

THE
sharp

TRAVELLER

EDITION 1



FITNESS



LIFESTYLE



FOOD & WINE



FILMS & FESTIVALS



Managing Director's Welcome



Welcome to Sharp Airlines' new flight magazine, The Sharp Traveller.

Sharp Airlines is a leader in regional aviation, dedicated to delivering quality service across all aspects of the organisation, and The Sharp Traveller is no exception.

Over the past few months we have worked hard to bring you this fresh and exciting publication, featuring a variety of articles from lifestyle and destination stories, to information about your health and well-being.

The Sharp Traveller is designed to cater to readers by giving you an accurate and informed view about everything from lifestyle and destinations, to your health and well-being. Our goal is to provide you with the most up-to-date, stimulating news from across the nation, and from your own community. Our commitment is to ensure we provide a quality, fresh and innovative publication.

Inside you will find information about Sharp Airlines' staff and passengers as well as a list of the exciting goings-on in each port. We've got carefully constructed articles about how you can achieve work-life balance in our Lifestyle section, as well as how to prepare an autumn feast.

You can also read about the journey the magazine took to get its name, The Sharp Traveller, on page 5.

Whether you are a regular customer of Sharp Airlines or a first-time passenger, we're sure the The Sharp Traveller will keep you entertained during the flight. And seeing as it's a free publication for you to take home, we're sure it'll keep you entertained long after you've left the tarmac, too.

Safe and happy travelling,

Malcolm Sharp
Managing Director



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In Flight Health

Staying in good health while travelling can help to ensure your trip is a happy and enjoyable one.

Before you go, be prepared

Checklist of useful health tips for travellers:

- > Eat and drink safely. Try not to overindulge in alcohol.
- > Carry your own travellers' medical kit.
- > Apply sunscreen and repellent regularly.
- > Take enough routine medication to cover the length of your trip.
- > Research your destination.

To help avoid Deep Vein Thrombosis (DVT)

In the air:

- > Drink plenty of fluids (but avoid alcohol and caffeine).
- > While seated stretch your feet and lower legs.

On the ground:

- > Don't over exercise - especially in hot climates.
- > Include 'rest time' in your travel itinerary.
- > Wear comfortable shoes, a hat and sunscreen for sightseeing.

Information for travellers and travel advisories are available from the Department of Foreign Affairs and Trade's smartraveller website: smartraveller.gov.au.

The Tale of THE SHARP TRAVELLER

When Sharp Airlines put a call out to find a name for the new flight magazine, entries came flooding in – some were clever, some were interesting and some were...well, strange. However none came close to Adrian Reis' winning entry, THE SHARP TRAVELLER.



Why The Sharp Traveller?

Adrian Reis would like to say that he used a very methodical approach to selecting his award winning entry, but really the name The Sharp Traveller just "dropped out" of his brain. "I tried to think of words which best represented Sharp Airlines' position in the market place," Adrian said.

"I thought of a few other names...Sharp Approach, Wise Traveller...eventually The Sharp Traveller just dropped out of my brain!"

It looks like name dropping isn't such an arrogant exercise after all.

Reis & Company

Adrian Reis has a stronger connection with Sharp Airlines than just being a regular passenger. In 1996, he commenced flight training with Malcolm Sharp, Managing Director and co-founder and finished his full private pilot's license under the steady hand of Sharp Airlines' Chief Flying Instructor and co-founder, Peter Sobey.

Adrian is the Managing Director of Reis & Company, an Executive Search and Recruitment firm that services clients in regional locations. Working with clients such as Murray Goulburn, Wingara Wine Group (they produce Katnook Estate and Deakin Estate), Murray Irrigation, Southern Rural Water and Nicholson Construction, Adrian's company has been responsible for the placement of Senior Executives, General Management and Directors throughout Victoria, southern New South Wales and parts of South Australia.

"Recruiting for regional locations is very different to finding people in the city",

says Adrian.

"While many applicants are people who want to continue their career in a location near their birthplace, there are also many that are sea changers or tree changers. While those candidates can be very good, it is a family decision and it's important to ensure that every member of the family has 'buy-in' to moving to a new location".

Adrian's links with aviation have been strong with his wife, brother-in-law and father-in-law having possessed a private or commercial pilot's license at some time.

Adrian said that the recent expansion of Sharp Airlines' routes to locations such as Mildura and Port Augusta have allowed him to access clients quickly and economically. "On most mornings, it takes as long to get from Essendon to Hamilton as it does to get over the West Gate Bridge" said Adrian. In a business where a swift response is often required, the convenience of an air link is very helpful.



Reis & Company Pty Ltd

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Level 9/52 Collins Street
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www.reisandcompany.com.au

Sign-up for Sharpnews & Specials and go into the draw for double return airfares.



There are 2 ways to sign-up:

1. Simply complete the form below and fax to: 08 8234 3764

OR

2. Send your Name, company name, email address and postcode to – competitions@sharpairlines.com.au with the subject - Competition

*Conditions Apply.

Name

Company Name

Email

Postcode

Winners will be drawn the following days:

31 July 2010

31 May 2010

30 September 2010

30 November 2010



The Delightful Tastes of Adelaide

Tasting Australia

In the 11 years since its conception, Tasting Australia has become one of the country's most influential and best attended food and drink festivals.

The event has hosted hundreds of the world's top chefs, sommeliers, restaurateurs, food, wine, beer and travel media - including the most highly respected television presenters and producers - and has attracted a wide cross-section of the food-loving public to Adelaide and South Australia.

While Tasting Australia began as a largely media-based event - aimed at drawing the attention of newspaper, magazine, radio and television attention to the bounty of South Australia - it has now grown to comprise some 70 events, attracting crowds upwards of 50,000 over eight days.

Tasting Australia...Rub shoulders with the tastiest celebrities

29 April - 6 May, 2010

The Tasting Australia 2010 event promises a wide array of stunning main courses - and plenty of tasty side dishes - from top international and national food and drink professionals. The event takes place in Adelaide, South Australia and surrounding regions from Thursday April 29 to Thursday May 6.

More than two hundred chefs, restaurateurs, food writers and broadcasters, TV personalities, food producers, winemakers, brewers, and educators will be taking part in eight days - and nights - of events.

Major activities include:

- > Two-day free BankSA Feast for the Senses presented by the LifeStyle FOOD Channel on the banks of the River Torrens
- > Adelaide Food Summit
- > IGA Kids in the Kitchen cookery classes
- > Miele Cooking Demonstrations
- > Word of Mouth - a writers' and readers' event
- > Miele Celebrity Cookery Classes with the professionals at the new state-of-the-art Miele Gallery
- > San Remo Pasta Challenge
- > LifeStyle FOOD Channel Australian Regional Culinary Competition at the Regency Institute, and
- > 2010 Le Cordon Bleu World Food Media Awards.

A fabulous calendar of more than 40 associated events will also be on offer for all to experience throughout Tasting Australia. These include celebrity lunches

and dinners in the city of Adelaide and the wine regions of South Australia with such guests as Antonio Carluccio, Rosemary Shrager, Antony Worrall Thompson, Pete Evans, Maeve O'Meara, Frank Camorra, Ben O'Donoghue, Manu Feildel, Stephanie Alexander and Simon Bryant. There will also be wine masterclasses, food art, cooking classes, debates and unique lunches and dinners.

Celebrities attending Tasting Australia in 2010 include:

Rosemary Shrager (Ladette to Lady), Antony Worrall Thompson (UK's Ready, Steady, Cook), Simon Bryant and Maggie Beer (ABC's The Cook and the Chef), Pete Evans and Manu Feildel (My Kitchen Rules), Poh Ling Yeow and Andre Ursini (MasterChef) and Italian legend Antonio Carluccio.

Don't miss this culinary extravaganza.

Up Close:

- Cost:** Free and ticketed events at various prices
- Venue:** Adelaide Riverbank Precinct, Adelaide SA
- Dates:** 29 April - 06 May 2010
- Web:** www.tasting-australia.com.au



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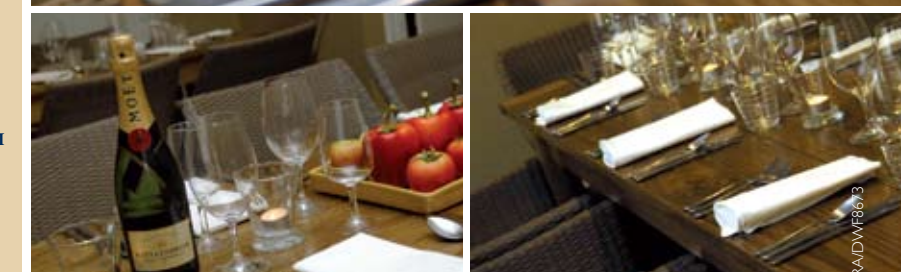
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 <p>HANDMADE GOURMET PIES Certified Black Angus Beef Pies Thai Chicken Pies Moroccan Lamb Pies Beef Burgundy Pies Korma Curry Vegetable Pies</p>	 <p>GOURMET PASTA Spinach and Ricotta Ravioli Mushroom Ravioli Pumpkin and Parmesan Ravioli Veal and Caramelised Onion Ravioli Goat cheese and Pesto Ravioli</p>	 <p>MAGGIE BEER ICE CREAM Burnt fig jam, honeycomb and caramel Vanilla bean and elderflower Passionfruit Quince and bitter almond</p>
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Darriwill Farm Hamilton
169 Gray Street, Hamilton 3300 Phone: (03) 5571 2088
www.darriwillfarm.com.au

Work to Live, Not Live to Work



By Maurice Nistico

For over 25 years, Maurice Nistico has been helping people simplify their financial affairs, increase their passive income, and enhance the quality of their lives. He is a Certified Financial Planner with offices in metropolitan and regional South Australia. Find out more at www.nisticosen.hillcross.com.au

Real Wealth Equals Quality Time

Imagine yourself many years into the future, having lived a long life. As you look back how will you remember having spent your life?

Will you be thinking fondly of the relationships and experiences you have enjoyed with friends and family, the travel experiences, the contributions you have given back to your community? Or will you be regretting the things that you have always wanted to do, but never quite got around to starting?

Real wealth is the amount of quality time you spend with those you love.

Starting today, draw up a list of all the things that you want to achieve during the rest of your life and plan to achieve some of them each year from now on. Include things like travel, study, business opportunities, renovating your home, community service, family experiences etc. Involve your significant other and your children in this

exercise. Make it fun, challenge yourself, let your imagination run.

Then review your financial affairs, ask yourself what needs to happen in order for you to achieve your desired future lifestyle. By starting with the end in mind, you can create an action plan to help you get from where you are now, to where you want to be.

Suddenly, the workday grind makes sense – there is light at the end of the tunnel. You may find yourself simplifying your financial life, taking advantage of tax breaks, saving smart, and reducing non-essential debt all in an effort to give you precious, quality time.

Wealth is not about the pursuit of money. It is about relegating money to where it belongs – a tool to help you increase the quality time you spend with those you love.

You can always make another dollar, but you can never make another day.



By Denise Keenan

Denise Keenan is a consulting psychologist from Cognition, Adelaide.

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Return on Investment

Most agree it is sensible to keep a watchful eye on the returns we get from investments. It would be rare for a person to leave their money in an investment that was underperforming, or worse still, going backwards. Unfortunately, the same good sense does not always apply to how we manage our time and efforts, especially with regard to emotional stress. So, why not commit to making some simple changes to get a better return on investment in this area of your life?

Here are some tips to begin a change for the better.

First, reflect on how you spend your time. Make a list of your many responsibilities. There will be the obvious things, such as activities associated with work, relationships with your partner, children, parents, or friends.

Think more broadly. What about responsibilities associated with hobbies, community involvement, or professional development activities? What do you do to manage your health, or your home environment?

Now ask yourself: which of these activities brings pleasure? What do you do that gives satisfaction, or a sense of achievement? What brings stress, or undermines self-confidence, or is simply not worth the time and effort expended?

Now is your opportunity.

Prepare a balance sheet. Identify things you do that make a positive contribution to your life and well-being. Can you build on these further?

Then think about things that contribute negatively. Anything you have some influence over, no matter how small, is where there is potential for change. What could you stop doing, do less often, or do differently?

Talk to someone you trust if you need ideas.

Why not start to build a better investment portfolio for your wellbeing today?

Helping to Build Sharper Communities.

Sharp Airlines' Community Support Program

Sharp Airlines is a great supporter of regional organisations and community groups. We welcome applications for sponsorship throughout the year. Heather Anderson explains below how Sharp Airlines helped her organisation, LOOK GOOD...FEEL BETTER.

Look Good...Feel Better is a free national community service program dedicated to teaching cancer patients, through hands on experience, techniques to help restore their appearance and self-image during chemotherapy and radiation treatment. The program was founded and developed by the Australian cosmetic industry in May 1990 and is administered through the registered charitable organisation, the Cancer Patients Foundation Limited.

We currently hold workshops in 160 centres throughout Australia. As State program Manager in South Australia I am responsible for 13 centres in Adelaide, 9 in regional SA, 2 in regional Victoria and 1 in regional NSW. Last year we conducted 3 workshops in Mildura, 2 for women and our first for the men. In a relaxed and friendly environment

they learn to manage the changes that may occur to their skin, hair and general appearance as a result of their treatment. It also gives them the opportunity to meet other people who are going through a similar situation.

It was also a special time for Mildura as we celebrated our 10th anniversary. Volunteers from the cosmetic industry are our driving force behind the program with currently 1600 nationally assisting the program. They readily give their time and expertise to help the participants feel confident while having fun at the same time. The anniversary was a great opportunity to say thank you not only to the volunteers but to the health professionals and the support groups who make this all possible in Mildura.

Once again thank you Sharp Airlines for your support of the Look Good...Feel Better program in 2009.

*by Heather Anderson
SA State Program Manager*

*Look Good...Feel Better. A Cosmetic Industry
Community Service Program*

How you can apply...

Sharp Airlines' Community Support Program is available to all community groups and organisations seeking sponsorship. Applications are reviewed quarterly and applicants are contacted via telephone or email. The next review of sponsorship applications will be in July 2010. To apply, please visit www.sharppairlines.com.au and download the Community Support Program application form.

Sharp Airlines have recently sponsored the following organisations:

- Portland Little Athletics Association
- Portland Basketball Association
- Hamilton Racing Club
- Hamilton Football Netball Club
- Hamilton McHappy Day
- Port Augusta City Council Outdoor Christmas Tree

There has never been a better time to be with good people.

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Mildura Writers Festival



With a reputation as one of the finest literary festivals in the country, the MILDURA WRITERS' FESTIVAL is not to be missed. Held from 15-18 July this year, confirmed guests include Stephen Sartarelli, Kate Jennings, Robert Gray, Don Watson, Morag Fraser and Les Murray plus many more great Australian authors. In 2009 Sharp Airlines teamed up with Arts Mildura to present one lucky winner with a stellar giveaway including double return airfares to Mildura and a package to attend the Festival's hottest events. Here, HELEN FENNESSY gives an overview of what it was like to win a trip to the festival, and why she'll be attending again this year.

I was very excited to win Sharp Airlines 'Grand Writing Experience' competition in July 2009 and attend the delightful Mildura Writers Festival with an old friend. The prize included airfares, meals and accommodation at the Quality Hotel Mildura Grand.

The festival experience began at Stefano's Gallery 25 with the launch of 'Clandestine' – an 'ashscape' installation of melted, blackened household objects. A glass or two of Zilzie helped us mellow as we thought about the bushfires.

That chilly evening, we sat in front of an open fire at the Mildura Club and enjoyed hearing Peter Goldsworthy chat to award winning novelist Christopher Koch. As a student of literature this was heaven for me.

The next day was even better. Imagine overlooking the sparkling Murray River, glass of bubbles in hand as you are served a gourmet BBQ sausage by renowned chef Stefano de Pieri, then listening to Morag Fraser, journalist and academic, interview Alexis Wright about Carpentaria, the 2007 Miles Franklin Award winner. Signed copy in hand, we strolled along the river before the

next events of poetry and dinner.

Poetry features at the festival and the highlight for me was listening to one of Australia's leading poets, Robert Gray read his poetry and discuss his recent memoir, *The Land I Came Through Last*.

The weekend continued in this vein – leading literary figures chatting with festival goers, sharing ideas and gourmet meals. If you love words, good food and wine in winter sunshine, the Mildura Writers Festival is a must.

By 2009 Mildura Writers' Festival competition winner Helen Fennessy

To find out more about the 2010 Mildura Writers Festival visit www.artsmildura.com.au

If you would like to hear about future packages and competitions, sign up for e-alerts at www.sharplines.com.au



Seasonal Delights

Wood Roasted Rib Eye of Beef with Piquillo Peppers

By Head Chef Dan Hunter, Royal Mail Hotel

INGREDIENTS

(For 4 people)

- 1 decent sized beef rib eye portion (about 800g)
- 400g piquillo peppers
- 2 garlic cloves
- Olive oil
- Wood or charcoal fuelled barbeque with grill bars
- Dry grape vines
- Red gum or other dense wood that will create dense hot embers.

METHOD

For the barbeque and heat source...

Make a fairly large fire in the barbeque about 45 minutes before you want to cook the meat so that it has enough time to burn down to a bed of hot red embers.

It is important that when you cook over wood you do so with red embers. The smoke from unburnt wood has a bitterness that can taint the flavour of the food so it is necessary that you have enough heat in the embers to cook with. Adding fresh wood to the barbeque during the cooking process can create a bitter smoke.

Given that the beef will take about 45 minutes to cook through to medium rare it may be necessary to make a second fire in the barbeque. This way there is a constant

heat source for cooking and also new wood being added. As the red embers burn out, add fresh wood to the fire and take red embers from it to place under the beef. Add grape vines near the end of the cooking process to perfume the meat.

The optimum temperature for grilling the beef is around 80 degrees and for even heat distribution it is necessary to regularly turn the meat.

Season the beef with salt rub olive oil into the flesh and place it onto the barbeque, turn regularly (about every 5 minutes). If the heat is kept low the beef will take a fairly long time to cook, but will take on all the flavour of the wood, almost like hot smoking.

Once cooked, carve the meat into 5 cm wide pieces and season with a sea or mineral salt.

For the peppers...

Remove the peppers from the tin. Warm a little oil in a pan and add sliced garlic. As the garlic starts to fry and infuse the oil add the peppers and let them bleed into the oil. Season the peppers with sea salt and serve.

Goes well with...

Wine match, from Royal Mail Sommelier, Jeremy Shiell:

2007 Bests Bin 0 Shiraz – A local Victorian wine from Great Western, 45 minutes north of Dunkeld. This is a classic local Grampians cool climate wine with red fruit and pepper notes which will go well with the smokey, wood roasted rib eye.

Also try...

These veggies are available throughout Victoria in April-May and also make for some tasty autumn eating: figs, quince, pears, apples, beetroot, young garlic, carrot and fennel.

Piquillo peppers are a small, sweet, almost cone shaped variety of pepper from Navarra. They are available in cans or jars and are used often to stuff with varying ingredients. Prior to being preserved they are chargrilled over vines and peeled. They are basically impossible to buy fresh but for a preserved product have an amazing flavour.



What's on?

Hamilton

Dunkeld Open Gardens & Galleries

1-2 May, 2010

Join Dunkeld's botanists, artists and gardeners as they open their gardens and galleries for tours, workshops and viewing. Held throughout various venues in and around Dunkeld. Small fee may be applicable for some activities.

Dunkeld's gardens and galleries are open on the first weekend of every month.

Contact: Hamilton and Grampians Visitor Information Centre

Phone: 1800 807 056

Hamilton Art Gallery

Hamilton Art Gallery, one of the finest galleries in Australia, is famous for its outstanding international collections of fine and decorative arts.

The Hamilton Art Gallery is located at 107 Brown St, Hamilton.

For more information and visitor hours contact: 03 5573 0460

Or visit www.hamiltongallery.org

Portland

Portland Maritime Discovery Centre

Lee Breakwater Rd, Portland.

Unfold the history of Victoria's birthplace through Portland's images of the past. Explore treasures from the shipwreck trail, step inside the rib cage of a Sperm Whale skeleton and discover your links with the sea.

Visit www.visitdiscoverycoast.com.au for more information.



Avalon

Mother's Day Races

9 May 2010

Get your mum to put on her best frock for a day at the races on Mothers Day. Visit www.grc.com.au for more info.

National Celtic Festival 2010

11 - 14 June 2010

There's a chill to the air, the days are getting shorter and the mist is lingering a little longer over the beautiful seaside town of Portarlington, on Victoria's Bellarine Peninsula. It's the perfect atmosphere for the National Celtic Festival.

Held over the June long weekend 11 - 14, the National Celtic Festival is Australia's largest and most diverse celebration of Celtic music and culture.

www.nationalcelticfestival.com

Melbourne

Mother's Day Classic

9 May 2010

An annual fun run which aims to raise money for breast cancer research. Proceeds will go to the National Breast Cancer Foundation. Victorian races will be held in Melbourne and Geelong. Visit www.mothersdayclassic.com.au to register.

Melbourne International Jazz Festival

29 April - 7 May

Get jazzed up across various Melbourne locations. Check out www.mijf.org for more info and gig lists.

Mildura

Mildura Writers' Festival

15-18 July 2010

The Mildura Writers' Festival is once again pleased to welcome a varied and stellar group of writers to this, the sixteenth annual gathering. As in years past, the friendly warmth of Mildura itself provides the backdrop for what is always a memorable weekend of literary performance and lively talk.

For more information visit: www.artsmildura.com.au



Sunraysia Farmers' Market

Every second weekend the region's producers come together to sell fresh seasonal produce, gourmet food items, locally grown and produced foods, plants, herbs, cut flowers and more. Sample great local produce, meet friends for coffee or breakfast and explore the grounds of the Australian Inland Botanic Gardens.

Open 8am-noon, first and third Saturday of each month.

Port Augusta

The Wadlata Outback Centre

An amazing museum all about the Outback. Super informative and super impressive. Visit www.wadlata.sa.gov.au.

Arid Land Botanic Gardens

Showcasing a whole range of Outback natural environments, visit www.australian-aridlands-botanic-garden.org for more information.

Adelaide

Wang Wang and Funi

The only two giant pandas in the southern hemisphere. They arrived at Adelaide Zoo just before Christmas.

For details: www.zoossa.com.au

Adelaide Food Summit

3-4 May 2010

The Adelaide Food Summit will focus on Food and Wine Tourism.

What makes South Australia a food and wine tourism destination? The 2010 Adelaide Food Summit hopes to arm culinary tourism operators and associated businesses with information on what it takes to make South Australia one of the world's top food and wine tourism destinations. Visit www.safoodsummit.com.au

To Submit your event email: marketing@sharpairlines.com.au

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Fitness tips to have you flying in no time

If you are new to exercise or are coming back from a long spell, there are things you should do to make sure that your exercise program is effective and brings benefits, not injury or pain.

First of all, visit your doctor

If you've been inactive and want to begin physical activity, see a doctor first if:

- > You are over the age of 40.
- > Physical activity causes pain in your chest.
- > You often faint or have spells of severe dizziness.
- > Moderate physical activity makes you very breathless.
- > You have a condition that gives you a higher risk of heart disease – for example smoking, being overweight, having a high blood cholesterol or high blood pressure.
- > You think you might have heart disease or your doctor has said you have heart problems.
- > You are pregnant.

Setting goals

Setting goals gives you something to work towards and provides you with a way to measure how well you are doing over a period of time. When it comes to succeeding at your exercise program, setting goals and monitoring your progress will help you stay on track and get you to where you want to go.

One of the first steps is to identify why exercise is important to you. Ask yourself what you want to get out of becoming more active. Think about the benefits you want to experience if you choose to be more active, as well as the barriers that are holding you back. It may be helpful to make a list of the pros and cons. Which barriers do you feel strongest about? What are the benefits that you want to experience?

Start easy

If you are currently inactive or feel your fitness level is low, start gently with a short session of an activity that you feel you can manage. Build your confidence and fitness level with a number of short sessions.

There are no set rules about how you progress. If you have not exercised for some time, you should progress slowly. Increase the length and the intensity of your exercise session gradually. Don't push yourself straightaway. Injury or discomfort can occur and this will dampen your spirits.

Stretching, warm up and cool down

As the name suggests, the warm-up is designed to increase the body's internal temperature and warm your muscles so as to prevent muscle strains, sprains and stretched muscles. The best way is to start off at a leisurely pace, and then pick up speed. Usually a five to 10 minute warm-

up is all you'll need, but this will vary from person to person and if the weather is cold.

In the same way, for the last five minutes of your exercise, slow down and allow your body to cool down gradually, letting your heart rate and breathing rate come back to normal.

Stretching suggestions

Stretching should be part of your warm-up and cool-down routines. Stretching helps reduce muscle soreness. Take your time when you stretch.

- > Stretch your muscles after your warm-up exercises.
- > Stretching should never be painful. Only stretch a muscle to the point of mild discomfort. If it hurts, you're pushing too hard – ease off.
- > Don't bounce or you could overstretch muscle tissue which leads to muscle stiffness and tenderness. Hold the stretch for around 10 to 30 seconds.
- > Stretch opposing muscle groups one after the other. For example, stretch your quadriceps (muscles on the front of the thigh) then stretch the hamstrings (muscles on the back of the thigh).
- > Remember to keep breathing normally as you stretch.

What should I wear?

Make sure you have comfortable clothing, a suitable pair of shoes and water (and perhaps sunscreen and a hat if you are outside). Your shoes should provide good support and the best type will depend on the activity you are doing. The wrong type of shoe could cause foot pain or blisters.

Technique

If you are trying something new, or getting back into an activity you have not done for a while, it might pay to get some coaching or instruction. Depending on the activity, incorrect or poor technique may lead to injury or soreness.

Where to get help

- > Your doctor
- > Physiotherapist
- > Sports physician
- > Australian Physiotherapy Association
Tel. (03) 9534 9400
- > 'Go for your life' Infoline Tel. 1300 73 98 99

Things to remember

- > If you haven't exercised for a while, see your doctor before starting an exercise program.
- > Warming up before exercise is a good way to reduce the risk of injury and to prepare yourself physically as well as mentally for activity.
- > Concentrate on warming up the specific muscle groups you will be using in your exercise and include stretches.
- > It is important to cool down after exercise.

To find more healthy tips visit www.betterhealth.vic.gov.au

Kinect Australia (Inc VICFIT in Victoria)
Level 5 / 470 Collins Street
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P: (03) 8320 0127
W: <http://www.kinectaustralia.org.au>



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As the first clinic in Australia to offer fertility services in local communities, Monash IVF continues to bring clinical and scientific excellence to regional Victoria.

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Email: info@monashivf.com
www.monashivf.com



The Sharp Files...

Flying High - Jason Lipson

Originally from Melbourne, Jason Lipson made the move to Hamilton as a bright eyed 15 year old ready to take on the world. He was enrolled in Sharp Airlines' First Officer Cadetship – a course designed to turn wannabe pilots into high flying professionals.

From that initial step into the world of aviation, Jason's career has fired up as quickly as a jet engine. In 1997 he was inducted into Sharp Airlines as a Charter Pilot and Flight Instructor, teaching students the same tricks of the trade he had learnt just a few years earlier.

From there he moved on to Schutt Aviation Melbourne, where he was employed as a Charter Pilot and Flight Instructor, and then in 2002 spent a year at Air Facilities Albury as the Single Pilot of RPT.

It wasn't until 2002 that Jason achieved his goal of employment at Qantas – Second Officer of B747-200/300, B747-400 and First Officer of B737.

Jason believes that Sharp Airlines has played a big part in his career to date.

"The high standard of training provided and the opportunity to gain employment and

industry contacts straight away really kick-started my aviation career", Jason says.

"Being involved with all different aspects of the business was another thing I loved. From being a Charter Pilot and Instructor to having the responsibility of rostering and office duties – it was that high professional standard demanded of me from day one, which really prepared me for what lay ahead."

Currently residing in Sydney, Jason says the best aspect of his job is having the opportunity to travel the world while receiving first class training, operating some of the most advanced and newest aircraft.

"Working for such an iconic Australian company is still amazing to me. Even after eight years, putting on a Qantas uniform and going to work to fly a 747 to London or Los Angeles is a huge buzz!" Jason says.

"And working with such a great group of people, it really makes the job so much more fun."

Jason says that Sharp Airlines nurtured and encouraged him not only through the initial stages of his training, but into his career.

"Directors and co-founders Malcolm Sharp

and Peter Sobey provide all possible assistance to their students and employees to ensure they reach their goals, which is very unique for a flying school", Jason says.

"Additionally, working for Sharp Airlines is demanding, enjoyable, and challenging which provides an excellent level of experience for a successful career as a pilot."

And if you're thinking of becoming a pilot or joining the aviation industry?

"Speak to as many people in the industry as you can", Jason says.

"Take the process one step at a time – don't worry about being a 747 Captain tomorrow. Think big, but start small and work hard to reach your goals.

"Just enjoy every moment, whether you are flying a Cessna 172 or a Boeing 747, flying is pure and simple - just great fun!"

For more information about Sharp Airlines' First Officer Cadetship visit www.sharplines.com.au or visit Sharp Airlines at the Herald-Sun Career Expo, 30 July - 14 August



What's in my Wardrobe?

Annie Clifforth - Milliner

My favourite items are not so much in my wardrobe, but my hat room. In particular, the contents of my antique glass cabinet – the perfect display and storage space for some of my favourite things.

Without listing them in any particular order of preference, the first notable item would have to be my modest collection of handbags & clutches. I love the textures and materials that have been used over time to create such a wardrobe essential: vintage brocade, beaded straws, leather, embroidered, embellished, and Lucite. Each found at a market, an antique fair, or a retro store. My collection is one that dates back approximately 20 years.

The second notable item in my hat room would be my collection of gloves. I have always been drawn to gloves and I love any excuse to wear them. To me, gloves are many things: practical, a statement, a memory of my childhood, a shield from the cold, added elegance, or that finishing touch to an outfit. Collected over the past 30 years, my favourite would be the ivory lace pair that I wore on my wedding day.

Third on my list of favourite hat room items is my overflow of trims, braids, feathers, brooches, flowers, buttons and beads.

The perfect treasure trove from which I draw inspiration and creativity when trimming and creating hats. If I had to pick just one favourite trim, it would be a pearl hat-pin that I found at a market in Petticoat Lane some 30 years ago when my husband and I were living in the UK.

Finally, from my hat room, of course it is my hats! Over the years, I have kept at least one piece from each of my collections. They remind me of the change in design, colours and trends that I have worked with over the past 15 years. I also collect hats. One of my favourites would be a 1920s cocktail hat that I found at the Camberwell market five years ago. And how could I forget my Sharp Airlines cap, which is almost six years old!

One item that is not in my hat room, but that I treasure is my pair of black, suede Armani heels, which I bought especially for my daughter's wedding three years ago.

Head to toe, accessories are certainly my favourite things!

Annie Clifforth is a milliner. Visit her website at www.annieclifforth.com.au

Staff Profile

Sandi Jones



Position: Logistics & Crewing Officer

> What's the best thing about Sharp Airlines?

It's a vibrant company, where every day is different.

> If you could fly anywhere in the world, where would it be, and why?

Canada – I have always wanted to go and it will hopefully be my next holiday destination.

> If you could invite 5 people to dinner who would they be?

Cameron Diaz, Tom (my partner), PINK, Jimmy Bartel, Robbie Williams

> What is your favourite book/movie/song?

The Note Book....I have watched it so many time yet I still cry every time I watch it.

> Which celebrity would you most want to be for a day?

Cameron Diaz

> What is your favorite quote/saying/motto?

Everything happens for a reason/ when one doors closes another one opens.



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Ones to Watch



Nanny McPhee

Rated G, 109 mins
 Genre: Family
 Director: Susanna White
 Cast: Emma Thompson, Maggie Gyllenhaal, Rhys Ifans

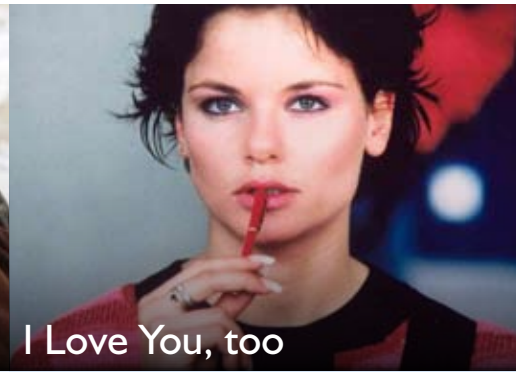
In the latest instalment, Nanny McPhee (Emma Thompson) appears at the door of a harried young mother who is trying to run the family farm while her husband is away at war. Once she's arrived, Nanny McPhee discovers that Mrs Green's (Maggie Gyllenhaal) children are fighting a war of their own against two nasty, snobby cousins who have just moved in and refuse to leave. From flying motorcycles and statues that come to life to a tree-climbing piglet and a baby elephant that turns up in the oddest places, Nanny McPhee uses her magic to teach her mischievous charges five new lessons.



Robin Hood

Rating TBC,
 Genre: Adventure/Drama
 Director: Ridley Scott
 Cast: Russell Crowe, Cate Blanchett, Matthew Macfadyen

Robin Hood chronicles the life of an expert archer, previously interested only in self-preservation, from his service in King Richard's army against the French. Upon Richard's (Danny Huston) death, Robin (Russell Crowe) travels to Nottingham, a town suffering from the corruption of a despotic sheriff (Matthew Macfadyen) and crippling taxation, where he falls for the spirited widow Lady Marion (Cate Blanchett), a woman sceptical of the identity and motivations of this crusader from the forest. Hoping to earn the hand of Maid Marion and salvage the village, Robin assembles a gang whose lethal mercenary skills are matched only by its appetite for life. Together, they begin preying on the indulgent upper class to correct injustices under the sheriff.



I Love You, too

Rated M, 107 mins
 Genre: Romantic Comedy
 Director: Daina Reid
 Cast: Brendan Cowell, Peter Dinklage, Yvonne Strahovski

A romantic buddy movie about the meaning of relationships, the importance of friendship, and having the courage to pursue the one you love. Written by comedian Peter Helliar, I LOVE YOU TOO stars Brendan Cowell as Jim, a 30-something emotionally stunted man whose inability to declare his love to his girlfriend, Alice, threatens to cost him the best thing he ever had but leads him to befriend a talented dwarf who helps him find the words to get her back.

Sharp Minds

Sharpen your brain with these tricky little quizzes!

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15		16					17			
18					19	20			21	22
		23		24	25					
26	27	28		29	30					
31			32				33			
34		35					36			
37				38	39					
		40		41	42		43	44	45	
46	47			48	49					
50				51			52			
53				54			55			

- | | |
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| <p>ACROSS</p> <ul style="list-style-type: none"> 1. US, Latin America, Canada belong to 4. Adjoin 8. In a way, delivers a stroke to 12. River in NE Scotland 13. Mother of Apollo in ancient mythology 14. Charles __, atonal composer 15. Expunctions 17. Isolated 18. Cushitic 19. Put away for storage 21. Isodor __, American Nobel physicist 23. Chinese Moslems 26. Angular unit 29. Ignite 31. Spiritual being 32. French river 33. Bachelor of Laws 34. More alone 36. Cause cell destruction 37. A way to feel deep affection for 38. Unit of weight (Indian) 40. Project 42. Winged fruit 46. Days (Spanish) 48. Function 50. Wager 51. A way to manage 52. Volcanic mountain in Japan 53. Small integers 54. In a way, passes 55. Cutting | <p>DOWN</p> <ul style="list-style-type: none"> 1. Lyrics 2. About aviation 3. Crease 4. Feather 5. Deficiency disease 6. Shoshonean language 7. A way to commove 8. Disinherit 9. In an acknowledged way 10. Sound unit 11. The compass point midway between south and southeast 16. Chalcedony 20. What we are talking about 22. Cove 24. Troubles 25. The compass point that is one point east of southeast 26. Sicilian city 27. Image of cross on which Jesus died 28. A way to pen 30. Combustible 32. Brews 35. In a way, takes off 36. Priest 39. Pads 41. South Dravidian 43. Attar 44. Large genus of erect or climbing prickly shrubs 45. Beside one another in a row or rank 46. Taoism 47. Hostelry 49. Chest muscle (slang) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

BRAINTRACKER

Using the BrainTracker grid below, how many words can you find? Each word must contain the central D and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word. Excellent: 23 words. Good: 16 words. Average: 13 words.

V	A	N
T	D	A
E	G	A

WORD SCRAMBLE

Below, 10 nine letter words have been broken into chunks of three letters. These chunks have been mixed up, no chunk is used twice and all chunks are used. Can you determine what the 10 words are?

ent	sen	oom	ush	ile	cro
cla	rbr	ise	lis	ssr	lig
hai	mar	htn	age	ess	new
sag	clo	gar	ion	ing	oth
enc	ine	col	our	erw	cod

PLANE FACTS

Sharp Airlines' Metroliner

<p>Crew: Captain and Co-Pilot Passengers: 19 Baggage: Up to 15kg per person Speed: 250 knots / 500 kmp/h Altitude: 25,000 feet Pressurised: Yes</p>	<p>Range: 1,150 nautical miles / 2131 km Length: 59 feet 4 inches / 18.09 meters Height: 16 feet 8 inches / 5.08 meters Wingspan: 57 feet / 17.37 meters</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Baggage

At Sharp Airlines we try to accommodate your needs. We can carry up to 15kg per paying customer — and with prior notice, we can carry most personal items. Baggage in excess of this allowance may be carried subject to flight load capacity. Otherwise it will be carried on the next available flight. If you have a special request please call our office on 1300 55 66 94.

International Baggage

Sharp Airlines will carry up to the limit of the international carrier, travellers may need to produce evidence of their international travel at check-in to receive the increased allowance.

Excess Baggage

An excess baggage fee of \$3.30 (Inc GST) will be levied for each additional kg in excess of the 15kg limit.
 Effective 1st July 2009.

Checked Baggage

<p>max. 15kg</p>	<p>1kg \$3.30 per excess kg*</p>
------------------	--------------------------------------

*Subject to load restrictions.

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Bamboozled

It seems many have started latching onto the need to create a more ecologically sustainable environment – and this includes the design and manufacturing business, Impecca. The US based company, which specialises in Audio Video products have thrown away man-made materials in this case for one of their new designs – recently releasing a keyboard, mouse and a set of headphones all made from bamboo. However not only do these Impecca products provide a more eco friendly way to type and click, it's also without a doubt aesthetically pleasing – a nice sight compared to the plastic office phone, folders and chairs surrounding your work cubicle. Just watch out that no hungry pandas are about...

Click here to find out where to buy Impecca Bamboo products.

Picture source: www.treehugger.com

Visit: www.impeccausa.com



WEDNESDAY 7.30



Melbourne Flight Schedules



→ Melbourne (Essendon) to Hamilton

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Essendon to Hamilton					
	0820	0910	SHARP822	M T W T F . .	NON-STOP
	1120	1210	SHARP834 Sa .	NON-STOP
	1600	1735	SHARP872/827	M T W T F . .	1 STOP
	1650	1745	SHARP842 Su	NON-STOP
	1905	2000	SHARP828	M T W T F . .	NON-STOP
Hamilton to Essendon					
	0700	0750	SHARP821	M T W T F . .	NON-STOP
	0920	1055	SHARP822/871	M T W T F . .	1 STOP
	1000	1050	SHARP833 Sa .	NON-STOP
	1530	1620	SHARP841 Su	NON-STOP
	1745	1835	SHARP827	M T W T F . .	NON-STOP

→ Melbourne (Essendon) to Portland

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Melbourne (Essendon) to Portland					
	0820	0945	SHARP822	M T W T F . .	1 STOP
	1120	1245	SHARP834 Sa .	1 STOP
	1600	1655	SHARP872	M T W T F . .	NON-STOP
	1650	1815	SHARP842 Su	1 STOP
	1905	2030	SHARP828	M T W T F . .	1 STOP
Portland to Melbourne (Essendon)					
	0630	0750	SHARP821	M T W T F . .	1 STOP
	0930	1050	SHARP833 Sa .	1 STOP
	1000	1055	SHARP871	M T W T F . .	NON-STOP
	1500	1620	SHARP841 Su	1 STOP
	1715	1835	SHARP827	M T W T F . .	1 STOP

Avalon Flight Schedules

→ Avalon to Adelaide (+ = Central Standard Time)

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Avalon to Adelaide					
	0830	1015+	SHARP824/882	M . W . F . .	1 STOP
Adelaide to Avalon					
	1400+	1645	SHARP883/831	M . W . F . .	1 STOP

→ Avalon to Portland

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Avalon to Portland					
	0830	0915	SHARP824	M . W . F . .	NON-STOP
	1700	1745	SHARP832	M . W . F . .	NON-STOP
Portland to Avalon					
	0730	0815	SHARP823	M . W . F . .	NON-STOP
	1600	1645	SHARP831	M . W . F . .	NON-STOP



See more of Adelaide

→ Adelaide to Avalon (+ = Eastern Standard Time) Adelaide - Avalon - Adelaide service will recommence on 8th February 2010

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Adelaide to Avalon	1400	1645+	SHARP883/831	M . W . F . .	1 STOP
Avalon to Adelaide	0830+	1015	SHARP824/882	M . W . F . .	1 STOP

→ Adelaide to Mildura (+ = Eastern Standard Time)

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Adelaide to Mildura	0700	0830+	SHARP863	M F	NON-STOP
	0910	1040+	SHARP863	. . . W T	NON-STOP
	1700	1830+	SHARP873	M . W T F . .	NON-STOP
	1725	1855+	SHARP879 Su	NON-STOP
Mildura to Adelaide	0845+	0915	SHARP864	M F	NON-STOP
	1055+	1125	SHARP864	. . . W T	NON-STOP
	1845+	1915	SHARP874	M . W T F . .	NON-STOP
	1910+	1940	SHARP880 Su	NON-STOP

→ Adelaide to Port Augusta

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Adelaide to Port Augusta	0645	0735	SHARP861	M T W T F	NON-STOP
	1315	1405	SHARP866	. T W T . . .	NON-STOP
	1500	1550	SHARP877 Su	NON-STOP
	1715	1805	SHARP867	M . . . F . .	NON-STOP
	1830	1920	SHARP867	. T W T . . .	NON-STOP
Port Augusta to Adelaide	0750	0840	SHARP862	M T W T F	NON-STOP
	1605	1655	SHARP878 Su	NON-STOP
	1720	1805	SHARP865	. T W T . . .	NON-STOP
	1820	1910	SHARP868	M . . . F . .	NON-STOP
	1935	2020	SHARP868	. T W T . . .	NON-STOP

→ Adelaide to Portland (+ = Eastern Standard Time)

	Departure time	Arrival Time	Flight No.	Frequency	No. Stops
Adelaide to Portland	1400	1545+	SHARP883	M . W . F . .	NON-STOP
Portland to Adelaide	0930+	1015	SHARP882	M . W . F . .	NON-STOP

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* Conditions Apply. Fares only available through www.sharpairlines.com.au. Fares not available over the telephone or in person. Fares are non refundable and will be forfeited if you do not fly. No changes can be made to this fare booking, fares are not transferable and no name changes are permitted. One way only. Limited number of tickets available. Offer available from 18 April to 24 December 2010