

REALM



The difference is real

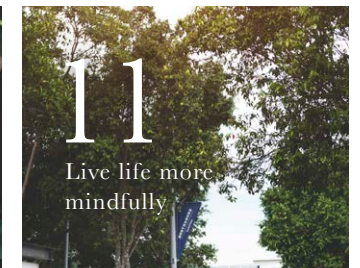


Hamilton Reach #01 - Winter 2017

FREE COPY | Community | Design | Retail | Lifestyle | Recipes



IN THIS ISSUE



EDITOR'S NOTE

Realm is a magazine to inspire community connection, celebrate our local businesses, rich history and the culture of living in Hamilton and its surrounds.

In our very first issue we have curated feature stories for your enjoyment which we hope will encourage you to explore the hidden gems in our neighbourhood.

We hope you enjoy reading our debut edition and testing out the yummy recipes!

Nicole Sipinkoski
Community Development Manager
Frasers Property Australia



We always welcome feedback!
If you would like to be featured
in our community magazine email
communityqld@frasersproperty.com.au

RACECOURSE ROAD

THE PLACES YOU'LL GO

LINED WITH BEAUTIFUL POINCIANA TREES, RACECOURSE ROAD PRESENTS 900M OF SHOPS, CAFÉS AND RESTAURANTS. HERE ARE A FEW MUST-VISIT PLACES TO GET YOU STARTED.



PETRICHOR & CO

1/33 Racecourse Road

VISIT IF: You want a dog friendly place to brunch and have a variety of tastes to cater for. Petrichor & Co features a range of items from vegan health foods to hearty pulled pork sandwiches.

MILANI HOUSE OF GELATO

4/53 Racecourse Road

VISIT IF: You have a penchant for authentic Italian gelato. The dark chocolate gelato has picked up a hefty collection of awards including Grand Champion Dairy Product of Australia.

JOLI BOUTIQUE

5/143 Racecourse Road

VISIT IF: You appreciate European style and exquisitely crafted clothes. Specialising in pants, the boutique features a stylish range of collections, hand-picked by owner Lauren Holland.

COCO BLISS

7A/68 Racecourse Road

VISIT IF: You're after a sweet fix, without the guilt. Coco Bliss serves up healthy, nutritious smoothies, acai bowls and snacks that are almost too good to be true. We recommend the Bounty Bowl.

HAMILTON HOTEL

Corner of Racecourse Road and Kingsford Smith Drive

VISIT IF: You want to experience a true Brisbane icon. Built by Gustav Hamilton in 1865, the hotel has recently been renovated and features four bars, a restaurant and indoor children's play area.

THE LITTLE PERSIAN CAFÉ

6/33 Racecourse Road

VISIT IF: Persian food has been on your 'must try' list. A recent addition to Racecourse Road, this delightfully unique restaurant is open daily for breakfast, lunch and dinner.

Keep up to date by following [@racecourserd](#) on Instagram.

COMMUNITY

THE SHED CHANGING LIVES

NORTHSHORE MEN'S SHED IS EASING THE TRANSITION FOR MEN AND WOMEN INTO RETIREMENT THROUGH SHARED INTERESTS, ACTIVITIES AND MATESHIP.



There's one word to describe the feeling of walking into the Northshore Men's Shed: welcoming.

As you step foot in the workshop, filled with every tool you could imagine, you feel an instant sense of camaraderie. And from the smiles on the six men's faces, you can tell they're happy to see more people join the group. There's tea and coffee on offer and a tasty chocolate slice a kind member has brought along to share.

The Northshore shed is one of almost 1,000 across the country, hosting over 150,000 members with even more in New Zealand and the UK. The first was established in 2005 to create a space for those with time on their hands to come together, work on individual or shared projects and spend time with new friends.

Located on MacArthur Avenue at the entrance to the Eat Street Markets car park, the Shed counts 25 members among its ranks, including one woman. »

“YOU CAN COME HERE AND DO THINGS FOR YOURSELF, OR YOU CAN JOIN IN THE COMMUNITY STUFF THAT EVERYONE DOES, OR YOU CAN COME AND JUST HAVE A TALK.”

- Howard Westphal



Projects are many and varied. The group recently constructed some colourful bike racks for the neighbouring Eat Street Markets and every year they build toy boxes for patients at the Greenslopes Private Hospital children's cancer ward.

One member is restoring a silky oak coffee table, another is busy building a sheltered outdoor extension to the Shed and one restores a collection of toy boats.

Northshore President Jack Kemp says the workspace, tools and equipment available is just one part of the Shed's purpose.

"All the stuff out here is a side benefit," he says.

"It's more of a meeting place for the fellas who have retired."

Treasurer Col Sharman agrees. He retired from accounting six years ago, and says being part of the Shed has had a huge positive impact on his life.

"After I retired, I didn't know what to do, I'd sit at home and play games on the computer and just vegetated," he says.

"Then I found out about the Shed and it's great, I love it."

The Northshore Men's Shed is located at 217 MacArthur Avenue and is open Monday and Thursdays from 7:30am. For more information visit

mensshed.org/find-a-shed ■

Their backgrounds are varied; there's an ex-pilot, former surgeon, bank manager and electrician, to name a few.

Member Howard Westphal says the Shed helps to keep them busy, using old skills, learning new ones, and making the transition into retirement a little easier.

"When you've worked all your life and you decide to give your business away, it can play havoc with your head," he says.

If you move from your home into a unit, there's no more work to be done, so you feel like you just stop.

"Even if it's only two days a week [at the Shed], it's two days you really look forward to."



HACIENDA FLOWERS & FURNISHINGS

A PIECE OF MEXICO IN HAMILTON

HACIENDA FLOWERS AND FURNISHINGS IS BURSTING WITH COLOUR; PASTEL FLOWERS, COLOURFUL CERAMICS, AND SMILING OWNERS ANNELIESE AND JORGE, WHO OPENED THE SHOP 16 YEARS AGO.



Anneliese and Jorge Gomez met in Thailand more than 20 years ago, on holiday in Ko Phi Phi. Jorge was visiting from Mexico, Anneliese from Sydney. Today, they proudly call Brisbane home and have been running the much-loved Hacienda Flowers and Furnishings on Racecourse Road for the last 16 years.

With 30 years of floristry experience, Anneliese's work is highly-sought after, with customers coming from all over Brisbane and beyond to purchase potted orchids, which Hacienda Flowers is renowned for.

From the moment the bell rings and you step through the red wooden door, it's clear that Hacienda Flowers isn't your regular run-of-the-mill florist. Magnificent pots, ceramics, rugs and mirrors line the walls, all hand-picked from Jorge's home country of Mexico.



“BEFORE HERE, WE HAD A SHOP IN SYDNEY BUT IT WAS TOO FAST-PACED. WE FOUND THIS LITTLE SHOP AND THOUGHT IT WAS NICE, SO HERE WE ARE ON RACECOURSE ROAD.”

- Jorge Gomez



“We go to Mexico every couple of years and bring a 40 foot container back, with ceramics and coloured pottery,” he says.

Jorge and Anneliese select the shapes and colours themselves, bringing home the bespoke pottery for a devoted customer base that adores their taste and the Mexican style.

Jorge says every state in Mexico has a different handicraft specialty, so the ceramics, lanterns and mirrors for sale are sourced from artisans all over the country.

“We do a lot of travelling when we go and buy for the shop and I enjoy it because it's my country, so it's nice to go back,” he says.

The ceramics are completely oven proof and made by hand, as are the custom designed pots for a range of plants including the Phalaenopsis and Cymbidium orchids.

Hacienda Flowers and Furnishings can be found at 157 Racecourse Road. Online orders are available, with delivery available throughout Brisbane. Visit haciendaflowers.com.au for more information ■



PROPERTY

AWARD-WINNING ARCHITECTURE

ATRIA AT HAMILTON REACH HAS BEEN AWARDED FOR ITS EXCEPTIONAL ARCHITECTURE AT THE 2017 QUEENSLAND REGIONAL ARCHITECTURE AWARDS.



The Hamilton Reach community is renowned for its diversity in architecture and the way it takes inspiration from the surrounding landscape.

The Atria apartment and terrace homes have been recognised by the Australian Institute of Architects (Queensland Chapter), receiving a regional commendation at the 2017 Queensland Regional Architecture Awards.

The award recognises exceptional residential architecture in the category of housing.

Designed by Arkhefield, who is this year celebrating 25 years of award-winning interior and architecture design practice, Atria features apartments and terrace homes designed to capture the sub-tropical Queensland lifestyle and provide a community living environment.

All residences include optimised solar orientation, natural cross ventilation and a strong connection to the environment and place.

Atria will now progress to the Queensland State Architecture Awards.

For more information visit the Sales and Display Suite at Hamilton Reach, which is open 10am - 5pm, 7 days a week. 310 MacArthur Avenue, Hamilton. Visit hamiltonreach.com.au or call **13 38 38** ■



HEALTH & WELLBEING

LIVE LIFE MORE MINDFULLY

HAMILTON REACH LIVE LIFE GET ACTIVE YOGA TEACHER DEBBY LEWIS SHARES HER MINDFULNESS TIPS AND ADVICE TO NAVIGATE THE PACE OF 2017.



“Mindfulness teaches you to just sit with your emotions and thoughts, become aware with it, push it away, know it will pass, and that you’ll move on,” she says. “There’s a constant myth of the ‘happy ever after’ and that you need to try to be happy all the time, but life is a bit of a rollercoaster and if we can accept that and roll with it, it becomes easier.”

A DAILY PRACTICE

Debby recommends incorporating mindful moments into your daily routine, or whenever you’re starting to feel stressed. Take 5 - 10 minutes to ‘reboot’. This can be done at any time of the day - during the commute to work, at your desk, or during lunch for example.

1. **Consciously take deep, slow breaths through the nose.**
To help maintain focus, you can count the breaths in for 4, and out for 4. Try to make the duration of your inhalation and exhalation even.
2. **Notice what thoughts come into your mind, without judgement, and bring your focus back to the breath.**
3. **Enjoy these moments as your time to be fully present and undisturbed.**



Debby teaches a FREE yoga class, part of Live Life Get Active at Hamilton Reach, every Friday at 6:30am. Live Life Get Active also offers FREE boxing and cross training classes at 6:30am Monday - Thursday. For more information and to register visit livelifegetactive.com ■

In an increasingly stressful world, many look to yoga and mindfulness practices to help manage a busy life.

Debby Lewis founded Corporate Yoga four years ago, but as the daughter of a yoga instructor, she has been practising yoga for as long as she can remember.

“Yoga gives you a bit of time to breathe and connect with yourself and leave the outside world behind,” she says

“Unless you go and live in a cave or a forest somewhere, you can’t avoid being bombarded with phone calls or social media, and there’s this constant rushing around.”

While people often take up yoga for the physical benefits, Debby says the practice translates into many other areas of life. “In yoga the longer you practise it, the more you realise how your mind’s working, how you’re feeling in poses, and how you handle it,” she says.

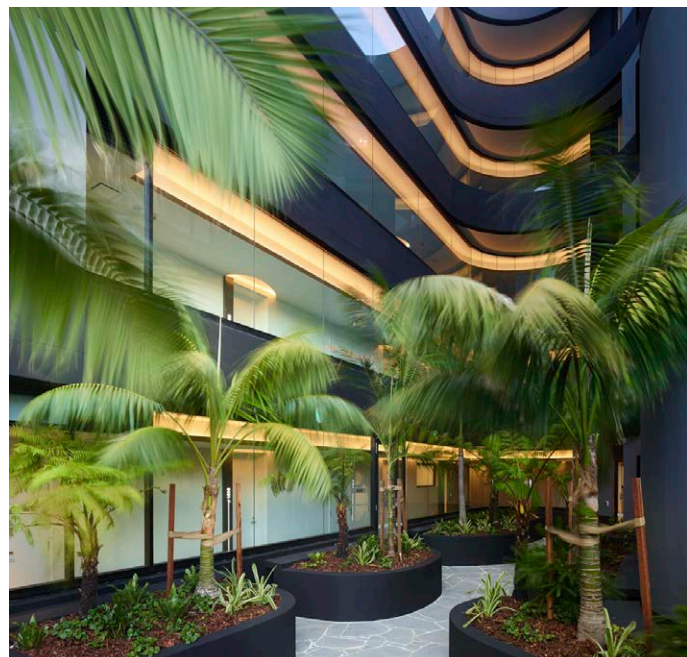
“Suddenly, this awareness starts to integrate into every part of your life.”

Mindfulness can be incorporated into almost any activity, from taking a walk to the watercooler or eating a snack. Debby says it’s important to remember that being mindful isn’t about trying to be happy all the time, or ignoring the negative thoughts.

NEWPORT

DESIGN INSPIRED BY NATURE

ONE OF THE NOTABLE FEATURES OF THE HAMILTON REACH MASTERPLANNED DEVELOPMENT IS ITS ARCHITECTURE. EQUAL PARTS INSPIRATIONAL AND FUNCTIONAL, EACH BUILDING HAS A UNIQUE STYLE AND THE RECENTLY COMPLETED NEWPORT IS NO EXCEPTION.

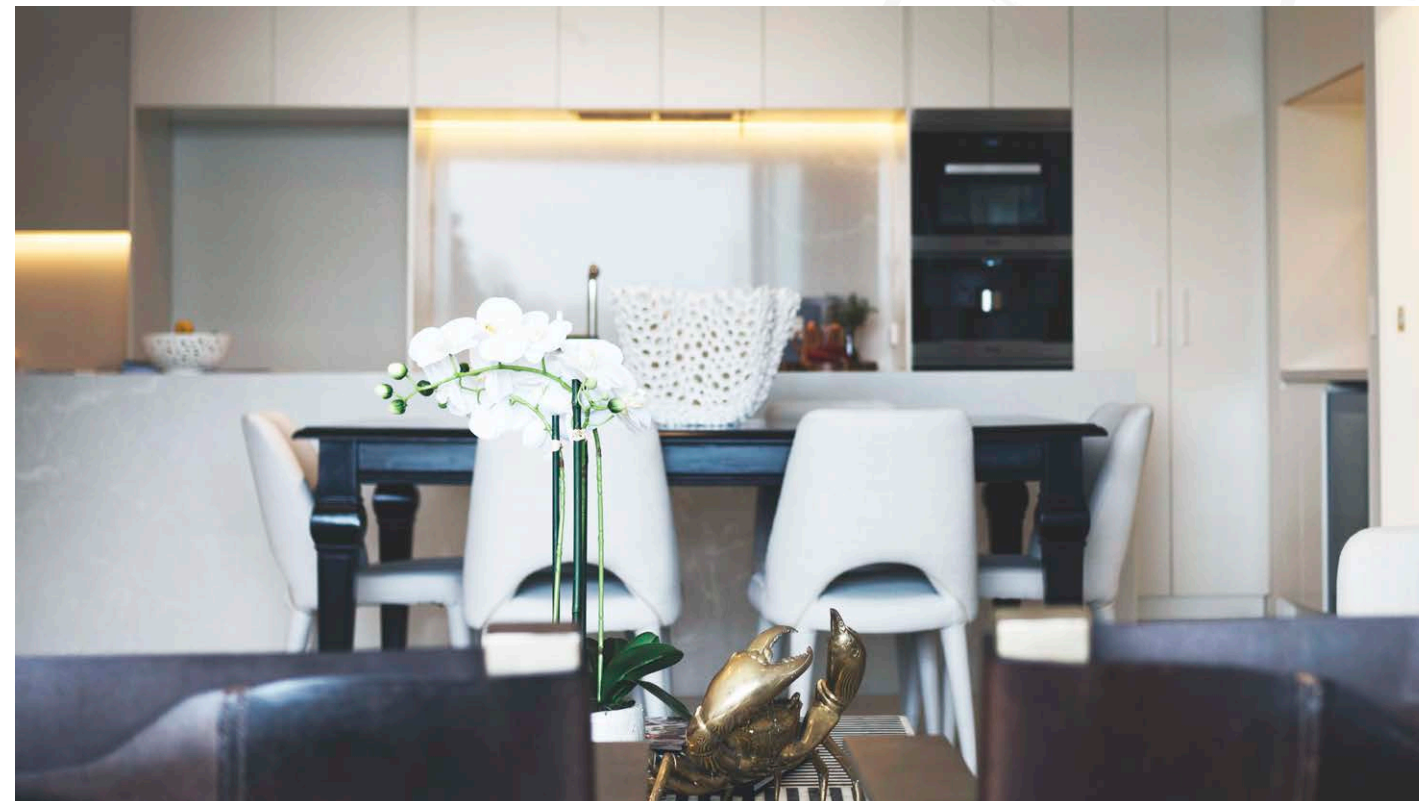


You'll find Newport on the eastern peninsular of the Hamilton Reach community, nestled between the banks of the Brisbane River and the surrounding Royal Queensland Golf Club and parklands.

Its curved design, stunning green atrium heart and resident's pool are home to just 34 apartments, of which only five remain available for sale.

Designed by acclaimed architects Rothelowman, Newport's design takes cues from the adjacent river and the intimate luxury of a boutique hotel. Rothelowman Principal Architect, Jeff Brown, says the surrounding landscape inspired the design.

"There is a forest of trees sitting beautifully next to a river, so it was really about the building being a part of that, not dominating it or overbearing over the top of it, it was really about complementing and reflecting those beautiful things," he says.



“WE WANTED TO MAKE SURE THE SURROUNDING LANDSCAPE IS SEEN WITHIN THE DEPTHS OF THE BUILDING.”
- Jeff Brown, Principal Architect

Newport residents Heather and Ian Osborne moved into their apartment in November 2016, after downsizing from their family home in McDowall.

Mrs Osborne says the rarity of the waterfront position and the apartment's size and floorplan attracted them to the project.

"The floorplan we really liked, we've got a lower level apartment that has a big balcony and we have young grandchildren, so it's safe and good for us," she says.

"We're very happy here."

The idea of reflection on the water's surface has also translated into the design features.

"What all that means is really a sense of six star luxury, a sense of comfort, warmth, personal experience and a breath of fresh air that comes with entering a building that feels like it really is about the landscape."

For more information visit the Sales and Display Suite at Hamilton Reach, which is open 10am - 5pm, 7 days a week. 310 MacArthur Avenue, Hamilton. Visit hamiltonreach.com.au or call **13 38 38** ■

HAMILTON'S FAVOURITE GREEN SMOOTHIE

COURTESY OF COCO BLISS

THIS CUP OF GOODNESS IS PROOF THAT GREEN SMOOTHIES ARE JUST AS SWEET AS THE REST.



INGREDIENTS:

300ml coconut water
150g mango
150g ripe banana
1 cup spinach
1 cup kale

Serves one

METHOD:

Step 1: Measure and pour 300ml of coconut water into your blender of choice.

Step 2: Dice 150g mango and 150g banana and add to the coconut water.

Tip: If you prefer to buy in bulk, freeze mango and banana pieces.

Step 3: Add 1 cup of spinach and 1 cup of chopped kale.

Step 4: Blend until thoroughly combined.

Step 5: Sip away! This smoothie is best enjoyed immediately after blending.



You can find Coco Bliss in six locations across Brisbane, including Shop 7A, 68 Racecourse Road
Instagram: @cocoblisscollective ■

CLASSIC CHICKEN PARMIGIANA BURGER

COURTESY OF JAKE AND ELLE'S KITCHEN

TWO WORDS: PARMIGIANA BURGER. MY KITCHEN RULES ALUMNI JAKE AND ELLE HARRISON NOW SERVE UP DELICIOUS CREATIONS EVERY WEEK AT EAT STREET NORTHSORE. THEY'VE KINDLY SHARED ONE OF THEIR MOST POPULAR RECIPES WITH US AND IT'S A REAL WINTER TUMMY WARMER.



INGREDIENTS:

2 x chicken breast fillets
1 cup buttermilk
2 cups panko crumbs
2 tsp cayenne pepper
2 tsp smoked paprika
1 tbsp dried oregano
1 cup grated Parmesan
1 cup Napoli sauce
1 cup mozzarella
2 x fresh tomatoes
Shredded iceberg lettuce (to taste)
4 x Brioche sesame buns
50g butter
Olive Oil
Salt & Pepper

Serves four

METHOD:

Step 1: Using a sharp knife, slice the chicken breast fillets in half, lengthways. Place the four pieces of chicken into a bowl and add the cayenne pepper and buttermilk. Making sure all the chicken is covered, place in the fridge and brine for at least 4 hours (ideally overnight).

Step 2: Place the panko crumbs, smoked paprika, dried oregano, parmesan, a pinch of salt and pepper into a medium sized bowl. Combine well.

Step 3: Drain the chicken fillets and place into the panko crumbs mix to coat each chicken piece. Press the crumbs firmly to create a nice thick crust. Repeat process for the remaining pieces.

Step 4: Take a frying pan and bring to a low to medium heat. Place a good drizzle of olive oil and butter into the pan. Add the chicken fillets once the butter has melted and started to bubble slowly.

Step 5: Cook fillets for approx. 4 minutes on either side or until golden and crispy.

Step 6: Once the fillets are cooked, place them in a row on an oven tray and top with a generous spoon full of Napoli sauce and a handful of mozzarella cheese.

Step 7: Place in the oven under the grill until the cheese is melted and slightly golden.

Step 8: Serve between two brioche buns with shredded iceberg lettuce and fresh tomato.

Find cheeseburgers, beer battered chicken, mac and cheese and more at Jake & Elle's kitchen at Kiosk 96, Eat Street Northshore, 221D Macarthur Avenue, Hamilton
Instagram: @jakeandelleskitchen
Facebook: Jake & Elle's Kitchen ■

NORTHSHORE HARBOUR CAFE

*BRISBANE'S BEST
KEPT SECRET*

HAMILTON IS KNOWN FOR ITS ECLECTIC EAT STREET MARKETS AND RACECOURSE ROAD RESTAURANTS, BUT THERE'S ONE LOCAL SPOT THAT'S MANAGED TO SNEAK UNDER THE RADAR.



Tucked away on the river by the Northshore Hamilton CityCat Terminal, Hamilton locals have been enjoying a hidden gourmet gem in Northshore Harbour Cafe.

The restaurant, cafe and function venue is located on Macarthur Avenue, within the Hamilton Reach community.

Elegant yet casual, Assistant Manager Kay Navarro says they focus on delivering traditional, wholesome dishes with an innovative edge.

“We’ve got things like truffled scrambled eggs and then the savoury mince, but all of the classic dishes we serve have a little twist,” she says.



The new winter menu has just been launched, with items like maple waffles topped with fried banana, crushed pecans, ice cream and Canadian maple syrup new additions to the breakfast fare.

The aptly named Northshore's Famous Corn Fritters is a crowd favourite, made entirely in-house, as is the breakfast bruschetta with haloumi, heirloom cherry tomatoes and fresh basil, served on Turkish toast with a perfectly poached egg.

For lunch, start with a charcuterie plate or salt and pepper calamari to share, with a range of gourmet salads and classic dishes on offer for mains.

Sourced from local producers, the food is fresh and wholesome, with a range of items, making it perfect for families or groups.

Bifold windows open to look out over the river, with the neighbouring sandy beach area popular for wedding events and a spacious grass area for functions, morning walkers and their pooches.

Its proximity to the CityCat terminal makes it a regular stop for morning commuters and discounts are offered to commuters and Hamilton Reach residents.

Northshore Harbour Cafe is open for breakfast and lunch daily, with dinner on selected Friday and Saturday nights. Bookings are recommended.

Visit northshoreharbour.com.au for details ■

COMMUNITY EVENT

BONJOUR HAMILTON REACH

THE FIRST EVENT OF THE MASTERCLASS SERIES AT HAMILTON REACH TOOK GUESTS ON A JOURNEY THROUGH FRANCE SAVOURING FINE WINE AND CHEESE.



Moving into a new home is overwhelming at the best of times, and once you're settled into your beautiful new home it can be difficult to make new friends and get to know the people around you.

That's why Frasers Property Australia, the developer behind the Hamilton Reach masterplanned community, has created a series of events designed to connect residents with their new neighbours.

The Wine and Cheese Masterclass was the first of the series and featured Sarah Thullet from local cheese shop Emile and Solange and Juliette Menneteau of World Wide Estates who took guests on a tasting journey of French cheeses, paired with French and Australian organic wines.



From the Comte, the most popular cheese in France, through to the exceptional Picpoul de Pinet wine from Montagnac, Sarah and Juliette provided some great insights from their experience in the cheese and wine industries.

The Masterclass Series will continue throughout the year with a range of topics covered, and is open to Hamilton Reach residents and visitors alike.

Keep up to date with Hamilton Reach's range of free community events, email: communityqld@frasersproperty.com.au or follow us on Facebook [@hamiltonreach](https://www.facebook.com/hamiltonreach)



NORTHSHORE HARBOUR



Restaurant | Wedding | Functions



Boasting stunning riverfront views and their own private beach, Northshore Harbour offers the perfect backdrop for a riverfront wedding, private function or dining experience.

Located next to the Northshore Hamilton Citycat Terminal, Northshore Harbour is fast becoming a popular place to enjoy a coffee and cake, a business lunch, or a lazy weekend breakfast by the water.

ENJOY **BREAKFAST** AND **LUNCH** 7 DAYS FROM **7AM – 3PM**
OPEN FOR DINNER ON SELECT FRIDAY AND SATURDAY NIGHTS



VISIT NORTHSHOREHARBOUR.COM.AU OR CALL 07 3172 0595