

LivingWell

WINTER 2023

GympieToday

SKATE LIKE A GIRL
For fun, fitness and
wellbeing

WINTER WINNER
Hearty hash using
bush tucker

DECORATED DELICACIES
Top tips from
one of the best





Respite and short-break carers needed in Gympie



12613554-FC2723

Start your fostering journey
youbeyou.org.au



Healthy mind, body and soul

By Sarah Assink

YOU know what they say, 'health is wealth', and boy are we lucky to live in a region that is bursting with local produce and passionate members of the community who offer so many different forms of healthcare.

It's quite clear that many local businesses in Gympie truly care about the health of the community.

And because every individual person in the region has such different health

needs, we've put together this magazine in the hopes of highlighting different services that can hopefully meet them.

For the third edition of Gympie Today's lifestyle magazine, you can find out many ways to look after your mind, body and soul. As you flip through the pages, you'll see everything from locals dedicated to providing you with the best services, to colourful and hearty recipes made to soothe the soul.

You'll read about the best cosy reads to curl up on the couch and nourish

your mind, and healthy hobbies to optimise your happiness.

Whether you're looking to get crafty, move your body or stimulate your mind - we've included a bit of everything for you.

We've really enjoyed getting to know the people of our region who are so passionate about the health and wellbeing of others, and we hope you'll enjoy reading our magazine just as much as we enjoyed putting it together.



LivingWell

GympieToday

Editorial

Donna Jones Journalist
donna.jones@gympietoday.com.au

Sarah Assink Journalist
sarah.assink@gympietoday.com.au

Chantelle Bozicevic
chantelle.bozicevic@gympietoday.com.au

Photography
Shane Zahner

Advertising
Andrew Guiver
andrew.guiver@gympietoday.com.au

Caroline Vielle
caroline.vielle@gympietoday.com.au

Published by Gympie Today Pty Ltd ACN 642 169 891. **Publisher Damian Morgan.**
All material is copyright to Gympie Today Pty Ltd. All significant errors will be corrected as soon as possible. Distribution numbers, areas and coverage are estimates only. For our terms and conditions please visit GympieToday.com.au/terms-and-conditions/.



Front cover.

Picture: Jekka Shearer

CONTENTS

Skate Like A Girl
PAGES 4-5

Craft Quadrant
PAGES 6-7

Decorating Dynamo
PAGE 8

Gympie Medical Transport
PAGE 10

Healthy and Hearty
PAGE 12

Gympie Specialist Clinic
PAGE 13

Health
PAGE 14

Wellness
PAGE 15

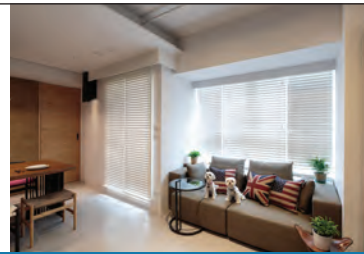
Wellbeing
PAGE 16

Saving your smile
PAGE 16

Eventful Winter
PAGE 17

Bunya Nut Soup
PAGE 18

Expand your Mind
PAGE 19



WE SERVICE THE GYMPIE REGION AND ALL SURROUNDS

- Blinds for Inside • Verishades and S-Fold Curtains
- Roller Roman Vertical & Venetian Blinds • Polymer and Timber Shutters
- Concertina and Retractable Screens
- Awnings for Outside • Aluminium Shutters • Storm Shutters
- Adjustable Aluminium Louvers • Zip Screens • Zip Tracks
- Aluminium and Canvas Awnings • Full Screen Enclosures

Panther Protect Security Doors & Screens



PANTHER
P R O T E C T
smarter, stronger, safer.

A lifetime workmanship warranty on all installed products.

16 Reef Street, Gympie **Phone 5481 2846**
www.screensandblindsgympie.com.au info@screensandblindsgympie.com.au



The Skate Like A Girl collective is changing the lives of women in the Gympie region for the better!
Pictures: Jekka Shearer www.naturallyjek.com



Rediscovering the joy of play: Skate Like A Girl

By **Chantelle Bozicevic**

IN a world where responsibilities and pressures can weigh us down, Skate Like A Girl is providing a refreshing escape for women in the Gympie region. This empowering initiative spearheaded by Ash Tanner and Jekka Shearer, both homeschooling mums

with a passion for physical and mental well-being, is transforming lives through the joy of skating.

Jekka Shearer's journey with Skate Like A Girl began when she joined the group on the Sunshine Coast. Recognising the immense benefits this inclusive community brought to her own life, she yearned to create a similar

space closer to home. She gathered friends and together they embarked on an exhilarating adventure.

"I got my girl tribe on board, and about six of us started skating together," shared Jekka. Inspired by the incredible experience, Jekka's vision expanded beyond her immediate circle. She knew that Skate Like A Girl had to become accessible to women all over the Gympie region.

Every Tuesday morning, the vibrant Skate Like A Girl collective assembles. The sessions provide an opportunity for women of all skill levels to explore the exhilarating world of skating. Whether on scooters, skateboards, or rollerblades, participants come together to support, uplift, and inspire one another.

"What we've created is not competitive; it's about having fun, being creative, and helping each other through it. We want to make everyone feel safe and included," emphasised Jekka.

The impact of Skate Like A Girl extends far beyond the physical aspect of skateboarding. Attendees have been overwhelmed by the newfound sense of empowerment and connection fostered within the collective. Jekka explained how the supportive environment allows women to test their skills and embrace new challenges with confidence.

"One thing it provides is a safe place for women to feel like they can trial skills

and do something new. Another one is community and network.

"We're finding friends through it; we're feeling empowered through it."

The mental health benefits of Skate Like A Girl are evident in the stories shared by participants. Engaging in skateboarding enables individuals to be present. Jekka says the concentration required for executing skills helps center the mind while providing an invigorating rush.

"You've got to be really calm, breathing... It creates a connection between your physical and mental state."

The impact of Skate Like A Girl on mental well-being extends beyond the skatepark. Through photography, Jekka captures the unique essence of each participant, turning moments of play into lasting memories. Several attendees shared how the deliberate act of dressing up for these sessions adds a sense of intentionality and camaraderie to the experience.

"It makes you really feel like you're a part of something," said Jekka.

Skate Like A Girl provides a gateway for women to rediscover the importance of play in their lives. In a society burdened with responsibilities, these sessions offer a precious opportunity to switch off from the weight of the world and embrace the carefree spirit of childhood.

Ethical - Local - Handmade
Hidden Bird Homewares is a new homeware boutique right here in Gympie.

We have a range of:

- Timber furniture
- Timber toys
- Books
- Homewares
- Candles
- Jewellery and so much more

Opening hours:

Thursday & Friday 8:30am - 5:30pm

Saturday 8:30am - 12pm

1-14 Shanks St. Gympie 4570

PH 0447 978 194

Email: hiddenbirdhomewares@hotmail.com





"You feel like you get permission to play again, and playing is really a great thing.

"As adults, we forget that. We get all the responsibility, the weight of the world, and you can just, for the morning, switch that off, become a kid again, and play. It's so great," expressed Jekka.

The response to Skate Like A Girl in Gympie has been overwhelming. Each week, new participants join, often stepping onto a skateboard for the very first time. The growing attendance is a



testament to the impact this collective has had on the lives of women in the community.

Skate Like A Girl is not merely about skateboarding; it's a catalyst for personal growth, fostering connections, and nurturing mental well-being. To keep up to date with the Skate Like a Girl collective and maybe even give it a go yourself, make sure to follow them on Facebook and Instagram! By empowering women to embrace the skateboard, Jekka Shearer and Ash Tanner are inspiring Gympie residents to live well, one ollie at a time.



Not all banks offer 100% offset on their home loans.

We're not all banks.

Our Complete Home Loan offers 100% offset on fixed and variable home loans. Which means you could own your home sooner.

Find out more. Search Bendigo Bank home loans.

 **Community Bank Gympie 5481 1787**



12613009-827-23



Terms and conditions, fees, charges and lending criteria apply. All information including interest rate is subject to change without notice. Full details available on application.. Full offset facility is available for Bendigo Complete Home Loan for both fixed and variable loans. Offset facility can only be linked to one loan at any one time. A maximum of 6 offset facilities can be linked per loan account. Linked offset facility must be in same customer name/number. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit Licence 237879. (1728832-1767000) OUT_26772675, 10/11/2022

Crafty quadrant strengthening community

By Donna Jones

THERE'S a single block in Gympie, just 100 metres long and wide, that is helping to strengthen the community through the shared engagement of craft.

The Maker's Corner, The Little Shop for Yarners are both located on Chapple Lane and Gympie Patchwork is just around the corner on Ray Street.

All are a mecca for people interested in crafting.

The Maker's Corner, owned and operated by Sarah Taylor, is more than just a shop full of fabric and sewing supplies.

Technically located in Berrie Street (on the corner of Chapple Lane), Sarah says the store is a chance for the Gympie community to invest back into their own community.

"I have a real responsibility to make this so much more than just a business.

"All this creativity can grow into a form of political activism," she said.

"It forces you into a type of radical self-love, because when you make your own clothes, you fall in love with your own body."

She said The Maker's Corner is predominantly designed to be a gathering place, and that's where the workshop space and classes will come into it.

Sarah said that by investing in creativity, it halts the progression of fast fashion and helps people to create garments that have meaning, that last, and most importantly, inject money back into the local community rather than sending it overseas to the billionaire owners of sweat shops so they can continue to extort the workforce.

"When you spend that money with me, I use it at the local store to buy produce, and then they use it to

Sarah says she likes to source end line dress making fabrics to "save them from being burned or end up in landfill," and making them an affordable product. She also runs creative



Kris Janke and Debra Cook from the Little Shop for Yarners.

workshops into things like dyeing fabrics using natural methods, beginners sewing, leather sandal making, knitting and more.

She has also taken to stocking items made by local artisans and 'has created a corner for another of the businesses on Chapple Lane that are open at select time, the Little Shop for Yarners.

The Little Shop for Yarners is located at 5a Chapple Lane and is owned and run by Kris Janke and Debra Cook.

Kris said she and Deb met through a shared love of art, at the Gympie Regional Gallery at which the pair collaborated on an exhibition.

Kris said they started the "ball rolling", pun intended, in 2021 when the opportunity to buy stock from a yarn store that was closing down presented itself.

They set the store up as an online business, but decided they needed a store front and warehouse type of

arrangement to store their goods.

That's when the Little Shop for Yarners space on Chapple Lane was set up.

"We didn't really start out to set up a store, it just ended up that way - it's been a very organic process," Kris said.

The store opens on the second Wednesday of the month and the third Saturday, but people can visit by appointment through their Facebook page.

For all your Fabrics, Quilting needs, Pattern (bags and Quilts)

Sewing machine & overlockers

Repair man comes 3rd Friday of each month



Visit **Gympie**
PATCHWORK
2 Ray Street, Gympie
0408 441 922





Ann Weller from Gympie Patchwork.

And now, with some of their lines available on consignment at Sarah's The Maker's Corner, there is even more flexibility for their regulars.

But new people are discovering the group all the time, said Kris.

Many would think that wool, yarn and knitting and crochet supplies don't really offer a lot of variety, but they would be wrong.

"With one range we've got about 120 colours, all made from pure European cotton."



Sarah Taylor from The Maker's Corner.

They also stock a small range of fibre art pieces from a former Gympie artist and members from the Gympie Spinners and Weavers group who often pop by.

Kris said they have one blend which is made from New Zealand possum fur, wool and silk.

"We're addicted to the good stuff," she said.

Kris said she and Deb love being involved in an industry that has such diversity and is proud to be part of the craft quadrant and said whether people

buy from them, Sarah, or Ann Weller up at Gympie Patchwork, they are helping to keep money here in the Gympie community.

And the three stores communicate between them, to help their customers get exactly what they want, whether it be knitting and crochet, dress making or quilting supplies, which is Ann's forte.

Ann and husband David have been in the street the longest, with Ann's labour of love running Gympie Patchwork at 2 Ray Street for more than five years.

"Quilting is very relaxing," Ann said. "It's very good for you."

"You get this marvellous sense of achievement. It's very rewarding to start with raw fabric and then end up with a quilt."

With winter well and truly upon us, quilting is a skill anyone can take up, Ann said.

"It's all straight stitching," she assured.

What's more, there are classes available at the store for beginners, up to intermediate and even on to advanced.

And with the tremendous range of fabric available, and everything you need at your fingertips, making your own heirloom keepsake has never been easier.

"We've got everything right here, fabric, threads, patterns, backing, wadding - we even carry a range of sewing machines which we sell on consignment from Morgan Sewing and Embroidery Centre in Hervey Bay," she said.

Plus, they have a sewing machine mechanic visit the store every month to service your machine if it's getting lots of use from all the quilt sewing you've been doing.

Between them, these three stores have all you need to get into fabric and fibre crafting and they are wonderful places to meet like minded people.

Look out for them all on Facebook, or pop into visit to check out their different ranges and products.

LITTLE SHOP for YARNERS

It's time to get HOOKED

5a Chapple Lane Gympie

- Wide range of European cottons & cotton blends
- Hand dyed yarns by Australian indie dyers
- Tools & accessories for knitting, crochet & amigurumi
- Workshops

Yarn & Colors • Fiori • Ricorumi Chardyglen Designs • Lang Yarns Sirdar • DMC • KnitPro • Clover

littleshopforyarners.com.au
[f](#) [o](#) [@littleshopforyarners](#)

OPEN FOR SQUISHNESS

online 24/7
2nd Wednesday of the month, 4pm - 8pm
3rd Saturday of the month, 10am - 4pm
& by appointment

12610540-AP27-23

THE MAKER'S CORNER

FABRIC | FIBRE | CREATIVE WORKSHOPS

FIND US FOR:

Dress Making Fabric • Quilting Cotton • Haberdashery

CREATIVE WORKSHOP – STARTING IN JULY

Sewing workshops • Natural skin Care
Natural dyeing • Knitting workshops

FIND US ON

[11 Berrie Street, Gympie](#)
[0402 973 096](#)
info@themakerscorner.com.au

[f](#) MakersCornerGympie
[o](#) the_makers_corner

12610538-4C27-23



Bursting with colour

By Jade Kettlewell

Ingredients

- Two cakes of your choice trimmed with a flat surface (no domes)
- 1kg soft icing sugar
- 500g of butter softened to room temp
- 1tbsp of milk at room temp
- 1 tsp of vanilla essence
- Gel food colouring
- Sprinkles
- Disposable piping bags
- Star piping nozzle
- Palette knife and/or cake scraper
- Plate or cake board to assemble

Method

1. Using an electric mixer beat the butter until pale and creamy (approx 5-7 mins) scraping the bowl down at least twice
2. Slowly add in your icing sugar a spoonful at a time while beating your butter
3. Add in your vanilla essence and milk- beat until combines
4. Colour 3/4 of the mixture with your main colour (blue) and the rest for your decorative piping (pink)
5. Fill the piping bag with the star nozzle, cutting the tip of the bag to size first, for the pink buttercream
6. Layer your cake on your board/plate with icing in between layers and use your palette knife or cake scraper to smooth buttercream around the cake - refrigerate for 30mins - 1hr
7. Decorate with sprinkles! I added more to the bottom with the back of a spoon and then placed them around the rest of the cake
8. Pipe your pink swirls on top and add some more sprinkles
9. Enjoy!

Baking has always been a fun activity to do with my mum and grandma since I was little! I love decorating cakes for people, not only is it such a fun creative activity, but I love gifting my friends and family special cakes that I've made. If you're just starting out and want to learn, this is a great recipe to try! If you need any more cake inspiration, you can find me on Instagram at: jade__bakes



A delicious and colourful treat!

Pictures: Jade Kettlewell



Jade Kettlewell.





MICSTAR Homes

Backed by over two decades of experience, we know a thing or two about building your dream home



“Excellent Honest Builder”
Kayne Turner

“Had the very great pleasure of working with Micstar Homes and Mick Lovett on our rural build in Glenwood. What an excellent experience from start to finish and an all round brilliant home at the end of it. Quality work, attention to detail and so easy to work with. I'm looking at another house build with Mick and the team now, so good was the first one. Highly recommended - an honest and top builder.”
Paraic O'Ceallaigh

INDEPENDENT BUILDERS NETWORK
Your Home - Your Builder

Independent Builders Network (IBN) is a professional network of local builders, working together to offer home builders a higher quality, more personal & better value for money service, than the impersonal volume project builders. Our expanding national network of builders, offer home builders certainty, when it comes to a brand they can trust.



Meet Mick Lovett

Choosing the right person to build your dream home is a big decision. Mick knows this and is happy to guide you through every step of the process. You will find Mick is likable and trustworthy. Not only is he a great bloke but he is an exceptional builder - just ask his previous clients! High quality finishes and exceptional attention to detail set Mick apart from his competitors. Mick has been a Queensland Master Builder for over 20 years and most importantly he lives, employs and buys locally, so your hard earned dollars stay right here in the Gympie community.

Phone Mick:
0409 224746

House and Land Sales
Daniel Isaac: 07 5489 8033

www.micstarhomes.com.au

Volunteers making a difference

GYMPIE Medical Transport (GMT) was established in 2020 by a dedicated group of volunteers wanting to assist those in the Gympie community without access to medical transport as part of an assistance package.

In January 2021, our first vehicle was on the road, and now, due to high demand, we welcomed our fourth vehicle in May.

Run entirely by volunteers, GMT is thrilled to offer a personalised, safe, reliable, and cost-effective door to door service to residents of our community with non-urgent medical conditions and who require access to hospital and specialist services.

Without our newly established offering, those who didn't fall under the NDIS, Department of Veterans' Affairs or other Community Health Schemes, had to rely on public transport, family and friends or taxis to get to important medical appointments.

It's our aim to offer our clients peace of mind in knowing they will get to appointments on time and without any undue stress. In addition, knowing there is an ongoing, reliable solution available may alleviate concerns about relocating to be closer to medical facilities.

From Hervey Bay to Brisbane, and all



GMT's aim is to offer clients peace of mind in knowing they will get to appointments on time and without any undue stress.

points in between, we offer clients a completely dedicated, full service, one-on-one solution, meaning one car is provided with one driver, for one client only (and a carer if required).

We collect the client from their home, take them to their appointment, wait in the area until the appointment ends and take them safely home.

GMT does charge an affordable administrative fee; however, clients can claim this via the Queensland Health Patient Travel Scheme Subsidy.

We are looking forward to expanding our service so we can assist more and more people within our local community.

If you are a resident of the Gympie Regional Council and require transport services for your medical appointments not offered within the Gympie region, we can help.

If you'd like to learn more or have any questions, please phone the office during office hours, Monday to Friday, 8am to 12.30pm.

Need **TRANSPORT** for **Medical Appointments?**

Personalised Transport Door to Door

We offer transport service to non-urgent Medical appointment for residents of the Gympie Regional Council Area.

Travelling to:

- Brisbane Area • Sunshine Coast
- Cooroy • Nambour
- Buderim • Caloundra
- Hervey Bay

Fees Apply - Booking Essential



A community Organisation operated solely by volunteers
 Contact us on: P: 5371 9823 M: 0492 980 083
 E: info@gympiemedicaltransport.org.au
 A: 64 Mellor St, Gympie



**Come and visit us at Cooloola Coast General Practice
for all your health needs.
Exciting news coming soon!**

cooloola coast
general practice



3 LOCATIONS

Cooloola Cove

46 Queen Elizabeth Drive,
Cooloola Cove

Rainbow Beach

10 Ilmenite Avenue,
Rainbow Beach

Tin Can Bay

5 Dolphin Avenue,
Tin Can Bay

Book your Flu injection and Covid Boosters

- Care Plans
- Lung Function Test
- Health Assessment
- Wound Care
- Diabetic Reviews
- Minor Operations
- Childhood Immunisations

**Transitioning to mixed billing
1 July 2023**

Check out our Social Media Page Cooloola Coast General Practice
for opening times

Easy booking via website www.cooloolacoastgp.com.au

or phone 5486 4600

Cooloola Coast General Practice
Caring for our community

Healthy, local and in season

WINTER is the perfect opportunity to start exploring some fresh, hearty vegetables that are grown and sold right here in the Gympie region.

There is plenty of produce grown throughout the cooler months such as pumpkins, tomatoes, mushrooms, beans, squash and everybody's favourite – avocados.

Sandra Groundwater from Gingers on Horseshoe says winter vegetables offer the perfect opportunity to explore meals that not only taste good, but will keep the whole family's belly full and warm throughout the cooler months.

Squash and mushrooms, cauliflower and leeks can be turned into delicious creamy soups.

And don't forget our winter favourite, the classic pumpkin soup garnished by chives or parsley.

If you are looking to purchase some fresh fruit throughout winter, raspberries and bananas are in great supply, or why not stock up on some citrus fruits like , pomelos and oranges which are rich in flu-fighting vitamin C.

Whatever it is you're craving, Sandra and her team from Gingers on Horseshoe are eager to help you find the perfect winter produce grown close to home.



Sandra from Gingers on Horseshoe.

LOCAL SEASONAL PRODUCE IN STORE



Pumpkin, Mushrooms,
Beans, Silverbeet, Avocado, Brussel Sprouts,
Tomatoes, Broccoli, Carrots, Celery, Lime, Navel
Oranges, Mandarins, Lemons, Sweet Potatoes,
Passionfruit, Custard Apple, Cauliflowers, Potatoes,
Lady Finger Bananas, Macadamia Nuts.

Gingers on Horseshoe 5482 4434

Gingers
Farm Fresh Fruit and Vege

Alchemy in Motion

ALCHEMY in Motion has opened a third location at the Gympie Specialist Clinic offering both specialised pelvic health physiotherapy as well as sports and musculoskeletal physiotherapy services.

Zoë Mills (M Clinical Pty: Majoring in Pelvic Health)

Zoë has been a Physiotherapist for almost 20 years, with the past 10 years working solely in pelvic health. She is a women's, men's and pelvic health physiotherapist with experience with a range of conditions. She is particularly interested in educating and being part of the team involved with looking after pregnant and post-natal women. She also has a wealth of experience working with urologists involved in looking after men (and their partners) as they navigate their prostate cancer journey. Zoë is trained in pessary fitting for pelvic organ prolapse and works with other physiotherapists, specialists and GPs for optimal management of prolapse so women can continue to live their best life.

Rebecca Evans (BSc (hons) Pty)

Bec is a dedicated physiotherapist with a special interest in sports and musculoskeletal physiotherapy. Currently pursuing a Master of High Performance Sport, she has accumulated 7 years of experience in



Alchemy in Motion practitioner, Bec Evans is a highly experienced physiotherapist, who is now working with colleague Zoë Mills at the Gympie Specialist Clinic.

this area. Her work has been divided between private practice and working with professional athletes. As the lead physiotherapist for an international rugby union squad for the past 6 years, Bec has gained invaluable expertise in acute injury management and trauma. Bec's role also involves close collaboration with orthopaedic surgeons as she oversees comprehensive rehab programs for patients both before and

after surgery. Her aim is to optimise outcomes and facilitate the best possible recovery for individuals under her care.

Zoë and Bec bring the Alchemy philosophy to the Gympie Specialist Clinic, where no one person is the same. Flexible consultation times allow for thorough, individualised assessment and treatment. At Alchemy there is no 'one size fits all' approach. For best patient outcomes, we involve and



Physiotherapist Zoë Mills conducts a Pelvic exam.

empower our patients while collaborating closely with specialists, GPs and other Allied Health practitioners.

For more information or to book, simply visit our website at www.alchemyinmotion.com.au or alternatively, call our friendly team on 5474 9093. We look forward to being a part of the vibrant Gympie community.



The Home for Medical Specialists in Gympie

With fresh, spacious consulting and examination rooms and state of the art medical facilities, Gympie Specialist Clinic provides the very best in practice standards for clinicians and patients.

- ❖ Cardiology
- ❖ Paediatrician
- ❖ Radiation Oncology
- ❖ Geriatrics
- ❖ Fertility/ IVF
- ❖ General Surgery
- ❖ Gynaecology
- ❖ Pathology
- ❖ Orthopaedics
- ❖ Hypnotherapy
- ❖ Urology
- ❖ Physiotherapy
- ❖ Dermatology
- ❖ Dietetics
- ❖ Bariatric Surgery
- ❖ Psychology
- ❖ Sleep Studies
- ❖ Hand Therapy
- ❖ Vascular Surgery

Please visit our website for visiting consultant schedule and appointments.



Light touch on skin cancer

JUST Skin Treatment Clinic is one of the only private clinics in Australia to offer superficial X-ray therapy; a revolutionary, evidence based non-surgical treatment for non-melanoma skin cancer.

This non-surgical treatment, prescribed by specialist dermatologists or radiation oncologists, uses a sophisticated skin cancer X-ray machine to safely cure non-melanoma skin cancers without the need for cutting or surgery.

With skin cancer affecting two out of three Australians by the time they're 70, having a choice when it comes to treatment options is exceptionally important for the overall health and wellbeing of those impacted.

Non-melanoma skin cancers such as Basal Cell Carcinoma (BCC) and Squamous Cell Carcinoma (SCC) are the most common type of skin cancer.

Superficial X-ray Therapy is an ideal treatment option for these cancers, particularly for those who prefer a non-surgical approach or when surgery is not appropriate.



Superficial X-ray Therapy is an established therapy that meets the strictest of Australian medical safety standards.

It is heavily supported by Medicare, which enables low out of pocket costs.

Due to this Medicare support there is no need for private health insurance.

Superficial X-Ray Therapy is completely non-invasive, meaning no cutting, stitches or surgical scars.

For further information, please contact Just Skin on 5348 9460 or visit justskin.com.au.

Sanctuary for the soul

MAGICALITY is celebrating its nineteenth year of bringing tranquility and a bit of magic to Gympie. Located at 15 Mary Street, the 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.



Di Woodstock from Magicality.

Smudging sprays and herbs, as well as singing bowls, are used to clear and refresh spaces and people. It's especially useful when moving into a new environment or for cleansing "icky" energy.

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



just skin
TREATMENT CLINIC

Where do you go if you're not wrapped in the usual skin cancer treatments?



We know just the spot.

If you have cosmetic concerns, multiple skin cancers to treat or would just prefer not to have surgery, there is an alternative. Just Skin use state-of-the-art technology for specialised, non-surgical treatment of skin cancer. So for a non-invasive alternative, just call Just Skin.



07 5348 9460 | admin@justskin.xestro.com

Maroochydore | Noosa | Gympie | Toowoomba

Medicare rebates available | DVA gold card accepted

justskin.com.au

12604293-HC27-23



Magicality
on Mary



Bring a little magic into your life

**Kama Perfume • Oracle Cards
Singing Bowls • Books & Journals
Crystals • Jewellery • Clothing
Gift Wares**

0419 224 628
15 MARY STREET GYMPIE 4570

www.magicality.com.au

12607506-JC27-23

Award winning locals

GO Vita Gympie Your Health Shop was first known as Goldfields Plaza Health Foods when the doors opened in 1985.

The store was purchased by the Thomas family in 1987 and in 2000 joined a small group of health food stores and changed its name to Go Vita Gympie.

Today it is still a proudly family owned and operated business - one of over 120 stores supported by the Go Vita Australia banner.

Moving to Duke Street in 2016 allowed the opportunity to expand on their product range as well as open a coffee and cake corner for customers to come and relax and enjoy their in-house baked cakes and slices.

Drop in to see their fantastic range of nutritional wholefoods, supplements, organic meats and more, all locally sourced where possible.

Go Vita also stock natural skincare and hair care, environmentally friendly household products and giftware.

They also support a small group of local growers of spray-free, chemical-



Go Vita Gympie staff.

free seasonal fruit and vegetables.

Go Vita Gympie pride themselves on excellent customer service and product knowledge to help you make healthy diet and lifestyle choices.

How else could they have won the 2022 Go Vita Australia Queensland Retailer of the Year Award?

If you haven't visited since the Goldfields Plaza days or are new to town and looking for your local health food store, perhaps it's time to drop in.

Find them at 52 Duke Street.

Two simple steps to save your teeth

ISN'T once enough, why do I have to brush my teeth twice a day?

"As a dental professional I am asked this question almost on a daily basis and my answer remains the same. You must brush twice a day," says Dr Mark Cull, Dentist at Channon Lawrence Dental.

Apart from the sensational feel of running your tongue over your smooth clean teeth, or that your breath is fresher, (kinder for your friends and partner), the answer lies in bacterial communication.

A process known as quorum sensing occurs between bacteria to help each other survive in the most inhospitable places, like between your teeth and around your gums.

As time progresses more and more bacteria bind to the tooth surface forming the layer we call plaque.

By brushing twice daily ensures that the plaque on your teeth never matures to a point where the disease causing bacteria can thrive and therefore you benefit by reducing your overall risk for diseases such as



decay or periodontitis.

The other step is getting your teeth professionally cleaned regularly.

"You still need to visit one of my colleagues or myself at least once or even twice a year, because brushing and flossing doesn't manage to eliminate all of the plaque build-up in those hard to reach spaces between teeth and in your gums.

"This coupled with the fact that some individuals are more at risk for oral diseases means that many other underlying factors may need more specific management," Dr Cull said.

GO VITA

YOUR LOCAL HEALTH SHOP

Go Vita Gympie is your one-stop wellness specialist ...

- Nutritional wholefoods and special dietary products
- Vegan, Keto and Gluten-free options
- Vitamin and herbal supplements
- Protein powders
- Hair, body and skincare products
- Eco-home products
- Naturopath available in store
- **FREE** Go Vita Club Membership

*Don't miss our
Coffee & Cake
Corner*

For personalised health and wellness advice, come and see us at
52 DUKE STREET, GYMPIE
PH: 07 5482 6277

channonlawrence
dental

BLEEDING GUMS OR DECAYED TEETH

**CALL CHANNON LAWRENCE FOR
EFFECTIVE SOLUTIONS TODAY!**

07 5482 7688

WWW.CHANNONLAWRENCEDENTAL.COM.AU

Holistic health approach

RENEE KELSO'S business, Bonnybrooke Body Therapy, is all about helping her patients back on the path to good health.

"Just lately there are a lot of people out there who are emotionally stressed and anxious, a lot of people are out of balance, or just need some time out," she said.

Renee has a number of therapies that can help ease stress and anxiety, depression and physical ailments like arthritis.

She works from her home at Harvey Siding, where she has a therapy room, and conducts Kahuna massage, Bowen therapy, Reiki and Polynesian floor massage treatments, all with the aim of restoring health, balance and harmony to her patients.

"Kahuna is an ancient Hawaiian style of massage with slow, rhythmic movements, it stimulates the lymphatic, circulatory, respiratory and digestive systems, so may be of therapeutic benefit for a variety of disorders, including irritable bowel syndrome, asthma and headaches amongst others. "Bowen offers a difference, and is great for patients to reduce pain by stimulating the nervous system.



Renee Kelso has a number of therapies for people but she can also do Bowen therapy on horses at Bonnybrooke Body Therapy.

"Each session can be from 40 minutes to 2 hours, depending on my patient's needs," Renee said.

While she mainly deals with two legged clients, she can also do Bowen therapy on animals, specialising in horses.

She is also a 100 per cent certified member of the International Institute for Complementary Therapists and is qualified to work within the NDIS.

Renee said she would welcome new participants.

For more information, go to bb-therapy.com.au

Stress less, smile more

SINCE opening their doors in 1995, Dixon Dental continually pride themselves on delivering an unparalleled level of service and quality to all their patients.

At Dixon Dental, they understand a trip to the dentist isn't high on the priority list and, at times, can be daunting.

That's why they've created a warm and welcoming practice, with a friendly and experienced team on hand to ensure a stress free and comfortable experience.

They will take the time to devise a tailored solution to meet your individual needs and talk you through all procedures, making sure you understand exactly what is involved prior to proceeding.

Dr Paul Dixon and Dr Vladimir Dima have extensive backgrounds in dentistry and orthodontics, with over 50 years of combined experience and a level of empathy and sensitivity to ensure your experience is a positive one.

Dixon Dental offer all general dental services, from root-canals, crowns and bridges, to dentures, fillings and cleans.



Paul Dixon and Vladimir Sima.

In addition, Paul delivers outstanding results for orthodontic patients and can help with jaw joint issues and the associated impacts such as headaches and snoring.

You deserve the best from your dentist, so see Dixon Dental at 208 Mary Street, call 5482 2688 or visit dixondental.com.au

FREE YOUR BODY OF ENERGY BLOCKS



DAY SPA

Walk around our horses and cattle property - wander through the bush - meditation - foot spa - piping hot sauna - mineral pool

Human and Horse Therapy

Hands on Therapy

Bowen Therapy

Kahuna Massage



Ph: 0417 919 559
E: renee.kelso@yahoo.com
1274 Harvey Siding Rd, Curra QLD 4570



DENTAL CARE YOU CAN TRUST

RELY ON US FOR ALL YOUR DENTAL NEEDS



DIXON DENTAL

PH: 5482 2688 208 MARY STREET, GYMPIE



Roving performers at last year's Mary River Festival.



The Wolfe Brothers performing at the 2022 Gympie Music Muster.

What's On In The Region

Gympie Music Muster

THE Gympie Music Muster, Australia's original camping and music experience, returns in 2023 with over 100 artists performing across six venues in the Amamoor State Forest.

This iconic event showcases country, roots, blues, folk, and rock music, along with workshops, bush poets, and the Gympie Mazda Kid's Club. Since 1982, the Muster has raised over \$20 million for community groups and charities.

After missing two years, the 2022 Muster saw a triumphant comeback, attracting visitors from across the country.

Don't miss the themed venues, including the Great Northern Muster Club and the outdoor Hill Stage.

This year's lineup features acclaimed artists like The Angels, Busby Marou, Midland, Morgan Evans, and more. Don't miss out this year, it's going to be an unforgettable Gympie Music Muster!

Mary Valley Show

The Mary Valley on Saturday, August 26, 2023, is expected to be a day filled with excitement and celebration. Starting from 8am and going late into the evening, this event is not to be missed. The highlight of the show is the Railway Hotel Imbil's Super All Round Rodeo, showcasing thrilling rides and adrenaline-pumping entertainment.

But that's not all! The Mary Valley Show offers a wide range of activities and attractions, including ring events,

show jumping, stud cattle and poultry sections, woodchop, chainsaw racing, and an impressive pavilion. With so much to see and do, everyone is guaranteed a fantastic time.

This year, the show introduces new additions to enhance the experience. Check out the schedules on their website and start preparing your entries to participate in the various competitions. Stay updated with show announcements by following the Facebook page!

Mary River Festival

Celebrate the beauty of the Mary River at the annual Mary Valley River Festival on July 15th from 9am to 4pm.

Enjoy live music, local markets, delicious food, workshops, a vibrant festival parade, cats claw weaving, and kids' activities.

This event aims to raise awareness of the unique waterway and empower local communities. Immerse yourself in the festival atmosphere, discover local talent at the live music performances, and explore the diverse market stalls.

Engage your creativity with workshops and participate in the festival parade showcasing community projects. Children will love the dedicated activities just for them.

Don't miss this opportunity to connect with your community and learn more about the Mary River catchment. Make sure to get involved for a day of fun, music, and celebration!



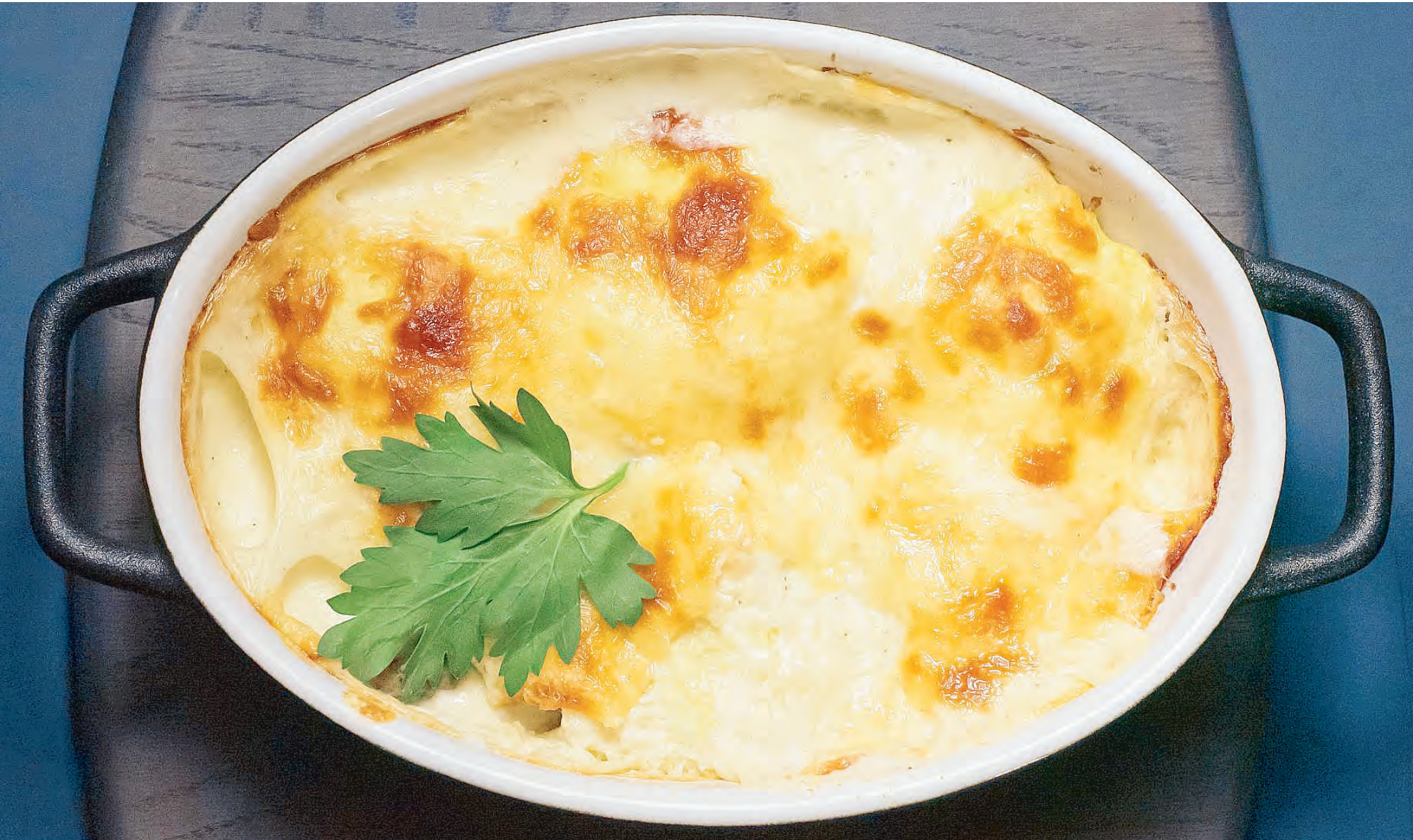
Texan trio Midland is just one of the many big name international artists you can expect to see at this years Gympie Music Muster!

Carpet & Vinyl Specialists

HUGE RANGE VINYL PLANKS, CARPET & SHEET VINYL
FREE MEASURE & QUOTE



20 Reef St, Gympie • 5482 6500
sales@floorzonegympie.com



Bunya Nut Soup

Ingredients
Soup

- 60ml (¼ cup) olive oil
- 1 brown onion, halved, chopped
- 1 garlic clove, crushed
- 2 medium (about 350g) peeled potatoes cut into 2cm cubes
- 400g Bunya nuts, raw
- 2 leeks, pale section only, washed, dried, thinly sliced

- 1.25l (5 cups) vegetable stock
- 125ml (½ cup) thickened cream
- pinch of salt

Damper Lid

- 250g (cup) self-raising flour
- 250g (cup) grated mozzarella
- pinch of salt
- 30g butter chilled
- 60ml water

Method

1. Heat 1 tbsp of the oil in a large saucepan over medium high heat. Add the onion and garlic and cook, stirring, for 3 minutes or until the onion softens. Add the potato and leek and cook, stirring.

2. Add Bunya nuts for 5 minutes or until leek softens.

3. Add the stock and bring to the boil. Reduce heat to medium and gently boil, uncovered, for 20 minutes or until potato and nuts are soft.

4. Remove from heat and set aside for 10 minutes to cool.

5. While the soup is cooling, make the damper lid by combining the flour and salt in a large bowl.

6. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.

7. Add the water to the flour mixture and use a round-bladed knife in a cutting motion to mix until the mixture just comes together, adding 1-2 tablespoons extra water if the mixture is a little dry.
8. Use your hands to bring the mixture together into several little balls then place on a floured surface and flatten slightly and leave to one side for a moment.

9. Transfer one-third of the cooled soup mixture to the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat in two more batches with the remaining soup.

10. Place the soup over medium heat. Add the cream and stir to combine. Cook, stirring, for 5 minutes or until hot.

11. Taste and season with salt.

12. Transfer into a deep baking dish and top with damper rounds, placing each carefully on top of the soup mixture next to one another and sprinkle over fresh grated mozzarella.

13. Bake in a preheated hot oven (200°C) for 20 minutes or until damper is golden brown on top.
- Serve straight from the baking dish at the table, being sure to include some of the damper and cheese topping with each ladle of soup.



Bunya nuts can be sourced locally and the cones can weigh up to 5kg.



Audio & Books

By Chantelle Bozicevic

In today’s fast-paced world, finding moments of relaxation and calm is essential for our well-being. As we strive to achieve a balanced and fulfilling life,

self-reflection and personal growth play a crucial role in our journey. Whether it’s through the pages of a captivating book or the soothing voices of podcast hosts, immersing ourselves in these forms of entertainment can offer a much-needed

escape and a chance to unwind.

From the immersive worlds of fiction that offer an escape from reality to the introspective narratives that encourage self-reflection and provide valuable life lessons, these books and podcasts serve

as a gateway to relaxation, enjoyment, and personal growth. So, sit back, relax, and let these diverse stories and conversations transport you to new realms while guiding you towards self-discovery and living your best life.



She’s On The Money with Victoria Devine.

SHE’S ON THE MONEY
This empowering podcast aims to help women take control of their finances through expert advice and relatable stories, covering topics like budgeting, investing, and financial independence.



On Purpose With Jay Shetty

ON PURPOSE WITH JAY SHETTY
Former monk Jay Shetty hosts this thought-provoking podcast, engaging in meaningful conversations with inspiring guests to explore personal growth, relationships, mindfulness, and finding purpose in a fast-paced world.



Spiraling with Katie Dalebout and Serena Wolf.

SPIRALING
In this candid and compassionate podcast, hosts Katie Dalebout and Serena Wolf discuss topics like anxiety, self-doubt, and personal growth, providing practical advice and tools to help listeners navigate life’s spirals.



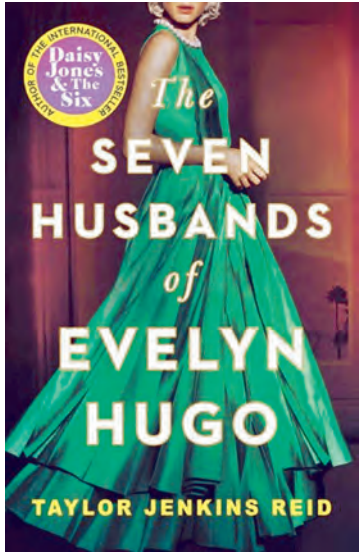
Make Some Noise with Andrea Owen.

MAKE SOME NOISE
Host Andrea Owen celebrates the power of speaking up in this podcast, featuring interviews with inspiring women making a difference. From feminism to mental health and social change, each episode amplifies the voices and stories of those creating positive impact.



Everybody Has A Secret with Annabelle Lee.

EVERYBODY HAS A SECRET
Embark on a captivating journey with Annabelle Lee and a diverse lineup of remarkable guest co-hosts as they dive deep into the untold and thrilling real-life secrets shared by their listeners. From hidden desires to extraordinary experiences, each episode unravels the intriguing stories behind closed doors, creating a space for vulnerability and revelation.



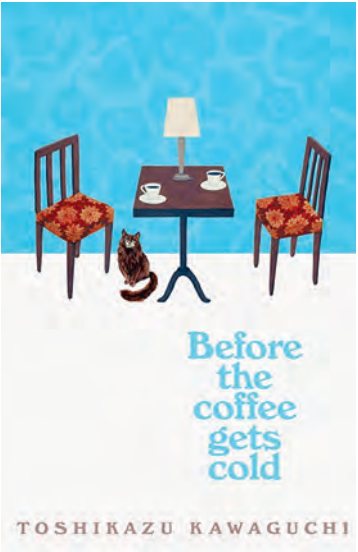
The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid.

THE SEVEN HUSBANDS OF EVELYN HUGO
This gripping novel explores the glamorous life of aging Hollywood icon Evelyn Hugo as she recounts her scandalous love affairs and tumultuous relationships with seven husbands, revealing secrets and personal sacrifices along the way.



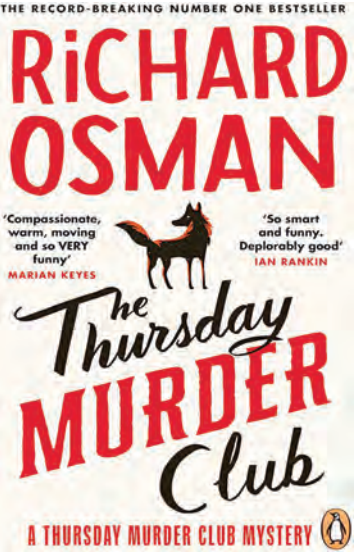
The Happiest Man On Earth by Eddie Jaku.

THE HAPPIEST MAN ON EARTH
Eddie Jaku, a Holocaust survivor, shares his remarkable story of resilience and finding joy amid unimaginable hardship. With wisdom and hope, he imparts valuable life lessons, emphasizing the power of kindness and the importance of cherishing every moment.



Before The Coffee Gets Cold by Toshikazu Kawaguchi.

BEFORE THE COFFEE GETS COLD
Set in a small Tokyo cafe, this enchanting novel explores the mystical power of time travel. Customers are given the chance to travel back in time, but with one crucial limitation—they must return before their coffee gets cold. The story weaves together tales of love, regret, and second chances.



The Thursday Murder Club by Richard Osman.

THE THURSDAY MURDER CLUB
In a peaceful retirement village, a group of four amateur sleuths meet weekly to discuss cold cases. When a real murder takes place on their doorstep, they are determined to crack the case. With wit and charm, this cozy mystery follows their clever investigations and surprising revelations.



The Girl Who Fell From The Sky by Emma Carey.

THE GIRL WHO FELL FROM THE SKY
The poignant story of a young girl who survives a devastating tragedy that claims the lives of her family. As she navigates her identity and grapples with loss, she embarks on a journey of self-discovery and healing. With lyrical prose and sensitive exploration of race, this novel is an extraordinary true story of resilience, courage, hope and finding lightness after the heaviest of landings.



ONE MILE STATE SCHOOL ENROL NOW!

**ESTABLISHED PLAYGROUP
THURSDAYS 9 – 10.30AM**

**SUPPORT FOR INDIVIDUAL
TEACHING**

**EXCELLENCE IN DELIVERY OF
AUSTRALIAN CURRICULUM**

**EARLYACT LEADERSHIP
PROGRAM WITH THE GYMPIE
COOLOOLA ROTARY CLUB**

**SWIMMING POOL,
MULTIPURPOSE COURT**

**POSITIVE BEHAVIOUR FOR
LEARNING SCHOOL**



 **@OneMileStateSchool**

 **onemiless.eq.edu.au**

 **07 5480 2777**

 **admin@onemiless.eq.edu.au**

DISCOVER THE GOLD WITHIN