



**NOOSA FAIR**  
SHOPPING CENTRE

# Spotlight on Noosa

ISSUE 2 SEPTEMBER 2011

## A Message from Centre Management

Welcome back to the second edition of Noosa Fair's community newsletter 'Spotlight on Noosa'. This edition celebrates the arrival of Spring with some exciting ideas on how you can make the most of our warmer weather. You'll also read about our health and beauty retailers and the

wonderful job they do of caring for members of our community.

Cruiseabout is also featured with some 'dream holiday' ideas for you to consider. And if you'd like to win \$10,000 off your home loan read about The Lucky Charm's Rewards program which

has recently been launched. You can also read about our great flower pot decorating workshops planned for the September school holidays.

We hope you enjoy reading this edition of 'Spotlight on Noosa'.



## Hop Aboard A Cruise Ship for Your Next Holiday

**Fancy a holiday? Whether you prefer the warm beaches of the Mediterranean or the icy fjords of the Antarctic, the staff at Cruiseabout Noosa can put you on a once in a lifetime voyage to just about any destination in the world.**

Offering a vast range of itineraries, and the Cruiseaboutsail free guarantee, Cruiseabout Noosa is your one-stop travel service and can book everything from cruises to airfares to accommodation.

With the strength of the Aussie dollar, it's never been a better time to take a cruise holiday and prices for around the world fares and long range voyages from tier one operators such as Princess Cruises, have never been better.

Cruiseabout Noosa consultants Ian Long and Jo Tatton have both worked aboard some of the world's top ocean liners and have first-hand knowledge of

the best itineraries for the most luxurious, cutting edge ships currently on active routes.

Whether it's sailing the Pacific aboard Royal Caribbean International's mammoth world record holder, the Oasis of the Seas, or a smaller more intimate river cruise down the Danube, Rhine or Mekong, Cruiseabout Noosa has easy access to the best cruise ships and waterways in the world.

If you're looking to try cruising for your next holiday or are keen to get back on the high seas, visit the team at Cruiseabout Noosa and discover the range of options available.

Cruiseabout Noosa is located at Shop 25a, Noosa Fair Shopping Centre, 3 Lanyana Way, Noosa. To book your next cruise holiday call Cruiseabout on 1300 096 047 or 07 5354 0000.

## Spring is in the air



To celebrate Spring and the school holidays, Noosa Fair will run FREE flower pot decorating classes for kids aged 4 and up. Each child will be given a terracotta pot to paint and decorate with step by step instructions and supervision from the enthusiastic staff from Start Kidz Creating.

For those younger than 4, parents are invited to stay and assist with free play painting. We will be running 2 one-hour sessions per day, one at 10am and another at 11am, from Tuesday the 27th until Friday the 30th of September. Bookings are recommended, as there are only 23 places per session. These can be made by emailing [info@startkidzcreating.com](mailto:info@startkidzcreating.com) or texting your name and contact number to 0418 776 738.

Why not pick up a gorgeous plant or some seedlings and herbs for your child's pot afterwards? The Noosa Gardener at Noosa Fair has an extensive range of beautiful plants, and offers a potting service too! Contact the Noosa Gardener on 5447 4288.

# Summer's delights at Noosa Fair

A summer dinner party is one of life's simple pleasures. It allows us to enjoy the great outdoors, yummy fresh food and drink as well as catching up with our friends.

What could be better? However, planning such an event can cause unwanted stress, especially when it comes to what food and drinks to supply. Lucky for you, all your summer dinner party needs can be found at one place - Noosa Fair Shopping Centre!

## Get the Best Burgers & Snags



Noosa Fair Butchery has been operating for six years and is a family owned business run by butcher James Swindles.

James has more than 28 years experience as a butcher and is the person to talk to about selecting the best sausages and meats for your party! The Noosa Fair Butchery stocks a wide range of grass-fed quality meats and eight varieties of gluten free sausages. Noosa Fair Butchery - 5455 4128



## Find a fresh start

While the sausages are cooking, let your guests indulge in delicious sushi from Red Mango Roll.

With a great variety of freshly made, guilt free sushi, hand made rice paper rolls, and scrumptious seafood, you can make your own selection or order one of Red Mango Roll's famous platters. Red Mango Roll 5447 2155 or [www.redmangoroll.com](http://www.redmangoroll.com)

And he is the go to person to help you make the right choice for your summer party!

The boutique bottle shop stocks an extensive range of over 700 different wines from Australia and around the world, as well as a large range of boutique spirits that you won't get anywhere else on the Sunshine Coast.

Want something in particular, but can't find it in store? If XO Cellars doesn't stock it, they will source it especially for you from anywhere in the world. XO Cellars - 5412 2845 or [www.xocellars.com.au](http://www.xocellars.com.au)



## Break some bread



You can't have sausages without the bread! Brumby's Bakery is a family run business owned by Gary and Vicki Walker that has been servicing the Noosa community for more than 15 years.

With a large range of delicious, freshly baked breads baked fresh in store everyday, you're sure to find the perfect loaf to wrap up those snags! Why not pick up a focaccia, twist or scroll as a starter too. Brumby's Bakery Noosa Fair - 5474 8788 or [www.brumbys.com.au](http://www.brumbys.com.au)

## Water it down



No summer party is complete without something delicious to quench that thirst.

BWS stocks all your liquor needs with all of the popular spirits available for you to make those fruity summer cocktails! Pre-mixed drinks, beer, ciders, red and white wines and cask wines are also in store. With a selection of soft drinks, nibbles and bags of ice, you are sure to find all of your party's drinking needs in one store! BWS - 5447 3570 - or [www.beerwinespirits.com.au](http://www.beerwinespirits.com.au)

XO Cellars at Noosa Fair is the place to go if you want a first-class wine shopping experience whilst enjoying more than affordable prices. Manager Drew Mackie is passionate about wines and wine making.

## Craving coffee



Once the sausages are finished and the beer has run out, it's time to put the coffee on. Zarraffa's Coffee Noosa Fair stocks a wide range of coffee varieties from around the world available for you to purchase. Zarraffa's coffee is devoted to delivering only the finest coffee experience and spares no expense when it comes to the production and manufacture of true quality coffee beans. Depending on what brewing equipment you have, Zarraffa's will be able to help you select the best coffee for your summer dinner party

Zarraffa's Coffee - 5447 4109 or [www.zarraffascoffee.com.au](http://www.zarraffascoffee.com.au) With the days and nights getting warmer, and winter long behind us, it is time again to fire up that BBQ. Enjoy!

# Get healthy this summer!

Spring is already here and summer is just around the corner. In the warmer, longer and lazier days of summer, our lives tend to feel a little less chaotic.

With a more laidback and relaxed attitude, summer is the perfect time of year to get fit and healthy. Some of us might be feeling a little nervous about putting our swimsuits back on after the winter months of overindulgence. But there's no need to fear, as Noosa Fair Shopping Centre is here! With a range of speciality stores dedicated to your wellbeing, it couldn't be easier to get fit and healthy now.

## Fighting fit

Noosa Girls Fitness, located above Pulse Pharmacy is an all ladies gym with a difference. With no locked in contracts or joining fees, you are able to workout when and how you like. Every member receives a personalised fitness program, without the extra cost administered by most gyms. Experienced instructors who specialise in correct body movement are always present to motivate and ensure your workout has the best results. They also specialise in exercise rehab for injury and health conditions.

Personal Trainer and owner Janet Evans-Cornes believes if you don't want to get old, you have to train for the lifestyle you want. This is the mentality she hopes to pass onto her members.

"I like to work hand in hand with clients at all levels, keep them motivated and educate them on how to maintain a healthy balance between exercise and lifestyle." Want to get in shape now? Noosa Girls Fitness will be running a 6-week boot camp, starting on the 16th of September. Noosa Girls Fitness 5447 3573 or [www.noosagirlsfitness.com.au](http://www.noosagirlsfitness.com.au)

## Vital Vitamins



Pulse pharmacy Noosa Fair stocks one of the largest ranges of natural health and sports products on the Sunshine Coast. With a wide variety of vitamins, personal care, protein powders, health foods and weight loss products, you're sure to find the best products for your health.

There are five naturopaths in store with a combined experience of more than 60 years and are available everyday of the week to help with your natural healthcare needs. The team can also help you with a wide variety of other health concerns such as stress and anxiety, women's and children's health, digestive upsets and cold and flu symptoms.

Pulse Pharmacy's competitive prices are one of the best on the Coast, so why not take further advantage of this and join their free Pulse Customer Rewards program. Pulse Pharmacy - 5447 4044 or [www.pulsepharmacy.com.au](http://www.pulsepharmacy.com.au)



## Exceptional Eyes

Eyesight is arguably the most important sense we possess, so this summer it is vitally important that we take good care of our eyes. Specsavers at Noosa Fair has been operating for almost three years now and has been taking care of its customer's eyesight since day one.

Optometrist Mark Fortey has been looking after eyes for more than 18 years. As the only optometrist at the clinic, you will be able to see the same person every time you go for an eye check-up. If you are in need of new glasses or just wanting to update the look of your frames, Specsavers has a wide range of its own frames and other brands including Roxy, French Connection, Quiksilver and Tommy Hilfiger just to name a few. For a free eye check-up contact the friendly team at Specsavers today. Specsavers - 5474 9300 or [www.specsavers.com.au](http://www.specsavers.com.au)

## Summer Sounds

Today, one in six Australians suffer hearing loss. Although early intervention and rehabilitation is very important, it is known that people wait an average of 7 years before they do something about their hearing difficulty. So this summer, make sure you make a visit to the National Hearing Care clinic.

They are the leading independent provider of hearing healthcare services, with more than 115 clinics across Australia, and a permanently staffed clinic at Noosa Fair. The clinic has a friendly team of locals who pride themselves on excellent customer service. All of its audiologists are highly trained and have extensive experience in diagnosing hearing loss, as well as hearing rehabilitation, hearing loss prevention and the latest hearing instrument fitting technologies.



National Hearing Care is government accredited to provide free hearing aids and services to eligible pensioners and veterans.

National Hearing care - To book a free hearing check, freecall 1800 062 880 or [www.nhc.com.au](http://www.nhc.com.au)

## Terrific Treatment

Feeling sick? Noosa Fair Medical Centre believes the prevention of illness is of the utmost importance and prides itself on providing a friendly and caring approach to your medical needs.

With five doctors, the medical centre is able to provide an extensive array of services on site including general family medicine, mental health, skin and mole checks, chronic disease health assessments and care plans, employment and insurance medicals and counselling. The Noosa Fair Medical Centre incorporates a holistic approach toward diagnosis and management of illness and is committed to promoting health, wellbeing and disease prevention to all patients. They do not discriminate in the provision of excellent care and aim to treat all patients with dignity and respect. Noosa Fair Medical Centre - 5447 3206 or [www.noosafairmedicalcentre.com.au](http://www.noosafairmedicalcentre.com.au)

## Perfect your psyche

Sometimes you need someone to talk to, someone who can help. This summer it's time to put your problems behind you, and to help you achieve this, you may benefit from a trained and experienced professional. This is where Dale Martin steps in, a registered psychologist with more than 30 years of clinical experience. Located on level one at Noosa Fair, Dale offers one on one therapy and specialises in pain management, anxiety disorders, depression management, relationship issues, loss and grief issues, anger management, mindful weight management and attachment disorders. Dale Martin - 0418 740 821 or [www.dalemartin.com.au](http://www.dalemartin.com.au)

# Centre Directory

## Supermarket

Coles 5447 4000

## Fresh Food/ Dining

Brumby's Bakery 5474 8788

BWS 5447 3570

Noosa Fair Butchery 5455 4128

Red Mango Roll 5447 2155

Zaraffas Coffee 5447 4109

XO Cellars 5412 2845

## Fashion/ Fashion Accessories

JoJos 0408 842 810

Sketch 5447 5799

## Convenience/ Services

Creative Life Choices 5474 8244

Cruiseabout 5354 0000

Flight Centre 5474 9570

Geoff Bone Real Estate 5474 9007

Retire Invest 5449 2299

Step's Employment 5453 8700

The Lucky Charm 5447 4788

Newsagency 5447 4788

## Banking

Bendigo Bank ATM

Westpac Bank ATM

Commonwealth Bank ATM

## Lifestyle/ Gifts

Gone Bonkers Discounts 5455 4555

Newton's Apple Puzzles 5447 5578

Games & Toys 5447 5578

The Noosa Gardener 5447 4288

## Health & Beauty

Dale Martin Clinical

Psychologist 0418 740 821

National Hearing Centre 5447 2590

Noosa Fair Medical Centre 5447 5455

Noosa Girls Fitness 5447 3573

Pulse Pharmacy Noosa Fair 5447 4044

Specsavers 5474 9300

## Win \$10,000 off your home loan at The Lucky Charm



The Lucky Charm is one of the first newsagency and lottery franchises in Australia, specialising in magazines, stationery, greeting cards, lottery and tobacconist products.

The staff at The Lucky Charm Noosa Fair pride themselves on delivering exceptional service and convenience, whilst providing the highest quality products to their customers. But now there is even more reason to make a visit! This September, The Lucky Charm at Noosa

Fair have launched their TLC Rewards program. TLC Rewards is a new free loyalty card, where members receive entries into a quarterly \$10000 major prize draw, as well as exclusive in-store offers and promotions, every time you spend over \$1.

To join the program and go in the draw to win \$10,000 paid off your home loan, sign up for free at The Lucky Charm newsagency at Noosa Fair today!

## Newton's Apple fun for all

Newton's Apple specialises in games, puzzles and quality toys for all ages, families and groups.

Make time to play a good game and listen to the laughs that erupt around the table. Everyone remembers fondly the times spent playing with family and friends. There is a huge selection of craft activities and jigsaw puzzles, great for the holiday quiet times, especially when it rains. The most comprehensive range of high quality jigsaw puzzles on the Coast with more than 300

titles to choose from, from 24 to 9,000 pieces for adults and children. Our staff are always happy to explain the games and recommend what is right for you.

For the little ones, Newton's Apple has now increased the range of toys and activities for the 1-3 year age group. Newton's Apple is open Monday to Saturday 9am-5.30pm and Sunday 10am-2pm. For more information phone 5447 5578 or go to [www.NewtonsApplePuzzles.com](http://www.NewtonsApplePuzzles.com).

## JoJos

Come and see our summer resort wear Nawdic as well as Jo's own new Boho range and the cool kaftans available for the spring and summer season.

## Gone Bonkers Discounts

Your locally owned and operated discount

variety store situated at the rear of the Centre. We offer a variety of everyday items and gifts for every occasion. We also stock a great range of giftwrap, ribbons, cards, and bows. Open 7 days a week.

Don't forget Halloween October 31 st. We've got all your Halloween supplies covered.

# coles

3 Lanyana Way, Noosa Heads  
Centre Management 07 5447 3788

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Surfers Paradise

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