

# Kookaburra Park

## Good News Monthly

### 31st Edition—May 2012



#### HAWKERS' GREAT ADVENTURE

The Hawker family recently enjoyed a wonderful adventure to Thailand where Craig was able to get up close and personal to an elephant. I believe one of the highlights for some of the family was the sight of dad astride a very small motor bike, knees sticking out as off he went. Hmm, that would have made a great pic. A great time was had by all and they arrived home full of the wonderful sights and sounds.



#### TRIVIA NIGHT

Last Friday evening much fun was had at the McIlwraith School Trivia Night in the RSL hall. Teams were set upon each other and our table, with the help of Lilly and some other friends we came, well, about 5th. However, it was a pleasure to see Isaac and his team win one of the rounds. So Isaac, do you still know what a COW says?

#### GIRL GUIDES FUNDRAISER

The Gin Gin Girl Guides are having a Mothers Day Afternoon Tea on Saturday May 12th at 1pm for ladies, mothers, daughters and grandmothers. If you would like to take part please contact 4157 2599.

**WELCOME** to Pat who is moving into No 57. If you are in the area please say hello as I am sure she would like to meet as many of her neighbours as possible.



#### BONFIRE NIGHT

There will be a bonfire in a couple of weeks' time on the corner of Elziards Way and Oxhill Drive to burn the pile before the dry sets in so [watch the Notice](#)

#### Board for details.

Come along with some shared food, something to drink, your chairs etc, and celebrate life with your neighbours.

#### HAPPY BIRTHDAY TO

Naomi, Jan and anyone else having a May birthday.



If you have a family member having a birthday next month please let me have the details by the 3rd week of May

**CHEF OF THE FUTURE** A recent trip to the Gold Coast with his school gave Jay an opportunity to find out just how a big hotel provides all the food needed to keep their customers happy. Sharing a room with his mates and experiencing the luxury of a Spa were only a small part of the time there. He was able to see what a future in hospitality is really like. Well done Jay. Hope you enjoyed the rest of the trip also. (But I bet you missed your mum).

#### BRETS CONCERT 2012

A reminder that this year's BRETS Concert is to be held on Sunday 20th May at 1.30pm in the RSL Hall, Milnden Street.

The Concert is an opportunity for young people aged 5 to 18 years to show their talents to the community.

Please come along on the day and support the local youngsters. If you have children they will really enjoy seeing their peers on stage and it might even encourage them to further their own entertainment career.

There will be a FREE workshop on the morning of the concert where children will learn stagecraft and microphone use and this is invaluable for anyone wanting to try their hand at entertaining. So come on kids, if you would like to get involved please let me know soon, you do not need to be in the concert to attend this workshop..

As I am on the Board of Directors of BRETS please talk to me if you want to know more (Heather)

#### PERMACULTURE MAGAZINE

I have several past copies of this excellent magazine from the UK that contains some very interesting articles on Permaculture and Community living. If you would like to borrow any of them please let me know. This is a very good magazine and has an excellent website if you would like to check it out.

#### THANK YOU

The children of No 12 would like to thank their sponsor in the recent fun run. Well done kids.



#### EDITOR'S NOTE

Please keep the information coming in and I will keep doing the newsletter.

/This Newsletter is independent and not in any way connected to the Body Corporate or it's Committee.

Next deadline (at this stage) will be End May, so please let me have your news by the third week of the month.

If you have a recipe, garden tip or a couple of paragraphs you would like to share then please send it through, a Community thrives on sharing information. No political, religious or otherwise biased articles will be accepted.

If you would like me to EMAIL the newsletter instead of a hard copy then please let me know your email address. Emailed newsletters will not contain any photos of children or residents' phone numbers (unless you specifically request it) - the Newsletter is put on the KP website by the developers so it goes to the WW Web.

If you do not wish to have the newsletter in your mail box please let me know and it will save paper.

#### NEWS ITEMS

**Please email, call in or drop your news in my mailbox**  
**Lot 108—Ph or text 0405 229 832 or Ph 4157 3532**  
**Email; yogiheather@gmail.com**

#### COMMUNITY INFO:

Tai Chi for Arthritis  
(you don't have to have arthritis)  
Mondays 9.30am  
Youth Activity Centre, Gin Gin

Yoga with Heather  
( for beginners to advanced)  
Thursday 5.30pm  
Godfrey Wilson Hall, Gin Gin

TAKE ADVICE FROM THE TREES

STAND TALL AND PROUD, SINK YOUR ROOTS IN THE EARTH AND BE CONTENT  
WITH NATURAL BEAUTY

## LIVING IN OUR ECO VILLAGE

After watching a recent documentary and debate on the ABC regarding global warming it was interesting to hear different opinions from both sides of the debate. One thing that was glossed over very quickly by the participants was regarding our great lifestyle here in Australia and would people be willing to give up some of that lifestyle in the name of cutting down the CO2s in the atmosphere. Not much was said on this subject. However, this is something we may all need to think about in the not too distant future. Fossil Fuel is Not Infinite and we will need alternatives soon. So what are you doing about it?

One of the ways we can do something is to look at "food miles". How far has your food travelled before it arrives in your kitchen? Did your vegies and fruit come from your garden, the local markets, the little shop that buys from local growers or did it come from a large supermarket? If the answer is the latter then your "fresh" veg and fruit could have been picked in Victoria several months ago and kept in refrigeration before being driven in a diesel powered semi to Bundaberg then out to your house in your petrol driven car. Did your meat come from the local butcher following a trip from a farm in SE Qld or did it come from Tasmania? And that is just the "fresh" food. Then there are many packaged foods that could have begun their life in Europe or China and frozen fish from South Africa.

So, where did your dinner come from? Packaged and canned food is very good as a standby, however, nothing can beat freshly grown or produced food for both the planet's health and yours. When you eat food that is local and in season your body assimilates this food in a much easier way. Your stomach will thank you for it, your heart will thank you for it and your purse will thank you for it. No additives, no preservatives, no added "numbers" that you have never heard of in order to keep the colour and you can ensure that there are no sprays or nasties by growing your own or buying organic or "no sprays" food. The taste of a tomato picked just before lunch and added to the salad that was also picked that morning has no comparison to something that was kept in cold storage. The chicken that lays your eggs is asking no more than a decent place to live and food each day and her eggs are really yellow in the centre. Lets keep our food miles down do our little bit to help our Earth.

FOR SALE Lot 107 (2465sqmt)  
Choice block with picturesque outlook  
over Lower Lake \$58,000.  
All offers considered.  
Enquiries please Ph; Caroline on  
0427574095 or Trevor 4157 3300

## IN THE GARDEN

With the Wet behind us it is time to nourish your garden once more to make up for the run off over Summer. There are many ways to feed the soil and the best are the simplest. Plenty of compost (yes they are always saying this—because it works), chook manure and worm castings will give you a lovely rich soil. The soil here is not the best, most of it was farmed for many years the other that is still in its natural state is fairly thin on the top, so it needs all the help it can get.

For most plants you need to do your fertilising about a week before planting, however, this is not necessarily so with compost and well rotted manure. There are often bags of rotted cow and horse manure available at the market or on the roadside stalls and this is good to dig in with only a few days rest. Please don't put fresh manure next to new plants it is too strong. I have found that worm castings can be dug through and on the day of planting and last time I did this the seeds couldn't wait to sprout.

If you have chooks this is the time to clean out the chook house and surrounds and lay clean straw, wood shavings or other "bedding". The chooks will love their clean home for the cooler nights and the bugs that inhabit their dwelling will be ousted. The old "bedding" should be composted for a while before adding to the garden. I made the mistake of spreading this directly onto the garden once only to have a lovely crop of all sorts come up from the left over seeds within the straw. Mind you, it was a good green crop, although I didn't need to do that at the time.

So please feed your soil before the dry season sets in. We might not get Autumn here but the change of season is now upon us and the ground will start to dry out. Better to dig in before that happens. Once you have finished feeding the soil please cover it with mulch—sugar cane is good—so all your hard work isn't dried up.

**TED'S MOWING**  
**\$20 PER HOUR**  
**CALL TED**  
**4157 2662**



**LAMINATING**  
Any size up to A3 \$2.00 per page  
Phone Carol Bos 4157 3051 or  
Mobile: 0428 566 393



## RECIPES FROM THE RESIDENTS

This month's recipe comes from Jeff Hawker. This is delicious, we tried it out recently and I will highly recommend it.



### 1Kg Loaf Apple & Spice Bread



Water	250ml
Apple Juice	125ml
Oil	2 Tbls
Salt	1 ½ Teaspoons
Brown Sugar	3 Tbls
Bread Flour	4 Cups / 600g
Milk	2 Tbls
Ground Cinnamon	1 Teaspoon
Ground Nutmeg	1 Teaspoon
Yeast	2 Teaspoons
Apple Diced	3 Tbls
Sultanas	3 Tbls

This was made in a **breadmaker** so follow your own machine's instructions.

Eds. Note:

If you are **doing it by hand** my method is—

Using the dough hook on your mixer or mixing by hand, mix all the dry ingredients then slowly add the liquid until it forms a nice dough, knead for around 10 minutes, rest in a covered bowl for at least 1 hour, punch down and knead again then rest in the baking tin for at least 1 hour. I like to give about 2 hours for the first rest and 1.5 for the second but that will depend on how warm your kitchen is. I learned an interesting method for rising from Elisabeth Falconio that putting the covered bowl and then the baking tin in the warm car with the windows closed hurries up the rising process. Have only used it once but it does work so long as you don't forget it!

I usually bake in the oven 230°C for 40 minutes, although I haven't tried this one yet so keep an eye on it.

If you've never made bread before please try it, the smell is intoxicating and the method very good for the soul.

**RECIPE FOR NEXT MONTH??**

**Email it to me by week 2 May please.**