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Covering Queensland's Sunshine Coast Hinterland



Hinterlandgrapevine Online

Friday January 23rd, 2009

NAME A RESTAURANT!

Sometimes being in a paint shop you can hear some interesting things.

A customer came in the other morning and purchased some paint and the conversation got around to what renovations he was doing.

He is renovating the old "Malcolm's Restaurant" and is launching a Gourmet Cafe - not just any gourmet cafe but one with a real difference.

So what is so interesting about that you might ask!

Well, here is the interesting part.

He is looking to a local to choose a name for the new Gourmet Cafe.

So if you have watched those restaurant television shows where the last man (er person) standing wins the prize and thought you would like to have just a little excitement in your life the here is an opportunity without having to put out all that blood sweat and tears - just pick the name and there it will be.

So have a think about it and who knows - you may be able to tell your friends some day when this that you named that place.

*Send your suggestions to:
409 Mountain View Road,
Maleny. 4552.*

Oh! I nearly forgot. There will be a prize for both the winner and the runner-up.

*Click here to go
to our "Gig Guide"
(Must be connected to
the internet at the time)*

in2Cricket returns

Thirty excited and skilful 3 to 9 year old boys and girls have been participating in the Maleny Red-backs' In2Cricket program.

They have been learning skills, such as batting, bowling and fielding, and utilising these talents in game situations.

Participants have received their gear from Queensland Cricket including shirts, hats, stickers, tickets, posters and more.

For those who are registered, In2Cricket returns Wednesday 28th January starting at 5:30pm and will continue for the next 7 weeks.

For further information contact Greg Corkin on 0427 543 662 or 54 941 437.



Jack about to smash a six

Free Relationship Seminar

Life coach, speaker and author of The Dynamic Couple, Dixon Hammer, will be providing locals who have a passion for relationships with an opportunity to take the quality of their relationship to a 10 out of 10 in a 90 day period and keep it there.

Dixon provides rare insights into how you can bring out the best in yourself and your partner without trying to change them.

You'll also learn how to transform hurt, disappointment and frustration immediately to love and peace and how to grow romance indefinitely.

This 90 minute free seminar will be held at Maleny Library 26th January 6:30-8pm and Beerwah Library 27th January 6:30-8 pm.

For bookings and enquiries phone 5494 3180.

Visit our web site: <http://www.hinterlandgrapevine.com>

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Truthful Jones Tells... the other night when I was speaking to him he stated that he had trouble learning english when he was young.



He said, "There is a two-letter word in English that perhaps has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as being used as an [adv], [prep], [adj], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends and we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car.

At other times the little word has a real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this up is confusing:

A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP. When it rains, it wets UP the earth. When it does not rain for awhile, things dry UP.

One could go on & on, but I'll wrap it UP, for nowmy time is UP, so time to shut UP!

Oh...one more thing:

What is the first thing you do in the morning & the last thing you do at night?

U P

Don't screw up. Send this on to everyone you look up in your address book.

Now I'll shut up"

I know just what he means and I wonder if there is something UP.

Not too late to get a calendar

Christmas has passed and all is getting back into some sort of routine.

All of a sudden you remember that you forgot to send Aunt Jessie a present.

We, The Maleny Rotary Club that is has just the ticket to get you out of trouble.

They still have some of their beautiful 2009 calendars available for sale. Rotarian, Dick Andrews said, "The club printed 3000 calendars for the 2009 year and there are still a few available for those who have missed out."

These calendars also make a great gift for overseas friends as they contain local photographs.

They are selling for just \$5.00 and are available from Maleny Newsagency, Kodak Express,, Maple 3 Coffee restaurant, Bi-Rite Electrical, Maleny Cheese and Montville Village Newsagency.

Purchasing these calendars is a great way to assist our community as all the proceeds from all the calendar sales go towards Rotary community projects, both local and overseas.

Get in quick before they are all gone.

"Weightwatchers"

Join Online today and save \$24 on a 3 month plan

Click here now to go to Online Registration

This weeks notices brought to you by Maleny Paint Place

News from the Maleny District Sport & Recreation Club inc



Denise Boyd may be better known as a two time Olympian athlete but today she conducts her own training squad for up and coming athletes on the Sunshine Coast.

A former Maleny junior cricketer has been part of her squad and is making a mark for himself in the world of athletics.

Hugh Donovan, 14 years of age and coming from Bellthorpe is one of her star performers.

Hugh, who now attends St Johns College in 2008 scorched down the track in the 100m 14 years final at the Queensland All Schools Athletics Championships in 11.17 seconds.

That time set a state record to add to his 13 years title last year.

In December at the Pacific School Games he won gold in both the 100 and 200 metre, breaking the 200 metre record with a 22.34 seconds.

His 100 metre time of 11.05 seconds is just .5 of a second outside of qualifying for the under 18 World Junior School Games which will be held at the end of 2009.

Hugh was named as the December Sunshine Coast Junior Sportsman of the month.

He still enjoys playing rugby league and plays cricket for St John's Nambour.

Witta Touch Referees Needed!

There is a refereeing course coming up soon.

**All interested persons should contact Rod Wild (5494 1485) or Sam Cherry or Max Grundon.
(Click here to go to web pag)**

The "NUT" Award

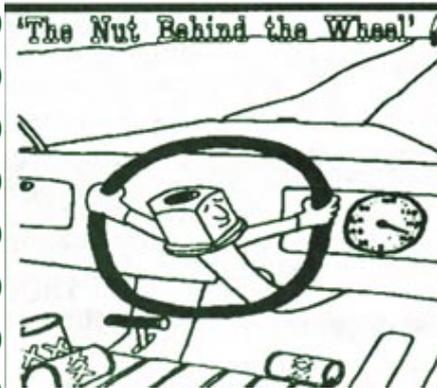
It matters little what the monetary penalty is or how much education is given there are some drivers who just will not take notice of the road rules.

They are not only a danger to themselves but they are a danger to other road users who have no control over the prevailing situation, not through their actions but the actions of the inconsiderate drivers.

Each week we will bring you the contender for the weekly "NUT" award - that is the weakest part of the car's safety - "The Nut behind the wheel"...

Let us see if we can do our little bit to improve road safety around our town.

If you know the person mentioned please have a quiet word to them.



This week's award goes to: - all those drivers who next week will park in the bus zones and the no parking zones around the local schools, even though they know that they will be making those areas more dangerous for those students returning to school. I hope that you are not one of those thoughtless drivers.

Mum's favourite Recipes

Roast Beef & Tomato sandwiches

- easy snack for a summer afternoon.

Ingredients

- * 4 roma tomatoes, cut in half lengthways - * Olive oil
- * Salt and freshly ground white pepper - * 2 tbsp seeded mustard
- * 4 slices sourdough bread - * 2 handfuls baby spinach, washed
- * 4 large slices roast beef

Method

Roast beef and roast tomato sandwiches

Preheat oven to 160C. Place tomatoes on a baking tray. Drizzle with a little olive oil and season. Bake for 30 minutes. Spread mustard evenly on bread and top with spinach, roast beef and roasted tomato halves. Season and drizzle with a little olive oil before serving.

WHY IS IT SO?



Question

A full can and an empty can are rolled down a ramp. What happens and why?

Answer

The full can will roll faster than the empty can and reach the bottom of the ramp first. This can be explained through the conservation of energy.

Assume the 2 cans have the same mass (actually, the mass doesn't matter, it will cancel out of the equations anyway, but the argument will be more clear this way). As the cans sit at the top of the ramp, they are at the same height (h) with the same mass (m), and so have the same gravitational potential energy: $PE = mgh$.

As they move down the ramp, this energy will convert into 2 things: translational kinetic energy heading down the ramp with velocity= v and $KE_t = (1/2)mv^2$, and rotational kinetic energy as the material of the cans spin around their central axes $KE_r = (1/2)I\omega^2$ where I is the moment of inertia of the cans and ω is the angular velocity, or rate of spin, of the cans.

For the empty can, 100% of the mass of the can spins as the can rolls, but for the full can, much of the liquid in the can is effectively sliding down the ramp without spinning. Thus 100% of the mass of the sliding liquid goes into translational kinetic energy, and the full can will have a greater speed.

Now for in reality there will be some internal friction between the walls of the can and the liquid, and a viscous liquid will have considerable internal friction as well, but these should not suck away enough of the kinetic energy to slow the full can down to the speed of the empty can.

Another paint hint

from Maleny Paint Place

Picture Framing

(or a darker border around the edge of a newly painted wall)

An effect of non uniform color that can appear when a wall is painted with a roller, but is brushed at the corners.

The brushed areas generally appear darker, resembling the "frame" of a "picture." Also, sprayed areas may be darker than neighboring sections that are brushed or rolled. Picture framing can also refer to sheen effects.

POSSIBLE CAUSES

Usually a hiding (coverage) effect. Brushing will generally result in lower spread rates than rolling, producing a thicker film and more hiding.

Adding colorant to a non tintable paint or using the wrong type or level of colorant, resulting in variation in color, depending on method of application.

SOLUTION

Make sure that spread rates with brushes and rollers are similar. Don't cut in the entire room before roller coating.

Work in smaller sections of the room to maintain a "wet edge."

With tinted paints, be sure the correct colorant-base combinations are used.

Factory colors, as well as in-store tints, should be thoroughly shaken at time of use.

*This weeks
Special*

**Taubmans Living Proof
W.T.B. - Int - L/S**

6 lts - \$69.00

**(Must mention this add
to get special price
- Normally \$77.00)**

Paint Place, Maleny



6/14 Lawyer Street,
Maleny. 4552.

Ph 54942002

www.hinterlandgrapevine.com

Click on the word Paint on the right hand side of page.

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SCHOOL IS BACK!

The 2009 School year is about to start and areas around the local schools will be very busy.

Maleny Police are reminding motorists to obey the 40km school zone limits around both the Maleny High School and Primary School as hundreds of children return, some for the first time.

The younger children will be a little over-whelmed by this experience and may not be taking full notice of what is around them.

Motorists can help them by being a little understanding and make allowances for their inadvertant actions.

By avoiding double parking in front of the schools or in bus zones will make the area safer.

Double parking and parking in "no standing" zones makes the area congested and creates major problems for the safety of children as they try to negotiate getting to their parents' car between the other cars and buses. Let us all work to make it a safe return to our schools for our kids

News from Maleny Bowls Club

by Chairman Ian Hansen



Still no Bowls to report on, as yet, but this will change next week. The first game for 2009 will have been played on Tuesday, and there will be Bowls on Friday, Saturday, Sunday, Monday and Tuesday, weather permitting.

Wouldn't it be great if we had an artificial, covered green on the Precinct.

The weather wouldn't be a worry and Bowls could be played regardless of the prevailing weather.

One can only hope that this will become a reality in the not too distant future.

Wednesday of this week, our Patron and Life Member, Nev Watson, celebrates his 80th Birthday. Hope you had a great day Nev and that you are fit and well enough to celebrate this milestone again at the Club on Saturday.

We all hope that we will receive the coveted OBE award [i.e. over bloody eighty.]

Last Friday, two of the four Sponsors' Prize winners were present. Roy Gesch won the Full Monte Prize and Ewan Sweeting [seems to be a regular winner] won the Live Life Villages \$100 voucher prize.

The other winners would have been Faye Lankester for the IGA now worth \$40 this week and Alan Birkett for Beechwood Bakehouse.

The green is recovering slowly and hopefully will be back to its best soon so that the unfinished 2008 Championship Matches [Pairs and Scott Fawkes Memorial Handicap Singles] can be finalised and the 2009 Championships commenced.

Finally, the first Bar-Be-Que for 2009 will be held after Bowls on Friday, 6th of February.

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Click here to go to our "Events Guide" (Must be connected to the internet at the time)

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(delivered to your door)



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This week with Peter Slipper M.P.



Obesity and Work

The Australian Safety and Compensation Council (ASCC) has released a report into the health and safety implications of the design of the workplace.

The report, "Sizing up Australia: How contemporary is the anthropometric data Australian designers use?" looks into the data that is currently used by designers of workplace equipment and investigates whether it reflects the modern-day Australian workforce.

The ABS found in 2008 that more than 7 million Australians aged 18 years and over are overweight or obese, representing an increase of 2.8 million over the previous 15 years.

For further information, and to download the report, visit the ASCC website at www.ascc.gov.au

Farming on a Budget

The latest planning guide "2009 Planning Guide for Farmers with Limited Finances" is available from the Grains Research and Development Corporation (GRDC).

The guide is described by the Council as "an important resource for farmers doing it tough after successive poor seasons."

The guide can be downloaded at: www.grdc.com.au/lowriskfarming

Hard copies of the guide are also available by phoning 02 - 6166 4500.

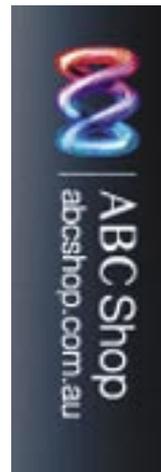
Kidney Health

The organisation devoted to the health of our kidneys is urging Australians to have their kidneys checked regularly by the doctor.

Kidney Health Australia <<http://www.healthinsite.gov.au/content/external/page.cfm?ObjID=00017C8B-C258-1D2B-BE8883032BFA006D>> advises that up to two million Australians may be affected by Chronic Kidney Disease (CKD) and not even know it.

People can lose up to 90% of the use of their kidneys and be unaware they have a problem because of a lack of obvious symptoms.

If kidney disease is detected early it is treatable and its progression can be delayed so patients may never have to revert to dialysis. More information is available at: www.healthinsite.gov.au/news/New_Year_kidney_check



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person!**



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of the following
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tradespeople.**

- ⇒ **Landscapers**
- ⇒ **House Painters**
- ⇒ **Electricians**
- ⇒ **Plumbers**

**More will be added to
our list as time goes
on and we are satisfied
that we can recommend
their services with
confidence.**

Support your local Businesses

Hinterland Employment Service 5499 9850

Humphries & Fisk Real Estate - 5499 9850

Impact Painters - 0429 640 732

Maleny Cheese Factory - 5494 2207

Maleny Print & Copy Centre - 5494 2888

Maleny Paint Place - 5494 2002

Local Businesses offer support and services to you and your business. They also provide local employment. Why not support them.

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