



**PEAK VICTORY:** Mark and Joanne Skinner wave the Australian flag among the group of Skai International members who reached their goal, the top of Mt Kilimanjaro. Photo: Contributed

# Indulge a passion for chocolate

SWEET teeth who attend the Kind Living Cafe's Raw Chocolate Making Class could be forgiven for thinking they stumbled into Willy Wonka's Chocolate Factory.

The cafe is holding the workshop, complete with choccy expert Andrew Driscoll, to teach people how to make the tasty treat from scratch.

The workshop will take place at the Maleny Community Centre from 6.30pm to 9.30pm on Wednesday, October 26.

Kind Living Cafe nutritionist Laura Barnett said people's tastebuds would be tantalised.

"We will teach people how to make chocolate using pure, raw ingredients such as raw cacao and cacao butter, which are the basic ingredients to make any chocolate," she said.

"People read about the benefits of chocolate but when it comes to commercial chocolates, they are often filled with preservatives so the health benefits are lost. Raw chocolate has no preservatives, no colours or flavouring; it is completely natural, delicious and nutritious."

Ms Barnett said Melbourne chocolate maker Andrew Driscoll would share the tips, methods and secrets to making chocolate.

"And the most important thing to note is that he will be using the highest quality ingredients including young living essential oils," Ms Barnett said.

The workshop costs \$60 for the evening and includes notes and supper, which will be a chocolate indulgence.

Chocolate-making kits will also be on sale at the event.



**YUM:** Learn to make delicious treats.

# Scaling great heights

## Skidders push the limits to raise money and hope

MONTVILLE'S mountains have nothing on Africa's highest peak, Mt Kilimanjaro.

Narrow's Escape resort owners Mark and Joanne Skinner had to muster all their strength to hike up the 5,895m peak.

But the pain was well worth the gain.

The couple raised \$23,000 to help prevent human trafficking and sexual exploitation of children in south-east Asia.

In support of Brisbane-based charity The Grey Man, the Skidders joined the group of 90 Skai International travel and tourism professionals for the five-day trek.

Skai International President for the Sunshine Coast, Mr Skinner said the organisation had supported the charity in the past.

However, the self-funded Mt Kilimanjaro trek was Skai's

biggest fundraising initiative yet.

"We figured it wasn't achievable," Mr Skinner said. "It was a goal."

"This just came up as an opportunity and I thought it to be a worthwhile cause and certifying personal challenge."

"It was definitely out of our comfort zone and it was absolutely the hardest thing we've ever done."

The chosen route for the group's journey started from the northern end of Kilimanjaro National Park along the Rongai trail, a path less travelled by visitors.

On a trail without mountain huts, the group had to camp out for the night in tents and sleeping bags in freezing temperatures.

"It was a challenge, starting in desert-like conditions to -15°C

### All nerve and heart

**TRAGEDY:** The 36-year-old Mark and Joanne Skinner from Narrows Escape Resort, Maleny, are seen climbing Mt Kilimanjaro on Thursday, September 28. The couple, who are mountain-based charity workers, raised \$23,000 for The Grey Man in south-east Asia. "It was our first time. We have always found it easier to donate, but this is a challenge that really excites us," he said. "We would be raising the highest sum of funds and raising awareness for the charity." "We've been training for the last six months with the help of our friends and family."



### Renee voted Miss Popular by peers

**MALDEN:** Renee Jones has been crowned Miss Popular at the 2011 Maleny Community Life Awards. She was voted the most popular person in Maleny from Wednesday, August 10, to Friday, August 12. The award is presented to the person who is most popular in the community. Renee is a 22-year-old student at Maleny State High School. "I was surprised to win the award," she said. "I will be using the money to help my friends and family."



### BEGINNINGS: Range News covered the start of the quest on August 25.

degrees at the peak," Mr Skinner said.

"You're going through a lot of climatic zones along the way."

However, Mr Skinner said the hardest aspect of their ascent

was reaching the summit.

"The last day was pretty difficult, starting at midnight to attempt to reach the summit early morning," he said.

"The main reason people don't make it (reach the peak) is the lack of oxygen and the altitude sickness people suffer from. It is a real mountain climb."

But after seven hours of climbing the last 1200m, the group found victory at the highest point of Kilimanjaro.

All money raised from the climb will go towards The Grey Man's dedicated efforts to stop human trafficking and sexual exploitation of children in south-east Asia.

"We've already known about their efforts for years, and they're really doing a great job," he said.

"They're doing their bit to help out in the world."

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