless heat of summer. Can you tell this is my favourite time of year?

- Helen Jones



Outdoor Living Showroom

Bay Living is focused on finding the type of furniture that makes a statement but also comes with an acceptable price tag.

"We go out and actively research the items we bring into our shops. Most of the items are either unique or exclusive; where we have items produced we only manufacture small runs so the likelihood of seeing the same at a friend's or colleague is unlikely.

"Our prices are always competitive and we know you will see comparable items to our products upto 70% more expensive, we keep our overheads low to ensure you get excellent value."

Bay Living specialise in the all weather resin wickers. Most of their products are made of Viro, Wittex or Rehaus

resin weaves in round core and peels, aluminium or teak structure ensure longevity of use.

All manufactured products from Bay Living are produced with the finest materials.

They also stock the popular brands of Classique, Shelta, Suncoast Sitra and Outback Timber hardwoods include Jarrah, Brazilian Cherry, Kwila (Merbau) Teak and Shorea Cantilever Umbrella's both permanent and mobile, Olefin & Sunbrella Fabrics, replacement cushions & made to measure cushioning and even wall art for outdoors.

Bay Living is located at A11 Peninsula Lifestyle Centre 1128-1132 Nepean Hwy Mornington 5973 6155 www.bayliving.com.au

It's All About Comfort



The world famous Norwegian Stressless recliner/swivel chair range is available in Australia and exclusively in this area.

Luduco Living's Jeremy Brook says "I have been fortunate enough to sell this brand in the UK and Europe for over 20 years and it really is a tremendous product in every sense but particularly in terms of sheer comfort and support. And so much so that it has been internationally voted "The Worlds' Most Comfortable Recliner " several times in recent years.

So we feel very lucky to be selected as one of 25 Australian stockists." And why such a high accolade.... well primarily the Stressless chair mechanism reduces body stress by creating a unique body support system with a lumbar section that continually adjusts to your every movement and a headrest that also subtly adjusts as the chair moves - to ensure correct eye level for reading or watching TV. Of course if you just want to lie back and go to sleep - and why not when you are that comfortable - then the headrest can be released to lie flat. There are no awkward levers, electric motors, pop up footrests or leverage of any kind - it simply and effortlessly follows your body movement. And what's

more - every chair design comes in "small" "medium" and "large" to suit the tall and short amongst us with additional height adjustment for those that struggle to get out of conventional chairs ...but as Jeremy says "these chairs are anything but conventional and it's unlikely you will want to get up once you sit in one!"

So why not pop down to LUDUCO LIVING today and see how they can make your life more STRESSLESS.

New To Mornington

Need ideas for a wedding gift, birthday, house warming party, or for that person who has everything.....

Sussex & Surrey can help you out.

This a new shop located in The Mall on Main Street Mornington with

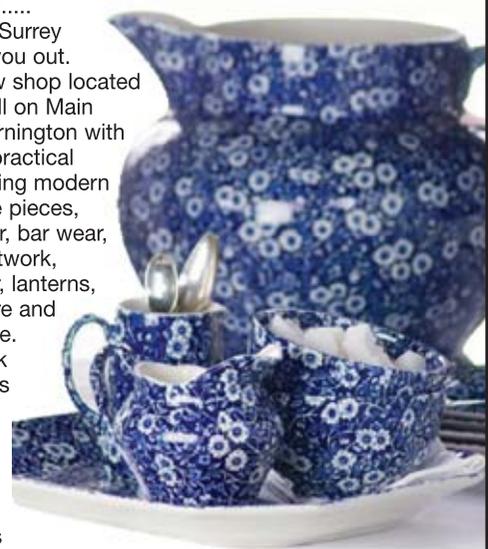
fantastic practical and stunning modern decorative pieces, serve wear, bar wear, original artwork, wall decor, lanterns, basketware and much more.

They stock the famous Burleigh wear Blue Calico and Asiatic Pheasants

from England along with tea sets and some new T.G Green & Co Cornish Blue (the iconic blue and white design suitable for any occasion), from relaxing breakfasts to afternoon teas.

Sussex & Surrey are also an authorised reseller of Villeroy & Boch. Please mention this add to receive 15% off all Villeroy & Boch. Gift Vouchers are available.

Shop 11, The Mall, Main Street Mton, ph: 5976 4504.



Curtains, Carpets & Tiles Under One Roof

The combination of window decor and flooring centres at the Carpet Court and Curtain Court showrooms conveniently located in Mornington and Rosebud is a fabulous concept creating a one stop area for customers to purchase all their window coverings, carpet and tiles under the one roof.

Carpet Court is Australia's largest retail floor covering specialist and the locally owned and operated stores have been established on the Peninsula for over 15 years. These impressive showrooms now not only display possibly the largest range of floor coverings on the Peninsula but expert colour and furnishing consultants are also there to help you select from a full range of window coverings including roller blinds, blinds, curtains, swags & tails, timber shutters, pelmets together with a good selection of co-ordinated cushions, bedspreads and accessories.



With the current trend of window coverings extending to making your home eco friendly Curtain Court have ensured that their consultants are fully aware of how to create and enhance an eco friendly home

In home appointments at customer's leisure are also a feature of their great service and consultants are fully trained in all aspects of window treatments and colour co-ordination to make it even easier to create the look you want.

- Quality Underlay & Guaranteed Professional Installation
- Free Measure & Quote
- Furniture Moving & Old Carpet Removal Service
- Interest Free Finance
(To approved customers. Conditions Apply)
- Free Measure and Quote
- Quality Curtain, Blinds and Shutters at Reasonable Prices
- Professional Advice on All Window Coverings
- Specialist in Swags & Tails, Pelmets and Cushions



Australia's largest floorcovering buying group offers you the best range of products on the Peninsula... a great range of curtains and blinds too! Beaumont Tiles range and bathroom accessories are available at the Rosebud Superstore.



COURT DECORATOR CENTRE

'we work hard to make it easy'

BEAUMONT TILES
ROSEBUD STORE ONLY

SAVE NOW!

up to **40% off**
all floor tiles

absolutely **EVERY** floor tile discounted to clear

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Rosebud
Ph. 5982 1444
rosebud@tile.com.au

BEAUMONT TILES

Australia's favourite place for tiles and bathroom ware.

CARPET COURT

Huge range of carpets, timber, laminates and vinyls available!
stock ranges from \$20* per sq.m. (product only)

MARCH - APRIL SPECIAL

Textured solution dyed nylon
\$39.90* per sq.m (fully installed)

CURTAIN COURT

Screen blind clearance
30% discount on screen roller blinds
Selected ranges - book your measure today

Free installation on shutters
Applies to all orders received in March

The New DEACO 2010 Range

Local - Trust - Range - Price - Service and Advice



Deaco Furniture has been in Tyabb Road Mornington for 8 years. In fact Peter has over 30 years in Mornington and many will know Peter as Peter Harding Furniture.

Stock full range of Slumber Care bedding anchored by the world famous sleeping system, the Ther.A.Pedic 5 zoned pocket spring mattress - (queen size beginning at \$699). Mattress range from \$85 for a standard single innerspring to units for all shapes, sizes and budgets - redundant mattresses are removed free (conditions apply).

Deaco Furniture are a trusted local name in home furniture, bringing

you a full range of quality timber furniture, dining settings, TV Lowlines in Tasmanian Oak, Victorian Ash, locally made bookcases, chest of drawers, coffee and hall tables, dressers and desks.

Fabric and leather recliners and lounge suites, electric lift chairs, drawers, bedroom suites. Bedheads are displayed. beds, bedroom suites, ther.a.pedic bedding, specialists in leather recliners and suites, settees, electrical lift recliner chairs. And they have their own delivery service.

"We will always give you more"



This elegantly styled solid walnut timber six place dining setting features an effortless extension mechanism with beautiful suede covered chairs in a choice of colours. Part of the 2010 range of contemporary furniture from one of Australia's newest and innovative suppliers of modern furniture, showcased at Deaco's. **7 piece setting \$1599.00**

Bright white and stylish. From Deaco. (That's right, Deaco)

White is the new colour. Crisp, clean and brilliantly white. Entertainment units with clean lines, contemporary styling and ingenious features. Deaco is proud to stock the 2010 range of contemporary furniture from one of Australia's newest and innovative suppliers of modern furniture.

Entertainment Units

Finished in high gloss white, silver and glass.
Easy glide drawers with unique locking mechanism.

Choice of 4 styles. From \$409.00

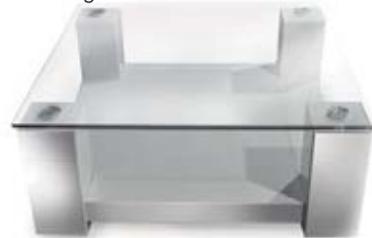


Quality pieces you've never seen, or ever expected to see at Deaco are in store now. Entertainment units in high gloss, bright white, next generation leather sofas and stylish dining settings that explore an intriguing combination of leather, timber and glass.

Coffee and Side tables

Finished in high gloss white, silver and clear glass.
With matching occasionals. Rectangular and square.

From \$263.00



Deaco Furniture 175 Tyabb Rd, Mornington. Telephone 5977 0599
(Near BMW Showroom, corner Satu Way) Open Monday to Saturday 9am - 5pm

Deaco
Home Furniture

Creative Sweet DEF 5292

You deserve the Deaco difference. Range. Price. Service and advice

Beds and mattresses. Dining. Entertainment units. Desks. Drawers. Leather lounges and recliners.

Eco Living Display Centre At The Briars

The recently opened Eco Living Display Centre at the Briars features environmentally-friendly products and solutions that could be included in homes to minimise energy, water and waste impacts and create more sustainable homes.

It has been developed like a home, and each room features technologies and solutions.

The key concepts include thermal efficiency, renewable energy generation, water and energy efficiency, water harvesting and recycling, passive heating and cooling, waste minimisation, food production and sustainable landscaping - all concepts that could be retrofitted to existing homes or incorporated into new developments

Sustainable initiatives on display in the house range from simple ideas like water-saving shower heads and energy-saving appliances, to insulation, solar energy, grey water reuse and a rainwater garden.

Through the Mornington Peninsula Shire's Climate Change Conversations, almost 90 per cent of people surveyed agreed that actions of individuals can make a difference to climate change and the sustainability

of our environment and Cr Gibb said "The Eco Living Display Centre will help empower people to make environmentally-friendly, cost-effective decisions that can make positive sustainable changes to their homes to reduce their impact on our environment.

There are so many ideas that each visitor is sure to come away with at least one positive action they could make in their own home."

Cr Gibb said the Centre will also act as a community hub for environmental volunteers, host a community garden and act as a meeting place and an education space to promote a more environmentally-friendly lifestyle.

The Eco Living Display Centre is set to become an important local resource for education, and encourage more sustainable choices for residents and visitors and is open to the public three days a week (Wednesday 1 - 4 pm, Friday 1 - 4 pm and Saturdays 9-1pm) and for group tours by appointment.

Rock and Redgum stock quality landscaping products - river pebbles, soils, mulches, sands, crushed rocks, toppings plus more and specialise in feature rocks for the garden including boulders, limestone, bluestone, slate, moss rocks. Their friendly staff are always available to assist and at Rock and Redgum in Dromana you can be sure of prompt & reliable deliveries to all over the Peninsula and up to Melbourne.



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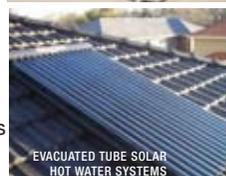
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Austplant – A Hidden Jewel on the Peninsula

Austplant Nursery was established 36 years ago by Len and Cheryl Yearsley to suit the varying conditions of the Mornington Peninsula. When they first arrived, the property was a pine forest with Chinamen panning for gold in the creek. They lived in a hayshed for 2 years while their house was built and the business established. Their determination resulted in a business that is still successfully operating to this day.

Five years ago, after all their hard work, Len and Cheryl embarked on their well deserved retirement and sold the nursery to their youngest son, Glen Yearsley, who was already working within the business for a number of years.

In the 'Yearsley' tradition, Glen has continued to maintain the successful operation of Austplant, applying his own touch, which has allowed the business to thrive in today's economical and drought ridden climate. Superb display gardens and abundance of wildlife attractive to the native plants. The bird life at Austplant Nursery is testimony to the bird attracting qualities of native plants, which is not only visually beautiful, but assist in keeping the pests under control.

Austplant Nursery on Arthurs Seat set amongst National & State Parklands including Seawinds and Arthurs Seat National Park overlooking Port Phillip Bay and Greens Bush. There are many stunning walks that can be taken through these parklands in addition to wandering the gardens of Austplant Nursery.

Austplant gardens survive solely on rainfall which makes native plants an attractive feature to any garden in today's climate. In addition to the drought tolerant features of native plants, Austplant prides itself on the quality of the plants by using a soil media in their potting mix. This allows the plant to hold moisture for longer periods of time around their newly developing root systems. This also allows the plants to acclimatise to the areas natural soil whether being free draining sand or heavy sticky clay.

The nursery provides hundreds of species of native plants displayed in terraces overlooking a valley. The terraces are clearly categorised by shrubs, small to medium bushes and trees to advanced plants. Customers will generally find the plants they are considering purchasing fully matured in one of Austplants many display gardens. For ease of the customer, Austplant also has a labelling system for all plants. The labels display the plants characteristics and conditional requirements i.e. lime / salt tolerant, shade / sun etc to allow customers to browse the terraces at their own pace with as much information as possible and making selection easy. For customers wanting additional information all Austplant staff are fully trained to provide specialist advice and can do so, free of charge, at the nursery itself, based on photos, diagrams, samples or just simple discussion. For more personal assistance, Austplant staff can visit the customer's property to provide advice, layout and even planting upon request.



No green thumb but you want to get your garden into tip top shape?

Diacos' Discount Nursery is a great place to give your garden a little bit of TLC.

With the new Garden Display Centre now open you will find the inspiration to create something new and fresh for your garden. The team at Diacos have made a number of different mini gardens showcasing different products. They now have ground coverings - pebbles and crushed rocks, various styles of mulches and soils to landscaping rocks. The staff have a vast understanding of all products and will give valuable advice to ensure the products are right for your garden. You can then pop next door and find the perfect plants to compliment the ground coverings.

The Garden section is located left of the main entrance of the Nursery and will organise prompt delivery across the Peninsula, so you don't have to worry about finding a trailer to move your purchase. You can also buy or browse online at www.diacos.com.au.



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Alive In Autumn at Lintons

Lintons Garden and Home is coming alive with an amazing array of autumnal coloured plant life and ever-changing range of gifts and homewares. Lintons has everything you need to create a beautiful autumn garden. Look out for autumn flowering bulbs such as nerines and belladonna lillies. Enjoy the colourful fruits of the Japanese viburnum, the purple berries of Beauty Berry (*callicarpa*) and flowering camellia *sasanqua*. French Delbard Roses flowers are at their best in autumn. Autumn is an ideal season for planting a range of bulb, shrubs and trees as the soil temperature is still warm and the days cooler. With qualified and experienced horticulturists Lintons can offer the advice to make your garden a unique and special outdoor space.

The autumn season also means that Mothers Day will soon be upon us. You can indulge mum with exclusive Laura Ashley garden products and other luxuries in-store.

Lintons is the Peninsula's destination for stunning homewares, books and garden products.

This year Lintons are proudly hosting a Cancer Council Biggest Morning Tea event!

All are welcome on Thursday 27th May from 10am. The cost is \$10 with all profits going to the Cancer Council. The morning tea will feature representatives from the Cancer Council speaking about their important work in cancer research. There will also be a performance by students from a local school. Join the team at Lintons for a lovely morning and help support a worthy cause.

RSVP by Friday 21st May to 03 9787 2122.

RSVP essential for catering purposes.

In today's uncertain financial climate deciding if and where to invest your hard earned money requires strategic research and some calculated thought processes. People are now putting their investments into their homes and enhancing their private sanctuaries more than ever. Savvy investors, architects, real estate agents, and builders in their display home packages have all embraced the landscape industry. It offers marketability that enhances the financial, and more importantly personal, returns on investors' and home owners' money alike.

Our experience and results have shown that when the right design is created and a garden is built with a focus on detail and sound construction practices, along with a budget that allows these processes to occur, the return on investment, as far as the capital improvement on a property goes, can far outweigh any other form of home improvement project. Improved lifestyle rewards also need to be recognised and often hold more weight in the decision making process than the financial benefits.

The beauty of the landscape industry lies in the flexibility within its systems and the potential of the end results. The first and most important piece of advice I give my clients at every consultation is to think long term. In five, seven or 10 years will you should be saying "I'm glad I did" and not "I wish I had"?

Landscape is a systematic, layered process that can be built in levels or stages, with no

certificate of occupancy required. It provides the perfect solution for the current economic climate. Very few clients have open chequebooks and many well-publicised, award winning projects have been built over several years as funds have become available for the next layer of the process.

Wherever possible we recommend you don't undercapitalise your property value with a substandard landscape for the sake of a short-term solution. However you do need to be a little careful with staging as logistical inefficiencies and safety concerns caused by too many stops and starts can become a costly process.

So how much is too much and how much is not enough? Some general guidelines:

- Research and do your homework. List aesthetic and functional requirements you wish to achieve with your landscape and collect pictures and examples of what appeals to you.
- Start with a great designer and contractor. The best starting point is the LIAV website: www.liav.com.au. Don't focus on the cost of design fees; they are the key investment in the process. Choose a designer you feel comfortable with and not the one who offers the cheapest quote.
- To ensure the best return on your investment think long term, be patient, consider staging the works if the short-term budgets are tight the desired outcome cannot be achieved immediately. Bone structure now, "bling" later.



One of nature's most colourful displays comes alive in Autumn.

Lintons Garden and Home has an amazing array of plant life and an everchanging range of gifts and homewares. Autumn is an ideal season for planting bulbs, shrubs and trees as the soil temperature is still warm and the days are cooler.

The autumn season also means that Mothers' Day will soon be upon us. Indulge your mum with Laura Ashley gardening accessories. Lintons is the Peninsula's destination for stunning homewares, books, gifts and garden products.



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- Assess and identify the high impact zones of the property, then focus the main capital expenditure in these regions.
- Ensure the design is a successful combination of aesthetics and functionality. The landscape should be treated as an additional living space of the home that creates inviting vistas from the internal spaces that creates a seamless transition from the indoor and outdoor zones.
- Don't just focus on financial returns; lifestyle rewards are often more important.

The landscape industry is ready and geared to help you invest your money and guide you through the now very sophisticated yet flexible, multi-layered process with professionalism, pride, artistic design flair and diverse trade skills that are at the forefront of the construction industry. So now is the perfect time to start the process rolling with your landscape investment. Be inspired by a design then begin to bring your dreams and long term vision into reality.

Steve Taylor
 Managing Director
 Creative Outdoor Solutions P/L
 www.creativeoutdoorsolutions.com.au

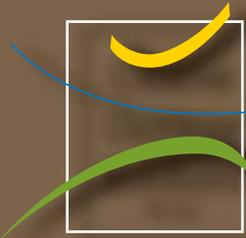


Since 2000 Steve Taylor of Creative Outdoor Solutions has built a reputation for designing and constructing multi award winning landscapes throughout Victoria and interstate. Winning multiple Victorian landscape design and construction awards and was recently being honoured with the "National Landscape of the Year (under \$100k)." Steve, and his highly talented team pride themselves in cutting edge, highly functional landscape design that compliments the existing architecture, surrounding environments, décor and personal lifestyle requirements. Over the past several years Steve has seen increased demand for his landscape design and construction services through out the Mornington Peninsula. Needless to say after many visits Steve became envious of the "Peninsula lifestyle" and within 6 months of introducing his family to the potential of moving south from their eastern suburbs base, they had purchased a plot on Beleura Hill. Steve proceeded to designed and built their new family home and they became official residents of the Mornington Peninsula just prior to Christmas. Steve acknowledges it is early days for his family however they are already convinced there is no looking back as they are loving every minute of their new lives on the Peninsula and could no imagine being anywhere else.

With his personal move to the Peninsula and his new plans for a local design studio, Steve introduces Creative Outdoor Solutions to the Peninsula and has taken the time to share some of his knowledge, experience and advice in relation to the now highly sophisticated landscape industry and processes involved in creating exceptional outdoor spaces.

% of property value invested in the landscape*	5%	10%	15%	20%
Potential result	Undercapitalised investment. Very basic garden with no real capital improvement. Poor investment	A nice garden. Should break even with the initial investment.	Great result with a potential 50% return on investment.	Amazing result with a potential 50-150% return on investment. Be careful as very close to over-capitalising.

*excluding pools



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CLUTTERBUSTING

Life's Messy Bits! with Karen Tatman.

PERHAPS one of the most gratifying things about being a regular contributor to *Good Life* over the past six years has been the discovery that, despite persistent rumours to the contrary, I'm not entirely bonkers.

Sharing my recent quest for the holy grail (of fridges) last issue, elicited an overwhelming response from readers who completely GOT IT. So, while I know there are plenty of perfectly respectable folk out there who get by quite nicely with any old fridge that keeps the milk cold, there are others LIKE ME who seek a lasting and meaningful relationship with their major appliances. And, for the record, not one of them struck me as (even slightly) mad.

And do you know what else? If it turns out that I'm wrong, and my various peccadilloes are in fact early warning signs, I'm going to have some seriously great company in the loony bin!

So, with that in mind, I am confident that at least a handful of you will be sharing my delight in the start of the new school year. With renovations at casa Tatman now complete (hooray!), I must confess that I am looking forward to the place staying tidy for more than five minutes. I think it was Erma Bombeck who said cleaning the house while the children are home was like "shovelling snow in a blizzard".

The problem with my holidays corresponding with the children's holidays is that we're all in holiday mode at the same time. And as lovely as it is to mooch about in one's pyjamas until noon, not much housework gets done! And while there's a fair degree of truth in Mrs Bombeck's words, when I'm not part of the solution, I'm part of the problem!

In 1955 Cyril Northcote Parkinson wrote a humorous essay for *The Economist* magazine which began with the now famous line - Work expands so as to fill the time available for its completion. This has since become known as Parkinson's Law. Now I am nothing if not law abiding, and if I've got all day to get the beds made, all day it will take me.

And it's always the same - the last few weeks of the year find me craving some lovely unstructured "down time", while the last few weeks of the holidays see me fantasising about the return of some routine and order in my life. Perhaps I really am bonkers?

However, this year, this lovely bright shiny new year (so much nicer than the old one simply because it's new), is the year I'm getting my act together. And it would be most impolite (and yes Mum, that was directed at you!), to mention vaguely recalling reading something similar around this time last year.

So, why will this year be any different? Let me explain. This year I am older. This year I am wiser. This year I FINALLY HAVE ENOUGH CUPBOARDS!! And really, when you get right down to it, the answer to the ultimate question of life, the universe and everything is not (with respect to Douglas Adams) 42, but is in fact, HAVING ENOUGH CUPBOARDS!

There was a time when I genuinely believed that the answer to being more organised was to simply be more organised - but I was so busy moving homeless piles of stuff around the house (so I could vacuum under them!) that I never quite got around to it. But in the few short weeks since we moved back home I have experienced an epiphany of sorts. The world is not made up of organised and disorganised types. It's made up of people with and without adequate storage space!

Suddenly, the act of whizzing the Hoover 'round is just that - whizzing the Hoover 'round. It takes about ten minutes, fifteen tops! It's bloomin' marvellous. In the dark days BC (before cupboards), that one simple task could take literally hours as I shuffled and shifted and attempted to stash those wretched piles of stuff somewhere else so I could actually find the floor.

And while the novelty will undoubtedly wear off soon (I'm tipping mid-March), I'm currently getting a real kick out of putting things back where they belong, which is mostly out of sight, and mostly inside a cupboard! And for the first time ever in my married life, the only thing hidden under the spare bed is Shakin' Dog. He'll be fine in a week or so. Change makes him nervous.

So now the kids are back at school (and I'm not home so much either!), the place is starting to look, dare I say it, quite orderly. Not quite Martha Stewart perfection (although I do now have a very Martha-ish shelf in the laundry just for my vases, which is making me ridiculously happy!), but definitely getting there.

They say the state of one's house is a good reflection of the state of one's mind, and I must say, I do feel better placed to tackle whatever challenges 2010 has in store. And the funny thing is, what with all the upheaval and expense of the past few months, the new cupboards were probably the least costly part of the whole project. And as much as I love the funky new bathroom, all the extra living space (and my fabulous new fridge!), it's ultimately the cupboards that have changed my life.

***But don't tell my husband.
He'll think I'm bonkers!***





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'We believe in selling quality products all the way through from the mattress to the sheets.' shows

their commitment to the product they sell but it doesn't end at the store.

There's no 'minimum' for service at Bedshed. It's one thing to have the best range - which of course Bedshed in Mornington have - but its another to be able to deliver the desired goods quickly and without fuss. At Bedshed in Mornington Alan and Elton have systems in place to ensure smooth fuss-free, mess free delivery. They certainly 'go the extra mile' at Bedshed Mornington. 90% of what you see in store is available for delivery the next day or even same day because Bedshed Mornington have 3 warehouses filled with current stock.

There's nothing worse than having your furniture removed from its packaging to discover missing pieces which can sometimes happen with sealed boxes so Allan and Elton, who's mantra is 'a good

business is well organised and can anticipate possible problems and resolve without delay' have specially designed delivery vans that are equipped not only with drill and toolkits but also carry back up stock to fix any problems there and then. They recognise that their customers don't want to spend hours putting the pieces together or be left with a load of packaging debris so their delivery staff assemble and remove all rubbish, wearing 'booties' and using handwipes to ensure no accidental marking. There is a unique service and they deliver upstairs or downstairs with very happy repeat clients from as far away as Northcote and Richmond to Frankston & across the Peninsula.

With Autumn here and winter approaching new season's stock is arriving daily. Call in and discuss your needs at Bedshed in Mornington - there's no-one better in the Bedroom.

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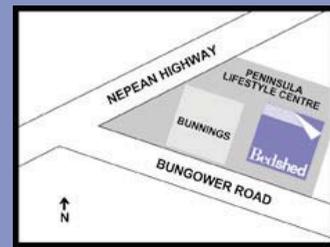


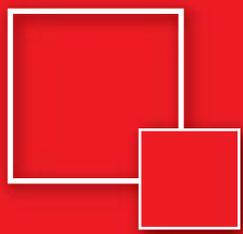
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