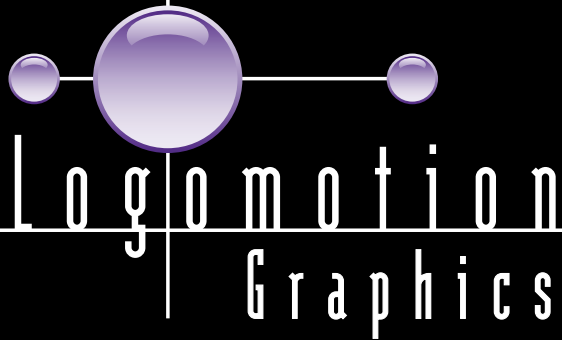


- **Established June 1993**
- **Owned and Operated by
David Hubble**

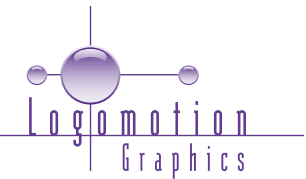
Graduated in Graphic Design at Swinburne University 1973

your **image**
is our **vision**



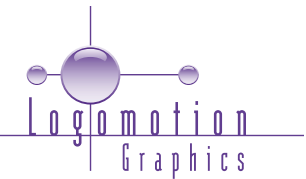
- Graphic Design
- Logo Design
- Corporate Identity
- Illustration
- Copywriting
- Digital Imaging
- Displays & Signage
- Photography
- Photo Direction
- Photo Restoration
- Photo Manipulation

your **image**
is our **vision**



Logos





Logos



From Maiden to Mother

Logos

ski &
board
surrey



JustBrickIt
Bricklaying & Scaffolding



genUwin *always*

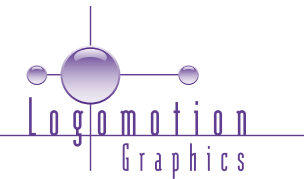


WORLD WIDE
MARTIAL ARTS

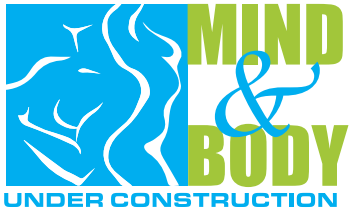


Air Conditioning, Refrigeration
& Electrical





Logos



Logo Refresh

an economical way to update your image



old



update



old



update



old



update



old



update



old



update

Corporate Identity



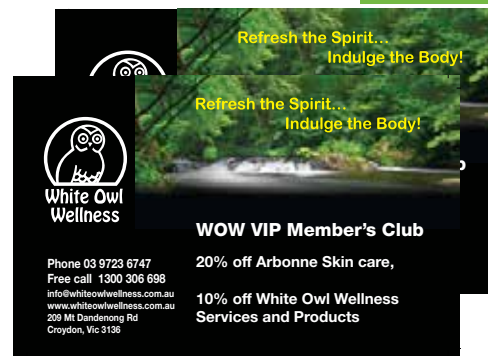
Banners



Various Forms,
Letterheads etc



Brochures



Business & Membership cards



Growing Selection of
Product Labels



6 Posters

Brochures



External cladding kiln dried

All kiln-seasoned premium grade/tight knot cedar claddings are available in lengths from 0.6 m to 4.8 m (longer lengths may be available). All cladding is protective packaged in clear poly shrink film, with each bundle carrying four or six same length boards. 'CP' series claddings are an economic option to traditional 18 mm profiles packaged six

board per bundle. Premium grade quality permits inclusion of natural wood characteristics such as small, sound pin knots or burls in occasional boards. Channel claddings are also available with an optional fine sawn textured face for a small surcharge. All claddings must be double face nailed at a maximum 600 centres.

Profiles and Details		Profile Code	Cover (mm)	Thickness (mm)	Texture	Western Red Cedar Premium Grade	Tight Knot Grade
	V-JOINT	CVAC	84	18	Dressed		
		CVAC	133	18	Dressed		
	CHANNEL	CCAC	84	18	Dressed		
		CCAC	133	18	Dressed		
	CHANNEL	CCBC	133	17	Beam		
		CCBC	181	18	Dressed		
	Y-JOINT	CVASC	133	17	Beam		
		CVASC	133	15	Dressed		
	CHANNEL	CPAC	133	15	Dressed		
		CPAC	133	15	Dressed		

CCBCSBC available in random length spec only

Bevel siding

Packaging - six boards per end-capped bundle. Lengths - random length specification only.

*The premium bevel sidings noted above are manufactured by Tilling Timber to a 'heavy butt' profile which, when installed, provides a strong, bold shadowline effect. The heavy butt profile is substantially thicker than most imported Canadian sidings (CKCSB) manufactured to conform to requirements of US housing construction regulations.

Note: CKCSB siding is manufactured in the unseasoned (green) state, hence installed boards may occasionally display some movement such as shrinkage as they season after installation. Such movement can be reduced by early application of finish stain or other surface treatment to inhibit moisture uptake. In exposed situations, it is recommended that an initial coat of surface treatment is applied to the face and back of each board prior to installation, with one of two additional coats following installation.

Bevel siding Profiles & Details			
Profile Code	Cover (mm)	Texture	Western Red Cedar
	22mm	CKBCD	167 Dressed Premium
		CKCSB	164 Beam Tight Knot
	17mm	CKBCD	167 Dressed Premium
		CKCSB	164 Beam Tight Knot

Stops - Unseasoned	
Western Red Cedar	Size
B573SBC	57 x 38
B303SBC	30 x 38

Tilling

For more information Call 1800 337 703 or visit www.tilling.com.au

Head Office		109 Kurnjunga Ave, Mt Druitt NSW 2770, Australia		20-24 Neildon Dr, Meadsbrook Qld 4151, Australia		5 Aggett Rd, Milinga WA 6090, Australia		Baker Moon Timber Products 123 Bedford St, Gilman SA 5013	
E-mail	sales@tilling.com	E-mail	newsales@tilling.com	E-mail	qldsales@tilling.com	E-mail	watilling.com	E-mail	sales@bakermoon.com.au
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Fax	+61 3 9725 3045	Fax	+61 2 9677 2500	Fax	+61 7 3200 2600	Fax	+61 8 9248 3241	Fax	+61 8 8341 2707

Stunning Cedar Exteriors

Edition 4
2009



Timber - it's only natural
Tilling offer a complete range of timber shakes. Nothing else.

About our timber

We source our Western Red Cedar from sustainably managed and harvested forests. Cedar is regarded as a superior species in terms of stability and durability and will stand the test of time. Due to the low density of the species, it has exceptional insulation up to buff and warm natural colour tones ranging from light straw through to buff and warm red to the occasional deep brown covered with the entire variety of textures and grains, make it ideal for painting, staining or ageing naturally to achieve your desired look.



Benefits

Kiln dried to maximise stability, uniformity and performance, our timber is manufactured by skilled tradesmen using precision machinery. This ensures a quality range of cladding and bevel sidings that are built to perform in domestic and commercial applications.

Features

- Beautiful that only natural Red Cedar can provide:
- Stability and natural durability
- Solid timber a natural choice
- High grade timber
- Broad product range
- No special tools required
- Easy to work and finish
- Light to handle
- Ability to create slight curves

Applications

- Commercial or domestic applications
- Feature walls
- Gates
- Cladding
- Roofing (shingles)
- Gates
- Garage doors



Design Tips

- Cook to create the richness of cedar.
- Curves to create unique features.
- Because colour variation is a typical characteristic of natural timber, select and arrange boards prior to installation for optimum visual appeal.

Note: Cedar can be left to weather naturally to a silver grey tone. However, we strongly suggest a quality coating is applied to preserve the timber and prevent premature degradation.

A superior product for a superb result.



Brochures

Improve team performance:

MBUC assists business teams to lift their level of productivity while improving team communication.

By taking a more proactive approach towards fitness, businesses have realised a reduction in the number of sick leave absences and injuries.

Tailor training to suit you:

MBUC creates training challenges tailored to the interest and focus of your group members:

- Boxing
- Strength training
- Circuit training
- Cardio workout
- Fat loss – high intensity
- Improving posture
- Improving core.

Contact MBUC to discuss your fitness needs.
0414 577 639



Benefits for your business and team:

- **Create healthy** competitiveness within the team
- **Encourage each other** to push through mental and physical barriers
- **Fun** and enjoyment in the way you exercise
- **Choose the structure** of your training program
- **Prepare for a charity** event and get the edge over other teams
- **Total convenience** with sessions at the office or nearby park locations
- **Go home de-stressed** by having a great work-out
- **Flow-on effects** benefit your relationships at home.

Testimonial

"Without hesitation we strongly endorse the services and programs that Mind and Body Under Construction offer and urge any business owners, management staff or time poor professionals to stop thinking and act as we have, you will feel better, you will perform better and look better."

*Leon Kay (Managing Director)
Procon Developments (Austl) Pty Ltd*

About Us

MBUC is owned and managed by Vanessa Thomson, a qualified personal trainer who understands the multiple and far-reaching benefits achieved by reaching your personal best in fitness.

She also knows the kinds of barriers that can become stumbling blocks to your persistence and commitment on the way to achieving those goals.

Her personal history includes training in body sculpting, which requires iron-clad discipline and a dedicated focus on overcoming mental and physical resistance. Vanessa has won many body sculpting awards and has had success overseas where she won the title of "Miss Olympia Tall" in the figure section.

We are committed to having you experience all the benefits of a great fitness routine:

- **Mental** clarity when you are feeling well
- **Satisfaction** of applying consistent effort
- **Feeling relaxed** and able to deal with the stresses of your daily routine.

Healthy employees save you time and money – **its that simple**



ELIMINATE THE EXCUSES

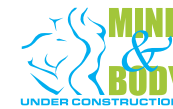
The only way to get real results is to **TRAIN HARD & TRAIN REGULARLY**

- Convenient
- Tailored
- Qualified trainer
- We come to you

Contact us today to arrange a free consultation. We can discuss your fitness goals and tailor a package to suit you and your team



Vanessa Thomson-Owner/Manager MBUC



Inspiring busy individuals to achieve their goals through exercise.

Contact Mind & Body Under Construction (MBUC)
0414 577 639
vanessa@mbuc.com.au



Boost your staff's productivity and morale with Corporate Group Fitness Training

Mind and Body Under Construction

MBUC Group Training at **your** business at a time that suits **you!**

0414 577 639

Feel fantastic. Build body strength, and manage stress!

Gaining a higher fitness level has great flow-on effects: from the way you perform each day to how you build better relationships at home.

Vanessa has seen her clients inspire friends and partners to improve their fitness; help their family achieve greater health and energy and encourage their children to take a positive attitude towards exercise while having fun.

Work out the way you want:

Vanessa creates training challenges tailored to the interest and focus of your group members:

- Boxing
- Strength training
- Circuit training
- Cardio workout
- Fat loss – high intensity
- Improving posture
- Improving core.

Contact Vanessa to discuss your fitness needs.
0414 577 639

Training that benefits the whole family:

- Meet straight after drop-off time
- Tailored to the school and kinder terms
- Holiday sessions
- Conveniently located so you don't have to travel
- No need to wear special gear or go to a gym
- Relaxed and friendly atmosphere
- Regain your confidence
- Reach personal goals in a team environment
- Tailored to the interests of group members
- Affordable and achievable
- Group members encourage each other's progress
- Creating exercise that's fun and challenging
- Flow-on effects to the family
- Enjoy more exercise as a family
- Encourage your children to take a positive attitude towards exercise
- Make exercise fun for your kids even if they're not naturally interested in sports.

As a qualified personal trainer, Vanessa Thomson understands the far-reaching benefits achieved by reaching your personal best in fitness. She also knows the kinds of barriers that can become stumbling blocks to your persistence and commitment on the way to achieving those goals.

Her personal history includes training in body sculpting, which required iron-clad discipline and a dedicated focus on overcoming mental and physical resistance.

After having her children, Vanessa applied the same level of commitment to regaining her fitness and getting back into shape. She understands how feeling good about your body helps you manage the demands and stresses of managing a busy family routine.

She is committed to having you experience all the benefits of a great fitness routine:

- **Mental** clarity when you are feeling well
- **Satisfaction** of applying consistent effort
- **Feeling relaxed** and able to deal with the stresses of your daily routine.



Vanessa Thomson-Owner/Manager MBUC

ELIMINATE THE EXCUSES

You know the only way to get real results is to **TRAIN REGULARLY**. Get a group of friends together and have **FUN** while you do it!

- Convenient
- Tailored
- Qualified trainer
- No special gym gear needed.

Call Vanessa today to arrange a time that suits you and your friends.



Inspiring individuals and families to achieve their goals through exercise.

Contact Mind & Body Under Construction (MBUC)
0414 577 639
vanessa@mbuc.com.au



Don't bother going to the gym!

Get the fitness you want while the kids are at school!

Mind and Body Under Construction

MBUC Group Training at a convenient location and time that suits you!

0414 577 639



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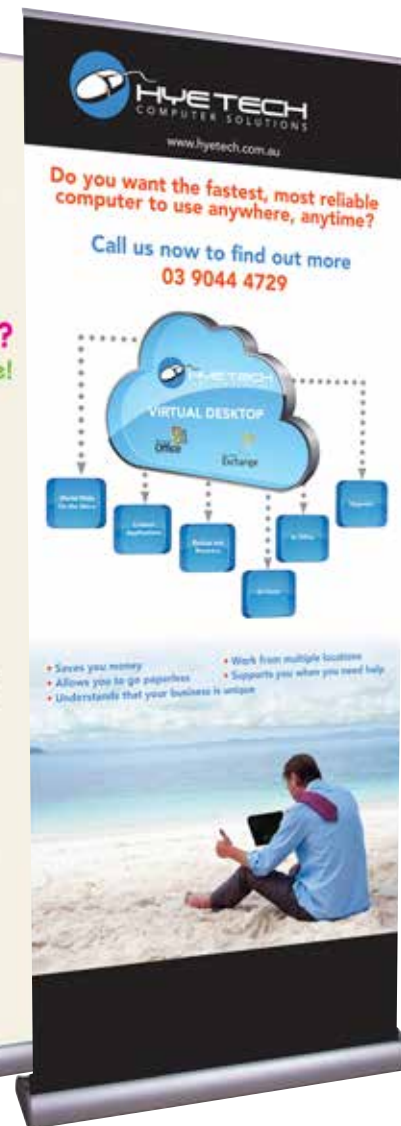
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- Relaxes and softens injured and overused muscles
- Releases excess body fluid
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- Reduces anxiety, depression, blood pressure and heart rate
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- Strategies to create a passive income
- Is a Self Managed Super Fund right for you?

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Photo Manipulation



Photo Manipulation



Photo Manipulation



Photo Restoration



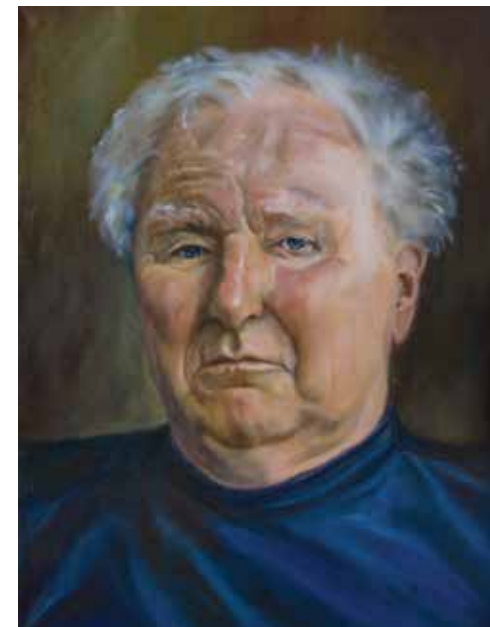
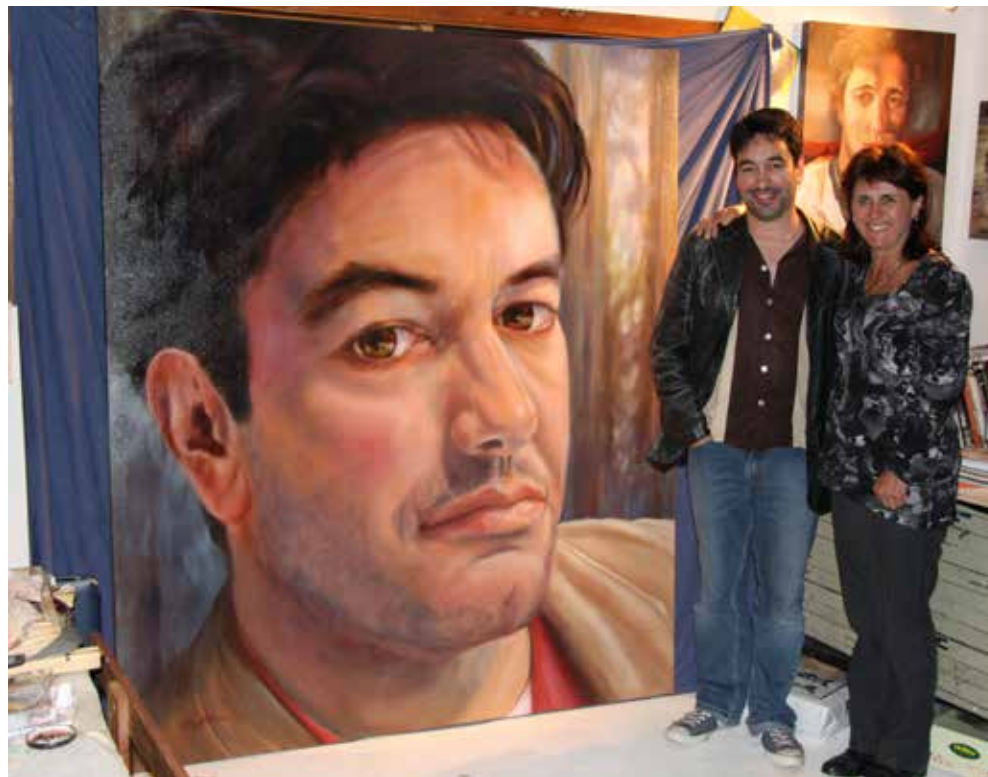
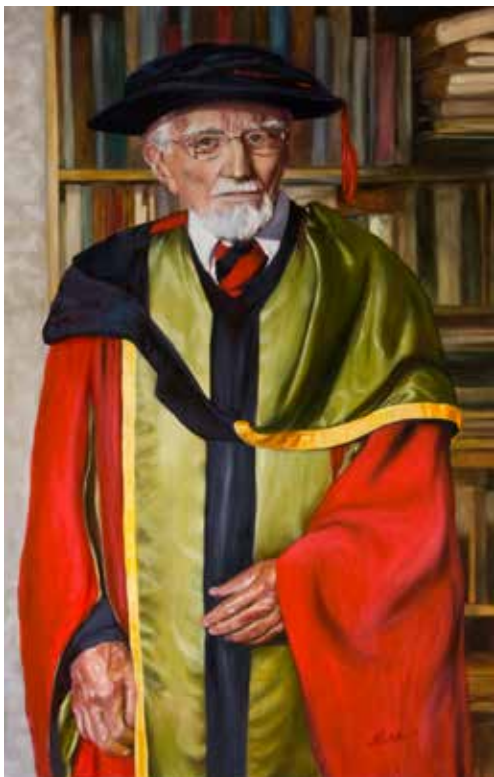
Photo Restoration



Pets



People



Places

