

Living Well

WINTER 2024

GympieToday

PLANT PRESENTS

Claudia shares her love of art and nature

DELIGHTFUL DELICACIES

Learn to create this classic tasty treat

COLD SEASON COLOUR

Winter gardens don't need to be drab



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Looking after yourself should be a priority

By Donna Jones

HERE we are, four years since Covid gripped the world, yet it continues to strike down vulnerable members of the population in one strain or another.

Add to that a horror flu season and the RSV illness, and more than ever, the need for good healthy practises and looking after yourself has never been a higher priority.

This handy publication has lots of ways to expand your sphere, and help you discover new experiences and

interests and get the best from a healthy lifestyle.

We also have a broad cross-section of practitioners and businesses, who can help you to treat and prevent serious health issues before they can severely impact your life.

Find out how to create a decadent dessert classic, meet a woman who creates art using plants and nature, discover how to get winter colour into your garden and check out what's trending with literature and podcasts to help you unwind and stimulate your grey matter.

There is so much on offer in this wide, diverse region of ours, and this is but a tiny sample of what Gympie is all about. We've enjoyed compiling, researching and experiencing these stories and we really hope you enjoy reading them and feel inspired to not only support the local businesses within, but also think about trying something new to stimulate your mind, body and soul.

So find a comfy chair in a cosy spot, with a warm cup of tea, coffee or chocolate, and have a read through this fourth edition of Living Well Magazine.



LivingWell GympieToday

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COVER IMAGE: Zoe Yoff from Little h Cafe, Southside with some delightful fresh cream eclairs.
Picture: Shane Zahner

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Plant Presents owner Claudia Kruppel with a Terrarium.

Pictures: Gabriel Laidler-Burns

Natural artistry blooms

By Gabriel Laidler-Burns

CLAUDIA KRUPPEL'S love of art and nature will be on display for all to see in the Studio Trails held each weekend throughout July.

Mrs Kruppel is the owner of the local business Plant Presents where many residents will find themselves new additions of rare plants, terrariums, succulents and jewellery to decorate their homes or gift to loved ones.

Gympie Region Studio Trails is an annual initiative of Gympie Regional Council that invites visual artists, artisans, heritage workers and designers to open their studio doors and share their passions.

As a participant, Mrs Kruppel will be sharing the secret processes behind her creative processes and give guests a behind the scenes look into some of the creations on show at her business.

Opting in to host workshops each weekend throughout the month, Mrs Kruppel will show guests all the work and creativity that goes into creating terrariums through a demonstration.

This is where guests can observe and learn to create the miniature garden or forest enclosed in its own little world for their very own.

She will also be holding a demonstration on how to make a Kokedama, teaching guests the Japanese art of growing plants in a moss-covered ball of soil wrapped with string or mono-filament fishing line.

Local artisan Carmel Ansell will also be joining Mrs Kruppel to offer a



Nature and Art comes together.

ceramics workshop where guests can learn to make creative pieces to hold their own plants and more.

"I am absolutely excited," said Claudia Kruppel.

"It's really interesting to see the

people who come, the people who go out on weekends with their families and see what Gympie has to offer."



Claudia Kruppel with a Kokedama.



The vibrant plants on display at Plant Presents.



Gold from the school

GYMPIE State High School

ENROL NOW for 2025

Enrolment Management Plan

Gympie State High School (GSHS) has an enrolment management plan to ensure sufficient facilities are available for in-catchment students. Principal approval is required for out-of-catchment student enrolments. The school's catchment map is available from EdMap: <https://www.qgso.qld.gov.au/maps/edmap/>

Out of catchment enrolments

Programs of Excellence (POE) are the only way a student who resides out of catchment may be enrolled. Visit the school's website for more information on how to apply as an out-of-catchment enrolment or contact our enrolments officer.

Programs of Excellence

GSHS has two programs of excellence: the Rural Industry School of Excellence (RISE) and the Century 21 Centurions Sporting Academies. These programs offer specialist curriculum classes and extra-curricular activities and opportunities to represent the school in community and inter-school competitions in agriculture and sport.

Scholarships - Year 7 in 2025 only

GSHS offers scholarships to students who have demonstrated their personal best and interest in one of the following categories: Academic Excellence, Agriculture, Creative Industries, Indigenous, Sporting. Students apply by completing a Scholarship Application Form.

Important Dates

- The due date for Enrolments, Out-of-Catchment (OOC) and Scholarship Enrolment Applications - Term 3, Week 1, Friday 12 July.
- Notification of decisions about OOC enrolments will be made by Monday 15 July.
- Scholarship interviews will be scheduled for short-listed students from Term 3 Week 4.



1 Everson Rd Gympie 07 5489 8333 info@gympieshs.eq.edu.au www.gympieshs.eq.edu.au



Keeping fit and active can be an Epic Adventure too, and something the company does with kayak tours.

Living well is ‘Epic’

EPIC Ocean Adventures recognises the importance of health and experiences for all people and want to help ignite change and create opportunities to enable everyone to participate in their kayak experiences with choice and confidence.

People of any age or fitness level are encouraged to experience one of the world’s most pristine and diverse National Parks, the Great Sandy National Park, Cooloola.

The team at Epic Ocean Adventures offers dolphin view sea kayak tours, surf lessons, and stand-up paddle tours at the magnificent Double Island Point.

They encourage guests to get back to nature, use their bodies for health and enjoy the privilege of partaking in the aquatic and wildlife adventures within the spectacular Cooloola National Park.

The team offers accessibility to visitors who would not have this opportunity unless they hired a 4WD and strive to make improvements in their guest’s outlook and offer a window to living a better and healthier life.

Surfing and kayaking are sports that can be enjoyed by all people whether they are young, old, able-bodied or have a disability.

The team wants and encourages everyone to experience this truly exceptional adventure and strive daily to ensure each customer who wants to join in can.

Visitors and tourists adore the natural and rare rainforest canopy and recommend this combined adventure of bush and beach to those who haven’t had the opportunity to experience the fun.

Epic Ocean Adventures are always developing and growing, and want to enhance their experiences, so trips are more broadly accessible to everyone, so as many people as possible can participate in this life-changing experience.



It is a rare treat to paddle a canoe, one metre from a pod of dolphins while turtles play underneath, and the water is so clear you don’t miss a second of the action.

The opportunity to live well is becoming more important each day as our awareness grows and Epic Ocean Adventures feels it is their responsibility to reach more customers to enjoy their tours.

Double Island Point offers warm waters all year round, long empty surf and a buzzing hub of wildlife.

The dolphin view sea kayak tours, surf lessons on Australia’s longest wave, paddle eco tours, kitesurfing lessons and other exhilarating opportunities are a perfect way to learn to live life to the fullest.

To contact Epic Ocean Adventures please call 0408 738 192 or email rainbow@epicoceanadventures.com.au.



It can be a great learning experience.

Weddings, parties, anything...

By Arthur Gorrie

THE story of the Booth and Bar brand and its new Mary St shopfront has a hidden and inspiring dimension.

It is the story of a boutique event hire business which grew out of major health challenges for owners Ronelle Meredith and her daughter Teagan, both of whom have multiple sclerosis.

And it is a business that has brought out the positive in everyone associated with it, adding a touch of affordable quality to the special moments in all our lives.

None of it has been as easy as the Merediths make it look.

"My health deteriorated, progressing to the point of my being literally at death's door," Ronelle said.

"I was wheelchair bound, sleeping for 18 to 22 hours a day."

"In 2018 I had stem cell treatment in Russia.

"It cost \$86,000.

"It's been a roller coaster since then. I got shingles when I came back.

"I was starting to get a bit better in 2020, but then I got Graves disease (which attacks vital organs)."



Ronelle Meredith settling in to the new Mary St headquarters of her boutique event hire business.

"This year I finally sorted the drugs out.

"Now I feel terrific. I'm up and using my legs, helped by a lot of therapy and physio."

Then came the news that her eldest daughter also had MS.

"My next daughter was also diagnosed.

"She started getting infusions at SCUH and dropped out of school."

"We thought, 'why don't we do something together?'"

"If school's not for you, you need something. Why don't we buy a photo booth?' which we did."



These touches of quality added immeasurably to the quality of a recent birthday event in Gympie's Memorial Park.

It was the turning point.

"Things exploded," she said.

"We now do a full hire and styling service for any event - corporate promotions, children's birthdays, weddings and pop-up picnics.

"It's literally weddings, parties, anything," she said.

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Classic Eclairs.

Pictures: Shane Zahner

Excellent Eclairs



LITTLE h Cafe chef **Peter Yann** is gaining a reputation for creating some of the best baked-treats in Gympie.

Here he shares one of his favourite recipes, for the most delicious eclairs you will find anywhere.

For the choux paste:

- 100g butter
- 100g milk
- 100g water
- 133g flour
- 2g salt
- 2g sugar
- 200g whole eggs

For the Crackle

- 100g Brown sugar
- 75g butter
- 100g plain flour

Method:

1. Bring water, milk & butter to the boil.
2. add your flour, salt & sugar and mix together on the heat till combined.
3. lower your heat to low and continue to cook out "the flour" for about 3 minutes. (Tip 1)
4. remove from heat and add the paste to Kitchenaid (tabletop mixer).
5. beat with paddle attachment on medium until no steam is seen emitting from the bowl. (Tip 2)
6. once no steam is emitting, add your eggs whilst continuing to beat on medium one at a time.
7. once all eggs have been added and paste is completely combined, transfer to a piping bag.

For the crackle

1. cream butter and sugar for 10 minutes
2. sift and add your flour until combined

3. roll out to 5mm thick sheets
4. cut out rounds 5mm diameter wider than choux buns once piped on silicone mat.
5. once rounds have been cut place in fridge to set hard.

Let's put them all together.

1. using a silicone mat will be the best method for baking to give an even rise. (Tip 3)
2. pipe using a round nozzle, pipe your choux paste onto a silicone mat about 5mm less in diameter to your discs of crackle leaving adequate space between each bun for rise and expansion.
3. place a round disc of uncooked crackle on top of your choux paste.
4. bake in an oven at 180°C until crisp on top and bottom. (For a gas static oven bake for 40 minutes, rotating once at the halfway point. This will be different in a convection oven with a fan)
5. once cooked transfer to a wire cooling rack to cool.
6. once cooled, fill with your favourite filling. ie. custard, cream, strawberry jam, caramel etc.



Classic eclairs are a firm favourite.



Piping the choux pastry rounds.



Fill with your choice of fillings.



Add the eggs one at a time to the paste once it stops steaming.



Fresh whipped cream is always a popular choice.



Make your choux paste in a saucepan over the stove top.

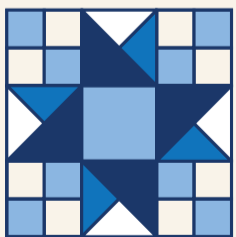
QUICK TIPS

Tip 1: once the flour has combined with your boiling liquids it is best to cook the paste out to remove the flour taste from your baked goods.

Tip 2: beating your paste with the KitchenAid (benchtop mixer) until the steam has stopped emitting the bowl

will allow you to not cook your eggs when adding them. Failing to do so will leave your choux buns tasting like scrambled eggs.

Tip 3. Using a silicone mat to bake on will allow your baked goods to cook evenly and will be easier to remove from the tray once cooked, as they are non-stick.



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Sautéed asparagus with avocado, poached egg and hollandaise.

Picture: Jason Ford

Sauteed asparagus

By Jason Ford

Serves: 2

Ingredients

- 12 asparagus spears
- 1 avocado, diced
- ½ red onion, finely sliced
- 30g rocket lettuce
- 20g roasted capsicum, strips
- 2 eggs, poached

- 2 tbsp parmesan cheese, grated
- 4 tbsp extra virgin olive oil
- 1 tbsp vinegar
- Salt & pepper, to taste

Method

1. In a frypan, sautee asparagus spears in olive oil.
2. Place asparagus, rocket, capsicum and avocado in a bowl and dress with olive oil and vinegar.
3. Place salad on a plate, top with warm poached egg.

4. Sprinkle on some grated parmesan cheese and serve immediately.
5. Spoon on some warm hollandaise sauce (See method below).

Hollandaise sauce:

- 125g unsalted butter, melted
- 1 tbsp white wine vinegar
- 3 egg yolks
- Salt and pepper, to taste

Method

1. Melt butter and keep warm.

2. Place vinegar and yolks in a heatproof glass mixing bowl over gently simmering water.
3. Whisk constantly until light, thickened and creamy - don't overheat or it will scramble.
4. Gradually add melted butter to egg mixture in a slow, steady stream while whisking until emulsified.
5. If the mixture is too thick, add a dash of hot water to thin it out.
6. Season with salt and pepper to serve.

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Quality health care

SEEING your GP is an integral part of living well for a long and healthy life, as it ensures you are taking a proactive approach to your health and well-being.

That's the advice from the professional team at Cooloola Coast General Practice.

Regular medical check-ups ensure early detection of potential health issues, which is necessary for effective treatment and better health outcomes.

Conditions like high blood pressure, diabetes, and some cancers often develop without noticeable symptoms initially.

Early diagnosis through routine doctor visits offers a much better chance of the cancer being detected, reducing the risk of severe complications.

Living your best life includes preventive care including weight management, exercise recommendations, dietary advice, health screenings, stress management and measures to protect against serious health issues.

Staying on top of your health and keeping your records updated at your medical practice, ensures that should the worst happen and you need urgent help, there is a record of your history.

Your GP will provide you with advice

and monitor lifestyle choices that contribute to you living a better and longer life.

For our ageing population, doctors can offer an informed impartial evaluation of a relative to help with decisions that need to be made when a relative is ageing and at risk.

While building a relationship with a healthcare professional is not like it was years ago when GP's traditionally stayed in one practice their whole career, the doctor you see has access to all your records for successive treatment and will offer you their best care.

Managing chronic conditions effectively is an important part of

healthy living.

Having the correct medication, dosage and regular checks to ensure your medicines are still the best course of treatment is vital.

While fresh air, a healthy nutritious balanced diet, sunshine, socialising, staying engaged, making friends, going into nature for a half an hour every day, seeing the sun rise and set regularly, laughing and having a hobby or interest will help you live your best life, having a six monthly or annual check-up and keeping up to date records of your health is also important.

Live Well!

Key to keeping health in check

By Gabriel Laidler-Burns

FOR the health practitioners in Gympie region, your wellbeing is their utmost priority.

After every visit they want you to leave feeling better with the confidence and knowledge to be your healthiest self and know the best steps to making your mind and body the best it can be.

A great way to keep on top of your mental and physical wellbeing is to organise regular checkups with your doctor.

When you have a health check, your doctor will talk with you about your medical history, your family's history of disease and your lifestyle, diet, weight, physical activity, alcohol use and whether you smoke.

It is a good idea to visit a doctor regularly, even if you feel healthy.

The purpose of these visits is to check for current or emerging medical problems, assess your risk of future medical issues, prompt you to maintain a healthy lifestyle and make sure your vaccinations are up to date.

Early detection gives you the best chance for getting the right treatment quickly, avoiding any complications.

Your doctor will often perform these checks when you are visiting for another condition and can then tell you how often you may need to have a health check.

Having a health check is also a time to examine your lifestyle to see what improvements can be made which can be something you regularly do yourself or discuss with a healthcare professional.

By getting the correct health services, screenings, and treatment you are taking important steps toward living a longer, healthier life.



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DR Hugo Pin, an experienced French-trained physician, brings extensive expertise in vein and cosmetic treatments to help patients restore confidence in both face and body.

After completing his Specialist GP training in France, Dr Hugo spent 15 years in the French West Indies.

In 2000, he honed his skills in Doppler Ultrasound and Emergency Medicine.

In 2006, Dr Hugo relocated to Australia, initially working as an

Emergency Doctor. He later achieved his Australian Fellowship as a Specialist GP and received training both in Australia and USA about the new non-surgical treatments for varicose and spider veins.

Dr Hugo Pin established the Sunshine Vein Clinic in 2012, which later evolved into the Sunshine Vein & Cosmetic Clinic. His clinic is renowned for using cutting-edge technology and high-quality materials to enhance natural beauty, delivering subtle and natural-

looking results.

Dr. Hugo's commitment to excellence and innovation has made him a trusted name in the field of cosmetic and non-surgical vein treatments, helping patients achieve their aesthetic goals with confidence.

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JUST Skin in Gympie offers cutting edge treatment for highly effective and patient-friendly options for treating skin cancers, especially lesions on the nose through the use of Superficial X-ray Therapy (SXRT).

This surgery-free approach offered at Just Skin in Gympie has numerous benefits, making it an attractive alternative to surgical methods for those diagnosed with non-melanoma skin cancers.

The advantages of SXRT include its non-invasive nature, precision that ensure only the affected area is treated, minimal disruption to daily

routines and greater cosmetic outcomes.

By avoiding excisions, SXRT reduces the risk of visible scarring and preserves the natural contours of the nose.

The skin gradually heals and regenerates over the treated area, often leaving little to no evidence of the cancer treatment.

Another benefit of SXRT is the reduced pain and discomfort associated with the treatment and is generally painless.

With success rates on par with surgery, SXRT stands out as a game-

changing option for treating all non-melanoma skin cancers, but especially those on the nose.

With minimal disruption to daily life, superior cosmetic outcomes, and reduced pain and discomfort, SXRT represents a significant advancement in dermatologic oncology.

Dr Colin Dicks, Radiation Oncologist, and the Just Skin team provide both consultations and SXRT treatment locally in Gympie.

SXRT is accessible to everyone as it is supported by Medicare with no health insurance required to access this technology.



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Optimising outcomes

WIDE Bay Therapy has just moved into a new clinic, at 7 Henry Street, taking over the old Henry Street Medical Centre.

The locally owned and operated allied health clinic was established in January 2019 by director, Christine Watson, bringing her 20 years of experience in her industry to Gympie region.

Since then, the team has been growing with occupational therapists, occupational therapy assistants, an education specialist and practice manager.

Wide Bay Therapy is the only occupational therapy clinic in Gympie that provides services across the lifespan.

In addition to Occupational Therapy services, it also has an early intervention specialist educator, who works with children providing high intensity interventions for children under seven aimed at improving skills such as numeracy, literacy, activities of daily living, fine motor skills, social skills and communication.

The clinic also offers paediatric interventions with children on the autism spectrum, global developmental delays, cerebral palsy, sensory processing challenges and ADHD as



From left: Christine Watson, Karyn Post, Lilianna Hass, Emily Treeby and Olivia Perry.

well as a senior occupational therapist who has experience in functional capacity assessments, supported independent living applications, applications for NDIS access, assistive technologies, home modifications including complex home modifications, and driving assessments.

Funding models available include NDIS, My Aged Care, Department of

Veterans Affairs, TAC, NISQ and Medicare as well as referrals for private paying clients.'

Wide Bay Therapy said it is also invested in delivering services and support to the wider region by offering outreach services to Tin Can Bay, Rainbow Beach, Goomeri, Kingaroy, Murgon, Maryborough and everywhere in between

After moving into the new clinic, Wide Bay Therapy hopes to offer additional services such as after school art programs and social groups to provide more opportunities for their clients.

The new space offers a welcoming area for all clients and their supports, with onsite parking and full disability access.

Allied Health close to home

Wide Bay Therapy is a growing allied health provider located in the beautiful town of Gympie. We are a highly reputable and well-established service that is recognised as a leader in our industry.

We are dedicated to the provision of high-quality services in our field, which we believe start with our exceptional team. Delivering services to children, adults and the elderly in our region, we offer a range of services and specialty interventions across the lifespan.

In addition to Occupational Therapy services, we also offer a range of specialty interventions, group therapies and community participation classes including

- Early Intervention Specialist Educator
- Driving assessments
- Potential to Drive therapy program for new drivers
- OT Assistant sessions
- Gross motor skills group
- Teen Grit CrossFit class for teens with additional needs
- Holiday Programs

WIDE BAY
Therapy

- 📍 7 Henry St, Gympie
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- 🌐 widebaytherapy.com.au
- ✉ admin@widebaytherapy.com.au



Good fuel for good health

By Donna Jones

THERE is a direct correlation between good physical health and fresh fruit and vegetables.

During the winter months especially, we can become physically run down and more susceptible to colds and flu.

That's where maintaining a healthy diet, packed with plenty of fresh produce can help to boost your immune system and keep the dreaded lurgy at bay.

Sandra Groundwater and her team at Gingers on Horseshoe stock only the best fresh produce.

What's more, a lot of their producers are from the immediate area, so it's grown locally and delivered straight to the door.

Nothing beats locally grown organic lemons and garlic for keeping the immune system in prime condition.

Get your iron from kale and rainbow chard grown by the agriculture students at Gympie High - it doesn't come more local or fresher than that!

Gayndah citrus such as their oranges and mandarins are high in vitamin C so



Sandra Groundwater from Gingers on Horseshoe with fresh honey, ginger and lemon - all proven flu fighters.

they're proven flu fighters.

That's just a sample of the vast range of both seasonal and perennial fruits and vegetables, plus Gingers on Horseshoe is a convenience store, stocking essentials like bread, eggs and milk.

Restaurants, cafes and takeaway businesses rely on Gingers for the best produce to help make their dishes shine for taste and quality.

Drop in or call the store to place a pickup order on 5482 4434 or SMS 0437 558 802.

Sanctuary for soul

MAGICALITY is celebrating 20 years of bringing Magic to Mary Street.

Their relaxing environment offers many ways to start or add to your wellbeing toolkit - to make sure you take care of you.

Crystals are used in many ways to assist with emotions and health.

By placing them in your environment, on your body or giving them as a gift to someone you care for, it can all bring wonderful spiritual and holistic benefits. Books can also assist in learning more about what crystals may work best for you.

If in doubt, Di from Magicality is more than happy to guide your selection with her many years of knowledge from working with crystals. Magicality carries a full range of doTerra essential oils, as well as many products to use with your oils such as roller bottles, books and diffusers. There is also a massive range of journals, books, oracle cards, tarot cards and affirmation cards sold at RRP and if the store doesn't have it in stock, the wonderful staff will try their best to get it for you.

Smudging sprays and herbs, as well as singing bowls, are used to



Di Woodstock from Magicality.

clear and refresh spaces and people. It's especially useful when moving into a new environment or for cleansing "icky" energy.

Massage, Reiki, Reflexology, Crystal Healings, Bowen, Australian Bush Flower Essences, Clairvoyant Readings and some classes are available.

For more information, you can visit the website at: www.magicality.com.au, or @magicalitygympie. You can also phone Di on 0419 224 628.

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'Skin-credible' addition

DR Larry Bull of Prevent Skin Cancer Clinic, welcomes Dr Ken Corbett to the team.

Dr Corbett brings with him over 10 years of experience in skin cancer treatment with appointments available within 1 week for both new and existing patients. Dr Corbett joined the team in November 2023 and looks forward to offering the people of Gympie and surrounds a quality skin cancer detection and treatment service.

Bringing a wealth of knowledge and experience to the clinic, Dr Corbett graduated in Medicine from the University of Glasgow, completed an honours degree in Physiology and Sports Science has been performing a wide range of skin cancer medicine and surgery over the past 10 years, gaining his Diplomas in Skin Cancer Medicine and Surgery (2016) and Dermoscopy (2015) through the Skin Cancer College of Australasia.

The clinic was started in 2018 by Dr Larry Bull, who has been practicing in Gympie for over 20 years as a dedicated Skin Cancer Doctor working alongside a friendly, dedicated team who pride themselves on the level of care provided.

In the capable hands of Dr Corbett and Dr Bull, patients can attend the



Dr Ken Corbett.

clinic with confidence knowing both Doctors are accredited members of the Skin Cancer College of Australasia..

Prevent Skin Cancer Clinic offers thorough Skin Cancer examination, Skin

cancer treatment as required, including surgical removal as well as ongoing follow-ups and monitoring as indicated.

The clinic is easily accessible as a private billing clinic with Medicare

rebates processed at the time of the visit.

They also offer Department of Veterans Affairs direct billing for approved patients and a reduced fee for concession card holders.

Premier Skin Cancer Clinic: Your Trusted Partner in Skin Health and Protection

- Prevent Skin Cancer Clinic was established in 2018
- Clinic owned by Dr Larry Bull, who has been practicing in Gympie for over 20 years as a dedicated Skin Cancer Doctor.
- Dr Ken Corbett joined the clinic in November 2023
- Dr Ken Corbett has over 10 years' experience in skin cancer treatment and surgery in Queensland
- Both Doctors are accredited with the Skin Cancer College of Australasia
- Due to Dr Corbett recently joining the practice, we are pleased to be able to provide available appointments within a week for new and existing patients
- Most skin cancers can be treated at the clinic by our experienced Doctors
- Referral is not required.
- Medicare rebate processed at the time of visit

OUR MOTTO:

Thorough examination. Treatment. Follow-up and monitoring

Open Mon - Fri 8.30am to 5pm

📍 2/2-4 Horseshoe Bend, Gympie QLD 4570 | ☎ 5482 4019

✉ info@preventskeincancer.com.au



SKINCANCERCLINIC
— DR LARRY BULL —



This nemesia is an old variety that self-seeds each year, producing swathes of pink to purple flowers.



Dozens of dombeya flowers hang down on long stems.

Winter gardening is great

By **Robyn Bowman**

GARDENING in the Gympie region's winter is a treat.

The cooler drier weather is kind to many plants and gardeners alike.

During the summers, the usual growing season for many plants, there can be some harsh conditions for gardens: heat, humidity, too much rain or not enough rain.

While frost is a killer, winter also brings a break from mowing grass and tending garden edges.

Winter rain events always result in a burst of germination, most annoyingly of weeds in garden beds and lawns, at least during winter it's not too hot to do the weeding.

A walk around Gympie gardens reveals productive vegetable patches, loaded citrus trees and plenty of flowers.

Winter flowers with the right mix of nectar and pollen help feed bees during what can be a tough time for native and honey bees.

Bees are madly foraging in salvias, allysum, erimophila, dombeya and nasturtiums now, in the middle of winter.

Flowering trees appeal to Australian Stingless Bees throughout the year but there is a bit of a lull at this time of the year.

One exception is corduroy tamarind (*Mischarytera lautereriana*), not a tamarind at all but its tiny flowers are very attractive to our equally tiny native bees.

Nemesia seeds from last season germinate readily, grow rapidly and bloom happily during winter.

Look for the old varieties, not one of the modern hybrids which have bigger more variegated flowers.

The reward for its old-fashioned simplicity is that it self-seeds, seedlings transplant easily and can be cut back to reinvigorate the plant during its long flowering season.

Pentas shrubs don't like frost but ones



Flame vine flowers during Gympie winters. It is a hardy vigorous plant renowned for tolerating drought, frost and neglect.

growing in protected areas are flowering now.

Rosemary, both upright and prostrate varieties, is also flowering now.

Prostrate rosemary grows successfully on the top of retaining walls where it can tumble over the side.

It loves winter when conditions are more like those in the Mediterranean.

Rondeletia and the tea olive tree (*Osmanthus fragrans*) are also flowering

at the moment.

Both have clusters of small flowers with a delicate perfume.

Tea olive is exotic, tolerates frost and can be used as a hedge plant.

You can plant dombeya (*D. cayeuxii*) in a semi-shady area.

In winter, it's flowers are splendid.

Nursery notes claim that the seeds are sterile; that's a good thing because dombeya sets a lot of seeds.

Petunias, especially the tough happitunia bubblegum, and erimophilas are also worth growing for their flowers during our cool season.

Violas and Pansies are just coming into flower too and, from what's available in local nurseries, it's time to plant calendulas, marigolds, delphiniums, statice, primula and snapdragons for flowers in about six weeks.

There is plenty of colour in our wintry gardens from deciduous trees, tropical leaves and annual flowers.

Most of our deciduous trees, the ones that put on a show of autumn colour, are from temperate areas.

Maples and some ornamental fruit trees are the standouts.

Liquidamber (*Liquidamber styraciflua*) is one of the few trees that give a good display of autumn colour in the tropics.

Common in Gympie region, crepe myrtle (*Lagerstroemia indica*) is deciduous and some of them put on a good show of autumn colour before dropping their leaves.

These leaves contain a few valuable chemicals.

The process of closing down leaves in autumn and winter is about the plant stopping photosynthesis and trying to reclaim as many useful chemicals as possible.

The production of chlorophyll, the chemical which makes leaves green, slows down and other chemicals which make leaves yellow, orange, red or purple are revealed.

We can see this change of colour in stems as well as leaves.

Carotenoids cause orange colour, flavonols cause yellow and anthocyanins cause red, blue and black.

Some plants have such an abundance of one pigment that they're never totally green.

Cooper Beech is a popular tree that has brown or purple leaves.



Geraniums and violas in an old shallow wooden animal feed trough.

Looking around our region, the red colour of new growth on tropical trees is more prevalent than traditional autumn colour on deciduous trees.

Eumundi quandongs, lilly pillies, deep yellow-wood (*Rhodosphaera rhodantha*), and hapulia pendula have lovely red or pink flushes of new growth, probably because of recent rain rather than a warm growing season.

New leaves have low toughness and possibly high protein so are particularly appealing to herbivores.

The red colour of new growth is year-round and a common theory is that red leaves confuse and deter the critters that munch on soft new growth.

New growth has high amounts of tannin and other chemicals which deter munchers but nevertheless red, pale or limp leaves might help to confuse herbivores.

Cheerful poinsettias are also flowering naturally now.

It is their bracts which produce the colour, usually the bright red that we associate with Christmas.

Originating in the Central Americas, Poinsettias respond to changes in the amount of light available.

They naturally show their colour in winter, with its short days, hence the association with European Christmas time.

Poinsettias on sale in our summer have been artificially forced to flower in greenhouses.

To induce bright bracts in the year after your purchase, ensure the plant has total darkness for about 12 hours about eight weeks before you want to have the colour.

During the day, they need bright light.

Even a streetlight, indoor lamp or solar garden light is said to disrupt poinsettias' need for darkness.

Coloured-leaf plants such as bromeliads, begonias and crotons continue to look great if they're out of the frost.

Lots of annuals are also thriving, such as nasturtiums, zinnias, salvias, petunias and more.



Corduroy tamarind is an attractive native tree with sprays of tiny flowers. It is worth growing in a large garden to provide food for native bees during winter.



This crimson salvia grows about 2m high with sprawling canes and flowers that bloom throughout winter. Honeybees and honeyeaters love the nectar even from the flowers which fall to the ground every day.



This splendid maple (*Acer*) had already put on its autumn colour back in March in the Hunter Valley in NSW.



The process of losing green chlorophyll is gradual. This tree has all three colours at the same time.



Gympie region jacarandas are losing their chlorophyll, turning yellow before losing all their leaves.



Blueberry ash (*Elaeocarpus reticulatus*) like all quandongs takes back the chlorophyll in its old leaves. They turn red just before falling off.



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PART of living well is taking the time to relax and enjoy the world around you.

Self-reflection and personal growth are vital parts of achieving a balanced,

fulfilling life and looking after your well-being.

By immersing yourself into forms of entertainment such as podcasts and books, the chance to escape and

unwind is presented by the fictional worlds or interesting stories shared through these mediums.

From tales of history, magic to well-spun webs of mystery served by

books to the relaxing, informative and personal growth tips that podcasts can offer, here are a couple to get you started on your trip of relaxation or self-progression.



The Diary Of A Ceo

THE DIARY OF A CEO WITH STEVEN BARTLETT

Join Steven Bartlett in a podcast with the simple mission of providing an unfiltered journey into the remarkable stories and untold dimensions of the world's most influential people, experts and thinkers.



The Imperfects

THE IMPERFECTS

On this podcast, founder of The Resilience Project Hugh van Cuylenburg, his good friend Ryan Shelton, and only one of their brothers, Josh van Cuylenburg, talks to a variety of interesting people who vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.



The Missing Campers Trial

THE MISSING CAMPERS TRIAL

The Missing Campers Trial follows the case of Russell Hill and Carol Clay, and the man accused of murdering them, Gregory Lynn, an accusation he denies.



Trial By Water

TRIAL BY WATER

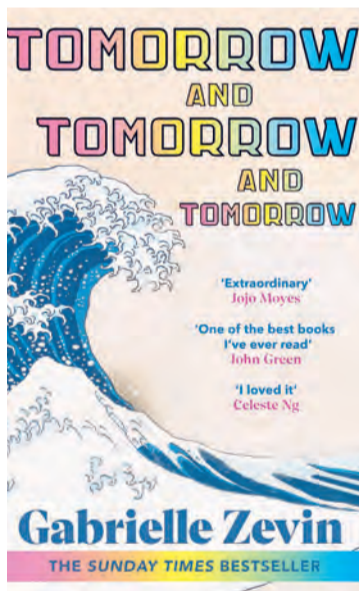
From The Age and Sydney Morning Herald, Trial by Water is an investigative podcast series about Robert Farquharson, who has been locked up for decades for an unthinkable crime: murdering his three sons in a dam on Father's Day, 2005.



Bronwyn

BRONWYN

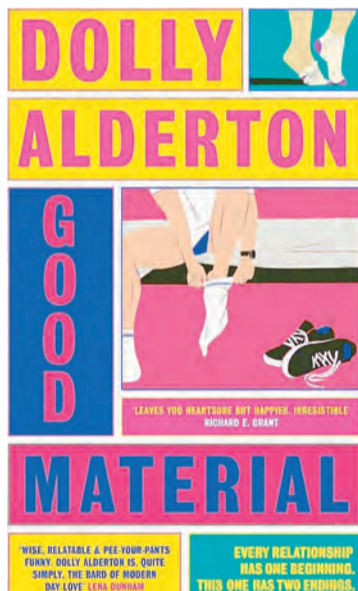
Join The Teacher's Pet creator Hedley Thomas returns with a new podcast investigation for The Australian of Bronwyn Winfield who disappeared 31 years ago from the idyllic surf town of Lennox Head.



Tomorrow And Tomorrow And Tomorrow

TOMORROW, AND TOMORROW, AND TOMORROW

Stylish and open-hearted, this is a very different kind of love story, elevated and energised by being set in the world of creativity and video gaming. This is the story of Sam and Sadie. It's not a romance, but it is about love.

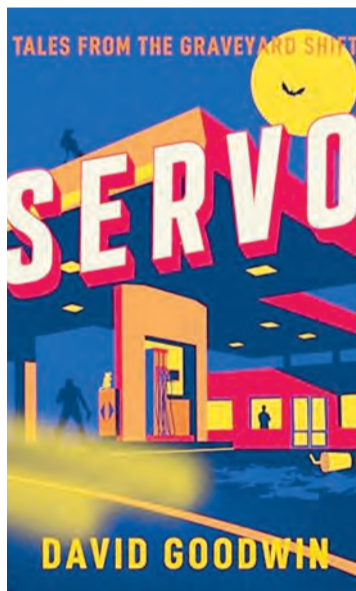


Good Material

GOOD MATERIAL

From the bestselling author of Ghosts and Everything I Know About Love - a sharply funny, beautifully observed and exquisitely relatable story of heartbreak and friendship, and how to survive both.

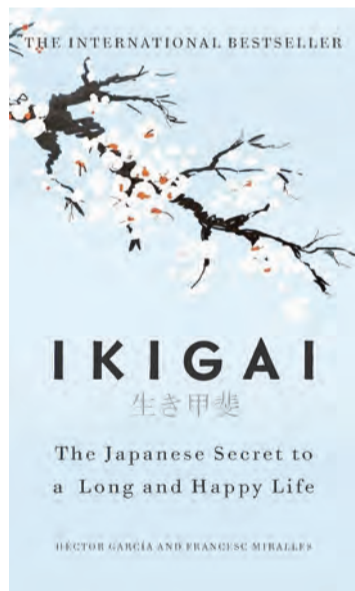
Every relationship has one beginning. This one has two endings.



Servo: Tales From The Graveyard Shift

SERVO: TALES FROM THE GRAVEYARD SHIFT

An odyssey of drive-offs, spiked slurpees, stale sausage rolls and sleep-deprived madness.

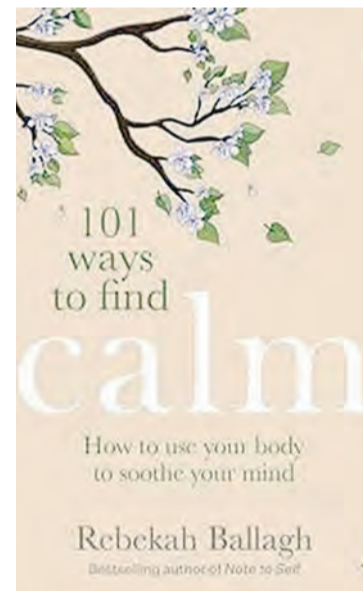


Ikigai

IKIGAI

Discover the Japanese secret to a long and happy life with the internationally bestselling guide to ikigai.

The people of Japan believe that everyone has an ikigai - a reason to jump out of bed each morning. And according to the residents of the Japanese island of Okinawa - the world's longest-living people - finding it is the key to a longer and more fulfilled life.



101 Ways To Find Calm

101 WAYS TO FIND CALM

Simple, powerful tools for everyday resilience from Rebekah Ballagh, bestselling author of Note to Self.



Headliner Morgan Evans rocking the 2023 Gympie Music Muster last year.

What's on in the region

MARY VALLEY ART FESTIVAL

HELD in July each year this festival celebrates the art and artists of the Mary Valley region.

With a total prize pool worth more than \$11,500 the competition attracts artists from right across the region and even from the Sunshine Coast.

This year the event will be held in the Imbil Public Hall and will run over four days, 25-28 July, and in addition to a glittering opening night celebration on the Friday, there will be a bush poetry day on Saturday and a People's Choice Awards on Sunday.

The exhibition is open from 10am-4pm daily from Thursday 25 to Sunday 28 July and entry costs \$5 per day.

The Opening Night celebration starts at 6pm at the Imbil Public Hall on Friday, 26 July and costs \$20.

The People's Choice Award will be held at 3pm on Sunday, 28 July.

HEART OF GOLD FESTIVAL

Every year Gympie comes alive with film lovers from far and wide to celebrate short films that are uplifting, heartwarming and inspirational during Queensland's biggest short film festival, Heart of Gold International Short Film Festival.

Held over two days, the festival will take place between 27-29 September.

Heart of Gold programs carefully-crafted short films from around the world that deeply resonate with all types of audiences.

The two-day program includes up to



A busy night for the opening and award presentations at the Imbil Public Hall for last year's Mary Valley Art Festival.

20 sessions of shorts from all genres that best capture Heart of Gold's vision to screen films that are heart-warming, thought-provoking and entertaining.

Films can be edgy, they can be groundbreaking, and they can be downright hilarious – as long as they beat with a good, strong heart.

Selected shorts compete for a range of jury awards, which this year include but are not limited to: Best Short Film, Best Australian Short Film, Best Student Short Film, alongside many craft awards.

With films from renowned

international festivals such as Cannes, Sundance, Berlinale and Venice, past winners of the Heart of Gold Best Short Film award include James Lucas and Mat Kirkby for *The Phone Call* (2014) and Lucy Gaffy for *Dream Baby* (2016), who went on to win an Academy Award and an AACTA respectively.

Head along for two immersive days of brilliant short films, live music, talks, workshops, panels, parties and more at UniSC Gympie.

GYMPIE MUSIC MUSTER

With more than 100 artists, performing in 6 venues, over 4 days, the Gympie



The Heart of Gold International Short Film Festival.

Music Muster is Australia's original and best camping and music experience.

Staged deep within the natural surrounds of the Amamoor State Forest, the Muster showcases a mix of country, roots, blues, folk and rock music as well as workshops, bush poets, Gympie Mazda Kid's Club, and more.

This year's line-up of artists includes Beccy Cole, Graeme Connors, Shannon Noll, James Blundell, Andrew Swift, Dragon, Australian Idol runner-up Denvah, Casey Barnes, and Brad Cox to name but a few.

The Muster kicks off in earnest from Thursday 22 to Sunday 25 August, however, there is often a Pre-Muster Party that starts the weekend before onsite, and a Mary Street party in the weeks leading up.



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