

The
hemistShop
CARSS PARK

16 Carwar Ave.
Carss Park
Phone
9546 1138

OPEN
8am
DAILY

John's Getaway Checklist



- ✓ **SUNCARE:** keep your family protected from harmful rays and damaged skin.
10% OFF ALL EGO SENSE RANGE OF PRODUCTS
- ✓ **FIRST AID KIT:** always be prepared for bumps, bruises and grazes when we're over-excited and having fun.
10% OFF CUSTOM MADE FIRST AID KITS
- ✓ **GASTROLYTE RANGE:** one of the most common problems in the sun is dehydration which may not only cause fatigue but also may lead to more serious problems, like sunstroke. Keep well hydrated - Water isn't enough!
10% OFF FULL GASTROLYTE RANGE OF ORAL HYDRATION PRODUCTS
- ✓ **MOISTURISERS:** summer weather can always dry out the skin which may lead to eczema and other skin problems, especially for people with sensitive skin conditions and those on specific medications.
10% OFF ANY BODY & FACE MOISTURISERS OF YOUR CHOICE
- ✓ **MULTI-VITAMINS:** this is the time of year where we party and play hard! We don't normally think about diets or eating well, so a multi is always a good idea to keep our body topped up with the essential nutrients as well as keeping our energy stores at their peak.
10% OFF SWISSE, BLACKMORES & ETHICAL NUTRIENTS MULTIS

I would like to wish all my customers who have become friends and like family to me a lovely, blessed and joyous Christmas and festive holiday period. Thank you all for your ongoing support and kindness. I hope to serve you with the same passion and enthusiasm in the coming year and look after your health and wellbeing as well as that of your families. With heartfelt thanks, ...John & Dad Eddy

SUPPORT YOUR LOCAL

- ✓ **FREE DELIVERY & PICK-UP**
 - ✓ **FREE BLOOD PRESSURE CHECKS**
 - ✓ **FREE PRESCRIPTION REMINDER SERVICE (SMS)**
 - ✓ **FREE PHARMACIST ADVICE & ONLINE SUPPORT**
 - ✓ **SENIORS DISCOUNTS**
 - ✓ **WEEKLY MEDICATION PACKING**
 - ✓ **EFFICIENT, FRIENDLY & PERSONAL CARE**
- Mon - Fri 8am to 7pm
Saturdays 8am to 2pm**

FREE
2012 Calendars
in-store!

John Bechaye
B.Pharm M.P.S. J.P.

*Drink in moderation, behave yourselves and have a great Christmas, New Year and holiday period.
P.S. Any erratic behaviour cannot be blamed on any medication John may have supplied you, ha ha...!

we are
CARSS PARK

ISSUE 4 DECEMBER 2011

Locals supporting locals...

FEATURE ARTICLE



Carss Park traders put on Christmas for the SES Volunteers

With each edition of our newsletter your local shops make a community grant of \$250 to a worthy cause.

This time we wanted to say "thank you" to our local SES. The crew is made up of a wide diversity of people who regularly commit their time and energy, volunteering to assist our community in times of flood, storms and other emergencies. All SES volunteers deserve recognition for this. They give their time without any expectation of reward or recognition.

Your local traders have all kicked in to make sure this year's local SES Christmas Party will be a cracker with pizza from La Vera, meat from our local butcher and beer and soft drinks from The Bottle-O.

If you are interested and would like to make further enquiries, you can request a Volunteer Information Pack by calling 1800 201 000 (24 hours).



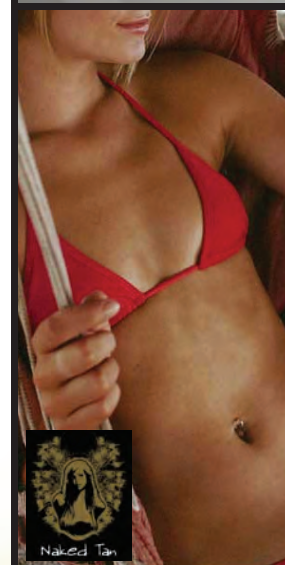
COMMUNITY NOTICEBOARD



Need help at home, with your meals, getting out and about, learning computer skills or meeting new and interesting people? St George Community Services is located at 72 Carwar Ave. Carss Park. We help frail, aged or people with a disability remain connected to their community and living in their home. We can also help if you would like to volunteer to support a variety of services in our local community. Please call us on 8558 4000 or visit www.stgcs.org.au for more information.

PAMPERED AT CARSS PARK

5A Carwar Ave. Carss Park
Phone 9547 1141



EXTENDED OFFER!
Naked Tan
10 Naked Tans only **\$250** save \$200
Must be used within 6 month period. Offer only valid for the month of December. Tans normally \$45 each.

Great Christmas ideas!

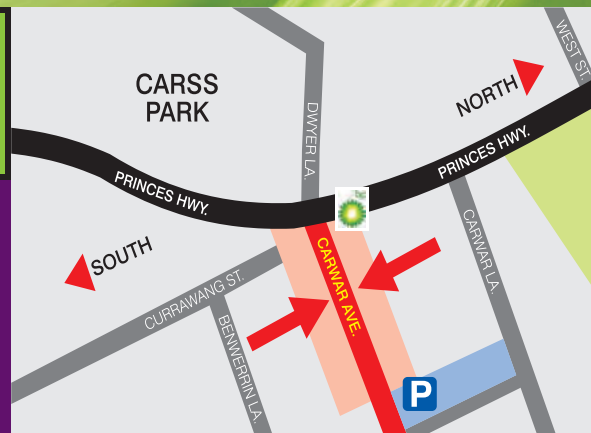
Gift Vouchers for Christmas



directory

"Your friendly, convenient place to shop"

ACTIVE PERSONAL TRAINING	9547 1002	GARDNER HAIR DESIGN	9546 7099
THE BOTTLE-O	9546 6711	LA VERA PIZZA	9547 1990
BP SERVICE STATION	9546 5585	MINUTE SUPERMARKET	9546 2485
CARSS PARK FINEST MEATS	9546 3138	NEWSAGENCY	9546 1385
THE CHEMIST SHOP	9546 1138	PAMPERED AT CARSS PARK	9547 1141
IV PLAY LADIES GOLF	9546 8688	PASTIZZI DELICATESSEN	9547 3571
FULL OF BEANS	9546 4999		



Champagne Christmas at Carss Park

FULL OF BEANS



SHAPE UP FOR SUMMER with

- 3 FREE Personal Training Sessions
- 3 FREE Group Classes
- FREE Exclusive Weight Loss Secrets

HURRY!
LIMITED SPOTS AVAILABLE!



Call 9547 1002
Studio 1/292 Princes Hwy. Carss Park
www.active-pt.com.au



COME IN & SEE
THE NEW
SUMMER RANGE
IN STORE NOW!



IV PLAY LADIES GOLF

'the feel of a golf shop within a boutique'

LADIES GOLF, TENNIS & LEISURE WEAR
Access to **everything in Golf** for men and women.

Send us an email and tell us what you need and we will get it for you at Sydney's best prices!

9 Carwar Ave.
Carss Park

9546 8688

fourplayladiesgolf@tpg.com.au

IV PLAY LADIES GOLF

Present this voucher for
20% off any purchase over \$100

Valid to 23/12/11
*Excludes sale items.



Real Locals, Real Value.

Support your local.

Great value prices everyday
and keen specials.



Piper Heidsieck
Champagne

\$39.99
in any 6
bottle buy



Matilda Bay
8 pack

only \$24.99

Planning a Party?

You probably don't need as much as you think.
Ask us. Free glass and ice tub hire.
We have everything for
your party. **Delivered Free!**



FREE
Home Delivery
Phone 9546 6711
Order by 1pm for same
day (except weekends)

St George's Fine Wine Specialists - 3 great local stores

3 Carwar Ave.
CARSS PARK
phone 9546 6711

81 Hillcrest Ave.
HURSTVILLE GROVE
phone 9580 4464

79 Mulga Rd.
OATLEY WEST
phone 9580 1767

Summer Special



**Buy a Meal Deal 3
& get a
FREE Garden Salad**

*Valid till Saturday December 31, 2011.
Thursdays only. Pick-up only.



10 Carwar Ave. Carss Park Phone: 9547 1990

La Vera
CARSS PARK PIZZA