

Introducing Yass Valley Women in Business

Comur House

Be inspired



Now stocking:
 SanCere
 Cream
 Cake
 Threadz
 Core
 White Label Noba
 Foil



In 1995 Susan was diagnosed with non-Hodgkin's lymphoma and 2 years of chemo, radiotherapy and a bone marrow transplant followed. Recovering from this lengthy illness she was left with Poly-Neuropathy and was unable to return to her position as Manager of Yass Motor Registry.

Susan travelled the region with her daughter Mandy during her rehab, and was inspired by the French Country/shabby chic styles that were in vogue at the time. Having a passion for Home Décor and furnishings, **Comur House** opened its door at 116 Comur Street in 2002. It was a mother/daughter working relationship for 9 years until Mandy needed to spread her wings and take on a new challenge.

Forever evolving Fashion is a new adventure for **Comur House** with wonderful lifestyle labels available to complement the great fashions that are already available in Yass.

In 1997 Susan had been given a 50% chance of survival, 16 years on Susan flourishes amongst the beautiful home wares, gifts and fashions that are **Comur House**.

Susan is fortunate to have wonderful supportive staff in Jeanine, Helen, Justine and Lorraine.



116 Comur Street, YASS 6226 1411

MANDY REED'S AEROBICS AND WEIGHT LOSS CONSULTANCY

I became a fully accredited, registered, free style instructor in 1988. I never, in my wildest dreams thought that 25 years later I'd still be teaching!! And, I might add, some of my first participants are still attending my classes.

I teach 7 classes per week at Robbo's Gym in Macdonald St. These classes are designed for all ages, men and women and all fitness levels. As I get older my average participant age gets older too. We all know how good exercise is for us, but I'm really understanding how vital it is for us as we age. By 'age' I mean the over 45's. By maintaining a good level of fitness, flexibility and strength will help us into 'old age'.

Any enquiries about what I offer at the Gym, plus about my One-on-One Weight Loss Consultancy Program, please ring me on 0408 449 484.

MANDY REED'S AEROBICS AND ONE-ON-ONE WEIGHT LOSS CONSULTANCY PROGRAM

FITNESS CLASSES FOR ALL LEVELS OF FITNESS FOR BOTH MEN AND WOMEN, ALL AGES.

A WEIGHT LOSS PROGRAM DESIGNED TO TEACH YOU TO EAT HEALTHY FOOD, INCORPORATING IT WITH EXERCISE AND HELPING YOU TO LOSE WEIGHT AND GAIN MUSCLE.

FOR A TIMETABLE OF THE CLASSES AND MORE INFORMATION ON THE WEIGHT LOSS PROGRAM, RING MANDY ON 0408 449 484 OR COME AND SEE HER AT ROBBO'S GYM, MACDONALD ST. YASS.

NOW, IS THE PERFECT TIME TO START



Mon	: 9.30 am Pump,	5.30 pm Circuit
Tues	: 9.30 am Low Intensity	6.30 pm Pump
Wed	:	6.30 pm Step
Thurs	:	6.30 pm Pump
Friday	: 9.30 am Circuit	

Phone: 0408 449 484

[narelleshair] dooduckinn

Find us on Facebook

GIVING YOU THE LATEST LOOK FOR THE UPCOMING SEASON



'GREATNESS COMES TO THOSE WHO CREATE'

Keeping up with the latest technology and trends in haircare is nothing new to Narelle and Jenny at narelles hair dooduckinn.

Each year the talented hairdressers attend the National Hairdressing Expo in June. This is where all of the leading brands show off their latest products, treatments and technologies.

Schwarzkopf Professional holds a promotional event during the Expo for their exclusive salons to attend. This year they launched a new colour range under the name Igora Royal, consisting of both permanent colour and highlights. Flagged as 'true colour in definition' the range caters for all hair types. Narelle and Jenny will be running with the full new range, including the many new colour and shades added to the collection.

As Jenny said they have to keep up with their clients.

"We are finding that people look after their hair much more these days, even paying more attention to product."

"A big change is that we have more men looking at colouring their hair now and Schwarzkopf have also released a new range for them as well," Narelle added.

Both girls are excited about the new products and, along with the latest range of GHD hair straighteners and dryers that are kept in stock, you can be assured your hair will receive the finest care at this trend-setting salon.



Cutting, blow waves and perming for ladies and men
 Colour specialists
 Formals and weddings catered for

Make your next appointment with Narelle or Jenny
phone. 6226 5022

91 Meehan Street



Skye Silcock started Love Photography almost 6 years ago, and has been at her current location for 18 months. She is joined by Amanda Rapley, who has been a welcome addition to the shop for the past 6 months. Although still taking studio photos the business now offers so much more – including a full custom framing service.

Customers can access a range of digital and printing solutions, including scanning and copying old documents and photographs, digitally restoring and repairing them if necessary.

Negatives and slides are scanned and printed on-site and the ladies can copy your old VHS tapes to DVD. Photographs and prints of any age or type can be enlarged and printed onto canvas.

Skye arranges booklets, handouts or framed photographs at short notice for funerals, as well as personalised prayer and memorial cards.

Classes and one-on-one sessions are available ranging from digital camera use or photoshop, through to introduction to email and the internet. Her seniors' iPad lessons are popular, with evening and weekend times available.

lovephotography

www.lovephoto.com.au

163 Comur Street, YASS

Opening Hours

Tue-Fri 9.30am - 5pm

Saturday 10am - 12.30pm

Giftcards available

6226 6163

find us on facebook

NANCY'S KITCHEN

For friendly service with a taste of country cooking

6226 3738

Open 6 Days
 Mon to Fri 8 - 4 / Sat 8 - 3
 Shop 6 - 63 Irvine Square Yass

Home Style Cooking Gourmet Pies
 Great Menus
 Good Access for Disabled and Buses

Birthday Parties and Special Occasions
 Bookings Welcome



NANCY'S KITCHEN

Nancy and Bruce Hook relocated to Yass in 2003 due to the drought in central NSW. Bruce commenced worked for a local farmer while Nancy worked for local hospitality.

Twelve months after moving to Yass, Nancy decided to take the risk of small business and that is how Nancy's Kitchen came into existence. After trading successfully for several years Nancy decided it was time to leave and focus on herself and her family. Bruce also retired from his station hand position. However retirement didn't suit either of them so they decided to re-open Nancy's Kitchen together.

That was several years ago now and Nancy's Kitchen is going stronger than ever. Nancy and Bruce love supporting local businesses, charities and organisations when they can and they are looking forward to continuing this for some years to come. If Bruce and Nancy weren't busy enough with Nancy's Kitchen, their hobby of creating Christmas and Easter cut-outs, which are displayed at their home and shop, now appears to have become a side business due to interest from the public.

A move that came out of necessity and was full of uncertainty at the time has proved to be exactly what was needed to make a lifelong dream a reality.