

Get taste of French

By DIONE VAN HEER

ASIDE from being one of the three "romance languages" and one of the most widely-spoken languages in the world, French is also a particularly difficult one.

But that unique pronunciation and those endless verb-conjugations may be easier to swallow with a glass of wine in hand and a Mediterranean platter to graze on.

Boroughs Cafe and Wine Bar in Scarborough is offering a six-week French course on everything from how to order in French to what to do in a French restaurant and more.

The \$370 or \$60-a-night fee includes class notes, wine and platters to share each night plus six main courses, each from a different French region.

Boroughs' owner Melissa Coulton said the classes would be held in the restaurant courtyard by a native speaker, Stephanie Posterino.

With her masters in applied languages and four years' experience as a professor of languages in Australia, Stephanie will take you through the finer (but extremely important) cultural aspects of French dining.

Ms Coulton said her head chef, who was in charge of the culinary aspects of the courses, had a French-training background.

The course starts on Wednesday, March 14. Phone 3880 6733 to book your seat or visit www.boroughs.com.au



■ Bon appetit ... French tutor Stephanie Posterino samples the fare at Boroughs.

Chance to change a life

REDCLIFFE resident Carol Miller's excitement at winning a six-month membership to Peninsula Fitness was short-lived - she already had a membership at another gym.

So she decided to give other Peninsula residents the chance to change their lives.

She has given the membership back to Peninsula Fitness, for them to give two three-month memberships to two lucky people on the Peninsula.

However there is a catch - Carol said the winning entrant would have to be a couch potato who wants to change their habits.

"I just want to help people lose weight and feel better in themselves, I know I feel heaps better doing my gym," she said.

Peninsula Fitness owner Nicky Aldrick said the winners would receive a three-month membership to participate in the Fit for Life challenge.

The person who has lost the most weight would receive a further six-month membership, while second place would receive a three-month membership.

"It is a pretty neat thing she is



■ Fitness fun ... Carol Miller with Mark and Nicky Aldrick.

doing," Mrs Aldrick said. To enter the competition, visit the Peninsula Fitness website at www.peninsulafitness.com or ring 3284 6631.

Owner has Froggies leaping ahead

FROGGIES Pad takeaway is set for a culinary makeover with new owner Lynette Davies introducing a new side to the shop.

Lynette, who has worked as a show cook, said she had always enjoyed cooking and wanted to bring that knowledge and passion to her new business.

She said she was introducing morning tea, such as scones, cakes, muffins and coffee, to Froggies Pad.

She said business had been going well in the three weeks since she had opened.

Froggies Pad is at 26 Ashmole Rd, Kippa-Ring.

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