

RIDGES FAMILY FUN DAY

Mother nature turned on a sweltering hot day for our family fun day held on Sunday 16 November, 2014. Our day started with our aqua instructor Linda, performing a free class for all to try out. Dressed as Tina Turner, Linda and the participants had a blast working out to Tina's classic songs.

Soon the inflatables were in the pool and screams of excitement and laughter were heard from the children. Miss Donna and her amazing balloon creations were a big hit among adults and children alike.

It was soon lunchtime and The Pool Café provided a yummy sausage sizzle to keep up the energy levels. After lunch, Chris Holness tennis coaching provided some fun tennis games.

At 2pm our yoga instructor Tammy provided a nice and relaxing yoga class in the cool air-conditioned gym studio room, which was a beautiful way to end the day.

We would like to thank all of our residents who braved the heat and came along to this free community event.



Proudly Supported by:
Linda Taylor—Aqua Aerobic
Tammy Coldwell—Yoga Instructor
Chris Holness—Tennis Coaching



RIDGES ANNUAL EASTER EGG HUNT

Sunday 29th March 2015

Easter Egg Hunt: 8am

Ridges Rec Club pool area

Meet & Greet Morning Cuppa*: 8 - 9.30am

The Pool Café

** To receive your free cup of coffee/tea/hot chocolate, please show the pool café staff your rec club pass.*

Limit: one per person, available to Ridges owner/occupiers only



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As a Ridges resident, we would like to hear your comments and suggestions for our lovely estate.

Please leave your signed comments in the suggestion box located in the community room.

Community News



Your Ridges Peregian Springs Body Corporate Manager:

Silver Stewart King & Burns = Sunshine Coast Office:

Postal: PO Box 1405, Maroochydore, QLD 4558

PH: 07 5453 9550 Fax: 07 5445 6310 Email: sskb@sskb.com.au



SUPERVISION OF CHILDREN

c/- www.kidsalive.com.au

It is essential that you supervise young children at all times whether they are near the pool or other bodies of water. Young children are naturally curious - they are drawn to water. They can easily overbalance and topple in, so supervision around water is an absolute necessity.

It's also important that parents never rely on floatation devices to do the supervision for them. If you have young children in the pool it is essential that *one adult is put in charge*. This adult should never be consuming alcohol. The presence of older children, or several children, does not reduce the threat of drowning. Children very often don't realise that their mate is in trouble or they are unable to act in an emergency.

REMEMBER PLEASE:

- **ALL ADULTS ARE RESPONSIBLE FOR SUPERVISION**
- Supervising adults should **NOT** be drinking alcohol
- Floatation devices do **NOT** replace adult supervision
- Older siblings should **NOT** supervise other children
- Shut the rec club entry gates
- Children in nappies or toilet training **MUST** wear swim nappies to enter the pool
- All guests must be accompanied by an adult resident while in the recreation club facility.



Experience PRIDE in
Ridges Peregian
Springs...

⇒ **Please remember to only
park your vehicles in
your garage or driveway.**

Recreation Club Entry

The Ridges Recreation Club is a private facility for Ridges owner/occupiers and their guest to use. It is a condition of membership that ALL guests must be accompanied by an adult owner/occupier over 18 years AT ALL TIMES. Owner/occupiers are responsible for all guests they let into the club.

**Please do NOT let any person into the
Recreation Club that you do not know.**

Please note: any person in the recreation club facility without an owner/occupier of Ridges may be asked to leave by management.

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Community Events

Ridges Annual Easter Egg Hunt

Sunday 29th March 2015

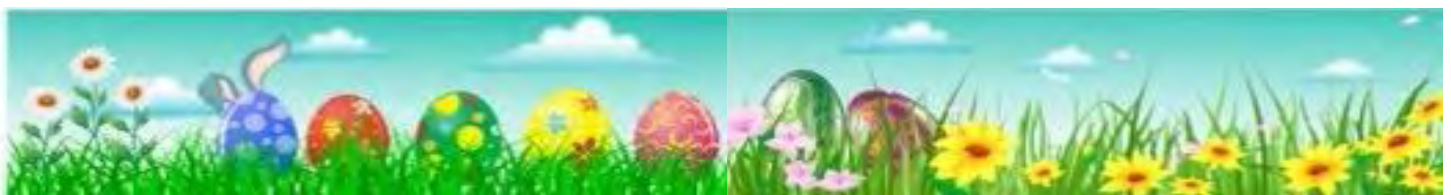
Easter Egg Hunt: 8am Ridges Rec Club pool area

Meet & Greet Morning Cuppa*: 8 - 9.30am Pool Café

* *To receive your free cup off coffee/tea/hot chocolate, please show the pool café staff your rec club pass.*

* *Limit: one per person, available to Ridges owner/occupiers only.*

~ THIS IS A RIDGES RESIDENTS EXCLUSIVE EVENT ~



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Community News

Big Day Out Care & Education

Peregian Springs families will soon benefit from an exciting new locally designed, built and operated early childhood service – Big Day Out Care and Education.

Residents may have noticed that builder Ross Sinclair is well underway with work on the centre, located on the corner of Ridgeview Drive and Kauri Crescent.

Big Day Out will offer a variety of care options in a stimulating, safe and creative environment. The centre will be operated by Pam Maclean, an award winning former Director with 30 years' experience working with young children and their families.

The centre, complete with unique features is expected to open around September 2015. Big Day Out will offer the Peregian Springs community a unique boutique style alternative. Contact Pam on 0412 525 426 for more information about this exciting new early childhood service.



Your Ridges Peregian Springs Community Portal: www.ridgesperegianspringscommunity.com.au

Experience PRIDE in Ridges Peregian Springs...

⇒ **On Monday evening, please pull your rubbish bins off the street and place behind your screened enclosures.**

Interested in playing backgammon??

Would you like to play backgammon tournaments and possibly other card/board games. Backgammon is easy to learn and lots of fun. Please email Jackie on jackiewillcox@bigpond.com to find out more.

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Ridges Community Liaison Officer: Lija Primmer: clo@ridgesliving.com.au or 0420 490 177

Neighbourhood Watch

Ridges Neighbourhood Watch Update – Coolum 9:

Approximately two hundred and fifty Neighbourhood Watch household kits have now been distributed to residents throughout the following areas of the Ridges: The Ridge; Ridges East Village and The Pavilions.

More NHW kits have been ordered so if you have not yet received one, don't worry, they will be delivered as soon as new stocks are received. Our Neighbourhood Watch road signs will also be installed shortly.

We live in a relatively crime free area. Let us keep it that way, take your Neighbourhood Watch plaque and attach it to your letterbox (screws or double sided tape), every sign is a deterrent.

The Ridges Neighbourhood Watch bank account currently holds a balance of \$788.57. At a recent committee meeting it was agreed that logoed Neighbourhood Watch polo shirts would be purchased for use by the committee. In addition two luminous vests will also be purchased. This apparel will be worn at HNW events such as fund raisers, security number plate bracket installations, walk kids to school days etc, so that committee members can be easily recognised.

It will not be long now before we are meeting with residents in new parts of the Ridges estate, namely North West Village and South East Village seeking to engage NHW Zone Coordinators and to get them involved in the programme.

Peter Widt

Area Coordinator

Ridges Neighbourhood Watch – Coolum 9



IF A CRIME'S HAPPENING
RIGHT NOW, CALL
TRIPLE ZERO (000).

IF NOT, THINK
POLICELINK.
CALL 131 444.

Happy Easter



IF A CRIME'S HAPPENING RIGHT NOW, PHONE 000

IF NOT, THINK POLICELINK = 131 444

Ridges Security Patrol - call A & V Security on 0400 196 695



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Ridges Rec Club Reminders

SAFETY REMINDERS

- ◇ **NO GLASS OR CERAMIC** of any sort is permitted behind the Rec Club front gates.
- ◇ **THE REC CLUB IS AN ALCOHOL FREE ZONE.**
- ◇ All Rec Club gates **MUST** be kept closed at all times for safety reasons.
- ◇ It is the parents/carer responsibility to supervise your children **AT ALL TIMES.**
- ◇ NO children under 16 are permitted in the Gym at any time.
- ◇ Children under 13 **MUST** be supervised by an adult in the pool area at all times.
- ◇ All guests **MUST** be accompanied by owner/occupiers at all times.

THANK YOU FOR YOUR COOPERATION

FUNCTIONS & PARTIES

All functions must be registered with the CLO at least two days prior to the event. Functions are permitted for owner/occupier only. A monthly booking calendar for functions is now located on the front of the community room for your convenience.

GUESTS ENTRY

Members are reminded that guests **MUST** be accompanied by an adult owner/occupier at all times. Security personnel have approval to request identification to ascertain resident status.

LAP LANES/LANE ROPES

Lap lanes are provided for lap swimming only. Parent, please ensure your children are not playing in these lanes while they are in use. Please do NOT hang on the lane ropes as this causes damage.

POOL TOYS

For safety reasons, only soft pool toys such as inflatables and pool noodles are permitted in the pool. NO BOGGY BOARDS OR SURF BOARDS PERMITTED.



TRANSFER OF PROPERTY/ RENTALS

All new residents including tenants must sign a membership form. The Rec Club office **MUST** be notified of all rentals. Membership cards are transferrable to the new owners/tenants.

The Rec Club contains video surveillance throughout the Centre, any violation of rules and/or any damage to Rec Club property may result in suspension of membership as well as the cost of replacement of property.

Please supervise your children in & around the Rec Club at all times!



Experience PRIDE in Ridges Peregian Springs...

⇒ **If you see rubbish, please pick it up and place it in the bin.**

First aid Kit

A small First Aid Kit is now also located in the gym, under the sink, for use outside office hours. Please call 000 for any emergencies.



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Fitness @ The Rec Club

AQUA-AEROBICS

Monday & Friday @ 9am;

OWNER/OCCUPIER \$6 per class GUESTS \$8 per class

YOGA

Monday 6am & 6pm Saturday 7am

OWNER/OCCUPIER \$5 per class GUESTS \$7 per class

TENNIS

Open from 8am-10pm we have two fully lit tennis courts available for use open until 10pm. Come down and have a hit with friends. **TENNIS PLAYERS, PLEASE NOTE:** when you finish playing tennis, please relax the tension on the nets by winding the handle. This will alleviate any stretching and extends the life of the nets.

Year Round Swimming

Open from 6am-8pm, 3 dedicated lap lanes in our 25m heated pool.

Gymnasium

Open from 5am-10pm, providing easy access for training regimes including cardio or weights

PLEASE NOTE:

Recreation Club classes are available for owner/ occupiers & their guests only.

However, please note that ALL guests must be accompanied by an adult Ridges owner/occupier at ALL times.



Experience PRIDE in Ridges Peregian Springs...

⇒ **Please supervise your children in and around the Rec Club facility at all times.**

PLEASE NOTE: All children in nappies or toilet training **MUST** wear swim nappies to enter the rec club pool.



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The Pool Café

The Big Breaky

Still only \$10.00 - Available daily from 8am

Eggs (cooked to your liking), bacon, snags, hash browns & toast

Go on, treat yourself!

The Friday Social

MEET EAT SOCIALISE

Every Friday from 5pm. Featuring great local up and coming talent live from 6pm.

Share plates and light menu available.

Opening Hours

Monday – Friday	8am – 3.30pm
The Friday Social	5pm til late
Saturday Sunday	8am – 3pm

Easter Break

The team from The Pool Café are going to have a small break our last day of trade will be Wednesday 1st April reopening Tuesday 7th April 2015.

Experience PRIDE in Ridges Peregian Springs...

⇒ **Tidy up after yourself on leaving the Recreation club facility.**

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the POOL
café



sskb



THE
FRIDAY SOCIAL
AT
the POOL
café

MEET EAT
DRINK LISTEN

FRIDAY FROM 5PM

Fully licensed • Kids' menu • Outdoor seating
Located next to the Recreation Club, everyone is welcome.

5448 2207

facebook.com/PoolCafePeregian poolcafeperregian.com.au
222 The Avenue, Peregian Springs

To find out about the latest news & information, check our Facebook page:
www.facebook.com/PoolCafePeregian

Kids Zone

Chick Cupcakes

c/- www.marthastewart.com

To hatch one of these, you don't have to be an expert baker. Making a batch of chick cupcakes is a perfect task for novices, and kids will love to help. The result will be a whimsical hit at the table.

Materials

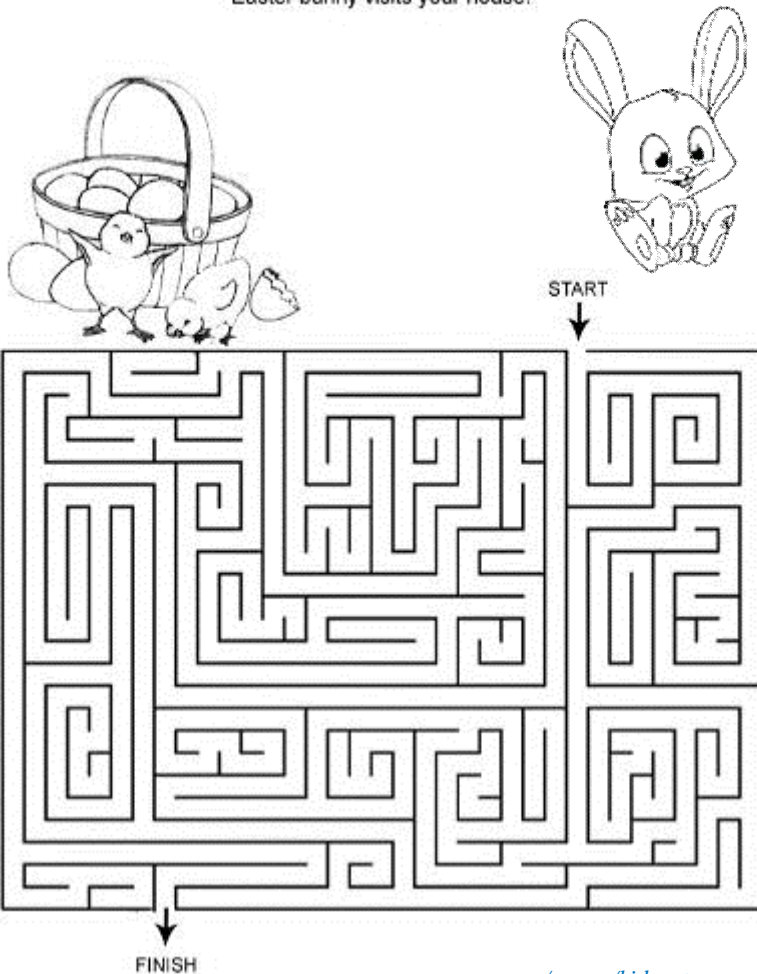
- ◇ Packet of vanilla cake mix
- ◇ Buttercream Frosting
- ◇ 4 cups sweetened shredded coconut, toasted
- ◇ Small choc chips
- ◇ 20 whole almonds
- ◇ Red liquorice pastels (about 1/3 cup)

How-To

1. Bake cupcakes and cool completely. When turned upside-down, each cupcake becomes the body of a chick. Spread buttercream frosting on a cupcake to anchor it to the serving plate while you are working. Use a small offset spatula to coat the sides thickly with frosting, and then mound more on top to create a dome shape.
2. Press toasted shredded coconut into the frosting - it stands in for fuzzy feathers. Hold the plate at an angle while applying the coconut so the excess falls back into the bowl.
3. Place eyes (choc chips) on chicks using tweezers. Use a whole almond for the beak and red liquorice for the feet and comb; both can be pushed into the frosting by hand.



Find your way through this Easter maze before the Easter bunny visits your house!



c/- www.kidspot.com.au

Cluck cluck Jokes

<http://www.chickenjoke.com/>

- Q: Why did the chicken go to the gym?
A: To work on his pecks.
- Q: Do you know where you can get chicken broth in bulk?
A: The stock market
- Q: What Do You Get When You Cross A Chicken With A Bell?
A: An Alarm Cluck.
- Q: When Fruit Comes From A Fruit Tree, What Kind Of Tree Does Chicken Come From?
A: A Poul-Tree.
- Q: What do chickens grow on?
A: Eggplants!
- Q: Why did the chicken cross the basketball court?
A: He heard the referee calling fowls
- Q: What do you call a chicken crossing the road?
A: Poultry in motion.
- Q: What happened to the baby chicken that misbehaved at school?
A: It was eggspelled.
- Q: Why did the chewing gum cross the road?
A: Because it was stuck to the chicken.

