

DRIVER

Gold Coast fashion
icon Violet Atkinson

DESPATCHES

Family fun in stunning
New Zealand

PLATE

Local Burleigh Heads
restaurant Labart



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WELCOME

Winter 2019



Welcome to the Winter issue of MBGC. While our southern neighbours prepare to shiver through the coming months, the payoff of living on the Gold Coast is now more evident than ever.

Before I preview this edition, I'd like to draw to your attention to the fact that our beautiful sunny days also mean our nights are chillier than any other time of the year, and for people living rough on the streets it can make for very long and uncomfortable nights.

We recently assisted a fantastic local charity called Support the Girls, a worthwhile organisation that provides bras, personal hygiene products and toiletries to homeless and disadvantaged women.

CEO and founder Jane Holmes and her team do a wonderful job of giving some level of dignity to those who are forced to make choices over their own personal health and wellbeing.

We feature the charity in our Operations section, and I ask you to support them in any way you can.

In this edition we take a drive with former litigation lawyer and now creative mind and PhD researcher Violet Atkinson.

Her intelligence is matched by her sense of style and she talks to us about all things fashion, creativity and, of course, intellectual property law.

If you've ever been worried about travelling with your children, then Campbell and Georgie Pollok show us how it's done in Destination.

The Polloks traversed the length of New Zealand's north and south islands with their six-month and two-year old and enjoyed every minute of it.

In our restaurant piece, Plate, we talk to Alex Munoz Labart who bravely decided to uproot his family from a successful career in Sydney to make his own mark on the Australian dining scene.

Just on a year later, Labart in Burleigh Heads has made a huge impact on the city's dining culture, winning accolades from locals and visitors alike.

In this edition, I'd also like to welcome a new contributor, golfer and friend of the brand Brad Kennedy.

Brad has been playing professionally for 25 years and has won a number of tours in Japan and on the Australasian PGA.

He kindly gives us some tips on how to play a better game so the walk up to the nineteenth hole isn't as painful as it might have been.

The increasingly popular art of ceramics makes its debut this edition in Concept, as we talk to Jo Norton who has established a studio in Currumbin and is practising the Korean pottery technique of Onggi.

Our feature on innovation, Enterprise, looks at how investors in commercial and residential property can now increase their yields through harvesting solar power from their roofs, and in Catchment we take a stroll around the streets of nearby Brunswick Heads, the perfect place for a day drive in your Mercedes-Benz.

Of course, our regular pages, including Highnett, continues to look at the topics your business needs to grow, while our resident health and well-being guru Holly Louise gives us tips on how to increase our energy, and chef and restaurateur Daniel Ridgeway shows us how to make potato gnocchi with Alsace bacon, mushrooms and truffle cream sauce.

If there's anything you'd like to see in future editions, please feel free to contact our editorial team, and, of course, if there's a Mercedes-Benz that catches your eye in our Catalogue, then make sure to get in touch.

Robin Mainali

Dealer Principal

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HH HARVEY PRESTIGE

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A STYLE ALL HER OWN

WORDS Nick Nichols PHOTOS Lincoln Williams



While the 2001 film *Legally Blonde* parodied the clash between fashion and law, a Gold Coast lawyer has shown how a mind for intellectual property and an eye for style can both provide creative outcomes.

Violet Atkinson, the fashion girl from the Gold Coast, is something of an enigma.

On the one hand she is an experienced litigation lawyer, able to hold her own in the cut and thrust of a courtroom.

On the other, she is a social media influencer whose creative flair has immersed her in the world of style and fashion.

Add to that a PhD where she is researching intellectual property within the fashion industry and you have a high-brow combination that breaks the mould as far as careers go.

Alongside Bond University's Professor William Van Caenegem, one of the world's leading experts in intellectual property, Violet has co-convened and presented at symposiums in Paris and Milan before representatives of leading luxury brands such as Cartier and Hermes.

"It's very daunting because usually I am about 20 to 30 years junior to everyone in the room," says Violet.

Violet brings a lot to the table as a researcher, particularly an understanding of fashion and industry trends.

Her articles, co-authored with Professor Van Caenegem, have been published in esteemed academic journals worldwide.

It's hard to imagine a more diverse career, yet for Violet these are the fruits of an unconventional upbringing.

"Growing up on the Gold Coast, I was home schooled my whole life and creativity was all around me," she says.

Violet's father was a professional musician who also loved photography.

It's not surprising then that one of Violet's most prized fashion accessories while growing up was a camera dangling at her side.



“Through my teen years I fell into modelling. A lot of my friends were creative and I loved working in that field,” she says.

“I also really loved reasoning, so when I was 12, that’s when I decided I wanted to be a lawyer.”

After graduating with a law degree at Bond University in 2014, Violet joined Cronin Litigation Lawyers.

But she couldn’t totally let go of fashion and photography, dabbling with them on the side and building an Instagram following.

“At first it was completely a hobby and I was only doing it for fun,” she says.

Violet also found her creativity being channelled through the law, a world that is not as dull as some might think, she says.

“I believe litigation to be one of the most creative areas of law because you are actually writing and pleading your case,” says Violet.

“If you are a civil engineer, for example, there might not be room to be as creative because that is a very mathematical field, but in law that’s not the case.

“Every day I would have to construct a creative argument.

“Sometimes the best solution to a problem might not be legal.

“As a lawyer it’s my job to give clients the best advice, but coming up with creative solutions is part of that.”

Violet’s passion for photography makes Instagram her preferred social medium.

She doesn’t like the ‘influencer’ label, but prefers to see herself as someone who is engaged with ‘a cool community of people who like the things that I do’.

“A lot of my work is on Instagram, so I use it more as a portfolio to showcase my work,” says Violet.

“The secret is to remain very authentic by posting only those things that I truly like.

“It’s really important for people to just be themselves, otherwise there’s no joy in it.

“As a result, I’ve gained a following of people who really like my style.”

Violet’s style is eclectic, although undeniably influenced by the fashion classics.

Her photography is an exercise in searching for fresh perspectives.



“ I specialise in high-end brands and Australian fashion labels, and I’m very passionate about people having creative design as a key element of fashion ”



“I work in fashion so I love the aesthetic qualities of it, for sure. The quality of Mercedes-Benz is also unrivalled”





“I don’t have a large following because it’s a niche audience. But I do get a lot of messages and emails from people asking me for advice and that’s pretty cool,” says Violet.

It’s not surprising that Violet is a Mercedes-Benz owner, driving an A 200 from Mercedes-Benz Gold Coast and ‘loving it’.

“I work in fashion so I love the aesthetic qualities of it, for sure. The quality of Mercedes-Benz is also unrivalled,” she says.

“But I also get very deep and meaningful, really admiring Mercedes-Benz as a supporter of the fashion industry.

“Mercedes-Benz Australia has been sponsoring Sydney Fashion Week for about 25 years.

“It’s a huge thing for Australian fashion to have a major fashion week on the circuit because it helps a lot of Australian designers.”

While she may not currently practice law, Violet still harbours ambitions to bring it back into the fold.

As a creative director, she works with luxury fashion and lifestyle brands, zhooosing

them up with her touch for styling and engaging content.

Her clients have included the likes of Mercedes-Benz Australia, Prada, Longines, Intercontinental Hotels and Pacific Fair.

“I’m getting a lot of creative direction work at the moment and building up a great network of people in the industry,” she says.

“I don’t really have live aspirations to become a full-time academic because I’m an extrovert and can’t sit still.

“However, I do see some great opportunities ahead in specialised legal work for creative industries.”

Protecting designers is central to Violet’s PhD research, particularly focusing on the impact of copyright, designs and unfair competition law.

“I specialise in high-end brands and Australian fashion labels, and I’m very passionate about people having creative design as a key element of fashion.

“In Australia, we don’t have a lot of copyright protection for the creative industry, whereas

in France they have a specific laws formulated for fashion.

“They recognise the value that fashion brings to their country. In Australia, based on how the law treats creative fashion design, it seems apparent that we don’t.


“The big issues are how copyright only extends to artwork and not to fashion, so there’s a distinct blurring of the lines between creativity and inspiration across the industry.

“There are a lot of issues where people in the industry are not being educated in regards to their rights in all this.”

Violet is edging closer to partnering with the Australian Fashion Council to present her research to the government.

When it comes to style and substance, the fashion girl from the Gold Coast is proving to have plenty of both.

Violet Atkinson

 @violetgrace_

www.stylishstateofmind.com

ACROSS THE DITCH

WORDS Georgie Pollok PHOTOS Campbell Pollok

Travelling with young children certainly comes with its challenges, but as we like to say, it beats staying at home.



It was with just a bit of trepidation that we packed up our two-year-old and six-month-old for a four-week trip around New Zealand.

The little country across the ditch attracts close to four million tourists each year. That's quite an achievement considering New Zealand's population is just under five million and its landmass is 29 times smaller than Australia.

For sheer natural beauty, the Land of the Long White Cloud really is hard to beat. And being just a hop across the Tasman, it was an appealing destination for our first trip as a family of four.

Our journey took us from the idyllic beaches in the North Island, to the ragged peaks and open spaces of the South Island. We relished in the scenery, in the shared experiences and in spending so much quality time together.

New Zealand is a place of endless discovery, and this trip saw us uncover some new gems while also revisiting favourite haunts.

NORTH ISLAND

For the first 10 nights, we meandered around the North Island, staying in Mangawhai, Matapouri, Kerikeri and Matakana. We opted for Airbnb accommodation, and the welcoming abodes of our family and friends. Having a homely base with a kitchen and laundry really

does make a holiday with kids that much easier, although moving every couple of days can be a bit unsettling. It was a lesson learnt.

Mangawhai is a cute little town, not far from Auckland. We used it to break up our journey north, and enjoyed the surf beaches, the small town vibe and the great burgers from the bright blue shipping container.

Our visit to Whale Bay near Matapouri was an absolute highlight. After a walk of about 1km, you are rewarded with a stunning little patch of paradise. Crystal clear water, fine white sand and shady Pohutukawa trees that line the shore, a perfect spot for baby naps, toddler exploring and refreshing dips in the ocean.

The Bay of Islands is known for its connection to the history of New Zealand. It is here that you can visit the Waitangi Treaty Grounds along with beautiful little bays and stunning Kauri forests. We didn't hit the best weather for this leg of the trip, but it's a special spot in the North.

Just out of Auckland is a gorgeous town called Matakana. It reminded us of Bangalow in northern NSW.

Every shop is beautifully curated, the food is top quality and the markets are famous throughout the region. We stayed with friends who live on a farm overlooking the ocean. It was idyllic.

SOUTH ISLAND

In the South Island, we again mixed up our accommodation options, staying in Airbnbs and with family and friends. For a few special days, we joined many other tourists and became proud custodians of a motorhome. Snagging a bargain with a relocation deal, we motored from Queenstown to Christchurch over four days. Racking up 900km on the odometer, we really did push the limits of car time with the kids. But it is amazing what they can cope with, and the flexibility of motorhome travel is a definite bonus.

Rather than taking the classic route up through the middle of the country, we tried some new destinations and journeyed via The Catlins and the Otago Peninsula. It is such a pretty part of the country. We drove through rolling farmland with views of the coast. The beaches are quite spectacular and we saw seals, albatross and penguins in the wild.

There were times when we pulled up to freedom campsites in darkness, and woke to a view of waves rolling onto the shore and the sun rising over the sea. Other nights, we bunked in campgrounds to access power so we could heat the van after spending one night finding out that little kids wake a lot in the night if they're cold.





With limited time in The Catlins, we had just one opportunity to capture the beauty of Nugget Point at dusk. The only problem was that sunset was well after 8pm, and definitely past bedtime for the little boys. But life is there to be lived. So we fed and bathed the kids, dressed them in their pyjamas and bundled them into the packs for a post dinner stroll. They coped (loved it, actually). The scenery was absolutely spectacular, and the light in the photos was simply stunning. There's something to be said for embracing the opportunities, even when that means disrupting children's routines.

Along with the scenic drive in the South Island, we also had three nights in Queenstown, four nights in Wanaka and a week in Christchurch.

Queenstown is a favourite destination for travellers all over the globe. Unfortunately that means the town can be overrun with tourists, the roads are heaving and the general

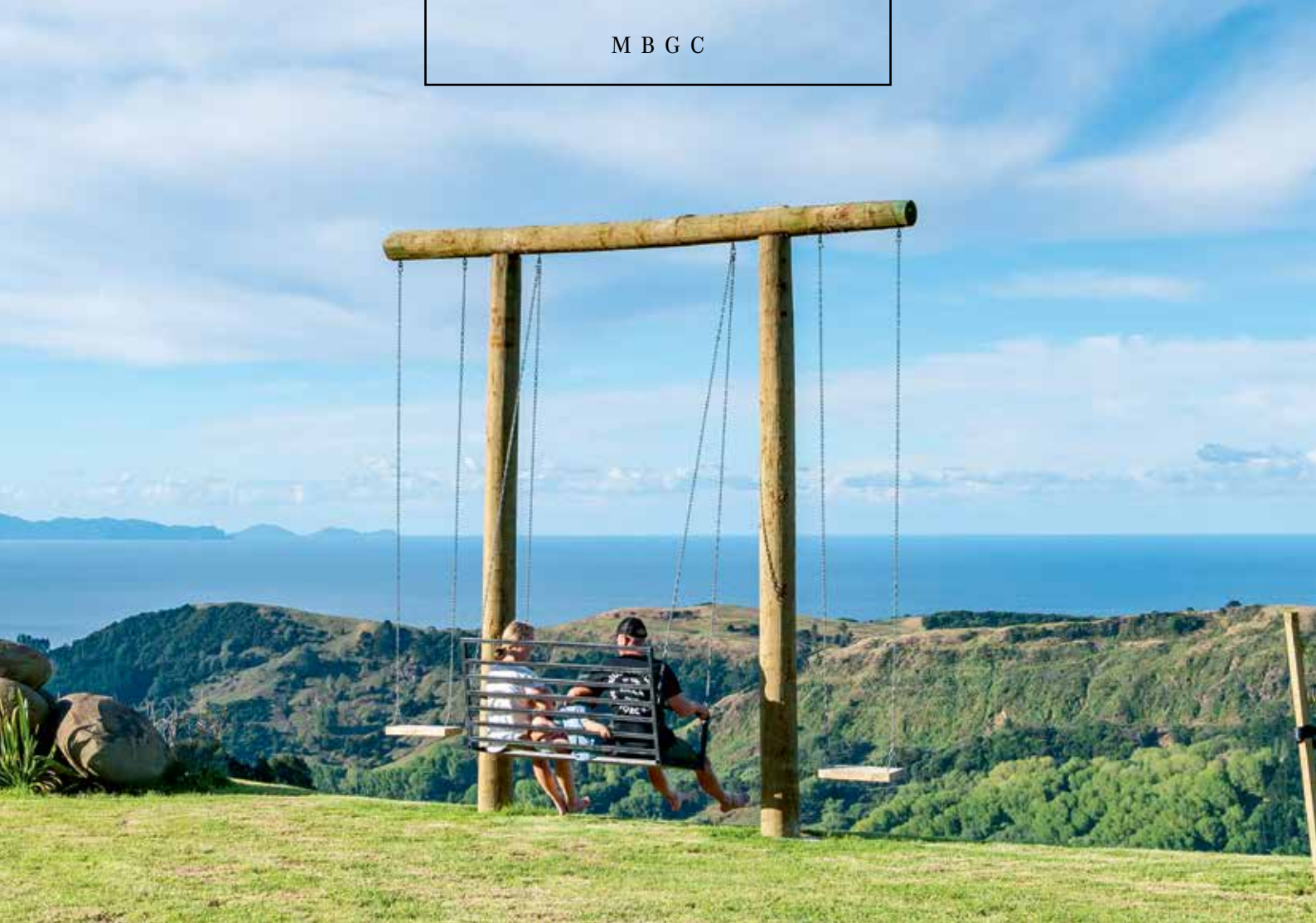
atmosphere is much busier. In saying that, it's still a great place to visit. We loved driving to Glenorchy for a day, with a walk through beech forests and a picnic by the Dart River. We also drove around Skippers Canyon, visited our favourite cafe in town (Bespoke Kitchen) and made the most of a great playground right on the shores of Lake Wakitipu.

Wanaka is probably a bit like what Queenstown used to be. It's getting more popular (we have never seen such a consistently busy supermarket), but there's a more relaxed feeling to the town. With great food options, stunning scenery, a beautiful lake and another great playground, it really is a perfect family destination. We tackled some good walks from here (Mt Iron and Blue Pools with the kids, and then a solo tramp for Campbell to Rob Roy Glacier). We didn't eat out very much in the South Island, but we did enjoy gluten free fish

and chips from Erik's, and great Mexican out of food truck, both in Wanaka.

Our last stop was Christchurch to unwind and catch up with family and friends. But we also explored. Highlights here included a morning in town as tourists on the tram and the gondola, and a visit to the amazing Margaret Mahey playground. This was all about doing something for the kids, and they loved it. Christchurch has become infamous as a result of the earthquakes and the more recent terrorist attack. But this resilient city is also the gateway to many other beautiful regions.

We enjoyed a great hike with the kids around Godley Head, and a big day trip to Banks Peninsula, stopping at Akaroa, Okains Bay and Pigeon Bay. We picnicked on the beach, hiked around the headland and finished by jumping off a jetty into the cool water. You could easily spend a good few days exploring this pretty peninsula.



TIPS FOR TRAVELLING WITH KIDS

Children just love doing what their parents are doing. So heading out on short hikes was a fun outing (almost every time), and babycinos make the whole cafe experience that much better.

When touring New Zealand, make sure you get the Neat Places app. This guide was an excellent source of local tips, including the best food and coffee recommendations. In terms of food, we actually found that we alleviated a lot of stress, and overtired kids, by cooking simple healthy dinners and eating in as much as we could.

If you saw us walking through an airport during our trip, you would definitely say that we overpacked. With three suitcases between four people, two hiking packs, two car seats, a


pram, a portacot, a bag of linen for the holiday homes that don't provide it, snacks and carry on, we really did look prepared for every eventuality. And we were. But we found that it was worthwhile taking all that we needed, plus a few toys, books and new activities for the kids.

In an age when life is so busy, so full of routines and requirements, it was a joy to just 'live' as family. Sure, we had places to get to, meals to cook and nappies to change, but life really can be that simple.

For us, family holidays are a time to connect with each other, to spend time reading, to have picnics on dry riverbeds, to learn and to laugh. We have the privilege of instilling in our children a love and appreciation of their world, while also teaching them the importance of conservation for future generations.



Campbell and Georgie Pollok are passionate about travel, photography and family. They have recently launched Ranger Creative, selling a range of fine art photographic prints captured around the globe.

 @rangercreative


www.rangercreative.com.au

GREAT EXPECTATIONS

WORDS Bruce Nelson PHOTOS Labart

Accomplishing a successful career working as head chef at hatted Sydney dining institutions Monopole and Cirrus Dining would be the pinnacle for some, but not Alex Munoz Labart, who saw a sea change as the perfect opportunity to strike out on his own.





“The biggest issue is staffing because a lot of people pass through the industry. Trying to find good staff is tricky, but we’ve been very fortunate in that the people that we have selected come from a very good hospitality background”

Twelve months on from opening his own restaurant, Alex Munoz Labart can sit back and let out a sigh of relief, if he was that type of person.

The gamble has paid off with his restaurant Labart now firmly established on the Gold Coast dining scene, but it hasn’t meant he’s resting on his laurels.

“I like to call what we do fun dining. I come from a fine dining background and I wanted to create something that was a cut above what other people were doing on the Coast, but still keeping it approachable in terms of the menu,” Alex says.

“Seasonality is a big one for me and I don’t like to go out of that box; I like to keep things simple.

“Everything we use is ordered for that day. It’s all about what we can put on the plate and what we can actually deliver on the night.

“We also focus on a smaller menu to really deliver a better product, rather than just having options for the sake of it.”

His attitude towards service has also helped define what Labart offers, something instilled in him from his time at top restaurants in Sydney.

“It’s important to us that our service is number one as there are only a handful of restaurants on the Coast that provide it,” he says.

“It means we need to put the extra staff on and put that extra chef on. Sometimes you

have to wear that cost to build people's trust, to let them know that we are different.

"That's the standard I've been used to and a year into it we have built our customer base and people know what to expect."

Alex and his wife Karla are no strangers to the Coast. Karla grew up here and Alex lived here in his first year as a chef over 15 years ago. They met when he was head chef of Monople, and she was working for a PR agency.

"I met Karla in Sydney, and she had a lot of friends that she kept in contact with on the Coast which was one of the factors in why we moved here," Alex says.

"Initially the discussions were all about a lifestyle change for us. The alternative was the North Shore or eastern suburbs of Sydney, but the Gold Coast was much more affordable for us to open a restaurant.

"We wanted to go for something that would give us longevity as the Gold Coast has a much younger crowd, so we wanted to fit in between that and the more experienced diners."

Alex credits his Chilean background for developing his palate for food, but his training has been French traditional cooking and techniques.

Labart has an open kitchen which allows him to keep a watchful eye on the floor and his goal is always to enhance the customer experience.

"I can pick up on small things as they happen. It could be the drop of a fork or noticing

people may want some more bread. It never stops," he says.

"I like to keep a close eye on the pace of the service, the pace at which people are eating, not to put too many plates on the table at once. It's about getting the right balance for our diners.

"It takes a lot of communication and we go that extra mile to accommodate people and make sure they're okay, but we also try to keep the atmosphere relaxed."

The decision to establish a new business in Burleigh was almost made for him, with its neighbourhood feel and supportive business environment all providing the perfect location.

"Burleigh has a great feel with a handful of people like Rick Shores and Fish House already doing good things in the hospitality industry here," Alex says.

"Burleigh Baker is right next to us and it's where we source our bread from for the restaurant. It's quite unique what they do in fermentation of the dough.

"We support them, and they support us. You just don't get that in a big city. Everyone pulls together and supports each other here."

After stints in two of Sydney's best restaurants, Alex still has a following and it's not uncommon for familiar faces to pop in at the restaurant and to discover there's more to the Gold Coast than Surfers Paradise.



“My peers in the industry can’t believe the lifestyle. I was doing about 80 hours a week as a head chef running a restaurant and that’s expected and accepted”

“We’ve had foodies take the trip from Sydney to the Coast to try us out. Most people think of Surfers Paradise when they come to the Coast, but Burleigh is a beautiful place and they love it when they get here,” he says.

“My peers in the industry can’t believe the lifestyle. I was doing about 80 hours a week as a head chef running a restaurant and that’s expected and accepted.

“Now I train three days a week, on the odd occasion I’ll go for a surf or a swim and I’ve cut my hours to between 40 and 50 a week in the kitchen and everyone gets two-and-a-half days off a week.

“That means we all come back recharged and relaxed and that’s part of the reason we came to the Gold Coast.

“In Sydney I never exercised. It put me where I am today, but this is a different generation coming through and I think the industry needs to be more sustainable.”

Running a restaurant and owning one are two different beasts, according to Alex, with a number of big challenges he didn’t have to worry about when he was just working in the kitchen.

“The biggest issue is staffing because a lot of people pass through the industry. Trying to find good staff is tricky, but we’ve been very fortunate in that the people that we have

selected come from a very good hospitality background,” he says.

“Even though people have a good resume on paper, we still do wine training and service training in the way we carry ourselves, the way we present the menu and how we talk to our customers.

“It’s all part of the fine dining background I have set for the restaurant but obviously we try to keep it as casual as possible.

“We actually focus on our staff and let them see they can make a career out of hospitality.”

Next year Alex is planning special dinners at Labart including a chef series, particularly during the quieter months.

“I’m extremely hands on but the long-term goal for me is to become a restaurateur rather than chef. But until that day comes, I still absolutely love being in the kitchen,” he says.

“Down the track we hope to open up other establishments, but not necessarily a restaurant.

“The support we’ve had in opening Restaurant Labart is just incredible. It’s great knowing that there are people who want us to do well and that there’s that push to come in and do better things.”

Restaurant Labart
2a/8 West St, Burleigh Heads
www.restaurantlabart.com



PAR FOR THE COURSE

WORDS Brad Kennedy

I've spent 20 years playing on professional golf tours around the world, and with seven international wins to date, I look forward to sharing my golf experiences and knowledge with you over the coming editions.

KNOWLEDGE IS POWER

The key to improving your golf game is first and foremost about having knowledge about your own game. What does a good shot look and feel like? What does a poor shot look and feel like? With greater knowledge comes the ability to adjust and therefore improve, either technically or mentally, during each and every round. Golf is actually a game of mistakes (that's what the handicap system is designed for), so by firstly improving your knowledge you gain more control over your performance.

LET'S RATE YOUR GAME

A great way to improve and learn is to rate each part of your game out of 10. Make a quick list. Start with your driver, then 3 wood/utility woods, irons 3-9, wedges psw, chipping and putting, and finally the mental game.

Then honestly rate them each out of 10.

Now you have a clear platform identifying the areas to focus on and which need the most improvement. Remember that golf is far too complex to work on everything at once.

I am not suggesting ignoring your strengths, but if you can improve at least one of the areas that you rated low, you will take your game to another level. Take the time to seek advice from a local golf club professional, ideally someone who you are relaxed around and can relate to, or even a regular playing partner or friend who has knowledge of your game.

Now that you have rated your game, let's look at each of

those areas and how they relate in a single round of golf.

As an example, if you have a handicap of 13 then 85 shots is playing to your handicap.

Your typical round might be made up of:

- Drives 12
- 3 wood/rescue 6
- Irons 15
- Wedges 6
- Chipping/bunkers inside 10 metres 10
- Putts 36

As you can see, the total shots inside 100m (which are wedges, chipping/bunker shots and putting) is over 60 per cent of your total score. Professionals tend to spend about 70 per cent of their total practice on the short game.

The game of golf is such a difficult one to master, which is why we all love it. There is no better feeling than ripping a drive straight down the middle, hitting an amazing iron shot into the green with the exact flight you wanted, chipping the ball close from a near impossible position or holing a testing putt. Just one of these experiences in a round of golf always seems to leave us wanting more. Imagine if you could have this feeling 5, 10, 15 or 20 times each round.

This column is for you, so I would love your input. Let me know what aspects you would like to learn and understand over the coming editions. Please send an email to feedback@mbgoldcoast.com.au and I'll include them in the next edition.

CLUB	RATING/10	1 ROUND <small>BY HANDICAP 13 SHOTS PER CLUB</small>
DRIVER		12
3 WOOD / HYBRIDS		6
IRONS		15
WEDGES inside 100m		6
CHIPPING		2
BUNKERS		8
PUTTING		36
MENTAL		
		TOTAL 85 SHOTS

POTATO GNOCCHI WITH ALSACE BACON, MUSHROOMS AND TRUFFLE CREAM SAUCE

This dish is perfect for winter, it can be served with steak, roasts or by itself. To make it a hearty vegetarian meal, just leave out the bacon. I have simplified this recipe from how I make it in our venues to assist you at home.

Daniel Ridgeway, Ridgeway Group



INGREDIENTS

Gnocchi

1kg Desiree potatoes, or any floury potato
1 tsp Salt
300g 00 flour
1 large Free-range egg, beaten

Cream Sauce

500ml White wine
1lt Thickened cream
400g Alsace bacon or pancetta, diced into 1cm cubes
400g Portabello mushrooms, sliced
50ml Canola oil
60g Truffle tapenade, can be bought at a delicatessen
60g Grana parmesan, shaved
200g Baby spinach
Salt to taste

METHOD

Gnocchi

Boil the potatoes in plenty of water until tender. Drain and peel while still hot. Sieve the potatoes onto a clean workbench or into a large bowl, using a potato ricer or food mill.

In a separate bowl, sprinkle salt over flour and mix well. Add beaten egg and half of the flour to the potatoes.

Knead, gradually adding more flour, until the mixture is soft, smooth and slightly sticky.

Divide the dough into quarters, shape into rolls about 3 centimetres in diameter, then cut into two centimetre pieces.

Bring five litres of water to the boil in a large saucepan. Drop the gnocchi into the boiling water, not too many at a time.

After they rise to the surface, cook for a further 20 seconds. Use a slotted spoon to remove from the pot. Place these aside to add to the sauce.

They can be kept in the refrigerator for a couple of days in advance if need be.

Cream Sauce

Place wine into a heavy based pot and reduce by half, add the cream and reduce by half again. Set aside.

Sauté the bacon and mushroom separately in a heavy based pan. Add the cream reduction, truffle tapenade and gnocchi, gently stir and bring to a simmer.

Add the shaved parmesan and spinach, this will thicken the sauce some more. Keep simmering until it reaches the desired thickness, season with salt and serve.

Serves 6 to 8 people.



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Features Include

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- Panoramic sunroof
- LED Intelligent Light System
- COMAND Navigation with Voice Activation
- Electric front seats
- 360-degree camera
- 7G-Tronic 7 Speed Automatic Transmission

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Km 3,500. Four-door and five-seat dual cab in Kabara Black Metallic in Black Artico/Dinamica interior. Stock number L12520.

Features Include

- STYLE PACKAGE
- Electric Sliding Rear Window
- Factory Chrome Style Bar
- Factory Hard Tonneau Cover
- 19-inch Gloss Black alloy wheels
- LED Headlamps
- COMAND Navigation with Voice Activation
- 7G-Tronic PLUS 7-Speed Automatic

Many more features to list.

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\$59,900.00 Drive Away

\$50,000 - \$100,000



Km 55,000. Five-door and five-seat wagon in Tenorite Grey Metallic with Black Leather Interior. Stock number L12537.

Features Include

- VISION PACKAGE
 - Electric Tilting and Sliding Glass Sunroof
 - Head-Up Display
 - LED Intelligent Light System
 - Automatic Tailgate
 - Blind Spot Assistance
 - Keyless Entry and Start
 - DISTRONIC PLUS Radar Cruise Control
- Many more features to list.

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2016 Mercedes-Benz C 250

\$54,900.00 Drive Away



Km 57,300. Four-door and five-seat sedan in Diamond White BRIGHT with Cranberry Red interior. Stock number L12518.

Features Include

- AMG Sports Package
- 19-inch AMG gloss black alloy wheels
- Unique AMG body styling
- Vision Package
- Panoramic sunroof
- LED Intelligent headlamps
- Head-Up Display
- COMAND Package

Many more features to list.

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2014 Mercedes-Benz A 45 AMG

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Km 41,588. Five-door and five-seat hatchback in Mountain Grey with black leather interior. Stock number L 12600.

Features Include

- Two-year Mercedes-Benz Certified Warranty
 - Panoramic sunroof
 - Distronic PLUS
 - AMG hand-built engine
 - COMAND navigation
 - Reverse camera
 - 19-inch AMG alloy wheels
- Many more features to list.

\$15,000 - \$50,000

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



2015 Mercedes-Benz GLC 220d

\$49,900.00 Drive Away



Km 73,000. Five-door and five-seat wagon in Obsidian Black Metallic with Black Artico interior. Stock number L12466.

Features Include

- 20-inch GLC250 Twin 5-Spoke Alloy Wheels
 - Electric Seats
 - EASY-PACK Automatic Tailgate
 - Reverse Camera
 - Blind Spot Assist
 - Keyless Start
- Many more features to list.

\$15,000 - \$50,000

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



2015 Mercedes-Benz C 200

\$47,900.00 Drive Away



Km 38,000. Five-door and five-seat Cavansite Blue Metallic with Silk Beige Artico interior. Stock number L12460.

Features Include

- VISION PACKAGE
 - Panoramic Glass Sunroof
 - LED Intelligent Lighting System
 - Blind Spot Assist
 - 18-inch Twin 5-Spoke Machined Alloy Wheels
 - Keyless Start
- Many more features to list.

\$15,000 - \$50,000

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



2015 Mercedes-Benz A 250

\$44,900.00 Drive Away



Km 46,000. Five-door and five-seat sports hatch in Cirrus White with Black Artico/Dinamica interior. Stock number L12504.

Features Include

- AMG Sports Package
- 18-inch Multi-Spoke Gloss Black AMG Alloys
- COMAND Navigation with Voice Activation
- Harman/Kardon Surround Sound
- LED Headlamps
- Blind Spot Assistance
- Keyless Start
- 7G-DCT 7 Speed Automatic Transmission

Many more features to list.

\$15,000 - \$50,000

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



2014 Mercedes-Benz C 200

\$39,900.00 Drive Away



Km 93,000km. Five-door and five-seat sedan in Tenorite Grey Metallic with Black Artico interior. Stock number L12521.

Features Include

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 - Exterior AMG Bodystyling
 - AMG Alloy wheels in Gloss Black
 - VISION PACKAGE
 - Panoramic Tilting and Sliding Glass Sunroof
 - Reverse Camera
 - Blind Spot Assistance
 - 7G-Tronic PLUS 7-Speed Automatic
- Many more features to list

\$15,000 - \$50,000



2010 Mercedes-Benz E 250

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\$15,000 - \$50,000

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2007 Mercedes-Benz SLK 350

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\$15,000 - \$50,000

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2010 Mercedes-Benz E 250

\$29,900.00 Drive Away



Km 96,000. Five-door and five-seat sedan in Iridium Silver Metallic with Black Leather interior. Stock number L12569.

Features Include

- VISION PACKAGE
- Electric Tilting and Sliding Glass Sunroof
- Harman/Kardon Surround Sound System
- Blind Spot Assist
- Semi-electric front seats
- Keyless Entry and Start
- 5G-Tronic 5 Speed Automatic Transmission

Many more features to list.

\$15,000 - \$50,000

Mercedes-Benz Certified
Pre-owned vehicles



2012 Mercedes-Benz B 200 CDI

\$26,900.00 Drive Away



Km 60,000. Five-door and five-seat hatch in Mountain Grey Metallic with Black Artico interior. Stock number L12493.

Features Include

- NIGHT PACKAGE - Gloss Black Exterior Trims
 - 18-inch Gloss Black Alloy Wheels with Machined Face
 - Cruise Control
 - Blind Spot Assistance
 - Navigation
 - 7G-DCT Dual Clutch Automatic Transmission
 - 9 Airbags
- Many more features to list.

\$15,000 - \$50,000



PREVENT WINTER WEIGHT GAIN

WORDS Holly Louise – The Fit Pharmacist

I'm sure you've heard the saying that summer bodies are made in the winter. As much as I loathe this saying, there is unfortunately some truth to it. Making good choices during these colder months definitely makes obtaining or even maintaining your 'summer body' a lot easier when the weather starts to warm up and helps to avoid those moments of panic when you realise it's time to wear shorts again or better yet – a bikini!

My top tips to stay on track over winter are:



CALORIE BUDGET

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 and not really exercising, you are more than likely to gain weight.

I would also recommend taking it a step further and work out how much of each macronutrient you should be eating (protein, carbs and fat), in particular, protein. This is the most satiating macronutrient, helping you feel fuller for longer and preventing snacking throughout the day, so it's important to be getting enough of in your daily diet.

Carbs will help to keep your energy high and fats will help with feeling full and with hormonal health.

Visit thefitpharmacist.com.au to use our macro calculator.



STRATEGIC FOOD SELECTION

Now that you know how many calories you should be eating, it's time to work out what types of foods to eat to reach this target.

I recommend focusing on low-calorie, high-volume foods. These will make you feel fuller for longer as they are often also high in fibre, and make you feel full.

Some of my go-to foods in winter are soups (I add chicken breast or tuna to increase the protein content), zucchini noodles, cauliflower rice, warm salads and roast veggies. Stews and slow cooked meals are also a big winner.

For breakfast, I love a bowl of warm protein oats or low-carb protein pancakes to start my day.

You don't need to give up your favourite winter comfort meals. You just need to be smarter with how you incorporate them into your daily diet and find ways to make lower calorie versions.



BE PREPARED AND PLAN AHEAD

Be prepared in every sense of the word. Make sure you prepare your meals in advance. 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.



STAY HYDRATED

We know that drinking enough water is important for fat loss but we don't necessarily feel like drinking it as much in winter. One of my favourite ways to keep up by fluid intake is by drinking flavoured herbal teas. They also keep me warm and I find that they are great for sugar cravings.



SCHEDULE YOUR TRAINING

Here comes the 'it's too cold' excuse. Just because it's getting colder doesn't mean that your exercise routine should go out the window. And if you're training indoors in the gym, this should not even be an issue. Schedule your exercise for the week and stick to it.

Change your training session to the afternoon/night if you don't want to get out of bed when it's cold and dark. If mornings are the only time you have free to train, then make it easier for yourself by getting everything ready the night before. One of my favourite hacks is going to bed in my training clothes so all I need to do is get up, and jump in the car.



TRACK YOUR PROGRESS

Tracking your progress is a huge part of staying motivated. If you don't, how will you know if you are getting closer to your goals? Weighing and measuring yourself and taking photos is the best way.

Progress isn't just about the number on the scale, it's about your relationship with your body and how you feel and about food.



ACCOUNTABILITY

Write down your goals. Put them on the fridge. Tell a friend. Shout them from the roof tops!

Let this be the winter that you let go of all the excuses you have made in the past and start working towards your goals.

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www.thefitpharmacist.com.au

FORM FOLLOWS FUNCTION

WORDS Bruce Nelson PHOTOS Sabine Bannard



An introduction to clay almost 10 years ago helped Jo Norton realise a lifelong passion for all things creative and the establishment of a thriving pottery studio in Currumbin.



A decade working with clay is only a blip compared to the latest techniques Jo Norton is learning, the art of Onggi, Korean pottery that dates back to almost 5,000 BC.

She's recently returned from Korea to study the craft under a traditional master using a customary kick wheel placed low to the ground.

Big pots produced by the technique are used for making kimchi as their microporous structure has been found to assist in fermentation, while more versatile smaller products are used extensively for tableware.

"I've only learnt a small part of the craft, but I hope to take the traditional technique and see how it can translate into a more modern form," Jo says.

"It was a real honour and pleasure to work under a master who has perfected their work over many, many years but I've still got plenty more to learn.

"The equipment and techniques are very specific so I've even had my own Onggi wheel made here so I can continue to practice."

The large bowls are perfect for sharing food, something that speaks to Jo's passion for everything she makes to be used.

Born and raised on the northern beaches of Sydney, Jo's desire to be a chef when she left school was advised against as there weren't a lot of opportunities for women in the industry at the time, so she pursued a career in home economics with an interest in food photography.

Her work path took an unexpected turn when she was offered a role with an airline and over the next 20 years worked her way through various roles to find herself as the general manager of a travel company on the Gold Coast.

"Corporate life was very exciting and rewarding but I always knew I wanted to get back to making things," Jo says.

"With my training in food I decided to give up my travel career and established a café and catering company in Burleigh.

"I've always been a maker and travelled extensively, so it was a real turning point that I was able to once again create things through food."

In 2010 the tactile nature of clay and the creative process of defining a concept, making, and ultimately finishing a product drew her in to another creative world.

"When I got into pottery I was fortunate enough to be mentored by Megan Puls, a well-known local ceramic artist who is inspired by the natural landscape," Jo says.

"She's now a close friend and has not only encouraged me in the craft but helped me develop my own visual style."

Jo's creations encompass both hand building and wheel work with organic shapes at the forefront of what's coming out of the studio.



“Form comes from any manner of things around me and I ask myself if they can be made in clay”

“Form comes from any manner of things around me and I ask myself if they can be made in clay,” Jo says.

“I love a beautiful bowl, and if you go back into ancient history large bowls were created to hold food or water.

“What we use it for doesn’t matter, as long as it’s used. I might use it for salad where someone else might use it for golf balls.

“For me less is more; I’d rather have less plastic and one or two quality pieces that I use than 15 pieces from a department store.”

Just over 18 months ago Jo took the plunge and moved into her studio in Currumbin to further her passion and share it with others.

She had continually been asked to do classes but didn’t have the room in her home and was tentative about renting a space due to the overheads and potential fluctuation in classes.

As it turned out she needn’t have worried with the studio now very much part of the community, including Jo mentoring four young potters.

Having the studio enables her to have more contact with people, share ideas and provide space for people to work from.

It’s also enabled her to get involved in worthwhile causes like Empty Bowls, an international grassroots effort to raise both money and awareness in the fight to end hunger and homelessness.

Potters, crafters, educators, students and volunteers work with the community to create handcrafted bowls and local restaurants donate soup and bread to serve.

“Last year was the first one on the Gold Coast which raised \$11,500 and was hosted at the Dust Temple with at least five restaurants and an amazing group of people helping out,” Jo says.

“Guests buy a bowl and the food is served in them – they then get to keep the bowl as a memento.

“This year’s event is already planned for September and we aim to raise \$25,000 for the Agape Outreach, a local charity who do an amazing job serving the homeless and hungry in the community.”



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45 Currumbin Creek Road, Currumbin, QLD 4223
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SHINING INVESTMENT

WORDS Bruce Nelson

An innovative approach to harnessing solar energy for commercial properties now gives landlords access to an additional revenue stream not previously available to them.

Using solar energy to keep the rising costs of electricity down is nothing new, and since 1985 when the University of NSW's Centre for Photovoltaic Engineering created silicon cells with 20 per cent efficiency, the industry has grown rapidly.

In fact, the installed photovoltaic capacity in Australia has increased tenfold between 2009 and 2011 and quadrupled between 2011 and 2016.

The biggest take up has been for residential home owners where the capital costs borne by the owner are offset and eventually recouped through reduced energy costs, however for property investors the incentive just isn't the same.

A pioneering Gold Coast-based clean energy company has cracked the code and can now provide landlords with the means to recover their investment with up to 30 per cent returns.

Energy Income managing director David Brown says until now property investors have been reluctant to install solar power due to the capital cost and messy billing methods essentially locking their tenants out of realising the benefits of cheaper solar energy.

"The Energy Income system we're installing solves this problem through our unique blend of energy and billing technologies, which allows us to provide a return for the investor and the opportunity to either pass on cheaper power costs to their tenants or reduce their own operating costs," Mr Brown says.

"The benefits really work best with economies of scale particularly on commercial properties that typically house a seven-day-a-week operation.

"For example retail centres, multi-site operators and factory units can all benefit as the power generated will result in between 25 and 30 per cent return on their investment to the landlord," he says.

"This goes straight to the bottom-line for property investors through power savings or added income and is a great environmental initiative to boot."

Energy Income ensures landlords receive revenue for 100 per cent of the income produced from solar with tenants utilising the energy generated and saving on their energy costs.

"You are paid for the solar used by your tenants and you are also paid for what solar power is unused and returned to the grid," Mr Brown says.

"Any income-producing infrastructure upgrades to commercial buildings also help increase yields, improve the rental and resale appeal of your investment and increases tenant retention and tenure.

"It makes sense on a number of levels as the system cost can be claimed on tax with depreciation, you can claim back GST and there is the potential for instant asset write-offs."

Apart from the financial incentives, landlords wanting to contribute to the environment will also reduce the production of CO2, cut the use of coal used in power stations and ultimately contribute towards slowing climate change.

Mr Brown says the Energy Income system also works for residential investment properties as landlords are paid for all of the solar energy produced.

"For a typical mortgage it can save tens of thousands of dollars in interest over the life of their loan," he says.

Energy Income has a number of models for investors to achieve high returns from solar energy, while property investors can achieve a yield of over 20 per cent on their investment plus reduce energy costs to tenants and cut their carbon footprint.

Energy Income
www.energyincome.com.au



CLIPPING THE WINGS OF A PHOENIX

WORDS James Marshall

Tough new laws targeting phoenix activities need to be understood as they could have an impact on well-intentioned company directors, explains James Marshall from MWM Advisory.

The central theme of the 1960s movie classic *The Flight of the Phoenix* is the capacity of humans to fight for survival.

The story tells of a group of stranded survivors who overcome all odds and re-engineer the tangled mess of the Phoenix, a Fairchild C-82 Packet cargo plane that crashed in the harsh desert landscape of North Africa.

It makes for great drama, an inspiring tale of disparate individuals beating the odds after catastrophic failure to put the Phoenix back together and fly to safety.

That was on the money for a Hollywood blockbuster of its time.

The same may be said of unscrupulous company directors who make a habit of crashing and burning their 'corporate vehicles' and resurrecting their businesses through a new entity.

The problem is they don't offer a happy ending for the victims left in their wake.

To combat a rising tide of complaints, the Federal Government this year introduced some harsh new measures targeting company directors in a crackdown on illegal corporate phoenix activity.

The laws introduced new civil and criminal offences for company directors found guilty of engaging in such activities which are estimated to cost the economy up to \$5 billion a year.

Phoenix activity occurs when a company is deliberately placed into liquidation after its business assets are transferred into a new entity with the sole intent of avoiding payment of its debts.

These debts may include trade suppliers, the Australian Taxation Office (ATO) and employee entitlements such as superannuation.

Non-payment of these debts has a knock-on effect on the economy, especially among smaller suppliers who are unable to carry the losses they incur from these engineered collapses.

The problem has become so big that the ATO set up a Phoenix Taskforce in 2015 to work with government agencies such as the Australian Securities and Investments Commission to investigate suspicious activity.

Last year, the Federal Government took it a step further, putting company directors on notice that the net would be widened and that the penalties would become steeper.

Under the new legislation passed in April, it is now an offence for company directors to engage in the creditor-defeating transfer of company assets that prevent or delay creditor access to those assets.

Not only are company directors liable, but so are pre-insolvency advisors and other facilitators of illegal phoenix activities.

These may involve civil and criminal offences with extensive financial penalties or imprisonment in some cases.

Among the loopholes that have been tightened is the ability for a director to backdate their resignation, previously used to avoid liability or prosecution.

Directors who cut themselves adrift from a failed company by resigning and leaving an empty corporate shell have also been sidelined.

A director's personal liabilities have even been extended to include GST and other related liabilities.

Creditors who are related to a phoenix company have also had their wings clipped with restrictions placed on their voting rights.

This is designed to protect the rights of independent minority creditors who might otherwise be steamrolled when deciding the fate of a failed company.

It's a tough new regime that's meant to punish those who abuse the corporate system for financial gain.

The ATO says the changes have been designed to minimise the impact on legitimate businesses undertaking valid restructures.

Among these measures is the extension of the safe harbour for directors of companies in financial distress, giving them time to work through any issues while minimising their liability risk.

In these instances, it's vital that directors seek professional advice to ensure they comply with the regulations.

While illegal phoenix activities often grab the news headlines, it should be remembered that the vast majority of corporate directors do the right thing.

That includes directors who are genuinely working through financial issues confronting their companies to ensure their survival.

They're the ones keeping the spirit of *The Flight of the Phoenix* alive.

It's an inspirational story that has stood the test of time, although ironically it failed at the box office with critics describing the plot as implausible.

It's just a shame that the concept of the phoenix carries so much baggage in today's corporate lexicon.

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WHERE THE RIVER MEETS THE SEA

WORDS Bruce Nelson PHOTOS Various

Well under an hour's drive from the Mercedes-Benz dealership in Robina is the bustling seaside town of Brunswick Heads that's fast making a name for itself as a day drive destination.

The small coastal village of Brunswick Heads has always played second to its more popular sister town of Byron Bay (they're in the same shire), but over the past few years the dynamic has shifted and 'Bruns' now stands on its own.

The casual dining and picnic spots are still there, keeping the family friendly feel intact, and the Hotel Brunswick still stands proud overlooking the river,

however a new energy has come town with restaurants, boutiques and a real sense of new energy.

For a day trip from the Gold Coast it's the ideal location, with the Pacific Highway making it an easy drive from almost any point in the city.

Once you arrive the charm of things a small coastal town can only offer

become evident; no curb and guttering, reverse 45 degree angle parking and a central commercial hub where most dining and shopping can be found.

If you want to make a weekend of it the town includes motels, holiday parks, and plenty of holiday houses and apartments scattered throughout, including the recently refurbished Brunswick River Inn.





PLACES TO EAT

Yami

A vegetarian cafe with a delicious menu of authentic and flavoursome middle eastern cuisine, Yami is best known for its creamy housemade hummus, falafel, sabich, melawach and shakshouka. You can even back it up with a traditional Turkish coffee and a slice of their homemade Persian Love Cake or a piece of Baklava.

Sticky Fingers

If pizza is your passion then Sticky Fingers won't disappoint. They start with a delicious thin base (gluten-free available), add authentic homemade tomato sauce and then top with the original combinations of the very freshest, best-quality, mouth-watering ingredients.

Bruns Bakery

The Bruns Bakery is an institution showcasing an endless array of freshly baked goods including cakes, pies, pastries and sandwiches. Everything is baked daily in their theatre kitchen where you can sit and watch it all being created right in front of you. Enjoy your barista-made coffee in the stunning old world interior, honoring the original building that has seen the baking trade continue since 1950.

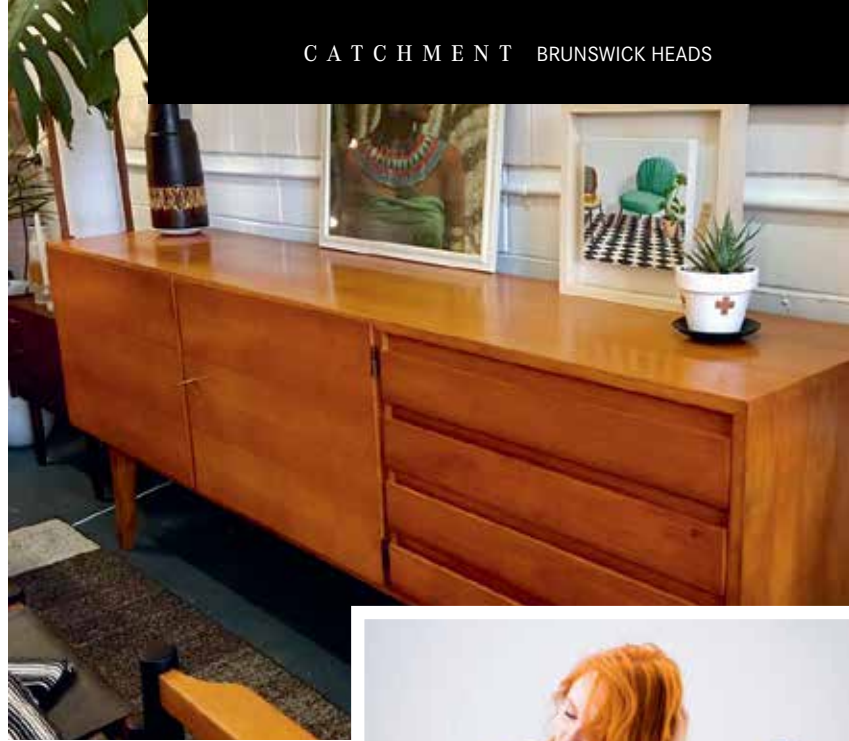
Fleet

Known for its limited seating, but also for its sophisticated, small-plate dining that focuses on a few primary fresh ingredients, Fleet has become a destination in itself. Diners will travel from far and wide to experience owners Astrid McCormack and Josh Lewis's interpretation of fresh and local, including an award-winning wine list. But you need to book early and in advance to get a seat at the table.

La Casita

The team at Fleet have also created La Casita (small house) with seating for just 10, but with an overflow for 30 in the leafy courtyard. Apart from tacos, small dishes stack the menu too, such as ocean-fresh ceviche, jalapenos grown for them by Red Earth Farms and stuffed with house-made sausage and their version of mozzarella-like queso Oaxaca. And did we mention Margaritas?





PLACES TO SHOP

Mina Mina Art Gallery

Mina Mina Art Gallery deals exclusively in quality Indigenous fine art and craft and is curated by art expert and lecturer Roslyn Goodchild.

The gallery brings together a quality selection of paintings and crafts featuring work from Australia's Central and Western Desert regions, the Kimberley, Arnhem Land, south-east Queensland and the Northern Rivers region of NSW.

Fabulous Mrs Fox

Sleek and stylish, unusual and unlikely, Fabulous Mrs Fox is an old-world emporium of lovingly collected jewellery, textiles, ceramics, toys, clothing and furniture.

Many of the shop's pieces have been collected from Argentina and America, plus you'll find work by local artists, including William White mirrors and doll sculptures. This is a truly fabulous shopping experience that should not be missed.

Violetta's Shoes

Good shoe stores still do exist, and Violetta's Shoes is the place to buy beautiful shoes in a stylish and relaxed atmosphere. You'll find a range of ladies, men's and children's shoes as well as beautiful bags, hats and accessories.

Lazybones

Lazybones design modern vintage-inspired clothing, jewellery, bedding and homewares with a fresh and whimsical approach.

Their garments have become well-known for their quirky signature prints, delicate embroidery and jacquard knitwear, all in feminine shapes and styles.

Re Sould

Re Sould has established a reputation for high quality, genuine, contemporary, fine vintage, retro and mid 20th century, furniture, lighting and home wares, with all pieces beautifully revived and reloved, and given a new life.

Clem's Cargo

Eclectic secondhand furniture housed in an old garage, Clem's Cargo features a range of Australiana, old and interesting wood furniture, collectables and much more.

BRUNSWICK HEADS DEMOGRAPHICS

- Population - 1,815
- Private dwellings - 1,071
- Median age - 50
- Families - 420
- Median weekly household income - \$844



WHAT TO DO

Hotel Brunswick

A place to meet, eat or enjoy a drink, the Hotel Brunswick is a must visit. With its origins dating back to 1884, it now provides a starting or finishing point for a day in town, with an extensive bistro menu and live entertainment. There's also a range of accommodation and a kid's backyard to keep the little ones happy.

Brunswick River cruises

If you'd like to experience the beautiful Brunswick River there are a few ways to do so. Rainforest River Cruises offers unique daily tours on aboard their 49 passenger, Jasmine, which includes the option of a two-hour morning or sunset cruise. The boat includes a kitchen and bar making it ideal for for groups and even as a meeting or function venue.

Byron Bay Eco Cruises and Kayaks can also add kayaking and stand up paddle boarding to the cruise experience and offer catering with a cocktail, glass of bubbly, wine or beer from their licensed bar and delicious tapas platter.

Whale Watching

Departing daily from the Brunswick Heads Boat Harbour, Blue Bay Whale Watching caters for small group sizes of no more than 12 passengers per trip with a full-size cabin and shelter from the weather.

PROPERTY

Brunswick Heads is named after the Brunswick River, which was named after Queen Caroline of Brunswick, the wife of King George IV.

As with most Northern Rivers coastal towns property prices have kept their premium and are tightly held, meaning the average house price is almost \$1.6 million, an increase of 170 per cent compared to the same period five years ago.

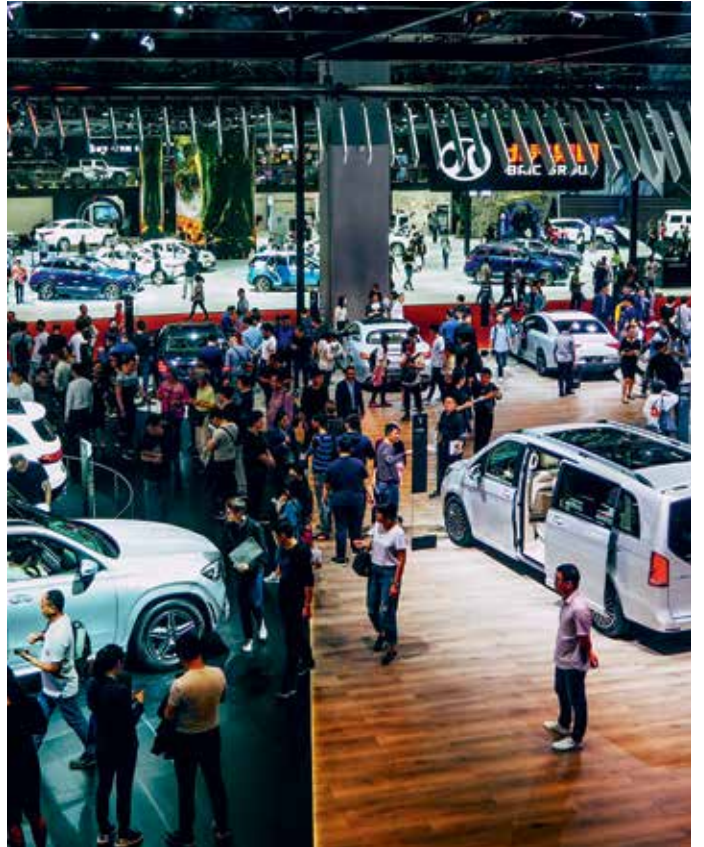


SHANGHAI SURPRISE FOR MERCEDES-BENZ GOLD COAST NATIONAL AWARD WINNER

When Mercedes-Benz Gold Coast's Jodie Mariner came out on top in her category at the annual national Retailer of the Year Awards earlier this year, a trip to Shanghai was part of the prize.

However it wasn't all swimming pools and cocktail parties, as the four-day whirlwind tour included a day at the Shanghai Motor Show, an ANZAC Day Dawn Service at The Australian Consulate, a day at the Disney Institute (really Disneyland, but it makes it sound like business!), and a visit to Donghua Star, Shanghai's leading Mercedes-Benz dealership.

Congratulations again for your dedication and commitment to our customers and the brand.





MERCEDES-BENZ GOLD COAST SUPPORT'S THE GIRLS

Gold Coast-based charity Support the Girls has received its own support in the way of preferential pricing on a new Mercedes-Benz van.

The worthwhile organisation empowers homeless and disadvantaged women by providing bras and personal hygiene products and toiletries.

CEO and founder Jane Holmes started the charity after an encounter in a Gold Coast shopping centre with a young girl who approached her and asked for help.

“Through her I met other women living on the streets and it was obvious there were health and hygiene consequences of not wearing a bra or having basic sanitary products,” Jane says.

“I decided it was not good enough for women to choose food over their own personal well-being, so I decided to start Support the Girls to make a difference.”

As a crisis councillor in New Zealand at the frontline of many traumatic issues including motor vehicle accidents and domestic violence, Jane is only too aware of how a bad situation can get worse.

“Homelessness can happen to anybody, even educated people, so we need to be less judgemental on why they’re homeless and provide more support for the basic things that can make a real difference in their lives,” she says.

“The main thing for Support the Girls is to be out on street so we can help women to get into space where they can talk, get them fitted with a bra, and see if we can facilitate any other services they may need.

“We were fortunate to receive funding through the Queensland Housing Department’s Dignity Fund and bought a Mercedes-Benz van which will allow us to provide a much needed outreach service.”

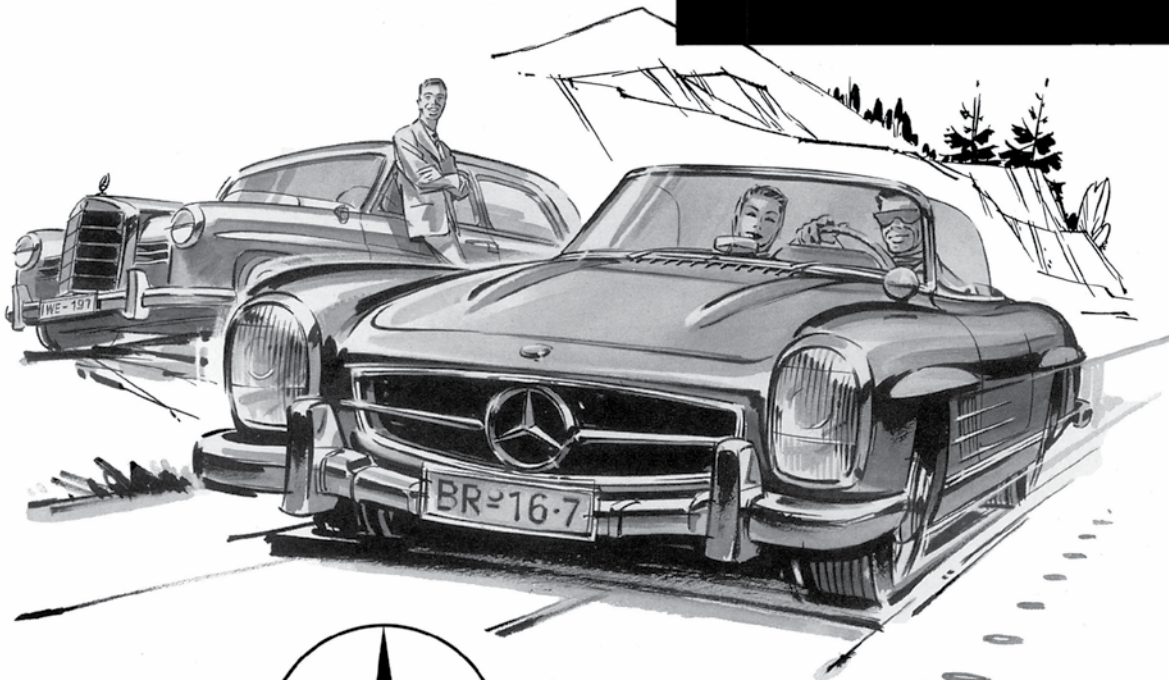
The charity hopes to expand into regional and Indigenous communities in the near future.

For more information or to provide assistance go to www.supportthegirls.com.au



Any way you look at it -

Quality



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MERCEDES-BENZ

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.

This print ad for the Mercedes-Benz 300 SL Roadster continues the brand's fascination with line type black and white advertising in the late 1950s, publicising its new breed of sports car.

Often credited for being the world's first 'supercar' with beautiful flowing lines that are both elegant and aerodynamic, the 300 SL is now a highly sought after collector's item.

The name is a reference to the engine displacement (3.0-litres), while the SL stands for Sport Leicht, which is German for Sport Light referring to the light tubular frame construction.

It was first produced as a coupe from 1954 to 1957 with gullwing doors and then from 1957 to 1963 as a roadster.

Only 3,258 cars were produced over the 10 year period from 1954, with around 2,500 known to still exist today.

Note the reference to the more conservative model in the background (possibly a W 180 Sedan), signalling in a new era luxury motoring.

Mercedes-Benz Gold Coast Magazine

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