

'Round the Ridges

Free bi-monthly
publication
for Ridgewood,
Carters Ridge,
and surrounds

~
An initiative of the
Ridgewood Hall
Committee since 1984

~
Dec/Jan 2023-4

Thank You to our Local Heroes

Residents of Carters Ridge, Tuchekoi and surrounds were holding their breath as over 20 rural fire fighters were called to the scene after a fire blazed quickly out of control on Saturday 28th October.

The vegetation fire near Kenilworth Skyring Creek Rd, Tuchekoi, broke out just before midday, and by 1.40pm had gained momentum.

Large amounts of smoke descended over the mountain range of Ironstone Creek and Chinaman Creek road as multiple roads around the area closed due to fallen trees and other risks.

Luckily for our heroes in yellow and the aerial support of a water bombing aircraft, by 4pm the fire was back under

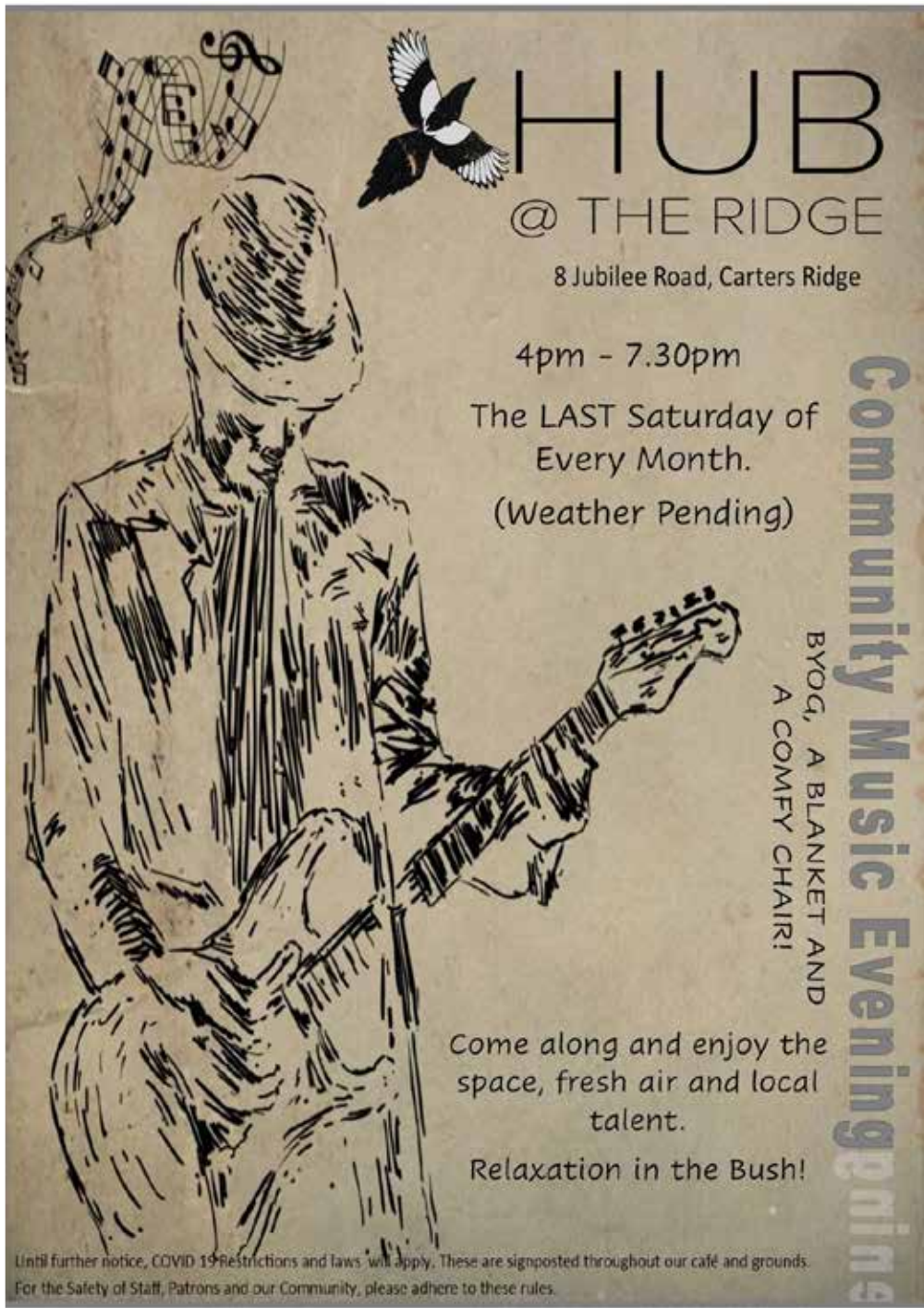
control but continued to stay alight for several days burning over 350 hectares.

It was huge relief after months of dry weather and fire vigilance when the winds calmed down and it began to rain. We've now had weeks of glorious rainfall.

A big THANK YOU to John Sparrow, our Chief Fire Officer, our Ridgewood Rural Fire Brigade, Lyn Adams for keeping the community updated, the wonderful ladies at the Hub, and everyone else involved for their tireless efforts in protecting our homes, paddocks, and properties.

For information about the latest fires download the Queensland Fire App or visit www.qfes.qld.gov.au/





HUB @ THE RIDGE

8 Jubilee Road, Carters Ridge

4pm - 7.30pm

The LAST Saturday of
Every Month.

(Weather Pending)

BYOG, A BLANKET AND
A COMFY CHAIR!

Community Music Evening

Come along and enjoy the
space, fresh air and local
talent.

Relaxation in the Bush!

Until further notice, COVID 19 Restrictions and laws will apply. These are signposted throughout our café and grounds.
For the Safety of Staff, Patrons and our Community, please adhere to these rules.

WHAT'S ON 'ROUND THE RIDGES

Community Calendar

December

Saturday 8 December

Christmas in Cooroy, 5-8pm (Santa Race starts 5:50pm)

Saturday 9 December

Belli Park Hall Christmas Party & Talent Show, Beli Park Hall, 4pm

Saturday 9 December

Bake it Make it Sew it Grow it Market, Honeybee Wellness Retreat, Kandanga (pg 48)

Sunday 10 December

Christmas Drinks on the Deck, Ridgewood Hall, 4pm (pg 8)

Saturday 16 December

The HUB Annual Community Christmas, 3pm (pg 27)

Saturday 16 December

Pop Up Stall, Woollahra Homestead, 25 Traveston Crossing Road, Kybong, 3pm

Saturday 16 December

Twilight Markets, Mrs Browns Diner, 3pm

Sunday 17 December

Federal Hall Christmas Party, Federal Hall, 12pm

January 2024

Happy New Year

20 January 2024

Rick Sherwin Photography Workshop, Ridgewood Hall (See flyer for details)

WELCOME...

to the new members of our community. Please don't be shy,
come along to our community BBQ and other events.

We can't wait to meet you!

ROUND THE RIDGES

A community publication designed to keep residents informed, promote local events, business, or trades, and stay in touch.

RTR is published bi-monthly.

Contributions close on the **15th of the month** prior to publication. Issues are distributed in the first week of the publication month.

Download digital copies:
www.roundtheridges.com/newsletter

For advertising or articles:
rtr.editor@gmail.com

Thinking of Advertising?

AD TYPE	RATE PER ISSUE (paid annually)
FRONT COVER COLOUR STRIP AD (new)	\$20
FULL BACK PAGE COLOUR (new)	\$40
FULL INSIDE FRONT COVER COLOUR (new)	\$30
FULL INSIDE BACK COVER COLOUR (new)	\$30
FULL PAGE B/W	\$20
HALF PAGE B/W	\$15
QUARTER PAGE B/W	\$10



The production of *Round the Ridges* is supported by a Community Grant from

RIDGEWOOD HALL HIRE

The Ridgewood Hall, rich in character and history is a great place to get-togethers. It is affordable and has excellent facilities, including a recently renovated kitchen, quality crockery, cutlery and glassware (for 50 settings), bar, ceiling fans for summer and gas heaters for winter.

Private functions for locals - \$100 hire + Bond

Private functions for those living outside the RTR distribution area- \$250 + Bond

Profit making functions- \$250 + Bond

Not for Profit- Free up to three hours, then \$50 per day

Hourly rate- \$15 per hour

Community fund raisers- rates on application

Bond payments (\$250) are fully refundable once follow-up inspection is completed.

Bookings and enquiries- Charles 5447 9179 (leave a message) or email bollendorff@aapt.net.au



A LITTLE NOTE FROM THE EDITOR

Hi wonderful community,

I hope you are all keeping well.

Well the sky finally opened up and we've days of well-needed rain! I can see new blades of grass forming, our resident willy wagtail no longer has to wait for me to fill up the bird bath, and our garden is thriving again. Thank you to everyone for their rain dances—I think it worked! You can never underestimate the power of collective intention.



This is just a big thanks to our Rural Fire Brigade, and all volunteers and community who were at the scene of the Tuchekoi and Black Mountain fires last month. As someone who missed out growing up in the country, but always felt that it was the missing piece in my heart— I just love our little community, especially during times of challenge. It is one of my favourite things to walk to our little HUB and see familiar friendly faces.

Thank you again to everyone who has contributed to this edition. We are still updating and refining each edition so you may notice slight changes. I'm always looking for new contributions so feel free to email me anytime.

This will be the last edition for the year, so I wish you all a very Merry Christmas, Happy Holidays and a fantastic New Year. See you next year.

Naomi - RTR Editor
rtr.editor@gmail.com

Merry Christmas
&
Happy New Year
See you in 2024

President's Report



I am always amazed but never really surprised when one annual 'Celebration Day' has finished and at the crack of sunlight the next morning, there suddenly appears the ornaments, decorations, costumes, food etc for the next 'Celebration Day' on the calendar!

It seems that as soon as Halloween is over, the Christmas baubles, flashing and dancing lights and other decorations which seem to reflect a northern hemisphere occasion start filling the shops reminding us that very soon the bearded fat man in red will soon be responsible for creating havoc with our Credit Cards. I noticed that the tree in the roundabout in Cooroy's main drag has had the light treatment already, just to get us in the swing of the season.

Christmas should be a time of celebration when family comes together in a time of harmony and togetherness to celebrate the birth of Christ but unfortunately commercialisation of the season seems to have devalued the occasion and with wars happening around the world, the spirit of goodwill to all does not hold much credence. I was going to say, 'Back in my day.....' but I won't start!

That aside, I am looking forward to Christmas this year as we will have some of my family around. My Mum from the Gold Coast and brother over from Italy, my sister's son and his girlfriend so it should be a busy household, for us anyway!

I have already started thinking about food for the occasion. Should we go the whole hog (pun intended!) and do the

lag of ham, chicken dish, turkey, roasted veggies, Christmas pudding and the rest of the usual Christmas fare? The last thing I want is to feel as if I can't get up from the table because I have consumed my weight in food at one sitting! Ahh, Christmas, the season of over indulgence - it is almost upon us!!

The big dry has also coincided with fire season and already the local brigade has been very busy extinguishing fires in the Tuchekei hills and surrounding areas. John Sparrow and his team at the local Ridgewood Rural Fire Brigade have been doing an amazing job and our thanks go out to them. Every time they are called out to a fire, they risk injury to themselves in saving the property of others. Thanks John and the team! They have already been out on many fire calls and summer has just started. It could be a very busy season!!

Well, our end of the year wind up will take place at the Hall on the 10th of December for the annual Christmas Drinks on the Deck. BYO drinks and nibbles to share and there will also be a complimentary beer or wine available and ice creams for the kids and older kids too!! This occasion is always a great time to meet up with locals to end the year and to wish them the best for the season. The evening kicks off at 4pm till whenever!

Our Hall Committee has applied for a couple of grants through the council and state government for improvements and upgrades to some of the hall facilities. As you may have experienced, we have very poor phone reception at the hall and so one of the grants will be to improve this

with the installation of signal boosters. The other grant is for upgrading the solar system we have at the hall which is currently not working due to some faults in the system. This grant will allow us to enlarge the system allowing us to make further savings. I am writing as if we have these approved! Hopefully that will be the case!

Well, I sign off for another year and in doing so, I would like to express my

personal thanks to the Hall Committee which is an amazing group of positive and imaginative people. The support they have given me through the year has been greatly appreciated, even when I confuse dates and events, they have been very supportive of my glitches and have kindly guided me in the right direction. Thanks heaps!

Chris Kirkpatrick

President of the Ridgewood Community Hall Committee

Cheers & Merry Christmas to all!

Around the Halls

Gheerulla Hall

Tuesdays Qi Gong 5:45—6:30pm

Wednesdays Line Dancing 9-10:30am

Gold coin donation

Thursdays Exercise Class 9-10am

Sponsored by Sunshine Coast Council \$5

Saturdays Yoga 8-9:30am \$5

Belli Park Hall

Monday Homeschool Drop Off

Tuesday Pilates 6:30pm

Wednesday Pilates 6:30am; Yoga 5:30pm
Ukelele Jam 8:30am FREE (fortnightly)

Thursday Wine Time 5:30pm (first Thurs of month)

Friday Crop Swap 10am (first Fri of month)

North Arm Hall

Wednesdays Physie Ladies class
9.30am and 6.45pm

Physie and Dance Juniors and teens
4-6.45pm

AcroDance 4:45pm

Thursdays Physie and Dance Juniors
and Teens 3.45pm-7.30pm

AcroDance Teens 5:45pm

Fridays Physie and Dance class Ages
2-72+

Saturdays Yoga 6:45am

Physie Ladies class 2:15pm

Physie and Dance Juniors and teens
9-2:15pm

AcroDance Juniors 10am and
12:15pm

Ridgewood Hall invites you to

CHRISTMAS

Drinks on the Deck



Join Us for a Jolly Good Time!

Dec

10

2023

AT 4:00 PM

Ridgewood Hall

BYO Drinks + Nibbles to Share

Business Spotlight

SUNSHINE COAST & HINTERLAND EXCAVATIONS

Sunshine Coast and Hinterland Excavations has been operating locally for over 10 years. Formally known as McLeod's Excavations, Craig has been a local to Ridgewood for more than 30 years. With more than 20 years' experience on the job, Craig has made it his passion to excel in earthworks after completing a Cert 3 in Civil Construction.

Starting off with a bobcat and truck, Craig now grown the business to include tippers, dozers, bobcats, excavators.

Craig offers a wide variety of earthworks that he has a passion for like driveways, fire breaks, and building dams. He also offers a supply of gravel.

Contact Craig: 0439870686



RURAL FIRE BRIGADE



For 2 weeks from the 28th October it was exhausting for the Fire Brigades. There was support from many fire brigades in the area; for which I give thanks. Some days were 12 hrs work. There is little point in my going into detail because most of you would have followed it on the local Facebook Group.

There were some that were not aware there was a fire ban. In years gone past, I did put signs out highlighting that there was a fire ban. I did not have a chance to do that.

Please be sensible and do not light fires when it is unsafe to do. The website to check for fire bans is www.qfes.qld.gov.au/safety-education/using-fire-outdoors/fire-bans-and-restrictions.

The rain has been most welcome.

I would like to thank the Hub for their sterling and unstinting support during this time.

Many of our fire fighters have jobs and can't make it all the time.

If there are residents who are interested in joining the Brigade, please contact me on 0429827275 or austpark@skymesh.com.au



Follow us on our new Facebook page:
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CONTACT US

CRAIG 0439870686



Dr Terri's

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Dr Terri King BVSc (Hons) is local a small animal Vet based in Carters Ridge with over 17 years experience. She has a special interest in behaviour and loves to work with cats.



0430410283

Call, Text or Msg on
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www.drterris.com.au

Pet Care with Dr Terri



TOXIC FOODS FOR DOGS & CATS

Most people know that chocolate is bad for dogs - but did you know it is actually toxic? Smaller amounts cause an upset tummy, too much can lead to seizures and heart issues.

Below is a list of foods that are toxic or can cause harm to your dog or cat.

- Chocolate - dark chocolate is the most toxic
- Grapes and raisins
- Alcohol
- Macadamia nuts
- Nutmeg and excessive salt
- Bread dough (yeast)
- Mould (especially mouldy nuts or bread)
- Onion and garlic
- Avocado and persimmon
- Xylitol (a common sugar free alternative)
- Green tomatoes
- Stone fruit seeds (if chewed can be toxic but the biggest risk is intestinal obstruction).

Other foods that can cause issues are;

- Cooked bones and corn cobs - these can get stuck in their mouths or cause intestinal blockage.
- Excessive fat, fatty foods - most issues happen when dogs are allowed to eat cooking juices or fat removed from meat.



- Milk and milk based products - most dogs and cats are lactose intolerant - cows milk will cause an upset tummy and in some cases diarrhoea.
 - White potato and cabbage will cause excess gas.
- Cats, though less likely to steal or beg for food, can get themselves into trouble with their curiosity. Common household objects that cause obstructions in cats are;
- Hair ties and rubber bands
 - String, wool and this time of years things like tinsel

Stay safe everyone this Christmas "silly" season.

Dr Terri is our local Vet, serving Ridgewood and Carters Ridge.

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Round the Ridges History: Helga

THIS LAND OF DROUGHT AND FLOODING RAINS

It is as true today as it was when Dorothea Mackellar wrote her poem 'My Country' in the early 1900s. Ridgewood/Carters Ridge is no different from the rest of Australia. We have lived here for over 53 years, and have lived through many droughts which mostly finish with a flood.

As very few residents now own cattle, the problem is more about water for the garden and yes, it is something that you have to get used to. It is very disappointing to lose shrubs and trees in your garden. We once had a lovely row of Liquid Amber trees on our driveway, they were lost to drought many years ago and the last remaining one in the garden is struggling to survive.

This year, so far, is the driest we have ever had, but coming after a year of excessive rain, the most rain for a year in our time here, many got caught out thinking green is the normal look, but no it is not.

The other misconception is that floods and heavy rain only happen in summer. We have had floods in all the months from January until and including August. Dry springs were usually broken by summer thunder storms. The rain is always welcome but not the savage storms.

You will see that the local native trees, with their deep root systems, cope best with this weather, yes they reduce their foliage but hang on unless over crowded.

There was a big learning curve for me when we came to our farm all those years ago, after living with drought in western Queensland. It proved to be more difficult than growing a garden on lovely black soil plains! Here it was always too dry or too heavy and wet, you cannot dig it in the dry or in the wet in much of this country. Here the land has to clear itself of water after heavy rains and so dries up quickly not retaining the moisture one would expect.

Another thing that people need to learn, is slashing the country prior to winter is not a good idea, as the grass does not grow again until October. If it is particularly dry, and with little ground cover, the land is open to weeds, always opportunists, then heavy rain leads to loss of soil.

Our rainfall over 53 years tells us there are more dry years than wet 2:1, the wet years can be very wet and give the wrong idea to what is our average rainfall.

On the road to Cooroy, on the left hand side just before 990, there are a few trees that grow right across northern Australia, they can be seen in the Alice Springs Botanical Gardens. The tree is the Bat Wing Cork wood, [Erythrina Vespertilio]. Maybe these are the sort of trees we should be growing. They obviously suit the area and though not spectacular, do have lovely flowers.

Takes a look back in time



Flowers of the bat wing cork wood tree and leaves taken in mid-November.

Hopefully the rain will come again before long, as it always does. The country will green up again and the dams and tanks will fill. All will be well until the next dry period.

Maybe we should all rethink what we will grow in our gardens, and choose local natives and very hardy trees like Poinciana and Jacarandas, both which will put up with our extremes of wet and dry.

Helga Hill is a long time Ridgewood resident with lots of stories about the history of the Ridges. Ph. 0434 946 360.

Mat Pilates

At the Ridgewood Hall, Tuesday mornings at 9:15am every week.

Suitable for all levels of fitness.

Wear comfortable clothing, bring a mat & water bottle. For more information phone

Micheala on 0449 047 746





Cooroy-Noosa Genealogical & Historical Research Group Inc.

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Christmas New Year break


The Heritage Centre will close on Dec 16th
for the holiday season, reopening on Jan 9th 2024




For upcoming events see the Calendar on website
Specialist groups meet once a month
Irish, Scottish, English and Writers.
Genie Chat for exchange of ideas also once a month

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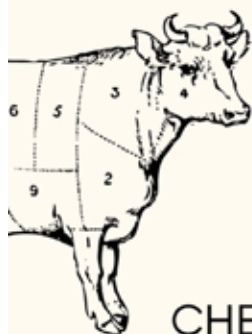
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MEET THE LOCALS

Hello fellow Ridge dwellers, Gary, and Maree Austin here sharing a little about ourselves.

We recently moved to Ridgewood from a ten-acre bush block in Hunchy near Montville, where we had lived for 7 years. Prior to the Sunshine Coast we had lived in the Redlands, a Bay side city of Brisbane.

Gary's earlier career was in the printing industry and he has spent the last 20 years as a postman. Gary has always backed up his day job with other enterprises, as an Owner builder undertaking several building and renovation projects and helping me in our Pizza Capers business for eight years. After we sold our business and home in Brisbane, we were keen to head North to the beautiful Sunshine Coast Hinterland to escape the hectic pace of life in Brisbane.

In 2017 I decided to study an Advanced Diploma of Visual Arts, a lifelong passion, and began my journey as an artist. The Sunshine Coast was the perfect destination to embark on this artistic adventure with a thriving arts community. I have been an exhibiting artist on the Sunshine Coast, participating in Open Studios, and several group exhibitions on the coast and Brisbane as a painter and ceramicist.

I am exploring gestural marks on canvas and clay being drawn to abstraction in both mediums. Painting in a variety of mediums, predominately in oils with lively energetic brushstrokes. I make hand-built vessels and sculptures that are decorated with slip, engobes and glazes and using alternate firing methods. The space on our acreage block at Ridgewood is perfect for my



Arts practice, with use of a forty-year-old mudbrick building for my studio.

Gary and myself are avid gardeners, bird watchers and wildlife lovers. We are lucky to have many old trees on our block which are home to a large array of birds and native animals. One massive Moreton Bay fig tree is one of our favourites inspiring the name for our property 'Figtree farm'. We are currently renovating our home and have many plans for improvements on the studio and gardens, with plans to open for Noosa Open studios sometime in the future. My goal is to host social clay dates and classes at Mudbrick studios for residents once my studio is up and running. You can find me @maree_austin_artist on Instagram and Facebook.

We have very quickly fallen in love with our new home, and have been welcomed warmly by the locals at the monthly gatherings at the Ridgewood Hall. The country lifestyle and Ridgewood sunsets are superb, what is not to like about this hidden gem.



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SATURDAY	7am – 7:30pm
SUNDAY	7am – 2pm

(07) 5447 9326

8 Jubilee Road, Carters Ridge

Hubarooney@hotmail.com

Save Australian Local Business!

Why supporting local is important

With the rise of big corporations, we are slowly watching our family-owned and local businesses, farmers and hard working Aussies become subjected to unfair regulations, big corporations, and off-shore production. From tiny homes to land permits, to regulated food and products, to rural cafes and dairy farms, Australia is slowly losing its once liberated culture.

The question is, how can we stop this change? We can do this by supporting and buying products from local farmers and stores. We can ask where our food and products come from and proactively shop local. We can vote with our wallets!

Here is a story of one dairy farmer who has been forced to close down by big corporations after operating for 117 years and five generations.

The hardest post I've ever had to write - and I apologize for it being long winded.

Due to a series of circumstances outside of our control, Central Queensland Dairy Fresh will be closing our business doors and ceasing our dairy operation at the end of November 2023.

It's been a hell of a ride since we took the leap of faith and made the decision to step away from the 'safety' of supplying milk to a major processor and starting our own brand some years ago. That decision to start our own brand was more or less forced on us by Paul's Parmalat (now lactilis) paying such a low farm gate price that it was either do our own thing or slowly go broke under their payment scheme.

They took their opportunity to screw us hard when we gave them notice that we were leaving them to do our own brand and then continued to actively work hard against us in the market place with absolute malicious lies about us and threatening shop owners if they supported us by stocking our milk that they would remove fridges and increase the wholesale prices etc.



Thankfully, we have had unwavering support from shops, cafes, corner stores, home delivery recipients and just all round supporters of our brand and more importantly, doing their best to ensure that the dairy industry in Queensland survives and FRESH LOCAL milk is always available for consumers.

We have thrived and our business has been on a continual path of growth since day one - until earlier this year when it all went pear shaped.

We have always avoided high overhead costs by getting our milk processed by Cooloola Milk Co based just outside of Gympie and have been incredibly grateful for the service they've provided to us over the years we've done business with them. However, the owners of Cooloola have decided it's time to hang up their own cups in their dairy and retire - which in fact provided us with an exciting opportunity to potentially purchase their farm, processing plant, brand and everything that goes along with it.... Turns out that wasn't to be as after agreeing on a purchase price and waiting for 6 days for a contract to sign, the vendors came back with an extra \$1.3 million added to the purchase price!! Needless to say we had words over that and the lack of integrity shown by them to go back on the handshake deal we had - I simply couldn't make the business case stack up well enough to go any further on that deal. (Side note - greed hasn't helped them as it still hasn't sold, just selling off in parts now so no legacy to continue)

We frantically started discussions with other milk processors to try and find an alternative solution in order to keep our pride and joy brand going, but to no avail as we simply couldn't find a viable option.

Last resort was to approach LACTILIS (Pauls milk) to see if they'd collect our milk and if they'd agree we could reluctantly relinquish the brand but still remain dairy farming - something we have done since 1906!

If you're wondering how classy big business is - I made the enquiry via their field officer who said they would speak to management but couldn't see it as a problem because the milk tanker literally goes right past our farm gate and it would in fact increase the viability of that run for them.... However, I received a TEXT MESSAGE - yep, all class - advising

that 'we are not prepared to take you on as a supplier' then stonewalled me with no sign of any further kind of correspondence. All class...

Needless to say, we are absolutely gutted - because walking away from a 5 generation family owned and run dairy farming business that has been in operation for 117, yes 117 continuous years, is something we never imagined we would have to do....especially not by being forced out due to lack of somewhere to send high quality milk in a country that is now a nett importer of dairy products ☹

In closing (quite literally) our family wants to sincerely thank our loyal customers, so many who have become friends - for their support, kindness, friendship and help since we first started. We won't forget you and hope you won't forget us.

Final message & I apologize for the language...

F*ck big business and their seeming determination to screw the little guys and farmers. I will always encourage people to support the battlers and small businesses because they are what our country was built on and will die without.

Over and out.

Cheers, Milko.

CQ Dairy Fresh owner Robbie Radel



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Health & Wellbeing

THE GIFT OF TRANSFORMATION THROUGH ENERGY HEALING

The power of our thoughts is often underestimated. We tend to believe that our reality is shaped by external circumstances, but in truth, it is our thoughts and feelings that create our reality. The way we think, the way we feel, emits a frequency and vibration resonance which, plays a significant role in shaping the world we live in.

Quantum physics has shown us that everything in the universe is made up of energy, including our thoughts. These thoughts carry a specific frequency and vibration that can either attract or repel certain experiences and outcomes. When we consistently think negative thoughts, we emit a low frequency and vibration, which in turn attracts more negativity into our lives. On the other hand, when we think positive thoughts, we emit a high frequency and vibration, attracting positive experiences and outcomes.

Energy healing, such as sound healing, crystal healing, and tuning into the spiritual realms and the natural elemental forces around us can help shift our frequency and vibration to a higher level. Sound healing involves using specific frequencies and vibrations to balance and harmonise our energy field. The vibrations produced by instruments like singing bowls, gongs, and tuning forks can help release stagnant energy and promote a sense of peace and well-being.

Crystals, too, have their own unique frequencies and vibrations. By placing crystals on or around our bodies, we can absorb their energy and align



our own frequency with theirs. Each crystal has different properties and can assist in various aspects of healing and transformation. For example, amethyst is known for its calming and spiritual properties, while rose quartz promotes love and compassion.

Tuning into Spirit and the elements involves connecting with our higher selves and the natural world around us. By doing so, we tap into a higher frequency and vibration that transcends the limitations of our physical reality. This connection allows us to access wisdom, guidance, and a deeper understanding of ourselves and the world we live in.

When we shift our perspective through positive beliefs, receiving an energy healing, or connection with the natural world, whatever gets us into that state of grace, we can, if needed, create a more positive mindset. Our thoughts and feelings become more aligned with love, gratitude, and abundance, which in turn attracts more positive experiences into our lives. We become more aware of the beauty and blessings that surround us,

With Melanie Mack



even in challenging times. This positive mindset not only benefits us individually but also creates a more peaceful atmosphere and environment to live within.

Living from a higher frequency and vibration allows us to respond to life's challenges with grace and compassion. Instead of reacting from a place of fear or anger, we can choose to respond with love and understanding. This shift in mindset not only improves our relationships with others but also contributes to a more harmonious and peaceful society as a whole.

Creating a positive mindset and a peaceful environment is not about denying or suppressing negative emotions or experiences. It is about acknowledging them, learning from them, and choosing to focus on the positive aspects of life. It is about consciously shifting our thoughts and beliefs to align with a higher frequency and vibration.

The way we think has a profound impact on our reality, often seeing in the world that which we believe to be so. A shift in energy and mindset can create a more positive atmosphere and environment, allowing us to live from a place of peace and respond to life's challenges with love and understanding.

By consciously choosing to align our thoughts with a higher frequency, we can create a more peaceful and harmonious world for ourselves and those around us.

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Her work has been featured around the Sunshine Coast; including her "Pop Up" shop at the Wild Vine Cafe in Imbil & her "Finders Keepers" gifts that are placed creatively for the finder to keep.

Louise will be at the Pop Shop (located in Wild Vine Cafe's courtyard this Christmas from 12 December until 24 December, so pop in for that special Christmas gift.

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HOLISTIC HEALTH WITH NICOLA CHAFFEY

Hello, I'm Nicola.

My family and I have recently relocated to this beautiful part of the Hinterland, and I wanted to take the opportunity to introduce myself and the services I'm now offering in your area.

I am a health practitioner qualified in a range of disciplines, however am more well known on the Coast for Bowen Therapy and the Spinal Flow Technique. I offer assistance with many conditions ranging from musculoskeletal pain, bulged discs & sciatica to headaches, fibromyalgia, anxiety and stress related conditions.

Prior to embarking on my profession as a health practitioner, I built a successful career in the corporate world for over 20 years. When I made the decision to follow my true passion, it allowed me to draw on my acquired business skills to build and manage two thriving multidisciplinary clinics in NSW & QLD, in addition to establishing my private practices. Today I still manage my Clinic in Coolum Beach, however my focus is on building a private practice a little closer to home in Cooroy.

In my early years as a practitioner I recognised that stress and trauma were one of the biggest triggers of physiological changes in the body with my clients due to the effect on the Autonomic Nervous System. I soon developed a keen interest in the nervous system and the body's profound innate ability to self heal if provided the right environment to do so. With that emerged a strong awareness that the body is far more complex than what we are taught to perceive as just 'physical' ailments. This led me to explore other



techniques for a deeper understanding of the connection between trauma, physical and emotional stressors, and the effect it has on our nervous system, physical and emotional wellbeing.

Many of us have reached a point where we are living predominantly from our fright & flight division of the nervous system, even when our circumstances don't require it. Over time, repeated activation of the stress response has phenomenal implications on not only the structure of our body, but also on our emotional state and wellbeing.

How Can I Help You?

I bring a unique combination of several different Clinical, Holistic and Scientific techniques into my sessions which provides a broader base of treating the whole body. By moving the body out of the stress response, it removes the static interference between the brain, spine and nervous system allowing the body's natural healing intelligence to reactivate and restore mental, structural and physiological function.

Bowen Therapy

Bowenwork® is a highly effective but light touch therapy that initiates a complex self-corrective feedback mechanism through stimulation of the nervous, musculoskeletal, fascial and energetic systems of the human body. Each treatment is catered to the clients specific needs and other myoskeletal therapies maybe be integrated into the treatment.

Spinal Flow

The Spinal Flow® Technique healing modality is a gentle and holistic approach which has roots in the philosophy, science and touch of the spine and nervous system. Spinal Flow Technique relieves people's pain, symptoms and dis-ease by connecting their nervous system to the brain to release spinal blockages (subluxations), which can lead to symptomatic improvements on many levels, including overall ease in the body and in life.

Treatments are provided in a warm and caring environment, and are suitable for the whole family. I believe we all retain the potential for better health, and am looking forward to assisting you and your family to reach your health goals.

If you would like to experience how these modalities can help you on your wellness path, you can find me in Cooroy at 'Health by Hand - Osteopathy & Healthcare'.

To find out more or book online, please visit my website innateholisitchealing.com.au.



Rick Sherwin

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Grazing Management

The main grazing management practice is to control the stocking rate so adult equivalents per hectare and a feed year calculation can be used to verify this rate. Normally the live stock are grazed in large paddocks to make fencing and watering points cheaper.

Paddock rotation can be practiced but not from an ecological perspective. To get fresh feed and control weeds, **slashing and burning is best practiced**. For example; Setaria grass after slashing is considered more palatable, whilst the burning of blady grass gives rise to Gympie oats. Fertilising of pastures when practiced is based on a soluble fertiliser analysis of the soil.

A pH test is used for determining lime needs, however it might not be known that magnesium actually raises the pH one and a half times, more than Calcium! So the pH might look to be in the right range but the lime is in short supply for optimum conditions for plant growth. When Urea is applied by itself, it can result in microbes balancing their diet with soil carbon to avoid losing humus. The soluble P fertilisers are tied up in the soil and if the soil is lacking, ground cover can be washed away.

The consequences of these grazing practice over a long period of time has been a loss of soil carbon and consequent soil fertility. This causes poor soil aggregation, lack of water penetration, holding capacity, soil erosion and increased susceptibility to drought.

Alan Savory in his book *Holistic Management* saw the grasslands disappear in Africa and become deserts under set stocking rates in Africa. He investigated why under natural conditions wild herds created beautiful grasslands per thousands of years, and why when vast herds of Buffalo roamed, the grasslands were still in good condition in America. Yet after set stocking rates or rest with no stock, the grasslands deteriorated.

What the difference was the time of grazing. The wild herds grazed and moved on allowing the grass to recover. The herding effect of wild predators caused a concentration of animals which resulted in soil disturbance, manure and urine concentration fertilising new pastures. **Thus came the realization that set stocking rates only leads to understocking and overgrazing.** The animals had been selectively and continually eating the same pasture areas, not giving the pastures time to recover.

The answer according to Savory is to **manage the ecological process**. The first step is to classify the country, as country varies in its stocking capacity (which is defined as brittleness). Level one is for deserts and level ten is categorised for rainforests based on rainfall and humidity. As you approach level ten, the country becomes much more resilient. In level two and three, we might only graze every one to two years. Closer to home the brittleness will also vary with Elnino and Lanino years.

The next step is to holistically manage the three ecological processes together. In Gabe Brown's book *Dirt to Soil*, he explains the three processes as Water Cycle, Mineral Cycle and Energy Flow.

WATER CYCLE

Rainfall is only effective if it penetrates the soil and can be stored. With good ground cover and soil structure, we can go from nine seconds to penetrating one inch of rain—to days in poor structured soils with a crust. Stored water is a function of soil carbon Humus, and every one percent in six inches of soil stores around 25,000 gallons. If we have good rain penetration and good soil water storage, the water available to pasture increases by around 20%. This gives us drought tolerance and resilient grasslands.

MINERAL CYCLE

Animals eating grass process material better than any composter. The herding of large numbers in small areas for short times distributes the manure and urine evenly. The animals are then removed and the grass is given time to recover. The animals are then only allowed to graze again when the grass is flowering. **This means the pasture reaches maximum height and root depth is proportional to plant height.** In the Mary Valley, our soils are deficient in Calcium and Boron. Also at depth there maybe a aluminium toxicity where lime or gypsum may be needed to correct this problem.

ENERGY FLOW

Soil is living, we don't want lifeless bare soil. **The main consideration is living plants maximising Photosynthesis for plant growth and root exudates to feed the microbes in the soil.** Often 85% of the photosynthetic energy is used to feed the soil biology. This is important as the fungi mycelium and bacteria do a number of tasks; permanent soil carbon humus is only formed by fungi converting root exudates to glomalin which bind soil particles to form soil structure. The humus formed stores both water and nutrients. The other important function of soil biology is the uptake of nutrients by the process of Rhizophagy. Here, bacteria enters the root tip. The bacteria cell walls are removed, and nutrients are released. In this way plants take up nutrients in a biological form rather than ionic ions. This biological nutrient uptake is much more efficient for the plant.

Temperature is an important consideration. Bare soil has a very high temperature during the day. Around 18 degrees is ideal for soil microbes. At 5 degrees they stop growing, and at 30 degrees they die off... so soil armour and green plants are *crucial* to reduce temperatures and keeping the biology functioning.

Remember soil biology needs water food and shelter all three for a maximum amount of time.

Dick Schoolr is an agricultural scientist who lives in Carters Ridge.

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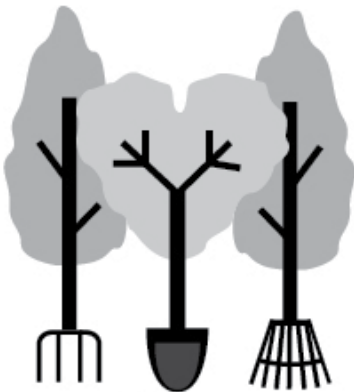
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WHAT WE ARE GOOD AT, AND WHAT WE AREN'T — THE STORY OF COMPLEXITY

Think about it.

Us humans are really good at technology. In a few short years we've gone from learning to fly, to venturing into deep space. We have engineering marvels everywhere, computers that fit into our pockets, artificial intelligence, gene modification and so on. This technology has also enhanced our knowledge of our world.

Today we have more knowledge about a cubic centimetre of soil than at any time in human history, we know more about our atmosphere, deep oceans, our planet and space than at any other time in human history.

However, us humans are NOT good at managing complexity.

The engineering and science on which we rely, by design, is reductionist in nature; Nature, by design, is complex. Whilst we've achieved technological marvels, the health of the planet has plunged. We are losing biodiversity on the planet at a faster rate than at any time in human history. It is not a lack of knowledge or a lack of technology that is driving the problems we face but simply our inability to manage complexity.

An example of "one plus one not equalling two" in nature relative in a season like we are currently having is the difference in pasture health of paddocks managed using grazing animals versus those managed mechanically (mowed). Work done by Reardon & Merrill (USA) proves that thiamine (Vit B1) in the saliva of cattle stimulates growth of grazed grasses resulting in 79% faster re-growth than those managed by mowing*. Plants evolved with animals (not machines) so are co-dependent, a relationship far more complex than reductionist thinking would have us believe.



As land managers, degradation is the result solely of the decisions we make. We need to become better decision makers, better at managing complexity and recognising the interconnectedness of our living systems – ourselves, the land, waterways, plants, animals, soil life, fungi.

Holistic Management is a decision-making framework that enables us to understand the “whole” we are managing, to make decisions that are financially, environmentally, and socially sound. Holistic Management is about managing complexity and allowing the regeneration of life. Managing the “whole” underpins regenerative agriculture, giving us the chance to better manage our land.

The team at Kandanga Farm Store, as well as being highly qualified in their own fields such as Agribusiness, Nutrition, Medical Science and Rural Management, are all trained in Holistic Management. Farm Planning is done using the decision making framework.

How can a stock water system be designed in isolation from a paddock fencing plan? How can animal nutrition recommendations be made without knowing the context of the application, and without a time-controlled grazing plan?

How can a soil improvement plan be developed without consideration of plant succession and NSF? Consultative services, whether funded through programs like the Land Restoration Fund or simply engaged on an hourly basis save landholders thousands in lost production and heartache from ill-conceived infrastructure placement.

Call in to the Kandanga Farm Store soon to discuss your Holistic property plan.



A map of a Holistic Grazing property setup using animal density to improve land.

Tim Scott owns Kandanga Farm Store and runs his own farm in Kandanga. Ph. 5484 3771.

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KIDS CORNER

What goes "Oh, Oh, Oh"?
Santa walking backwards!

Who is Santa's favourite singer?
Elf-is Presley

What do you get if you cross a Christmas
tree with an apple? A pineapple!



CHRISTMAS WORD SEARCH

Circle words in the puzzle below

S	A	N	T	A	S	P	C	R
T	R	E	E	S	T	R	O	U
O	I	T	N	L	A	E	O	D
C	R	O	F	E	R	S	K	O
K	A	Y	O	I	W	E	I	L
I	F	S	M	G	I	N	E	P
N	F	Y	C	H	E	T	S	H
G	E	L	V	E	S	N	O	W
O	R	N	A	M	E	N	T	W

Santa	stocking	snow	toys
elves	tree	cookies	ornament
Rudolph	star	present	sleigh



Fence Post Turtle

While stitching a cut on the hand of a 75 year old farmer, whose hand was caught in the squeeze gate while working cattle, the doctor struck up a conversation with the old man.

Eventually the topic got around to politicians and their role as our leaders.

The old farmer said, "Well, as I see it, most politicians are 'Post Turtles'."

Not being familiar with the term, the doctor asked him what a 'post turtle' was.

The old farmer said, "When you're driving down a country road and you come across a fence post with a turtle balanced on top, that's a post turtle."

The old farmer saw the puzzled look on the doctor's face so he continued to explain. "You know he didn't get up there by himself, he doesn't belong up there, he doesn't know what to do while he's up there, he's elevated beyond his ability to function, and you just wonder what kind of fool put him up there to begin with."

Best explanation of a politician I've ever heard.

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DAD JOKES



"Why do chicken coops only have two doors? Because if they had four, they'd be a chicken sedan!"

"Why do crabs never give to charity? Because they're shellfish."

"When I was at school, I was very good at spelling bees. The other words, I found much harder!"

"I'm reading a book on anti-gravity. It's impossible to put down!"

"I'm on a whiskey diet. I've lost three days already."



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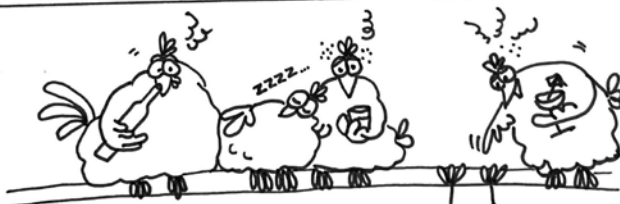
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The "Coop" Christmas party was off to a great start ...



Until Billy wanted to sing "Rock n Roll" instead of carols ...



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