

Twin Waters Residents' Association

NEWSLETTER - MAY 2011

This Month

- TWRA AGM - get involved in your community
- Pacific Paradise Streetscape Concept Design
- Property identification
- North Shore Community Centre
- Bowls Day
- Entertainment Book
- Health & Wellbeing
- Easy Cooking
- Sudoku

Next TWRA Meeting

The next Meeting will be held at Novotel Resort, Twin Waters on Monday, 6th June 2011. The Guest Speaker will be Peter Hovey, Managing Director, Sunshine Coast - Census to talk about the forthcoming census due later this year.

Date Claimers

TWRA General Meetings:

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

Bowls Day

29 May

Birthday in the Park

9 October

Christmas Carols

18 December

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.

Are You Willing to Serve?

The Annual General Meeting of the TWRA will be held in July. It's not too early to consider whether you would like to serve our community by taking a role with the TWRA. Being involved brings its own rewards – the satisfaction of contributing to your community; a closer insight into the things happening in and around Twin Waters; the opportunity to meet and work with other community-minded people and it's enjoyable!

There will be Committee positions and other positions available. We always encourage new people to become involved. We endeavour to spread the tasks so that we all have "bite-size" pieces – not too big; just right. This way being involved does not consume a huge amount of your time.

If you have some skills and experience that you would be willing to contribute to your community, please seriously consider becoming directly involved with the TWRA.

If you would like more information, please contact any Committee member (details are on the website at www.twra.net and click on Committee) or contact info@twra.net

TWRA Member Emails

As TWRA members know, we use broadcast emails to keep members up to date with events and other items of interest in Twin Waters. Broadcast emails can be very current so you are

sure to get the latest available news affecting Twin Waters. We normally send 1-3 broadcast emails a week, on average. If you are a TWRA member and have not been receiving our broadcast emails, please let us know by sending us an email at info@twra.net. We can then check our records and if necessary update them to your latest email address. This will make sure that you are kept in touch with what is happening here.

Pacific Paradise Streetscape Concept Design

The TWRA have been invited to take part in the development of Pacific Paradise Streetscape Concept Design and two representatives attended the inaugural meeting at the Bowls Club where the conceptual streetscape design was discussed at length and ideas presented to beautify David Low Way from the Motorway thru to the exit to the Airport.

The design is to provide safer pedestrian access with road crossings, footpaths, seating, landscaping and in general a friendly community atmosphere.

The design will not only look at David Low Way but all of Pacific Paradise and include the main shopping area and the surrounding area as well as the numerous pathways throughout the area.

Work is not likely to start in the near future as the design is probably likely to take some 12 months. If you have any ideas on what you would like to see

in the design please contact one of your representatives: Dennis Kyling 5448 9363 or Warwick Daniels 5450 5148.

Property Identification

Following Queensland Police advice concerning Property Identification and per their motto 'give your property an owner', the latest Neighbourhood Watch Bike Engraving Day event was conducted on Saturday 9th April. The engraving of a security code will in the words of the Police 'deter others from taking YOUR property because of the difficulties involved in "off loading" identifiable property and helps police to recover and return items which may have been stolen'.

This latest event resulted in 37 additional bikes being engraved with a security code (generated by the bike owner); and at the same time, raised \$58 towards NHW's coffers.

Thanks to the 'team' Merryll Berry, Dave Dunwoody, Tony Beale, Tony Masche & Conrad Guard plus Amit at The Friendly Grocer. Amit made us welcome, and along with Norco, provided drinks & ice cream to visitors at no charge. Additionally, Amit provided the 'team' with a sumptuous lunch. Ian Stalker kindly loaned the tent and fittings and Bli Bli NHW loaned us the banner.

Please note that the P.I. Program is not limited to bikes only but readily applies to all one's valuable household and personal items. Contact any of the above or your nearest NHW coordinator for details.

North Shore Community Centre

Many of you will have noticed the construction of the new North Shore Community Centre taking place along David Low Way near the AFL football grounds. It is expected that construction will be complete in June and the centre will be handed over to its committee of management in August. All the construction costs have been funded by the Sunshine Coast Regional Council assisted by a major grant from the federal government. However the centre will be run by its own committee independent of, but with support from, the council.

The centre will be very versatile with the interior space capable of being used for a number of different activities. It is expected that various groups including craft groups, mothers groups and activities such as karate, ballet and dance will use the centre. Those groups would have to pay rent for the space they use. These rental fees will provide the on-going funding for the centre.

The TWRA Committee has decided to have a continued involvement with the centre by nominating its President and Secretary to be members. Any individual can become a member by paying a nominal annual fee. The centre is in the process of becoming an "incorporated not for profit" organization. Its incorporation will enable it to access funding available in the way of grants from the council and other organizations. It will be necessary to get funding so that a co-ordinator can be employed the run the day to day operation of the centre and get it up and running.

If any resident is interested in becoming involved with the centre or would like to be

involved in its committee of management please contact us and we can point you in the right direction, or directly contact Shannon Embery on (07) 5488 8872 or 0402 209 950.

Bowls Day

The next TWRA Bowls Day has been arranged with the Twin Waters Retirement Village for Sunday 29th May commencing at 2.00 pm and followed by a BBQ dinner at about 5.30 pm. Cost is \$12.50 each. It is a mixed day and spectators are also welcome. Bowls are supplied and learners are welcome.

Please register your attendance (for catering purposes) by phoning Bob Gavin 5450 6036 or Warwick Daniels 5450 5148. It is a great day and always enjoyed by participants who have attended in the past. We look forward to seeing you there. Come have some fun!

New 2011 / 2012 Entertainment Book

The Entertainment Book contains hundreds of valuable offers and up to \$15,000 worth of 50% off, 25% off and 2 for the price of 1 offers for the most popular restaurants, cafes, attractions and sports in Brisbane, Sunshine Coast and Surrounds and is valid to the 1 June 2012.

They make perfect gifts and are great value for \$65.00 each with \$13.00 from the sale of every book going to assist in fund raising with the TWRA.

Books are available at the Friendly Grocer or phone Malcolm and Cynthia on 5448 9164.

Health & Wellbeing

We are all aware of the affects of prolonged stress on our body and emotions but just to remind you, here are just a few:

Disturbed sleep patterns, Hypertension, Disturbed digestion, Chronic fatigue, Exacerbation of just about all chronic illnesses...

Yet many of us don't have time for deep relaxation and/or haven't learnt the skills to achieve relaxation in our everyday lives. This simple technique will leave you feeling refreshed and rejuvenated, literally in five breaths. However, be warned, once you begin, you might just enjoy the fabulous feeling of being relaxed so much you want more.

5 breath relaxation

Find a comfortable sitting position, with your feet flat on the floor and your spine erect.

Close your eyes if you feel comfortable otherwise keep your gaze soft, on a spot just in front of you.

Become aware of your breath moving in and out of your body and tell yourself you are about to deeply relax.

With your next breath contract all the muscles in your legs; breathe out and relax.

Breathe in and contract the muscles of your trunk, front and back; breathe out and let go.

Becoming aware of your arms, breathe in and tense the muscles; breathe out and soften.

Breathe in and contract all the muscles of your head and face; breathe out and relax.

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Finally, use your breath to relax your whole body in one wave of tension and relaxation.

Rest in this stillness until you are ready to return to your day.

So that's all there is to it. There are only five breaths between you and a relaxed body and mind.

Easy Cooking

10-minute Chocolate Mousse

- 300g chopped dark chocolate
- 1 tablespoon cocoa powder
- 3 eggs
- 60g caster sugar
- 300ml thickened cream
- Whipped cream
- Grated chocolate

Method

Melt the chocolate in a heatproof bowl over simmering water. Stir until melted. Remove from heat and set aside to cool. In a separate bowl, combine the sugar and eggs and beat with electric beaters for 5 minutes until mixture is pale, thick and double the initial volume. Fold in cocoa powder and cooled melted chocolate until combined.

In a separate bowl whip the cream until thickened. Fold the cream into the chocolate mixture. Spoon evenly into 6 servicing glasses and refrigerate for an hour. Remove from fridge 10 minutes before serving and top with whipped cream and grated chocolate perhaps even some sponge fingers.

If you have a favourite recipe you would like to share, please let us know.

Google Smart Car

The folks at Google have done it again! Purely in the testing stages, they have created a smart car with artificial intelligence combining technology collated from their street-view software, video cameras inside the vehicle and different sensors on the top, front and rear wheels of the vehicle.

This technology not only helps trackers locate it on the map but also helps the actual car in physically driving.

In the car's testing, there was only one accident, caused when one of the vehicles was rear-ended whilst stopping at a red-light. As to the true function the car will serve, Google argue that it will reduce the number of traffic related injuries and deaths, while using energy and roads more efficiently.



Will Google's Smart Car be the answer to cutting down our annual road death toll?

Sudoku

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

Living Thoughts

Life isn't about weathering the storm, but learning to dance in the rain.

Let your life lightly dance on the edge of time, like dew on the tip of a leaf.



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TWRA Contact Details

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Neighbourhood Watch: info@twra.net
Fire Police & Ambulance Emergency Only: 000
Sunshine Coast District Police 24 Hr Assist: 5409 0000
SES Flood/Storm/Emergency: 13 25 00
Crimestoppers: 1800 333 000
PoliceLink (not urgent): 13 14 44
Coolum Police General Enquiries: 5440 2777
Block Co-ordinators:
 Check Community Notice Board for contact details

TWRA MEMBERSHIP FORM

Annual Subscription
\$10 per family (\$2 extra card)

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or better still bring it along to the next meeting

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Community Corner – Getting To Know You

Within Our Community, it would be nice to know the events that are special in your life at the 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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