

more delicious food to... **eat**



Coconut & Pumpkin Soup

- 4 baby minikin pumpkins or 1 medium Jap pumpkin to serve soup in
- 400g unpeeled Queensland Blue pumpkin - sliced thickly
- 1 leek - thinly sliced
- 2 gloves garlic - crushed
- ½ teaspoon each of ground coriander, ground cumin,
- 1 teaspoon curry powder
- ¼ teaspoon nutmeg
- 200ml chicken stock
- 400ml coconut cream
- ¼ cup lightly whipped cream
- 30 ml olive oil
- Olive oil for brushing pumpkin
- 2 Tablespoons finely chopped fresh coriander leaves
- Roasted pumpkin seeds on top to serve - optional
- Crusty bread lightly toasted to serve with soup

Cut tops off minikin pumpkins. Scoop out seeds and place shells in a roasting pan. Brush sides of pumpkins with olive oil and season with salt & pepper, cover pan with foil, roast at 200oC for 35 minutes or until flesh is tender.

Place Qld blue pumpkin slices into another pan and roast at 200oC , turning once for 20 minutes or until golden brown but still firm.

Heat olive oil in a heavy based pan and add leek, garlic and spices, roasted pumpkin slices and add to leek mixture, then add chicken stock and simmer until pumpkin is tender and has started to absorb the stock flavour. Stir in the coconut cream and simmer for another 14 minutes. Puree or blend the pan mixture until very fine and ladle into the pumpkin shells.

Mix together the cream and fresh coriander and spoon onto the top of the soup. Scatter the roasted pumpkin seeds on top and serve warm with toasted crusty bread.

Thanks to Lisa Provan, Lake Dental, for another delicious recipe.

Grab all your fresh food or a bite to eat at Forest Lake Village

FRESH FOOD

BWS	3879 0522
The Chop Shop	3372 6575
Fig Tree Bakehouse	3278 9300
Forest Village Fruit and Veg	3879 1133
Woolworths	3278 8477

CAFÉS/RESTAURANTS

The Coffee Club	3714 9300
Courtyard Coffee	3879 1333
Diamante's Brasserie	3879 1099
Eagle Boys Pizza	3372 1355
Gloria Jean's Coffees	3372 4488
Lakes Carvery	3279 9900
Lakes Seafood	3278 8844
Red Chilli Thai Restaurant	3372 9333
Red Door Chinese Restaurant	3372 9533
Star Doner Kebab	3278 8566
Wendy's Sundaes	3279 9278
Yoshi Sushi	3279 9382



The Village Vine



CUSTOMER STORY

Joyce Twigge has lived in Forest Lake for three years and she's shopped at Forest Lake Village Shopping Centre from the moment she arrived.

"It's a really convenient centre, I can find everything I need, and I like to support the local businesses," Joyce said. "The shop keepers are all so friendly – they've gotten to know us by name over the years."

"The kids – Victoria, she's fifteen, and Cameron, he's twelve – will be heading down there soon to do their Father's Day shopping."

Originally from Scotland, Joyce moved to Australia when her husband Matt, who is a mechanic, was transferred with his job. Joyce works locally as a bookkeeper and Matt now has his own mobile mechanic business based here in Forest Lake.

"We have really enjoyed being part of the Forest Lake community – everyone is so friendly," she said.

"All the events that the shopping centre hosts help bring the community together. I'd really like to thank Linda and the others in the Centre Management team for all that they do. There's always something good happening – and the centre hosts things that suit people of all ages."

"We recently went to the Big Sale day at which the centre gave away vouchers which could be used at many of the stores," she added. "It was great, we watched the dancing event and ended up staying down there most of day it was so much fun!"



Heritage Building Society

Steven Ayers might be new to Heritage Building Society Forest Lake, but he's not new to banking. He's worked for the Bank of New Zealand, ANZ Bank and TOWER so he's well qualified to take on the role of Branch Manager.

"I was actually a Heritage member before I was an employee," Steven explained. "My wife and I were living in New Zealand when we bought a house at Forest Lake and financed it through this Heritage branch."

"We recently moved to Australia seeking a change of lifestyle and a warmer climate, and when the job came up at Heritage Forest Lake I jumped at it."

"I had enjoyed a good relationship with the branch as a member and looked forward to working for the company. I've enjoyed every moment of my four months in the branch."

Heritage Building Society Forest Lake is a community branch. This means the business is operated as a joint venture between the community and Heritage. The building society partners with local investors to deliver a full service banking facility. Profits are returned to the community via grants and donations.

"The branch is very well received by the community and members benefit from the many services and products we deliver," Steven said. "In fact many of our services and products are equal to if not better than those on offer by the major banks," Steven said.

Steven, his wife Ashe, and their 11 month old daughter Delaney, are enjoying their new life in Australia. Steven has an interest in travel and exploring new places so the family set Sunday aside as their day for getting out and about.

"We try to jump in the car once a week and discover a new place," Steven said. "With only 52 Sundays in the year it's going to take us a long time to discover all that South East Queensland has to offer."

2008 is proving to be a big year for Steven. This will be his first Father's Day in Australia. He is hoping for a relaxing day, possibly with breakfast in bed, and plenty of time to spend with Ashe and Delaney. Plus he's looking forward to the arrival of his second child, due to be born in October this year.



Mobile library

CALLING ALL BOOK LOVERS

Starting on 3rd September the Brisbane City Council Mobile Library will be operating at Forest Lake Village.

- Location:** Opposite Home Hardware
- Time:** 9.30am to 4.00pm
- Frequency:** The library will operate on a 2 weekly cycle.



Dedicated to a better Brisbane



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more for you to love...



More for Dad to love...



DON'T FORGET FATHER'S DAY SUNDAY 7TH SEPT.

What would your Dad really like for Father's Day? How about a 50" plasma screen TV or petrol for a year?



Shop at Forest Lake Village and you could win one of these great prizes!

- First Prize:** LG 50HD 100Hz Plasma TV worth \$2,000
- Second Prize:** \$100 worth of petrol every month for a year! (to be used at Woolworth's Petrol Plus)
- Third Prize:** \$250.00 worth of Forest Lake Village shopping vouchers

To be in the draw: Spend \$25.00 at any store (excluding supermarkets) between 22nd August and 5th September. Write your name, address and contact phone number on the back of your receipt. Post your entry in the barrel outside Maloufs. Draw takes place on Friday 5th September at 1.00pm* *terms and conditions apply

Curves



Michelle Lausev is the owner and director of Curves at Forest Lake Village Shopping Centre. She credits her current health and wellbeing to the Curves approach to fitness and weight management.

Curves are the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women.

"I was working 14 hour days in corporate America and had become really unfit when I heard about Curves," Michelle explained. "I joined up and loved the programs because they suited my busy lifestyle. At Curves it takes just 30 minutes to achieve the same benefits that one-and-a-half hour workout somewhere else would deliver."

Michelle dropped from a size 12-14 down to a size 8-10. She met and fell in love with an Aussie man, and when she moved to Australia with him, she opened the first Curves fitness centre in the country. Today she owns and directs two centres - one at Forest Lake and other in Brisbane's CBD.

"I get so much satisfaction out of seeing other people achieve their dream result and become who they want to be," Michelle said. "There are more than physical benefits to be gained from getting fit, there are many mental benefits too. It really does change peoples' lives."

Michelle is kept very busy running her two Curves centres, but she takes advantage of any spare moments that come along and spends them with her family - husband Robert, and two daughters, Alexandria and Annika.



QUEENSLAND SECURITY RANGERS



Kevin Quiel gets his job satisfaction from making the people of Forest Lake and surrounding communities feel a little bit safer. Kevin is the Operations Manager at Queensland Security Rangers. It's a role he has enjoyed for almost three years.

"We offer electronic and mobile security services and security guards to residences and businesses in the local area," Kevin explained.

"The industry has changed over the time I've been in it - providing security guards for private parties is a real growth area."

Kevin and the team at Queensland Security Rangers were winners of the '2008 Australian Achiever Award for Excellence in Customer Service'. The award program is based entirely on customer service ratings, the scores are derived from feedback from each of the entrant's customers.

"We are very proud of the award and just as proud to deliver the very best in service to our customers," Kevin said. "We'd like to thank every customer for their ongoing loyalty and support, in this, our 10th year of operation."

While Kevin is looking forward to helping Queensland Security Rangers mark its 10th anniversary this year, 2009 is going to hold plenty of personal excitement. Kevin and his fiancé Hayley will marry sometime during 2009.

"We haven't set a date just yet but the planning has begun," Kevin said.

For more information on security services and guards, visit www.securityrangers.com.au or call Kevin on 1300 731 735.



Jenni Scholl is well known to Forest Lake Village locals for her three Maltese Terriers - Abby, Chloe and Lilly. Jenni can regularly be seen taking her 'girls' for a walk in the Forest Lake neighbourhood.

Jenni is also the Manager of BWS Forest Lake Village. She's in her fifth year there and has enjoyed many fun times at work.

"It's the people who make it easy to come to work," Jenni said. "I've made lots of good friends here, and many of them are customers. The staff are great too. We regularly share a laugh together."

Jenni has always worked with people - sitting quietly behind a desk was never something she wanted to do.

"I worked in a range of hospitality roles before coming to BWS," she said. "Now it's great to be living and working in the Forest Lake community."



more for you to love...

tmh salons



Neil Anderson has lost count of the number of new people he has met during his years as a barber.

"I started my apprenticeship when I left school at age 16," Neil explained. "I've cut hair at tmh Forest Lake for seven years, spent time working in other barber shops in Brisbane, plus for two years I worked in the Northern Territory."

"I really like meeting new people and catching up with familiar faces - it's what I enjoy most about my job."

Neil works with three full-time, qualified barbers who together deliver traditional, fashion and speciality styles, including line-ups and tracks.

Neil has shared in many of his customers' celebrations - cutting hair for weddings, birthdays, christenings, school formals, first dates and other special events.

On one occasion he found Australian cricketer legend, Andy Bickel in his barber chair.

"I didn't recognise Andy until I'd finished cutting his hair," Neil said. "He stopped in for a haircut on his way home from India - he'd been playing cricket there with the Australian team."

Anyone who knows Neil would be surprised he didn't recognise the famous Australian cricketer right away.

"I'm a keen sports fan," Neil explained. "I enjoy watching most sports but rugby league is probably the favourite. Fellow Forest Lake Village Brisbane Broncos supporters will regularly see me at Broncos' home games."

Neil's love of rugby league also means he has plenty to talk about when two regular customers, Gary Belcher and Kerry Boustead, who are both rugby league legends, drop in for a haircut.

OUTLET HOMEWARES & FURNITURE AT THE RIGHT PRICE



Mike Lang likes a challenge.

In business, Mike and his family deliver discount furniture and homewares to Forest Lake locals through The Outlet.

In private, Mike is mad keen on sport. He recently took part in the Kokoda Challenge - a cross-country bushwalking team event where teams of four people trek a 96km course through the Gold Coast Hinterland within a 39 hour time limit.

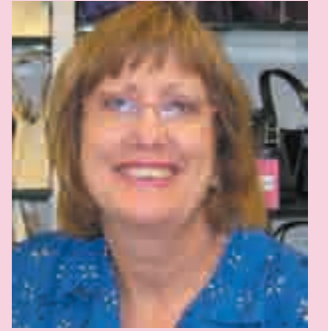
"My brother asked me to join his team and in a moment of madness I said yes!" Mike explained. "I was pulled out of the event 56km in with an injured knee and the onset of hypothermia, so I didn't finish - but my team went on and crossed the finish line."

With the Kokoda Challenge behind him and his aches and pains now healed, Mike is focussed on business again.

"My father Bill and I travel to Indonesia, China and Vietnam eight to ten times a year to source good furniture at affordable prices for The Outlet stores," Mike said. "We buy direct from the manufacturers which means we are able to keep our prices down - in some cases we're 30-40 percent cheaper than our competitors on the same piece."

Mike's wife Lisa and his mother Ann are both in the business too. They run the office.

Mike loves his sport and is a Brisbane Broncos fan. He's regularly seen at their home games. Most of his overseas travel happens during the week which means he can maximise his family time on the weekends. He has two sons, Bailey aged eight, and Mitchell aged 11.



Gaynore Stoessel enjoyed a dream trip to Europe just over 18 months ago.

"I regularly hear about customers going overseas when they come in to the store to buy luggage - and I love hearing all about their plans - but it was nice to be the one with the tickets for a change!" Gaynore said.

Gaynore is looking forward to travelling overseas again in the future, but in the meantime, she's content to offer advice to travellers on luggage and handbags, including information on weight restrictions, security considerations and more.

"Travelling has changed a lot in recent years," Gaynore explained. "There are so many new things to think about. We're happy to help sort out any confusion here at Zelows."

Gaynore has worked at Zelows, Forest Lake Village, for three-and-a-half years and she has enjoyed every moment of her time there.

"I really enjoy talking to people, I think that's the best part about my job," Gaynore said.

She also enjoys taking photos - it's something she does in her spare time.

"I'm a member of the Forest Lake Village Photography Club," Gaynore said. "We have special photography events from time to time - we'll be going to Toowoomba for the Carnival of Flowers soon, and there'll be a visit to Australia Zoo after that."

Gaynore's husband is a member of a local Morris Minor club which means Gaynore gets to enjoy the occasional weekend away.

"It's great because I take my camera with me and take lots of photos along the way," she said.

Celebrate Seniors' Week at the Village

**SPECIAL SENIORS' LUNCHEON
Wednesday 27th August**

- Special set menus
- Entertainment • Live music
- Wine-tasting • Giveaways
- Trivia competition
- Free Seniors' Prize draw sponsored by the Village tenants

Make your reservation at participating restaurants:

The Coffee Club	3714 9300
Courtyard Coffee	3879 1333
Diamante's	3879 1099
Lakes Seafood	3278 8844
Red Door Chinese	3372 9533

For more information call centre management on 3278 8999.

