

Business achievers

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- ➔ **UP NEXT:** A Facebook page designed for mothers who sell items from home
- ➔ **PAGE 23:** Need new togs for summer? Sunburn has the answer
- ➔ **PAGE 24:** There's plenty of things to do in the western suburbs.

BUSINESS
18

From little things ...

BLONDE AMBITION: TWO CREATIVE TALENTS HAVE BROUGHT THEIR LOVE FOR THE PERFORMING ARTS TO THE NORTHWEST

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SIZE certainly doesn't denote the creative clout of a dynamic northwest duo who are driving youth passion for theatre and film.

Two Small Blondes founders Renata Einhaus, from Indooroopilly, and Amanda Hardwick, from Milton, will officially open their performing arts and creative film production school in Alderley on October 10 after securing a permanent home for their burgeoning business.

Ms Einhaus said they had three-year-olds learning to dance and 18-year-olds flourishing under their film and theatre courses where students enjoy the thrill of seeing their self-written, directed and starred short films professionally edited and shown at a local cinemas like the Rosalie Cinebar.

Ms Hardwick has more than 15 years experience as a performer in film, television and theatre while Ms Einhaus has a design and technical background for events, theatre and film.

The friends of 15 years have combined their talent to put young Brisbane performers at the forefront of Australia's performing arts industry.

"I am a firm believer that as human beings we learn the best through doing.



THAT'S A WRAP: Renata Einhaus and Amanda Hardwick of Two Small Blondes, get creative with their students.
Picture: RIC FREARSON

"We not only provide, but we demand a space where students can make mistakes, without embarrassment and fear, and achieve their goals," Ms Hardwick said.

"Some of my students have gone on to work as performers in film, television and theatre, and I couldn't be prouder."

■ Two Small Blondes will

host free acting, dance and film-making workshops and a barbecue at their open day on October 10, from 10am to noon at 26 Progress Rd, Alderley.



JUMP IN: Brad Graham from The Athletes Foot, Indooroopilly.

Help putting your best foot forward

APPROPRIATE foot care and shoes can make a difference between health benefits and long-term problems according to Brad Graham.

Mr Graham is the manager of Indooroopilly's The Athletes Foot branch and said as part of the Australasian Podiatry Council's Foot Health Month running throughout October, his branch would offer customers free podiatrist sessions to prevent health problems and help find an appropriate shoe.

"It's more about prevention rather than a cure. It's getting customers out there doing exercise, rather than being put out because of an

injury," Mr Graham said. "A lot of people aren't aware that they are wearing the wrong sort of footwear."

The Australian Heart Foundation recommends individuals do 30 minutes of moderate activity daily, reducing risk of cardiovascular disease, type 2 diabetes, osteoporosis, colon cancer and obesity.

Other benefits include increased energy and confidence, reduced stress, improved body weight and better sleeping.

➔ **To book a free professional podiatrist assessment at Indooroopilly's The Athletes Foot phone 3878 1688**

Surveying what is happening in the world of SMEs

DOING it tough in your business or going great guns? Quest Newspapers and American Express want to know.

Small and medium business owners are invited to

take part in News Community Media SME Survey.

The survey, in its second year, aims to gain insights into small business views and confidence levels.

It asks 40 questions in four

sections, About Your Business, Business Confidence, Business Support and Promoting your Business.

Businesses that complete the survey could win a \$5000 advertising package.

To complete the survey, which closes October 24, visit <http://survey.galaxyresearch.com.au/ncm.asp>.

Quest Newspapers marketing manager James Flaherty said it was important to find

out what was happening in the world of small business.

"Small business is the lifeblood of the local community, providing opportunity and creating employment for everyday Aus-

tralian," Mr Flaherty said.

"Through understanding the small business community Quest Community Newspapers can be a champion of small business and small business issues."

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* approx. Site outline indicative only

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