

Forestdale Community Business Directory



October 2018 Edition

Useful Community Contacts

Community Services

Energex (power outages)

www.energex.com.au/home/power-outages 13 62 62

Queensland Urban Utilities (water leaks on pavements/roads)

www.urbanutilities.com.au/faults-and-interruptions/report-a-leak 13 23 64

Justice of the Peace

Jennifer Kennedy	Laurie Lee	Rochelle Malmsheimer
07 3800 3013	0409 495 905	0410 449 395
kevjen7754@gmail.com	07 3809 4774	07 3800 6447
	boblee7@bigpond.com	rochelle@dreamescapes.com.au

Police Link (non-emergency)

Browns Plains Station 07 3802 7100

www.police.qld.gov.au 13 14 44

www.facebook.com/QueenslandPolice

Use for assistance in non life threatening situations. Always call **Triple Zero in an emergency**

Bush Telegraph

Jenny Wade jennifer@jfoodbrokers.com.au Email update service for Forestdale

Our Forestdale Community Facebook Group (closed group)

www.facebook.com/groups/379713825469322/

Forestdale NHW Facebook Page

www.facebook.com/ForestdaleNHW

Chair & Table Hire

Grace Zanchetta 0438 115 173

\$1 per chair and \$2 per table
For use in Forestdale only
Pick up only - no delivery available

Council Services

Division 7 Logan City Councillor

Cr Laurie Smith 0411 869 115 07 3412 5507

LaurieSmith@logan.qld.gov.au

Animal Management Centre (LCC)

213 Queens Road, Kingston Qld 4114

07 3412 5397 council@logan.qld.gov.au

www.logan.qld.gov.au/facilities-and-recreation/animals

The Animal Management Centre, impounds stray and wandering animals and surrendered pets as part of Council's urban animal management program.

Wheelie Bins & Recycling

<http://www.logan.qld.gov.au/environment-water-and-waste/waste-and-recycling/wheelie-bins>

Emergencies

Fire, Ambulance, Police	000
Energex - fallen power lines	13 19 62
Gas leaks & emergencies	1800 GAS LEAK (427 532)
Poisons Information Centre	13 11 26
www.qld.gov.au/emergency/safety/poisons	

Government Services

Member of State Parliament - Alger Electorate

Leeanne Enoch MP 07 3737 2110

algerster@parliament.qld.gov.au <http://leeanneenoch.com>

www.facebook.com/leeanneenochmp

Shops 3 & 4, 137 Parkwood Drive, Heathwood

Leeanne Enoch is the local MP for Alger and Queensland's Minister for Environment and the Great Barrier Reef, Minister for Science, and Minister for the Arts

Weather Radar & Updates

www.bom.gov.au/qld 1300 659 219

Traffic Incident Alerts

<https://qldtraffic.qld.gov.au> 13 19 40

TMR (for traffic light faults)

07 5561 3800 (manned 24/7)

Wildlife

Wildlife Carers	Karen Rea	0412 665 297
	Rebel	07 3800 9961
Koala Ambulance	0412 429 898	07 3299 1032
www.ehp.qld.gov.au/wildlife/koalas/care/koala-ambulance.html		
Snake Catcher 24hrs / 7 days	Bryan	0413 028 081
www.snakecatchers.com.au	Steph	0421 455 077

Forestdale Committee 2017/2018

Area Coordinator	Jocelyn Marentis	0438 781 003
Deputy Area Coordinator	Greg Broad	0431 708 075
Treasurer / Newsletter	Angela Arkadieff	0406 751 429
Secretary	vacant	

Forestdale NHW Inc



www.forestdale.org.au



info@forestdale.org.au



www.facebook.com/ForestdaleNHW

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Aikido Yoshinkan Southside Dojo		Activities
Location	55 Scribner Ave, Forestdale	
Contact Name	Richard or Miki Diehm	Mobile 0400 794 393
Contact Name		Mobile
Email Address	richard.diehm@gmail.com	Office
Website	https://aikidoyoshinkan.info	
Facebook Page	www.facebook.com/YoshinkanSouthside	
<i>Martial Arts</i>		

Australian Rocketry		Activities
Location	34 Blyth Court, Forestdale	
Contact Name	Blake Nikolic	Mobile 0488 847 878
Contact Name		Mobile
Email Address	info@ausrocketry.com.au	Office 07 3333 1655
Website	https://ausrocketry.com.au	
Facebook Page	www.facebook.com/ausrocketry	
<i>Rocketry products for consumers and education</i>		

Brisbane International Bonsai School		Activities
Location	n/a	
Contact Name	Tony Bebb	Mobile 0438 452 105
Contact Name		Mobile
Email Address	tonybebb@bigpond.com	Office
Website	n/a	
Facebook Page	www.facebook.com/Brisbane-International-Bonsai-School-282207551911421	

Byrne It Up - Ink, Paper, Stamps		Activities
Location	237 Forestdale Drive, Forestdale	
Contact Name	Kym Byrne	Mobile 0412 072 433
Contact Name		Mobile
Email Address	dkbyrne@tpg.com.au	Office 07 3800 0709
Website	www.kymbyrne.stampinup.net	
Facebook Page	www.facebook.com/kymbyrneink	
<i>Papercraft classes - cardmaking and scrapbooking/memory keeping. Day and evening classes. No experience needed, Come along for a cuppa and see what it's all about, learn something new. First class is free</i>		

Forestdale Golf Club		Activities
Location	Various	
Contact Name	Bruce Leggatt	Mobile 0481 994 069
Contact Name		Mobile
Email Address	leggattbruce@gmail.com	Office
Website	www.forestdalegolf.com	
Facebook Page	n/a	
<p><i>The Forestdale Social Golf Club plays at a variety of golf courses around Brisbane and the Gold Coast fortnightly from January to November. Our small committee organises the games and provides a comprehensive Game Schedule. All you have to do is turn up at the nominated time. No expensive membership fees of joining a golf club.</i></p>		

The Fun Spaceship (Indoor Playground)		Activities
Location	130-138 Waller Rd, Heritage Park	
Contact Name	Jean Ker	Mobile
Contact Name		Mobile
Email Address	info@adamandnoahcollege.com.au	Office 07 3054 1054
Website	www.funspaceship.com.au	
Facebook Page	www.facebook.com/HP-Entertainment-Centre-116674109037620	
<p><i>Indoor Playground (commercial) opened for private bookings</i></p>		

Heritage Park Entertainment Centre		Activities
Location	130-138 Waller Rd, Heritage Park	
Contact Name	Jean Ker	Mobile
Contact Name		Mobile
Email Address	info@adamandnoahcollege.com.au	Office 07 3054 1054
Website	www.hpentertainmentcentre.com.au	
Facebook Page	www.facebook.com/funspaceship	
<p><i>Entertainment Centre with stage and PA system suitable for weddings, workshops, parties, birthday parties, functions private and corporate</i></p>		

Kindermusik with Jillian Nicol		Activities
Location	129 Browns Plains Road, Browns Plains	
Contact Name	Jillian Nicol	Mobile 0418 987 957
Contact Name		Mobile
Email Address	musiceducation@optusnet.com.au	Office 07 3806 8011
Website	www.kindermusikwithjillian.com.au	
Facebook Page	www.facebook.com/kindermusikwithjillian	
<p><i>Early Childhood Music Program. Classes for ages Newborn to 7 years.</i></p>		

Margaret J Clough		Activities
Location	29 Feather Close, Forestdale	
Contact Name	Margaret Clough	Mobile 0419 661 105
Contact Name		Mobile
Email Address	mjclough@bigpond.com	Office 07 3800 1109
Website	n/a	
Facebook Page	n/a	
<p><i>Elite Level artistic roller skating coach, coaching all levels of artistic skating from beginner to World Class with proven track record at World Championships. Elite coaches are the highest qualified coaches in this sport in Australia. Based at: Revolutions Roller Sports Club Inc, Digi Roller Skating Rink, 40-44 Johnson Road, Hillcrest</i></p>		

Music Education Centre		Activities
Location	129 Browns Plains Road, Browns Plains	
Contact Name	Gavin and Jillian Nicol	Mobile 0432 937 766
Contact Name		Mobile
Email Address	musiceducation@optusnet.com.au	Office 07 3806 8011
Website	www.musiceducationcentre.com.au	
Facebook Page	www.facebook.com/musiceducationcentre	
<p><i>Music School. Private Music Lessons for Kids Teens and Adults. Singing, Piano, Guitar, Bass, Drums, Clarinet, Saxophone, Flute, Violin, Trumpet, Trombone. Adult Choir every Friday Night. Kindermusik Classes for Newborn to 7 years.</i></p>		

Susan's Quilting Shed		Activities
Location	n/a	
Contact Name	Susan Bray	Mobile 0411 139 943
Contact Name		Mobile
Email Address	susanjbray@hotmail.com	Office
Website	n/a	
Facebook Page	n/a	
<p><i>Long arm quilting and patchwork lessons. Can supply wadding for your quilt</i></p>		

Pacific Tyrepower Slacks Creek		Automotive
Location	49 Moss St, Slacks Creek	
Contact Name	Mark Manners	Mobile
Contact Name		Mobile
Email Address	slackscreek@tyrepower.com.au	Office 07 3208 1400
Website	www.tyrepower.com.au	
Facebook Page	www.facebook.com/Tyrepower-Slacks-Creek-280047042016231	
<p><i>Automotive Tyres and Balancing including Bus/Truck, (Not Motorbike) Servicing and Mechanical Repairs</i></p>		

Pedders Suspension		Automotive
Location	34 Moss St, Slacks Creek	
Contact Name	Brian & Michelle Harley	Mobile
Contact Name		Mobile
Email Address	slackscreek@pedders.com.au	Office 07 3808 2073
Website	www.pedders.com.au	
Facebook Page	www.facebook.com/PeddersSuspension	
Brake, Steering and Suspension specialists. GVM upgrades. Federally approved.		

Vanquip		Automotive
Location	22 Dividend Street, Mansfield	
Contact Name	Peter Virgulti	Mobile 0417 212 821
Contact Name		Mobile
Email Address	peter@vanquip.com.au	Office 07 3343 4566
Website	www.vanquip.com.au	
Facebook Page	www.facebook.com/Vanquip	
<i>TOWBARS - BULLBARS - ROOF/LADDER RACKS - VAN SHELVING - CARGO BARRIERS - DRAWER SLIDE SYSTEMS - CHILD RESTRAINTS - VAN WINDOWS - EXTRA SEATING - COMPLIANCING - REV CAMERAS - GPS TRACKING & SECURITY</i>		

Bee Keeper		Bee Keepers
Location	n/a	
Contact Name	Paul Appleyard	Mobile 0402 549 280
Contact Name		Mobile
Email Address	clearoceans@iprimus.com.au	Office
Website	n/a	
Facebook Page	n/a	
<i>Honey and Bee Swarm Removal</i>		

Pure Forestdale Honey		Bee Keepers
Location	n/a	
Contact Name	Peter Anderson	Mobile 0409 597 316
Contact Name		Mobile
Email Address		Office 07 3800 3562
Website	n/a	
Facebook Page	n/a	
<i>Honey sales and bee swams</i>		

Casada Constructions		Building & Construction
Location	n/a	
Contact Name	Martin Adams	Mobile 0408 318 236
Email Address	casadaconstructions@bigpond.com.au	Office
Website	www.casadaconstructions.com.au	
Facebook Page	www.facebook.com/casadaconstructionandbuilding	
<i>Renovations, extensions, new homes</i>		

Catchpole Building Services		Building & Construction
Location	58 Abbey Street Forestdale	
Contact Name	Mark Catchpole	Mobile 0417 741 135
Email Address	mark.cbs@bigpond.net.au	Office 07 3800 1262
<i>Private Building Certifier/ Building Consultant</i>		

Green Design & Drafting		Building & Construction
Location	Crannock Court, Forestdale	
Contact Name	Gary Green	Mobile 0421 125 144
Email Address	greendesign@dodo.com.au	Office 07 3809 3424
<i>Building design & drafting for new homes, additions, decks, patios, granny flats, 3D perspectives.</i>		

Hi Tech Projects – Quality Builders		Building & Construction
Location	Unit 11/59-63 Eastern Road, Browns Plains	
Contact Name	Mitch Hawkins	Mobile 0437 930 399
Email Address	info@hitechprojects.com.au	Office
Website	www.hitechprojects.com.au	
Facebook Page	www.facebook.com/htpbuiding	
<i>Hi Tech Projects has a broad range of experience working with both public and private organizations. Specializing in commercial, residential, education, retail and custom fit out projects. Hi Tech Projects has completed high-end residential homes, new housing, and renovations to complete custom refurbishments.</i>		

Schelberg Constructions		Building & Construction
Location	9 Robin Court, Forestdale	
Contact Name	Steven Schelberg	Mobile 0407 695 566
Email Address	admin@schelbergconstructions.com.au	Office 07 3800 4070
Website	www.schelbergconstructions.com.au	
<i>Home & Pool Builder</i>		

Shed Building / Demolition		Building & Construction
Location	n/a	
Contact Name	Zoltan or Dani Kiss	Mobile 0407 733 444
Contact Name		Mobile
Email Address	idjos@bigpond.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Specialising and licensed for Titan Sheds</i>		

Virtus Homes		Building & Construction
Location	Unit 11/59-63 Eastern Road, Browns Plains	
Contact Name	Mitch Hawkins	Mobile 0437 930 399
Contact Name		Mobile
Email Address	mitch@virtushomes.com.au	Office
Website	www.virtushomes.com.au	
Facebook Page	www.facebook.com/virtushomes	
<i>At Virtus Homes, we believe excellence in design makes life better. Our homes are architecturally designed to be liveable and beautiful, with clean lines and simple styling. Enjoy an easy, hassle-free build with a company you can trust.</i>		

Gerhard's Cabinets & More		Cabinet Making
Location	Lionheart Street, Forestdale	
Contact Name	Gerhard or Inge	Mobile 0421 969 143
Contact Name		Mobile
Email Address	gfussi@bigpond.com	Office 07 3800 6367
Website	n/a	
Facebook Page	n/a	
<i>We supply and install kitchens, wardrobes, laundry cabinets and many more. We also install flat pack kitchens (Kaboodle, IKEA and others). Refurbishments are welcome too</i>		

Adam & Noah Early Learning College		Childcare Services
Location	130-138 Waller Rd, Heritage Park	
Contact Name	Jean Ker	Mobile
Contact Name		Mobile
Email Address	info@adamandnoahcollege.com.au	Office 07 3054 1054
Website	www.adamandnoahcollege.com.au	
Facebook Page	www.facebook.com/adamandnoahcollege.com.au	
<i>Childcare, Vacation Care, Before and After School Care, Soccer Club</i>		

Guppy's Early Learning Centre		Childcare Services
Location	1-13 Forestdale Drive	
Contact Name	Rebecca Kearney	Mobile
Contact Name		Mobile
Email Address	forestdale@guppys.com.au	Office 07 3800 4055
Website	www.guppys.com.au	
Facebook Page	www.facebook.com/guppyselc	
<i>Guppy's Early Learning Centre is a Long Day Care Service in Queensland. Our vision is to provide exceptional childcare through personalised service.</i>		

Grubless Property Services		Cleaning
Location	Forestdale	
Contact Name	David Thomsen	Mobile 0421 707 304
Contact Name		Mobile
Email Address	admin@grubless.com.au	Office 07 3800 8824
Website	www.grubless.com.au	
Facebook Page	www.facebook.com/Grubless	
<i>Commercial cleaning</i>		

Elliott & Fyfe Concrete Cutting Service		Concrete Cutting
Location	11 Feather Close, Forestdale	
Contact Name	Shaun McCabe	Mobile 0411 554 737
Contact Name		Mobile
Email Address	elliottandfyfe@bigpond.com	Office 07 3806 9100
Website	www.elliottandfyfe.com.au	
Facebook Page	n/a	
<i>Concrete Cutting Service</i>		

Fast Cut Qld Pty Ltd		Concrete Cutting
Location	n/a	
Contact Name	Rob East	Mobile 0414 756 052
Contact Name		Mobile
Email Address	rob@fastcut.com.au	Office 07 3265 6537
Website	www.fastcut.com.au	
Facebook Page	n/a	
<i>Concrete Cutting</i>		

TWT Concrete Pumping		Concrete Pumping
Location		
Contact Name	Brendan Boyd	Mobile
Contact Name	Lisa Boyd	Mobile 0404 444 274
Email Address	twtconcretepumping@live.com.au	Office
Website		
Facebook Page		
<i>We pump footings, slabs, driveways, paths, blockfill, and specialise in Exposed Aggregate. Domestic and Commercial work</i>		

ADR Electrical		Electrician
Location	n/a	
Contact Name	Allan Dunkley	Mobile 0411 243 355
Contact Name		Mobile
Email Address	adrelectrical@bigpond.com	Office
Website	n/a	
Facebook Page	n/a	
<i>General electrical maintenance, TV antennas</i>		

AJ's Electrical		Electrician
Location	7 Sheriff Street, Forestdale	
Contact Name	AJ	Mobile 0419 647 823
Contact Name		Mobile
Email Address	ajselect@bigpond.com	Office
Website	n/a	
Facebook Page	n/a	
<i>All electrical needs, ceiling fans, power points etc, new house construction & commercial work.</i>		

FIXZIT – Belby Electrical Services Pty Ltd		Electrician
Location	Unit 1 / 101 Jijaws Street, Sumner Park	
Contact Name	Mark Slater	Mobile 0423 002 260
Contact Name	Karen Slater	Mobile 0411 026 996
Email Address	belby@fixzit.com.au	Office 07 3279 2888
Website	www.fixzit.com.au	
Facebook Page	www.facebook.com/FixzitTradeServices	
<i>Domestic Installation and Repairs, Refrigeration/Air-conditioning Installation/Repairs, Electrical Switchboard Upgrades, Emergency/Exit Lighting & Smoke Alarms, Test and Tag, Safety/Pre-Purchase Inspections. All Forestdale Residents receive \$35.00 Discount</i>		

Porta-Sift Industries		Equipment Hire & Sales
Location	n/a	
Contact Name	Peter Morgan	Mobile 0490 974 395
Email Address	portasift@outlook.com	Office
Website	www.portasift.com.au	
YouTube	www.youtube.com/channel/UC9wB0foV6aP-szkwn5VEypw	
<i>Porta-Sift Industries distributes small automatic soil and compost sieves. The ROTA-SIFTER® portable electric powered rotary sieve will save you hours of back-breaking work turning rocky dirt into clean topsoil.</i>		

Forestdale Tax Agents		Financial Services
Location	n/a	
Contact Name	Patrick Furlong	Mobile 0414 251 323
Email Address	info@foundationfs.com.au	Office 07 3118 5847
Website	n/a	
Facebook Page	n/a	
<i>Taxation services to businesses, tradies & individuals ; Bookkeeping service ; Assistance with MYOB & Xero</i>		

Loan Gallery Finance Pty Ltd		Financial Services
Location	n/a	
Contact Name	Belinda Mostert	Mobile 0438 732 149
Email Address	belinda.mostert@loangallery.com.au	Office
Website	www.loangallery.com.au	
Facebook Page	www.facebook.com/BelindaFinance	
<i>I offer services for a wide range of finance options, including: Residential Home First Home Buyer Renovation Investment Business Commercial Refinancing Vacant Land Debt Consolidation Debtor Finance SMSF Lending Vehicle & Equipment Finance Deposit Bonds Insurances</i>		

Torque Money		Financial Services
Location	Unit 20/8 St Jude Court, Browns Plains	
Contact Name	Ryan McQuilty	Mobile 0418 725 237
Email Address	ryan@torquemoney.com.au	Office 1800 850 730
Website	www.torquemoney.com.au	
Facebook Page	www.facebook.com/TorqueMoney	
<i>One stop shop for all Car, Truck, Bike, Trailer, Marine & Equipment Financing needs. We can even assist finding your new Vehicle for you.</i>		

Lawn Mowing & Garden Services		Gardening & Mowing
Location	n/a	
Contact Name	Darren Berry	Mobile 0419 701 109
Email Address	gardensandlawns@yahoo.com.au	Office
Website	n/a	
Facebook Page	n/a	
<i>Affordable lawn mowing, gardening and small tree lopping</i>		

Pete's Gardening & Maintenance Services		Gardening & Mowing
Location	n/a	
Contact Name	Peter	Mobile 0449 501 927
Contact Name		Mobile 0449 501 710
Email Address	pat_randall@iprimus.com.au	Office 07 3809 3311
Website	n/a	
Facebook Page	n/a	

RG Lawn Care Services		Gardening & Mowing
Location	18 - 22 Creekside Court, Forestdale	
Contact Name	Rachael Gerhardt	Mobile 0412 100 582
Contact Name		Mobile
Email Address	rae_rulz2000@yahoo.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Lawn mowing</i>		

Brisbane Gates		Gates & Fencing
Location	Forestdale	
Contact Name	Michael	Mobile 0411 519 685
Contact Name		Mobile
Email Address	sales@brisbanegates.com.au	Office
Website	www.brisbanegates.com.au	
Facebook Page	n/a	
<i>Supply & Installation of custom Gates, Fencing and Automation of Gates</i>		

Aztec Screens		Glazing
Location	n/a	
Contact Name	Helen Kelly	Mobile
Contact Name		Mobile
Email Address	enquiries@aztecscreens.com.au	Office 07 3800 7351
Website	www.aztecscreens.com.au	
Facebook Page	n/a	
<i>Aztec Screens manufacture, supply and install a wide range of security windows, doors and other aluminium products. We provide an obligation free measure and comprehensive quotation - installation & GST included.</i>		

Frog Glass Pty Ltd		Glazing
Location	5/15 Overlord Place, Acacia Ridge	
Contact Name	Peter Carmichael	Mobile 0411 875 652
Contact Name		Mobile
Email Address	info@frogglass.com.au	Office 07 3272 1644
Website	www.frogglass.com.au	
Facebook Page	www.facebook.com/FrogGlassBris	
<i>Supply, installation and repairing/re-glazing of aluminium doors, windows, shower screens, balustrades, glass pool fencing, security doors and screens, and kitchen splashbacks</i>		

AVON Consultant		Hair / Beauty
Location	n/a	
Contact Name	Joanne Grossman	Mobile
Contact Name		Mobile
Email Address	joanne_grossman@hotmail.com	Office 07 3800 5887
Website	n/a	
Facebook Page	n/a	

Embellish Makeup and Tanning		Hair / Beauty
Location	19-23 Boyd Court, Forestdale	
Contact Name	Lisa Boyd	Mobile 0409 519 861
Contact Name		Mobile
Email Address	lisacoates_makeupartist@yahoo.com.au	Office
Website		
Facebook Page	www.facebook.com/embellishmakeupandtanning	
<i>Services include Makeup for all occasions and spray tanning</i>		

GlazeMe		Hair / Beauty
Location	n/a	
Contact Name	Megan Harris	Mobile 0404 899 141
Contact Name		Mobile
Email Address	enquiry@glazeme.com.au	Office
Website	www.glazeme.com.au	
Facebook Page	www.facebook.com/GlazeMe.com.au	
<i>Online UV nail polish, lamps and accessories. Achieve salon perfect nails without the expensive price tag. GlazeMe is one of Australia's leading online suppliers of UV nail polish.</i>		

Salon 61		Hair / Beauty
Location	Shop 2/11 Forestdale Drive	
Contact Name	Leigh Helfert	Mobile 0424 136 420
Contact Name		Mobile
Email Address	leigh@salon61.com.au	Office 07 3800 7204
Website	www.salon61.com.au	
Facebook Page	www.facebook.com/SALON-61-306545614855	
<i>Hair Salon</i>		

MOJO V HAIR		Hair / Beauty
Location	62 Dickman Rd, Forestdale	
Contact Name	Vesna Matkovic	Mobile 0402 014 487
Contact Name		Mobile
Email Address	jvm20207@hotmail.com	Office
Website	n/a	
Facebook Page	www.facebook.com/MojoVHair	
<i>His and hers Hairdressing Studio. Gifts and Fashion Accessories. Family Friendly Studio</i>		

Amz Fitness		Health & Wellbeing
Location	Huntingdon Street	
Contact Name	Amy Wiltshire	Mobile 0400 553 829
Contact Name		Mobile
Email Address	info@amzfitness.com.au	Office
Website	www.amzfitness.com.au	
Facebook Page	www.facebook.com/AmzFitness	
<i>Why is Amz Fitness different, we look at you as an individual and help you work on your goals. Each person is special and unique and we cater your fitness plan to you with no cookie cutter programs.</i>		

BodyStart Bowen		Health & Wellbeing
Location	n/a	
Contact Name	Yasmin Turner	Mobile 0432 944 008
Contact Name		Mobile
Email Address	yasminturner05@gmail.com	Office
Website	n/a	
Facebook Page	www.facebook.com/BodyStartBowen	
<i>Bowen is a holistic remedial body technique that works on the soft connective tissue (fascia) of the body. Bowen therapy can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions.</i>		

Brita Ella with Scentsy		Health & Wellbeing
Location	n/a	
Contact Name	Brita Regan	Mobile 0455 599 985
Contact Name		Mobile
Email Address	britaella@icloud.com	Office
Website	n/a	
Facebook Page	www.facebook.com/BritaEllaScentsy	
<i>A world of pretty warmers, diffusers, gorgeous oils & wax melts with quality cleaning & washing products</i>		

Doterra Consultant		Health & Wellbeing
Location	n/a	
Contact Name	Louisa Ben Moha	Mobile 0499 771 115
Contact Name		Mobile
Email Address	Lhem007@bigpond.com	Office
Website	n/a	
Facebook Page	www.facebook.com/Louisas-Natural-Therapies-1013401688870875	
<i>Massage Therapist, do Terra Wellness Advocate</i>		

Intrinsic Health and Rehab		Health & Wellbeing
Location	1/11 Forestdale Drive, Forestdale	
Contact Name	Javier Bara (jbara@intrinsichealth.net.au)	Mobile 0455 672 272
Contact Name	Tim Douge (tdouge@intrinsichealth.net.au)	Mobile 0409 315 826
Email Address	enquiries@intrinsichealth.net.au	Office 07 30869595
Website	www.intrinsichealth.net.au	
Facebook Page	www.facebook.com/IntrinsicHealthandRehab	
<i>Intrinsic Health & Rehab is an allied health centre in Forestdale. We combine rehabilitation, lifestyle support and wellness prevention to support people of any age, ability, and disability to feel better for longer. Our team of exercise physiologists, physiotherapists and occupational therapist improve lifestyles. Individuals, community groups, and companies have all shared the benefits of our services. Get in touch.</i>		

Juice Plus		Health & Wellbeing
Location	n/a	
Contact Name	Jillian Nicol	Mobile 0418 987 957
Contact Name		Mobile
Email Address	jillibean2407@hotmail.com	Office
Website	www.jilliannicol.juiceplus.com.au	
Facebook Page	n/a	
<i>27 different fruits, vegetables & berries to Nourish, Heal & Protect from the inside out. If you would like to have more energy & not feel so tired why not consider a whole food support.</i>		

Kymboo Massage N Beauty		Health & Wellbeing
Location	n/a	
Contact Name	Kym Baxter	Mobile 0433 145 236
Contact Name		Mobile
Email Address	kymboo96@hotmail.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Cupping, Remedial, Relaxation \$60/Hr, Micro Dermabrasion, Waxing, Facials and more</i>		

Life Activated		Health & Wellbeing
Location	n/a	
Contact Name	Rebecca McQuilty	Mobile 0410 576 063
Contact Name		Mobile
Email Address	Rebecca@dreams2reality.com.au	Office
Website	n/a	
Facebook Page	www.facebook.com/payitforwardLA	
<i>Life Activated is all about activating your life. We provide solutions from health and wellness to personal and business mentoring. We are the distributor of an all natural activating product that will switch on a gene in your body , where your body has the ability to make one million to one antioxidants per second every second , also lowering oxidative stress dramatically and lowering inflammation.</i>		

Louisa’s Natural Therapies		Health & Wellbeing
Location	199 Forestdale Drive	
Contact Name	Louisa Ben Moha	Mobile 0499 771 115
Contact Name		Mobile
Email Address	Lhem007@bigpond.com	Office
Website	n/a	
Facebook Page	www.facebook.com/Louisas-Natural-Therapies-1013401688870875	
<i>Massage Therapist, doTerra Wellness Advocate</i>		

Queensland Chiropractic Group		Health & Wellbeing
Location	3/26 Commercial Drive, Springfield	
Contact Name	Mark Abreu	Mobile
Contact Name		Mobile
Email Address	info@qldchiropracticgroup.com.au	Office 1300 852 652
Website	www.qldchiropracticgroup.com.au	
Facebook Page	www.facebook.com/qldchiropracticgroup	
<i>We are a highly skilled team of chiropractors who are dedicated to bringing you the best Chiropractic care possible.</i>		

Sit-Rite		Health & Wellbeing
Location	Broadsword Court Forestdale	
Contact Name	Brad Miell	Mobile 0427 838 089
Contact Name		Mobile
Email Address	info@sit-rite.com.au	Office
Website	www.sit-rite.com.au	
Facebook Page	n/a	
<i>Ergonomic office furniture, sit-stand desks, office chairs, all office furniture including book cases, storage cabinets etc.</i>		

Dream Escapes		Holidays
Location	n/a	
Contact Name	Rochelle Malmsheimer	Mobile 0410 449 395
Contact Name		Mobile
Email Address	rochelle@dreamescapes.com.au	Office 07 3800 6447
Website	n/a	
Facebook Page	n/a	

Amentco Sunstate Group		Home Security
Location	870 Boundary Rd, Coopers Plains	
Contact Name	Steve Ward	Mobile 0418 780 483
Contact Name		Mobile
Email Address	steve@asqbrisbane.com.au	Office 1300 784 763
Website	www.sunstatesecurity.com.au	
Facebook Page	n/a	
<i>We specialise in installation of alarm systems and CCTV, we also provide Access Control and Nurse Call</i>		

Loganholme Security Services		Home Security
Location	n/a	
Contact Name	Shayne Allport	Mobile 0433 008 878
Contact Name		Mobile
Email Address	info@loganholmesecurityservices.com.au	Office
Website	n/a	
Facebook Page	n/a	
<i>Security patrols, guards, alarm responses</i>		

Security Solutions (Australasia) Pty Ltd		Home Security
Location	n/a	
Contact Name	Shayne Allport	Mobile 0408 796 731
Contact Name		Mobile
Email Address	info@securitysolutionsaustralasia.com.au	Office 1300 022 256
Website	www.securitysolutionsaustralasia.com.au	
Facebook Page	n/a	
<i>Security patrols, guards, alarm responses, alarm installations</i>		

Tupperware Consultant		Homewares
Location	n/a	
Contact Name	Krystal Kim	Mobile 0457 122 229
Contact Name		Mobile
Email Address	krystal.kim17@gmail.com	Office
Website	n/a	
Facebook Page	n/a	

Nuway		Landscaping
Location	Cnr Stapylton & Johnson Road	
Contact Name	Jason Best	Mobile
Contact Name		Mobile
Email Address	forestdale@nuway.com.au	Office 07 3800 5433
Website	www.nuway.com.au	
Facebook Page	n/a	
<i>Landscape Supplies, Pavers & Walls</i>		

Suburban Law		Legal Services
Location	Forestdale and Browns Plains	
Contact Name	Debra Millar LLB	Mobile 0422 310 495
Contact Name		Mobile
Email Address	info@suburban-law.com.au	Office
Website	www.suburbanlaw.com.au	
Facebook Page	n/a	
<i>We are a local firm with over 30 years legal experience so why go to the CBD when we are in the suburbs near you and we can come to you!</i>		

Brisbane Trade Painters Pty Ltd		Painters & Decorators
Location	67 Lionheart St , Forestdale	
Contact Name	Justin Say	Mobile 0410 123 205
Contact Name	Kelly Say	Mobile 0479 035 753
Email Address	admin@brisbanetradepainters.com	Office 07 3806 7746
Website	www.brisbanetradepainters.com	
Facebook Page	www.facebook.com/brisbanetradepaintersptyltd	
<i>Fully Licensed and Insured Painters and Decorator. Specializing in all aspects of painting Big or Small</i>		

Acacia Ridge Pet Resort		Pet Care
Location	102 Sherbrooke Road, Willawong	
Contact Name	Darrin & Abbey Suter	Mobile
Contact Name		Mobile
Email Address	info@acaciaridgepetresort.com.au	Office 07 3372 7674
Website	www.acaciaridgepetresort.com.au	
Facebook Page	www.facebook.com/AcaciaRidgePetResort	
<i>Acacia Ridge Pet Resort provides both standard and luxury pet boarding for cats and dogs. Our pet retreat is designed so your pets have a fantastic holiday and you have peace of mind they're being cared for by responsible, caring pet professionals.</i>		

Cats Country Club		Pet Care
Location	12-14 Nottingham Court, Forestdale	
Contact Name	Karenne & Karen	Mobile 0412 944 306
Contact Name		Mobile
Email Address	catscountryclub@optusnet.com.au	Office 07 3809 3661
Website	www.catscountryclub.com.au	
Facebook Page	n/a	
<i>Cats Boarding Kennel</i>		

Forestdale Pet Care		Pet Care
Location	n/a	
Contact Name	Cheryl	Mobile 0403 950 266
Contact Name		Mobile
Email Address	zanthura@live.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Caring for pets in their own home / holiday pet care</i>		

Comtech Plumbing and Gas		Plumbing
Location	Forestdale	
Contact Name	Darryl Drake	Mobile
Contact Name		Mobile
Email Address	accounts@comtechplumbing.com.au	Office 07 3800 9355
Website	www.comtechplumbing.com.au	
Facebook Page	www.facebook.com/comtechplumbing	
<i>The plumbing and gas maintenance specialists with over 35 years of tried and trusted experience.</i>		

Dan Stretton Plumbing		Plumbing
Location	540 Johnson Road, Forestdale	
Contact Name	Dan Stretton	Mobile 0401 308 777
Contact Name		Mobile
Email Address	danstretton@gmail.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Plumbing, Drainage and Gas</i>		

GW & LJ Stretton Plumbing and Drainage		Plumbing
Location	540 Johnson Road, Forestdale	
Contact Name	Greg Stretton	Mobile 0418 741 714
Contact Name		Mobile
Email Address	strettonplumbing@hotmail.com	Office
Website	n/a	
Facebook Page	n/a	
<i>Plumber and Drainer with 40+ years experience. General plumbing and drainage. Septic trenches - Guttering - Bathroom renovations - Hot Water Systems</i>		

All Properties Group		Real Estate
Location	1/6 Weber Drive, Browns Plains	
Contact Name	Jay Aston	Mobile 0416 140 227
Contact Name		Mobile
Email Address	jay.aston@allpropertiesgroup.com.au	Office
Website	www.allpropertiesgroup.com.au	
Facebook Page	www.facebook.com/jayastonAPG	
<i>Real Estate - buy, sell, rent</i>		

Browns Plains Real Estate		Real Estate
Location	Shop 1, 191/195 Waller Road, Regents Park	
Contact Name	Neil Giles	Mobile 0405 158 449
Email Address	neilgiles@brownsplainsrealestate.com.au	Office 07 3800 3322
Website	www.brownsplainsrealestate.com.au	
Facebook Page	www.facebook.com/BrownsPlainsRealEstate	
<i>Buying, Selling, Renting or Investing in Real Estate the Contract Browns Plains Real Estate please view are current testimonials http://brownsplainsrealestate.com.au/testimonials</i>		

Crafted Property Agents acreage life		Real Estate
Location	3 / 64 Eastern Road, Browns Plains	
Contact Name	Philip Resnikoff	Mobile 0433 324 089
Email Address	philip@craftedagents.com.au	Office
Website	www.acreagelife.com.au	
Facebook Page	www.facebook.com/acreagelife	
<i>Bespoke Property Agents - Hand Crafted and High Quality Marketing - Acreage Specialists - Brisbane, Logan Acreage & beyond ...</i>		

Clifford Signs		Signage
Location	25 Nealdon Drive, Meadowbrook	
Contact Name	Mark Clifford	Mobile 0411 709 463
Email Address	mark@cliffordsigns.com.au	Office 07 3805 6738
Website	www.cliffordsigns.com.au	
Facebook Page	n/a	
<i>Signage</i>		

CMAK Pty Ltd		Specialist Services
Location	29 Feather Close, Forestdale	
Contact Name	Christopher Clough	Mobile 0419 645 423
Contact Name	Margaret Clough	Mobile 0419 661 105
Email Address	info@cmakcrystalimports.com.au	Office 07 3800 1109
Website	www.cmakcrystalimports.com.au	
Facebook Page	n/a	
<i>Providing cost effective solutions for rhinestones/crystals for all your roller sport, ice sport, dance sport and other costuming needs. New online shop under construction</i>		

Geological Data Design		Specialist Services
Location	n/a	
Contact Name	Tony Shellshear	Mobile 0408 152 256
Email Address	info@gdd.net.au	Office
Website	www.gdd.net.au	
Facebook Page	n/a	
<i>Data Management & Design</i>		

Wilson Design Drafting		Specialist Services
Location	n/a	
Contact Name	Leon Wilson	Mobile 0407 167 563
Email Address	info@wilsondd.com.au	Office
Website	www.wilsondd.com.au	
Facebook Page	www.facebook.com/Wilson-Design-Drafting-406013806417891	
<i>Mechanical drafting and design; 3D modelling, conveyors, machinery, detail drawings</i>		

Pool Safe Queensland		Swimming Pools
Location	35 Archery Street, Forestdale	
Contact Name	Jeff Kesby	Mobile 0490 953 577
Email Address	jeff.kesby@icloud.com	Office
Website	www.poolsafeqld.com.au	
Facebook Page	n/a	
<i>Swimming Pool Fence Safety Inspections</i>		

South East Tile & Stone		Tiling
Location	Brisbane, Gold coast, Ipswich	
Contact Name	Nic Sansom	Mobile 0432 961 288
Email Address	nic@southeasttileandstone.com.au	Office
Website	www.southeasttileandstone.com.au	
Facebook Page	www.facebook.com/Southeasttileandstone	
<i>Brisbane based wall and floor tiling company. Skilled in the installation of ceramic, porcelain, glass and natural stone tiles and cladding.</i>		

GDE Tree Services		Tree Services
Location	183 McRoyle Street, Wacol	
Contact Name	Brendan Stehbens	Mobile 0412 876 183
Email Address	info@gdetreeservices.com.au	Office 07 3271 6411
Website	www.gdetreeservices.com.au	
Facebook Page	www.facebook.com/gdetreeservices	
<i>GDE Tree Services is a family owned & operated 100% Treecycle company which was established by Graham Dewitt in 1987. Over the last 30 years, Graham and Keirson Dewitt have built the company to be one of the most reputable and reliable tree service companies whose services are sought after throughout Brisbane and its' surrounding areas. Boasting over 20 staff, three dedicated domestic tree service crews, 24 hour storm response crews, a separate stump grinding specialist, a full time estimator offering "free quotes", and a commercial land clearing crew, we work with Industry professionals to achieve efficiency, professionalism and safety. Call GDE Tree Services, your local vegetation management professionals! FREE QUOTES-FULLY INSURED-30YEARS EXPERIENCE</i>		

Ruth Christensen		Tutoring
Location	Forestdale	
Contact Name	Ruth Christensen	Mobile
Email Address	chris10sen@bigpond.com	Office
<i>Experienced primary teacher available for private individual or small group tutoring – all subjects except Music, PE and Science. Preference for Years 4-7, but able to cater for years 2-3 as well. Very reasonable rates, negotiable based on frequency, time and number of tutees</i>		

Browns Plains Veterinary Surgery		Veterinary Clinics
Location	Shop 5 3276 Mt Lindesay Highway Browns Plains	
Contact Name	Nigel Thomas	Mobile
Email Address	bpvetsurgery@bigpond.com	Office 07 3800 0369
Website	www.brownsplainsvet.com.au	
Facebook Page	www.facebook.com/brownsplainsvet	
<i>Veterinary services – small boutique surgery providing all the vet needs for local pets.</i>		

Helping Paws Veterinary Clinic		Veterinary Clinics
Location	3688 Mt Lindsay Hwy, Park Ridge (next to Produce Store)	
Contact Name	Dr Belinda Wright	Mobile
Email Address	helpingpawsvet@yahoo.com.au	Office 07 3297 1005
Website	www.localvet.com.au/HelpingPawsVetClinic/meet-our-team.aspx	
Facebook Page	www.facebook.com/helpingpawsveterinaryclinic	
<i>Veterinary services</i>		

Park Ridge Animal Hospital		Veterinary Clinics
Location	3626-3632 Mount Lindesay Hwy, Park Ridge	
Contact Name	Nigel Thomas	Mobile
Email Address	admin@parkridgevet.com.au	Office 07 3800 1378
Website	www.parkridgevet.com.au	
Facebook Page	www.facebook.com/Park-Ridge-Animal-Hospital-199766776711994	
<i>Veterinary services</i>		

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To request a listing in the next edition, please email info@forestdale.com.au