

**Safarii Skin and Body Care** newsletter  
june to sept 09

**Treatment SPECIAL**

Keep the summer glow all year round with **Microdermabrasion** at Safarii this winter.

Book 2 Microdermabrasion resurfacing skin treatments today\* and receive your 3rd one **ABSOLUTELY FREE** (valued at \$100).

\*First 20 clients only. Treatments must be paid for at time of first treatment & all three treatments must be completed by 30 Sept 09.

**PRODUCT SPECIAL**

Receive a **FREE Napoleon Clutch** (valued at \$30) **AND** a **FREE Napoleon limited edition colour mascara** (valued at \$25) when you purchase an Eyeshadow Quad & a Blush Duo from the latest Napoleon 'Surreal World' range.

**Hurry, these offers are only valid while stock lasts!!**

Complimentary Dermalogica **Gift with Purchase** valued at \$40 with every **Age Smart** or **Chromawhite** purchase at full price, while stock lasts!

**COMPETITION**

Secure your seat for our next Napoleon VIP group event on **Tues 30th June** and you will have a **1 in 10** chance to win a **Napoleon Gift Pack** valued over **\$300!!!!**

**dermalogica**  
Great news for Dermalogica users!!!  
Due to popular demand, the 10% re-purchasing discount will be extended to all clients indefinitely.

**Thankyou & Welcome**

Thank you all for supporting just had our 2nd year birthday. Safarii is pleased to announce time recruit. **Dayna** has been therapist for the last 4 years experienced in waxing and waxes with Dayna in your Mention this ad and you will have a 1 in 8 chance to win a **Napoleon Gift Pack valued over \$100!!!**

**Safarii Skin and Body Care**  
t: 08 9325 8890 e: info@safarii.com.au w: www.safarii.com.au  
Shop 27, 108 Royal Street, East Perth (Opposite Yellow Cat Stop 33)  
Open: Mon By Appointment Only, Tue - Fri 10am till late, Sat - Sun By Appointment Only

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oct to december 09

**Treatment SPECIAL**

IPL Intense Pulse Light hair removal & face rejuvenation treatments are now available at Safarii. Come & speak to one of our trained therapist about what IPL can offer your skin and hair!

**Special Launch Deals**

Book in for an IPL Skin Rejuvenation Facial & receive an Oxygen therapy upgrade **ABSOLUTELY FREE!!!**

Book in for your IPL hair removal treatment & receive your 2nd treatment FREE

**PRODUCT SPECIAL**

**Equavie** A certified organic skin care range by Phytother is finally here at Safarii. Discover a new beauty concept that unites cosmetic expertise, natural ingredients, sensory bliss, and respect for the environment. Guided by a natural vision of beauty and an aim for authenticity.

A natural yet modern brand, Equavie is environmentally conscious, without neglecting enjoyment and performance.

Enjoy Equavie products at a **15%** discount off RRP during October.

**Gift Vouchers**  
**Christmas is just around the corner!**

A wide range of Gift Vouchers are available at Safarii for you to treat your loved ones. Please visit us online or in store for Gift Ideas. We will be delighted to customize packages to suit your requirements and post it out to your special someone. They will definitely love you more for it!

**BONUS:**  
You will learn loyalty points at Safarii with your Gift Voucher purchase as our way of thanking you.

**Gift Voucher**

**ONE-ON-ONE 45 MINUTE MAKEOVER EVENTS**

**Wed 25th November**  
**Tues 15th December**

Various sessions are available between 12pm & 7pm. Call now to secure your seat!

\*A booking deposit of \$80 is applicable. The amount is fully redeemable on Napoleon products at time of event.

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Newsletters

**Peel Cycling Club**  
Incorporated as Peel Diamond Cycling Club. No. 1004685 ABRN 74345214554  
Issue 101 October 2009

**Letter from the Editor**

Congratulations to our members on their great performances at the National Masters Championships. Great results. Just goes to show the calibre of riders we have hidden away in our little club.

What a great turnout for race two of the Bonser TT series. 19 riders. I think there might be a bit of friendly rivalry between the Backshalls. I am sure you can find the 20 seconds you need there Mick!

I hope everyone has the Hilly TT for 22 Nov pencilled in on their calendar. It is a great course and will reward those willing to give it a go.

Our AGM is on the 21st of November this year. (Yes, the day before the TT. Riding to Mandurah would be a good pre TT prep!) It would be good to see plenty of you there. Remember it is your club, and it doesn't run itself, so come along and have a say in how it runs. We are looking for some new committee members so if you can spare a bit of time and would like to play an active role in the management of the club please come along and be counted. We currently have somewhere in the vicinity of 150 club members. Let's see if we can 1/5 of them to the meeting!

Andrew

**Australian Masters Championships**

Peel Cycling Members Kelly Gray, Phil Diesel and Mark Roberts recently returned from the 2009 Australian Masters Road Cycling Championships held in Canberra. The Cycling Championships were held over 5 days with events including the Time Trial, Road Race and Criterium disciplines.

From around Australia competitors had to tackle one of the toughest road race courses in Australia and endure fearsome headwinds, bitter temperatures and sporadic rain. Kelly Gray of Mandurah contested the 35-39 age group winning gold medals in the 60km Road Race and the Criterium race.

In her first event on the program the 20km Time Trial Gray finished 6th overall.

The outstanding performance from Kelly an accomplished triathlete in her younger days, saw her awarded the champion of Champions Jersey for the meet. Deisel competing in the 40-44 age group claimed the Gold Medal in the 20km Time Trial in very challenging conditions and finished 10th in the Criterium.

**Adventure Report**

The vast expanses of Australia have always fascinated adventurers and the Nullarbor is the long distance cyclist's nirvana. So when an opportunity arose to ride from Perth to Adelaide, it sounded too good to pass up. We were part of a group of 21 riders, not all of whom seemed to realise the size of the task ahead of them, particularly the overseas participants. Everyone was stunning. The wildlife was not visibly abundant as animals were able to graze on the lush vegetation rather than depending on roadside vegetation. There was very little road kill and consequently not many Wedge-tail Eagles foraging on the road. A typical day saw us having breakfast before dawn and then setting off at daylight. We generally arrived at our destination by mid afternoon, leaving us time for rest, recuperation and rehydration. The daily distances varied widely, as this depended on the distances between accommodation.

**The stats:**

- 21 riders
- 5 support crew, including 2 mechanics and a masseuse
- 2,800 km
- 3 weeks
- Average 140 km/day
- >50,000 photos taken
- 6510 meals consumed
- \$51,250 raised for "MS Riding for Wheels" Project

**ELLIS HOUSE**  
Community Art Centre  
Newsletter  
www.ellishouse.net Blog: http://ellishousearts June 2009 Issue

**Exhibitions 2009**

**How to be a better painter**

Bob Abrahams responds to often asked questions.

**Why are there no bad paintings for developing artists?**  
Because every painting provides the artist with an opportunity to learn and improve technique and skills.

**How can I quickly develop my painting technique and skills?**

- By painting (or drawing) something everyday or as often as possible.
- By painting from life rather than from photographs or imagination.
- By treating every painting as a study or learning experience.
- Discard paintings that don't meet your expectation and re do again, and again.
- Paint small and aim to complete each work in around half a day.
- Improvement will be obvious when you have completed 100 studies.

**Where can I practice the above principles?**  
Come and join the enthusiastic groups of artists who meet regularly at:  
Ellis House from 10.00am Tuesday, Thursday and Friday. Bring your painting gear and lunch, no charge.

**Artists Market**

Donorship Tables are served at the Artists Market on the first Sunday of each month, where artists display affordable, alternative works.

Other times visitors can enjoy an informal tea or coffee with the artists while relaxing around the gardens and verandas.

**Friends Exhibitions**

Throughout winter Ellis House will be showing three separate exhibitions by Friends of Ellis House. Visitors will find an interesting mix of artists and new artworks.

**A brush with life**  
by Bob Abrahams and David Hinchliffe  
August 20 - September 6  
An exhibition of impressionistic paintings inspired by nature and the landscape. Local artists and friends, Bob Abrahams and David Hinchliffe will show their recently completed paintings in the gallery at Ellis House. Bob and David paint regularly at locations along the Swan River and suburban Perth. They specialise in impressionistic style paintings of landscape, flowers and figures that are all painted directly from life or inspired from life studies and sketches. Both David and Bob are experienced and successful artists who have won numerous awards for their unique paintings.

**Ellis House Website**

Alli is in the final stages of getting a web page organized and that will be up and running shortly. Our blog will be listed on it and we will be putting extra information on the blog including members' website addresses and blogs. We have so many talented artists involved with making Ellis House work, and Alli's input is outstanding...designing invitations, producing and sending out the newsletter along with Liz Lezzi, and now doing the web and still finding time to paint! Watch out for it. Thanks Alli and Liz.

Ellis House 116 Milne St. Bayswater Open Thursday to Sunday from 10am to 5pm enquiries 9271 9770