



# Scenic

# News

Tamborine Mountain, Canungra, Tamborine, Beaudesert, Cedar Creek, Boyland

*Celebrating 62 years of unbroken publication...*

## TIP TRUCK IN ROLLOVER AT RIEMORE ESTATE ENTRANCE



A tip truck loaded with road base was involved in a single vehicle accident on the Bullock Team Way entry to the new section of Riemore Estate at Tamborine on Monday. No one was injured when the truck rolled and landed on its side around 8.30am. The accident was attended by vehicles and crew from Tamborine Rural Fire Brigade, and Tamborine Mountain and Logan Village Auxiliaries. Photo: Jeff McConnell



### Canungra Dental

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- > No minimum required.

CALL (07) 5543 5299 Today.



Property of the week

**SALE** 4 beds 2 baths 3 cars 1,148 m<sup>2</sup>

**Impeccable home in Old Eagle Heights \$ 797,000**  
27-29 Huyber Lane, Tamborine Mountain

- Located in a quiet country lane is this very well presented home
- Large kitchen with walk-in pantry
- Great outdoor living space with manicured gardens
- Powered shed/workshop, well with pump

**AGENTS:**

Paul Edwards 0419 249 271  
Ton Wolf 0424 591 012



Property of the week

**SALE** 6 beds 3 baths 4 cars 2,689 m<sup>2</sup>

**Location is everything \$569,000**  
3 Dapsang Drive, Tamborine Mountain

- This is a low maintenance, open plan home with expansive outdoor entertainment area
- New flooring, security doors and screens
- Easy walk to shops, cafes, & the well known Gallery Walk

**AGENTS:**

Elizabeth Stirling  
0400 449 978



**PROPERTY MANAGEMENT**

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Mountain 5545 4000/ Tamborine 5543 6444

**OPEN HOMES - Sat 15th**

9.30 - 10	195 Fenwick Road, Boyland
10 - 10.30	45 Bateke Road
10 - 10.30	570 Henri Robert Dr
10.30 - 11	271 Wongawallan Dr, Wongawallan
11 - 11.30	8 Areca Court
11 - 11.45	71-79 Murray Grey Dr, Tamborine
11.15 - 11.45	127-129 Guanaba Road
11 - 12	3 Dapsang Drive
12 - 12.30	15/5 Cook Road
12 - 12.45	81-89 Murray Grey Dr, Tamborine
12.15 - 12.45	68 Coomera Gorge Dr
12.15 - 12.45	56 Walnut Rd, Tamborine
12.30 - 1	376 Main Western Road
12.30 - 1	73 Ballantrae Rd, Tamborine
12.30- 1.30	220 Beacon Road
1 - 1.30	27-29 Huyber Lane
1 - 1.30	82-86 Martin Pl, Tamborine
2 - 2.30	92 Eagle Heights Road
2 - 2.30	4 /219 Long Road
2 - 2.45	90 Munsterville Rd, Tamborine
2.15 - 2.45	271 Guanaba Road
3.15 - 3.45	U1 /16-18 Golfers Crescent



**51 Knoll Road, Tamborine Mountain**

Testimonial from Buyer: When you want the best, Ton and Paul are the best real estate team on the mountain by far. They provide a very professional service. Our sale experience was seamless from amazing photography to an incredibly quick sale. Thank you!

**AGENT:** ★★★★★

Team Paul and Ton



**SALE** 5 beds 3 baths 2 cars 5,001m<sup>2</sup>

**73-79 Ballantrae Road, Tamborine**

- Huge open plan kitchen/living area, 2nd separate living/media room
- 3-bay shed with workshop, fully fenced
- Trickle feed water available

**\$699,000 +**

**AGENTS:**

Mark Inwood 0407 292 036  
Debra Opie 0409 210 362



**SALE** 5 beds 2 baths 2 cars 4,048 m<sup>2</sup>

**19-23 Martin Place, Tamborine Mountain**

- Spacious open plan, well appointed kitchen
- Open the sliders to a generous undercover patio & lots of space for the kids to play
- Fully fenced with security gate

**\$893,000**

**AGENTS:**

Linda Hogan  
0414 300 558



**SALE** 5 beds 2 baths 6 cars 1200 m<sup>2</sup>

**56-62 Walnut Road, Tamborine**

- Open plan with room for the whole family
- Upstairs media room with private balcony
- Formal lounge with sandstone open fireplace
- In-ground pool, gazebo, solar water & power

**\$1,495,000**

**AGENTS:**

Linda Hogan  
0414 300 558



[ProfessionalsTamborine.com.au](http://ProfessionalsTamborine.com.au)

2205 Beaudesert-Beenleigh Rd, Tamborine 4270

[ProfessionalsTamborineMountain.com.au](http://ProfessionalsTamborineMountain.com.au)

10 - 12 Main Street, North Tamborine 4272



# WET DAY, BUT A BIG TURNOUT FOR THE FIRST WEDDING TRAIL



*Brooke Norris and Nathan Parker, winners of the Wedding Trail lucky entrants' prize.*

## More than 200 couples braved the wet weather to follow the recent Tamborine Mountain Wedding Trail.

With COVID-19 social distancing restrictions in place, the Tamborine Mountain Weddings Group was unable to hold its popular bi-annual Wedding Expo in August so in its place organised the inaugural Wedding Trail.

Wedding venues all over the Mountain not only opened their doors to couples eager to view and lock in their wedding plans, but also hosted local wedding specialists, celebrants, photographers, florists, cake makers, musicians and entertainers, wedding car operators, hair and makeup artists, stylists, and jewellery and accessory suppliers ... everything couples require in one location.

Visitors travelled from as far as Grafton, Gold Coast, Sunshine Coast, and numerous locations in South East Queensland. One extremely keen couple, along with their nine-month-old baby, flew from Charleville to attend.

Planning one of the most important days of your lives requires serious research, and couples who chatted with wedding professionals throughout the day were able to tick off their lists as they moved from venue to venue on the Wedding Trail. Connections were made, bookings made, and information filed for future reference by all.

Cautiously optimistic that a return to full wedding celebrations will happen in time, members reported strong forward bookings.

The lucky entrance prize - a \$1000 credit towards their Tamborine Mountain wedding - was won by Brooke Norris and fiancée Nathan Parker. They have chosen to split their winnings to assist them pay for their wedding venue, Cedar Creek Estate, and Ann's Unique Cakes.

# TM ARTS COLLECTIVE: CHANGING OF THE GUARD

Tamborine Mountain Arts Collective members enjoyed a social gathering before their recent annual general meeting at St Bernard's.

Outgoing President Polly Cameron gave an impressive account of the year's activities despite COVID-19 restrictions.

The Five Senses Festival has been postponed until 2021, but if we are to go by the previous one, it will be worth waiting for. Polly presented Nigel Waistell, who presided once again over the official business, with a life membership certificate for his contribution to and ongoing support for our collective.

We were fortunate to have the evening enlivened by three guest speakers.

Drew Salem talked about his concept 100 Acts of Kindness. His very generous offer and the use of his skills in video making to help community groups promote themselves has been very well received by collective members. He will be visiting interested artists in their studios as well as taking time to call into the new Centre of Regenerative Arts for those artists who do not have their own studio space.

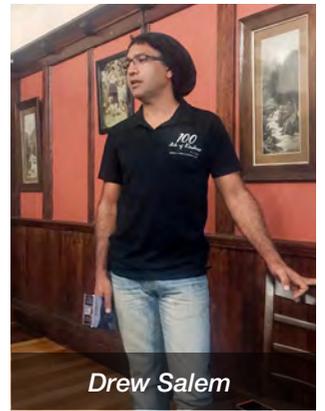
In a very generous offer, this space was offered for this purpose by owners, Mark and Susan Rallings, who also spoke at the meeting. They explained the context and philosophy of the new centre and told of the interest already out there in various cohorts including universities and local community groups such as Landcare.

The community will be hearing more about this new development for the Mountain over the coming months.

Outgoing officers were President Polly Cameron; Treasurer Shannon Hunter; and Secretary Helen Barnett. Polly and Shannon were thanked for their wonderful two years of service in these positions.

Helen Barnett will be stepping up to become President, Cassie Ashton Thomas our new Treasurer and Margy Rose our Secretary. We wish them many positive experiences and satisfactory outcomes in the coming year.

**Helen Griffin**



*Drew Salem*



*Mark and Susan Rallings*

## Exciting News

Scenic News is proud to launch our newly redesigned website  
[www.scenicnews.com.au](http://www.scenicnews.com.au)

We have redesigned it with you in mind, providing more resources and information on our products and services, with a clean design, and fully responsive with mobile devices.

Our new website provides a clear message of who we are, what we stand for and where our value lies when delivering your local paper to read, keep and share.

Our current, regular advertisers are getting a free promotional online presence for the rest of the year. All new advertisers who advertise in print regularly, will also receive a free, promotional online presence for the rest of the year.

Thank you to all our advertisers and readers!

Your Scenic News Team 🧑🧑🧑🧑

#ScenicNews

[www.facebook.com/scenicnews/](http://www.facebook.com/scenicnews/)



**ENROL NOW FOR 2021**

# PREP PARENT INFORMATION EVENING

St Bernard State School is now accepting enrolments for 2021.

We are a high performing, family orientated small school situated on beautiful Tamborine Mountain.

Please join us at one of our Parent Information Evening sessions to learn about Prep and how to enrol for 2021.

RSVP and Enrol Now! We look forward to meeting you!

Bookings essential due to COVID-19 Restrictions

Email: [admin@stbernardss.eq.edu.au](mailto:admin@stbernardss.eq.edu.au)  
OR Phone: (07) 5545 7666

**Wednesday 2nd September at 3.30pm**  
**AND**

**Wednesday 9th September at 3.30pm**  
**School Library**



**St Bernard State School**  
1-19 School Road Tamborine Mountain  
[www.stbernardss.eq.edu.au](http://www.stbernardss.eq.edu.au)  
(07) 5545 7666

*Every child can learn and every child can achieve*



# MICHAEL RETIRES AFTER 20 YEARS AT TM COLLEGE



*Michael Adams, as so many students and parents will fondly remember him at Tamborine Mountain College.*

Tamborine Mountain College Maintenance Manager, Michael Adams, has retired after 20 years of service.

He has contributed significantly to the campus with its exceptional grounds and has been an integral component in the growth and success of the college.

"Michael will be missed but never forgotten, and will forever be part of the college family," said College Principal Mrs June Melbourne.

"He has been a loyal and devoted member of our staff. It is truly a rarity these days for someone to remain in the same job for so many years."

Michael has seen many changes at the college over the years including:

- acquisition of lands and property
- addition of Primary Campus in 2015 to the Secondary Campus
- addition of the Early Learning Centre in 2019
- construction of outstanding modern buildings and facilities, and
- additional staffing to complement the college's growth

Mrs Melbourne and Chairman of the Board, Mr Michael Kyle, recognised Michael's service with the naming of a small bridge at the college which he had earlier designed and built. They also presented him with a watch and medal which was followed by a special morning tea with college staff, and a luncheon to celebrate his contribution.

**We are back to walk-in service, as we have always done before COVID-19.**

***NO APPOINTMENT NEEDED***

**Open:**

**Monday to Friday 9am to 5pm**

**Saturday 8.30am to 12 midday**

***Your local barbershop since 1999***



**cnr Main St & Griffith St  
North Tamborine  
(opposite Clancy's)**



est. 1999







# Relationships

## AFFLUENZA (continued)

We continue on from last week's discussion about the pandemic of 'Affluenza' coined by Oliver James. Described as a preoccupation with materialistic values, it is believed to be the source of high levels of emotional distress in Western cultures. James researched by interviewing subjects across cultures and identified 'vaccines' to counter Affluenza's symptoms. The first of those lies in cultural-philosophical differences.

The cultures where emotional distress was relatively low had a dialectic mentality. This means accepting the co-existence of contradictions and paradox, such as Chinese belief in yin and yang. Western thought views life as linear and aims to resolve incongruities. Contradictions often create confusion for us because we usually want a 'right' answer.

Popular 'positive thinking' for example, promotes positive emotions while seeking to eliminate 'negative' emotions. However, positive thinking can be rose-tinted positive illusion that denies deep distress. Dialectic cultures

are more accepting of negative emotions, seeing them as part of life. This avoids the need for medicating their misery by buying more things.

Another protective cultural psyche is collectivism. This is the opposite to the individualistic approach of Western culture. In collectivist societies, to claim to be better off than your peers is frowned upon because it upsets group harmony. Modesty is held in higher value than personal success. James discovered that instead of continually being boosted by parents, children in these cultures are exhorted to search for their inadequacies so that they are able to correct them. What is prized is effort, perseverance and endurance. While Western cultures measure success by outcomes, collective cultures measure success by effort and trying your best. They tend to have an abiding optimism that if they persevere their situation will improve. Their goals are inclined to be modest and realistic.

In collective cultures those who succeeded were less likely to beat their own drum; instead they attributed their success to parents, teachers

and support groups. The prevailing interdependent belief says, "I am the way I am because of my family and community." Likewise, their failings, as long as they have done their best, are ultimately attributed to the community that created them. In other words, recognising the extent to which your individual characteristics are the product of your family and society, protects against unmerited self-blame or exaggerated notions of your own value.

Here in Australia, we live in a predominantly individualistic culture where the pursuit of 'success' is a breeding ground for materialistic values. Our self-esteems can be prone to wild fluctuations, riding on the waves of successes and failures as we rely on extrinsic success for evidence of our worth. Truthfully assess how this is impacting you personally and be open to learning from other cultures.

Next week we will look at how to raise a counter-cultural family.

Linda Gray  
linda@relationshipsanctuary.com.au  
0401 517 243

# Council Notices

## PUBLIC NOTICES

### ORDINARY MEETINGS

Council's next Ordinary Meeting will be held on Monday 17 August at 9.00am.

You can listen live by visiting [scenicrim.qld.gov.au/our-council/meetings-and-agendas](http://scenicrim.qld.gov.au/our-council/meetings-and-agendas) and clicking on the link next to the meeting date.

An audio recording will be published at the same location on the website following the meeting.

### CUSTOMER SERVICE AND ADMINISTRATION CENTRES

Scenic Rim Regional Council Customer Service and Administration Centres are open between 8.30am and 4.30pm from Monday to Friday.

In line with the Queensland Government's social distancing guidelines, a limited number of customers will be allowed in our Customer Service and Administration Centres at one time.

**Beaudesert** - max 5 people (8.30am - 4.30pm)  
**Boonah** - max 6 people (8.30am - 4.30pm)  
**Tamborine Mountain** - max 1 person (9am - 4.30pm)

You can still call 07 5540 5111 or 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.

## COMMUNITY WELLBEING EXPRESSIONS OF INTEREST

Council is calling for expressions of interest from Scenic Rim providers who are suitably skilled to deliver community wellbeing programs in 2021. If you are involved in the fitness, health, sport, arts or wellness industries, and are passionate about delivering activities that encourage Scenic Rim residents to be healthy, active, artistic and socially connected, Council would love to hear from you. For more information, visit [www.scenicrim.qld.gov.au/wellbeing/eoi](http://www.scenicrim.qld.gov.au/wellbeing/eoi)

## APPLICATIONS OPEN FOR COUNCIL'S GRANTS PROGRAMS

Applications are now open for the Scenic Rim Community Grants, Environmental Grants and the new Regional Events Program. Applications for Council's 2020-21 Environmental Grants Program and Community Grants Program close on Friday 28 August. Applications for funding through the Regional Events Program can be submitted throughout the year. For further information, visit Council's website [www.scenicrim.qld.gov.au/grants-funding-awards](http://www.scenicrim.qld.gov.au/grants-funding-awards)

## COMMUNICATION SURVEY

Continuing Council's ongoing customer focus journey, we are seeking feedback from the community to help shape our future communication. You can have your say by visiting Council's website [www.scenicrim.qld.gov.au/our-council/connect-with-council/have-your-say](http://www.scenicrim.qld.gov.au/our-council/connect-with-council/have-your-say)

## LIVE + ONLINE AT THE CENTRES

### FRIDAY FLICKS ARE BACK!

#### Boonah Cultural Centre

Screenings at 10am, 1pm and 7pm. Tickets must be purchased in advance either online or by phoning 5540 5050. Seating will be allocated on arrival.

#### WONDERS OF THE SEA 3D (G) 14 August

Documentary by Jean-Michel Cousteau and family. Narrated by Arnold Schwarzenegger.

#### AMAZING GRACE (G) 21 August

Documentary featuring Aretha Franklin and the most popular gospel album of all time.

#### MISS FISHER AND THE CRYPT OF TEARS (M) 4 September

Glamorous female detective Phryne Fisher returns in a cinematic sequel to the popular TV series.



## SHOWCASE YOUR TALENT!

Applications are now open for expressions of interest for Scenic Rim creatives to showcase their talent through performances, workshops, exhibitions etc.

Submissions must be received by 30 August 2020.

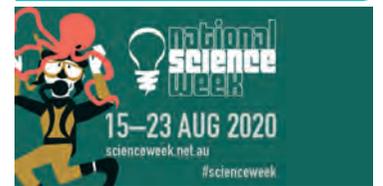
## WELLBEING & PSYCHIC FAIR

Saturday 22 August 10am-3pm  
Vonda Youngman Community Centre  
2-4 Knoll Road, North Tamborine.

Gold coin donation. COVID-safe rules will be in place. Enquiries: Phone 0419 709 661

For more information and to subscribe to our e-blasts visit: [liveatthecentre.com.au](http://liveatthecentre.com.au)

## LIBRARIES



Dive into National Science Week 15-23 August! Discover the Deep Blue at your local library.

National Science Week is Australia's annual celebration of science and technology. Libraries will have dazzling displays, a science experiment booklet and some amazing books to take home.

Like and follow Scenic Rim Regional Council's Facebook page for the special Story and Rhyme Times and see Paula having fun with science. Share your experiments by commenting on the post.

Go to Scenic Rim Libraries YouTube channel to get set for National Science Week and contact your local library for further information.

Visit the website: [scenicrim.qld.gov.au/libraries](http://scenicrim.qld.gov.au/libraries)





**SALE**  -  -  -  18 acres

**Prestigious Commercial Property of the Week**  
**89-123 Hartley Road, Tamborine Mountain**

- Super location for Tourist destination
- Boutique winery, large tasting bar
- Caterer's kitchen, 3-bathrooms incl disabled, function facilities
- 375m<sup>2</sup> steel shed - 190m<sup>2</sup> mezzanine floor
- 3 street frontages, excellent parking
- 5 quality bores, potable water, 4 grape vine varieties

**\$ 2,400,000**

**AGENTS:**

Paul Edwards 0419 249 271  
 Ton Wolf 0424 591 012



**SOLD**  -  -  -  2.24 ha

**47-61 Curtis Road, Tamborine Mountain**

**Let the building process begin!**

Congratulations Andy, Jilly & family on your land purchase & welcome to the Mountain. We know you are looking forward to building your dream home. Wishing you all the best and many happy, new memories.

Interested in a current market report & value of your property? Call for a complimentary obligation-free appraisal

**AGENTS:**

Gerard Ellen 0409 454 545  
 Alison Rip 0419 700 428



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We love making our customers happy & helping buyers achieve their property dreams.

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 2205 Beaudesert-Beenleigh Rd, Tamborine 4270

07 5545 5000

ProfessionalsTamborineMountain.com.au  
 10 - 12 Main Street, North Tamborine 4272





## 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)  
online booking service available on this website

50 years of continuous service to the  
Tamborine Mountain community

Affiliated with three universities

### COMPREHENSIVE HEALTH CARE SERVICE

#### Opening Hours:

Mon – Thurs 8.30 am – 6:15 pm  
Fri 8.30 am – 5 pm  
Sat 8.30 am – 12 noon  
Sun 8.30 am – 10.30 am

Dr Ann Bennett  
Dr Leeann Carr-Brown  
Dr Jan Zomerdijk  
Dr Sanne Kreijkamp-Kaspers  
Dr Henri Coombs  
Dr Joe Gambin  
Dr Cobie Powell  
Dr Hok-Yee Siu  
Dr Marije Dalebout  
Dr Jardin Taha  
Dr Ankur Bhatnagar  
Dr Michael Hoy

Accredited by



# WINE CHAT

## with Witches Falls Winery

### FERMENTATION

If you've ever been to visit us at Witches Falls, you might have noticed our collection of 'Wild Ferment' wines, a term we use to describe the process of minimal intervention in which we have chosen to ferment them. If you've never heard of minimal intervention, read on.



At the heart of winemaking lies the process of fermentation, a natural occurrence that sees live yeast cultures source energy by converting sugars into alcohol. Simply put, these tiny, living particles take a modest grape juice, and elevate it to the complex and diverse delicacy we know as wine.

A freshly harvested grape already contains most of what is required to make wine. Sugar, to allow yeasts to produce enough alcohol to stabilise the wine; and acidity, to preserve and provide a fresh taste. Tannins, which exist within the skins of red grapes, can be used to make a wine bolder and more robust. What is arguably the most important element of a freshly harvested grape, however, is its natural inoculum of indigenous yeasts.



One of winemaking's most divisive areas, fermentation may be facilitated by either wild or commercially sourced yeasts. Wild yeasts being the ones which are found naturally in the air and on the skins of grapes as they grow. Commercial yeasts are used in tandem with those already existing to allow winemakers greater control over the finished product. Each method imparts a separate and distinct influence upon the ways in which our wines can taste, smell, feel, and even look. These two divergent processes are defined by a complete reliance on what nature already provides, versus the expedience and consistency afforded by the addition of a commercial catalyst.

Natural yeasts produce an infinite variety of interesting textures and flavour compounds. As we like to say here, wild fermentation creates 'wines with character'. Accordingly, you'll find that our Wild Ferment range exhibits a complex and diverse flavour palette. What's more, each of these wines will vary quite significantly between vintages, with each batch producing a fresh and unique flavour that distinguishes itself from its predecessor.

By contrast, our 'co-inoculated' wines incorporate the addition of active dried yeasts, a modernisation first popularised in the 1960s, as it removed the risks associated with relying solely on natural yeasts. Co-inoculation as we practise it, introduces two yeast strains, affording us greater control over our end product, as well as a much quicker, more efficient fermentation.

One of the best ways to compare the difference between a wild ferment and a co-inoculate is to do exactly that. We have several varietals at Witches Falls which we produce under both methods. Notably, our Wild Ferment versus Provenance Chardonnay and Sauvignon Blanc.

**Cheers and stay hydrated,  
Imogen Mulcahy and the Witches Falls crew**

**DID YOU KNOW?** *Scenic News* (previously known as *Tamborine Mountain News*) is Australia's oldest continuously published community newspaper, having started in 1958.

**DID YOU KNOW?** *Scenic News* is letterbox delivered across Tamborine Mountain, and in Canungra, Tamborine, Cedar Creek and sections of Boyland.

**DID YOU KNOW?** *Scenic News* has a circulation of 7100, and a readership estimated at more than 20,000.

**DID YOU KNOW?** *Scenic News* is bulk delivered to news agencies, cafés and restaurants, and key business, tourist and hospitality outlets in numerous locations within the Scenic Rim region, including Tamborine Mountain, Canungra, Tamborine and Beaudesert.



## PAEDIATRIC PHYSIOTHERAPY RIGHT HERE IN THE SCENIC RIM

The physiotherapists at Physique Physiotherapy have had extensive training in the field of Paediatric Physiotherapy. Last year, Senior Physiotherapist, Rebecca Bell, attended the first ever National Paediatric Physiotherapy course in Australia. This course, one of the first of its kind, focused on the latest research and techniques in the world of children's physiotherapy. The most up to date, cutting edge treatments were discussed.

The Physique team have extensive experience in the treatment of babies and young children. "I have always loved using my physiotherapy skills to help parents and young children to achieve great things," explains Rebecca with a massive smile.

"I completely understand how important it is for kids to develop fully to their maximum potential without any musculo-skeletal problems slowing them down. At Physique, our paediatric team offer a service that no other physiotherapy clinic in the whole of the Scenic Rim can boast of

having. We are all regularly treating children from babies right through to adolescents."

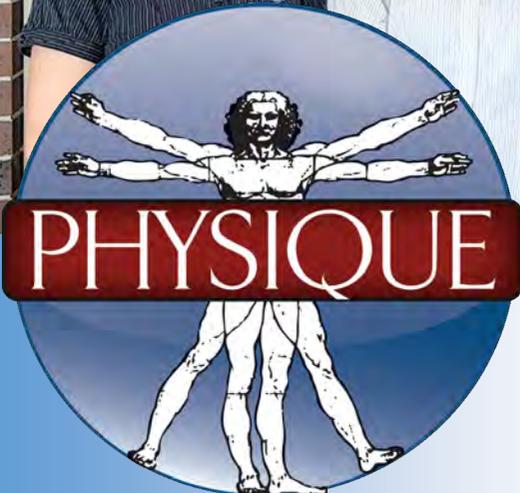
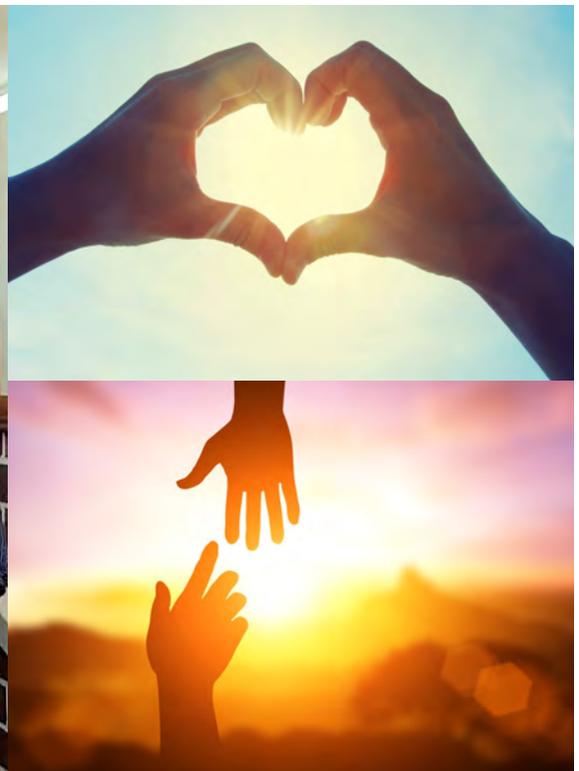
The types of patients that the physios at Physique often see are babies with torticollis and talipes, babies who are not developing at the normal rate that they should be, young children who have motor delay and learning difficulties and children who have a diagnosis such as Cerebral Palsy or Autism.

"It is very exciting to see this service develop," continues Rebecca. "In the past, parents have had to source therapy for their children from the Gold Coast or even travel to Brisbane. But now, thanks to our amazing team, we can do it all right here in the Scenic Rim."

Physique is also a registered NDIS provider which means that children who have acquired funding through the NDIS can get access to amazing, life changing treatment right here in the Scenic Rim. If you would like to find out if the paediatric team at Physique can help your child, give Physique a call on 5545 1133.



Rebecca Bell attending the inaugural National Paediatric Physiotherapy Course.



Experience the difference  
today **5545 1133**



## JON KRAUSE MP

State Member for Scenic Rim

Please remember to look out for children and keep to the school zone speed limits. The standard operating times for most school zones in Queensland is 7am to 9am and 2pm to 4pm. Children can be difficult to see and may not be concentrating on vehicle movements before or after school, so it's important that we take extra care at these times.

### 13-HOON

If you notice hooning in your area call 13 HOON (13 4666) or fill out the online form at [police.qld.gov.au](http://police.qld.gov.au). It's important that formal complaints are made so that our area can be allocated resources to deal with the issue.

### GAMBLING COMMUNITY BENEFIT FUND

Community organisations have until 31 August to apply for grants up to \$35,000 from Round 106 of the Gambling Community Benefit Fund. I have provided letters of support for numerous community groups, and in the last round, Scenic Rim groups received more than \$300,000 in grants. Together with other grant initiatives, our region has received more than \$15 million in grant funds for community organisations since I was elected as your representative in 2012, and I encourage clubs and community organisations to apply for assistance. Please contact my office for more information or to request a letter of support and visit [justice.qld.gov.au](http://justice.qld.gov.au)

### MY OFFICE

In addition to helping with Queensland Government matters, my office can provide assistance in procuring Queensland flags and letters of congratulations for significant birthdays and anniversaries. As well as this, we can provide letters of support for community groups seeking grant funding. Anybody considering becoming a Justice of the Peace/Commissioner for Declarations will need to contact my office to complete the nomination form.

**If you have an issue that you think should be fixed, I encourage you to contact my office toll-free on 1800 813 960, so I can lobby on your behalf in Brisbane. Quick question? SMS 0401 63 44 88.**

**Scott BUCHHOLZ MP**  
Federal Member for **Wright**

*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](https://www.facebook.com/SBuchholzMP)

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



## SCOTT BUCHHOLZ

Federal Member for Wright

### RURAL ROAD USERS URGED TO TAKE ROAD SAFETY SERIOUSLY

This month is Rural Road Safety Month.

As Assistant Minister for Road Safety, I take promoting road safety seriously. Our Government has joined the Australian Road Safety Foundation (ARSF) in urging all motorists using rural roads to reconsider their behaviour and put road safety first, during this Rural Road Safety Month and beyond.

Rural Road Safety Month was launched in 2018, following research showing rural road users were over-represented in the nation's road toll for death and serious injury. This was despite rural and regional Australia making up just 16.5 per cent of the nation's population.

In 2019 rural road fatalities made up two thirds of the national road toll. Australians must come together and recognise that road safety is everyone's business.

Last year 835 people lost their lives on regional roads, devastating their friends and communities and leaving behind 835 mourning families. It is an absolute tragedy. We, as a community, must do more. And here in the Scenic Rim, we can do our part. In recent weeks I've read about a number of local crashes, and one crash is one too many.

That is why the Australian Government has put road safety high on the agenda and why we are working closely with road safety advocates, state and local governments and stakeholders to ensure investments deliver targeted outcomes.

It is why we have a long-term plan, a 10-year infrastructure vision with a pipeline of projects and investment worth \$100 billion. These projects will improve our road network and make safety improvements across the country. We're seeing that locally, with investments in the Mount Lindesay, M1, Beaudesert-Beenleigh Road, and across the region.

We have also opened the Office of Road Safety to provide greater leadership and coordination of road safety efforts at a national level. This is putting road safety at the forefront of our transport infrastructure investment program and is bringing all levels of government together.

The Australian Government is continuing to make targeted investment through the Black Spot Program to address high risk areas, with a significant emphasis on improving roads to get people home sooner and safer.

Similarly, the Heavy Vehicle Safety and Productivity Program is upgrading danger points that experience high traffic flows of heavy vehicles.

There are many factors contributing to the road toll, and the rural road toll is unacceptably high. While we will continue to invest in safer roads, there is always more to be done and driver awareness and behaviour is a big component in road safety.

Road safety is everyone's responsibility. When you get behind the wheel of a car, truck or bus you're responsible for doing the right thing. Do not drive under the influence, wear your seatbelt, stop for regular breaks, slow down and do the right thing.

I encourage everyone to make the pledge to commit to road safety and support the month through hosting local events or sharing road safety information among staff, students, colleagues, family and friends.



## EYES UP, EARS OPEN, WHAT'S GOING ON???

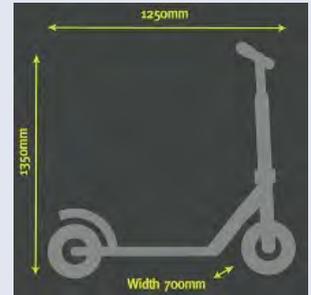
Before I get started this week I read recently, with much amusement I might add, the tales of woe about a long-suffering Broncos fan from a local physio up here. Thanks for the laugh Neil!! I mention the funny side as I get to enjoy the banter between a Broncos and Bunnies supporter at this station and didn't realise more than one person actually backed the Broncos (ooohhhhhhh!! 😊)

Moving on, I've had many subscribers to this column in recent times raise concerns around mobility scooters, personal mobility devices, rideables, bicycles, skateboards, scooters and I could go on around the vast array of names these various means of transport are now called. The main concerns centre around helmets, registration, footpaths, use on roads and giving way. I'll cover some pertinent points here; however, I highly recommend that if you own one of these devices or intend to own one, you do

the relevant homework through Queensland Transport. The Department of Transport and Main Roads website has a wealth of information.



A Mobility Scooter



A Personal Mobility Device (motorised)

If you use a motorised wheelchair or a mobility scooter on a footpath or to cross roads it **MUST BE REGISTERED**. Now before you cry foul, registration is **FREE** with Queensland Transport.

If you own a rideable or a personal mobility device remember these are the motorised and larger version of the basic scooter that many kids around town ride. With a PMD, you must wear a helmet, be at least 16 (or 12 if under adult supervision) and use the footpath wherever possible.

The footpaths that we do happen to have up here on Tamborine Mountain are where these are meant to be ridden. These areas are used by all modes of previously mentioned transport, and common courtesy applies with giving way to pedestrians, using safe speeds and keeping left.

Ultimately though, please ensure you pay attention when using any transportation method. An accident can happen in the blink of an eye and could happen to even the most seasoned veteran user.

Whilst this information I have shared today is not the entire encyclopedia on the use of these modes of transport, it should give you some insight. I hope this has been helpful and please consult the DTMR website for further detailed information.

That's all for this week, as always, report matters that might seem suspicious, your information is just a phone call away and may help save someone's life or protect their property, you never know.

**Sgt Mark Shields**  
Officer in Charge  
North Tamborine

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## TRADIES NAILED DOWN

August is National Tradies Health Month and in these COVID-19 times, looking after our tradesmen and tradeswomen is more vital than ever. The construction industry alone employs more than 1.1 million Australians and if Deputy PM, Michael McCormack, is to be believed, is vital for the economic recovery of the nation. That's a lot of responsibility to stack in the ute!



Figures from Safe Work Australia show that tradespeople make up almost three in five serious workplace injuries. And although many tradies assume a few aches and pains are part and parcel of their demanding physical work, seeking regular preventive health checks can reduce common musculoskeletal conditions including muscle and tendon injuries and back pain.

As part of August being National Tradies' Health Month, the main message from Gary Brooks at Tamborine Mt Physiotherapy is to come in for treatment when your issues are just a niggles and not a full blown injury that keeps you away from work. He regularly successfully treats issues such as back pain, knee pain and repetitive strain injuries, so you know you will be in good hands. He can also give you insights on how to prevent a workplace injury from occurring in the first place.

After all, you wouldn't neglect or abuse your tools, so why should your body be any different? It's much less painful to replace a socket set or hammer drill than your shoulder or knee.

So, measure twice and call once on 5545 0500 for effective treatment and injury prevention.

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



## Councillor's Comment

**DEREK SWANBOROUGH**  
DIVISION 1

*(These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council.)*

### SHARP COMMENTS ON FARM BOX

I have been receiving many calls and questions about the article by Tom Sharp in last week's Scenic News. I am concerned and will be seeking answers to some of his revelations. Creation of the Scenic Rim Farmbox Company was made in caretaker mode. I'm not sure who registered the company - Council or Kalfresh - but either way it was done whilst in caretaker mode, a week before the new Council was sworn in. Initially Council was reluctant to provide me information on the cost of Farm Box, when the public were asking me questions about rumours of this deal using money set aside for Eat Local Week.

I have argued that Council should be transparent and disclose the amount of public money given to Kalfresh. I cannot understand why you should not be told where your rate money is spent and how. To this day I am not allowed to tell you how much was paid and to whom, or the total project cost. One thing for sure is you have had so many press releases toting the benefits to the point that, as Queen Gertrude says in Shakespeare's Hamlet: "The lady doth protest too much methinks".

### RATES

I can't agree that the only way rates will be lower for Scenic Rim is if we grow the Shire by economic development. Maybe while waiting for this to occur in the next 20 to 40 years they could reduce them by:

- Being more efficient. Spending less on administration costs.
- Review staff numbers.
- Stop spending on consultants and ask highly paid staff to think and prepare strategic reports.
- Stop massive spending on Beaudesert projects based on unrealistic population trends.
- Reduce spending on plant and equipment.
- Negotiate better supply contracts.
- Reduce expenditure allocations when rates collected are unspent and exceed the organisation's capacity to deliver.
- Amalgamating Scenic Rim into Logan, Ipswich, and Gold Coast to instantly have a larger rate base for everyone and economies of scale and skip the next 20 years of torture waiting for that magical growth to appear.
- Being more transparent to enhance decision making aligned to community needs and improve spending and revenue distribution.
- Seek better enterprise bargaining outcomes to reduce labour costs.
- Get back to basics and examine truthfully programs that are not supported or needed.
- Question whether we need two administration centres and the costs involved in running them.

Yes you could do all that, but from my experience reducing rates is almost something that never occurs unless there is political will to make it happen, as any money saved is merely a signal to spend it on something else and unfortunately, unless the rates trajectory is stopped, you won't be able to live on Tamborine Mountain unless you are wealthy and can afford the rates.

### GRANT MONEY

Councillors at the 11 May Ordinary Meeting were asked to approve \$2.5 million of programs from the Bushfire Recovery Package and Tourism Recovery Package. I moved a motion to review these decisions which was successful. I felt that some would not pass the pub test. However, when the review came about it was done in a long confidential briefing closed to the public, and then recommendations forwarded to the Ordinary Meeting were passed. i.e.

- \$50,000 for a consultant to do a business case for a new Canungra Information Centre.
- \$200,000 for Council to optimise its web page and include a booking system. Tamborine Mountain Tourism sub-committee asked for assistance of just \$25,000 to optimise its website to comply with the National Tourism data warehouse standards but was refused.
- \$80,000 is set aside for an Eat Local Week birthday celebration dinner in June 2022 at Aratula (I hope you are invited).
- \$120,000 set aside for the engagement of a project coordinator and local artists in the Binna Burra area to do a project which would deliver a contemporary performance, a collaborative painting, several murals, and an ephemeral art project. This is a healing exercise from bushfires and would provide resilience to the community.

### MOUNTAIN TOURISM HARDEST HIT BY COVID-19

Recent economic data shows that out of all the industries in Scenic Rim, the Tamborine Mountain tourism industry has been hit hardest by COVID-19 and needs the most support to rebuild and provide employment opportunities.

### CORRECTION:

In my last column I said that no more than 4 per cent of the capital budget was spent on Tamborine Mountain in any year of the last eight years. This was not correct. I should have said an average of 4 per cent over the last eight years for new capital projects. There are some keen readers of my column so it is necessary to get it exact as you can imagine.

Should you wish to discuss anything with me the following are my contact details:

**Mobile: 0436 351 567**  
**Email: derek.s@scenicrim.qld.gov.au**

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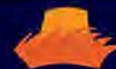
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My Scarecrow Poem



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Age: \_\_\_\_\_

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Email: \_\_\_\_\_

Category:

3-5yrs

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10-13yrs

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ENTRIES CLOSE ON 4th SEPTEMBER

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## Crambid Moth

Crambid Moth – *Agrioglypta excelsalis*, garage, Eagle Heights.



This is the most recent moth I have photographed, taken in mid-June. How glorious that a moth as small as this (its wingspan is only 2cm) is able to encompass such intricate patterning and elegant colour harmony. The antennae, swept back over the abdomen, are quite long. The larvae feed on the leaves of native figs. The species is found in tropical south-east Asia and the south Pacific, including Bhutan and Thailand.

In Australia it occurs in Western Australia, Queensland and northern New South Wales. Until overseas travel is back on the agenda, you can wow family and friends by posting them my book, *One Small Place on Earth ...* with more than 300 images of Tamborine Mountain's species-rich flora and fauna. Priced at \$39.95 hard cover and stocked by Under the Greenwood Tree, The Piccabeen Bookshop, the TM Skywalk, Tamborine Dreaming, The North Tamborine and Eagle Heights Post Offices and Canungra Books & Art.

Peter Kuttner

**Tamborine Mountain Creative Arts Inc.**

# AGM

**Wednesday  
26th August, 2020  
9am for 9.30 start**

Nominations for committee positions close on 19th August, 2020. All group leaders to read their reports at the meeting. If unable to attend please ensure a committee member has a copy of your report. All financial members are invited to attend.

*Cheryl Wallace - Secretary*

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## YOGA AND A PLANT- BASED DIET



**In the world of yoga, we often follow ayurvedic eating guidelines and ayurveda promotes a plant-based diet. The diet is not rigid or prescriptive and you do not have to be**

**a vegetarian. But for good health and longevity this ancient science encourages us to consume lots of plant foods.**

In yoga we believe good health comes from real food, regular movement, a calm disposition, and love.

And one of the more interesting snippets of news that caught my attention recently was a rather lovely and sincere talk by Boris Johnson on his campaign to reduce obesity in the UK in a desire to improve people's odds of survival should they contract COVID-19. He himself was admitted to ICU with COVID, chronically obese, and he is very grateful to be alive.

When we contract a virus like COVID our body responds by releasing cells called cytokines which trigger an immune response. According to research, if you are obese your body is often chronically inflamed and sometimes this response is so severe it is called a cytokine storm and can result in multiple organ failure. Also, an obese person often has diminished lung function and difficulty with diaphragm contraction. Not good for respiratory illnesses!

Depressing news considering a 2018 survey concluded that 67 per cent of Australian adults were overweight or obese. How did our society get to this point? Seventy-five years ago, the question "what food should I eat?" was nonexistent. Everyone knew what food was. They harvested food off trees, bushes and out of the ground, and they ate it, either raw or cooked. Our current bewilderment about what to eat is basically the result of confusion carefully orchestrated by the food industry. The food industry has radically altered our diet, reducing "food" to a list of individual nutrients listed on a box. Some of these nutrients are said to be "good," others are said to be "bad." And "good" and "bad" labels change at regular intervals.

Long term good health can be achieved by eating REAL food. Don't eat anything your great-grandmother wouldn't recognise as food. She did not eat quantities of sugar (she either paid a fortune for it or had to harvest the honey or maple syrup herself), dodgy fats, processed dead food, white flour carbs and anything "fast" and junk. Eat only foods that will eventually spoil or rot and treat organic, grass-fed flesh foods as a small, special addition to the meal. The bulk of the meal should be plants.

Cultures who eat plant based, traditional diets are healthier, leaner and live longer. This holds true for the hunter-gatherers of Tanzania, Seventh Day Adventists in California (mainly vegetarian), and the French, whose diet is still steeped in culture, plants, and butter. The specific foods may differ, yet they are all plant rich diets.

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

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

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17

## GERMAN CUCKOO CLOCK NEST

18

### WATCHES

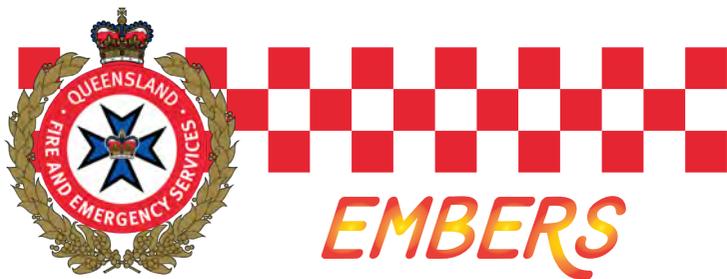
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## PREPARE FOR BUSHFIRE SEASON

**Bushfires can strike anywhere. You don't need to live in a regional area to experience a bushfire firsthand. Urban areas are at risk as well. Residents should start taking action now by preparing their own Bushfire Survival Plan and removing hazards from their properties.**

Actions you can take include conducting permitted burns, mowing your lawn regularly, trimming overhanging branches and removing flammable materials from your property. Queensland Fire and Emergency Services are taking action, but we can't do it alone. Preparation makes all the difference when it comes to bushfires. If we do a little, we will achieve a lot.

### Bushfire Survival Plan

Make sure you've got a Bushfire Survival Plan in place. Consider whether you will stay or leave early, when you will go, where you will go and what you will take. You can visit [www.ruralfire.qld.gov.au](http://www.ruralfire.qld.gov.au) to put a plan together quickly. It only takes a few minutes, and it could make all the difference once the season is under way.

### Prepare your property

An unprepared property is not only at risk itself but may also present an increased danger for neighbours. Have you scanned your yard for clutter and removed flammable materials? This will significantly reduce the risk of a bushfire starting or spreading on your property.

### Structure

- Clear leaves, twigs, bark and other debris from the roof and gutters
- Purchase and test the effectiveness of gutter plugs
- Enclose open areas under decks and floors
- Install fine steel wire mesh screens on all windows, doors, vents and weep holes
- Point LPG cylinder relief valves away from the house
- Conduct maintenance checks on pumps, generators and water systems
- Seal all gaps in external roof and wall cladding.

### Access

- Display a prominent house or lot number, in case it is required in an emergency
- Ensure there is adequate access to your property for fire trucks - 4 metres wide by 4 metres high, with a turn-around area

### Vegetation

- Reduce vegetation loads along the access path
- Mow your grass regularly
- Remove excess ground fuels and combustible material (long dry grass, dead leaves and branches)
- Trim low-lying branches two metres from the ground surrounding your home.

### Personal

- Check that you have sufficient personal protective clothing and equipment
- Move flammable items away from your home, including woodpiles, paper, boxes, crates, hanging baskets and garden furniture
- Check that the first aid kit is fully stocked
- Make sure you have appropriate insurance for your home and vehicles
- Find out if there is a nearby Neighbourhood Safer Place
- Review and update your household Bushfire Survival Plan.

[https://www.ruralfire.qld.gov.au/BushFire\\_Safety/Pages/Prepare-for-bushfire-season.aspx](https://www.ruralfire.qld.gov.au/BushFire_Safety/Pages/Prepare-for-bushfire-season.aspx)

**Tamborine Mountain Rural Fire Brigade  
Queensland Fire and Emergency Services**

# NATURE NOTES

with Nadia O'Carroll

## ONE BREATH

**People rarely think about breathing until they hold their breath. On average, people can hold their breath approximately 30 seconds to two minutes after which time the urge to take a breath becomes overwhelming.**

Breathing is part of the process of respiration. We require oxygen to create energy and we produce carbon dioxide (CO<sub>2</sub>) as a waste product, so basically with every breathe we must renew our supply of oxygen and remove our waste of CO<sub>2</sub>. Breathing is controlled, consciously, as in breath holding, and unconsciously, as in normal breathing.

When we hold our breath, the level of CO<sub>2</sub> in our blood increases, more carbonic and lactic acid is produced, and this changes the pH of our bloodstream. The sudden drop in pH stimulates chemical receptors in the blood system, which in turn sends nerve impulses to the respiration centre in the medulla oblongata and pons in the brain, which in turn sends impulses through the phrenic and thoracic nerves to the diaphragm.

It is this acidic change in the bloodstream's chemistry due to buildup of CO<sub>2</sub>, which elicits that feeling of desperate need for breath. The same process makes us breathe more quickly when we exercise, because the aerobic activity of our muscles produces more CO<sub>2</sub> to create the energy that moves our body, and this causes a drop in blood pH.

Holding our breath under water is different due to inherent physiological reactions that occur in response to water submersion which override basic homeostatic reflexes. The diving reflex occurs in all vertebrates. When the face is submerged and chilled, receptors trigger a response in the brain and nervous system which causes cardiovascular reactions, firstly vasoconstriction to reduce blood flow to peripheral organs to conserve oxygen for vital organs such as the heart, lungs and brain, and also causes a reduction in heart rate (bradycardia); the colder the water the greater the heart rate reduction. At depth the diving reflex shunts blood from extremities and the spleen to the thoracic cavity, to protect from the compressing effects of increasing pressure.

Many other mammals such as seals and whales are highly efficient breath holder divers which can remain active and submerged for considerable time at great depths due to the diving reflex and other physiological adaptations.

French free diver, Guillaume Nery, provides an insight into free diving in a TED Talk and his beautiful short film One Breath Around the World <https://www.youtube.com/watch?v=OnvQggy3Ezw>

## TRIVIA: SPORTY AUSTRALIANA

1. Which horse won the Melbourne Cup in 2002?
2. What was Sir Donald Bradman's batting average?
3. Who is Australia's only Formula One driver?
4. Who won the Brownlow Medal in 2003?
5. Who was the most recent Australian to win the men's singles title at Wimbledon?
6. Which Australian was named the most valuable player in the US's WNBA?
7. Which Australian has won the FIM World Motorcycle Championship 5 times?
8. How many gold medals did Australians win at the 2002 Winter Olympic Games?
9. Of our Australian male swimmers, who has won the most Olympic gold medals?
10. What Australian company is the largest surfwear manufacturer?

## SOME INSIGHTS TO STAYING HEALTHY



*MCCA volunteer Kathryn Burke working alongside Helga Jansen as she indulges in a recent creative pottery session at Tamborine Mountain Community Care Centre.*

### What is your daily practice?

If you are exuberant and dynamic, your chances of staying healthy are higher. But you already know that. If you don't have a daily practice it's time to do so now, because staying healthy at this stage, is a must; not a topic for conversation anymore.

How effectively we maintain our body, mind and energy systems will determine how resilient we will be toward any illness. The Coronavirus pandemic may have sharpened our focus on staying healthy - as a response, we must follow a practice to maintain a robust body and balanced mind.

With ageing comes a decline in mobility and difficulty with balance. Our senses may weaken, and this will determine our response to the environment. The five senses are our only channels available to perceive the physical world outside; besides allowing us enjoy life, they help keep us safe. It is important to maintain them.

### Some tips to include in your practice:

**Plan your food and diet:** We all know the importance of a balanced diet for vibrant health as food is the basic building block of our human body. A poor diet can lead to sensory decline e.g. a diet lacking antioxidant vitamins, or having too much junk food has been linked to cataracts and macular degeneration and of course lethargy.

**Celebrate the sun safely:** Lifelong exposure to the sun could cause cataracts. Wear sunglasses when outdoors. Do eye exercises. Remember to apply sunscreen.

**Turn down the volume:** Limit your exposure to loud music and sound. When you are around loud noises, try and get away every 15 minutes.

**Exercise your sense of smell:** Here's an idea to safeguard your sense of smell. Smell up to six different perfumes/bouquets (such as cinnamon, cloves, roses, lemon, peppermint and eucalyptus) daily for several weeks.

**Engage in physical activity:** As well as keeping the heart strong and managing conditions such as arthritis, exercise and flexibility help improve sight by increasing blood flow to the eyes and keeping aches and pains at bay. Breathing consciously while walking, stretching, doing gentle exercises, tai chi, and yoga are some options to stay active and flexible.



## TRAVELLING PLACES

By Gina Storey

Heading north of Cairns are several options. Palm Cove is only a short drive north and this stretch of beach offers travellers a range of accommodation.

We chose to stay in a self-catering apartment overlooking the resort pool and towards the beach. We spent a few days beachcombing and swimming and enjoying local restaurants. One day we took the historic Kuranda Railway up to the Atherton Tableland and returned on the Skyrail high above the rainforest canopy. We also visited the Tjapukai heritage centre nearby which gave us an interactive experience with the local community.



Heading north, we stopped for a few days at the lovely Thala Beach Lodge. This retreat is quiet and delightful, our accommodation was hidden in the nature reserve; peering through the native trees there were glimpses of the glimmering Coral Sea. Days were spent walking the trails, swimming in the pool or off the pristine beaches, learning from the resident rangers about the environment and the night sky and the sharing of stories by the local Kuku Yulangi people. Ospreys restaurant was a highlight, perched high on the hill with magnificent views and open sided to the balmy tropical air. This was a treat and one I could easily repeat.



Beckoning further north was Port Douglas. This township has developed over the last couple of decades into a hub for good restaurants and places to stay. From here we took a day trip to the outer Barrier Reef to snorkel and ended up tickling a giant Murray Wrasse which was as inquisitive of us as we were of him. Another day we walked in the Daintree rainforest before stopping at Mossman Gorge to swim in the river and discover the waterfalls.

There is so much to discover in Far North Queensland. Sitting here on Sunday afternoon with the sun shining, yet the cold wind blustery outside and thinking of lighting the fire, Far North Queensland certainly is calling. Contact Travelling Places to discover this wonderful world in our own back yard. Phone 5545 1600

# Q&A

## with the Scenic News

Sharee Young is a volunteer with the State Emergency Service. When Scenic News caught up with her recently, she shared some thoughts on the service and the people who are here to support us during trying times.

### What is the role of the SES?

The Scenic Rim State Emergency Service is a volunteer emergency and rescue service. We operate in the Scenic Rim Regional Council area and our local group is Tamborine Mountain. We work on several tasks in the community, covering storm damage operations, land search, community engagement, vertical rescue and chainsaw operations, just to name a few. Our role is to assist external stakeholders like Queensland Police Service, Queensland Ambulance Service and Scenic Rim Regional Council in events ranging from land search to major weather events and even pandemics. For the past three years I have been managing the Scenic Rim SES Facebook page and was recently promoted to Acting Deputy Group Leader of the Tamborine Mountain Group. I'm passionate about ensuring we have a high level of skill and capability within our group, building a team of like-minded people, community education and supporting members of our community during times of need.

### What goes into the day-to-day operation of the SES?

Generally, we train on Tuesday nights. Some other tasks may be required during the week from errands, to maintenance of equipment etc. which are often shared around the group and activations. Activations are sent via text message. If you are available to assist you simply reply to the text and details of the activation are sent to you; then you attend as a matter of urgency. We also assist in community events which help us fundraise. All money raised goes to our Support Group which assists in buying goods for the group such as equipment.

### Tamborine Mountain has been affected by its fair share of natural emergencies of late - bushfires, floods and pandemic. How has the

### SES been involved in handling these crises?

Our involvement differs depending on the disaster. In the case of bushfires, we assist Queensland Fire and Emergency Services and Queensland Police Service. Our roles range from logistics, planning, administration, public information, transport, staging and door knocking. In the case of floods, we have a more direct role as these are events that we train for all year round. Our involvement ranges from flood boat operations, storm damage, sandbagging, logistics, planning, administration, public information, transport, staging, door knocking, and more.

During the COVID-19 pandemic we have assisted QPS at the Queensland-New South Wales border with border control since the borders were closed in May. Our members are amazing people who love helping others, so I understand that many feel helpless during these times and no doubt wish they could do more. Our members have contributed an incredible number of hours to border control during this pandemic. I take my hat off to all our members and their commitment and dedication.

### Do you work closely with other local organisations such as the Rural Fire Brigade or the Queensland Ambulance Service?

We work together with QAS assisting in the carrying out of patients who have become injured while hiking etc, with QPS in land searches etc, and our Rural Fire Service and Fire and Rescue crews on Tamborine Mountain where requested.

### Are you a local and how do you feel about the Tamborine Mountain area and community?

We live on the Mountain. My kids attend school here, I work here and of course SES is up here. I love our community and our national parks are breathtaking. I believe the SES is so valuable to this community because its members are all very passionate about helping others. They are all locals and bring a wide range of skills and knowledge to our community. I feel very fortunate to have made so many friends and met so many inspiring people during this time.



Sharee Young

### What do you enjoy most about your SES involvement?

I love the adrenaline rush of getting activations, the challenges, the skills I have developed, but most importantly I love assisting in emergency situations and knowing that we have helped people smile during difficult times. Not all outcomes are ideal, but in general seeing the relief in a missing person's eyes once we have located them and witnessing them being reunited with loved ones is such a wonderful experience, and makes the hard work and endless searching all the more rewarding.

### What would you say to anyone thinking of joining SES?

The work of any volunteer is so incredibly rewarding and life changing. I feel incredibly lucky to have met so many amazing people and I enjoy working alongside like-minded individuals. I am very grateful for the skills, knowledge and mentoring that I have received since joining the SES. If you are thinking of joining, please get in touch with us!



# food for thought

with DYLAN GITTOES

**Chicken parmy (chi-kin par-mee).** This dish is a pub classic but if you take the time and whip this one up at home, you will never order one out at the pub again and you will have your friends and family begging you to make it over and over again. **BE WARNED!**

I discovered that this Aussie icon has its roots in the boot shaped country of Italy.

My wife was invited to a ceremony to celebrate the world record of the wave-piercing trimaran Earthrace which she had volunteered in assisting to complete the fastest circumnavigation of the globe by powerboat. She invited me along too. The ceremony took place in Rimini, a coastal town in northern Italy. On our first night we went to a trattoria and I saw that they had chicken Milanese on the menu. I couldn't believe my eyes when it came out. It was just like a chicken parmy, but without the ham. It was lightly covered in a rich tomato sauce and bubbling golden mozzarella. It was the first time I ever thought as to where the parmy came from and here it was. We have the good people of Milan to thank.



Did you know chicken contains tryptophan, an amino acid that is responsible for raising serotonin levels in your brain? Serotonin is the 'feel-good' neurochemical linked with mood. Chicken provides vitamins and minerals involved in brain function. Dark and white meat chicken contains Vitamin B12 and choline, which together help promote brain development in children, help the nervous system and aid cognitive performance. Chicken is also a great source of high-quality dietary protein.

The secret of this recipe is to use Panko crumbs which you can find in the supermarket. Trust me, use them and they will rock your world.

## INGREDIENTS

### Crumb the Chicken:

- 2 large eggs
- 1/2 cup plain flour
- Salt and pepper to season
- 3 large chicken breasts cut in half horizontally to make 6 fillets
- 2 cups Panko breadcrumbs
- 250 mls canola oil for frying

### Make the sauce:

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 teaspoons minced garlic
- 400g tin chopped tomatoes
- 2 tbs tomato paste
- Salt and pepper to taste
- 1 teaspoon dried Italian herbs

### Add the topping:

- 250g shredded mozzarella cheese
- 6 slices of ham off the bone (to cover each breast)
- 1/3 cup fresh shredded parmesan cheese
- 1/3 cup grated tasty cheese
- 2 tbs fresh chopped basil or parsley

## METHOD

- Preheat oven to 220°C. Lightly grease an oven tray or baking dish with nonstick cooking oil spray; set aside.

### Sauce time

- Heat oil in a medium-sized pot. Fry onion until fragrant (about 3 minutes) then add the garlic (about 30 seconds).
- Add the tomato paste and cook for 2 minutes then add chopped tomato, salt and pepper and Italian herbs. Cover with lid to simmer on low for about 8 minutes, or until sauce has thickened slightly. Taste test and adjust salt and pepper, if needed.



### Time to crumb the chicken and fry

- Get 3 bowls lined up - put the flour in the first bowl; whisk together 2 eggs in the second one and put the breadcrumbs in the third bowl.
- Lightly coat one breast both sides with flour then dip in the egg, then place in the breadcrumbs and firmly push down on both sides. Repeat with remaining chicken.
- Heat oil in a large fry pan over medium heat, place a bit of bread in the oil and see if it turns golden; if it does you can start to fry chicken until nicely golden and crispy (about 4-5 minutes each side). You will need to turn up the heat when you first put them in and then back down to medium when you flip them.

### Now make the parmy

- Place chicken on prepared baking tray and top each breast with about a third of a cup of sauce; add ham; then top each chicken breast with mozzarella, tasty cheese and about 2 tablespoons of parmesan cheese. Sprinkle with basil or parsley.
- Bake for 15-20 minutes, or until cheese is bubbling and melted, and the chicken is completely cooked through.
- Sprinkle with basil or parsley.

# STAMP COLLECTING MONTH ABOUT WILDLIFE RECOVERY



Dr Sally Box

**Australia Post is encouraging young Australians to become passionate about Australian wildlife this August, with the Stamp Collecting Month theme, Wildlife Recovery.**

Six stamps highlighting some of Australia's most vulnerable native species are now available. The featured animals have been selected from those recently identified by the Australian Government's Wildlife and Threatened Species Bushfire Recovery Expert Panel as in need of immediate conservation management.

Australia Post's Nicole Sheffield said that this year's theme aimed to inspire school students across the country to learn more about Australia's wildlife and take an active role in protecting them for the future.

"We want this year's Stamp Collecting Month to encourage a lifelong passion for Australian wildlife. Alongside the wonderful new stamps, the teaching resources we've developed will encourage education, literacy and a sharing of knowledge about the threats that our wildlife face," said Ms Sheffield.

Australia's Threatened Species Commissioner, Dr Sally Box, said that the recent bushfire tragedies highlighted the dangers facing Australian wildlife and has encouraged

schools and the broader community to get involved.

"The 2019–20 bushfires had a devastating impact on Australian wildlife, and it's great to see Stamp Collecting Month reminding people how precious our native animals are. We can all play a role in caring for our wildlife, and Stamp Collecting Month is educating and inspiring young Aussies to become our future wildlife conservationists," Dr Box said.

The stamps and associated products are in participating Post Offices, via mail order on 1800 331 794, and online at [auspost.com.au/stamps](http://auspost.com.au/stamps) while stocks last. Education resources are available online at [auspost.com.au/scm](http://auspost.com.au/scm) and include information on each species featured, videos, curriculum-linked lesson plans and literacy activities for primary school students.

Visit the Australia Post Collectables website [auspostcollectables.com.au](http://auspostcollectables.com.au) for more information on Australian stamp issues.

For 27 years Australia Post has used the Stamp Collecting Month program to promote the hobby of stamp collecting, while simultaneously engaging middle to upper primary school students with themes aligned to a curriculum area, such as history, geography, science, and the environment.



Davies' Tree Frog



Regent Honeyeater



Kangaroo Island Dunnart



Bathurst Copper Butterfly



Blue Mountains Water Skink

## SCENIC RIM PALMER CANDIDATE

**Sales and marketing professional Brad Fowler has been endorsed by Clive Palmer's United Australia Party as the candidate for Scenic Rim in the October 31 Queensland Parliamentary election.**

The owner and founder of a boutique media agency, Brad has strong connections to Scenic Rim electorate where he volunteers for a local junior rugby club and enjoys his spare time exploring the waterways and hinterland trails

with his family.

He says Clive Palmer's United Australia Party is the best way forward for Queenslanders who have been taken for granted by the major parties for too long.

"Things must change," he said. "Perpetuated failings, abandonment and detrimental, repetitious behaviour will only continue to produce the same uninspiring results."



Brad Fowler

# CLASSIFIEDS

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**Yoga Under the Bodhi Tree – LIVE YOGA CLASSES:** Mon 9.30am Moriarty CC, Canungra. **Tues and Sat** 9.30am Zamia Theatre, Main Rd, Tamborine Mountain. **ONLINE YOGA CLASSES:** Wed 9.30am, Wed 6pm, Sat 7.00am. For Online Classes 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.**

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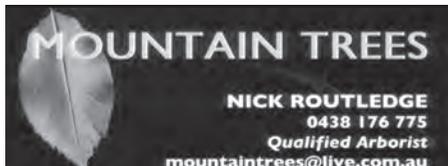
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**News**

*Next issue: August 20*

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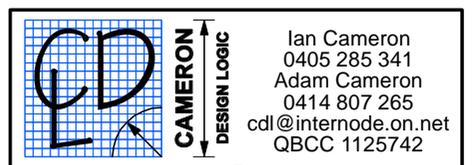
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EAGLE HEIGHTS

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### FROM PAGE 18

- Answers**
1. Media Puzzle
  2. 99.94
  3. Mark Webber
  4. Mark Riccuto, Nathan Buckley, Adam Goodes
  5. Lleyton Hewitt
  6. Lauren Jackson
  7. Michael Doohan
  8. 2 – Steven Bradbury and Alisa Campdin
  9. Murray Rose
  10. Quiksilver

## News



**P.O. Box 118**  
**North Tamborine**  
**QLD 4272**

www.scenicnews.com.au  
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**Production: Andrew Nagy**  
**0432 827 537**

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## EMERGENCY NUMBERS

Energex.....	13 62 62
Fire (ask for Southport Control).....	000
Fire (T.M.Rural F.B.).....	0407 583 121
Fire Warden.....	0400 741 591
Police.....	5545 3473
Ambulance.....	000
Ambulance (non-urgent).....	13 12 33
Domestic Violence (24 hrs).....	1800 811811
Child Protection (24 hrs).....	1800 177 135
Lifeline.....	13 1114
13 HEALTH.....	13 43 25 84
SES.....	132 500
Emergency Physiotherapy	
Neil Bell.....	5545 1133
TM Community Care:	
Home Care & Transport needs.....	5545 4968
Blue Nursing Service.....	(07) 3287 2041
Roslyn Lodge.....	5545 7822
TM. Medical Practice.....	5545 1222
Eagle Hts. Medical Centre.....	5545 2416
QML Pathology Nth Tamb.....	5545 3873
Pharmacies: Nth Tamborine.....	5545 1450
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Tamborine Mtn Physiotherapy	
& Sports Injury Clinic.....	5545 0500
Tamborine Mountain Optometrist	
Nicky Carr.....	5545 0277

# REGULAR MOUNTAIN ACTIVITIES

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**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 8.30am. Let's play croquet.

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**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 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**: Meetings are usually held at 7.00 pm on the first Wednesday of the month at a designated location (call 5545 0043 for details). We always welcome visitors and enquiries from new artists and artisans. We stand for a stronger arts community on the Mountain, and continue to lobby for a local community gallery and arts hub. The Collective benefits from our association with the Brisbane Visual Arts Community (BVAC) and members participate in Brisbane and local arts events.

**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@tamborinemountainchamber.com.au](mailto:info@tamborinemountainchamber.com.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. 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.

**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 (including kids church). **Playgroup**: Tuesdays 9.30am for 0-5 years. **Youth Group**: Fridays 4-6 pm for Years 7-12. Enquiries: [dave.mugridge@tmpcq.org.au](mailto:dave.mugridge@tmpcq.org.au) **BARGAIN CENTRE**: Tuesday to Saturday opens 8am-12 noon (rear of the Presbyterian Church).

**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

**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.u3atamborinemountain.com](http://www.u3atamborinemountain.com)

**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)

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