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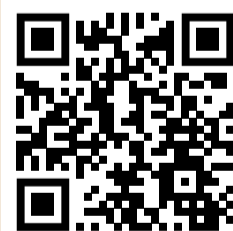
RASHAYS

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WELCOME

Joy AS CHRISTMAS DECORATIONS LINE THE STREETS

BY TODAY MAGAZINE EDITOR
ANGELA NORVAL

From the decorations and lights lining the streets and trees in parks, to the excited look on children's faces (generally) when they meet Santa and finally to the presents gathering under the giving trees or at local charities – there is something special about Christmas.

For me, I am a big believer in the beauty and simplicity of Christmas and especially in the coming together of family.

While my own children might have grown

into teenagers, they thankfully haven't lost the joy of choosing a new decoration for the Christmas tree each year and laughing at their mother's squeals of delight at the Christmas light displays.

Through this edition of Today Magazine, we hope to provide a little incentive for shopping locally this Christmas, because when it comes to amazing variety and quality they definitely stand out.

Appropriately we even have an advertisement for Battery Barn, because we all know that this is the time they are needed.

We also have some great dining options to share with visiting families and what would an Australian Christmas be without some fresh seafood.

As you celebrate and feast with your family

and friends, also take a moment to rejoice in the local businesses who continue to work hard to provide a dedicated service for their customers, preparing for months in advance to ensure they have the best range available.

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CHRISTMAS RECIPES

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LOOK WHAT WE FOUND

SPECIAL *Christmas gifts*

BY ANGELA NORVAL

Handmade, homemade, healthy or simply delicious!

Try adding something a little different to your Christmas Gift Guide this year.



Pure deliciousness available from Cake Sera Sera: Christmas cookies available from Cha Cha Chocolate and Christmas Cupcakes, available for pre-order now on cakeserasera.com



Explore the beautiful designs and creations of Rachelle Young. Browse Glitter Mad with Rach and Elke on Facebook for the wealth of styles or special orders.



The Aroma-Dune is an Innovative, and stylish diffuser, diffuses essential oils throughout your home and work, while also purifying the air you breathe. Available at Bundaberg Health Foods - bundaberghealthfoods.com.au



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FEATURE

UNITED KINGDOM RANGE *proves popular*

BY ANGELA NORVAL

Christmas is shaping up to be a particularly delicious one for Cha Cha Chocolate owner Melanice Jacobsen and her team; but needless to say, it is one that is months in the planning.

This includes the right amount of tasty treats combined with fun extras that make for an ideal Christmas gift.

Melanice has found that while people love the classic Australian favourites, they are also partial to a little something tasty whether it is chocolate or a side traditional tea from the United Kingdom.

"We have imported our largest range of UK confectionery and chocolates this year, more than ever before," she said.

"Our newest collection of Union Jack tea tins make been very popular and the perfect gift that can be enjoyed over and over.

"We are still yet to receive our last shipment but I am certain we will sell out before Christmas."



Union Jack tea tins make for an ideal gift as they can be used over and over again.



There are some chocolates that provide a little decadence this holiday season.

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MELA PURDIE CONFIDENCE TO *summer wardrobe*

Since 1999 MELA PURDIE has embraced the art of confidence in comfort by designing perfect wardrobe combinations for the way we live today, wherever you are.

Continuing to develop upon a heritage foundation of wearable essentials, the line embodies clothes that travel with you.

Avanti Collections Margaret Strano said through flexible design, sensual fabrication and precise finishes, these clothes provide a framework for dressing that empowers a sense of luxury and ease.

It is pleasing to see that as well as creating a range that is ideal for just feeling fabulous this Christmas or a fun cruising holiday, MELA PURDIE is strongly committed to manufacturing in Australia, supporting local producers with dedication and integrity.

Avanti Collections is in Heidke Street, Bundaberg.



The Stand Shirt features a mandarin collar, concealed button through front opening and short sleeves. Wear yours with a slim or soft woven pant for a smart yet relaxed look.



Crafted from high quality European linen, with a hint of texture and a beautiful light airy feel. The Pocket Plaza Dress offers an effortless, loose fit. With a scooped neckline, patch pocket and flattering short sleeve, this wardrobe essential will become a firm favourite.



Silk Crepe De Chine is Mela's luxuriously lightweight printed Silk, boasting a sumptuous soft handle, matte surface and beautiful drape. Printed in our vibrant Bahamas print, an abstract animal with a rippling oceanic feel. The Glide Dress is cut for a slightly loose, A-line fit that is comfortable and figure flattering. With a longer length and curved hemline, this style features capped sleeves, side pockets and a V Neckline.



Crafted from high quality European linen, Mela's Ribbon Stripe adds a hint of texture with a light airy feel. The Pocket Plaza T is a relaxed cut through the body, with a flattering elbow length sleeve. Detailing is elegant and kept to a minimum with a scoop shaped neckline, single patch pocket and a simple pleat at the nape of the neck.



Crafted from high quality European linen, Mela's Ribbon Stripe adds a hint of texture with a light airy feel. The Tab Slide Dress features a petite stand collar and firm button placketing through the front. This sleeveless midi dress is comfortable and flattering with pockets and side splits offer extra movement. This effortlessly chic dress is set become a season favourite.

TEN CHRISTMAS HAMS TO BE WON!

Christmas HAM GIVEAWAY

**BONUS
ENTRY
FORM!**

Bundaberg Today and Zac's Meats are giving you the chance to win 1 of 10 \$60 gift vouchers to redeem for hams and/or goods at Zac's Meats. To enter, complete the Entry Form online or inside Bundaberg Today on Fri 25 Nov, Fri 2 Dec or Fri 9 Dec and submit by one of the entry methods below:

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HAM GIVEAWAY
Bundaberg Today
107 Targo St
BUNDABERG QLD 4670

PLACE IN THE ENTRY BOX:

Bundaberg Today - 107 Targo Street,
Bundaberg QLD 4670

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Today's Code Word: **GLAZE**
Complete the online entry form and
today's codeword at:
bundabergtoday.com.au/competitions

ENTRY FORM

Entrants must be 18 years and older to enter.

Name..... Phone.....

Address.....

Email.....

☐ I consent for my personal details to be collected and used for the purpose of determining the outcome of the competition only including draws and publishing winners' details.

☐ I agree to the Competition Terms and Conditions and Privacy Policy.

Competition starts 25/11/22 and ends 1pm 16/12/22 and is drawn 2pm 16/12/22 at Bundaberg Today Office 107 Targo Street, Bundaberg, QLD 4670. Individual prize value is \$60 each. Total prize value is \$600 AUD (incl. GST). The promoter is Bundaberg Today of 107 Targo St, Bundaberg QLD 4670. Winners published in Bundaberg Today on 23/12/22. Full Competition Terms and Conditions are available online at bundabergtoday.com.au/competitions

BundabergToday



FEATURE



Jenny Phillips from Golden Arrow Bundaberg showcases just a taste of the range of gorgeous giftware they have in stock in both the Bundaberg and Bargara stores.

LOCAL NEWS AGENCIES *for gifts galore*

BY ANGELA NORVAL

The beauty of a local newsagency is that it is the place for the latest news, social interaction and thankfully for Bundaberg and Bargara residents some pretty incredible gift lines ready for Christmas.

Golden Arrow Bargara and Bundaberg News owner Amanda Shield said they prided themselves on having a vast range of gift wares not seen in larger stores.

"This includes wooden Christmas decorations from a couple of talented South East Queensland woodworkers who have provided Australian Animals, Nativity Scenes and Christmas baubles," she said.

"If you or a loved one is in need of some relaxation after a hard day shopping or winding up for the end of year, Bargara aromatic candles, diffusers and wax melts are a sweet range of aromatherapy related items.

"Penned Petals zodiac sign featuring Australian flowers and natives to highlight our glorious Australian natives flowering this time of year.

"Bargara Bangles resin jewellery includes earrings, bangles and bracelets to complement a stylish look, while to add some colour to a Christmas table, Bargara stocks flowers from Farm to Vase.

"To bring a local vibe that is easy to post, there are embroidered towels from Kalicogirl, while other unique fantastic gifts is pottery from Belly Fire Pottery or the earrings from Bella Button Earrings and of course, a myriad assortment of local art prepared by talented artists."

Although not locally sourced, Amanda herself does have her own favourite pieces which

provide a festive spirit and are battery operated snow globes that resemble different lantern designs setting a snowy Christmas scene.

The instant scratch-it trees and gift packs have already proven to be a popular early gift idea this early into the festive season.

"The general vibe of Christmas begins when the foot traffic increases and a lot of new faces in town to holiday in this region.

"To see what my local sales representatives have available and bring to Bundaberg is always a wonderful start to the season and then to see the creativity of my staff at work as they develop a beautifully themed Christmas display for the festive season.

"We are already seeing a lot of Christmas cards being purchased as the festive season sees an uptick in mail as people wish to connect with distant family and friends via the traditional Christmas card offering well wishes for the season and the new year.

"While people are on holiday, the news never ends and they come to use for the paper which is a source of information for events occurring in the world.

"We are an essential service that is open every day across the festive season (excluding Christmas day), so if you require a last-minute gift idea or a fun game or puzzle book to be amused in long car journeys or inclement weather predicted this season, a newsagency will have your needs covered."

Looking to the new year, Amanda remains optimistic thanks to the local community's continuing focus on shopping local.

"Without the community spending money in Bundaberg, local business couldn't thrive, nor could we give local arts and crafts people the opportunity to showcase their amazing talent."

Special Gifts

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Golden Arrow Bargara News
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SEAFOOD



As a local family business, Red Shed Seafood shares in the joy of Christmas with the community.

RED SHED SEAFOOD FOR *festive feasts*

BY ANGELA NORVAL

What does Christmas mean to a business owner who is top of so many people's lists for the Christmas table each and every year?

When it is Marguerite and Tony Mills from Red Shed Seafood, it is simply the opportunity to ensure they have the best and freshest seafood in store ready to make for nothing short of a Christmas feast.

Marguerite said for the whole team at Red Shed Seafood they appreciated that their customers know they can come to them whether they are wanting a kilogram of prawns to add that special sense of Australian tradition to Christmas Day or even an impressive collection of prawns, Moreton Bay bus, fish and lots more locally caught products for Christmas lunch.

"We know that freshness and flavour are always the key when it comes to seafood and ultimately this is something we take pride in

every time," she said.

"Seafood truly is a great addition to any Christmas lunch as it is simple and fresh and can be used in so many different recipes.

"Given the amount of seafood we sell at Christmas, we do encourage people to get in early.

"We also have a great range of snap frozen seafood for your convenience with five kilogram boxes of cooked or raw prawns available and this allows you to take out as many as you want as you need them."

Based on their extensive experience in the seafood industry, the Red Shed Seafood team also welcome the opportunity to help with any tips in regards to simple serving or cooking of seafood.

"Christmas for us is all about community and also about being together as a family and through our family business we are able to have both and after it is all said and done relax with some simple Christmas fare ourselves."

Tantalising Christmas seafood platter simply

Marguerite's tips for a perfect seafood platter:

Often given the heat of Christmas Day, something simple, easy and absolutely delicious is always ideal when entertaining and that is where a well put together seafood platter comes in.

For Marguerite there is only one rule that can not be broken when it comes to putting together a quality platter - Queensland seafood all the way.

From there it is a case of including as much variety as possible, ensuring everything is fresh and well placed to make it easy for guests to sample the different selections. I find it easiest to start by adding greenery all over the bottom of your platter and then working from the middle and work out.

Prawns lined around the edge looks great and best to cut the bugs in half length ways. Add a cluster of oysters inside a nice big iceberg lettuce leaf to stop any dribble.

"I always recommend the inclusion of fresh fruit like strawberries and kiwi



fruit and that keeps it festive too, you could even pop in some small Christmas baubles. Fruit and seafood are a perfect match.

You can also fill the gaps with dried fruits and small bowls of nuts too.

You could add cheese as well.

The more on the platter the better it looks and tastes.

Remember to add the accompaniment of sauces and plenty of lemon wedges are a must.

It's nice to have a bowl of water with sliced lemon for hand washing and a bowl for the used shells.

All I want for Christmas is SEAFOOD!

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Marguerite



Tony



Bobby



Pat



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Sat 9am-2pm & Closed Sunday
Look out for our extended hours
over the Christmas period

STRONG COMMITMENT TO *region at Ricks*

BY ANGELA NORVAL

There is already a sense of excitement in the air around Rick's at Bargara with owner Rick Johnstone eagerly anticipating the upcoming festive season.

Rick said that Christmas around Bargara was truly a special time because not only did it see the community come together, but also welcomed many visitors wanting to enjoy the beautiful coastline and welcoming atmosphere of the area.

"We have become one of Bargara's favourite locations for breakfast, lunch and dinner and we often find that people enjoy the opportunity to try the broad variety on our menu throughout the day because it is filled with old favourites and some modern classics," he said.

"Many people enjoy being able to sit with a water view and just relax, knowing that our staff are not only friendly and always available to share a chat or local knowledge, but are committed to ensuring their satisfaction every time.

"Rick's at Bargara has been a part of the



Rick's at Bargara's Rick Johnstone continues to love sharing good food and positivity about the region with visitors.
Picture: Mike Knott Photography

Bargara township for many years now and this is something that I am extremely proud of, and I love nothing more than seeing people walk away extremely happy with all aspects of their time with us."

Not only are Rick and the team ready to provide some Christmas cheer to their diners, but they are also excited for some of the delicious, fresh produce of this time of year that can be developed into some memorable menu items.

"There is nothing better than knowing we are providing a mix of flavours that not only come together well to provide a taste sensation but also are supporting our local growers with so much of our produce fresh from local farms.

"Our Rick's at Bargara experience is well rounded off with regular night time live music for a relaxed and welcomed atmosphere, so it is really about booking a table and experiencing it for yourself."

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Rick's
at BARGARA
RESTAURANT AND BAR

DINING OUT

CRUZ INTO *something delicious*

BY ANGELA NORVAL

In our fast-paced modern lifestyle, all too often When it comes to River Cruz Cafe, it starts with a relaxing setting and finishes with an amazing coffee maybe backed with a delicious treat from the cabinet.

River Cruz Cafe owner Nerida Spoor and her team continues to showcase just how much they know about creating a memorable experience for their customers time and time again.

The beauty of a coffee from River Cruz Cafe is that they have a variety of sizes in both dining and cute, colourful takeaway options and easily cover both a variety of tastes and dietary needs.

Looking into the cabinet, a little 'something something' to go with a coffee is often hard to resist as they cover so many delicious flavours.

Having previously owned a bakery, Nerida definitely knows the importance of freshness and flavour when it comes to such treats as cakes, tarts and slices.

Being located close to the CBD, but also the well-designed paths along the Burnett River



It is a case of what would you like to try next with the River Cruz range.

means that River Cruz Cafe is able to cater for those who need a quick and well-made coffee to take back to work with them or those who need a tasty coffee to finish off their morning walk before starting their day.

During the week or even on the weekends, River Cruz Cafe has their customers covered and it is even completed with a friendly smile.



Peter Locke from River Cruz cafe is proud of the variety and freshness of their menu.

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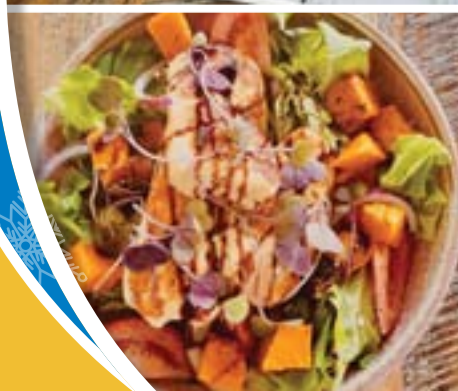
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PREPARE FOR THE *festive season*

BY COLIN AND OLIVE HARRIS,
NURTURA HEALTH BUNDABERG
SENIOR NATUROPATHS

It is time to slow down, relax, and celebrate being in the moment.

Let's try to switch off and enjoy the food, the company, and be in the moment for this special time of year.

When did you last sit at a table, relax with family or friends, and consciously enjoy the simple pleasure of chewing, the most basic but important digestive function?

Or have you joined the "hurry syndrome" where even this simple pleasure has been lost?

Under stress our digestion is temporarily disrupted, contributing to discomfort, cramping, bloating, or frequent bowel movements.

Drinking with meals further impairs healthy digestion and increase reflux, indigestion and nausea. Simply eating smaller meals and separating food and drink may ease a lot of symptoms.

Please ask our naturopaths if digestive enzymes or bitter herbs could relieve your discomfort and support a healthy digestion.

Research suggests that we consume around

3,000 calories in Christmas dinner, more than the entire recommended daily intake for an adult male.

Learning what our own metabolic rate and caloric intake is from QuadScan is a great way to understand portion sizes and allows us to eat and enjoy without constantly dreading the scales every New Year!

Encourage the whole family to get out for a walk or play in the park – ideally after Xmas dinner to aid digestion.

The more active you can be, especially in the outdoors, the better for your physical and mental health.

'Tis the season to be jolly but with expectations, overspending, cooking, cleaning, endless to do lists and visitors life can be a juggle.

Try to keep a sense of humour and perspective and if you are feeling overwhelmed, please ask one of our Naturopaths for support to help you enjoy this special time.

If you need a fresh start to the New Year, make an appointment with one of our naturopaths for support in your quest for energy, health and happiness into 2023.



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SERVICE THAT IS *out of this world*

BY ANGELA NORVAL

As the local real estate market continues to perform well, Galaxy Real Estate principal and licensee Rebecca Beer remains excited about the potential for a region that she sees as one of the best.

Rebecca said September through to November had still been strong months for Galaxy Real Estate and thankfully they were yet to see a downturn.

"While there may be a lot of negative talk at the moment so buyers are showing signs of caution, there are such a mix of more properties appearing on the market that it is giving buyers more options," she said.

"Buyers need to remember the twist that although there is this variety, they may find if they wait or take too long to decide the change in interest rates will decrease their borrowing capacity, getting pre-approval is an important step for house hunters more so now than ever.

"We are seeing the greatest strength locally in land size and shed space not too far from the coast with buyers looking for features such



Galaxy Real Estate's Alwyn Wolff (rural sales agent), Cheryl Rayson (principal and sales agent) and Rebecca Beer (sales agent) know their market.

as energy efficiency, semi-open floor plans, expansive outdoor spaces and storage spaces are common requests."

Given her clear connection with the region, have been raised here, Rebecca appreciates the benefits of having a team of good local

agents with strong established connections throughout their region.

"My team and I know what might be coming up, what is happening in the area and how the weather and water has affected certain properties.

"It is important for an agent to know inventory inside out and can easily pick out the best options.

"They have gone to school in the area so they know valuable information they can share with you are living and raising children in the area.

"They are experts in specific neighbourhoods and know the more desirable places to live depending on their situation.

"When looking to sell or buy a home the transaction can be complicated and involve a lot of money, so a local agent who has lived over 15 years in the know and is always the safest choice.

"I have seen the Bundaberg area change and grow over the past 35 years, so I am passionate about seeing it move in the right direction."





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RECIPES

Seared scallops with macadamia butter

RECIPE PROVIDED BY AUSTRALIAN MACADAMIA SOCIETY.

These juicy pan-seared scallops combined with the lemony, chilli and basil macadamia butter and crispy chorizo are nothing short of melt-in-the-mouth delicious. They could be served as individual portions or as an entree of three or four per serve.

INGREDIENTS

- 10-12 scallops in their shells
- 1/2 cup macadamias
- 30 g butter
- 1 tbsp lemon juice
- 3 tbsp basil finely chopped
- 1 small red chilli or to taste

- salt to taste
- 2 tps macadamia oil
- 100 g chorizo crumbled

METHOD

1. Separate the scallops from their shells.
2. Place the scallops on a plate and place the shells in a single layer on a baking tray.
3. Preheat an oven grill to 200°C.
4. Place the macadamias in a food processor and process until just smooth.
5. Add the butter and lemon juice and pulse until combined and smooth.
6. Place in a bowl, stir through the basil and chilli and season with salt to taste.
7. Spoon approximately 2 teaspoons of the



macadamia butter mixture onto the centre of each shell and place under the grill for 1½ to 2 minutes, until bubbling and just golden.

8. Meanwhile, preheat a frying pan.
9. Add the macadamia oil and when hot, sear the scallops on both sides.
10. Remove from the pan and set aside. In the same hot pan, add the crumbled chorizo and cook for 2-3 minutes until slightly crisp.
11. Serve by placing a scallop on top of the grilled macadamia butter.
12. Top with some chorizo and a little lettuce and herb salad. Serve immediately.
13. To serve: salad greens and soft herb leaves dressed in a little olive or macadamia oil and lemon juice.

Dragon Fruit and Strawberry Tart

Serves: 12

Prep time: 30 minutes Cook time: 15 minutes + overnight chill time.

INGREDIENTS

Base:

- 1 cup rolled oats
- ½ cup sultanas
- ½ cup macadamias
- ¼ cup seeds (pepitas or sunflower)
- 2 tablespoons margarine
- Custard Filling:
- ¼ cup cornflour
- 8 egg yolks
- ¼ cup sugar
- 3 cups low fat milk
- 2 teaspoons lemon rind
- ½ cup lemon juice

Dragon Fruit and Strawberry Topping:

- 2 cup strawberries
- 1 pink dragon fruit

METHOD

1. PREHEAT oven to 180°C.
2. ADD base ingredients to a food processor and blend until combined.
3. PRESS oat mixture into the bottom of a loose base tart tin (approximately 20-25 cm).
4. BAKE in oven for 15 minutes or until base is golden brown. Set aside.
5. WHISK cornflour, eggs and sugar in a small bowl.
6. HEAT milk in a saucepan over low heat until gently simmering. Turn heat down further.
7. WHISK egg mixture into the milk slowly, making sure to constantly stir as the egg mix is added to prevent lumps forming. Continue stirring until custard has thickened.
8. ADD lemon rind and juice to custard and stir to combine. Remove custard from heat.
9. POUR custard mix into pan over the cooked base. Allow to cool slightly and place in the fridge for 15 minutes.
10. BLEND ½ of the dragon fruit and 1 cup of strawberries in a food processor until smooth.
11. POUR fruit mix on top of the tart. Place in the fridge overnight to set.
12. SERVE tart with remaining dragon fruit and strawberries, sliced or chopped.



RECIPE COURTESY OF THE COUNTRY KITCHENS 2023 PRODUCT OF THE YEAR RECIPE COLLECTION.



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