

MAGAZINE

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EDITION 3



**TAKE TIME OUT**  
FISHING

**SIMPLE STEPS**  
TO LOW TOX LIVING

**VEGGIES TO GROW**  
AT HOME

**DISCOVER**  
CUBAN CUISINE

**SAVE WITH A**  
CINEMA MEMBERSHIP



BURNS  
BEACH

# WELCOME TO A NEW EDITION OF B MAGAZINE!

**IN THIS EDITION WE SHOW YOU  
SOME DELICIOUS DINING OPTIONS  
FROM LAKESIDE JOONDALUP,  
PLUS HEAD CHEF & OWNER OF  
COCO CUBANO SHARES WITH US  
THE RECIPE FOR THEIR EVER  
POPULAR TROPICAL PRAWN SALAD!**

We delve into some relaxing ways to enjoy your spare time, from fishing and yoga, to the ultimate cinema experience, and even growing your own food at home.

We share with you the latest in kitchen trends from the experts, plus five simple small changes you can make to detox your life, for multiple benefits for your home and health.

We hope this issue inspires you to create a happy place at home, and to explore the nearby conveniences that living the premium coastal lifestyle at Burns Beach offers.



## NEW DISPLAY VILLAGE TAKING SHAPE!

**THE FIRST HOMES IN OUR PREMIUM DISPLAY VILLAGE ON BURLEIGH DRIVE  
ARE NOW OPEN, WITH MORE TO BE COMPLETED THIS YEAR.  
DISCOVER HOW AN ENVIABLE BEACH LIFESTYLE CAN BE YOURS.  
TO FIND OUT MORE, VISIT [burnsbeachestate.com.au/display-village](http://burnsbeachestate.com.au/display-village)**



### THE NORTHPORT



#### Opening Hours

Mon: 2pm-5pm  
Wed: 4pm-7pm  
Sat: 1pm-5pm  
Sun: 12pm-5pm



### THE ENTERTAINER



#### Opening Hours

Mon: 2pm-5pm  
Wed: 4pm-7pm  
Sat, Sun & PH: 1pm-5pm



### THE HONOLUA BAY



#### Opening Hours

Mon: 2pm-5pm  
Wed: 2pm-7pm  
Sat & Sun: 12pm-5pm



### THE BURLEIGH



#### Opening Hours

Mon: 2pm-5pm  
Wed: 4pm-7pm  
Sat & PH: 1pm-5pm  
Sun: 12pm-5pm





# TIME OUT FISHING AT BURNS BEACH

**RECREATIONAL FISHING IS A FAVOURITE  
PAST TIME FOR MANY WEST AUSTRALIANS  
WITH JUST OVER 700,000 PEOPLE FISHING  
RECREATIONALLY EACH YEAR.**

With its proximity to the Indian Ocean, it should come as no surprise that Burns Beach Estate is literally right next to some great areas to fish, whether that's beach fishing, boat fishing or cray fishing.

Beach fishing at Burns Beach is great for tailor, skippy and the occasional herring, and because the beach is surrounded by reef, dart and tarwhine have also been caught there.

The reef is also the perfect place for experienced divers to catch crayfish. Even though we call them crays or crayfish, they are actually Western Australian rock lobsters or tropical rock lobsters, and licencing and bag limits apply.

To find out more about licencing and bag limits visit [fish.wa.gov.au](http://fish.wa.gov.au)

### Where to go

Burns Beach is part of the Marmion Marine Reserve and the area around Burns Beach is classified as 'a general use zone' (both on-shore and off-shore).

Most locals fish from the groyne or the northern end of the beach. It's possible to freedive from the reef to catch crays, but make sure you stay safe and dive with a buddy.

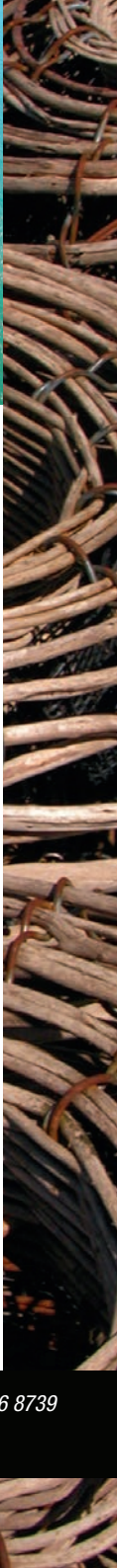
### What you'll need

As far as equipment goes, a wetsuit is sufficient, but a safety float is also highly recommended. There are some awesome fishing spots off-shore, so if either you, or one of your mates own a boat, it's the perfect place to cast a line or throw in some craypots.

You can launch your boat directly from Ocean Reef Harbour, and what better way to spend the day, than boat fishing and exploring the coast and the reefs around Burns Beach.

As far as stocking up on supplies and sourcing equipment goes, you can get everything you need like fishing rods, bait, craypots and catch bags from Shore Water Boats and Bits located at nearby Mindarie Marina. Just remember that size and bag limits apply for some fish, so make sure to check [fish.wa.gov.au](http://fish.wa.gov.au) for details.

[shorewaterboatsandbits.com.au](http://shorewaterboatsandbits.com.au) / 9406 8739  
[fish.wa.gov.au](http://fish.wa.gov.au)





# LAKESIDE JOONDALUP

**SPICY, SALTY, SWEET AND EVERYTHING IN BETWEEN, LAKESIDE JOONDALUP IS A GLOBAL CUISINE MECCA OFFERING AN ABUNDANCE OF FLAVOURS AVAILABLE MORNING TILL NIGHT.**

## GERMAN

**BROTZEIT GERMAN BIER BAR & RESTAURANT**

Bringing the best authentic German food and beer to WA, Brotzeit is a homegrown brand with an aim to share delicious and hearty food with fun-loving locals. Hailing from a land full of culinary delights and good-times, expect a menu packed full of both classic and contemporary dishes and even a kids menu for those hungry little stomachs.

## INDIAN

**UNDER THE MANGO TREE**

Named after India's national fruit and memories of street-side vendors selling their food under the sweet-smelling trees, Under The Mango Tree offers a menu comprising of a great range of fresh ingredients and spices, as well as a plethora of traditional teas. Exploring the delicious flavours is truly a delight. For your convenience, Under The Mango Tree is also on UberEats, Menu Log and Deliveroo.

## JAPANESE

**RYU**

As the only authentic Japanese-Korean restaurant in the northern suburbs of Perth, RYU offers both traditional and modern favourites, as well as a sushi train for the whole family to enjoy. With over 10 year's experience, RYU's chefs specialise in the unique combination of Japanese and Korean food served by friendly faces in a vibrant and energetic space.

## CUBAN INSPIRED

**COCO CUBANO**

It's all about 'Havana' good time at Coco Cubano! Experience the best of both worlds at this local favourite, boasting an eclectic vintage setting with the vibrancy of Cuba in its heyday. Start your day at Coco Cubano with great coffee, enjoy lunch and drinks with friends or have a feast with the whole family.

## MEET P.J TRUONG – OWNER & HEAD CHEF

**What makes Coco Cubano and its menu so fun?**

"Coco Cubano brings you a fun and varied menu inspired by Cuban flavours and Aussie favourites. Cubans have a zest for life that is reflected in their food, cocktails and music. The décor is eclectic and casual, with cosy seating, antiques and greenery; it will have you feeling like you're in downtown Havana! The menu is colourful and varied with burritos, burgers, salads, quesadillas and more. Those tempted by something sweet can finish the meal with the Classic Churros and pure melted chocolate."

**What are your favourite dishes on the menu?**

"Our Cuban Eggs Benny are the best you'll ever have! Complete with bacon and slow cooked pulled pork, it has been everyone's favourite breakfast option for years, and for good reason!

Another must try dish is the Nacho Schnitzel. We took two of our favourite dishes and combined them to make one of our new favourites. A crispy chicken schnitzel topped with fresh corn chips and our famous nacho beef, guac, sour cream and salsa."

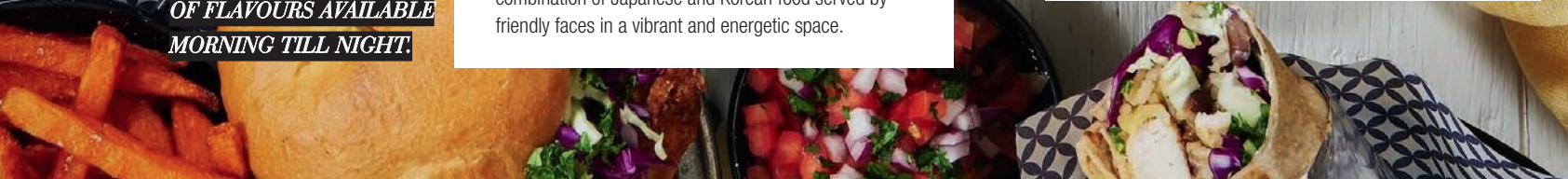


**COCO CUBANO'S TROPICAL PRAWN SALAD**

# KEEP THE SUMMER GOING WITH COCO CUBANO'S COLOURFUL TROPICAL PRAWN SALAD!

- YOU WILL NEED**
- 2 1/2 cups of mixed leaf salad
  - 1/4 orange (peeled and diced)
  - 1/4 avocado (diced)
  - 2 tbsp sliced Spanish onion
  - 2 tbsp lime coriander dressing
  - 6 prawns
  - 1 tsp olive oil
  - A pinch of garlic powder
  - 1 tsp pomegranate seeds

- HOW TO**
1. Grill prawns with olive oil and garlic powder. Cook through for 4 to 5 minutes.
  2. Mix salad, orange pieces, diced avocado, sliced onion and dressing.
  3. Transfer salad to a plate.
  4. Place prawns on top of salad, then sprinkle pomegranate seeds.
  5. Enjoy!





# COME HOME TO PREMIUM COASTAL LIVING.

**AN ESTABLISHED COMMUNITY WITH THE STUNNING INDIAN OCEAN AS ITS BACKDROP, BURNS BEACH ESTATE IS YOUR OPPORTUNITY TO UPGRADE TO THE COASTAL LIFE YOU'VE BEEN DREAMING OF.**



An established community with the stunning Indian Ocean as its backdrop, Burns Beach Estate is your opportunity to upgrade to the coastal life you've been dreaming of.

Within this premium coastal location, you'll discover a suite of premium homesites, perfect for building your brand new home. Located with direct access to the beach and the beautiful Beachside Park, there are many opportunities for you to enjoy relaxing afternoons with family and friends.

Here, you'll be able to unwind and live the elegant lifestyle you deserve. All life's essentials are within easy reach, including a range of parks, established schools, major shopping centres, entertainment options and essential services. The retail hub of Joondalup is just a few minutes' drive away, and easy freeway access puts the Perth CBD within close reach.

For more inspiration, visit the new display village on Burleigh Drive (refer to page 3). To discover premium Home & Land packages, please visit the Sales & Information Centre located at 101 Grand Ocean Entrance, Burns Beach.

Refer to contact details on the back cover.



# TRENDS IN THE KITCHEN

**WE CAUGHT UP WITH PERTH'S LEADING KITCHEN RENOVATION SPECIALISTS, KITCHEN CRAFTSMEN, TO DISCOVER THE LATEST TRENDS THEY ARE SEEING IN THE WORLD OF KITCHENS.**



**BUTLER'S BAR**

From aperitifs to digestifs, whether an occasional entertainer or a regular host, the butler's bar features within the living space to convey a spirit of inclusion, fun and practicality – it activates the whole home as a space to enjoy.



**A SPLASH OF COLOUR**

The pure white kitchen is a thing of the past as minimalism gives way to the eclectic with coloured cabinetry and feature splashbacks. Layer in some mixed metals and contrasting woods to create a warm and homely hub with character. Be careful not to overdo it though, and strike the right balance!



**MATTE BLACK**

**3**

Matte black finishes in sinks, taps, cabinetry or appliances can bring just the right amount of drama and style. Lighting is very important when designing a kitchen; we see pendants in warm hues to a variety of jewel-tones setting off the matte black beautifully.



**STORAGE, STORAGE, STORAGE**

**4**

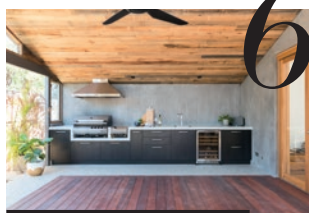
A trend that never dies. It's all about clever design, well crafted cabinetry, innovative openings and seamless integration. From hidden cupboards to walk-in pantries with sensible drawer systems, there's a place for everything!



**5**

Achieve streamlined contours while still having access to daily essentials that make your perfect kitchen practical as well as beautiful. Pop-out power points, handle-less doors and roller screens to hide everything, are clever design techniques to consider.

**HIDDEN ESSENTIALS AND CLEVER DETAILS**



**OUTDOOR KITCHENS**

**6**

Entertaining friends and families – we'll never tire of this in Perth. We've got the weather and delicious food, so let's celebrate it indoors and out. Seamless indoor/outdoor living, open plan and open door designs are the perfect home solutions.

For more inspiration, visit Kitchen Craftsmen at their showroom nearest to Burns Beach, located at 52 Winton Road, Joondalup, currently with 9 kitchens on display!

[kitchencraftsmen.com.au](http://kitchencraftsmen.com.au) / 9300 0064

## FIVE SIMPLE STEPS TO DETOX YOUR HOME

**"THE SOLUTION IS REALLY SIMPLE, BUT IT STARTS WITH DEVELOPING NEW HABITS."**

Your home should be a place of relaxation and rejuvenation, but the reality is that it can be full of toxins and harmful chemicals, which are detrimental to your health.

We spoke to pharmacist and home health hacker, Cara Little, to learn some tips on how to detox your home.



**Healthier home & body basics.**

Use non-toxic, healthier alternatives. Pure Home Body is a range that I've developed specifically for wellness. Not only are the products safe, they can be used across multiple surfaces and areas. [purehomebody.com.au](http://purehomebody.com.au)



**2**

**Reuse.** Purchase quality microfibre products such as Enjo, and clean with natural cleaning products and water. [enjo.com.au](http://enjo.com.au)



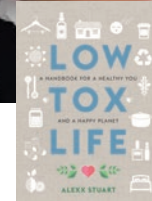
**3**

**DIY.** Check out local DIY guru Krissy from the Inspired Little Pot. She has an array of recipes you can make yourself. [theinspiredlittlepot.com.au](http://theinspiredlittlepot.com.au)

**4**

**Detoxify your home.**

A great book on the subject is: 'Low Tox Life' by Alexx Stuart. [murdochbooks.com.au](http://murdochbooks.com.au)



**5**

**Make use of resources.**

Some great resources I can suggest include my website and blog [purehomebody.com.au](http://purehomebody.com.au). There is also the app 'The Chemical Maze' which you can download and use to cross check labels with. [chemicalmaze.com](http://chemicalmaze.com)



**THESE SMALL CHANGES CAN HAVE MULTIPLE BENEFITS FOR YOUR HOME AND HEALTH. SO, IF THERE IS ONE THING THAT I CAN SUGGEST, IT WOULD BE "JUST START."**

Cara is a Registered Pharmacist and founder of low tox lifestyle brand Pure Home Body. Cara aims to empower people to live healthier by making their homes safer and less toxic.





Marilene and partner Grant



# THE PERFECT CHOICE

**“WE ENJOY SPENDING OUR WEEKENDS BRUNCHING AND BROWSING AND WE KNOW BURNS BEACH CAN DEFINITELY ACCOMMODATE THAT.”**

Marilene and partner Grant have worked hard to achieve a dream of theirs and buy land with stunning ocean views.

“My partner and I bought the land together; it’s a bit of a dream of ours to live by the ocean.”

“We were on a walk just down from our place and there is a little park bench where you can sit and look over the ocean. Grant was sitting on the bench and spotted the block just behind him and knew that’s where he wanted to live.”

Grant is a sales manager and Marilene works as a nurse in the Burns Beach area.

“I’m a nurse and I work nearby so I’m familiar with the area.”

Construction on the block isn’t yet underway but that hasn’t stopped Marilene from excitedly picturing her Burns Beach lifestyle.

“We will be building on the block so we aren’t there just yet but the view is going to be the best thing for us; ocean views and a few cafes.”

“We enjoy spending our weekends brunching and browsing and Burns Beach can definitely accommodate that.”

“We are yet to look into what we’d do in the community once we move in. Our ideal lifestyle is sitting on our balcony and we’ve made our lifestyle happen. Previously we’ve had to go out – now we have our ideal spot right at home.”

Marilene and Grant want to make the most of their beloved view when designing their dream house and have decided upon a design that lets them make the most of their top floor.

“Our block is around 510 – 520 square metres. Our house is going to be upside down living with ocean views from the top floor balcony. We’re happy we’re in a position where we can do that.”

“We’re building our dream house on the block; it’s going to be rendered with a modern interior without too many colours.”

“Two people can basically live on the top floor to make the most of the view. Balcony, open plan kitchen, lounge, study, bedroom and bathroom will all be on the top floor.”



**GRAND CINEMAS CURRAMBINE, LOCATED IN CURRAMBINE CENTRAL'S ENTERTAINMENT PRECINCT, OFFERS GREAT FAMILY ENTERTAINMENT FOR ALL AGES.**

### Gold Lounge

It features two dedicated boutique cinemas with high definition screens, Real D viewing technology and 7.1 surround sound. The premium leather seating, with automated push button recline, offers superior legroom for extra comfort.

Enjoy a delicious meal and drink before the show in the exclusive private lounge featuring a fully licensed bar and gourmet menu, or relax in style with the in-theatre waiter service.

### Grand Cinemas CINEMAX

Experience the latest block busters on the big screen as it should be! Enjoy premium leather seating with extra legroom for your comfort, highly advanced Dolby Atmos 4D surround sound audio, crystal clear picture thanks to brand new high definition screens and Real D viewing technology. CINEMAX is only at Grand Cinemas Currumbine.

### EXCLUSIVE MEMBER SAVINGS

#### Grand Card

\$30 per calendar year. \$11.50 tickets to standard sessions plus vouchers for Box Office tickets and Candy Bar.

#### Platinum Card

Innovative movie club. \$60 per calendar year or \$30 upgrade from a Grand Card. Offers \$11.50 tickets for standard and CINEMAX sessions, \$25 Gold Lounge tickets any time, excluding Fri & Sat after 5pm. Vouchers for Gold Lounge and standard session tickets, plus vouchers for the Candy Bar and Gold Lounge Bar.

#### Kids Club

\$12 per year. Offers \$10 tickets, a cool individual card plus heaps of vouchers for the Candy Bar and Box Office tickets.

#### Silver Screen

For WA Seniors Card holders. \$10 per calendar year, offers \$10 movie tickets plus heaps of vouchers for the Candy Bar and a one-off \$7 ticket voucher.



1244 Marmion Ave, Currumbine / 9304 1022  
grandcinemas.com.au



*Stacked planter boxes are great for gardens with minimal space.*

It's also a great activity to get your kids involved in, and as a side-benefit they are more likely to eat the produce when it's time to harvest.

You can grow vegetables in existing garden beds, pots with good drainage, or in raised beds, but make sure the location you choose has good sun exposure. It's important to note that coastal soils are predominately sandy, so a good compost is necessary to ensure the best results. A worm farm or a rotating compost barrel is a good way of improving your soil and can be fed by household scraps.

If you are after a bumper crop you can't go past perennial favourites such as tomatoes, silverbeet and beans. Other great options for planting from now until August, include: spinach, lettuce, peas, carrots, rhubarb, cabbage and broccoli as well as the herbs basil, dill, mint and parsley. Of course, when constructing any garden, you are going to need nursery supplies and luckily the Burns Beach area is spoiled for choice with two Bunnings stores close by – Mindarie and Joondalup, as well as Dawson's Garden World, plus numerous nurseries in the surrounding suburbs.

[dawsonsgardenworld.com.au](http://dawsonsgardenworld.com.au)  
Joondalup 9300 0733

[bunnings.com.au](http://bunnings.com.au)  
Joondalup 9233 3500  
Mindarie 9408 7200

# GROW YOUR OWN WAY

**MAKE THE MOST OF YOUR BURNS BEACH ESTATE BACKYARD BY GROWING YOUR OWN VEGETABLES. HOME GROWN VEGETABLES TASTE BETTER AND ARE GENERALLY MUCH HEALTHIER THAN STORE BOUGHT GROCERIES.**



**PERFECT POSE**  
**(SIDDHASANA)**

*Increases circulation of lumbar spine. Assists mobility of ankle and knee joints.*



**TREE POSE**  
**(VRKSASANA)**

*Opens hips, tones leg muscles, increases balance.*

# GET IN TUNE WITH YOUR BODY

**"THE KEY IS TO START. ACTION COMES BEFORE MOTIVATION. THEN WHEN YOU NOTICE THE BENEFITS, IT WILL BECOME A GIFT IN YOUR LIFE THAT YOU WILL CHERISH AND CULTIVATE."**

Chantelle is a RYT-500 Yoga Alliance registered teacher. She studied in Byron Bay and Rishikesh India – the yoga capital of the world. She also happens to be a Burns Beach resident.

Most yoga postures have contraindications – we suggest to always consult a licensed physician before commencing a new fitness program.



**DOWNWARD-FACING HERO POSE**  
**(ADHO-MUKHA VIRASANA)**

*Increases range of motion in hip joints, stretches and opens the lower back*

## TOP TIPS TO ADDING YOGA INTO YOUR DAY

1. Understand your **"Why"** and write it down. It will help you stay focused.
2. **Schedule** it in. Morning is best, but any time is better than never.
3. **Start with a sustainable schedule.** Many over commit, and then feel frustrated when 'life' gets in the way.
4. **Select** your approach. e.g. 3 poses that work on areas that need attention. i.e. hamstrings, lower back or hips. Count 30 breaths in each pose.
5. **Learn** about yoga. Follow inspirational teachers, subscribe to their blog post, YouTube channel or Instagram.
6. Look for a local yoga **teacher** who will motivate you.
7. **Commit** to 66 days of practice. This is the length of time it takes to form a new habit.

Chantelle runs several classes in and around the Burns Beach area and invites you to contact her on email [info@chantellemilner.com](mailto:info@chantellemilner.com) or via her website [chantellemilner.com](http://chantellemilner.com)





BURNS  
BEACH

***THE BURNS BEACH STORY DOESN'T END HERE –  
IN FACT, IT'S ONLY THE BEGINNING.  
TAKE YOUR PLACE IN THIS PREMIUM  
COASTAL COMMUNITY TODAY.***

***SALES AND  
INFORMATION CENTRE***

GRAND OCEAN ENTRANCE  
BURNS BEACH  
OPENING HOURS:  
SAT – WED 1 – 5PM.

***GAIL FISCHER***

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E: GAIL.FISCHER@PEET.COM.AU

[BURNSBEACHESTATE.COM.AU](http://BURNSBEACHESTATE.COM.AU)

 [@BurnsBeachEstate](https://www.facebook.com/BurnsBeachEstate)

**PEET**