

Around the Ridges

and a bit beyond

Issue 126/ October 2014 Email aroundtheridges@hotmail.com Fax 4934 5565 Phone 4934 1192

A Big Thank You

The Around the Ridges newsletter would like to thank the Ridglands & District Sporting & Agricultural Asscn Inc and the community for attending the BBQ fund raiser which was held on the 6th September. We are please to advised that the split between the newsletter and show committees was \$1306.09 each. Well done everyone.

Have you heard about the Salt Cave.

Salt care therapy is an effective non-invasive threatment and relief of many respiratory and skin issues

What is Salt Therapy? – Salt therapy is breathing in dry salt aerosol for therapeutic reasons. It is a common natural treatment in eastern and central Europe, USA, Canada, Asia and now Australia. It was discovered that exposure to the microclimate inside a natural salt mine/cave can have an amazing role in the relief of many health problems. Especially for patients with Chronic Obstructive Pulmonary Disease (COPD), asthma and other respiratory and skin conditions. Salt Therapy delivered at therapeutic spas built inside salt mines or caves is known as Spelotherapy.

How Does Salt Therapy work? – Salt therapy uses the Halogenerator to reproduce and monitor the therapeutic microclimate of the natural salt cave/mine. The air coming from the medical device is sterile, negatively ionised and saturated with a low concentration of highly dispersed, curative dry salt aerosol. Patients relax in a pleasant artificial salt cave with salt on the floor and walls and breathe in the regulated salt, which is immediately transported to every part of the respiratory tract, even the smallest bronchioles and alveoli. Once in place, it dissolves and attracts the small positively charged impurities. These impurities are subsequently either coughed up by the patient or leave the body through metabolic processes via the bloodstream. The treatment eliminates the root of the inflammatory respiratory illness (lower or upper tract, asthma, bronchitis as well as allergies and catarrh) by destroying bacteria and restoring health.

This treatment is available at Skin Deep Rejuvenation Clinic - 4927 4450, and is delivered in their very own special Salt Cave.

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

BORBORYGYMUS = The rumbling sound of gas passing through the intestine

Around the Ridges and a Bit Beyond is a community and school newsletter.

The newsletter is produced monthly, and is funded through sponsorship and advertising.

If you wish to contribute to the newsletter, please send all material in by the 12th of every month.

Advertising for special events must be submitted two months in advance.

PLEASE TELL US YOUR STORIES!

We want to hear them!!!! Please send your story, as you are a valued part of our community and this newsletter.





Disclaimer: Around the Ridges and A Bit Beyond reserves the right to edit all articles as necessary. Submission does not always guarantee publication. The Committee does not accept responsibility for errors, omissions and inaccuracies. Opinions in the newsletter do not necessarily reflect those of this committee, school or community.

Gardening Tips

Prune winter/spring flowering shrubs as they finish. Don't forget the natives such as callistemons, grevilleas. This not only encourages an attractively shaped dense bush with more flowers next time (and low, where you can see them), but prevents the plant wasting energy on the production on fruit and seed. September is considered by many as the best month for Hibiscus. Other heat-loving summer flowerers like allamanda, mussaenda, pentas, brugmansia and plumbago, plus tropical foliage plants like acalypha, crotons and cordylines are better left unpruned until onset of warm weather because the foliage will help protect and feed the plant through the cold months. Clumps of daisies such as gazania, shasta daisy and gerbera, agapanthus, daylillies, ornamental grasses, dietes, liriopie, cannas, ornamental ginger and similar perennials can be divided.

GINGER FRUIT CAKE

Ingredients:

- 1 cup milk
- 3\4 cup sugar
- 2 tablespoons syrup
- 4 tablespoons butter
- 3\4 cup mixed fruit
- 2 cups plain flour
- 2 teaspoons ginger
- 2 teaspoons bi-carbonate of soda



Method:

Place milk, sugar, syrup, butter and mixed fruit in a saucepan.

Put this on stove and bring to boiling point. Stir until sugar melts. Remove from stove.

Sift flour, ginger and bi-carbonate of soda into a bowl. Pour in the mixture from saucepan and stir well. Cook in a paper-lined cake tin for one hour in a slow oven.

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22 Sheenan Road Alton Downs QLD

Email: enginecentre@dodo.com.au

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Mobile: 0438 341473





What's happening this month?

Events

QCWA Ridgelands Branch meetings are held on the 1st Wednesday every month, commencing at 9:30 a.m.

Stitch and Chat Group

Meets on the 2nd & 4th Tuesday of every month starting at 9:30am. QWCA room Ridgeland, all welcome Ph 4934 5145

DANCE

Alton Downs Hall Committee will be holding a dance on Friday the **31st October**, commencing at 7.30 p.m. Super, Raffles and Novelties. Every Welcome.

Meetings

The Fitzroy Northern area rate

payers association would like to advise their next meeting is **November 3** - Alton Downs Hall. They welcome all residents in the area to meetings.

Ridgelands & District Sporting & Agricultural Asson Inc.

Monthly meetings are held on the second Wednesday of each month. Next meeting **8th October** commencing at 7.30 p.m. at the Ridgeland Show grounds.

FARADAY RURAL FIREBRIGADE

would like to advise that there will be a **Public meeting for Faraday ratepayers to discuss the Fire Levy for 2015**. The meeting will be held at the Ridgeland Hall at 7.30 pm on Friday **17th October 2014**. This meeting will be followed by the AGM and General Meeting of the brigade. John McLean (secretary)

Community Notices JOKES

RIDGELANDS HALL NEWS
RIDGELANDS HALL
CHRISTMAS KARAOKE Saturday, 29th, November, 2014.

Alton Downs Hall Committee

To book the Hall contact Sid Hoare on 49341147 or T Hoare 49341493
J Chippendale 49 345120.

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Cancer Afternoon Tea
Congratulations
to Hilary Chippendale for once again holding a successful afternoon tea in aid of the Cancer Council. I believe that in excess of \$700 was raised.
Well done Hilary.

Celebrations



Happy Birthday to everyone who is having a birthday in October

- Fiona Peterson
- Greg Dyer
- Lachlan Hunt
- Joshua Hunt
- Andy Schnalle
- Kelly Kime

Our Garden Shed

Alan from Our Garden Shed has kindly **offered to donate \$5.00 towards the Around the Ridges newsletter from every repair or maintenance job he received from his attached flyer.**

So if you need repairs to your lawnmower, weed eater or ride on mower take them to Alan and tell him you saw his advertisement in the Newsletter.

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for sweetness and kindness to all. One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea. As he sat facing her old pump organ, the young minister noticed a cut-glass bowl sitting on top of it. The bowl was filled with water. In the water floated, of all things, a condom! When she returned with tea and scones, they began to chat. The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist. "Miss Beatrice", he said, "I wonder if you would tell me about this?" pointing to the bowl. "Oh, yes" she replied, "isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter!"
The pastor fainted.

A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. He eventually realizes he can't escape and finally pulls over. The cop approaches the car and says, "it's been a long day and my shift is almost over, so if you can give me a good excuse for your behaviour, I'll let you go. "The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"



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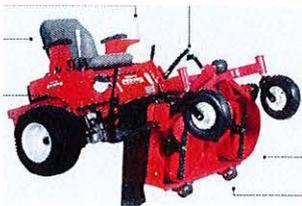
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November 30th 2014

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