

# Twin Waters Residents' Association

NEWSLETTER - MARCH 2011

## ***This Month***

- Lend Lease Weir Works
- Watch Out For Scams
- Friday Tennis Group
- Health & Wellbeing
- Google Documents
- Twin Waters Takeaway - New Owners
- Easy Cooking
- Fun Bike Ride
- Community Care
- Seniors Concession Savings
- Sudoku

## ***Next TWRA Meeting***

The next Meeting will be held at Novotel Resort, Twin Waters on Monday, 11th April 2011. The Guest Speaker will be Carl Mitaros, Head Chef and part owner of The Loose Goose Restaurant. His topic will be 'A Day in the Life of a non-Celebrity Chef'.

## ***Claimers***

### **TWRA General Meetings:**

- 11 April
- 6 June
- 11 July (AGM)
- 15 August
- 10 October
- 12 December

### **Fun Bike Ride:**

20 March

## ***Newsletter Delivery***

Thank you to the TWRA Committee and volunteers for delivering this Newsletter. If you would like to help with future deliveries, please call Ed on 5448 9414.

## ***Lend Lease Rectification Works of Weir & Surrounds***

Lend Lease has finally worked out times for the reconstruction of the weir and its surrounds. The works will be completed by Shadforth Contractors, a local Sunshine Coast company, and commenced on 14th February and will be completed in approximately 6-8 weeks.

The works are in accordance with the original approvals and can generally be described as repair and replace the western surround of the weir where the levels have, sunk and provide new mesh Reno cover; repair the weir structure, reform the

concrete ends; provide new safety barrier and warning signage associated with the weir; repair the gabions east and west of the weir to prevent short cutting to maintain the lake median water level; repair and replace Reno mesh cover on east weir side and add a sand layer to assist in encouraging native Spinifex growth to the east of weir. The area will be temporarily fenced as it will be a construction site.

### **Fishing Activities**

With respect to fishing, there are a variety of alternate locations

close by that can be easily accessed while the subject site is fenced.

### **Access**

Access will be via an existing beach access track on the eastern side of the weir. Lend Lease has negotiated approval directly with the Dept of Environment & Resource Management under a provision to perform essential maintenance activities. Lend Lease will also be doing some additional work for DERM associated with this access track as a 'good will' gesture.

## ***Watch Out For Scams***

It has been reported that a person, purporting to be from Microsoft, is calling people and advising that they needed to upgrade their software and then asking for credit card details. This type of fraud has been going on for some time. The Australian Competition & Consumer Commission (ACCC) has put out a warning about it which can be read at

[www.accc.gov.au/content/index.phtml/itemId/951234](http://www.accc.gov.au/content/index.phtml/itemId/951234)

The **ScamWatch** website [www.scamwatch.gov.au](http://www.scamwatch.gov.au) also has lots of useful information about fraud of all types. If you use online services like banking or shopping, it's also worth visiting the Stay Smart Online website [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au) The Queensland Police

Service has also unleashed Fiscal the Fraud-Fighting Ferret, who will be working to increase public awareness about scams. You can see what he's up to on YouTube: [www.youtube.com/user/QueenslandPolice#p/u/18/\\_2YMVT8ecuw](http://www.youtube.com/user/QueenslandPolice#p/u/18/_2YMVT8ecuw)

## ***Have Fun And Get Fit - Tennis***

The Friday social tennis group invites new members of all ages to join them. It doesn't matter if you haven't hit a tennis ball in years; just come along for a couple of hours' fun and exercise as long as you have a racquet. We may be able to help out there if you haven't. You don't have to live in Twin Waters either. Many of our group are from nearby areas.

So give it a go! Just come along to the Tennis Courts at Twin Waters Golf Club (left of the



main building) at 8am on any Friday although there's no time like the present. We play from 8am to 10am followed by coffee. If you have any queries, please contact Cynthia on 5448 8598.

## Health & Wellbeing

**M**ovement is a vital celebration of life. It is a way to proclaim your own existence and relish in the joy of being alive. Our bodies love movement. When we stretch, dance, tend the garden, or move about freely as you clean the home, our bodies adjust, realign and start to become fluid with the rhythm of life. Our mood lifts and we feel more connected with the world around us. If you are feeling stuck, ready to release old energy, or eager to feel more alive, try moving your body. By giving your muscles a chance to do what they were created for, you may find that all areas of your body and your life benefit as well.

Many times we can be so busy that we forget moving our body is even an option. Imagine how freeing it would feel to trust your body's movements completely knowing it has a perfect strength and rhythm of its own. See if you can sense your bones providing graceful support, your muscles and tendons expanding and contracting in just the right measure, your lungs changing pace to fill deeply with fresh air.

If you are able to devote a set time to self-care, practices such as yoga, dance, tai chi and walking are all great ways to keep your body in motion.

Today, and in the future, give yourself the gift of your body in motion.

## Backup Before You Take-off

**Y**ou can now store your travel documents online and backup your photos during your trip – for free!

Now that you have booked your flights and are ready to travel, the next step is to make sure you have all your travel information stored securely online. Travellers have experienced the pain of losing a passport or travel itinerary on a trip.

Google Documents provides you with a free 10GB storage limit to upload all your valuable information online. If you happen to lose your documents and urgently need to access your travel itinerary or print a copy of your passport, you just login to your Google Documents account with a username and password and download the files.

Google Documents is handy for more than just storing your travel papers online. The smartest use of Google Documents for travel purposes is to store your photos along the way. This means if you lose your camera part way through the trip or your SD card becomes corrupted, you won't lose all your photos.

## Twin Waters Take Away

**L**ynette Bond and her partner George are the new owners of the Twin Waters Take Away. John & Moira Forde sold the business in February and would like to pass on their sincere thanks to members who supported them during the 7 years they were there, and that they will miss their TWRA 'family'. Please call in and welcome Lynette and George to our Community.

## Easy Cooking

### Tasty Tuna

1 x 425g tin of Tuna in springwater (drained)  
1 x 420g tin of Big Red Tomato soup  
1 diced onion and 1 green capsicum sliced/  
chopped  
Salt and pepper to taste  
Chilli (optional)

Sauté' onion and capsicum (chilli) in little oil. Add drained tuna and tomato soup. Cook for a few more minutes and then season to taste and serve over rice. A very quick and easy meal when needed.

## Fun Bike Ride For Health & The SES

**O**n Sunday, 20th March 2011 the TWRA is holding a Fun Bike Ride for Health and to help our local SES purchase vital equipment. Registration and commencement of the ride will be at Mudjimba Park from 11.00am. The ride will finish at Baywater Drive Park, Twin Waters where a Sausage Sizzle and drinks await.

It will be a lovely day to share with family, friends and neighbours for only \$10 per person and it's a great way to meet other Twin Water bikies. A gold coin donation for children 12 years and under. Don't be concerned if you haven't got a bike; you can hike it instead! Come along and enjoy a fabulous day. Please register your interest with Ken or Eileen on 5448 7797.

## Community Care

It's amazing at the number of papers left in driveways many days after delivery. Community starts with caring neighbours

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and it would be nice to think that if you were away, the papers would be taken in or disposed of.

If you are going away, make a point of letting your neighbours know and ask them to remove the papers and bring in bins etc. Uncollected bins, mail & newspapers indicate to opportunistic thieves the possibility that nobody is home, so bring them in if they've been there for some days. Let's keep community spirit alive!

**"If the whole human race lay in one grave, the epitaph on its headstone might well be - It seemed a good idea at the time".**

- Dame Rebecca West, Irish author & journalist (1892-1983)

## Seniors Concession Savings

New Federal Government funding arrangements for Australian State or

Territory Seniors Card holders who are not eligible to receive Pension or Commonwealth Seniors Health Card entitlements, now allow Great Southern Rail to extend concession savings for Seniors to as much as 25%\* (terms & conditions apply) off the standard adult fare when travelling on The Ghan, Indian Pacific or The Overland. Please note that the new 25% saving cannot be directly applied by using existing State or Territory Seniors Card.

The new concession arrangements with Great Southern Rail require Seniors Card holders to pre-register to obtain a unique Great Southern Rail Seniors Concession Travel Card before the concession can be granted. To register for a Great Southern Rail Seniors Concession Travel Card please visit [www.greatsouthernrail.com.au](http://www.greatsouthernrail.com.au) or call 13 21 47.

## Living Thoughts

Let yourself go – be lighthearted and free; Visit the people you've wanted to see; Live life the way it's intended to be; Get reacquainted with long-ago faces; Welcome the comfort of friendly embraces; Each day is a gift to be shared.



## Sudoku

1		2		3		4		5
			9		6			
3		5				7		6
	4						1	
9				8				4
	7						6	
8		4				2		7
			8		5			
5		6		7		8		9

– ADVERTORIAL –

**"I am calling from Microsoft. You have a problem with your computer. It's running slow..."**



When I first got that phone call I was amused. I knew that they were not really from Microsoft, nor could they see what my computer was doing. I kept them on the phone asking tough questions until they hung up on me! Then I realised if they phoned my parents, what would Mum or Dad do?

These hoax phone calls are in plague proportions in Twin Waters and many of my clients have been amongst the targeted. Even people who don't have a home computer are getting the phone call! Sometimes it's a different company name, sometimes they point you to a fraudulent website to try and verify their legitimacy. But always they want you to give them access to their computer and will talk you through some complex instructions to get

that. By following their instructions you give them access, under the belief that they will fix the problem. What they actually do is scan through the computer looking for account, banking or other valuable details.

So here are a few tips to keep you and your computer safe:

- No-one should have access to your computer! If your computer is running slow, experiencing errors or in some sort of trouble, Microsoft or any other company will not call you. It's up to you to call for help, and even then, it's safer to have them come to you than give remote access.
- If you use pirated or unlicensed software you may open yourself up to more viruses, trojans, malware or other breaches.

- Keep your anti-virus protection up to date!
- If you have already become a victim of a scam like this, you might want to call your local Geek to have them check your current computer security
- When a telemarketer calls you, they must not pressure you into doing something that you are not comfortable with. You always have the right to say no, or that you want to think about.

**You can always ring a Geek to check...** yes, I'm the only Geek living and working at Twin Waters!

Chris Edwards is the Managing Director and founder of Buzz A Geek. His mobile service is based in Twin Waters and he uses his career experience in I.T. to help with home computers and business needs.



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## TWRA Contact Details

<b>President:</b>	Geoff Billard
<b>Vice President:</b>	Peter Braithwaite
<b>Secretary:</b>	Toni McCulloch
<b>Treasurer:</b>	Kevin Tinker
<b>Email:</b>	info@twra.net
<b>Website:</b>	www.twra.net
<b>Postal Address:</b>	PO Box 9351 Pacific Paradise Qld 4564
<b>Telephone:</b>	07 5448 9414
<b>Neighbourhood Watch:</b>	info@twra.net
<b>Fire Police &amp; Ambulance Emergency Only:</b>	000
<b>Sunshine Coast District Police 24 Hr Assist:</b>	5409 0000
<b>SES Flood/Storm/Emergency:</b>	13 25 00
<b>Crimestoppers:</b>	1800 333 000
<b>PoliceLink (not urgent):</b>	13 14 44
<b>Coolum Police General Enquiries:</b>	5440 2777
<b>Block Co-ordinators:</b>	Check Community Notice Board for contact details

### TWRA MEMBERSHIP FORM

#### Annual Subscription \$10.00 per family

Membership is valid until 30 June each year and entitles you to discounts at local businesses.

Name: .....

.....

Address: .....

.....

.....

Home Ph: .....

Mobile: .....

Email: .....

.....

#### Please drop your application in at the Friendly Grocer

or better still bring it  
along to the next meeting

## Community Corner – Getting To Know You

Within our Community, it would be nice to know the events that are special in your life at this moment. So if you have a special event coming up like a Birthday, Wedding, Birth of a child, Wedding Anniversary or any other milestones in your life, we would love to hear from you and a photo would be great!



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