

Kookaburra Park

Good News Monthly

46th Edition—August 2013



KALLILA'S GREAT ADVENTURE

Congratulations by the bucketful to Kallila for the wonderful result in the recent International Robo Cup Comp in The Netherlands. She and school friend Georgia were placed in the TOP 5. Not bad for a little country school in Australia. In case you are not aware the girls began this adventure as students in McIllwraith School last year and won the opportunity to compete in this International comp by winning in the Australian competition. So well done Kallila, we are so proud of you.



BONFIRES, SHARED MEALS AND GET TOGETHERS,

there has been a note on the blackboard asking if there is going to be a Bonfire soon. For the newer residents and anyone who may not know, the above events are organised by the residents, not the Committee. The idea is that someone thinks it's a good idea to hold an event to get together with neighbours and fellow residents for a social reason, thinks up a date that doesn't clash with anything important, make up a poster to put on the notice board—big and colourful will get attention—and if possible let me have the details before the end of the month before so I can put it in the Newsletter. If it is going to involve food then it is advertised as a Shared Meal and everyone brings food to share, their own plates, drinks, seats etc and a couple of people will bring along a table to hold the food. If it is in the evening you also need to organise lighting.

Bonfires may be out of the question now as the garden rubbish is now being taken to the pit at the top of the hill on Oxhill near the power lines and last year there was a fire ban for quite a while. To have a Bonfire requires a Fire Permit from the Fire Brigade. However, there is a fire "dish" near the playground where the tables and chairs are so you can bring along some firewood and have it there. Sitting around the fire dish in the evening is also a pleasant event without the drama of a Bonfire.

If you want to have a Shared Meal at your place the same applies, advertise it, people will bring along food to share and all the other stuff and the advantage is that you will have lighting.

So, instead of waiting for someone else to organise an event why not decide on a date, do up a notice and see what happens, make sure you give people 10 days or so notice. You won't get all the people all the time, but there are plenty here who would love to come out and spend time with neighbours and friends.

EDITOR'S NOTE

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

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

It has been mentioned that it seems like not everyone is represented in the newsletter, remember that if you don't let me have your news then I cannot print it.

Next deadline (at this stage) will be 3rd week of August, 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 rather than it ending up in the bin.

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—
Casuals and beginners welcome
For teens to Centenarians

NEWS ITEMS

Please email, call in or drop your news in my mailbox - Lot 108
Phone or text 0405 229 832 or Ph 41573532
Email; yogiheather@gmail.com

CONGRATATIONS to Paula and Chad of Lot 23 on the birth of their lovely daughter recently. Her big brother will be looking forward to having a playmate when she gets a bit bigger. I am sure they won't mind some Granny oohs and aahs if you bump into them at the mailbox.



HAPPY BIRTHDAY this month to Sonya and Skye from lot 12 and a big happy birthday to Raj and happy birthday to anyone else celebrating this month.

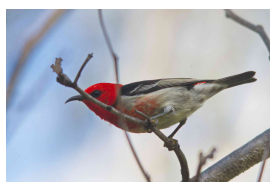


GIN GIN PUBLIC HOLIDAY

Don't forget that the public holiday for the Ekka in Gin Gin is **Wednesday 14th August**. Although the IGA and newsagents will be open there will be some shops and businesses closed. Check to see if the doctors and chemist will be open if you may need them.

NATURE AT IT'S BEST

At the moment there are many birds around the Village and the best way to see them is by walking away from the road and following one of the many tracks. There are many water birds of course, including the white bellied sea eagle pair, many whistling ducks who are very hard to miss and this little fellow photographed by Geoff King on his walks. Thanks Geoff.



Scarlet
Honey Eater

**BEING HONEST MAY NOT GET YOU A LOT OF FRIENDS
BUT IT WILL ALWAYS GET YOU THE RIGHT ONES**
JOHN LENNON

SUSTAINABLE LIVING IN OUR ECO VILLAGE

RECYCLING SERIOUS STUFF

Roald has asked me to include an ad in the newsletter for his new "business". As this kind of recycling is what we should be about in an Eco Village please take a moment to consider how he can be of use to you. If you have any other ideas for a similar business I am happy to promote it for you. Ed.

Box trailer repairs, modifications and affordable recycled parts available. Also, can build smaller trailers to suit, special designs, etc. More of a hobby than a business. See Roald, Lot 28.



"To be clear, my main aim is to reduce the amount of trailer parts that are currently cluttering up the property, though it would be an advantage to be able to incorporate them into actual trailers (re-use, recycle), perhaps earning a small bit of cash to offset what I've already spent (acquiring and wrecking old trailers, cleaning & painting recovered parts, etc.). Roald

COUNCIL RECYCLING

Bundaberg Council has several Trash & Treasure or Tip Shops throughout the area and have many wondrous objects for sale. I have it on good authority from a frequent shopper that the best are Quanabe (Bargara) Meadowvale and University Drive. Although I haven't been to one in a few years I do know that they are worth a visit. Such things as "stuff" for the garden, roofing material and (in the case of the one I used to go to) right up to the kitchen sink. So it is worthwhile taking the time to visit one of these Alladin Caves to save heaps of money and also help recycle and reuse. There is a timetable on the Council website and you will see that some of them have Trash & Treasure times that are different to the normal tip times.

So grab the wallet and head on to the tip next time you need some bits and pieces for the garden or home.

TILE AND GROUT SPRAY

This is an oldie but a goodie, no nasty chemicals and the job gets done properly.

7 Cups Water

1/2 Cup Baking Soda

1/3 Cup Lemon Juice

1/4 Cup White vinegar

Add 2-3 drops of Clove Essential Oil to remove mildew.

Mix together in a spray bottle, spray it on and wait a few minutes and wipe off. Use Lemon and Vinegar also to clean down bench tops in kitchen and bathroom and add the Soda when you need to scrub a bit.

LAMINATING

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

IN THE GARDEN

As Spring is just around the corner its time to think about seeds for the vegy garden. Eden Seeds suggest 26 packets that are a great selection for the average vegy gardener. They are: *Bush bean, Climbing bean, Beetroot, Broccoli, Cabbage, Chinese Cabbage, Capsicum, Chilli, Carrot, Celery, Sweet Corn, Cucumber, Eggplant, Lettuce, Pumpkin, Radish, Rockmelon, Rocket, Shallots, Spinach, Button Squash, Sunflower, Tomato (2), Watermelon and Zucchini.*



You will find that this selection will give you a great choice and they will all grow in our local climate. I like to buy their seeds because they are heritage variety (not hybrid) so you can save the seeds for next time and know it will be true to itself. They are also a Queensland company (Beechmont). Another good company for seeds and garden "stuff" is Green Harvest at Maleny. Both are happy to send you a catalogue and both have a website. You can also plant a last crop of spuds that will be ready at Christmas but make sure it's not a spot that will get waterlogged if we have early rain. I have had problems getting seed potatoes sent this year so I got mine from Boylands in town, the produce one round the back not the garden shop.

BEASTIES IN THE VEGIE GARDEN

You may have discovered some strange round holes in the garden, then you may have a Bandicoot rooting around. They are prevalent in this area and all you can do is protect the base of small trees etc with chicken wire flat on the ground or put up with it. They are great little aerators though!

PLANTING TIME

The moon times for August are as follows:

7 Aug—New Moon—No planting, prepare soil for high growth ahead. Feeding, weeding etc.

14 Aug—1st Quarter—From the 11th you can plant above ground crops such as Greens followed by the "seeds" (beans etc) as you go into 2nd Quarter

21 Aug—Full Moon—don't plant at the moment
30th July—3rd Quarter—Plant root veg.



For Private Sale: Lot 60 Elzeards Way, Kookaburra Park, solar passive energy efficient loft design home, solar h/w, solar grid 2.5 kw, 19 year established organic permaculture gardens.
Genuinely interested phone owners.
0422549907

For Sale. Lot 107. (2465sq.mt)
Natural bushland setting.
Views over lake and beyond.
Urgent sale. Reduced to \$49,900 neg.
Enquiries - Trevor 41573300.
Caroline 0427574095.

HEALTHY LIVING

There's nothing like a health scare in the family to make us wake up to the things we can change for the better in our life-style, so our recent "scare" prompted me to write about heart health.



It is very easy to sit back when nothing is outwardly wrong and eat the wrong foods or not move enough. However, the sneaky culprit of Cholesterol will keep building up until something triggers a piece to drop off, a clot forms around it and it gets stuck in the arteries—result could be a heart attack or stroke.



The causes of high bad Cholesterol are several, diet being the main one and stress being a major factor. Bad Cholesterol is created when the body can't digest and use saturated or trans fats, those found in animal fats including butter and full cream milk and products made from them and the trans fats are oils that have been manufactured and fiddled with. If the oil you use becomes solid at room temperature its not good for you, so olive oil, canola, sunflower and most other oils are very good for you.

What you can do to prevent this from becoming a problem is all in your hands. If you have been told by the doctor to lower your bad cholesterol then you probably have a diet tailored for this, if however you think you may have to cut down it is not as hard as you may think. There are foods that will help to lower the baddies naturally, nuts—especially almonds, macadamias and walnuts—eaten regularly (a small handful each day), avocados and very good, leafy green veg every day, soy products and an evenly balanced diet of 5 veg and 2 fruit each day. Cut the fat off your meat before cooking, take the skin off chicken before cooking and cutting down the creamy stuff like ice cream, full cream yoghurt, full cream milk and cheese. Avoid processed meats like salami (except the low fat variety) because there is a lot of fat in them. However, you don't have to cut these things out altogether unless your doctor tells you so. Just cut them down. You can have your full cream ice-cream, just not every day, you can have your hot chips once a week. There has to be some sanity in your eating but with a good balanced natural diet you should have no problems. I am always wary of off the shelf meals that profess to be low fat, "lite" or otherwise trimmed of fats. Quite often they are full of carbohydrates to make them palatable and too many carbs will turn to body fat, too much body fat will put a strain on the heart anyway.

Fresh fruit and veg, meat from the butcher, free range chickens and eggs—these can be controlled to create a healthy diet.

Oh yes, and you can still have that delicious cream cake once a week when you head into town or the croissant with your Sunday bacon and eggs—just not more than once a week. After all, it's more important to be happy and healthy than miserable and healthy.

The other important factor in staying heart healthy is exercise. Being an active person generally is half way there, a brisk 20—30 minute walk 5 days a week on top of that will allow the body to stretch out and work all the important bits. So see you on the road!