



MB

THE MERCEDES-BENZ
GOLD COAST MAGAZINE

GC

DRIVER

Pat Bowden pushes
the limits of FMX

DESTINATION

The ultimate stopover:
two days in Tokyo

PLATE

Food lovers find Shelter
in Lennox Head

WINTER 2018

WWW.MBGOLDCOAST.COM.AU



Pushing the limits. Everywhere.

The all new Mercedes-AMG GLC 63 S

The highly anticipated all new Mercedes-AMG GLC 63 S has arrived. Built from the ground up combining AMG sports heritage with SUV practicality. With a 4.0 litre V8 biturbo engine, advanced AMG SPEEDSHIFT MCT 9-Speed transmission and AMG's performance 4MATIC+ all-wheel drive system all lurking behind the iconic Panamericana grille, it's brute sophistication at its best.

Visit Mercedes-Benz Gold Coast to experience its raw power and control for yourself.

www.mbgoldcoast.com.au



IWC PILOT'S. ENGINEERED FOR ORIGINALS.



Join the conversation on
#B_ORIGINAL.

Big Pilot's Watch. Ref. 5010:

Leaning heavily on the first Pilot's Watches and at the same time an original: like its illustrious predecessors, the latest Big Pilot's Watch masterfully combines precision technology with functional design. The largest calibre developed and built in IWC's workshops builds up a seven-day power reserve in next to no time. The triangular index positioned below the chapter ring and the slender five-minute indices take the dial closer to the 1940 original. Small wonder, then, that the same thing

goes for the watch as it owner: originality is all about character. **IWC. ENGINEERED FOR MEN.**

Mechanical IWC-manufactured movement 52110 calibre · Pellaton automatic winding · 7-day power reserve · Power reserve display · Date display · Central hacking seconds · Soft-iron inner case for protection against magnetic fields · Screw-in crown · Sapphire glass, convex, antireflective coating on both sides · Glass secured against displacement by drops in air pressure · Special back engraving (figure) · Water-resistant 6 bar, Diameter 46.2 mm · Stainless steel · Calfskin strap by Santoni



MONARDS

Specializing in Swiss Watches

GOLD COAST
Shop 8, 2 Elkhorn Avenue,
Surfers Paradise QLD 4217

MONARDS.COM.AU

IWC

SCHAFFHAUSEN

TEAM

EDITED AND PRODUCED BY

Zakazukha
7/99 West Burleigh Road
Burleigh Heads QLD 4220
(07) 5607 0899

1 John Street
Macleay NSW 2463
0423 403 449
www.zakazukha.com

WRITERS

James Perkins, Bruce Nelson, James Marshall,
Holly Louise

PHOTOGRAPHY

Ashlee Knight (cover), Mercedes-Benz Australia,
Jessie Prince, Chris Tedesco, Michael Crawley,
Craig Clifford, Ben McShea, Lauren Lance,
Aaron Smith, Viviane Silva, George Kettle

DESIGN AND LAYOUT

Brianna Allan, Carolyn Ryan

SUBJECTS

Pat Bowden, Michele Stephens, Michael
Crawley, Andrew Love, Lauren Lance, Troy
Bingham, Sean Lane

DEALERSHIP

Mercedes-Benz Gold Coast
11 Scottsdale Drive
Robina QLD 4226
(07) 5558 6555
www.mbgoldcoast.com.au
Dealer Principal Robin Mainali
Marketing Manager Jodie Mariner

ADVERTISING

For all advertising enquiries contact:
Made Media
Hayden Barker
0414 355 629
hayden@mademediacom.com

MBGC is published quarterly.



In everything that Mercedes-Benz Gold Coast does, we strive to honour the legacy of innovation and precision set by Karl Benz, the founder of Mercedes-Benz antecedent Benz & Cie, who, in 1886, patented the Motorwagen, the world's first automobile.

WELCOME

Winter 2018



Welcome to the Winter edition of Mercedes-Benz Gold Coast. As always, it's a pleasure to bring you stories from people based on the Gold Coast and far-north New South Wales who are pursuing innovative ideas that make our home a more interesting place to live and work.

We recently launched the X-Class ute with a spectacular exhibition of stunt driving from V8 ute competitor Ryal Harris and freestyle motocross rider Pat Bowden on the lawns of the newly renovated HOTA Home of the Arts.

Pat, aged 24, is one of the world's top FMX riders. The X-Class is a great vehicle for both work and play, so Pat's fearless exhibition was the perfect way to welcome one of the Marque's most keenly anticipated new vehicles. You can find out more about Pat in the Driver feature on page 10 of this issue of MBGC.

Elsewhere, we visit new Lennox Head restaurant Shelter, which is an essential addition to your dining to-do list, if you haven't been there already. Set on the beachfront with ocean views from every table, it is a perfect atmosphere for delicious and creative recipes that celebrate native Australian ingredients. Read the review on page 20.

Another far-north New South Wales business feeding the public's appetite for local produce is Farm & Co. in Kingscliff. We talked to founder Michele Stevens about her vision for the property, which she bought 16 years ago with her partner Ian Kettle in a departure from her previous career as a nurse. See the story on page 15.

For our Space series, we interviewed Borrowed Nursery founder Lauren Lance, who explained how she grew her multi-faceted business from the ground up. Lauren's story illustrates how crucial it is for a business to find the right space in today's tough retail market. Lauren generously shared her story with us and you'll find it on page 39.

Aaron Smith and Vivienne Silva, a couple who call Thursday Island in the Torres Strait home, share with us how to spend two days in the buzzing Japanese capital of Tokyo. Their travel story on page 43 captures the spirit of the city through a two-day layover. From the hustle and bustle of Shinjuku, a banquet of dining options to choose from, and suggestions of things to do (other than shopping), their travel tale gives some insightful tips to navigating one of the world's largest metropolises.

Back at home, the Gold Coast United football club has been resurrected with a new community-owned business model. CEO Troy Bingham and men's coach Sean Lane explain how it was done on page 47. Speaking of business models, James Marshall from MWM Advisory gives some invaluable advice about the Small Business Restructure Rollover in his latest Highnett column on page 18.

Finally, in the second part of our Catchment series on page 52, we explore Mermaid Beach, a suburb with a thriving community hidden behind the myriad of shopfronts and signs on the Gold Coast Highway. It has a diverse mix of dining and entertainment offerings that is just waiting to be discovered.

Robin Mainali

Dealer Principal

Mercedes-Benz Gold Coast

SOUTHPORT YACHT CLUB

Main Beach - Hollywell - South Stradbroke Island



SOUTHPORT YACHT CLUB

Main Beach - Hollywell - South Stradbroke Island

Membership

3,500 registered Members, 8 Membership categories
Gym and Waterscape Pontoon Bar
Dux Anchorage on South Stradbroke Island
Discounts off food and beverage, and waterfront facilities
Club Racing, Regattas, Twilight Cruising, Adventure Flotillas

Waterfront Dining

Main Beach Waterfront Restaurant – Members, Guests & Visitors Welcome
Breakfast, Lunch & Dinner
Check out our website for daily specials and upcoming events
Award Winning Restaurant and Wedding Facilities
Weddings, Corporate, Private Boardroom, Cocktail Parties and Seminars
Outdoor Lawn, Deck and World First Waterscape Pontoon Bar
Sunset Garden Bar

Hollywell Sailing Squadron

Waterfront Bistro and Bar - Members, Guests & Visitors Welcome
Sailing Academy – Learn to Sail – Kids and Adults – Beginners to Experienced
High Performance Sailing / Club Racing

Marina

Award Winning Marina
Super Yacht Berths
Security, Wifi, Onshore Amenities, Laundry, Hardstand & Shiplift
24-hour Fuel Jetty



Main Beach - 1 Macarthur Parade, Main Beach QLD 4217
P: 07 5591 3500 | E: Marketing.Manager@southportyachtclub.com.au
Hollywell Sailing Squadron - 1 Marina Crescent, Hollywell QLD 4216
P: 07 5537 7030 | E: Sailing.Academy@southportyachtclub.com.au

www.southportyachtclub.com.au





southport
printing co

Trust.

Mercedes-Benz Gold Coast put their trust in us... you can too.



southport
printing co

Call one of our account management team members to see how we can help your business.

Paul Madden | 0432 150 699

Jasmine Wehl | 0410 412 345

Jaco Grebe | 0447 777 427

paul@southportprintingco.com.au

jasmine@southportprintingco.com.au

jaco@southportprintingco.com.au

*Private, exclusive
and only available
to a privileged few*

GRAND



**For more information on
The Grand Golf Club and membership:**

W: www.thegrandgolfclub.com.au
P: 07 5596 0400 to arrange a
personalised inspection.

The Grand Golf Club

*Only a limited number of
memberships remain.*

CONTENTS



| | |
|--|-----------|
| DRIVER | 10 |
| Freestyle motocross star Pat Bowden brings the X-factor | |
| CONCEPT | 15 |
| How Farm & Co reconnects consumers with the land | |
| HIGHNETT | 18 |
| Dodge capital gains tax liabilities with the Small Business Rollover Restructure | |
| PLATE | 20 |
| Food lovers find Shelter on the beachfront at Lennox Head | |
| CATALOGUE | 24 |
| Your next Mercedes-Benz | |
| SPACE | 39 |
| A dynamic new space allowed Borrowed Nursery to thrive | |
| DESPATCHES | 43 |
| Two days in Tokyo | |
| SCORE | 47 |
| Gold Coast United has resurrected under a community-owned model | |
| FIT | 51 |
| Health tips from the Fit Pharmacist | |
| CATCHMENT | 52 |
| Mermaid Beach: classic Gold Coast | |
| OPERATIONS | 56 |
| The X-Class launch | |
| PROPAGANDA | 58 |
| Liska's sunny vision | |

FOLLOW US

 facebook.com/mbgoldcoast

 instagram.com/mbgoldcoast

PAT WOW-DEN

WORDS James Perkins
PHOTOS Ashlee Knight, Chris Tedesco



Gold Coast FMX star Pat Bowden lives for the rush of landing death-defying tricks.

Pat Bowden is open about the risks he faces as a freestyle motocross rider intent on pushing the boundaries of his sport. "I'm really staring death in the face," he tells Mercedes-Benz Gold Coast. "That sounds like a cliché, but it's a reality."

The reality for Pat is that he is among a handful of his discipline's finest riders; a small group of daredevils willing to launch themselves tens of metres in the air while performing acrobatic tricks with only the tiniest margin for error.

For Pat, performing is about the buzz of setting goals, working hard from them, and then, when the time comes, committing to death-defying jumps and riding away unscathed. As he says, "The closer to death you are, the more you feel alive. You don't take life for granted, that's for sure."

Over the past few years, the 24-year-old has enjoyed a burgeoning international career as a full-time rider on the Night of the Jumps world tour, and as a competitor at the Nitro World Games based at Salt Lake City, USA.

The catalyst for Pat's rise was an email from an icon of FMX riding, Travis Pastrana. It came three years ago, not long before the inaugural Nitro World Games in 2016. Pastrana is still the biggest name in FMX. If Pat was an aspiring singer, it would be like getting an email from Elvis Presley.

"It came out of the blue. He asked me if there was anything I could bring to the competition, and I said, 'for sure', this is exactly what I want: this is the style I want to perform."

Travis invited Pat to try out at his Pastranaland compound in Maryland, where he could use the facilities to prepare for the Nitro World Games in a safe environment with a foam pit and giant airbag.

That's where Pat learned the trick that would catapult him to the elite level of FMX - a ruler front flip. It involved hanging from the handlebars perpendicular to the bike as it flipped through the air. It had never been completed in competition before.

The Nitro World Games featured an on-ramp that was around 50 per cent larger than other competitions. It's one thing jumping with the safety of an airbag, but come competition time, the safety bags are removed.

At this moment, as the crowd waits with anticipation, the rider's biggest battle is with their own mind. "There's doubt," Pat says. "There's a battle to overcome all the fear and emotions. There are voices in your head screaming 'don't do it.'"

"There's another part of you that has dreamed of this moment since you were a tiny kid, and you realise where you are in the current moment. You've worked so hard to be there, so live it up."

From the moment Pat lets the clutch out, he has two goals: land the trick, and survive. He is completely committed with all doubts pushed aside.

"When you survive, it's a feeling that you just can't explain," says Pat. "That's the feeling I chase. It's the reason I do what I do. The feeling of coming close to death and injury and overcoming it. When you feel that, you want to get that buzz again."

In that 2016 Nitro World Games, Pat finished second, beaten only by the world's first double front flip. He went on to finish third the following year in the same best trick category. Controversially, he was beaten by a competitor who performed a variation of the same trick Pat completed the year before.

Perhaps bigger than those results is gaining the respect of his hero Pastrana. "There's mutual respect," says Pat. "It is cool to be respected by someone you have looked up to your whole life."



“From the earliest moment I can remember, I’ve had a clear vision of what I want to achieve in life, and core to that is pushing the limits of FMX riding”

Launching a passion

Pat still remembers his first jump. Perched on his small motorcycle at just three years old, he watched as his father used a shovel to build a small jump in their Coraki backyard.

Pat was captivated by the curved face of the shovel, which looked just like a ramp when it was lying face-up on the grass. In spite of his father's protests, Pat took off with his bike aimed at the face of the shovel.

Sure enough, as he hit the 'ramp', the handle of the shovel launched upwards and hit Pat from behind, throwing him into the wall of the nearby shed. Pat emerged unscathed, and with his passion for motorcycles still intact.

He is one of those rare and fortunate people who, from a very young age, have a singular focus on their life's purpose. For Pat, it is pushing the boundaries of freestyle motocross.

"I've been really lucky," he says. "From the earliest moment I can remember, I've had a clear vision of what I want to achieve in life, and core to that is pushing the limits of FMX riding," he says.

"I'm not sure where it came from, but from the age of three years old, this is what I have wanted to do." That's not to say that there haven't been setbacks. At times, Pat has wondered whether he would make it and



whether he would get the break that would allow him to stamp his name in the history of FMX.

Despite of his success, Pat recognises there is a lot more work to do. He wants the chance to compete at larger events, and he dreams of completing an iconic jump in the mould of the world's greatest stuntmen.

Since Evel Knievel jumped over the Caesar's Palace, a feat Pastrana himself is hoping to emulate this year, there have been many other jaw-dropping feats accomplished on motorbikes, the most memorable when the riders take on famous monuments.

Australian Robbie Maddison, for example, backflipped over London's Tower Bridge, and surfed Teahupo'o on a modified dirt bike. Pat has his own plans for a comparable feat, but is keeping it close to his chest as he secures the support of sponsors.

In the meantime, he has invested in a custom-made airbag that he has imported from Amsterdam and set up at his 100-acre northern NSW training compound. It will allow him to practice new tricks in relative safety at home in Australia to take back onto the world stage.

"I have that hunger to take things to the next level and push the boundaries of my sport," says Pat. "It has progressed so much over the past 10 years, but I know what I have to do to be at the top and take it to another level, and with the airbag I will be able to do that. I honestly couldn't see myself doing anything different."



The X-factor

Pat led the Gold Coast X-Class launch by completing a series of jumps as the new trucks were unveiled at the Home of the Arts at Bundall. Pat propelled his bike through the air eight times as the X-Class vehicles made their entry accompanied by fireworks and a Queen/Skrillex/Rage Against the Machine mashup.

To get it right, Pat completed dozens of jumps that day to ensure the event went off with perfect timing. "I was exhausted," he said. Even so, Pat overcame the fatigue to deliver a faultless performance, which was the work of a true professional.

Later, he took an X-Class out for a half day of driving for a photo shoot with Mercedes-Benz Gold Coast magazine. His motocross bike was easy to strap into the tray with the included tie-down clamps. The 360-degree cameras mounted to the vehicle also made it easy to manoeuvre it into position for each photo.

"This is a really impressive truck," Pat said. "It's steady on the road and powerful underfoot. I'd love to have one out at my compound to help organise my airbag and ramps. It has a really classy yet tough presence on the road and is a pleasure to drive."

A FRESH START

WORDS James Perkins

PHOTOS George Kettle





Industrial-scale farming and vast shopping centres have severed our connection to the land. A small farm in Cudgen is part of a movement to rebuild that vital relationship.

The beaming sunflowers that rise at Farm and Co each spring were planted to help maintain soil health, but they unwittingly became the small-scale farm's biggest star.

The reaction to the sunflower field left owners Michele Stephens and Ian Kettle bemused but pleased, as they want people to come to their working farm to see the pigs, bees and chickens, smell the fresh air and learn about organic farming practices.

They took on farm life in 2002 with a vision to build a public-facing property with a chemical-free ethos where people could learn how to grow, nourish and build healthy communities. Their motto is 'nourish, stay, learn'.

Within easy access to Kingscliff on the Tweed Coast, Farm and Co allows the public to buy reasonably priced produce direct from the farmer. It makes shopping for fruit and veg a happy experience.

On the farm, Michele and Ian have up to 70 different types of fruit and vegetables, depending on time of year. They subscribe to environmentally friendly farming practices and flow with the seasons.

The Gold Coast and Far North New South Wales is a flourishing garden of bespoke small-scale farms, each open to the public and striving to find a new way to feed communities.

The Farm at Byron Bay, Buck's Farm at Chillingham, Currumbin Valley Harvest, and an emerging offering, the Green Cauldron Farm at Tyalgum, are all practicing a similar philosophy.

Michele, a former nurse who learned how to grow vegetables from her father and grandmother while growing up in Cooma, southern New South Wales, talked to MBGC about the concept behind her farm.

YOUR BACKGROUND IS IN NURSING, HOW DID YOU COME TO OWN A FARM?

We always wanted to buy a small farm. When we made some inquiries, we were encouraged by a friend to look at TEXI, Tony Lawrence's avocado farm at Cudgen. When we met Tony, he was close to the end of a five-year battle with cancer. He raised his family here. I could

see he loved this place. He had been a very successful avocado farmer, but his time was drawing to an end. We had a very young family and he described the perfect day to us and how wonderful it was to raise a family on a farm. I saw his dream and we jumped in.

HOW HAS THE FARM EVOLVED OVER THE PAST 16 YEARS?

We spoke to quite a few farmers about growing different crops. We have a small farm, at 52 acres, and carefully considered our options. Being a sweet potato area, we were persuaded to do the same. There was a lot of preparation before we even got off the ground. I went to the Sydney markets with an avocado marketer and he introduced me to a few people. I became good friends with one of those people, Lindsay Tilbrook. He mentored me through the market side of farming.

Being a small grower, I found I had very little leverage. I tried to find a niche market only to find the whole farming industry worldwide attempting to do the same. So I started diversifying into produce such as yellow zucchini and bullhorn chillies. I realised that if I grew too much of one crop, I would push the price down. Around this time, I started a

course on organic farming and realised this was the way to go.

My background is in paediatric nursing, and that fuelled an interest in the effects that chemicals have on our health and our planet. I could see that rates of illnesses, such as cancer and gut issues were increasing, and that gave me further impetus to follow the organic farming route.

I felt we were not looking at our health system in the right way. We have a model for illness, rather than a model for wellness. By looking at our farming systems, we can start from the ground up with the aim of producing clean, chemical-free produce. That's where we are now – we are organic market gardeners. Now we grow between 60-70 varieties of crops on a seasonal rotation, all year round. Autumn and winter are our best growing times because there are less pests and weeds and the climate is conducive to growing healthy plants.

AS A SMALL FARM OWNER, WHAT DO YOU SEE AS THE BENEFITS OF YOUR MODEL AHEAD OF TYPICAL LARGE-SCALE FARMING?

We have created a farm with a smaller carbon footprint that uses less fuel, less packaging and causes less environmental damage. A small farm offers the opportunity to reduce the environmental impact while making fresh food available on urban doorsteps. It provides an opportunity to reconnect communities by involving them and inviting them to participate in the food production process.

YOUR SUNFLOWER GARDEN HAS PROVEN VERY POPULAR. DID YOU EXPECT IT TO RESONATE WITH THE PUBLIC AS MUCH AS IT DID?

We put a field of sunflowers in as a cover and green manure crop, and to assist our bee population. As green cover, the sunflowers provide weather protection for the bare soil. They enable nutrient cycling and for the soil biology to improve as the plants grow. At the end of the cycle, we can plough the sunflowers back into the soil, which provides organic material to keep the soil biology healthy and to help retain moisture.

I didn't realise people loved sunflowers so much. It means our sunflowers have an added benefit: they attract people to our farm where they can observe our organic farming practices and buy freshly-picked produce. They can get into a green space to enjoy the fresh air and reconnect with nature in the company of their friends and family. They can see what it really means to be a free-range chicken or pig, and they can take it all in while relaxing in our hammocks.

ARE CONSUMERS CHANGING IN REGARDS TO HOW THEY WANT TO SOURCE THEIR FOODS?

People don't really connect that farmers provide them with breakfast, lunch and dinner every day. Yes, people are slowly changing, but they still want convenience and fast systems. I really want to move away from that from a commercial point of view and reconnect people with a need for a sustainable, renewable system where people buy produce and feed the scraps to their chickens and pigs, which then return it to the ground in their manure. No packaging, less transport, and less fuel creates a more sustainable food system.

ARE YOU PRODUCING VALUE-ADDED PRODUCTS?

We do home deliveries for those who can't enjoy our farm personally, and we are just about to start building our café and farm store. We will then have access to a commercial kitchen, which will allow us to increase our value-added product range including jams, chutneys, muesli, nut milks, pestos, and dukkahs. To name a few more, we could produce teas from our native lemon myrtle, as well as herb-infused oils, kimchi, and sauerkrauts, pickled vegetables and juice fresh from the paddock.

WHAT'S NEXT FOR FARM AND CO?

Building for our new café and farm store will begin in June. We are also planning to begin education programs. My son George is setting up an online cooperative for like-minded farmers. We are working on stage two of our project, so watch this space.



Farm and Co

529 Cudgen Road, Cudgen NSW

www.farmandco.com.au

BUILDING A SOLID STRUCTURE

WORDS James Marshall, MWM Advisory Director

The Federal Government has been making an effort to show small business owners that it is acting to reduce ‘red tape’ and other impediments to the efficient operation of their businesses.

To date, the centrepiece of this effort is the Jobs and Small Business Package announced as part of the FY16 budget, and it includes a measure that allows some businesses to change their structure without taking a capital gains tax hit.

The Small Business Rollover Restructure (SBRR) allows businesses to disregard capital gains on active assets when transferring them to a new entity when it has the same underlying owner or owners, while deferring losses to the end of the financial year. Those business assets can be CGT-liable assets, trading stock, revenue assets and depreciating assets.

This is a useful tool for businesses in need of a new structure. The guidelines on the Australian Tax Office (ATO) website paint a straightforward pathway to achieving the rollover concession, but as always, the closer you look at the details, the more questions arise.

BUSINESS STRUCTURES: WHY CHANGE?

Before we talk about the implications of the SBRR, it’s important to consider the different types of business structures that are available. In Australia, the vast majority of businesses use one of four structures: sole trader; partnership; company; and trust.

The structure of an entity reflects its stage in the business cycle, its requirements for capital, its need for flexibility, compliance costs, staffing requirements, and the tax and personal liabilities of the owner/s.

Due to the dynamic nature of business and the changing needs of business owners, it is common for an entity to outgrow the structure that has served it well for years. The activities of the business may have changed, and a new, more efficient way of doing business may be required.

The process of restructuring can be costly and time consuming, which is why the SBRR has, on the whole, been welcomed by the business community. It allows businesses to transfer assets to entities under a new structure without taking gains or losses, as long as the underlying ownership of the business remains the same.

ELIGIBILITY: SMALL BUSINESSES ONLY

As the name suggests, the SBRR is restricted to small businesses; however, as of 1 July 2016, a much wider array of businesses are considered ‘small’ – those with an aggregated turnover of less than \$10 million, up from the previous \$2 million threshold. With that in mind, each party to the transfer must be one of the following in the income year in which the transaction occurs to be eligible for the SBRR:

- a small business entity;
- an entity that has an affiliate that is a small business entity;
- an entity that is connected with a small business entity; or
- a partner in a partnership that is a small business entity.

There are several other eligibility requirements in addition to those listed above:

- The initiative must be a ‘genuine restructure of an ongoing business’;
- it must not materially change the ultimate economic ownership of each individual in each asset;
- the assets must be ‘active assets’;
- the transferor and transferee must be Australian residents for tax purposes;
- and both the transferor and transferee must apply the roll-over.

Helpfully, the ATO has provided a ‘safe harbour’ criteria for assessing whether the initiative is a ‘genuine restructure’, which provides a good insight into the spirit of the rollover initiative.

It states that a small business will be taken to satisfy the genuine restructure condition where, among other things, there is no change in the ultimate economic ownership of any of the significant assets of the business for three years following the roll-over.

The commercial arrangement must be undertaken in a ‘real and honest sense’ to facilitate growth, innovation and diversification; adapt to changed conditions; or reduce administrative burdens, compliance costs and/or compliance costs.

It shouldn’t be a part of a divestment strategy, and the same small business owners should continue to operate the business while continuing to use the transferred assets with the same personnel.

THE ROLLOVER IN PRACTICE

The ATO lists several examples where the safe harbour rule is satisfied, for example in the cases of asset protection, maintaining essential employees, raising new capital, and simplifying your affairs.

In regard to what is not a genuine restructure, the ATO lists disposal of a business, succession planning, and extraction of wealth from the business assets. Below are two case studies taken from the ATO.

Example 1: Raising new capital

Melvin and Jenny operate a 'mobile app development' business in partnership and need new capital to fund a major expansion into new ventures.

A local investor, Steve, has expressed interest in making a capital contribution in return for an equity stake into the business, if suitable terms can be reached.

Melvin and Jenny transfer their active assets to a newly incorporated company where they each own shares in the same proportions as their interests in the partnership assets (50:50). If the SBRR is available, the business assets will be transferred from the partnership in a tax-free manner.

Relevant considerations:

Operating a business through a company more readily allows Melvin and Jenny to attract the necessary investors needed to raise cash and facilitate growth of the business.

The potential new investment from Steve is not part of the restructure and will represent a fresh source of capital for the entity post restructure. On these facts the restructure is not a mechanism by which Melvin and Jenny are realising their interest in the business, which they continue to operate.

Conclusion:

Restructuring in this manner provides benefits to Melvin and Jenny in their ongoing efficient conduct of the business. Melvin and Jenny are undertaking the arrangement to facilitate growth of the business, and not as a preliminary step in divesting the business to Steve. Accordingly, this is a 'genuine restructure of an ongoing business'.

However, the Commissioner will be concerned if Steve's capital contribution is used to facilitate a divestment of the business, as this would be inconsistent with it being a 'genuine restructure of an ongoing business'.

Example 2: Succession planning

Nick owns all the shares in Holding Co a company that operates two restaurants, Fish and Chips. Nick has two sons and is looking to retire. Nick causes the company to transfer the active assets relating to Fish restaurant to Gone Fish Inc., a newly incorporated company that he also owns. The SBRR is claimed.

Sometime later, but within three years, Nick retires and disposes of the shares in the Holding Co (which now holds the active assets of Chips only) to his first son and the shares in the new company to his other

son, so that each of them can run their own restaurants separately. Nick cedes control to his sons as a result of his plan to retire.

Relevant considerations:

Because Nick retires and disposed of his companies within the three-year period after the transfer of the active assets, he cannot use the safe harbour rule. [4A] Therefore, whether this restructure is a 'genuine restructure of an ongoing business' must still be considered.

Nick is breaking up the business to enable a tax-effective inter-generational transfer of wealth. He has no expectation of running his business going forward. Nick's conduct subsequent to the transfer of assets forms part of the evidence that is taken into account when considering the genuineness of the restructure.

Conclusion:

The SBRR is not available to Holding Co and Gone Fish Inc., as the restructure is undertaken in the course of Nick winding down and facilitating an inter-generational transfer of wealth as opposed to a bona fide restructure of an ongoing business.

Just like all business restructuring and tax related matters, the range of issues depends on the complexity of the arrangement. While in many situations the application of the SBRR is straightforward, there are many complicating factors that should be assessed by an accredited accountant. Even if the SBRR is not appropriate for your situation, a similar outcome may be achieved through different methods.




For more information, contact MWM Advisory Commercial Advisors and Accountants at mwmadvisory.com.au or call (07) 5596 9070.

SHELTER AT LENNOX

WORDS James Perkins

PHOTOS Jessie Prince



Fine locally produced food served in creative and accessible recipes is the order of the day at Shelter, found beachside at Lennox Head, far north New South Wales.



There are many reasons to take the time to visit Lennox Head – the world-class waves off the giant headland, the long beaches and chilled vibe of the village, and the fresh, amber-stained waters of Lake Ainsworth.

Perhaps the best reason today, however, is Shelter, one of the finest restaurants

in northern New South Wales. Few establishments hit the mark with modern Australian cuisine better than this airy restaurant with beach views from every seat.

Lennox, located halfway between Byron Bay and Ballina on a highly drivable coastal road, is lucky, as few other regional seaside towns

enjoy the privilege of an eatery with the quality of Shelter.

In practice, Shelter delivers on its philosophy, which is to use ethical, sustainable and seasonal products sourced from local producers and suppliers that raise awareness for native produce and the work of local famers.



Prepared with grace and empathy, the menu introduces underappreciated plants and animals in an accessible and delicious way.

The Wallace Lake oysters that Shelter serves lightly bathed in rice wine and sprinkled with finger lime spheres, for example, finely balance the creamy salty flavour with the light explosions of native citrus. If you haven't tried finger lime before, this is a fine introduction.

The restaurant is the brainchild of Andrew Love, Grant La Brooy and Troy Noonan, who have a strong connection to Three Blue Ducks. Grant, brother to co-founder Mark La Brooy, is a former chef there, while Andrew is a former manager of the same restaurant group, which began life in Sydney before opening its lauded offering at The Farm, Byron Bay.

Troy, meanwhile, met Andrew working in hospitality in Canada. It was Troy who saw the spot at Lennox Head had become available, and pitched an idea to start a restaurant to Andrew. Just weeks later, they launched their venture.

They brought on a team of chefs, with cumulative experience at Sydney restaurants such as Fratelli Paradiso, Tetsuya, Harvest, Three Blue Ducks, and Ortometer, who have

put together a list of comfortable dishes that subtly introduce new flavours and textures.

"While we do have a focus on native Australian ingredients, it's not our core branding," says Andrew. "It comes as a byproduct of living in such a beautiful area surrounded by the ocean, mountains and forest, and its abundant high-quality produce."

“We just wanted to create a space that we would want to come and dine in,” explains Andrew. “It was a natural progression for the three of us”

To follow the oysters, we were treated to sweet figs with almonds, vincotto and basil; and then kangaroo slices served with anchovy, rosemary and onion.

Vincotto is a thick paste first produced in the regional areas of northeast Italy, and it's made through the slow reduction of non-

fermented grape. The figs are cut and filled with almond puree, drizzled with the vincotto and then sprinkled with a powdered basil. This restaurant mixes sweet and savoury together so well, and the figs are a perfect example.

Kangaroo, meanwhile, is a difficult meat to prepare well, because its low fat content leaves little room for error - if isn't cooked to perfection, the meat can be tough and dry. The finely-sliced serving of kangaroo at Shelter was juicy and tender, matched well by the bushy taste of the rosemary, anchovies and onion.

It was followed by a stunning cuttlefish dish garnished with rich squid ink and sprinkled with another new, natural ingredient - samphire. This is fun. Each dish had a native flavour and an interesting mix of tastes - the pumpkin ravioli included bunya nut; the tea-smoked duck featured a mix of cherry puree barbecue sauce and sweet blackberries.

The line-caught fish, black rice, sea greens and chilli was simply beautiful, and had a clean, fresh taste that nicely offset the more powerful flavours of the accompanying dishes. To finish, the chocolate, blackberry and coconut sorbet dessert was delectable. Do not leave without trying dessert.



“It’s important to remember that not all native ingredients taste good,” says Andrew of Shelter’s approach. “You have to use them sparingly and use them in the right way and right fashion. Often, you have to braise them and cover them in sugar, so that’s why we aren’t entirely focused on natives, but you will find at least an element in each dish.”

The winter menu has been updated with heartier dishes with larger portions such as an 800g t-bone and roasted spatchcock. Just like the autumn menu, it focuses on fresh, local produce. “Whatever is in season in the local area,” Andrew says. “We believe that should be standard in the restaurant industry today, as the general public wants to know where their food is coming from.”

At Shelter, the wine also aligns with the educational philosophy and includes a range of natural, unfiltered offerings. Andrew has put together a list focused on small Australian producers that align with the Shelter ethos of sustainability and organic farming. “All of my wine list at the moment is organic or biodynamic,” he says.

“It is minimal intervention – you take the grapes, crush them, let them ferment and

then bottle it. It is vintage by vintage, year by year; it is going to taste different depending on the weather, the moisture content, and the amount of rain and sunshine.”

The Jauma wines, created by James Erskine (the Gourmet Traveller Australian Sommelier of the year in 2008), Matt Warner and Fiona Wood at McLaren Vale are a standout. They are made and bottled without additions such as yeast or preservatives, and minimal (if any) sulphur.

The 1,000 Fires Semillon Chenin from Jauma had a texture close to that of cloudy apple juice, distinctive to the highly filtered liquid typically found in a wine bottle. If the 1,000 Fires doesn’t convert you to natural wines, its grenache stablemate will. Esteemed wine writer Max Allen describes it as ‘extraordinary’.

The Harvest Pinot Gris from Birdwood in the Adelaide Hills is a more traditional wine produced in the Adelaide Hills. No wonder this area of Australia has such an impressive reputation, with wines such as these.

Finally, the Occhipinti SP68, a frappato and nero d’avola unfiltered mix out of an agricole vineyard in Vittoria, Italy carried a similar texture to the Jauma natural wines, but this time in a red. I was converted.



Shelter’s menu is listed under starters, plates and sides. The plates are designed to be shared to provide a chance to try as wide a selection of the menu as possible. Shelter provides a Chef’s selection deal that includes three courses, plus a side and a desert for \$65 per person.

41 Pacific Parade, Lennox Head
 (02) 6687 7757
 Instagram: @shelter.lennox
 www.shelterlennox.com.au



Introducing The Gold Standard

A new loyalty program by Mercedes-Benz Gold Coast offering exclusive benefits and experiences for our loyal customers.

Visit www.mbgoldcoast.com.au./goldstandard to find out more.

Mercedes-Benz

The best or nothing.



CATALOGUE

Mercedes-Benz Certified Programme



All Mercedes-Benz Certified vehicles come with:

- Factory backed warranty
- Full safety & mechanical check
- Service history by qualified technicians
- Genuine Mercedes-Benz parts
- 24hr roadside assistance

Mercedes-Benz **Certified**
Pre-owned vehicles

\$100,000 - AND OVER



2016 Mercedes-Benz AMG GT S

\$ 219,900.00 Drive Away



Km 17,793. Two-door and two-seat Coupé in Selenite Grey with black leather interior. Stock number 012yex_01

FEATURES INCLUDE

- AMG Exterior Night Package
- 19" Multi-Spoke Alloy Wheels in Silver
- Clear Glass Roof
- DISTRONIC PLUS Cruise Control

Many more features to list.

Mercedes-Benz **Certified**
Pre-owned vehicles

\$100,000 - AND OVER



2016 Mercedes-Benz GLS350d

\$129,900.00 Drive Away



Km 13,092. Five-door and seven-seat SUV in Iridium Silver with black leather interior. Stock number L11766_01

FEATURES INCLUDE

- AM1 AMG Styling Package
- Panoramic Electric Glass Sunroof
- 360 Degree Reverse Camera
- Harman/Kardon Surround Sound System

Many more features to list.

Mercedes-Benz **Certified**
Pre-owned vehicles



2015 Mercedes-Benz ML350

\$74,900.00 Drive Away



Km 22, 533. Five-door and five-seat Wagon in Obsidian Black with Black Leather interior. Stock number L11733_01

FEATURES INCLUDE

- AMG LINE - External AMG Body Styling
- Multi-Spoke 21" AMG Alloys
- CONVENIENCE PACKAGE
- High Gloss Wood Trim

Many more features to list.

\$50,000 - \$100,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2017 Mercedes-Benz C200

\$72,900.00 Drive Away

\$50,000 - \$100,000



Km 12,197. Five-door and four-seat Coupé in Polar White with Black Artico interior. Stock number L11751_01

FEATURES INCLUDE

- AMG Specific Body Styling including Chrome highlight elements
- VISION PACKAGE
- Panoramic Glass Sunroof
- Electric Memory Front Seats NO HEATING

Many more features to list.

Mercedes-Benz Certified
Pre-owned vehicles



2016 Mercedes-Benz E250 Cabriolet

\$69,900.00 Drive Away



Km 38,553. Two-door and four-seat Cabriolet in Aragonite Silver with Black AMG Leather interior. Stock number 571ydx_01

FEATURES INCLUDE

- AMG SPORTS PLUS PACKAGE
- Intelligent LED Headlamps
- 360 Degree Reverse Camera
- DISTANCE PILOT Distronic Cruise Control

Many more features to list.

\$50,000 - \$100,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2014 Mercedes-Benz ML350

\$69,900.00 Drive Away

\$50,000 - \$100,000



Km 48,065. Five-door and five-seat Wagon in Obsidian Black with Black Nappa Leather interior. Stock number L11760_01

FEATURES INCLUDE

- DS1 Designo Edition Package
- Panoramic Glass Sunroof
- Full designo Nappa Leather interior
- Airmatic Air Suspension

Many more features to list.

Mercedes-Benz **Certified**
Pre-owned vehicles



2011 Mercedes-Benz CLS350 CDI

\$54,900.00 Drive Away



Km 47, 523. Four-door and five-seat Coupé in Tenorite Grey with black leather interior. Stock number L11759_01

FEATURES INCLUDE

- LED Headlamps with Daytime Running Lights
- COMAND Navigation with Voice Activation
- Keyless Entry and Start
- DISTRONIC PLUS Cruise Control

Many more features to list.

\$50,000 - \$100,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2015 Mercedes-Benz A45 W176 AMG

\$54,900.00 Drive Away

\$50,000 - \$100,000



Km 22,675. Five-door and five-seat Hatchback in Mountain Grey with Red Cut leather interior. Stock number L11758_01

FEATURES INCLUDE

- 19" Multi-Spoke AMG Alloys
- Panoramic Glass Sunroof
- Keyless Entry and Start
- DISTRONIC PLUS Cruise Control

Many more features to list.

Mercedes-Benz Certified
Pre-owned vehicles



2015 Mercedes-Benz A250 Sport

\$49,900.00 Drive Away



Km 22,67. Five-door and five-seat Sport Hatchback in Cosmos Black with black interior. Stock number L11771_01

FEATURES INCLUDE

- PETRONAS MOTORSPORT EDITION
- Unique Petronas Green stitching and decals throughout the car
- VISION PACKAGE
- Electric Glass Sunroof

Many more features to list.

\$15,000 - \$50,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2017 Mercedes-Benz GLA180

\$39,900.00 Drive Away



Km 21,773. Five-door and five-seat Wagon in Cirrus White with Black Artico interior. Stock number L11698_01

FEATURES INCLUDE

- Reverse Camera
- Navigation
- Blind Spot Assistance
- Automatic Tailgate

Many more features to list.

\$15,000 - \$50,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2012 Mercedes-Benz B200

\$29,900.00 Drive Away



Km 45,081. Five-door and five-seat Hatchback in Cirrus White with Black Artico interior. Stock number L11757_01

FEATURES INCLUDE

- Harman/Kardon Sound System
- Night Package
- Gloss Black 18" Alloy Wheels
- Reverse Camera

Many more features to list.

\$15,000 - \$50,000

Mercedes-Benz **Certified**
Pre-owned vehicles



2010 Mercedes-Benz B200 Turbo

\$16,900.00 Drive Away



Km 67,786. Five-door and five-seat Hatchback in Cosmos Black with Black Leather interior. Stock number L11755_01

FEATURES INCLUDE

- Harman/Kardon Surround Sound
- Panoramic Sunroof
- Smooth, Economical turbocharged engine
- Cruise Control

Many more features to list.

\$15,000 - \$50,000

5 MEMBERSHIPS, 1 LIFESTYLE.



WITH 5 LEVELS OF MEMBERSHIP SANCTUARY COVE GOLF AND COUNTRY CLUB HAS A MEMBERSHIP TO SUIT EVERY LIFESTYLE.

Golf Clubhouse Access Membership – A Membership which incorporates unlimited access to the exclusive Golf Clubhouse for social activities and Members and Members guests only social events.

Gym & Golf Clubhouse Access Membership – Enjoy unlimited access to The Country Club as well as the exclusive Golf Clubhouse for social activities and Members and Members guests only social events.

Includes full access to The Country Club Fitness Centre with a range of first class gym equipment, fitness classes and expert instructors. Also includes access to the 25m heated outdoor pool and 5 flood lit tennis courts.

Corporate Golf Membership – A strictly limited number of Memberships are now offered to those businesses which seek the very best in corporate entertaining for themselves and their guests.

Golf Access Membership – Restricted Membership including limited access to The Pines and The Palms Golf Courses along with access to The Country Club.

Equity Membership – Full Membership including unlimited golf on The Pines and The Palms Golf Courses along with access to The Country Club Gym, the exclusive Clubhouse and world class practice facilities.

Contact our Sales Team for further information on 5699 9000

Sanctuary Cove Golf and Country Club
Gleneagles Drive, Sanctuary Cove, QLD
www.sanctuarycovegolf.com.au

Conditions apply for each Membership category.

SANCTUARY COVE  GOLF AND COUNTRY CLUB

BRANCHING OUT

WORDS James Perkins

PHOTOS Lauren Lance & James Perkins

A versatile, well-located space allowed independent nursery and homewares shop The Borrowed Nursery to bloom.

The Borrowed Nursery was dynamically lifted into the Gold Coast consciousness when it moved to its current space at Mermaid Beach. With room to grow, both figuratively and literally, the business found its niche with a three-pronged approach to retailing.

The premises allowed owner Lauren Lance to strengthen her event space offering to complement her plant business while creating a destination retail shop. Her talent for decorating spaces shines in the former factory on Cronulla Avenue.

Outside, the peach doorways contrast against the white painted brick of the exterior walls. Combined with the potted succulents and cacti that sit out front, the doors have become an iconic entry statement.

Inside, a green neon sign burns bright on the back wall with the phrase, 'I don't want to leaf here'. It's a reminder that Lauren's range of flourishing plants would love to find a home.

The photogenic nursery has unsurprisingly become a destination for weddings, music gigs and modelling shoots. "That is the direction we intended to go with the business from the start," explains Lauren. "The idea was to get a space that you could borrow – you can borrow

the nursery, and borrow the plants – and that is where the name comes from."

The Borrowed Nursery nails the modern take on retail, which places experience on par with products. Each of the three branches of the business – retail, events and plant hire – work in support of each other. "Would they work by themselves?" Lauren asks rhetorically, "Maybe not."

Lauren sits at a timber outdoor setting inside the industrial-chic shop sipping on a coffee as she discusses the story of her business. "This concept works so great, but it was so reliant on finding the right space. So many factors went into finding this one – it took a year searching to find it."

Lauren missed out on 10 properties before finding the right one. This spot was meant to be, though. From the first time she saw it, she knew it was something special. "I looked around the corner at a place nearby and saw this and thought, 'I need a spot exactly like that'. Three months later it became available, and I snapped it up."

The success at Mermaid Beach has opened up new opportunities for The Borrowed Nursery. Lauren was invited to set up a second boutique outlet at Cornerstone Stores – the new red

brick building opposite the Currumbin Bird Sanctuary on the Gold Coast Highway. It also has a neon sign, 'Please don't kill me, I've got too much to leaf for'.

"I'm certainly not one to rest on my laurels, so it is exciting to be given an opportunity at Cornerstone Stores to grow my brand," Lauren says. "It's really exciting, and there has been a lot of work that has gone into it. We're picking up momentum, and I've got the confidence that the brand is now here to stay."

TURNING OVER A NEW LEAF

Lauren doesn't have a typical fairy tale entrepreneur story. She started an exercise science degree after school but didn't like it so went travelling. Upon return, she completed an interior design degree and then worked for eight years as ground crew at the Gold Coast Airport.

Rather than being the fourth generation from a horticulturalist family with a long-time passion for plants, Lauren says her move into the industry was more opportunistic. She organised some greenery for a friend's wedding and then realised there was a hole in the market waiting to be filled and she made her move.



“That’s when the idea came to do a boutique plant service,” she says. Borrowed Nursery began life as ‘Signs of Wear’, a plant and decorations event hire business that specialised in using vintage, antique and found objects. The problem was that there was no reliable market to buy the items or sell them when they were no longer needed.

“A lot of my story doesn’t really make sense, but that is the beauty of it. I’ve gone up, down, left, right, with no clear direction, and that’s the path I’ve taken to get here. That is kind of a good thing, as it has made it an exciting few years.

“The learning process was steep, but I learned from growers along the way and that is where the knowledge is, anyway. I leave it up to the growers. They just need to know what is selling, and I give them that advice. It works for everyone.”

She bought out her former business partner, who had just become a mother, not long before moving to Mermaid Beach, and since that time has worked by herself, with the part-time help of her mother as bookkeeper, to build the business. Her father does also odd jobs around the shop. Lauren recently brought on her first full-time retail assistant employee, Alicia, in time for the opening of Cornerstone Stores.

PLANTS: AN EVERGREEN ORNAMENT

The knowledge Lauren initially lacked in plants, she made up for in decorating spaces. That’s obvious in the layout of The Borrowed Nursery, both at Mermaid Beach and Currumbin, and the success it has found as an events space.

The conversation inevitably turns to plants and how to use them to style a space. How does she stay with and ahead of the trend?

“People talk a lot about this – what is the next thing, and what if plants go out of fashion? I just don’t think they ever will; they were around in the 70s and still are now,” says Lauren.

“A lot of it doesn’t really make sense, but that is the beauty of it. I’ve gone up, down, left, right, with no clear direction, and that’s the path I’ve taken to get here”





“A plant is a plant – it is timeless, as far as I am concerned. It is the accessories that you put with it; it is how you position it and how you display it in a space. That is how you can suit whatever design trend is happening”

Keeping with the times comes down to the interior decoration around the plant, she says. “A plant is a plant – it is timeless, as far as I am concerned. It is the accessories that you put with it; it is how you position it and how you display it in a space. That is how you can suit whatever design trend is happening.”

“Plants can be hard, but you have got to make it simple. Sometimes you can overthink it. People are hesitant to bring in a plant because they don’t know how to use it properly, but neither did I until a few years ago.”

Lauren likes to stock items from boutique Australian designers, but says that being made in Australia is not a prerequisite. On the morning of the interview, she had powder-coated metal hangers from Melbourne-based

Lightly Design and terrazzo pots from Angus & Celeste alongside products from Sydney-based ceramicist Hamery Norton.

“There is definitely a desire to support those Australian brands, but by the same token I am up against Kmart, which has huge momentum at the moment – their buyers are really doing a good job aesthetically. Are their products artisan and hand-made? No. That is what I am fighting,” says Lauren.

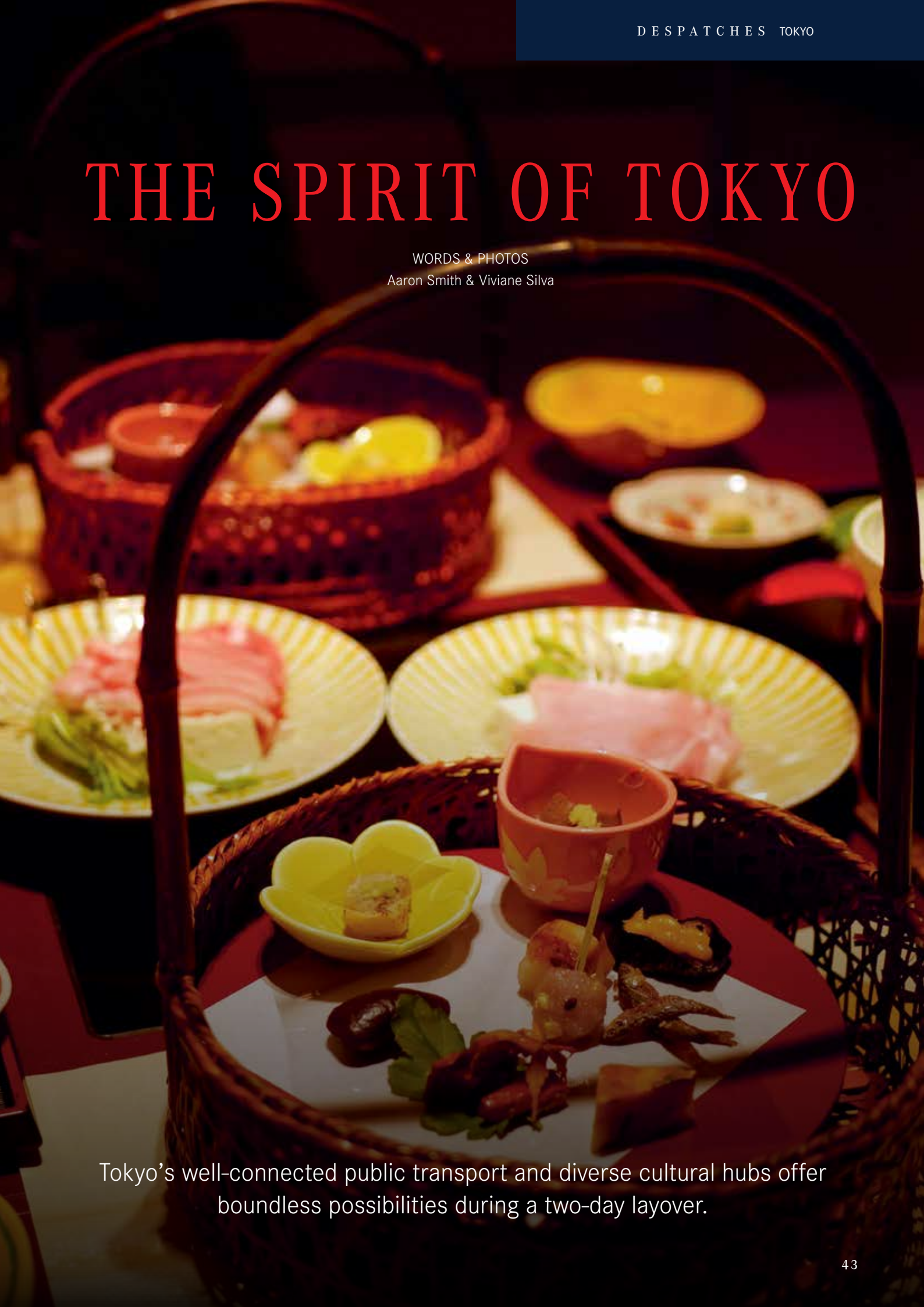
“My challenge is to supply plants and accessories that are well designed, look nice, have a reasonable price point, and suit a range of aesthetics and interiors.” At her Gold Coast stores, Lauren has done just that, and she is being rewarded by the community, which is looking for something a little personal and out of the ordinary.

42-44 Cronulla Avenue, Mermaid Beach
0402 603 430

Instagram: @theborrowednursery
www.theborrowednursery.com.au

THE SPIRIT OF TOKYO

WORDS & PHOTOS
Aaron Smith & Viviane Silva



Tokyo's well-connected public transport and diverse cultural hubs offer boundless possibilities during a two-day layover.



Business in Tokyo, or in transit to Japan's powdery slopes to ski, and have a day or two to spare? That's enough time to be imbued by the spirit of 400-year-old Tokyo, or Tokyo Metropolis as it is officially known.

As the home to more than nine million Tokyoites, the central city is a bustling mass of excitement and hustle, but it is relatively easy to traverse via the city's extensive and modern public transport system. So there's no excuse to sit in your hotel room - the city is just waiting to be explored.

Here are some suggestions to help soak up the essence of Tokyo in a short time.

SLUMMING IT IN SHINJUKU

Stepping off a bullet train from the airport at Shinjuku Station in the heart of Tokyo it becomes immediately apparent how the area inspired Ridley Scott's 1982 neo-noir science fiction film *Blade Runner*.

Shinjuku, the world's busiest train station, is a neon wonderland that never sleeps. More than 3.5 million people traverse its 36 platforms, 200 exits and hallways to a further 17 platforms each day.

Despite its reputation as Tokyo's redlight district, Shinjuku is a safe, fun and central district to stay and explore.

It's where the cool young Tokyoites go to eat, drink and party. After being imbued by the spirit of sake, there are plenty of karaoke bars to belt out some tunes till sunrise.

There are also some nice boutique hotels to stay - just avoid the 'love hotels', which rent by the hour.



TO STAY

The Granbell Hotel

This four-star boutique hotel, built in 2013 and extended in 2016, is chic, stylish and in the heart of the lively Kabuki-cho area in Shinjuku. There is a nice rooftop bar that makes a good cocktail and the 12th-floor restaurant offers casual French and Italian cuisine, but why bother with so many eating options within walking distance in any direction. That said, the Asian/European buffet breakfast is a good start to the day.

There is a 24-hour reception and basement parking and all the rooms have quality toiletries and even electric warmed toilet seats. The luxury rooms are spacious on floors 13 to 17, have private lounge and check in decorated by renowned Japanese and International designers.

TO EAT

Armed with a map of the district's best eateries within walking distance of the Granbell, we promptly got lost and chanced a grazing dinner at a couple different places. It doesn't matter in Shinjuku, everything is good.

We started at one of the many basement eateries, just a dimly lit stairway going underground where we couldn't see or hear a word of English. Don't be fooled by the seedy look of these places, they are hidden gems where you can eat a variety of what can only be described as small plates – the Japanese equivalent to tapas.

We had pickled mackerel, ochaze rice porridge, deep-fried tofu with natto (fermented Soybeans) and English mustard; and Pork cutlet with grated daikon radish.

We washed it down with Otoko Ume Plum wine sour, which soon became our standard drink, a Boikuhai Explosive Highball with additional gunpowder (a mixture of beer, whisky and who knows what else), and a milky Momokawa unrefined Nigoril Sake.

For second dinner we went to Don Don Nagyu, a Japanese BBQ place where you grill your own slithers of meat over charcoal embers. Sitting at the bar you get to see all the action of the chefs preparing dishes. We had boneless short rib, ox tongue, wagu beef, shitake mushrooms, and the owner's recommendation, pickled tripe, all which was delicious. Again, we washed the meal down with black sugar plum wine and Shiro Kaga plum wine on the rocks.

STRIKE A POSE: GO VOGUE IN GINZA

From the ultramodern Sony building to the classic art deco Wako Honkan department store that's been trading since 1947, Ginza is pure upmarket style. It has plenty of boutiques, ritzy restaurants and slick cocktail bars, and on the weekends the main drag of Chuo Dori is as classic, hip and stylish as Paris Fashion Week.



TO EAT

Ginza Kimuraya bakery

One of Tokyo's oldest bakeries, Ginza Kumuraya is said to have started in 1869 by samurai-turned-baker Yasube Kimura. The legend is that he invented the sakura anpan, a sweet bread roll filled with red bean paste (Anko), for Emperor Meiji by combining Western and Japanese bread-baking techniques. Apparently their yeast is made from sake.

It's a great place for a coffee and cake, or Matcha and anpan or a light lunch. Try the wagu beef toasties while enjoying the view of Chuo Dori two storeys below.

Tsukiji Fish Market

Can't get sashimi much fresher than the slice and dice restaurants in the market, where we ordered puffer fish, straight out of the fish tank and on to our plate.

A well-dressed older man next to us nodded in grave approval of our lunch selection as he folded his paper chopstick sleeve into an origami chop stick holder, after which he explained the dipping procedure of the puffer fish sashimi with the creamy Kimo-ha sauce.

The Sea Urchin and Salmon Roe sushi are a must try as well. Sushied out? Try Ippudo Ginza, one Tokyo's best ramen noodle bars.

THINGS TO DO (OTHER THAN SHOPPING)

To decompress, visit the nearby Tsukiji Hongan-ji Buddhist temple and then savour the green tea matcha and an Anko cake from the adjacent coffee shop.

At the Ginza Tsutaya Book Store on Chuo Dori, the ethos is about more than shopping - it's a great place to soak up Japanese culture. It has a huge range of art books, vintage books and beautiful stationery. There is also a range of art installations, where we saw Japanese sculptor Kenji Yanobe's giant artwork Ship Cats.



OVER THE RAINBOW EXPLORING ODAIBA

Rainbow Bridge connects central Tokyo to the large artificial island of Odaiba.

Originally built in 1854 as a fortress against attack from sea, Odaiba has since the 1990s become a major commercial, residential and leisure area. It is complete with a maze of shopping centres, museums, exhibition centres, an artificial beach and a replica Statue of Liberty gifted by the French to mark 150 years of friendship between the two countries.

It's also the best spot in Tokyo to watch the sun go down as neon illuminates the night. There are great views from the Telecom Centre Observatory and after why not sit and relax with a cocktail and dinner at either the Grand Nikko Tokyo Daiba or the Hilton Tokyo Odaiba.

Like Shinjuku, Shibuya is a fashion and nightlight hub that is home to a busy railway station. But unlike upmarket Ginza, it's a little more edgy - it has buskers and late-night convenience stores, but also some great eateries and chic basement bars.



It's a great spot for people watching, especially the famous Shibuya crossing, which, when the little green man flicks on, is a pedestrian free-for-all. Often compared to Times Square it's been used as backdrop for many films, from *Lost in Translation* to a *Fast and Furious*.

There are plenty of good night clubs and basement whisky highball bars to warm things up or wind them down, which was more our style.

TIPS

Hiring a personal tourist guide is a great way to cut straight to the pulse of the city. Whether you have a full or half day free, guides can customise the Tokyo you want to see. Tour guides are well-versed in modern art and ancient culture, are adept at booking a table at the most chic eateries, and can take you to the hidden gems the guide books don't know. We booked Yasuka Norita through www.toursbylocals.com.

While pounding the pavement, use public trash bins whenever you can - since the 1995 sarin gas terrorism attack on the subway, nearly all trash cans have been removed from the underground.

Always carry a business card from your hotel, as it makes grabbing a taxi or Uber a lot easier when you can use the card to explain where you are staying.

Apart from hotel reception, most people don't speak English, but that said, we managed to stumble our way through with just 'hai,' and 'arigato' and lots of bowing.



FOOTBALL COMMUNITY UNITES FOR RESURRECTED CLUB

WORDS James Perkins

PHOTOS Craig Clifford (Sportspics), Ben McShae



The Gold Coast has a reputation as a sports franchise graveyard; can a new community-based model revive one of the casualties – Gold Coast United Football Club?



As the senior men's team ran out for its first home Queensland National Premier League (QNPL) game for the resurrected Gold Coast United in February, the players ran through a human tunnel comprised of the club's 320-strong playing group.

It was a symbolic moment for Gold Coast United as it took an important step towards reclaiming the coveted position in the national A-League competition that it held for three seasons between 2009 and 2012.

The new Gold Coast United wears the familiar colours and badge last seen in the A-League six years ago, but any resemblance to the old club is only surface level.

Built from the grassroots up with a community-based model backed by local amateur clubs and an administration staffed by volunteers, the new Gold Coast United stands in stark contrast to the club that was hoisted on the city by billionaire Clive Palmer.

That's why the tunnel was so important. It was symbolic of the support the club has fostered with the football community on the Gold Coast. And it happened in front of a 2,500-strong crowd in a in a striking example of the strength of the Gold Coast football community.

Senior Men Head Coach, Sean Lane, says grassroots engagement and buy-in from affiliate clubs and their players has been a key goal from the start. "They see us as part of them and them part of us," he explains.

"We're part of the pathway for young kids to come through from their club sides and play NPL and potentially A-League."

The club is run by CEO, Troy Bingham, and is chaired by Danny Maher, director and CEO of software company Opmantek. Bingham knows first-hand the difficulty of running a professional sports franchise on the Gold Coast from his time with NBL outfit the Gold Coast Blaze.

"Because of the history of the club, we have decided to take this grassroots people-based club model forward," says Bingham. "It's owned by the community in the same type of model you would see at a surf club, and it can't be controlled by one single person."

The focus of the club right now is grassroots football, from nine-year-olds to seniors for both men and women. The club has established strong relationships with schools and clubs that will be vital for its long-term success on the Gold Coast.

"We have development and community programs with six schools and 10 local clubs affiliated at the moment," he says. "There is coaching assistance and support for those programs, as well as several feeder clubs. We have 5,000-6,000 kids in our school program alone."

Football Federation Australia (FFA) is supportive of the concept. It has allowed the club to play under the GC United brand, which is FFA-licensed, making it the only NPL club to do so. Bingham says, "That only happened due to the quality of the people involved and the community-based strategy."



“The aim is to get back into the A-League and get a women’s team into the W-League,” explains Bingham. “There is currently no women’s national sports team on the Gold Coast, and that is a big vision for Gold Coast United – to make that happen”

A UNITED MISSION

In a way, the work to return the Gold Coast United to the A-League began just as the club finished the 2012 season. Immediately after FFA revoked Palmer’s licence, the club’s supporters established a steering committee to try and resurrect it for the 2013 season, without success.

The current push gathered momentum around two years ago when Sports Gold Coast engaged Bond University to write a football strategy for the city after the City of Gold Coast completed an economic development plan around the same topic.

The strategy centred around an NPL team that was owned by the community. Sports Gold Coast developed the club’s constitution and applied for the NPL licence in July 2017. “It all started to become a reality once we won the licence,” says Bingham.

The club ran out its senior men’s and women’s teams just seven months after applying for that licence, which was a remarkable achievement to secure coaches, organise playing kits and sign players in such a short period of time.

A return to the A-League licence is a long-term goal for the Gold Coast United. In late June, the club was cut from FFA’s shortlist for a two-team A-League expansion in 2019-20. It was disappointing, but applying for the licence was a valuable experience and the club can now focus on getting its business model bedded down.

There is talk of a second-tier league being established between the A-League and NPL, and also the possibility of a W-League expansion, which the Gold Coast would welcome.

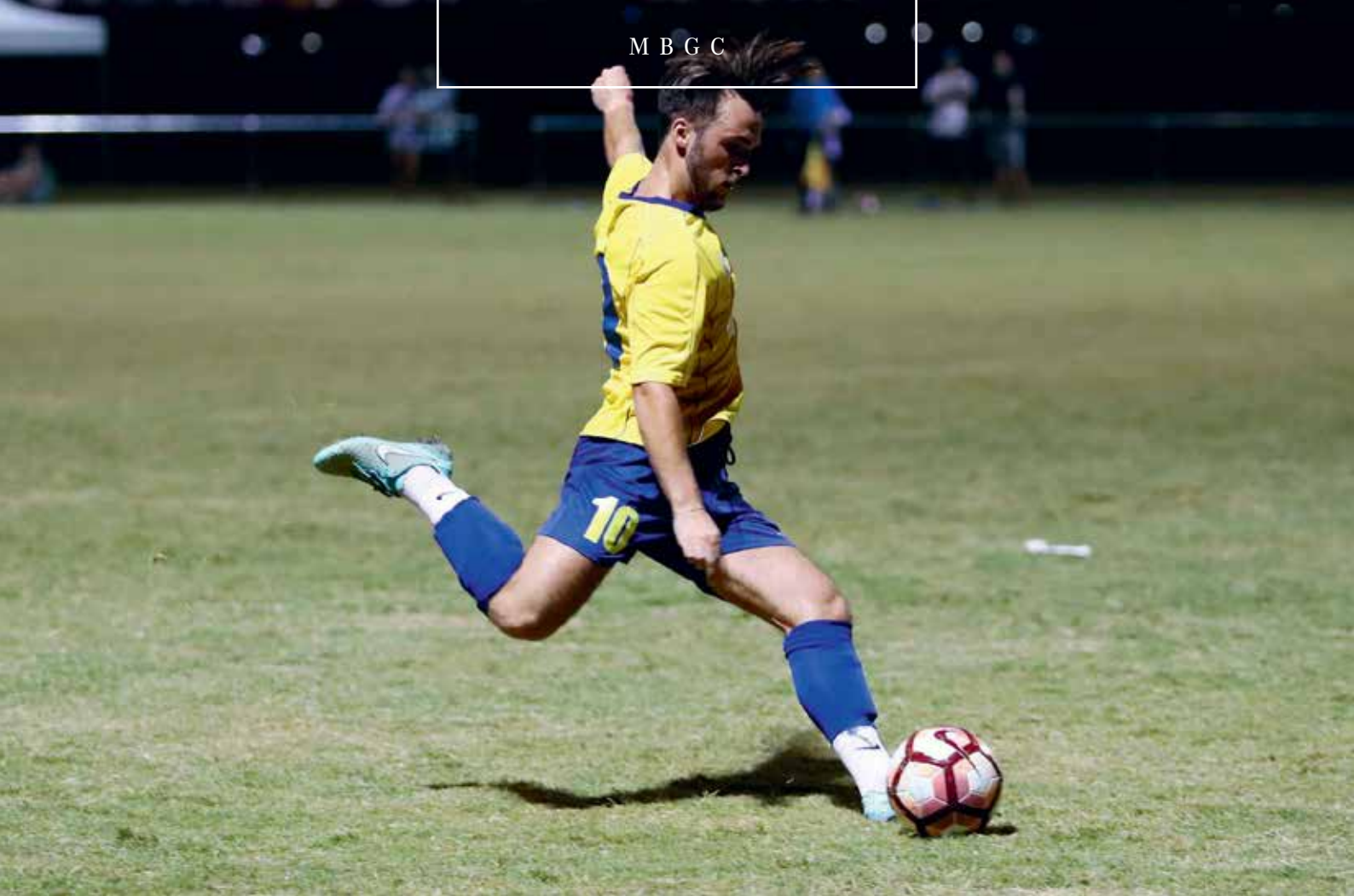
“The aim is to get back into the A-League and get a women’s team into the W-League,” explains Bingham. “There is currently no women’s national sports team on the Gold Coast, and that is a big vision for Gold Coast United – to make that happen.”

The funds the club has saved on administration have been put to good use assembling a top-class coaching staff headed by Football Director Craig Midgley, a Football Federation Australia coaching instructor who is the former coaching director of Cairns-based NPL franchise the FNQ Heat.

In addition to Midgley, Gold Coast United has secured the services of Lane as senior men’s coach, and Michael Cook as women’s coach. Both men arrive at the club coming off premierships with their former clubs, Lane with the Brisbane Strikers and Cook with the Peninsula Power.

“The lure of the Gold Coast was that it was a new club where I could implement and build everything from the ground up,” says Lane of his decisions to change clubs.

“Troy convinced me on the model and sold me with the people involved. Everything he has said has started to happen, or has happened already.



“If it is ever going to return to the A-League, it will be achieved with the people who are currently at this football club. With their smarts, wherewithal and contacts, they have the ability to put it all together.”

Gold Coast United is also planning to build a new football precinct so it can move from its current home ground at Robina; the plans include a playing field with 10,000 seats, plus two training fields, on land near the existing Carrara Stadium.

“That would be the ideal structure, so that we could host boutique games in a good atmosphere and provide a home for national and international teams to come in and train and do training camps and so on,” says Bingham.

BUILDING A CULTURE

A football club, just like any organisation, relies heavily on a strong culture to generate success. That was forefront of Sean Lane’s mind when he took the job at Gold Coast United. He saw the opportunity to test himself by building a culture from the ground up as a major drawcard for the role.

“We don’t have a massive budget, but we are trying to create an environment that allows our players to grow as people and athletes,” Sean says. “Something that will be successful in the long term.”

In line with this philosophy, the coaching staff recruited players on character first, ability second. Sean adds, “We did a lot of homework on each player as a person – not just on football playing history, but what

they were like as people.” But that’s not to say there aren’t top-class players in the lineup: the coaching staff sees potential in several of them to step up to the A-League level.

Lane knew that the first season might have been a tough one on the field (the men’s side is ranked eighth of 14 teams, the women seventh), and wanted to ensure the playing group would have the fortitude to push on in difficult circumstances.

“The culture of the place is that praise is used regularly and that the first place to look if there are any problems is in the mirror, because nine times out of 10 the problem will be staring you in the face,” he says.

The club has set values and goals and has high expectations of success on and off the field. “It is up to the players to buy into that and bring the respect for themselves and their teammates, for the club and the jersey,” says Sean. “If you have those things, the behaviours will follow.”

The players themselves determined what they wanted out of the inaugural season, how they wanted to be perceived by others, and the key things that mean the most to them as a group.

“They used those things as benchmarks,” Sean says. “We set goals for the year as a team, and we have spoken to each team member individually to set up their own personal goals inside and outside football.”

In charge of a young group, Sean sees his responsibility to help his charges grow to be role models for the community. “I want to make better people and better footballers,” he says.

HOW TO WARD OFF WINTER KILOS

WORDS Holly Louise – The Fit Pharmacist

Toning the perfect summer body is a year-round commitment.

I'm sure you've heard the saying that summer bodies are made in the winter. Well, it's true! Making good choices during these colder months definitely makes obtaining your "summer body" a lot easier and less stressful when the weather starts to warm up. I've got you covered with my top tips to preventing that winter weight gain.

1. WORK OUT YOUR CALORIE BUDGET

We all have a calorie budget, whether we're trying to maintain our weight, lose fat or gain muscle. If you want to lose fat you **MUST** be in a calorie deficit. This means that you are consuming less calories than you are burning on a weekly basis. If you are constantly over-indulging on those winter comfort foods, you are likely to gain weight.

2. EAT MORE PROTEIN

This is the most essential macronutrient, yet many people do not consume enough of it. Eating adequate amounts can improve body composition by building lean muscle as well as increasing fat loss. Protein is the most satiating macronutrient, helping you feel fuller for longer and preventing snacking throughout the day.

3. INCREASE WATER INTAKE

Water is essential to life and has many health and performance benefits. It plays a key role in maintaining proper organ function, clearing toxins from the body, reducing excess sodium, and hydrating your muscle cells. It also naturally suppresses the appetite and helps the body metabolise stored fat.

4. BE PREPARED

Make sure you prepare your meals in advance. Meal preparation is the key to following a diet successfully. If your meals are ready to go you are less likely to choose something that doesn't fit your calorie budget. You can make your meals in bulk once or twice a week or prepare them daily for the following day, whichever suits you best. Failing to plan is planning to fail!

5. FOOD SELECTION

Be strategic with your food choices. Try to focus on low-calorie, high-volume foods. These will make you feel fuller for longer as they are often also high in fibre, and will allow you feel like you are eating a lot of food. Some of my go-to foods in winter are soups, zucchini noodles, cauliflower rice, warm salads and roast veggies. It is also important to ensure variety in your diet so that you are getting all of the vitamins and minerals you need and so that you look forward to your meals!

6. GET MOVING

Just because it's getting colder doesn't mean that your exercise routine should go out the window. Schedule your exercise for the week and stick to it. Grab a training buddy to help you stay motivated and accountable.

holly@thefitpharmacist.com.au
 Instagram: @thefitpharmacist
 Facebook: @HLthefitpharmacist
 www.thefitpharmacist.com.au

THE MERMAID TALE

WORDS James Perkins

PHOTOS Various

Photo By Matthew Taylor, Tourism, and Events Queensland

Classic Gold Coast meets fine dining and hipster haunts amid the thriving community of Mermaid Beach.

Hidden behind the busy menagerie of street fronts of the Gold Coast Highway at Mermaid beach is a bustling and creative beachside community with an eclectic mix of renowned restaurants, casual eats, and classic attractions.

Mermaid is so much more than its famous Millionaires Row, but is often overlooked on the way to Broadbeach or Burleigh. It's worth taking the time to explore this timeless Gold Coast suburb.

It is bordered by Broadbeach in the north, Miami in the south, and Mermaid Waters in the west and includes Nobby Beach, but that enclave under Magic Mountain is customarily considered its own little suburb.



What's new?

Have you ever tried a cheeseburger spring roll? Morgan Walsh's diner creation, FuFu, has merged the American and Chinese fast food classics to create an indulgent treat that shows there is a way forward for these two superpowers to work together for the global good.

The wider FuFu menu reflects this Chinese-American diner theme. You'll find barbecue pork mac'n'cheese, prawn and crab egg foo yung, and prawn toast with wasabi mayo amidst an unashamedly rich menu, which you can enjoy seated on pink velvet bench seats amid a space-age '50s diner décor.

Morgan Walsh has made Mermaid Beach the home of her growing restaurant empire. She also owns Poke Poke in the same complex as FuFu, in addition to Bonita Bonita on Glenelg Avenue and its adjacent cocktail bar BonBon. Morgan has continued her Mermaid love affair by opening vegan and vegetarian restaurant The Milkman's Daughter, further highlighting her eclectic tastes.

The northern end

Gold Coast Highway in Mermaid Beach offers a smorgasbord of eating options. In a small cluster at the northern end, you'll find a diverse choice of establishments, including the meaty burgers at Easy Street Diner and the vegan pizzas at Mandala.

The studiously crafted pastries at Bam Bam Bakehouse, meanwhile, have garnered an a-list following including Margot Robbie and Masterchef's Matt Preston. Margot had an intimate hen's party with five friends at Bam Bam Bakehouse, which brought the café international attention. The croissants are the star of the show, crafted over three days and then utilised in mouth-watering offerings such as eggs benedict, as well as karaage chicken and pork belly Bahn Mi sandwiches.

More than a night owl

At the midway point of your drive through Mermaid Beach on the Gold Coast Highway is a small shopping village dominated from the road by the Night Owl store, but it's more than a suburban convenience centre. In addition to FuFu and Poke Poke, it contains several excellent eateries such as Foccacias, where you can enjoy authentic Italian woodfired pizzas in bustling open-air suburban style, as well as a traditional fish and chips meal from Seafoods on Mermaid, or some sushi rolled with love and washed down with Suntory beer from Mermaid Sushi. Background Barista, from the same people that brought us Borough at Burleigh and Barefoot at Palm Beach, has also recently moved into the centre.



The western side

There's plenty going on west of the main thoroughfare. Apres is French for 'after', and a beer and burger goes down well following a surf, that's for sure. Keep an eye out for the Apres Surf specials on most weeknights, but don't turn up late, because the \$5 cheeseburgers, for example, sell out quickly and seats can be hard to find.

Marie Anita's gluten free health café and artisanal bakery provides hearty bakery eats without (as much) guilt. There is a processed sugar-free approach to cooking with quality organic ingredients grown close to home.

The steak-focused Genelg Public House will satisfy your protein cravings. There are 11 types of steak on the menu, ranging from an oyster nose Hereford-angus to the 250g wagyu rib fillet rated MB9+. The wagyu burger with emmental cheese and bacon is among the best on the coast.





Creative collective

A creative hub has evolved in the industrial area on Karen Avenue, which runs off Cronulla Avenue. Borrowed Nursery, 19 Karen Contemporary Artspace, KoKo Coffee Roasters and ArTHaus Event planners have found homes amidst a selection of auto industry retailers. Founded by Terri Lew in 2008, 19 Karen represents more than 70 national and international artists and has become the go-to gallery for fine art on the Coast.

Curated menswear

Alfred's apartment is a men's boutique, barber and café/restaurant/bar all wrapped into one specialising in quick eats complemented by inexpensive canned beer. Established in 2012, it quickly became a sort of cultural heart of Mermaid a fashion-conscious crowd.

Three brothers Nielsen (yes, from the Brothers Nielsen family), Kris, Danny and Matt, had a joint vision to create a unique retail curated range of menswear with four founding pillars of inspiration: ocean, adventure, culture, and class. They've achieved that at Alfred's Apartment, which is now approaching its sixth birthday.



Photo By Matthew Taylor, Tourism and Events Queensland





Photo By Matthew Taylor, Tourism and Events Queensland

Millionaires row

Mermaid Beach is rare in that it is low-density suburban living right on the beach in the heart of the Gold Coast with every convenience within walking distance, and that's a big drawcard for buyers.

Hedges Avenue, otherwise known as Millionaire's Row, is the city's most prestigious beachfront address where you'll find dreamy mansions, but it and the wider area remains studded with the occasional classic shack.

With a 30km/hr speed limit and wide bike lane, Hedges is a popular riding and jogging route; on any morning of the week, there'll likely be more foot and cycle traffic than vehicles, creating a vibrant street scene.

The Henderson family hails from Mermaid Beach. Brothers Luke and Andrew run John Henderson The Professionals real estate, which was founded by their father.

Luke has seen Mermaid Beach shift from a rental-focused area with ageing housing stock and cheap rents to one favoured by owner occupiers who have consolidated blocks and replaced the shacks with modern mansions.

Last year, there were 19 new dwellings under construction simultaneously in Mermaid Beach. "That is a massive transition for a relatively small area," says Luke. "We're really running out of that old stock now."

"Buyers are willing to pay good money for existing dwellings. It is now near impossible to get two older-style properties next door to each other."

Luke says the ability to walk to Mermaid Beach Surf Club and other conveniences such as shops, restaurants and medical facilities is a big drawcard for the suburb and helps build community.

"It's relaxed. You've got a mix of people and ages. There are so many things to do out and about on our doorstep, which means you are out and meeting people a lot of the time. It becomes a really good meeting place."

The high rises (mostly) end at Broadbeach, as Mermaid is largely bound by three-storey height limits. "The residents here want the ability to go to those restaurants and cafes without living in high-density areas," adds Luke.

Luke says you can get into an apartment in Mermaid Beach for around \$400,000, while an older style house could be worth \$1.25 million - "those old houses are getting very hard to find, though," says Luke. And you'll get right on the beach from \$4.5 million upwards

Mermaid at a glance

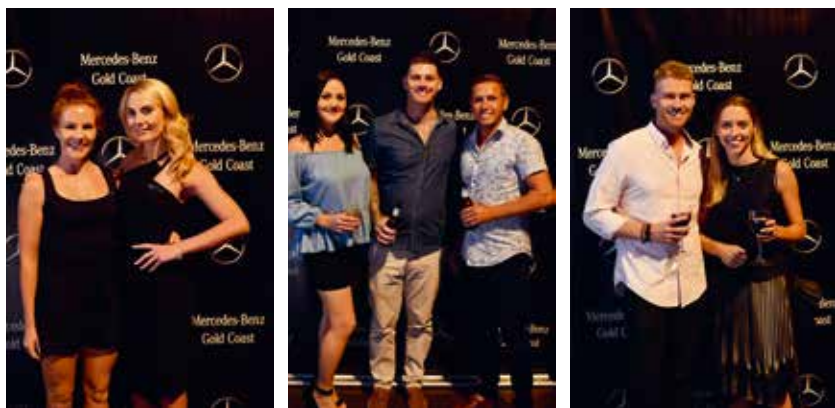
- Population - 6,533
- Median age - 35
- Median weekly household income - \$1,463
- Median monthly mortgage repayments - \$1,733
- Median weekly rent - \$370
- Size - 299.9 hectares
- Median house price - \$1.56 million (up 9.08 per cent on 2017)
- Median unit price - \$426,000 (up 2.44 per cent on 2017)
- Median rent - \$420/week

Fast facts

- Mermaid Beach was named after the cutter HMAS Mermaid. Explorer John Oxley became the first European to chart the Tweed and Brisbane rivers aboard the vessel in 1825.
- The Mermaid Beach Tavern was formerly a McDonald's restaurant, one of the first, and largest, built in Queensland.
- What is now the Mermaid Beach Medical Centre was once the Gold Coast's premier movie theatre.
- Cotton farmer Alan Frost sold his Hedges Avenue property for \$11.6 million in April 2018, up from the \$6.6 million he paid for just four years earlier.
- Putt Putt Mermaid Beach will turn 50 in 2019
- The Mermaid Beach Community Centre hosts an array of events, including Toastmasters on the second and fourth Tuesday of each month.



X-CLASS GETS GOLD COAST'S HEART PUMPING



The highly anticipated luxury ute from Mercedes-Benz was officially unveiled to the city at an adrenaline pumping VIP event at HOTA.

The Mercedes-Benz X-Class is a first for the three-pointed star brand, with comfort and safety equipment levels not found in any of its rivals.

The launch featured international FMX rider Pat Bowden and two-time V8 Superute champion Ryal Harris in a show-stopping launch including a thumping soundtrack, aerial tricks, flames and fireworks, and of course the usual high standard of catering for invite-only guests.



Mercedes-Benz Gold Coast Dealer Principal Robin Mainali says the X-Class is a ground breaking all rounder, and with the dual cab segment almost doubling in sales over the past six years, the demand will be huge.

“This is the most innovative development in its market segment for a very long time - perfect for any recreational user as a reliable work horse or just as at home as a luxury daily drive,” Mr Mainali says.

“The X-Class will appeal to a very wide market, and as Mercedes-Benz is the city’s most popular luxury car, I also expect it to become the Gold Coast’s most popular ute.”



The launch was compered by our Brand ambassadors Robbie McEwen with TV personality Shelley Craft hosting a Facebook Live event, and showcased a number of models of the X-Class.



A glimpse into Mercedes-Benz marketing of yesteryear, an era of long copy, masterful commercial artistry and press advertising with panache. Curated by the team at MBGC.



Six years after fighting ended in World War II, Germany was enjoying a return to prosperity, led by world-leading automotive manufacturers such as Mercedes-Benz.

It was at this time in 1951 that Hans Liska drew this famous artwork, Sailboats and the Mercedes-Benz 300 (W 186), which combined two status symbols of the post-war period in a rich and blissful harbourside scene.

The 300 was the flagship Mercedes-Benz model of the time – the Maybach of its day – and included the latest technology and highest luxury.

The first edition of the hand-built four-door luxury tourer was built from 1951-57 and featured an all-new 3.0L overhead cam, aluminium head M186 straight-six engine.

The release of this new world-class car signified a new start for the war-torn country.

The bright and happy scene, including joyful couple, flowers, a smiling captain and lined-up sail boats, is titled *der großer erfolg*, meaning: ‘the great success’.

As a member of the German army, Hans Liska created some of the best-known Axis art of World War II. Once the war was over he became a publisher and took on clients such as Mercedes-Benz.

After visualising the horrors of the war as an artist, it was no-doubt a relief to sketch a happier scene that presented such German success.



Gold Coast's only Mercedes-Benz authorised autobody repairer.



Unfortunately, accidents happen. Fortunately, we're here to help. We will repair your vehicle the right way, with Mercedes-Benz Genuine Parts and Accessories, using approved equipment and with the level of expertise your vehicle deserves. Whether it's a minor scratch or a major collision, ensure your vehicle is always repaired by a Mercedes-Benz Authorised Autobody Repairer.

Centrally located to the M1, servicing from as far north as the Sunshine Coast to the Northern Rivers. Please drop by for a quotation, no appointment necessary or contact us to arrange for one of our estimators to visit your home or business address for an onsite estimate. You have the right to choose your repairer, choose the best.

HH HARVEY PRESTIGE



The evolution of tough

Introducing the new X-class.

Mercedes-Benz

