



POSITIVE: Jetts owner Imogen Parker wants to help Shoalhaven women achieve their fitness goals.

Active living at any hour

NOWRA'S newest gym, Jetts has been a huge success and owner Imogen Parker is all too happy to help women get their fitness back on track and help change lives in the process.

Being the first 24/7 model gym of its kind in Nowra's CBD was Imogen's goal because she knows not everyone fits into a 9am to 5pm workout regime.

"Jetts gives people the opportunity to incorporate fitness into their busy schedules," she said.

"Working out is that little bit of time out for the busy woman. Even if it is just 30 minutes out of your day, it is "you" time and that then has a positive effect on all aspects of your life."

Jetts offers state of the art cardio and strength machinery as well as small group training on the Functional Trainer.

"High intensity, interval training is a time efficient and cost effective way of training that gets results fast," Imogen said.

With more women than men signed up all at varying ages, it's a credit to Jetts' philosophy that fitness is for everyone.

"The youngest members here are 14 and that ranges up to 75 plus," she said.

"Coming to Jetts can just be to keep active, lose weight or work towards other fitness goals but I find while everyone's motivations are so different just being around like-minded people makes for a fabulous, positive workout environment.

"I understand what it's like to work and have a family and I really appreciate the time I have to work out here in the gym and every woman can experience the same at Jetts."



THINKING AHEAD: South Coast Wealth Management financial adviser Kayleigh Patmore would like to help women.

Look after your future

SOUTH Coast Wealth Management financial adviser Kayleigh Patmore believes financial wellbeing is a key issue for most women.

Ms Patmore said there were a few main reasons why women should be proactive about their financial future.

The first was the life expectancy of women.

"On average women live five years longer than men. This brings about two factors for women to consider and plan for.

Firstly, they need to be prepared for a longer retirement than men, and secondly those who are currently in lifelong relationships with men will likely become solely responsible for the finances at some point in their life," she said.

"Also, women often have irregular careers.

"Women often become their children's primary care-givers and alter their working patterns to give them time to work in the home."

Linked to this is that women often receive significantly less pay than men. Finally the breakdown of marriage or a long-term relationship can be an issue.

"It's a sad fact but many end in divorce and women find it difficult to re-build their assets," Ms Patmore said.

In light of this, Ms Patmore encouraged all women to ensure they understand their current financial position and plan for the future.



KNOW-HOW: Narell Brown from Jaybees has been in the industry for 24 years.

Music to artists' ears

THE music industry is an amazing tangle of creative types who all need to be funnelled into venues for the waiting public to appreciate.

To facilitate that process, an entertainment agent has to know, understand and be part of the artist's and venue's needs, wants and demands. Working both sides of the fence is a juggling act that takes skill.

Some days are spent consoling artists who are feeling overlooked or trying to contain the ego of an artist that has flown a little high.

Then over on the venue side: to provide them with the very best entertainment for their clientele while working within strict budget constraints.

Narrell Brown from Jaybees Entertainment has been performing this act for over 24 years and is a dab hand at satisfying both artists and their employers.

Engaging these artists in everything from nursing homes, to private parties, pubs and clubs to theatres, there is nowhere a performance can't be staged.

Working from a well-appointed home office, makes Narrell available seven days a week. And she is always ready to answer a call even outside office hours.

Availability is the key to being able to cater to everyone's needs, and Narrell's family have always worked with her on this level and understood her commitment to the clients she takes care of.

Longevity in this business is a rare thing especially for women.

To have operated for 24 years without a break is a demanding feat that Narrell has achieved with great tenacity and strength of character.



VOCAL LOCAL: State Member for the South Coast, Shelley Hancock can voice your concerns.

Our woman in the house

AS the Member for South Coast, Shelley Hancock is committed to being a strong, grassroots representative for the local area in the Parliament of NSW.

First elected to Shoalhaven City Council in 1987, Shelley worked with and for the community on a local government level for over 16 years. Highlights include serving as chair of the Rural Fire Service Strategic Planning committee and as Deputy Mayor as well as several other council committees.

Elected to NSW Parliament in 2003, Shelley's commitment to the community now includes providing assistance for local residents on state government issues, raising matters in NSW Parliament or taking constituent concerns to the appropriate minister, department or agency.

After the 2011 election Shelley was appointed as the state's first female Speaker and as such is required to act with both authority and impartiality within the Parliament.

The Speaker, along with the Legislative Council President, is responsible for the overall direction of the Parliament and Shelley is solely responsible for the operation of the Department of Parliamentary Services of the Legislative Assembly.

At her office, 1/57 Plunkett Street, Nowra, Shelley can also assist with Justice of the Peace applications, community service awards, state representative certificates and arranging congratulatory messages for 50th and 60th wedding anniversaries as well as 80th, 90th and 100th birthdays.

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Jaybees Entertainment

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Jaybees providing the Shoalhaven and beyond with Entertainment for over 24 years.

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The Hon **Shelley Hancock MP**
Member for South Coast
Speaker of the NSW Legislative Assembly

Working for the South Coast

"Please come in and see me - it will be a pleasure to help"

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