

Scenic

# News

Tamborine Mountain, Canungra, Tamborine, Wongawallan, Cedar Creek

## LEST WE FORGET



*As a result of restrictions due to COVID-19, this year's Anzac Day on Saturday will be commemorated differently. With the cancellation of all traditional Anzac Day services, Australians are urged to Light Up the Dawn from their own homes.*

*The RSL is encouraging people to observe the day from their residence, the end of their driveway or a from a balcony for a minute's silence at 6am, and to remember our Anzacs and current and past Australian and New Zealand defence forces.*

## HOW'S YOUR MACULA?

Know your risk. If you're over 50, living with diabetes or have family with macular degeneration, you're at increased risk of macular disease.

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## SELLING AND BUYING

Whether you're already on the market, needing to list your property for sale or wanting to buy, Harcourts continues to adjust real estate processes in response to the Government's latest COVID-19 guidance, to ensure you can continue with your plans

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3 2 4

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Our **Property Management Team** are looking for Properties for new tenants, if you are thinking about **renting your property** we can **help** with your planning. We are only a phone call away!

Harcourts Scenic, with you all the way, every day, locally. ☎ **5543 8525**

✉ Shop 7,16-20 Main Western Road, Tamborine Mountain QLD 4272.

🌐 scenic.harcourts.com.au

# SCENIC NEWS GOES WEEKLY

**Scenic News is now publishing every week instead of every fortnight and will expand its online presence in the weeks ahead with a new website, fresh content and new advertising streams.**

This week's edition marks the beginning of our exciting new printing schedule which we have been planning and working towards for some time.

As it has turned out, with the onset of the COVID-19 pandemic we could not have chosen a more difficult or challenging time to go weekly.

However, after much deliberation we decided to stay with our long-held goal of producing a quality weekly publication to serve our growing distribution area, and will deliver on Thursdays and Fridays depending on location.

Scenic News is now letterbox delivered across Tamborine Mountain, Wongawallan, Canungra, Tamborine, Riemore, Cedar Creek and most of Boyland. In addition, it is bulk delivered to strategic outlets in Beaudesert.

We will continue to provide coverage of local news featuring community life, business, government, activities, events, education and the arts, complemented by a wide range of popular and informative columns from our contributing writers.

Importantly, our weekly format will allow us to give business the opportunity to advertise more often with us, as well as advertising online.

Scenic News was Australia's first quarterfold (A4) newspaper when it began life in 1958 as the then Tamborine Mountain News.

For well over half a century now it has enjoyed an unbroken run of recording life, events and issues relevant to its local community and surrounding areas.

In 1958 Tamborine Mountain was a small farming community with a population of fewer than 400. Tamborine Mountain News, which was started by the Tamborine Mountain Progress Association, allowed residents to stay in touch with local issues, particularly construction work on the road being

built down the eastern escarpment by a group of enterprising mountain volunteers.

No government funding had been forthcoming for the construction of a much-needed link to the bottom of the mountain to connect with an existing road to Oxenford, so a small group of locals decided to build it themselves.

Before long, the project (known as the 'Do It Yourself Road') was handed over to the Progress Association, and Tamborine Mountain News became an invaluable source of information on its development.

Its name was recently changed to Scenic News to more accurately reflect its expanding distribution area in one of the State's fastest growing demographic areas.

We look forward to continuing our long tradition of serving our wonderful Mountain and surrounding areas in an accurate, objective and balanced manner.



**Scenic News**



@scenicnews

*The paper to read, keep and share ...*



#scenicnews

P.O. Box 118  
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[www.scenicnews.com.au](http://www.scenicnews.com.au)

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[advertising@scenicnews.com.au](mailto:advertising@scenicnews.com.au)

**Scenic News is a free weekly newspaper delivered every Thursday to more than 7100 homes and businesses, covering Tamborine Mountain, Canungra, Tamborine, Boyland, Wongawallan and Cedar Creek.**

Its first edition was published in 1958 and today it remains Australia's oldest continuously produced community newspaper.

Scenic News is committed to recording life, events and issues relevant to our community

and surrounding areas, in a colourful but accurate, objective and balanced manner. It is printed on high-quality satin gloss paper, ensuring clearer and brighter ads and editorial content.

Our advertising stands out, but is still at the most competitive rates in our distribution area. An added bonus for our advertisers is that the scale and variety of our editorial content make Scenic News a 'must read' product, enhancing the value of their ads.

# NEW COUNCIL SWORN IN VIA TELECONFERENCE IN RESPONSE TO COVID-19 HEALTH GUIDELINES

Scenic Rim Regional Council's newly elected Mayor and Councillors were sworn in on Monday following the finalisation of declarations from the Queensland Electoral Commission for the 2020 local government elections.

It was an historic moment, with the majority of the declarations made via a teleconference in response to COVID-19 and social distancing guidelines.

Returning Mayor, Cr Greg Christensen, made his declaration in Council Chambers (while practising social distancing) and said that it was a privilege to begin a second term with Council.

"This is an honour I am humbled by and one I hold in the highest regard," he said.

"I am proud of what Council has achieved over the past four years and recognise that the region has faced some challenges during this time, including flood, drought, bushfires and now COVID-19.

"My pledge to our communities is to continue to deliver real, effective leadership for our region and to shape a future we can all share in and be proud of," Cr Christensen said.

One-by-one, Chief Executive Officer Jon Gibbons took the Declarations of Office from each of the new Councillors via a teleconference call.

**Cr Christensen, re-elected for a second term, has been joined on the Council team**

by sitting Councillors Michael Enright, Virginia West and Duncan McInnes, and newly elected Councillors Marshall Chalk, Jeff McConnell and Derek Swanborough.

Marshall Chalk was elected to Division Five following the retirement of Cr Rick Stanfield. Derek Swanborough, who served as a Scenic Rim Councillor from 2008 to 2012, was elected to Division One following the retirement of Cr Nigel Waistell. Jeff McConnell will represent Division Two,

Cr Enright has been re-elected for a second term to Division Four and Cr Virginia West has been re-elected to Division Three for a fourth term. Cr McInnes, who was elected as Division Six Councillor in 2012, was re-elected unopposed.

Cr Christensen congratulated his fellow Councillors on their successful election to serve as part of the 2020-2024 Scenic Rim Regional Council.

He also acknowledged and thanked outgoing Councillors Nadia O'Carroll, Nigel Waistell and Rick Stanfield for their valuable contributions during Council's last term.

Under the Local Government Act 2009, each Councillor is required to make a Declaration of Office before they can act as Councillor.

Council's first post-election meeting will be held via teleconference today (23 April) when Council will appoint the Deputy Mayor

and Chair and Deputy Chair of the Local Disaster Management Group.

The meeting schedule for the year will also be adopted and Councillors will note the election results as provided by Electoral Commission of Queensland.

"While our new Council will begin its first meetings remotely in response to COVID-19, we are bound and committed to ensuring the highest standards of our local government and continuing to deliver strong outcomes for our communities," Cr Christensen said.

A full audio recording of the Declarations of Office is available on Council's website [www.scenicrim.qld.gov.au/downloads/file/3895/audio-recording-of-scenic-rim-regional-council-declaration-of-office-20-april-2020](http://www.scenicrim.qld.gov.au/downloads/file/3895/audio-recording-of-scenic-rim-regional-council-declaration-of-office-20-april-2020)



Mayor Greg Christensen

## THE CHALLENGES OF HOME LEARNING

**For the first time in history we move into home learning because of COVID-19. There are many expectations such as social distancing, and isolation but I noticed a need for ideas for our parents who will soon be challenged with home learning.**

As a support teacher for Education Queensland I felt I could encourage parents in this intimidating role. To begin with, all parents have been the first teachers of their children already. You know your child better than anyone else. With support from classroom teachers you can do this. You might consider the following four areas to help you manage this change.

### Environment

- You may find it easier if you have a designated space for your children to complete their work. You may even want two areas when the weather is nice: one inside and one outside your house. Consider the distractions but changing locations can help them focus better and help them manage their day. It all depends on your child that you know so well.
- School uniforms could be used during learning time. This could be an extension of their school room experience. When school work is finished they change to play clothes and it signals to them a different part of their day.
- Keep a specific space for school tools so you don't waste time finding where they went yesterday.

Frequently used items are rulers, pencils, sharpener, pens, stick glue or glue, scissors, highlighters, rubbers, and reward stickers for encouragement.

### Attitude

- Circumstances impact on our emotions throughout home learning such as computer login connections, how all of you are feeling or what you yourself have planned to get done to keep life in balance like baking or washing clothes. Better yet, there's an opportunity to clean and bake together.
- As a home learner, you will also have feelings from your own personal experiences as a student. Some see struggles their child is having as their own fault because that's the way they were as a student. This feeling can give you empathy for your child and an understanding they are not being naughty, they just don't get it yet. It can also help for you to explain it in a way you understood and learned.
- What happens in this once in a lifetime experience of a pandemic will be remembered forever. In short, you are making memories. This perspective can get you through a trying moment in time and help you look at the bigger picture.

### Support

- You are supporting your child as a home learner. Don't feel overwhelmed as you partner with your class teacher to discuss any problems. They want your child to succeed and you do too.
- The difference from home schooling is that you are not responsible for your child's yearly curriculum. Your class teacher will be planning all of that. Relax.
- Praise – praise – praise. Your child will succeed quicker, enjoy time with you and enjoy learning when you praise them for what they have done. Encouraging them when they make mistakes is tricky but doable.

### Escape

At the end of completing the day's work, it's time to get back to normal family life. Relax, play games, enjoy.

These four sections are a mnemonic that spells EASE. As you support each other through e-mails, calls, and texts we will get through this unusual time with ease. We will eventually be on the other side.

If you have any ideas or questions for future articles, please contact me at [stepstones.ed707@gmail.com](mailto:stepstones.ed707@gmail.com).

**Sandi Dale**  
(BA, MA, Assoc. MAPs)

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# DEMONSTRATOR CLEARANCE

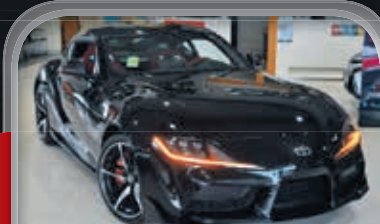


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w: [www.tamborinemtphysio.com.au](http://www.tamborinemtphysio.com.au)

## KEEP CALM AND CALL TAMBORINE MT PHYSIO

Things in the health care industry are changing rapidly in response to the Coronavirus pandemic and Tamborine Mt Physiotherapy is no exception.

Whilst all government directives thus far have encouraged physiotherapists to try and keep their clinics open to take the pressure off doctors' surgeries and hospitals, we have now also been able to add telehealth to our armoury. This will be of particular interest to those who have been advised to self isolate or those who are unable to drive due to injury or surgery.

Of course, we can't provide our excellent hands-on services at a distance until physibots are invented, but there are plenty of other options for us to help via video conference or phone call! This may include prescribing and demonstrating exercises, showing you techniques for self massage or mobilisation and giving you general advice for the care of your condition.

When you call to book an appointment, we'll send you a secure email link for you to access our online treatment rooms at the prescribed time. The link is very simple to use and can be accessed via email on your phone, laptop, iPad or pc (if you have access to camera and microphone).

Processing of telehealth appointments is already approved by Workcover QLD and NDIS (Both on a case by case basis) and EPC/Medicare. Veterans Affairs claiming is due soon. Private patients can already make use of telehealth so long as they have a recommendation from their doctor. Private health fund rebates will be available from 14.04.20 to 30.09.20.

Rest assured, until advised otherwise, our clinic will be open for business and care as usual, but because self isolation is painful enough already, we're waiting for your telehealth call – 5545 0500.



# Council Notices



## PUBLIC NOTICES

### COVID-19

The Scenic Rim Local Disaster Management Group moved to STAND UP status on 23 March 2020 in response to the global COVID-19 pandemic.

During this unprecedented time, the health, safety and wellbeing of employees, residents and our communities is of utmost importance.

We urge you to protect yourself by avoiding large gatherings and practising disciplined physical distancing, using common sense, staying calm and cooperating with the advice of health authorities.

### COUNCIL'S CUSTOMER SERVICES

To minimise the risk of spreading COVID-19, Scenic Rim Regional Council Customer Service Centres are closed until further notice.

Our helpful Customer Contact Officers are still available to answer your enquiries by calling **07 5540 5111** between 8.30am and 4.30pm from Monday to Friday.

Non-urgent enquiries can be emailed to [mail@scenicrim.qld.gov.au](mailto:mail@scenicrim.qld.gov.au) or posted to **PO Box 25 Beaudesert Qld 4285**.

All Council forms are available on Council's website and can also be emailed, posted or faxed to Council.

If you usually access the QGAP at Boonah and need to complete a transaction, please call 13 QGOV (13 74 68).

## COUNCIL'S ESSENTIAL SERVICES

As at 17 April, the following Council services were operating:

- the Customer Contact Call Centre on 07 5540 5111, from 8.30am to 4.30pm weekdays. Monitored 24/7 for Council emergencies
- waste collection
- waste transfer stations and landfill sites
- road maintenance
- compliance and parks maintenance
- business and community support
- licensing and permit applications, and
- building/plumbing and development approvals.

## COUNCIL'S FACILITIES

In line with the latest health advice, Council has suspended delivery of all its public programs, events and activities.

The following Council facilities have all been closed in response to COVID-19:  
 Council libraries | Cultural Centres | Playgrounds  
 Skateparks | BBQs in parks | Public pools  
 Camping grounds | Community-leased facilities

## REQUEST FOR TENDER

Tender No. SRR009731  
**Management of AG Muller Park  
 (Lake Moogerah Caravan Park)**

Tender documents available from LG Tenderbox ([lgtenderbox.com.au](http://lgtenderbox.com.au)). Tender closes at 2.00pm on Wednesday 29 April 2020.

## ONLINE AT THE CENTRES

### ARTS DINNER ONLINE

Tuesday 28 April 6.30-8.30pm

### New ways of working in the Arts.

Special guests:

- Jessica Brown (Wildfire Creative Recovery Project)
- Paul Osuch (Anywhere Theatre Festival)
- Jeff & Julie (authors of Living with a Creative Mind)
- Alex Stalling (Tinker Toowoomba)
- Live performances by local and Queensland artists
- Eat Local at Home with Kate Raymont

To join in, and for more information, visit [liveatthecentre.com.au](http://liveatthecentre.com.au)

### ABOVE & BELOW EXHIBITION ONLINE

Therese Flynn-Clarke & Mary Elizabeth Barron

Reflect on viewpoints of our environment from ground level and from the air.

View online gallery until 15 July by clicking on Exhibitions at [liveatthecentre.com.au](http://liveatthecentre.com.au)

### AT HOME ONLINE WORKSHOPS

Take part in seven separate online art workshops with Therese Flynn-Clarke.

Click on School Holidays at [liveatthecentre.com.au](http://liveatthecentre.com.au)

### SHARE YOUR ARTWORK

Share copies of the artwork you've created in our People's Gallery by sending photos to [thecentre@scenicrim.qld.gov.au](mailto:thecentre@scenicrim.qld.gov.au)

## LIBRARIES

We have an extensive and diverse range of resources online - ebooks, audiobooks, puzzles and movie streaming.

Join online as an e-resource member for free!

[scenicrim.qld.gov.au/our-community/libraries/eresource](http://scenicrim.qld.gov.au/our-community/libraries/eresource)

### ENCYCLOPEDIA BRITANNICA

This online encyclopedia has different information for different ages group, and gives access to engaging information on any topic.

### LITERACY PLANET

A recognised Australian literacy resource for students of all ages and ability.

### BEAMAFILM

Disappointed with Netflix? Try Beamafilm!

## COVID-19 INFORMATION

Council Services:

[www.scenicrim.qld.gov.au/covid-19](http://www.scenicrim.qld.gov.au/covid-19)

Scenic Rim Disaster Dashboard:  
[disasterdashboard.scenicrim.qld.gov.au](http://disasterdashboard.scenicrim.qld.gov.au)

Follow us on Facebook.

Queensland Health: 13HEALTH (13 43 25 84)  
[www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19](http://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19)



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# EATING LOCAL FROM HOME WITH SCENIC RIM FARM BOX

A group of local primary producers, supported by Scenic Rim Regional Council, has launched Scenic Rim Farm Box, a new 'farm to you' home delivery service to take the region's best produce and products to customers in Brisbane and beyond.

Scenic Rim Farm Box is designed to help fill the Scenic Rim Eat Local Week void caused by the COVID-19 pandemic and will deliver farm fresh, seasonal, quality produce and products grown or made in the Scenic Rim. The first boxes are expected to be delivered in early May.

Long-term Eat Local Week sponsors and supporters, Kalfresh Vegetables, has collaborated with Scenic Rim Regional Council to establish the Farm Box concept, which has been a long-held goal of Scenic Rim Eat Local Week.

Chair of the Local Disaster Management Group, Mayor Greg Christensen, said the initiative would help keep jobs in the Scenic Rim and strengthen the region's connection with consumers.

Suppliers to Scenic Rim Farm Box must be Eat Local Scenic Rim Accredited Locavores or be able to meet that group's criteria. To be eligible, suppliers



must also meet food safety, capability and quality requirements as assessed by Scenic Rim Farm Box.

To submit an expression of interest to be a supplier, email [info@scenicrimfarmbox.com.au](mailto:info@scenicrimfarmbox.com.au)

Customers can immediately sign up and be the first to know when the Scenic Rim Farm Box online shop goes live by visiting [scenicrimfarmbox.com.au](http://scenicrimfarmbox.com.au)

## MAINTAINING ORAL HYGIENE IN THESE DIFFICULT TIMES

**We would like to take this opportunity to advise all residents that Tamborine Mountain Dental is available to look after all your dental emergencies.**

In compliance with the recommendations from the Dental Board of Australia at this time we are only able to treat and manage dental emergencies and dental pain.

We have always had very high infection control standards. So much so that Tamborine Mountain Dental had successfully gained accreditation. This means that our infection control standards exceed the national standards.

In these times of uncertainty, we have adopted a few extra measures to keep our patients safe:

1. All those attending are screened regarding signs and symptoms prior to their appointment.
2. We have placed our air purifier in the waiting area.
3. We are spacing appointments apart to ensure there is no overlap of patients in the waiting room.
4. All patients are required to immediately wash their hands upon entering the practice.

Rest assured that we will continue to operate as long as we are able.

In the meantime, some simple things that you can do at home to maintain good oral hygiene during these times of social isolation:

- brush your teeth for two minutes, twice each day
- floss your teeth once a day.
- drink plenty of water
- maintain a good diet consisting of fresh fruits and vegetable
- minimise sugary snacks
- avoid soft drinks.

If you have any questions, or concerns, do not hesitate to contact us on 5545 2788.

**Dr Sandeep Gupta**



# WINE CHAT

with Witches Falls Winery

## FOOD (AND WINE) FOR THOUGHT DURING SELF-ISOLATION



While being stuck at home can be challenging, we do have some suggestions for making this time a little more enjoyable. We all need to eat, and most of us like to drink so why not take it up a notch and use this time to explore some food and wine pairings.

An easy place to start is with wine and cheese. The two are considered perfect partners and don't involve any cooking and we think that's a win win! We always say winemaking is part art, part science so we want to encourage you to do some experimenting of your own. Experiment with wines you've never tried and cheeses you've forgotten the flavour of and pair them together.

And, while we'll give you a starting point, these are guidelines only. The most important thing to remember is that there is no right or wrong answer, only your opinion (and that's where the art part comes in). It's all about your tastes and preferences. Below are merely some suggestions to get you started.

### Hard cheese

Who can resist an aged crumbly cheddar, traditional Manchego or Parmesan? Not us and especially when enjoyed with smooth aged reds like Cabernet Sauvignon or Tempranillo. If you prefer whites, a fresh, unoaked Sauvignon Blanc would be a good place to start.

### Soft Cheeses

Firstly, make sure you have your brie or camembert at room temperature, so it goes all gooey and creamy. Enjoy with a sparkling or crisp white or maybe even a clean, effervescent Jambreen Granny Smith apple cider. When pairing with a red wine, opt for one with fruity, earthy flavours like Pinot Noir or Gamay.

### Blue Cheeses

While these might not be everyone's favourite there's no denying a Gorgonzola, Danish Blue or Stilton provide delicious and complex flavours. These sharper cheeses can be complemented when paired with fortified dessert wines like Port and Muscat or sticky white wines. Just for something different you could try these cheeses with a slightly sweeter Jambreen Pink Lady apple cider.

### Semi-soft Cheeses

Havarti and Gouda always deserve a spot on your cheese platter. These provide excellent texture and their flavours can be fully realised when enjoyed with a buttery Chardonnay or young red like Chianti.

### Cheese Board

So, what wine do you choose if you have more than one cheese on your board? Simple, just go with your favourite or use it as an opportunity to try a new variety. As long as you're enjoying what you're drinking then chances are it'll go with the cheese you like too. As mentioned, these food pairings are only a guide, not hard and fast rules, and rules are made to be broken!

Don't forget, you can have Witches Falls wines, cheese and cider delivered straight to your door with our WOW home delivery service. The service is free and same day for orders placed before 11am. Just visit the website ([witchesfalls.com.au/shop-online/](http://witchesfalls.com.au/shop-online/)) or call us (07 5545 2609) and you can enjoy a wine and cheese pairing sooner than you think!

**Cheers and stay safe,  
The Witches Falls Winery Crew**



## TAMBORINE MOUNTAIN MEDICAL PRACTICE

14 Main Western Road  
North Tamborine  
and  
Shop 1/17 Southport Avenue  
Eagle Heights

**Phone: 07 5545 1222**

[www.tamborinemountainmedical.com.au](http://www.tamborinemountainmedical.com.au)  
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## COMPREHENSIVE HEALTH CARE SERVICE

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Dr Jan Zomerdijk  
Dr Sanne Kreijkamp-Kaspers  
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Dr Marije Dalebout  
Dr Jardin Taha  
Dr Ankur Bhatnagar  
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Ian MacAllan  
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## JON KRAUSE MP

State Member for Scenic Rim

### LIGHT UP THE DAWN WITH ANZAC SPIRIT

**Anzac Day is this Saturday, a solemn day for us as a community as we honour the sacrifices of all who have served our country in the armed forces in many different conflicts and operations.**

This year, Anzac Day will be different to what any of us have experienced before. Regulations prevent us from gathering together at local memorials – but these measures shouldn't stop us from paying our respects to those men and women who never made the journey home, those recently returned, and those who are still serving around the world.

This Saturday let's light up the dawn with our ANZAC spirit. At 6am on 25 April, at the end of your driveway, or on your balcony, join me and thousands of Australians as we remember those who served and sacrificed for our nation.

RSL Queensland will be streaming a short commemorative service and you can register to pledge your participation in 'Lighting Up the Dawn' by visiting [www.rslqld.org](http://www.rslqld.org)

In the lead up to this Anzac Day, in lieu of commemorating together, I have been posting the stories of soldiers from the Scenic Rim who fought in different conflicts on my Facebook page. It has been very interesting and touching to learn their stories and read of their experiences. It hits close to home when you read of a soldier coming from your town, who left to battle in conflict and never returned.

Let's light up the dawn with our ANZAC spirit this Saturday.  
*Lest We Forget.*

### 'MUM AND DAD' INVESTORS AND TENANCY LAWS

**I have been contacted by dozens of tenants, landlords and real estate agents concerned about the Queensland Government's Renter Protection Package.**

The LNP's position has always been that any legislative changes must take a balanced approach and should support the entire rental market – not just one segment. The idea that, due to COVID-19, a property owner may not have a right to receive rent for several months – because tenants would be under no obligation to pay – is very concerning.

Most, if not all, sectors of the Australian community that have lost work due to COVID-19 will be entitled to receive a form of Federal Government support. This situation, no doubt, will require some give and take between property owners and tenants – but certainly not what was proposed by the Queensland Government in facilitating a month's long 'rent holiday', even without any need on the part of tenants to demonstrate hardship (and indeed no ability of property owners to request proof of hardship).

The consequences for service providers linked to tenancies (agents, maintenance providers, gardeners, cleaners etc) as well as the impact on the market for rentals would be significant. The LNP is looking to support sensible measures to keep tenants in their homes and continue to advocate for a balanced approach that supports both tenants and property owners.

Quite rightly, it looks like the Government is back pedalling. However, the fact these one-sided proposals were even put into the public domain shows what those in power in Queensland really think. Our society and economy are based, at their roots, on the importance of private property rights which provide encouragement and security for individuals, families and businesses to invest in the future. That would be seriously undermined if proposals like those put out recently were ever enacted.

**Thank you for your continued cooperation in relation to social-distancing regulations and for your consideration of those most vulnerable in our communities. If there is anything I can do to assist you, please call, email or send me an SMS 0401 634 488.**



## SCOTT BUCHHOLZ

Federal Member for Wright

**I want to thank you all for doing your bit in slowing the spread of COVID-19, by staying home over the Easter weekend and easing the pressure on our health system and great staff.**

Please, continue to do this and stay safe. I want to also remind people that the best source of information is [australia.gov.au](http://australia.gov.au) or the 24/7 National Coronavirus Health Information Line on 1800 020 080.

Over the last few weeks there has been much more work done to support all Australians to get through this crisis.

The National Cabinet agreed recently that restrictions would remain for the next four weeks, with a framework for lifting them based around wider testing of more people, vastly increasing tracing capabilities, and expanding capacity to control outbreaks. However, I stress, lifting restrictions is reliant on health advice and how the next four weeks progress. Public health is our number one priority.

The Australian Parliament also passed the \$130 billion JobKeeper Payment legislation, a \$1500 per fortnight wage subsidy for six million Australians. Payments will be facilitated through the ATO for businesses that register. For more information visit: [ato.gov.au/general/JobKeeper-Payment/](http://ato.gov.au/general/JobKeeper-Payment/)

Remember, to get JobKeeper you must register.

For those who are not able to get JobKeeper, the Government has temporarily expanded eligibility to income support payments and established a new, time-limited Coronavirus supplement to be paid at a rate of \$550 per fortnight on top of fortnightly payments.

On commercial leasing, there has been national agreement on a mandatory Code of Conduct to impose a set of good faith leasing principles that will apply to commercial tenancies, between owners/operators/other landlords and tenants.

Importantly, National Cabinet agreed to a moratorium on evictions over the next six months. We do not want to see those in financial distress who are unable to meet their commitments, forced out of their homes, due to the impact of coronavirus. People who seek to take advantage of this will be caught. Residential tenancies will be dealt with by each state and territory as it is within their remit.

An important issue that many have raised with me – that has now been addressed – relates to foreign investment. The Government has made changes and the framework will now require approval for all foreign investments, regardless of value. This is to protect our national interests and prevent Australia and Australians from being taken advantage of.

There has also been a lot of work done to strengthen the viability of our childcare sector, ease cost pressures on the family and provide reduced cost education, to help those out of work or those needing to upskill – to access those opportunities.

As always, my office is here to assist in this tough time.

## Vale

**Erwin Heinrich Gebers**  
of Sierra Drive, North Tamborine

**23/01/1935 - 13/04/2020**

Erwin passed away peacefully at home in the early hours of Easter Monday with his family by his side.

**A man of integrity.**

**An insatiable hunger for knowledge.**

**An adventurous spirit.**

**A fixer of all things.**

**A straight talker!**

**A loving husband, father, grandfather and great grandfather and a true friend to many.**

**He will be sorely missed.**

Due to the current restrictions we are unable to invite you to join us in celebration, but we thank you for your contribution to his full, rich life.

*Happy Sailing Fred!*

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# Letters to the Editor

Readers are reminded that letters to the editor must show full name of writer for publication.

## A STRONG MESSAGE TO COUNCIL FROM MOUNTAIN

**This election has been one of the closest contests that I can remember for Tamborine Mountain in two decades.**

The challenges we face and the expectations you will have of me are greater than ever, largely because of Council's past neglect of the Mountain. Thank you for placing your confidence in me.

My one policy was to steer the Mountain to move to Gold Coast City Council for the many reasons I outlined. For the majority of voters who agreed with me I am now in a stronger position, with access to information and relevant networks to progress this agenda. However, I fully recognise that the strong primary vote for other candidates shows there is more work to be done for a true majority to come along with this idea.

Only with honest leadership and community involvement will we garner a greater level of support. That's my plan.

It is a new council with three new councillors. As I enter this, my second term as a councillor, I will be working with them and existing members, as the law requires, for the benefit of the whole region. The two are not mutually exclusive but complementary.

You have already sent a strong message to Scenic Rim Council that rates are far too high, our community infrastructure is lacking, and we want a council that spends our money responsibly on the residents, not on one million dollars' worth of consultants budgeted this year, non-essentials and a fat administration. Council must be fair, equitable and transparent. We want robust, positive discussions of ideas, not a repeat of the frivolous and vexatious complaints made against our own Divisional Councillor, most of which were dismissed.

With COVID-19 we will have a slow start on a reform agenda. But I am optimistic that we will come through this stronger than before as society resets its core values, people become the focus and economies and political philosophies morph in ways we cannot yet understand.

As Councillor I will work for the whole region to protect your interests and the environment. I will always keep you informed with relevant information, as I work towards new projects for Tamborine Mountain and the whole of the Scenic Rim, that are proportionate in scope and well overdue and that will improve your lifestyle and liveability.

**Cr Derek Swanborough**

## CONGRATULATIONS DUE FOR SWANBOROUGH'S COURAGE

**I would like to congratulate Derek Swanborough, not only for being elected as the new councillor for Division One of the Scenic Rim, but for having the courage**

**to run on a single issue - namely, taking Tamborine Mountain to the Gold Coast Shire.**

It took a degree of guts and a strong belief in the merits of his conviction. Phil Giffard is a friend of mine and I have, in the past, tended to agree with his opinion that such a move would not be good for the residents of this Mountain. We would have a very small voice in the overall Gold Coast council. Something that could mean being unable to defend ourselves against inappropriate development.

However, Derek believes that the powerful tourist industry in the Gold Coast would not want to change the "green behind the gold" mantra that is very profitable for that industry because of the hordes of tourists sent up here every year. Those tourists do not want to see more Gold Coast features; they enjoy the rural and green aspects of our community.

Furthermore, the Gold Coast's vast billion-dollar budget would ensure that our rates would be considerably reduced while at the same time giving us better services than we are currently allotted from the Scenic Rim budget. Who knows, perhaps even a bus service to and from the Gold Coast, something from which every elderly resident would benefit.

When specifically asked at the Meet the Candidate night before the elections, every mayoral candidate stated that if Derek were to be elected, he, the new mayor, would explore the possibility with Derek and with the State Government.

Derek's detractors (and I don't mean people of good will like Phil Giffard) will no doubt try to downplay his mandate by pointing out that he won with something like a third of the primary vote, meaning that, in their view, he did not have the backing of the majority of voters for his stance.

However, that view is far too simplistic. Let us analyse the situation a little more. I have no doubt that the vast majority of voters had, and still have, a sympathetic ear for Derek's arguments with regard to lowering the rates that Mountain residents pay. However, when it comes to voting, other factors come in to play. Nadia O'Carroll and Amanda Hay have loyal personal followers who voted for them even though they agree in principle with Derek. Sally Williams is a 'Green' and again even though they agree with Derek, her supporters are fiercely loyal to the 'Green' philosophy and so cast their votes.

I believe most of Amanda's supporters did in fact follow her how-to-vote card and placed a second preference against Derek's name. Had preferential voting been compulsory rather than at the discretion of the voter it is interesting to speculate on the result. With the problem of the corona virus ever in mind, many voters I am sure, simply put the figure one, or a tick, in one box and bolted for the safety of home.

Derek's primary vote, while outpolling the other candidates, was in fact split with the other three, but it is my firm belief that he does enjoy far more support than that would indicate. Well done Councillor Swanborough.

**Roland Lindenmayer**

## Councillor's Comment



**VIRGINIA WEST**  
DIVISION 3

**It is a great honour and a privilege to have been re-elected to represent not only the residents of Division Three but all residents in the Scenic Rim region.**

I look forward to working together with my fellow councillors for the next four years to build a vibrant and prosperous future for the Scenic Rim.

The new Council term is now under way and all councillors have been sworn in by teleconference. For the next few months meetings and induction workshops will also be conducted by teleconference.

### CHRISTIE STREET SAFETY UPDATE

**I have received a letter from DTMR giving an update on their plans to improve pedestrian safety along Christie Street, Canungra.**

Stage One is expected to start very soon and will include:

- town entry treatments at both approaches to town - speed signs and red line-marking
- upgrade of the pedestrian refuge outside Canungra State School to a raised zebra crossing and additional lighting
- improved line-marking turning left into Canungra Street
- new surface treatment on the descent to Canungra heading west (this section is very slippery when wet), and
- tree clearing on specific road reserves to improve sign visibility.

Following community feedback on the proposed zebra crossing on Christie Street from DJ Smith Park to the shops, DTMR officers have decided to look at alternative proposals. Thank you to the Canungra Chamber of Commerce and community members who provided submissions on this project and especially those residents who were able to document how dangerous a zebra crossing was at this location a number of years ago, and hence removed. Thank you also to the DTMR officers for working together with our community.

Stage two of this project will continue in forthcoming months and is focused on Beaudesert-Nerang Road sections and intersections heading towards Nerang. The entire project of safety improvements will be \$4.9 million.

### CANUNGRA DIRECTORY

What a great job Keer and Carrie Wilson have done to so quickly get this very informative business directory up and running to enable us all to support our local business owners every chance we get. It is worth remembering how often these businesses support local events and fundraisers, so it is our turn to support them in return for their generosity. To visit this site see [www.canungratimes.com/directory](http://www.canungratimes.com/directory)

### CONTACT ME

Due to the current social distancing regulations, I will not be at the Canungra Library on the second Saturday of the May but I can be very easily contacted on 5540 5403 or 0407 630 052 or email [virginia.w@scenicrim.qld.gov.au](mailto:virginia.w@scenicrim.qld.gov.au). Let's hope we can get back to face to face meeting in the coming months.

# LOCAL WOMEN'S GROUP HELPS PROVIDE COVID-19 PROTECTION



*Staff at Brisbane Northside Private wearing their Masks for Mates.*

**Tamborine Mountain Women's Group 'Masks for Mates' initiative was originally set up to provide face masks for front line volunteers with the aim of keeping our community safe during the COVID-19 pandemic.**

The group has distributed free fabric masks to organisations such as Community Care.

Last week, however, it was approached by Julia, a member of the Mountain community, with a request to provide masks to a family member working as an emergency doctor at Brisbane Northside Private hospital.

We supplied a sample of the masks we were making, and after a few minor adjustments, they have been welcomed with open arms, to the point that we are now working on making thousands of masks that will be distributed to patients and visitors in hospitals.

"We are most appreciate of the masks," said Dr Hesly Fuentes at Brisbane Northside Private.

"Wearing a simple cloth face covering can slow the spread of the virus. We know some people can carry the virus without showing symptoms, and a mask can reduce the risk of transmitting it to others.

"This is important everywhere, especially in hospitals. These masks are reusable and help release the stress on the medical supplies which are desperately needed by our health professionals."

We have an active team of volunteers now sewing masks, but could certainly use more help! Materials will be supplied, so if you can sew or can assist with cutting fabrics, ties and elastic we would love to hear from you.

Please contact Deborah via email at [tmwgi2019@gmail.com](mailto:tmwgi2019@gmail.com) or send a message via Tamborine Mountain Women's Group Facebook page.

**Rose Siva**



*Some of the face masks made by members of the Tamborine Mountain Women's Group.*

## GET SOME REST

**You would think that now with all our 'downtime' resulting from less work or no work people would be resting up a bit. Changed schedules and a generally slower pace would seem to provide for many of us a bit of a break from our normal business.**

However, I recently listened to a Year 12 student lamenting his interrupted year. It would impact his plans for his future life, going to uni, studying for his career; now his whole world had been disrupted. Not only had he been shaken but he detected a new level of anxiety amongst his fellow year 12ers. It was, he said, causing a worried sleeplessness amongst his classmates. You can't blame them really. You plan everything out and then your plans are dashed. Your future looks bleak or non-existent at least for a while. Things will of course get better but you don't see that at first.

So, rest is not so easy to get even when we are 'less busy'. I find that adjusting to a new schedule, a new way of doing things that came as second nature, takes some time and energy. So, while I think I should be resting a bit more I find it difficult to actually feel rested.

I know I am not alone in my desire to get some real down time in life. I see plenty of pictures and posters that promise me peace and quiet and contemplative satisfaction. I only need \$1.3 million to buy it down on the coast, or maybe half that to get it in the rainforest. Maybe it only comes with riches, but I suspect that it is something beyond the reach of money.

We work hard for all kinds of reasons, from keeping our jobs to pleasing other people. It's as if there is a place just around the corner in time when I will catch up with my work and all will be right. I will be able to sit down and rest. Have you ever sat in your house dreaming to go somewhere else and then you go there and think about how good it will be to get back home?

God knows our restlessness and he invites us to rest. This rest comes from him. I love the way Jesus said it so clearly, 'But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.' (Matthew 6:33-34)

There were people who followed Jesus and wondered how they could get right with God and get some true spiritual rest. They asked, "What must we do to do the works God requires?" Jesus answered, "The work of God is this: to believe in the one he has sent." (John 6:28-29). Maybe the rest you long for is resting in the finished work of Christ. He reconciles us to God through his death and resurrection. 'Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ', Romans 5:1. Go get some rest.

**Kim Dale  
Pastor**

Advertisement

Kim Dale, Minister TM Presbyterian Church.  
[kdale7@bigpond.com](mailto:kdale7@bigpond.com)

## Tamborine Mountain Presbyterian Church

Out of care and concern for the health and well-being of members of our church family, as well as the community around us, we have suspended our church services until further notice.

**Pastor Kim Dale**

Community Notice  
ANZAC Day Services  
25<sup>th</sup> April, 2020



## CANCELLED

### Due to COVID-19 Health Concerns

The Tamborine Mountain RSL Sub Branch wishes to advise that there will be no Anzac Day Services originally planned for Saturday 25th April 2020.

However, we will be supporting the National Campaign for the community to observe Anzac Day 2020 at your own private residence. Instead of attending a large gathering, we are calling on all Australians to honour the service of our Anzacs by standing at the end of their driveways or on a balcony for a minute's silence at 6am this Anzac Day to remember our Anzacs and our current and past Australian and New Zealand Defence forces.

### Our Anzac Spirit Will Prevail



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## FREE ONLINE ART WORKSHOPS NOW



**Local artist Therese Flynn-Clarke has joined the online creative movement inspired by the global response to COVID-19.**

While other artists have written songs, choreographed wonderfully entertaining dance routines or played live on social media, she has created a series of free At Home Art Workshops to complement her component of Scenic Rim Regional Council's current Above and Below exhibition.

While the exhibition was due to open at The Centre Beaudesert in late March, it is now being enjoyed online through the [www.liveatthecentre.com.au](http://www.liveatthecentre.com.au) website due to COVID-19 restrictions on public gatherings.

The Patterns of My Days - Right of Nature workshops were initially created as school holiday activities for children. However, members of the Scenic Rim community of all ages and abilities are invited to join in.

From now until Wednesday 15 July, participants can enjoy the following workshops at home at their leisure.

**Workshop 1 - Looking from Above:** Based on the artist's fascination for aerial landscapes, this workshop invites participants to share their own perspective of their surroundings, for instance the back yard, collecting interesting objects found at home such as sticks, leaves and rocks and them as seen from above.

**Workshop 2 - Layers of Meaning:** While travelling across remote and regional Queensland, Therese Flynn-Clark gathered an eclectic mix of plant fibres, seedpods, plane tickets, local newspapers and maps. Workshop participants are encouraged to gather anything that interests them from around the house to tell a story and, with a glue stick, create a colourful collage.

**Workshop 3 - How Can We Change an Object to Tell a Story?:** In this workshop participants are asked to find an object that is precious or tells a story. A soup ladle might tell the story of a special meal with family while a tool, CD, pen, or ball of wool, might hold memories of a family member or friend. What can be done to this item to change or transform it?

**Workshop 4 - Postcards of Place:** Therese Flynn-Clark loves postcards and used to buy one from every place she visited, collecting more than 300 in her travels. She invites everyone to think about what they see and do as part of everyday life and take the time to draw these images on a sturdy, postcard-sized card.

**Workshop 5 - Nature Stories:** Be inspired by nature, whether in front yards, backyards or nearby paddocks and take a closer look at insects, birds, lizards and spiders to make a colourful record of the experience.

**Workshop 6 - People Make a Place:** A place is made by the people who live there, and nature sits within that place. Outside the front or back door, or looking out of a window, what evidence of people is seen? Sit quietly and draw what is in view.

**Workshop 7 - Journeys/Travelling:** This workshop asks participants to think about journeys they have taken, whether simply to the shops, or to recollect longer journeys, travelling with friends or family on a road trip or to another country. What are the best memories of these times and how can they be expressed?

The [www.liveatthecentre.com.au/](http://www.liveatthecentre.com.au/) website will host an online gallery of entries from participants who would like to share their workshop creations with others.

Email submissions to [thecentre@scenicrim.qld.gov.au](mailto:thecentre@scenicrim.qld.gov.au)

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5545 0888 Open: 9am - 4.30pm  
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### Belvedere Restaurant on Main

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### Bendigo Bank & News Agent

5500 0496  
Open: usual hours

### Birchgrove Nursery

5545 1042 Open:- 8.30am-4pm  
coffee shop takeways only

### Bygone Days 0402 786 227

Open: Selling online/Fb only Free deliveries  
Fridays on Tamborine/ Parcels posted Fridays

### Canungra Hotel 5543 5233

Restaurant - takeaway only Weds - Sat  
4.30pm -8.30pm Online ordering & delivery  
Bottleshop 10am-7pm (8pm close Wed-Sat)

### Caroline Jackson Marriage Celebrant

0413 600 116 Open: by appointment  
Some restrictions on ceremonies

### Castle Glen Liquors 5545 4282

Open: 10am -5pm Thus - Mon  
No Tasting, online orders, free delivery SE QLD

### Cedar Creek Estate Vineyard & Winery

5545 1666 Open: weekends only 10-2pm  
Otherwise available by appt

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Mountain 0408 981 784 Open:  
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5545 1888 Open: 7 Days, 6.30am-4.30pm  
Takeaway only incl. Pizza and all other  
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0407 238 382 Open: - avail for telephone  
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### Eagle Heights Butchery 5545 1811

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### Eagle Heights Pharmacy

5545 1441 Open: Mon - Fri 8.30 -6, Sat 8.30 -3,  
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### Eagle Heights Post Office

5545 1281 Open: Mon - Fri 8.30am -4pm  
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### Eagle Heights Super Cellars

5545 0933 Open: 10 -7 + to 8pm on Fri  
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### Elephant Creative Design

5545 4614 Open: 9am-5pm avail for  
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5545 4273 Open: Meals & Alcohol Takeaway  
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### German Cuckoo Clock Nest

5545 1334 Open: Mon-Fri only, 10-4pm  
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### Gold Coast Fireplace & BBQ Centre

5531 6266 Open: usual hrs but closed over  
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5545 1999 Open: Mon - Fri 11am-3pm  
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0402 277 722 Open: - by appt only,  
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### Latitude Town Planning Services

5545 4432 Open: - usual hours  
All online/ Conference calls available

### Lemon Lovers

5545 1444 Open: 7 Days, 6.30am-4.30pm  
Takeaway only

### Maki Horanai - at Mountain Dreams Gallery

0424 960 817 Open: open by appt only

### Margaret Steen- Lawyer

Varro Clarke & Co  
5545 1033 Open: by appointment

### Mason Wineries

5545 2000  
Open: bottleshop only

### Mumma Ducks Sweets & Treats

0400 006 244  
Open: w/ends only 10-4 , open Anzac Day

For Covid-19 updates for business - <https://tamborine.com.au>

The situation regarding COVID-19 regulations fluctuates daily. Please call ahead to ensure the business you wish



# support local, live local, grow local

### **Pethers Rainforest Retreat**

5545 4577 Open: Call re Community Based Healthy Meals - BYO container \$10-\$20 - takeaway only food

### **Physique Physiotherapy** 5545 1133

Open: usual hours plus additional sanitising/ alcohol swabbing. Free telehealth Triage consults, video consults, Virtual Pilates

### **Professionals Real Estate Sales & Rentals**

5545 5000 Open: Mon-Fri 9am-3pm  
Property inspections by appointment

### **Scenic News**

5541 9510 Open: Normal production and deliveries - weekly

### **Sheridan Bryant - Celebrant**

0418 887 646  
Open: By appointment

### **Spice of Life Café and Deli**

5545 3553 Open: open 7 days 6am-4pm  
Takeaways, 20 per cent discount during Corona Virus emergency

### **St Bernards Hotel & Bottleshop**

5545 1177 Open: Bottleshop open 10-8 daily  
- Restaurant Takeaway only 12-8pm

### **Suncorp Bank**

Open: call to confirm

### **Tamborine Mountain Auto Clinic**

5545 1214 Mon-Thurs 8am-5pm  
Fri 8am-3pm - Free vehicle pick up & sanitisation at pick & delivery

### **Tamborine Mtn Physiotherapy Sport**

Injury Clinic 5545 0500  
Open: Mon-Fri 9am-5pm plus additional sanitising/alcohol swabbing

### **Tamborine Mountain Distillery**

5545 3452 Open: - usual hrs, Bottleshop open, tasting closed .Medical grade hand sanitiser available via Online & Email orders

### **Tamborine Mountain Electrical**

5545 1207  
Open: 7.30am-4pm Mon-Fri

### **Tamborine Mountain Optometrists**

5545 0277 Open: Mon - Fri, 9-5, W 9-7pm  
Safety measures as recommended by Optometry Australia

### **Tamborine Mountain Pasta**

5545 3795 Open: 7 Days Lunch 11.30am-2.30pm Dinner 5pm-8pm Takeaway

### **Tamborine Mountain Tyres** 5545 2111

Mon-Fri 8am-5pm + Sat 8am-3pm  
GOVT Infection Training, Mobile Service avail

### **Tamborine Mountain Vet**

5545 2422 Open: - usual hours  
Tamborine Mtn, Canungra, Yarrabilba

### **Tamborine Pet Farmstay**

5543 8800 Open: - usual hours Dog & Bird Boarding, Pick up/ Drop off Doggie day Care, Pooch Pampers & Dog food delivery

### **Tamborine Tea**

Open: - Only for online orders thru website  
Free shipping for orders over \$50

### **The Bearded Dragon**

open daily 10-8pm  
Takeaway & Bottleshop drive-up collect  
0413 618 479 and 5543 6888

### **The Mountain Brew**

5545 1186 OPEN 7 days , 7-2pm  
incl Anzac - Takeaway/Deliveries

### **The Olive Branch**

5545 0499 Open: Usual hrs, 9-12 Telephone Pre - Orders available,  
Go to FB page for more details

### **The Retreat**

0408 769 937  
Open: - usual hours

### **Three Little Pigs**

5545 4484 Open: Wed-Sat 12pm-2pm  
+ Wed -Sun 5pm-8pm - Takeaway only

### **Tamborine Mtn Pizza** 5545 3888

Open: 7 Nights 5pm-9.30pm  
Takeaway and Delivery

### **Travelling Places** 5545 1600

Open: Mon - Fri 9 -5pm Available by phone  
email: travel@travellingplaces.com.au

### **Under the Greenwood Tree**

5545 4448 Open: Thurs & Sat 10-4pm  
Open anytime by appointment  
0424 586 066/ Home deliveries 7 days

### **Vincent's Painting Services**

0409 879 184  
Open: - as usual

### **Vintage Frills**

0423 500 303  
Open: Thurs - Sun, 10-4

### **Wilderflowers & Wanderberries**

0401 032 540 Open: Allergy free/vegan  
Wed- Fri 10am to 2.30pm Sat & Sun  
9.30am to noon - Takeaway only

### **Witches Falls Winery**

5545 2609 Open: - usual hours 2 person limit in cellar door Virtual Vinos by Witches Falls - Tasting online. NEW: Free Delivery - daily/next day SE Qld/- Northern NSW, WOW - Witches on Wheels - call or online order available



## NOW IS THE TIME

**I recently had the Easter weekend and the week after Easter off. It was amazing. We had no place to go, no social catch-ups, no family gatherings. In fact, I didn't even leave our tiny farm for 10 days.**

We camped out, we had a fire pit every night, we did jobs on the farm together as a family for the first time in a very long time. I actually relaxed. I felt all the stress and worries of the year 2020 slip away and I noticed something.

I had previously noticed that I have been in a constant level of stress, at least for the past few months.

I felt the tightness in my neck, the way that I was setting my shoulders, like I am always waiting for a fight or the next bit of bad news. I felt the way my jaw felt, like I had been clenching my teeth together ready for the next challenge to overcome. I felt the way my brain was always engaged. Like it was chasing too many different ideas, problems and solutions all at once and all the time. I felt my chest tightness, the way I have been holding myself in a closed and protected position like a boxer preparing to defend himself. I

felt the aches and pains of muscles that have been spending late nights and early mornings working hard.

And now I felt it all slip away. I felt gratitude. I am so grateful to have a thriving business, to live in this community and to have the employees and business partners that I have. I am so grateful that God has given me my amazing wife and my two fantastic children. And I felt the impacts on my body of the constant levels of stress slip away.

Stress is an interesting thing. It has a physical effect on the body. When you are under stress, your body releases hormones which are aimed at putting your body in a fight or flight mode. This is fantastic. It is great for a short-term boost, such as getting the kids to school on time or cooking dinner after a big day at work. However, long-term stress means that our body maintains this flight or fight mode for extended periods and that means that it's releasing hormones that tense muscles, leads to joint irritation and contributes to body fatigue.

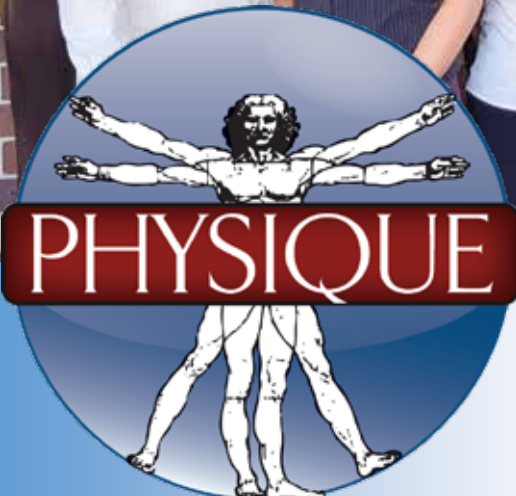
Our body responds to irritation with an inflammatory reaction and as a result our stressful lives lead to most of us

having constant low-grade inflammatory reactions, especially in our necks, backs, chest and shoulders. In this body state, it doesn't take much for the amount of irritation and inflammation to increase to a level that fires off our pain fibres and pain and stiffness then result.

This then leads to poor sleep and increased fatigue and thus the pain, niggles, stiffness and aches just ramp up even more. If we are not careful, we end up having constant neck ache, chest tightness, shoulder stiffness, jaw pain and general levels of fatigue. Our body becomes constantly in an inflammatory state and everyday life starts to become a hard slog.

However, the good news is that there is a lot that can be done to help ease our muscle tension and joint irritation. Physiotherapists are experts at identifying the body structures that are causing your pain and stiffness and in correcting the joint and muscle problems associated with stress.

And right now is the best time to try and get on top of those aches and pains you have been just living with. Don't waste this period of enforced rest.



*Experience the difference our hands can make to your life today **5545 1133***

**PULL OUT**

Yes, we're **OPEN**

**SALE** 🛏️ 2 🚿 1 🚗 1 📏 7.43 acres

**72-74 Tuggerah Grove, Tamborine**

**Your adventure awaits**

- Located at the end of a quiet cul-de-sac
- Two dongas have been joined together to provide a small but comfortable accommodation
- One with kitchen, bathroom, 2 small bedrooms the second has 2 small rooms, living area and balcony
- 2 day shelters, dam and summer creek
- 2 car carport, 3x9 shed, two poly water tanks
- Live onsite whilst you build your new home



**\$ 499,000**

**AGENTS:**

Mark Inwood  
0407 292 036  
Debra Opie  
0409 210 362

**FEATURED PROPERTY OF THE WEEK:**



**SALE** 🛏️ 3 🚿 1 🚗 2 📏 1,787m²

**20 Lucania Court, Tamborine Mtn**

**A tranquil retreat**

- Backing onto the Botanic Gardens and Tamborine creek you will find this lovely cottage
- Timber floors, exposed beams & pine paneled ceilings make this home special
- Double carport plus large garden shed
- Close proximity to cafes, shops, wineries
- Enjoy the sound of native birds and the running water of the beautiful creek



**\$ 520,000**

**AGENTS:**

Barry Chick  
0418 876 191

**FEATURED PROPERTY OF THE WEEK:**



[ProfessionalsTamborine.com.au](http://ProfessionalsTamborine.com.au) [ProfessionalsTamborineMountain.com.au](http://ProfessionalsTamborineMountain.com.au)  
2205 Beaudesert-Beenleigh Rd, Tamborine 4270 10 - 12 Main Street, North Tamborine 4272





**SALE** - - - 984 m<sup>2</sup>

37 Magnetic Drive, Tamborine Mountain

**1/4 acre with filtered views**

- Located amongst established homes with filtered views of the Gold Coast
- Short distance to Eagle Heights Shopping Centre with supermarket, medical professionals and takeaways
- 30 m wide road frontage, on local school bus route to some of the Mountains best schools

**\$239,000**

**AGENTS:**

Mark Inwood 0407 292 036  
Debra Opie 0409 210 362



**SALE** - - - 4.57 ha

905H Main Western Rd, Tamborine Mountain

**Dreams can come true**

- Acreage property located in Mingara Estate, gated, secure and sought after
- Canungra and Tamborine Mountain only 10 mins away
- Watch the spectacular sunsets over the Scenic Rim
- Large 1 acre building envelope, springfed dam and pockets of rain-forest could all be yours for the taking

**\$635,000**

**AGENTS:**

Tamara Athique  
0405 173 332



**SALE** - - - 1,146 m<sup>2</sup>

72 Pacific Parade, Tamborine Mountain

**Are you ready to build?**

- The hard work has been done, retaining walls, concrete driveway all waiting for your builders
- Views across the Golf Course to the Southern Ranges
- Rich volcanic soil, great for growing just about anything, spread your wings and build your idealic home on this build ready block

**\$289,000**

**AGENTS:**

Elizabeth Stirling  
0400 449 978



**SALE** - - - 6,668m<sup>2</sup>

100 Wongawallan Road, Tamborine Mountain

**Down among the gum trees**

- Over 1.5 acres of natural bushland close the the Botanic Gardens and Gallery Walk but still tucked away in a quiet part of the Mountain
- Would be ideally suited to a pole home
- Step out of the rat race and join the warm community of Tamborine Mountain and all it has to offer

**\$390,000**

**AGENTS:**

Barry Chick  
0418 876 191



**SALE**

ProfessionalsTamborine.com.au      ProfessionalsTamborineMountain.com.au



**SALE**  -  -  -  1,012 m<sup>2</sup>

**75 Contour Road, Tamborine Mountain**

**Easterly views**

- Perfect for a pole home which will capture the views to the Coast
- Draft house plans available if desired
- Soil test completed, available for your perusal
- Close to the Botanic Gardens with its beautiful rain-forest walks, 20 minutes' drive to the M1

**\$229,000**

**AGENTS:**  
Linda Hogan  
0414 300 558



**SALE**  -  -  -  1,077 m<sup>2</sup> Professionals

**16 Elbert Court, Tamborine Mountain**

**Price Reduced- your gain!**

- Sloping block situated in a quiet cul -de-sac
- East facing with views towards the Coast if building a pole construction
- Surrounded by quality homes
- Close to all Mountain amenities, shops, schools and medical/professional services

**\$320,000**

**AGENTS:**  
Gerard Ellen/Barry Chick  
0418 876 191



**SALE**  -  -  -  1,180 m<sup>2</sup>

**96-98 Wongawallan Road, Tamborine Mountain**

**Birds and bushland**

- North East aspect corner block, 450 m above sea level
- Power internet and telephone all ready onsite
- Central geographic location, 40 mins to beach, 20 mins to M1 and 50 mins to the airport
- The best of the mountains facilities at your doorstep.. Gallery Walk, Sporting facilities, great schools

**\$284,000**

**AGENTS:**  
David Major  
0412 726 507



**SALE**  -  -  -  18 acres

**89-123 Hartley Road, Tamborine Mountain**

**Commercial opportunity awaits**

- Prime land, prime location and a magnificent opportunity to redirect your lifestyle
- Currently setup as a winery with large shed, catering & bathroom facilities and large mezzanine floor
- This is located within the Mountain tourist hub so foot traffic & tourists will never be scarce

**\$2,400,000**

**AGENTS:**  
Paul Edwards 0419 249 271  
Ton Wolf 0424 591 012



**OFFICES: Tamborine 07 5543 6444 / Tamborine Mountain 07 5545 5000**

**CONGRATULATIONS TO OUR EASTER COLOURING-IN COMPETITION WINNERS**



**WINNER - ABBY**



**WINNER - HELENA**



**RUNNER-UP WILLIAM**



**RUNNER-UP HUXLEY**



**RUNNER-UP JENNIFER**



**RUNNER-UP LOLA**



**RUNNER-UP CORDELIA**



**RUNNER-UP JUNIPER**



**RUNNERS-UP GRACE & ELLIE**



**RUNNER-UP NICHOLAS**



**RUNNER-UP BETHANY**



**A HUGE THANK YOU**

To the 'kind citizen' who left the painting leaning against the door to the office, wishing us a Happy Easter.

You put a smile on so many faces that morning when we came to work, and it is hanging in a prominent place to remind us of the wonderful community, amongst whom we live, and work.



# SUPPORTING AUSTRALIANS THROUGH CORONAVIRUS

## Support for Individuals

- ✔ **JobKeeper Payment**  
The \$130 billion JobKeeper Payment is a subsidy to businesses, to help keep more Australians in jobs and continue to earn an income.
- ✔ **Stimulus payments**  
Two separate \$750 payments to social security, veteran and other income support recipients and eligible concession card holders.
- ✔ **Early release of superannuation**  
The Government will allow individuals in financial stress as a result of Coronavirus to access up to \$10,000 of their superannuation in 2019-20 and a further \$10,000 in 2020-21.
- ✔ **Child care fee relief**  
The Government will pay child care services that remain open and do not charge for care to help families to continue working and to ensure child care services keep their workers employed.

**If I can be of assistance, please contact my office.**

## Support for Businesses

- ✔ **JobKeeper Payment**  
This will help business significantly impacted by Coronavirus to continue to pay their employees.
- ✔ **Increasing the instant asset write-off**  
Lifting the threshold to \$150,000 (from \$30,000) and making more businesses eligible to use it.
- ✔ **Backing business investment**  
Offering businesses a time-limited 15 month incentive to invest, by accelerating depreciation deductions.
- ✔ **Supporting apprentices and trainees**  
Wage assistance to help small businesses to keep their apprentices and trainees.
- ✔ **Assistance to business to keep people in a job**  
Temporary cash flow support of up to \$100,000 to eligible small and medium-sized businesses, and not-for-profits, so they can keep operating, pay their rent, electricity and other bills and retain staff.



**Scott BUCHHOLZ MP**  
Federal Member for Wright

🏠 21 William Street, Beaudesert QLD 4285 ☎ 07 5541 0150

✉ scott.buchholz.mp@aph.gov.au 🌐 scottbuchholz.com.au 📘 SBuchholzMP

Authorised by S. Buchholz, Liberal National Party of Queensland, 21 William Street, Beaudesert QLD 4285.

# LIONS ONLINE RAFFLE FOR MOTHER'S DAY

Do you miss buying a ticket in the Lions Club fundraising raffle outside IGA on a Saturday? Well, the good news is that Tamborine Mountain Lions Club is running an online raffle for Mother's Day.

You can buy your tickets (\$2 each) by going online at: [mothersdayraffledraw.floktu.com](http://mothersdayraffledraw.floktu.com) or through the link on the club's Facebook site (no need to be a Facebook user - simply Google: "Tamborine Mountain Lions Club Facebook" and you'll find it).

Each ticket purchased online will provide one entry ticket to the Mother's Day raffle. The prizes will make wonderful gifts for mum: First Prize is a basket of 'goodies', including a colourful blanket, demitasse coffee set, body care gift set, bottle of bubbles and bag, set of hand towels, plant and ceramic holder, box of chocolates and a 'hug mug'.

Second Prize is a \$20 gift voucher for Tamborine Mountain Nursery on Long Road; Third Prize is a bottle of rosé wine.

The draw will take place at 11am on Thursday 7 May. Winners will be contacted by phone/email immediately after the raffle is drawn and prizes will be distributed before Mother's Day on Sunday 10 May. First names of winners will be advertised through the club's Facebook page.

Please feel free to buy more than one ticket if you feel you would like to. As is the case with all Lions projects, every cent of the proceeds from this raffle will go to deserving local causes.

The raffle is open to residents of Tamborine Mountain (postcodes 4272 and 4271) and adjacent areas (Tamborine 4270; Canungra 4275; Wongawallan, Guanaba and Maudsland 4210; Upper Coomera 4209; and Oxenford 4210). Prizes will be delivered within these areas.

**For more details, please phone 0448 957 676 or email: [tamborine-mountain@lions201q1.org.au](mailto:tamborine-mountain@lions201q1.org.au).**



*Mothers' Day Raffle first prize: a basket of goodies*



## Show our seniors you are thinking of them

### When was the last time you wrote a letter?

With COVID-19 placing many of us into self-isolation, the well-being of seniors is so important right now. But with social distancing and self-isolation in place, it's hard to know how you can help.



We are encouraging you to write to a senior. By sharing your messages, we can make seniors feel connected with their community and help them overcome any feelings of loneliness that they may be experiencing in these unprecedented times.

Record or write a hopeful message or get creative by sharing a favourite poem, a short story, and an anecdote or life experience. Everyone can get involved, adults and kids alike.

These messages can be a simple gesture of kindness that will make a senior's day. Even when stuck at home, you can make a positive difference during COVID-19.

Whether you want to send a message or you're a senior who would like to receive a message, contact TMCCA and we can set the wheels in motion. You could choose to send a one-off message or choose to keep in regular contact with one or two individuals as a regular Pen Pal.

Pick up a pen and connect with someone new!

In the meanwhile, as you ponder your choice of letter paper, (plain, printed or perfumed), some of the tech-savvy seniors are already socialising and sharing waves, smiles and ideas on Zoom. TMCCA gladly announces that small-sized social groups of approximately eight clients, have recently started interacting with each other on this video-conferencing platform and after a few minutes of checking their hair, position on screen, greeting each other . . . and getting their cats/dogs off their keyboards, they are actually participating in short mindfulness sessions (thank you Anam and Jane) or just sharing recipes, flowers plucked from their garden or artwork. Though short and sweet, as a basic Zoom session lasts only 40 minutes, it is a delight (in today's socially arid climate), to virtually have friends visit one's home.

**Geoff Marshall,**  
Manager TMCCA – ph: 5545 4968



ADVERTISEMENT



**Jon KRAUSE MP**  
Member for **Scenic Rim**

*Fighting for our fair share*

07 5515 1100  JonKrauseMP

Authorised by J.Krause, 91 Brisbane Street, Beaudesert QLD 4285.

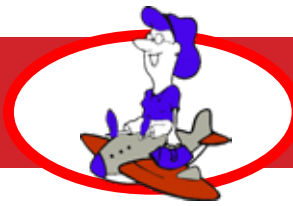


*Working for Wright*

-  21 William Street, Beaudesert QLD 4285
-  07 5541 0150
-  [scott.buchholz.mp@aph.gov.au](mailto:scott.buchholz.mp@aph.gov.au)
-  [scottbuchholz.com.au](http://scottbuchholz.com.au)
-  SBuchholzMP

Authorised by S. Buchholz, Liberal National Party of Queensland, 21 William Street, Beaudesert QLD 4285.





## TRAVELLING PLACES

By Gina Storey

**Thank you to all the people who have popped their head into the office or called to wish us well. Many people seem surprised that we are here and busy.**

We are actually busier than ever, re-working every itinerary that we have booked. In consultation with you, our clients, we are endeavouring to find the best way to minimise your financial impact.

Every airline, hotel, cruise line, tour operator and wholesaler are constantly revising their COVID-19 policies, with changes daily. A very few are providing refunds, and some are strictly non-refundable. However, almost all are offering you the option to place your travel arrangements into credit for when you want to travel in the future (usually within a time limitation).

The one thing that is taking time is refunds from suppliers. In normal circumstances airlines and other travel providers take 10 to 12 weeks to process a refund – in the current situation this has blown out considerably and no one is willing to give us a time frame to advise to you. Patience is the key.

Please be assured we are doing our best, on your behalf, in extremely challenging times. I am delighted that Meg and Renee are with me in the office to help sort out all of the bookings and to chat to clients and suppliers to see our way through this maze. Travelling Places, along with many businesses on Tamborine Mountain, is pleased that the Australian Government has offered a lifeline in these difficult times. We are open Monday to Friday from 9am to 5pm and at other times the phone is diverted to Gina's mobile.

I had an interesting chat with a client who was approached on the phone with a not-to-be-missed travel deal. Pay now and travel later and receive two for the price of one. I really want to caution everyone about these approaches. Who knows who is on the other end of the phone really? Please be wary with unsolicited approaches and slick sales gimmicks.

One client said to me recently he can't wait for this to be over – he will be on the first plane out of here. It's not that we don't love our mountain; we do, and aren't we lucky to be stuck here of all places! It is the restriction placed on us all not to be able to travel at free will that's limiting. As our country starts to emerge from this hibernation, I am sure we will all feel the need to explore ... close to home to begin with and then further afield as we feel confident.

I don't know about you, but I can't wait to be hearing final boarding calls, to feel the roar of the engine as the plane takes off, to feel the sea breeze as we cruise the high seas, to feel the sand between our toes in a tropical paradise, to marvel at the world's natural wonders or to be fascinated by the history and culture of civilisation.

Spend this time dreaming of new and exciting destinations and share these dreams with us – we would love to be part of planning your next adventure be it near or far. Bring us a challenge – we love these.

# BEAT THE RUSH

Winter Is Just Around the Corner

**Unbeatable Firewood  
Aged Western Red Ironbark**

**From \$170m<sup>3</sup>**

Call Wayne Kiehne on

**0419 768 959**



## 100% *medicare* BULK BILLING

General Family Medicine  
Women's Health  
Men's Health  
Child Health & Immunisation  
Pre-Employment  
Drivers' Medicals  
Work Cover  
Shared Antenatal Care  
Counselling

**Female Doctors**  
Dr Melanie De Silva  
Dr Kavita Nathan  
**Male Doctors**  
Dr Mariusz Zielinski  
**Clinical Psychologist**  
Dr Elsa Herbst  
**Dietician Every Thursday**  
Bonnie Hancock

*We Welcome New Patients*

**Open Monday to Friday**

**EAGLE HEIGHTS MEDICAL CENTRE**

2/34 SOUTHPORT AVE, EAGLE HEIGHTS  
(behind POST OFFICE) **PH: 07 5545 2416**



## IN THE PHILIPPINES ONE WOMAN RESCUES STREET DOGS AND CATS

She works hard, sometimes two jobs, and pays for help feeding and caring for her “fur babies”.



There is no extra money for de-sexing and it is often a struggle just to feed all the animals, yet the before and after pictures of most of these animals are unrecognisable as the same animal.

Faith Rescue is on the west coast Island of Negros Occidental, 485km south of Manila. Some areas there are popular among tourists for their buildings and historical sites.

In the Philippines stray dogs and cats are labelled puspins (cats) and aspins (dogs), derogatory titles for the mundane and unwanted animals compared to pure bred or pedigree companions.

This is similar to how the Australian attitude was to mixed breed dogs around 30 years ago. As in every poor country, animals suffer the most and the Philippines is one of the poorest. Political and police corruption is a major issue along with drug production and trafficking.

There was a nation-wide ban on the commercial trade, slaughter and consumption of dogs and cats in 1998. However, the trade still exists, especially in the north island of Luzon. The Animal Welfare Act of 1998 provides protection for neglect, abuse or dog fighting even though it is rarely executed.

If anyone is interested in assisting Faith Rescue it would be greatly appreciated by friends, supporters and especially the animals:

[www.facebook.com/FaithRescueAnimalShelter/](https://www.facebook.com/FaithRescueAnimalShelter/)

**Pam Brandis**  
Dip. Canine Prac.



- Special package price for at need no attended cremation (valid to 30/6/2020)
- Family-owned business (not multi-national)

Shop 4, Flame Tree Arcade  
16-18 Main Western Rd, North Tamborine

Tel: 5545 1974 or 0447 203 750

*At Thompson's - we'll be there when you need us*

## 4 REAL - YOUR REAL ESTATE QUESTIONS ANSWERED

**Q: Covid-19 Real Estate Update. It's the same but different!**

**A: The last two 4 Real articles have covered the new ways we are allowed to transact real estate during the coronavirus pandemic. That should be well settled now and apart from tenant/landlord issues everyone seems to be on board.**



I will cover off on this part simply, if you are a tenant and have not suffered loss of income then pay your rent. If you have suffered a hit to the household income, talk to your managing agent about what help is available as far as rent relief is concerned. In the meantime, pay your rent. You may be spared from eviction but only for the short term; please ensure that you are acting within the guidelines/legislation.

The most asked question at the moment is 'what is happening in the market?' We have covered this question before; however, we now have different circumstances. The industry catch cry is 'Business as usual in an unusual way.' This seems to cover it well, as you may note that there are new properties coming to the market and real sales are happening. Our office has received multiple offers this week and speaking to colleagues in other offices on the Tamborine Mountain they are working hard and getting results as well. In short, if you are thinking of selling or buying, the market is still active. We are just doing things a bit differently.

**Want your questions answered by Shane?**

**Email me at - [tamborine@harcourts.com.au](mailto:tamborine@harcourts.com.au)**

*Disclaimer: All comments published in this column are general in nature and is not to be relied upon in any respect when making individual financial decisions.*

## one small place on earth



### Plume Moth

**Plume Moth** – *Pterophorus albidus*, garage, Eagle Heights. ***This is my 200th article for the News.***



Plume moths are strange in that their wings are divided into narrow lobes that resemble feathers or “plumes” because of the long fringe scales extending from the lobe margins. The forewing is usually divided into two lobes (three or four in a few), the hindwing into three. The resting posture is with the wings extended laterally and narrowly rolled up. This species is distributed in Africa, including Madagascar, and in east and south-east Asia, including Japan and New Guinea. In Australia it is found in Queensland. It is a bit of a rarity. Wingspan is up to 1.5 cm.

*PS The natural world is functioning as gloriously as ever regardless of the pandemic afflicting homo sapiens. Have you noticed that there are more butterflies around than usual? Please observe the stay-at-home and social distancing rules to best protect all of us, and keep safe.*

**Peter Kuttner**

# Embrace



**Kalar and Brett Holland, spiritual life coach and guitarist/music tutor respectively, are back on Tamborine Mountain.**

Whenever possible the couple has returned to 'The Green Beauty', as they call it, ever since their first housesit here in 2015. Jaap Vogel interviewed the couple online:

"Tamborine Mountain has a strong grounding energy, which is conducive to a contemplative life. Art, culture, ability to get organics, peace, stillness, diversity, eccentricity, the honesty boxes for food and flower stalls... all these things attract us here." said Kalar.

"We've been full time house sitters, on and off since 2002, even in the USA when Brett helped one of the world's greatest guitarists, Tommy Emmanuel, on his US tours.

"After returning to Australia in 2015 we have been housesitting in South East Queensland, with at least one long-term housesit a year on Tamborine Mountain. Since COVID-19, our annual housesit schedule has collapsed, so we chose to rent until housesits open up again.

"Did we already mention the single greatest feature of the Mountain? The natural ancient ecosystem of rainforests that we get to be in when we are here. It keeps us present with space and aware of depth of consciousness.

"Something to be improved?"

"When we owned our house in Maleny we loved the number of co-operatives like a credit union, an organic health shop and a music/restaurant venue. We love when we all work together to create what we need, not for individual profit, but for the good of the whole. This could work really well up here in this wonderful community."

**Jaap Vogel**

*If you – or someone or a group you know – has a special connection to Tamborine Mountain, Jaap Vogel would love to hear from you.*

*jaap@greenislandinthesky.com.au*

## Karen Keeling's tips on **BEAUTY & WELLNESS** **BEAUTY HACKS FOR BUSY MUMS**



**Being a mum is fulfilling, but it can also drain your energy, especially if you are trying to juggle work, family, and time for yourself. Of course, despite being busy, you still NEED to have some quality time alone to renew and rejuvenate yourself.**

There is no doubt you are beautiful — but sometimes it's so easy to neglect sprucing yourself up because your job, children, and family are your top priority.

Stop, take a deep breath. There is no need for you to compromise your beauty and taking care of yourself just because you are busy. Wondering what is the answer for this? You know you can multi-task and you are a professional when it comes to that game. We have come up with a series of beauty hacks which you can enjoy and do despite a very busy schedule. Check them out below.

**USE A TINTED MOISTURISER:** If you do not have the luxury to go for a full faced make-up or apply foundation, a tinted moisturiser can be your best friend. A tinted moisturiser gives you an instant glow and evens your skin tone without accentuating your fine lines and dry patches, if you have any.

**CHOOSE A LIPSTICK SHADE THAT PROVIDES A FRESH LOOK IN AN INSTANT:** For days that you find yourself running out of time but still want to look effortlessly presentable, splash some colour on your lips for a fresh pick-me-up. Choose shade that complements your skin tone for an instant, fresher look despite lacking sleep from running errands all day.

**MASCARA:** Eyes are the windows to the soul. Invest in a good quality, mascara and brush it up your lashes to make your eyes appear wider and awake. It is the perfect ammunition you could ever have to have brighter peepers and make you look less tired.

**A RELAXING BATH:** When the kids are in bed, you can sneak in a 20-minute relaxing bath. Take time to indulge in a tub of warm water infused with some essential oils and relaxing scent of magnesium soak. Play some relaxing tunes and sip on a glass of wine to help your whole body relax and feel as if you are in paradise. This is a great way to rejuvenate and re-energise.

**USE AN EYE CREAM:** Invest in a good eye cream that is packed with collagen and some essential nutrients that help get rid or improve the appearance of dark circles, fine lines and wrinkles. Collagen-infused eye creams are usually the best option as they promote the regeneration of cells and production of protein inside the body for a more elastic and even textured skin.

**Karen Keeling**  
**Hope Island Beauty & Medispa**  
**07 5510 8999**

**Residential Aged Care and NDIS short-term and respite**



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## INHALE FEAR, EXHALE COMPASSION

One of the most interesting aspects of teaching yoga in a semi-rural area is the diversity in age and in skill level of my students.

My students range from about 12 to 84 years of age and in skill level we have absolute beginners to advanced yogis. Yoga is offered at the most simple, beginner level with the option of going several layers deeper into the poses, depending on your skill and fitness. And our live online yoga classes reflect this diversity.

It has been amazing for me to see how fearlessly many of my students have embraced this online platform, regardless of age and technological savvy. Our classes are live, fun, and after class interactive (we say hi and check in on each other) and my yoga students have moved into this virtual space without missing a beat. Their bodies, their immunities, their emotional states are nourished and supported through their yoga.

We have also been practising meditative techniques focussing on compassion and facing our fears. In this pandemic called COVID-19, we are united worldwide with our shared fear for the future. The Buddhist practice of tonglen is a direct and effective way of dealing with your fears. In essence we breathe in our fears and take them down into the purest centre of our hearts (the jewel in the lotus) and as we exhale we send out all our good fortune and well-being into the world around us. Breathing in again, we absorb all the suffering of others and as this negativity hits the pure centre of your being, it is transformed by your compassionate intent into positive energy, joy, wisdom, healing and hope.

And facing your fears is one of the bravest things you can do in this lifetime. In a pre-COVID-19 world, it was so easy to be seduced and distracted by money and by mindless consumption. And now our human world has been bought to its knees by a virus of the natural world and we have all had to stop and re-look how we want to live our lives and many of us have had to confront some dark aspects of ourselves.

Using tonglen, we visualise the fear around COVID-19 as a cloud of black smoke, almost as a form of pollution. This enters our body through the nose and settles in the pure centre of our heart. It purifies and eats away all our own fear, aversion, and ignorance instantly, healing and purifying us from within. Breathing out, purity streams from our hearts as light towards all beings. It touches them and they are well, happy, and free. Our focus is not on suffering but on creating complete freedom from suffering.

Tonglen does not threaten anything except our ego. As we send out kindness, we grow accustomed to being strong and kind.

**Margot Wagner**  
*Yoga Under the Bodhi Tree*

*(Find and like articles similar to this on my Facebook Page: Yoga Under the Bodhi Tree)*



Anzac Day is coming up and for me it's very sentimental – at the age of 16, I started my chef's apprenticeship in a Services Club. I can remember arriving to work very early on the most significant day of the year and heating up warm milk with rum and serving hot savory mince on toast for the Diggers when they came back to the club after the dawn service. I felt really important. I look back on those days and can still see all the wonderful men and women so proud in their uniforms, and I feel privileged to have been a part of it.

There are many traditions associated with our war times, and Anzac Biscuits are inextricably tied to the folklore of Australia's World War I Diggers.



While there is a romantic sentiment attached to the iconic treat today, back in the early 1900's there were practical reasons as to why the Anzac biscuit became so popular.

They were called army or tile biscuits because they were large and hard:

some of the soldiers ground them up and made porridge. Both Australia and New Zealand had an extensive number of Scottish immigrants and descendants, so some say that the original recipe was based on a Scottish biscuit recipe.

One important feature of the national biscuit is the simple ingredient list made up of items that didn't spoil easily. The original ingredients were oats, flour, milk powder, sugar and water. Then in the 1920s cookbooks had the addition of coconut and butter, which made them crispy and more palatable. The biscuits were less common in WW2 as ships had better refrigeration, allowing goods such as fruitcake to be transported to troops stationed overseas.

The following has the traditional ingredients, and to give it a "Taste of Tamborine" I like to add 2 things that grow prolifically on our mountain: macadamias and ginger. Chop ¼ cup of nuts and grate a teaspoon of fresh ginger.

### Traditional Anzac Biscuits

- 1 cup plain flour
- 1 cup rolled oats
- ¾ cup castor sugar
- 1 cup coconut
- 125 g butter
- 2 tbsp. golden syrup
- 2 tbsp. water
- 1 tsp bicarbonate of soda

### Method

1. Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
2. Melt the butter in a saucepan and add the golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture.
4. Add the liquid to the dry ingredients and mix thoroughly.
5. Place walnut-sized balls of mixture on a greased tray and bake at 175°C for 10-15 minutes.
6. Biscuits will harden when cool.



*Previous Tasting Tamborine columns can be found on Facebook. Sign up to [www.tastingqueensland.com.au](http://www.tastingqueensland.com.au) for more recipes and articles.*

**Bon Appetit!**  
**Cheers, Terri**

*(NB: this is a reprint of one of Terri's earlier Anzac Day articles)*

# hooked on books

## Home-schooling? Try Encyclopaedia Britannica



This award-winning resource for children and adults makes it easy to conduct research online using Britannica-approved websites, journals and magazines, multimedia, timelines, atlas, biographies and other learning materials.

## BorrowBox

Borrow, download and enjoy the greatest Australian and international authors of the world's best eBooks and eAudiobooks. BorrowBox is your library in one app.



## Kanopy

Kanopy, a popular on-demand film streaming service, is now available for free at Scenic Rim Libraries. Library card holders can access Kanopy and sign up to start streaming films instantly by visiting the Kanopy website. Films can also be streamed from any computer, television, mobile device or platform by downloading the Kanopy app for iOS, Android, AppleTV or Chromecast.

## Kanopy Kids



Once you have registered with Kanopy you also have access to Kanopy Kids. Kanopy Kids is a free online streaming service that brings you an extensive range of movies, TV programs and stories featuring favourite characters both old and new. Once you have joined Kanopy using your library card, simply click on Kanopy Kids at the top of the page.

If you aren't already a member, all Scenic Rim residents can register online for free. Visit this link to sign up today:

[www.scenicrim.qld.gov.au/libraries/register](http://www.scenicrim.qld.gov.au/libraries/register)

Any library cards, which have expired, or are due to expire will automatically be renewed so you can continue accessing our eResources online.

**TAMBORINE MOUNTAIN LIBRARY NEWS** by Friends of Tamborine Mountain Library.  
Follow us:



## LIBRARY E-RESOURCES

Link from our website or download the app, and log in with your library card

### Books, ebooks and magazines

- BorrowBox
- rbDigital
- National Geographic Virtual library
- Animalia

### Movies (including kids)

- Beamafilm
- Kanopy

### Learn new things - kids

- Encyclopedia Britannica
- Literacy Planet

### Learn new things - adults

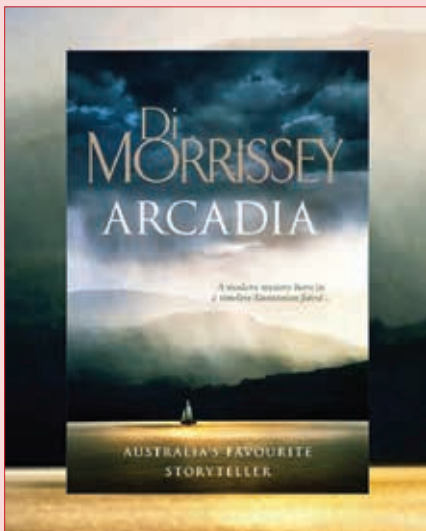
- Transparent Language Online
- Universal Class

### Brain teasers

- Clue Detective Puzzle Agency
- Good Reading - the magazine for book lovers



Please call the library on 55405473 if you have any questions



## Arcadia by Di Morrissey - eBook

**A modern mystery born in a timeless Tasmanian forest from Australia's favourite storyteller, with new novel The Last Paradise out now.**

In the 1930s, in an isolated and beautiful corner of southern Tasmania, a new young wife arrives at her husband's secluded property - Arcadia. Stella, an artist, falls in love with Arcadia's wild, ancient forest. And when an unknown predator strikes, she is saved by an unusual protector...

Two generations later, Stella's granddaughter, Sally, and her best friend, Jessica, stumble over Stella's secret life in the forest and find themselves threatened in turn.

What starts as a girls' adventurous road trip becomes a hunt for the story of the past, to solve the present, and save their future...

**A breathtaking Tasmanian tale of ancient forests; of art and science; of love and, above all, of friendship.**



Venue: Tamborine Mountain Library

Time: Suspended until further notice



National **disability insurance** Scheme

NDIS Information sessions at the library - Suspended until further notice

## JUSTICE OF THE PEACE

A justice of the peace is available for consultation at the library every Mon, Wed and Fri 9am-12noon - suspended until further notice

**LIBRARY OPENING TIMES MON-FRI 9AM-5.30PM • SAT 9AM-12NOON**

Tamborine Mountain Library is proudly operated by Scenic Rim Regional Council. **CURRENTLY CLOSED TO THE PUBLIC**

# CLASSIFIEDS

**A Pet & Homecare** - Pets fed/watered at home. Dogs walked. Plants watered. Bins put out. Mail, papers collected. Ph Penny 5545 1178 P

**Auto Art Signs** - Vehicle Signs, Car, Truck, Boat Wrappings. Shopfronts, Light boxes, Banners. A-Frames. Digital Printing. Business Cards, Flyers. Design. Ph. Chris 0410 058 204 Long Term Mtn Resident P

**Bookshop & Art Gallery** - Under the Greenwood Tree. Currently open Thurs & Sat only, or by appointment at other times. Home deliveries 7 days. Book orders welcomed. 92 Main Western Rd Nth Tamb Ph.0424 586 066 P

**Bottled Springwater** - Big Drip Natural pure spring water; 19, 15, 11 litre bottles delivered weekly. Locally owned chillers & starter kits available. Ph Anton or Kirsty 5545 3277 P

**Dog Clipping & Grooming Salon** Professional for 40 years. Hydro \$20. Rhonda's DoGroom 0406 303 543. 45 Main St, Nth Tamb. P

**Dragonwood Timber Supplies** - Landscaping Timbers, hardwood and pine posts & rails Forest mulch supplied and delivered. Household building materials - hardwood posts, rafters, floor joists, decking timbers, marine grade ply 6mm-18mm. Black form ply. Cabinet makers timber, red cedar, silky oak, camphor laurel boards and slabs. Phone John - Dragonwood 0412 690 323 P

**Electrician It's Me!** - Brendan Lee, Local family business for all your electrical repairs/ upgrades. Licensed Contractor No. 66839. Phone 0437 454 865 P

**Garden Makeovers** - Michael the Lantana Man. All weeds & lantana removal, pruning & bush rejuvenation. Pens discounts. No job too small. Call Michael 0439 890 589 P

**Gardening** - The Plot Thickens Garden Solutions. Landscaping and quality garden maintenance. Ph Andrew 0419 333 366 P

**Gardening Mowing** - Everything outdoors. Contact Peter Jenyns, Simple Life Property Maintenance. Full Insured. Long-time Mountain Resident. Ph. 0423 090 781 P

**Gardening, Mowing, Property Maintenance** by friendly, reliable long-term mountain resident. No.1 Property Maintenance. Call Phil 0476 257 045 P

**NDIS Registered for Social Support** - Housekeeping, Ironing, Shopping & Pet Care. Ph Helen for details on 0402 116 580 P

**Mobile Hairdresser** - Tamborine Mt resident, 30yrs. All facets of hairdressing, incl. Men. Reasonable prices. Ph 0438 908 798 P

**Mobile Hairdresser** - on Tamborine Mountain with 20+ years' experience. Phone Cathy 0414 701887 P

**Mobile Hair Design** - Robyn Law Specialising in cutting and creative hair-up styling. Facebook. Ph 0439 535 327 F

**Mowing and Gardening** - Fully Insured, Tree pruning, Gutters and Flues, Lawns and Gardens, Window Cleaning. Call Quick! Schmik 0414 700 756 P

**Music Lessons** - Bass, guitar, piano. All ages. Have fun & online lessons available now. Ph Craig or text 0478 075 642 P

**Music** - Singing Lessons. Individual or Group Tania Edmunds 5545 2540 or 0439 452 541 P

**Rubbish Removal** - Green Waste, Scrap metal, Furniture, Fridges, everything! Free car battery pick-up. Prompt friendly service, free quotes. Simon 0431 343 032 P

**Welding, Fabrication** - Stainless, carbon and aluminium. Rubbish removal and maintenance/ handyman work. Call or text for a free quote. George. D Lic no. 270664 Ph. 0434 330 699 P



## YOGA UNDER THE BODHI TREE

Due to the COVID-19 Pandemic we have moved to **LIVE ONLINE YOGA CLASSES**: Mon 9.30am, Tues 9.30am, Wed 9.30am, Wed 6pm, Sat 7.30am, Sat 9.30am. Text or email me: Margot **0428 137 391** or [yogaunderthebodhitree@outlook.com](mailto:yogaunderthebodhitree@outlook.com). I will send you an email with a link. Very simple, very low tech. Come and join us! Hatha, Nada and Tantra Yoga. Contact: Margot Y.A (Australia) 0428 137 391. Transform your Life with Yoga.

## GRAPHICS & TUITION

**GRAPHIC DESIGN/ILLUSTRATION SERVICE & TUTORING**



**GRAPHICS SERVICE:** Business startup - logos, business cards, letterheads, leaflets, stickers etc .... I can give you a complete quote for design and printing (all printing is done locally by Coomera Print Hub).

**TUTORING:** Learning the fundamentals of Adobe Illustrator and Photoshop. Helping with presentations, company branding, portfolios and print ready setup. Cost \$50 per hour (tutoring). For more information call Heather on 0415 549 522 or email [heather.dale@patchworkdog.com](mailto:heather.dale@patchworkdog.com). Visit [www.patchworkdog.com](http://www.patchworkdog.com) to see examples of design work.

## WANTED

Tamborine Mountain Visitor Information Centre is looking for new volunteers to join the team.

A day a week or a day a month... This is the place to share your love and knowledge of the Mountain, and to meet some wonderful locals & happy tourists. Even if you can only give a few hours, we would love to meet you and have a chat.

Call Margie at the Visitor Information Centre on 07 5545 3200.



### CLASSIFIEDS RATES:

**\$10 – up to 20 Words**

**\$15 – up to 30 Words**

**\$20 – up to 40 Words**



### SIGNS

#### GARAGE SALE SIGNS

Stand out from the crowd with attractive, professional-looking signs for YOUR Garage Sale. (spike/stand included) Signs are free to use, but require a \$10 deposit per sign (refunded when you return them).

**Please inquire on 5545 5000.**

#### CASUAL WORKER REQUIRED:

Eagle Heights – Would suit university or secondary school student over 18. **Please phone 5545 4011 for information.**

# REGULAR MOUNTAIN ACTIVITIES

**AQUA AEROBICS** Mon Wed Fri 7am, Tues and Thurs 6.00pm-7.00pm at the pool Phone 0417 775 203.

**BADMINTON** Social players, all levels. Mon 6.30pm to 8.30pm at the Vonda Youngman Community Centre (except Public Holidays).

**BOOK READERS GROUP** meets once a month, new members welcome. Enquiries at TM library.

**BOTANIC GARDENS** Forsythia Dr, Eagle Hts - Volunteers' working bee every Thurs morning 8-12. 0409 263 666

**CHRONIC FATIGUE FIBROMYALGIA** Support Group meets monthly Ph 5545 3134.

**CREATIVE ARTS SOCIAL BRIDGE** Wed at 12.30pm. For info contact John Noble, 5545 4022.

**CROQUET @ MEMORIAL SPORTS CENTRE NORTH TAMBORINE**, Mon & Thurs 3.30pm (summer). Let's play croquet.

**FILM CLUB AT THE ZAMIA.** Meets every third Sunday at 5.30pm for 6pm screening. Only \$10 annual fee to join which gives automatic membership to the Tamborine Mt Little Theatre group. All movies are free with membership. Films shown range from the classics to foreign and Australian made. Cabaret seating and the old sling back chairs make it a great evening of entertainment where you can bring along your own refreshments or a take away to enjoy during the film.

**FRIENDS OF TAMBORINE NATIONAL PARK :** meet on the first Saturday of the month (except Jan.) To find out where we will be working contact Len on 3355 7288 or 0428 335 572.

**FRIENDS OF TM LIBRARY** Quarterly booksales held, other volunteering opportunities available. Contact the library for further information 5540 5473.

**JOHN DICKSON CONSERVATION PARK:** working bees 1st Monday & 3rd Monday of each month. 8am. Ph: Elizabeth Russell 5545 3601.

**JUST DRUM DRUMMING CIRCLE:** Held each Saturday from 6pm. Experience is not required. Spare drums are available. We welcome everyone to join us. On the lawn at Eagle Thai Restaurant, 10 Macdonnell Road Tamborine Mountain. <https://tinyurl.com/y97o5vle>

**MARTIAL ARTS:** Kyokushin Karate and Brazilian Jiu-Jitsu. Bully Busters, Self Defence, Discipline. Tamborine Mountain Showgrounds Tues & Friday 5.00pm and Saturday 9.30am Contact Cameron: 0433 633 775

**MEDITATION:** Tuesdays 7pm – New Thought, New Life Centre 5545 3700.

**MEDITATION:** (World Community of Christian Meditation). Ecumenical. Tuesdays 8am. St Georges Anglican Church, cnr Dapsang Dr & Eagle Heights Rd. All welcome. 5545 2919.

**MOVIES ON THE MOUNTAIN:** Regular screenings of latest releases at the Zamia Theatre. Ph 5545 3517.

**RELAXED MIND TAI CHI:** Mindfulness in motion, Mondays & Fridays 9.30am, Botanic Gardens. Bookings essential. Phone 0420 349 744.

**SINGING** 4-part Acappella singing for women of all ages. If you love singing, come and join us. 1st and 3rd Thursdays of the month. Knoll Road, North Tamborine. Ph Dianne 0413 339 821 or email [bellaacappellatamborine@gmail.com](mailto:bellaacappellatamborine@gmail.com)

**TAI CHI** Tues mornings, Thurs evenings 110 Eagle Hts Rd, Eagle Hts. Phone Gai Wanless 5545 2409.

## TAMBORINE MOUNTAIN COMMUNITY CARE ASSOCIATION:

Service Provider for first - level aged care. Transport to medical appointments, Domestic Assistance, Home Maintenance, Social Support Individual & Group, Podiatry and Computer classes. Open: Mon – Fri 8:30 am – 4:30 pm. Volunteers welcome. Contact – 5545 4968 Address: 42, Southport Avenue, Tamborine Mountain, Qld.

## TAMBORINE MOUNTAIN COUNTRY WOMEN'S ASSOCIATION

Meets 1st Tuesday of every month at 10am at the TM Showgrounds. Email [tmqcwa@gmail.com](mailto:tmqcwa@gmail.com) or phone 0466 651 867 for more info. All welcome.

**TAMBORINE MOUNTAIN GOSPEL CHOIR** rehearses weekly at the Presbyterian Church, 34 Main Street, North Tamborine. Enquiries please contact Julie Eotvos on 0458 005 989. New members welcome.

**TAMBORINE SUSTAINABLE GARDENERS SOC (TSGS)**, a group of enthusiastic gardeners, meets on the last Saturday of each month. Mrs Sue Morris 5545 0102.

**TANGO CLASSES** Every Wednesday evening at The

Zamia Theatre. Beginner class 6.30-7.30pm, followed by tango practice 7.30-8.30pm. Cost is \$15pp including practice plus tea/coffee. Inquiries call Jenny 0466 313 648

**TM ARTS COLLECTIVE:** General and Committee Meetings are held on alternate months on the first Wednesday of the month at 7 pm. The General Meetings are held at the Showground. Enquiries and new members are welcome. Call 55450043 or 55451618. The Collective benefits from our association with the Brisbane Visual Arts Community (BVAC), and stands for a stronger arts community and voice on the Mountain.

**TM BOWLS CLUB** – Friday social 1pm winter & 2pm summer; Sunday Scroungers 10.00am-12.00 noon; barefoot bowls & otherwise by arrangement. Competitions for members as notified. Free coaching, new members always welcome. Enquiries: 5545 1308.

**TM BRIDGE CLUB** meets each Monday at 5.45pm, Wednesday at 1.15pm, Thursday at 12.45pm and in an Assisted Play session on Friday at 12.45pm for those wishing to learn more in a social environment at the Tamborine Mountain Sports Complex, 400 Long Road.

**TM CHAMBER OF COMMERCE:** 2nd Wed. of month. Phone 5545 0944 Email: [info@tamborinemtnc.org.au](mailto:info@tamborinemtnc.org.au).

**TM COMMUNITY KINDERGARTEN ASSOC** meets 2nd Wednesday of the month at the kindergarten 23 Coleman Square, North Tamborine at 7.15pm.

**TM CREATIVE ARTS: Schedule of Activities MONDAY** 9.00am-12.00 noon Patchwork, Quilting, Mahjong. 1.00pm-4.00pm Painting (Tutor fee) 1.15pm-4.15pm Creative Writing (1st,3rd,5th Monday of Month) 6.00pm-9.00pm Mens' Group 7.00pm-9.00pm Sculpture & Pottery **TUESDAY** 9.00am-12.00 noon General Craft, Sculpture & Pottery 9.30am-12.30pm Life Drawing (Model fee) **WEDNESDAY** 9.00am-12.00 noon General Craft, Sculpture & Pottery, Spinning & Weaving, Embroidery (1st Wed of Month), Machine Sewing (last Wed of Month). 12.30pm-4.30pm Bridge **THURSDAY** 9.00am-12.00 noon Sculpture & Pottery, Botanical Drawing 9.00am-1.00pm Weaving (1st & 5th Thursday of month) 1.00pm-4.00pm Wearable Art, (Felting Dyeing etc) **FRIDAY** 9.00am-12.00 noon Wood Artisans, Sculpture & Pottery, 1.00pm-4.00pm Mahjong **SATURDAY** 1.00pm-4.00pm Yarners

**TM FAMILY HISTORY GROUP** Meetings held 1st Sunday each month (excl. January) at TM Historical Soc, Wongawallan Rd, Eagle Heights, 3–5 pm approx. Please contact Robina on 0417 749 156.

**TM GARDEN CLUB:** Vonda Youngman Community Centre, Main Street, North Tamborine. Feb - Nov, 2nd Tuesday 9.30 for 10am meeting. Bring a mug for morning tea. Enjoy: Guest speaker, plant sales, borrowing library books, raffle, plant problem solving and meeting fellow gardeners. New members and visitors most welcome. Full details [www.tmbotanicgardens.org.au](http://www.tmbotanicgardens.org.au)

**TM GOLF CLUB** is open 7 days a week for golf. Ladies play on Tuesdays, Veterans play on Wednesdays and the main competition is on Saturday. Happy hour social event on Friday evenings from 5 pm. Coaching is available by Andrew Revie the club professional. Contact 5545 1788. Happy golfing!

**TM HISTORICAL SOCIETY** – Member working bee & morning tea every Tuesday mornings. New members always welcome. Please contact Phil Paley 5545 4962 or Muriel Shephard 5545 0481 for further details.

**TM LANDCARE:** Volunteering Opportunities: Forest Regeneration Work - 5545 2052 for details, or helping at the Picabeen Bookshop - 5545 1847 during office hours for details.

**TMLETS:** Join at Community Exchange System <http://www.ces.org.za> . Enq. 5545 3776.

**TM LIONS CLUB** Admin meeting held on the 2nd Tuesday and dinner meeting on the 4th Tuesday of the month. For more information please phone 5545 2120 or visit website [tamborinemountain.qld.lions.org.au/](http://tamborinemountain.qld.lions.org.au/)

**TM LITTLE THEATRE:** Meetings held 1st Tuesday of month at 7.30pm at the Zamia Theatre. Regular plays, play readings & social events, movie club events. New members welcome. Cath Buckley President 5545 2236.

**TM LOCAL PRODUCERS ASSOC.** sell local produce every Sunday at the TM Showgrounds from 7am - 12noon

Phone 5545 1527.

**TM MASONIC LODGE:** Meets first Thursday each month, except December. Masonic Centre, 10 Knoll Road, North Tamborine. Contact 3273 3313.

**TM MEN'S SHED:** Our workshop at 88 Beacon Rd (behind the tennis courts) is open each Tuesday and Thursday from 8.30am to 1.00pm. New members are welcome. To find out more, drop in for morning tea and a chat or call Steve Pinder (President) on 5545 3081

**TM NATURAL HISTORY ASSOCIATION:** Birdwatchers meet 1st Wednesday of month at 4pm at the Historical Society, 53 Wongawallan Rd, Eagle Heights; the monthly walk is on 2nd Wednesday of month. For further information call 5545 0995. Bushwalkers walk on 2nd & 4th Saturday of month. For further information call 5545 0140 or 0419 314 442. [www.naturalhistory.org.au](http://www.naturalhistory.org.au).

**TM NETBALL CLUB.** Contact Tracey 0438 575 662.

**TM ORCHESTRA** rehearses from 7pm to 9 pm every Wednesday during school term time. The venue is St George's Anglican Church, Dapsang Drive. New players always welcome. For more information, phone Tricia on 0415 487 581. Check us out on our website [www.tamborinemountainorchestra.com](http://www.tamborinemountainorchestra.com); or find us on Facebook.

**TM PRESBYTERIAN CHURCH** 34 Main St, North Tamborine [www.tambopc.org.au](http://www.tambopc.org.au) Sunday Morning Service 9am (including kids church) and Evening Service 5pm. Playgroup: Tuesdays 9.30am for 0-5 years. Youth Group: Fridays 4 -6 pm for Years 7 – 12. Enquiries: [dave.mugridge@tambopc.org.au](mailto:dave.mugridge@tambopc.org.au) Tuesday to Saturday BARGAIN CENTRE: (rear of the Presbyterian Church) Tuesday to Saturday opens 8am -12noon. Fridays Youth Group 4 – 6pm see [www.tambopc.org.au](http://www.tambopc.org.au) for details. Enquiries [dave.mugridge@tambopc.org.au](mailto:dave.mugridge@tambopc.org.au)

**TAMBORINE MOUNTAIN COMBINED PROBUS CLUB** Fun meeting of this new social club for retirees and semi-retirees. At the Vonda Youngman Community Centre, 2-4 Knoll Road, North Tamborine on 1st April from 10am. Contact Brian Gilmore M: 0411 260 054 E: [briangilmore@optusnet.com.au](mailto:briangilmore@optusnet.com.au) OR Rob Neary M: 0477 645 645 E: [rob.neary@outlook.com](mailto:rob.neary@outlook.com)

## TAMBORINE MOUNTAIN PROBUS CLUB INC (MEN'S CLUB)

Join like-minded retired nor semi-retired men for fun activities. At the Vonda Youngman Community Centre, 2-4 Knoll Road, North Tamborine each 3rd Wednesday of the month from 10am. Contact Harvey Ruglen M: 0490 066 385

**TM PROGRESS ASSOCIATION:** 1st Tuesday in month. 7.30pm Heritage Centre Wongawallan Rd

**TM RSL** Sub Branch meets at the RSL rooms underneath the Bowls Club; details are available by phoning 5545 2030.

**TM RUGBY:** Training Monday and Thursday 3.45pm- 5pm at TMSA, Long Road. Please call John Knight 0400 554 555 or Adam Clarke 0413 214 066 – Facebook: Tamborine Mountain Rugby

**TM TENNIS CLUB:** Social tennis from 6.30pm Wed and 3.00pm Sun. Doubles comp from 6.30pm Mon. Ladies from 8.00am Fri. 88 Beacon Rd North Tamborine. Contact Henry Rich on 0477 775 671 or 5545 3547

**TOASTMASTERS:** Meetings aimed at enhancing your communication skills. Meet at: Bridge Club Room, Sports Complex, 400 Long Road, Tamborine Mountain

Meetings: 2nd & 4th Thursday 7pm, 7.30pm start. Contact: VP Membership Marty Haynes 0407 452 725

**TM WRITERS GROUP:** Meets every 1st & 3rd Mon of month, 1.30–3.30pm at Creative Arts Centre, Eagle Heights. Call Patricia on 5545 3403 for details.

**UNIVERSITY OF THE THIRD AGE (U3A).** An association for retirees and those preparing for retirement. Learn, teach, socialise. For more info call Delle on 0413 084 571 or access our website [www.tinyurl.com/u3atmi](http://www.tinyurl.com/u3atmi)

**YOUTH GROUP** – If you are in grades 7 – 12 please join us Sunday Nights 4 - 6pm in the T.M. Presbyterian Church Hall. Cost \$2 – Dinner provided. Please call Dave Mugridge M: 0432 278 138 for details.

**ZUMBA GOLD:** Zumba Gold: dance fitness classes for deconditioned participants and active older adults. Mondays and Thursdays 9.30am at the Zamia. Petra Hunter 0414 505 014 – [TamborineMountainZumba@gmail.com](mailto:TamborineMountainZumba@gmail.com)

# TAMBORINE MOUNTAIN & SURROUNDS

## Pethers Rainforest Restaurant

Intimate, romantic dining experience

Open Thursday, Friday and Saturday evenings – quiet, private and very intimate setting, ideal for couples.  
28B Geissmann Street  
(07) 5545 4577



1



## Tamborine Mountain Distillery

Over 300 international awards

Australia's most internationally-awarded distillery and liquor brand in the New Millennium. Manufacturers of vodkas, liqueurs, schnapps, eaux-de-vie. 7 days, till 4  
10 Macdonnell Road  
(07) 5545 3452



2



## Tamborine Mountain Pizzas

Dine-in, Takeaway, Delivery

Established in 1994, enjoy our signature dough prepared daily on site topped with a variety of fresh ingredients, many locally sourced.  
4/11 Main Street  
(07) 5545 3888



3



## Tamborine Pet Farmstay

Boutique Luxury Dog Accommodation

Offers a variety of services for dogs (inc. doggy day care), horses and their owners. This includes B&B, especially for travellers with horses.  
1897 Beaudesert-Beenleigh Rd, Tamborine (07) 5543 8800



4



## Rainforest Restaurant & Lounge Bar

Dine at our Restaurant in the Rainforest!

- Your choice: traditional or share plates
- Great Atmosphere
- Fantastic Experience
- A must for all Foodies



Rainforest  
restaurant & lounge bar

Corner Cedar Creek Falls Road  
(07) 5545 1468

5



## Fox and Hounds Country Inn

Gold Coast's only Authentic English Pub

Share a hearty dining experience with friends and family, while soaking up the spectacular surrounds. Open for lunch and dinner 7 days.  
7 Elevation Drive, Wongawallan  
(07) 5665 7582



6



## Three Little Pigs

Bistro and Bar

Fine food and fabulous wine. Perfect place for relaxing and catching up with friends and family, or as a special treat.  
13 Main Street  
Nth Tamborine 07 5545 4484



7



## Witches Falls Winery & Cellar Door

Tamborine Mountain's only working winery

Wines that shine with individuality and confidence. Enjoy wine tasting in our relaxed and picturesque setting. Locals receive members pricing. Open daily 10am to 4pm weekdays and 10am to 5pm weekends.  
79 Main Western Road  
(07) 5545 2609



8



## Tamborine Mtn Memorial Sports Centre

Visitors welcome

Your local on the Mountain: Full bar, Bistro, Gaming, Ubet, Keno, Fox Sports, regular live entertainment and bowls in a relaxed environment.  
6-12 Beacon Road  
(07) 5545 1308



9



## St Bernards Hotel

Idyllic location with sweeping views, spectacular, fine dining for every occasion. Perfect for weddings, functions, conferences. Come and be greeted by our two St Bernards, and enjoy real country hospitality!  
101 Alpine Terrace – 07 5545 1177



10



## Tamborine Rainforest Skywalk

Exciting eco-adventure: a unique and thrilling way to explore the rainforest. Café offering delicious light foods, cakes and coffees. Gift shop, carpark and toilets.  
333 Geissmann Dr, Nth Tamborine  
www.rainforestskywalk.com.au  
(07) 5545 5222



11



## Spare Part Solutions

Parts plus expert, personalised advice

We can supply parts for Automotive, 4x4, trucks & earthmoving, motorbikes, bicycles, general engineering, mowers, small machinery and more.  
24 Main Street 07 5545 1988



12



## Tamborine Mountain Pasta

### TAKE AWAY

OPEN 7 days:

11.30am – 2.30 pm lunch  
5pm – 8pm dinner

Shop 1A, 15 Main Street  
North Tamborine **ph: 5545 3795**



13



## El Burro Cantina

Come for the warmth, laughter and great MEXICAN FOOD!  
• Fully licensed • Great for parties!  
• Takeaway available

Flame Tree Plaza  
16-20 Main Western Rd  
North Tamborine 07 5545 4003



14





# LOCAL DINING, SHOPPING AND SERVICES



## EAGLE HEIGHTS BAKERY

25 Southport Ave, Eagle Heights



15

Open 7 days - 9.30-5pm  
(including public holidays)  
14 year-old sourdough,  
30 different breads & flours

**5545 4011**

Serving the community for 40 years



## TAMBORINE MOUNTAIN COFFEE PLANTATION

On our property, we aim to provide a completely local experience. All of our coffee has been carefully roasted and blended by our team to highlight the flavour of the coffee we grow. Come and try it for yourself, and learn all about how we do it!

64 Alpine Terrace, Tamborine Mountain  
@tamborinemtcoffee  
www.tamborinemountaincoffee.com.au  
07 5545 2777

17



18

GERMAN  
CUCKOO  
CLOCK  
NEST  
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## CLOCK REPAIRS

We specialise in repairing clocks of all shapes, sizes and age including:

- Cuckoo • Grandfather
- Wall • Mantel Clocks

OPEN 7 DAYS 10AM - 4PM

143 Long Road, Tamborine Mountain QLD 4272  
Ph: (07) 5545 1334 / info@clocks.com.au



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**NEW**



**PX1153**  
CAB & 4IN1 LOADER

- 115HP PERKINS DIESEL ENGINE
- WET CLUTCH FORWARD - REVERSE SHUTTLE
- DECLUTCH BUTTON
- 32 X 32 MANUAL TRANSMISSION
- AIR SUSPENSION SEAT

~~\$79,995~~ EX GST

**\$87,995** INC GST

FINANCE FROM 0.00% PA OVER 2 YEARS PX1153 ONLY

**NEW**



**EX5310**  
MAN ROPS & 4IN1 LOADER

- 53 HP KIOTA DIESEL ENGINE
- 12 X 12 MANUAL TRANSMISSION
- DELUXE SUSPENSION SEAT
- AUTO HYDRAULIC INDEPENDENT PTO
- 2X REAR REMOTES STANDARD

~~\$35,995~~ EX GST

**\$35,995** INC GST

FINANCE FROM 3.49% PA OVER 3 YEARS EX5310 ONLY

**CASH BACK DEAL**



**FINANCE FROM 0.00% PA\*\***

**RX703OP & RX803OP**  
ROPS & 4IN1 LOADER

- 70 HP or 80 HP Kiota diesel engine
- Wet clutch forward / reverse shuttle
- Declutch button
- 24 x 24 manual transmission
- 2x rear remotes standard

~~RX703OP ROPS & 4IN1 LOADER \$49,086~~ EX GST  
CASH BACK OF \$4,091  
**\$44,995** EX GST

~~RX803OP ROPS & 4IN1 LOADER \$52,723~~ EX GST  
CASH BACK OF \$4,428  
**\$48,295** EX GST

Factory rebate included in advertised price.

**CK3710** HST ROPS & 4IN1 LOADER



**FINANCE FROM 3.49% PA\*\***

- 37 HP Kiota diesel engine
- 3 range HST transmission
- Twin pedal HST transmission
- Link pedal (Auto Throttle)
- 2x rear remotes standard

**\$31,995** INC GST

**CK4210** ROPS TRACTOR & 4IN1 LOADER



**FINANCE FROM 3.49% PA\*\***

- 42 HP Kiota diesel engine
- 9 x 3 manual transmission
- Deluxe suspension seat
- High ground clearance
- 2x rear remotes

**CK4210M ROPS & 4IN1 LOADER \$31,995** INC GST

\*Pricing ex Brisbane, Melbourne and Perth warehouses. Pre-delivery and freight charges may apply. \*\*0.00% p.a. applies to new Kiota PX & RX tractor models only based on minimum 1/3rd deposit and 24 monthly repayments. 3.49% p.a. applies to all other new Kiota tractor, Mechron models and UTV's based on minimum 30% deposit and monthly repayments over 3 years. Standard fees and lending conditions apply to approved ABN holders. PFG Credit is not provided or intended for personal, domestic or household purposes. Note: Alternative special finance package rates, terms, deposits and structures are also available up to 5 years. PFG Credit is a division of De Lage Landen Pty Limited ABN 20 101 692 040. Offers expire 31<sup>st</sup> August 2020. Pricing available while stocks last. \*WARRANTY 24 months, 1500 hours, Full Warranty. 48 months, 2000 hours, Powertrain Warranty

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