



Scenic

News

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

Celebrating 62 years of unbroken publication...

SPRING HAS SPRUNG - SORT OF - AND CAREFREE KIDS TAKE THE POOL PLUNGE



Although it was not exactly a perfect spring day, there was no mistaking the enthusiasm of this holiday-happy group of kids at the Tamborine Mountain Pool following its opening for the summer season. While numbers have been down somewhat due to the unusually cool weather, this is expected to quickly change as the days warm up. The 25m heated pool is open seven days a week.



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Property of the week

SALE 🛏️ 3 🚿 1 🚗 3 ✂️ 1,012m²

Well maintained & presented \$ 547,000

28 Magetic Drive, Tamborine Mountain

- This home is a beauty - your first home, maybe an investment?
- Large windows, timber cathedral ceilings in separate dining area
- Garage/workshop at rear, tandem drive through carport
- Storm proof shutters, located on school bus route

AGENTS:

Linda Hogan
0414 300 558



Property of the week

SALE 🛏️ 4 🚿 2 🚗 2 ✂️ 6,513m²

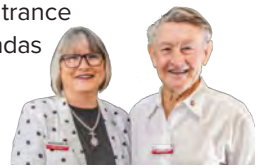
Peace and tranquility \$1,149,000

89-91 Bateke Road, Tamborine Mountain

- Views of Valley and the Gold Coast skyline
- High ceilings on upper level, spacious modern kitchen
- Lower level-home office/guest suite, own entrance
- Main living on one level with expansive verandas

AGENTS:

Barry Chick 0418 876 191
Diane Pihl 0424 653 316



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OPEN HOMES - Sat 3rd

- 10 -10.30 570 Henri Robert Drive
- 10 -10.30 8 Elizabeth St, Beaudesert
- 10.30 - 11 68 Coomera Gorge Drive
- 10 - 10.45 81 Murray Grey Drive, Tamborine
- 11 - 11.30 801-811 Main Western Road
- 11 - 11.30 3 Dapsang Drive
- 11 - 11.30 281 Macdonnell Road
- 11 - 11.45 71 Murray Grey Drive, Tamborine
- 11.15 - 11.45 195 Fenwick Rd, Boyland
- 11.15 - 11.45 127-129 Guanaba Road
- 11.15 - 11.45 28 Magnetic Drive
- 11.15 - 12 10 Tabor Drive
- 12 - 12.30 15/5-15 Cook Road
- 12.15 - 12.45 56 Walnut Road, Tamborine
- 12.15 - 1 89-91 Bateke Road
- 12.30 - 1 73 Ballantrae Road, Tamborine
- 12.30 - 1.30 220 Beacon Road
- 1 - 1.30 20 Orchis Drive
- 2 - 2.30 92 Eagle Heights Road
- 2 - 2.30 4/219 Long Road



1680 Tamborine Oxenford Road
Nice to see the seller Geoff and buyer Bosse and four legged pal have a few moments together on handover - Congratulations to you both!

AGENTS: ★★★★★

Team Mark & Deb
0407 292 036 / 0409 210 362



SALE 🛏️ 3 🚿 1 🚗 0 ✂️ 995 m²

20 Orchis Drive, Tamborine Mountain

- Located in a quiet cul-de-sac, lush private garden with beautiful views to the Coast
- Flexible layout with generous loft
- Full height tinted windows, pine panel ceilings

\$569,000

AGENTS:

Barry Chick 0418 876 191
Tamara 0405 173 332



SALE 🛏️ 2 🚿 2 🚗 2 ✂️ 162 m²

U15/5-15 Cook Road, Tamborine Mountain

- Eaglebrook, the place you want to retire to!
- No exit fees or caveats, well presented and positioned for morning sun, evening shade
- Large open plan living with air-con

\$429,000

AGENTS:

Paul Edwards 0419 249 271
Ton Wolf 0424 591 012



SALE 🛏️ 4 🚿 3 🚗 4 ✂️ 814 m²

68 Coomera Gorge Dr, Tamborine Mountain

- This stunning home with an enormous entertainment area with Coastal views
- Move in and enjoy, the hard work has been done, a must inspect property

\$800,000 +

AGENTS:

Tamara Athique
0405 173 332



BOTANIC GARDENS PLANT SALE A GREAT SUCCESS

The Potty Potters at the Tamborine Mountain Regional Botanic Gardens in the Scenic Rim are celebrating after the great success of the Gardens' first plant sale in eight months.

A large variety of plants on offer brought enthusiasts from across the Scenic Rim and Gold Coast and even from Brisbane for the special sale that was supplemented by a mouth-watering sausage sizzle and the offer of coffee on a bright but windy Saturday morning.

Funds raised across the four-hour sale exceeded \$2900 while the sausage sizzle contributed another \$223 to the much-needed funds of the Botanic Gardens.

Head Potter Bobby White said: "We are delighted by the continuing support of the entire community. People keep coming back sale after sale and I am sure they were as eager as we were in this COVID-19 environment to be able to attend and purchase carefully nurtured plants of many varieties.

"We operated under a COVID-safe plan and our customers were happy to socially distance, sign in and sanitise before searching among the tables for special offerings. We hope everyone went away happy with their purchases."

Bobby said the Gardens were undergoing a range of upgrades and improvements this year including the repair of the entire irrigation system, aeration of the lakes to improve



Customers discuss plant species with volunteer Sandy Silabon (centre)

water quality, new bore and extension of the volunteers' work shed.

"The volunteers are committed to providing the best possible experience for our visitors and our fund-raising efforts are poured into these important projects," she said.

"We welcome new volunteers on Thursday mornings. We offer an enjoyable, productive and educational experience in a positive environment that is so much needed, particularly in these times."

Denby Browning

NIGHT OF THE ARTS BECKONS

Join us on Sunday 1 November for a Night of the Arts at the opening of TM Arts Collective and Hampton's Spring/Summer Exhibition in what promises to be a great evening of good food, music and conversation.

This year we have not had many occasions to celebrate our collective's talents with our members, friends and community members. Following our life member Nigel Waistell's successful organisation of the Caxton Street Jazz Band visit, we now have

another opportunity for us all to get together for another fantastic evening, this time to acknowledge our Mountain's visual and performing artists.

The opening of the exhibition will commence at 4.30 for a 5.30 start. Because of COVID-19, the evening will be run in accordance with Government health regulations in place at the time of the event.

For more information call or text **0478 414 892**.

Helen Griffin

BLESSING OF THE PETS

Pets are important participants in the lives of many residents.

St George's Anglican Church will be holding its Annual Blessing of the Pets Service on Sunday 4 October at 2pm in the fenced area of the church grounds, Dapsang Drive, Tamborine Mountain.

All, particularly children, are welcome with their pets suitably restrained or contained or with photographs if unsure of their pet's behaviour in an environment of other animals.



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POPERA IN THE PADDOCK TO ASSIST BUSHFIRE RECOVERY



Hazelwood Estate at Beechmont will host the Scenic Rim's inaugural *POPera in the Paddock* as part of the region's ongoing bushfire recovery.

The gala concert will take place in April next year.

A collaboration between the Scenic Rim Regional Council and Queensland Music Festival, it will feature light opera, musical theatre and popular music performances, showcasing some of Queensland's finest talent alongside a professional orchestra.

Scenic Rim Mayor Greg Christensen said the event would give the Scenic Rim a much-needed economic injection.

"*POPera in the Paddock* is expected to attract more than 4000 visitors to the Scenic Rim, driving an anticipated economic return of more than \$1.3 million to the local economy," he said.

Division Three Councillor Virginia West said *POPera in the Paddock* was planned to become an annual event on the Scenic Rim calendar.

The event will be delivered with funding support from the Australian Government's Regional Tourism Bushfire Recovery Grants.

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Australia Day

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Nominations close: Monday 9 November 2020

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Events Officer on 5540 5111
or visit www.scenicrim.qld.gov.au



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TAMBORINE MOUNTAIN

POLICE NEWS

PAY ATTENTION ON ROADS

What a great time of year to be living on the Mountain! The weather has been fantastic for the recent Scarecrow Festival and it was great to see everyone out and about enjoying themselves whilst practising social distancing.

As usual there were some high-quality scarecrows on show. At night they often had me taking a second glance to check if they were a real person up to no good. Speaking of people up to no good, some of the scarecrows were vandalised/stolen/set alight – what's wrong with some people?

We have had break and enter reports from Gallery Walk businesses recently. A friendly reminder that we need to secure our homes/businesses/

vehicles. Unfortunately, we still need to protect ourselves from the scumbags who think it's OK to take people's hard-earned possessions and damage property. As usual, if you see anything suspicious or out of character please report it to Policelink on 131444. Every little piece of information can help put the jigsaw puzzle together.

As the weather heats up, we enter what I like to call the 'silly season'. Brought about by alcohol consumption, people tend to make poor choices more than usual during the silly season. Two recent examples are cases of people drink driving and putting other road users and themselves in danger. These



drivers were both high range readings with one more than five times the legal limit. The other takes the idiot of the week award for not only high range drink driving but also being on the phone, crossing double solid white lines directly into the path of an oncoming police vehicle. Thankfully, no one was injured or worse, lost a life. I can't stress enough how dangerous drinking and driving a vehicle is.

Lastly can I ask you all to pay attention on our roads? We have had a spate of traffic crashes recently and with school holidays upon us there will be more traffic on our roads. Be observant whilst you are driving, scanning ahead for any possible dangers that can present themselves at short notice. Even good drivers are involved in traffic crashes through no fault of their own. The more you focus while driving, the better your chances are of avoiding an accident.

Until next time, keep safe.

A/Sgt Chris Woollard
North Tamborine Police

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OUR TEAM:

Dr SANDEEP GUPTA B.D.Sc

NATASHA SATTI B.OHT



TAMBORINE MOUNTAIN DENTAL

EAGLE HEIGHTS SHOPPING VILLAGE (above FOODWORKS) 14/17 SOUTHPORT AVE, EAGLE HEIGHTS

MILLIONTH VISITOR AT GLOW WORM CAVES

“We never win anything,” said Kerri Eiermann as she stepped forward with husband Rob and children Ransome, Marcus and Tayla, to collect their prize for one of them being the millionth person to visit the Glow Worm Caves located in Cedar Creek Estate and Winery since they opened in 2005.

“This is absolutely wonderful and so unexpected,” she said as the Brisbane family contemplated their prize of an all expenses paid holiday at a leading Noosa resort on the Sunshine Coast. And if that were not enough, they also took home a basket of Glow Worm Caves merchandise and a wine bag containing several premium Cedar Creek wines.

Sharing the joy with the Eiermanns were Glow Worm Caves tour guides Julia (right) Harry and Robyn.

The Eiermann family booked their Glow Worm tour on line to coincide with a planned visit to Tamborine Mountain during the school holidays.



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WINE CHAT

with Witches Falls Winery

IS WINE VEGAN?

On a basic level, wine is essentially grape juice that has been fermented and bottled. By this understanding, all wine should be vegan, right?



Not so much. With more and more people opting for vegan diets, it's hardly surprising that the demand for more vegan, cruelty-free, and minimal-interference wines is growing.

It's still fairly uncommon for a wine to be advertised or even labelled as vegan, even if it is in fact free from any animal products. So how can you navigate the bottle shop/cellar door as a vegan? Read on.



Why aren't all wines vegan?

If you were to pour a glass of wine straight from the barrel – be that oak, stainless steel, or anything in between, it would look quite unlike the same substance which you would find in the bottle. Before bottling, wines must go through a process called 'filtration' without which they appear cloudy and dull, and often with floating bits of sediment. Though completely harmless to drink, unfiltered wines are not particularly appealing to the eye.

To create the crystal-clear whites that we're so used to drinking, winemakers must introduce fining agents to the process. Generally sourced from animal products, fining agents act like magnets – clumping the unwanted extras together to allow for an easier extraction.

Despite their utility, fining agents are certainly not vegan-friendly. The most commonly used are gelatin, egg white, and milk protein. Fish bladder proteins and the fibre from crustacean shells can also be used. In terms of the finished product that sits on the shelf, however, only trace amounts of these agents can be found.

Which wines are vegan friendly?

At Witches Falls, all of our wines are produced under environmentally sustainable, cruelty-free processes. Whilst our white wines incorporate trace amounts of fining agents (we use only milk protein and egg white) all of our red wines and ciders are both gluten-free and completely vegan-friendly.

Cheers and Stay Hydrated
Imogen Mulcahy and the Witches Falls Crew

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Jon
KRAUSE MP
Member for **Scenic Rim**

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

CLUB TAMBORINE

HEART OF THE MOUNTAIN

COVID-19 RESTRICTIONS ON CLUBS

As you would be aware, the Queensland Government has put in place certain restrictions that clubs must comply with in order to provide and maintain a safe social environment for the general public, and a safe workplace for their employees.

Some of these include restricting the numbers of people allowed in the various areas of our Club, including the bistro, bar, gaming room and outdoor areas. We have signage in these areas advising of the maximum number of people that we are allowed to have in each area. Social distancing of 1.5m separation between people must be maintained.

Although some restrictions may ease further before this goes to print, as we currently stand, persons must remain seated when eating and drinking and must not congregate in groups or mingle.

Further, it's a requirement that all persons who attend the Club must fill in their details in a register.

These are legally enforceable rules that are required by the Queensland Government. They aren't normal Club rules and any breach of them can result in the Club receiving a substantial fine.

Our staff have been fully trained in these rules and they are legally obliged to enforce them. Unfortunately, our staff have recently been receiving a multitude of complaints and in some cases, verbal abuse when simply doing their job in this regard.

Although I think we're all becoming annoyed at these ongoing restrictions, please be mindful that these are Government rules that the Government is requiring us to enforce, and try not to take out frustrations on our staff.

What is Club Tamborine doing to keep its patrons safe during the COVID-19 pandemic?

Apart from the restriction in numbers and the other rules discussed above, another legal requirement is for us to have in place an industry approved COVID Safe Plan. The Club's approved plan is in force and is available for review by patrons upon request.

The plan requires that our staff conduct frequent sanitising of all surfaces in our facilities, including doors and door handles, handrails, bar top, bar tables and chairs, touch screens, gaming screens and buttons, takeaway alcohol fridges and toilet surfaces. Our bistro tables are sanitised after each person/group vacates them and before others are seated. There are also multiple hand sanitiser bottles available throughout the Club for use as required by any person.

For those who like a punt on the TAB, or who play Keno, the TAB has restricted us from providing freely available betting/playing tickets. This is in place so that multiple people don't handle the tickets in order to reduce the potential of passing on infection from them. However, these tickets are available at the bar upon request.

UPCOMING EVENTS:

TEXAS HOLD'EM POKER – Wednesday nights until 4 November 2020

BAREFOOT BOWLS – Every Sunday from 11am. Great fun for all ages.

FREE POOL GAMES – Fancy a free game of pool? Every Sunday.

HALLOWEEN

MELBOURNE CUP

CHRISTMAS FUNCTION

Please call the Club for details on these events.

And don't forget, our Mega Christmas Raffle tickets are now on sale! Major prize is a brand new registered 6'x4' box trailer filled with goodies and complete with a 600mm cage, spare wheel, jockey wheel and cargo net. Call the Club for details.

Hope to see you at the Club soon.

Rob Tailor
President



CLUB BISTRO

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PH: 5545 1308



JON KRAUSE MP

State Member for Scenic Rim

A BIG THANKYOU TO VOLUNTEERS

There are many terrific volunteers in the community, and I would like to say thank you to them all for contributing greatly to building a top place to live.

I visited a number of groups last week, including the Tamborine Mountain Men's Shed, the Tamborine Mountain Botanic Gardens, the TMSS Markets, Tamborine Mountain Sports Association and TM Eagles Soccer Club. I know there are many other groups too – to all, thank you for your service.



CONCERNS ABOUT THE ECONOMY

While my Mobile Office was parked near Doughty Park, quite a number of people stopped to discuss issues of concern to them in our community. High on the list for people involved in small business was the need to encourage people back into work after the shutdowns of COVID-19.

Our Queensland economy now has the second highest unemployment rate in the nation, and while Victoria shed 188,000-odd jobs in the last six months, Queensland also lost 115,000 despite not being locked down. This underlines the weakness in our economy even before COVID-19, and the need for government to get behind the 'job-makers' – business – so they can put more people into work.

At the same time, the Government has a role to play in investing for growth. On this, the Queensland Government has failed us all dismally – as seen in findings of the Federal Parliamentary Budget Office that the Queensland Government has slashed \$14 billion from infrastructure spending in the past five years. We have a State Government that has no budget this year, and no plan.

UPDATE ON ROADS

The state of Tamborine Mountain's major roads is of concern. Main Roads is well aware that our roads need work, but unfortunately Queensland has a \$5 billion backlog on road repairs and maintenance, and this makes it harder for things to get done when they should be done.

I met with Main Roads again last week, and on a bright note I was informed that they had agreed, in principle, to a Council proposal to address some hooning issues at the hang gliders lookout which have been created by the design of carparks at that location. Unfortunately, Main Roads confirmed again they have no short-term plan to undertake significant work on our roads, except for some minor work on Henri Robert Drive. I'll keep bringing this issue to the fore, seeking spending on our roads sooner rather than later.

GAMBLING COMMUNITY BENEFIT FUND ROUND 107

Community organisations have until 31 October to apply for grants up to \$35,000 from Round 107 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 over \$200,000 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. Please contact my office for more information or to request a letter of support, and visit justice.qld.gov.au



Relationships

FONDNESS AND ADMIRATION

This week we continue our series on the seven principles of satisfying and long-lasting relationships.

The second principle espoused by the Gottman foundation is Nurturing Your Fondness and Admiration. It may seem ridiculously obvious to say that people who are happy in their relationship like each other. However, fondness and admiration can be fragile if you are not aware how crucial they are to the core of your relationship.

Fondness and admiration drive the early stage of romantic relationships, known as the limerence stage. The limerence phase is marked by infatuation, fun, strong sexual attraction and hope. In this phase, which researchers discovered lasts about two years, we tend to suspend judgement and ignore and forgive things easily. Once limerence expires, the real work of love begins. Romantic attraction wanes and our love is forced to evolve into something more resolute as we see our relationship in a more realistic light.

In the light of reality, we may, over time, replace our rose coloured glasses with dark, smudgy lenses. I once heard a story about a prying neighbour who would look out her kitchen window disapprovingly at the dirty washing hanging on the clothes line next door. That was, until her kitchen window was cleaned, and she realised that the dirt she was looking at, was indeed her own.

Sometimes our dissatisfaction in life can be directed at our partner. Our negative thoughts evolve into criticism as we focus on our partner's flaws and lose sight of their commendable attributes that once kindled our admiration. It is at this point that many couples mistakenly believe they have 'fallen out of love' or 'drifted apart'.

Those who navigate their way through this season are the couples who nurture a fundamental belief that their partner is worthy of appreciation and respect. They choose to show gratitude and notice what their partner does to contribute to the relationship. Research found that a 'magic ratio' of five affirming comments to every critical comment is needed for high satisfaction in marriage, protecting against the pitfalls that lead to divorce.

If you feel like the love has drained from your relationship it might be time to revive your fondness and admiration system. This is not a complicated procedure. Make a decision to remove the dark lenses and shift from an attitude of noticing flaws to seeing the good in your partner.

Look for an opportunity to say thanks and praise them each day. Like every new habit, it may feel insincere initially, but with regular practice it will become a natural response. Before you realise it, the negative thought patterns will be replaced with feelings of gratitude and you will likely find that your perspective on your partner has radically changed.

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



Letters to the Editor

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

MOVE TO GOLD COAST NOT WITHOUT A FIGHT

In the last edition of *Scenic News* our local councillor, Derek Swanborough, once again advocated Tamborine Mountain leaving the Scenic Rim to become part of the Gold Coast City Council area.

In his article he states that Tamborine Mountain's Community of Interest and our values are aligned to those of the Gold Coast City Council. Additionally, there was an indication that planning is under way for residents to have their say on his proposed move to the Gold Coast. Be warned, Derek will start a campaign with renewed vigour in the New Year. Developers must be rubbing their hands in anticipation.

I urge residents opposed to this move to remain alert to his intentions and to vigorously voice their opposition.

I respect the Gold Coast City Council and its management; it is a good council but its interests, its values, its aspirations and pro-development strategies are not those of Tamborine Mountain. Our community interests and values are not aligned to those of the Gold Coast; they are polar opposites. I don't want to see traffic lights, theme parks, near 24-hour trading and unrestricted small lot subdivision developments become part of our environment.

Yes, we do need and deserve better infrastructure such as new swimming pool, drainage, better bike ways and limited expansion to footpaths but not so much that our village atmosphere is lost. It definitely does not need a Long Road extension which will be an extension back to the same road at an enormous cost to solve a non-existent problem.

Apart from a one to two-hour closure of Main Western Road when the Polish Place burnt down, I don't believe there has been a major closure of the road in the last half century. My concern is that any Long Road extension will facilitate subdivisions along this section of the Mountain but given Derek's pro development decision on the Justin Avenue development against the wishes of local residents I should not be surprised with his stance.

The Scenic Rim Council is by no means perfect and I believe it treats Tamborine Mountain poorly in many respects, but little wonder when the elected representative is "hell bent" on moving a key population region out of the Council. It is hardly the basis for constructively addressing our needs. Personally, I really struggle to

understand the ethics of any councillor who publicly advocates the movement of a key division from the council in which they serve.

Admittedly, Derek's platform of Tamborine Mountain exiting from the Scenic Rim was well known before he was elected but he was elected with less than 30 per cent of the eligible vote. He does not have a mandate for his exit ambitions.

Derek, many of us residents have moved from the Gold Coast to come to an entirely different environment and lifestyle which we have here on our wonderful Mountain; you are not acting in our best interests. If you prefer the Gold Coast environment, culture and pro-development mentality the option is always open for you to move there.

Ian Langdon

THANK YOU MOUNTAIN AND SCARECROW COMMITTEE

After looking through the statistics we had 122 registered scarecrows out on the trail on judging day (which was changed from the usual Friday to Thursday).

However, by Friday more unregistered scarecrows were up, and the last count showed 219 scarecrows on the trail, which was fantastic!

Judging is always a difficult task as so much effort goes into creating them. Congratulations to all the winners and thank you to all the families and business owners who took the time to make a scarecrow. The scarecrow trail was showcased on Channels 7 and 9 and we had good visitor numbers to the Mountain. We hope all businesses felt the 'love'.

We'd also like to thank the 157 children who entered the Children's Colour/Poetry competition, as well as the teachers who entered students, the Arts Collective members who judged all those entries, Athol who put them up so we could look at them, and Trish at Fortitude Brewing for once again allowing us to display them on their wall!

Last but not least we would like to thank the committee, for all their hard work, and enthusiasm. It's a wonderful community event which brings a smile to many who visit the trail.

Looking forward to 2021 and no COVID-19.

Alison and Management Committee of the TM Chamber of Commerce

EXCITEMENT IS GROWING REGARDING TM UNIVERSE

There was growing excitement and enthusiasm at the recent presentation of plans for TM Universe.

Among those attending the presentation were Federal MP Scott Buchholz, State Member Jon Krause, Councillors Derek Swanborough and Jeff McConnell, Yugambah Museum Director Rory O'Connor and Jayce North, Senior Investment Officer of the Department of Innovation and Tourism Industry Development.

Board members Alison Rip, Michael Hopkins, Phil Collier, Donna Foster, Jaap Vogel and Sam Ghafari revealed the blueprints for the cutting-edge Planetarium, the first of its kind in the Southern Hemisphere.

The anticipated Science Centre using the latest technologies like holograms, virtual and augmented reality attracted a lot of attention.

All of the attendees enjoyed immersing themselves in the Virtual Reality Experience, which gives a really great way to 'feel' the extraordinary features of the new precinct. All agreed that these plans will lead to a centre that will be of major importance for education, STEM, technology development and a focus on the future.

The overriding themes of TM Universe will be 'Life in the Universe', 'Indigenous Astronomy' and the importance of space research in Australia.

Currently the Board of TM Universe, a 100 per cent community-owned organisation, is assessing options for land. The best outcome would be if TM Universe would own the land where the precinct will be established, instead of leasing it from a third party.

To be able to get that ownership right now TM Universe is seeking several \$100,000 loans to buy the land. As soon as the fund-raising starts, the providers of the loans will be reimbursed.

With help of professional support, the board is in the process of writing the Business Plan, a crucial document to start any application process for grants or sponsorship.

If you would like to support this great development that will define Tamborine Mountain as an even more special community in South East Queensland, then please become a Founding Member by Buying one of 200 available Blocks of the former TM Observatory.

Your name will be on the Founding Members Board and one the blocks of that Observatory when it is rebuilt – Just \$200 per block. Information at tmuniverse.com.au

All members of TM Universe will be invited to the AGM on Saturday 7 November, 10am St Bernard's Hotel.

For any questions, or offers of support, please use email: team@tmuniverse.com.au or call 0473 818 908.

Jaap Vogel

LEISA PASSIONATE ABOUT LOCAL LINKS

Leisa Marshall enjoyed a successful career in retail, hotel and resort management but was always driven by a profound desire to run her own business.

When she settled on Tamborine Mountain with her husband Ben and their three children she knew immediately what she would do: open her own shop with a focus on

sustainable, eco-friendly products.

Tamborine Mountain and the wider Scenic Rim region are both an inspiration and a source of much of the unique mix of handmade creations, natural beauty products, homewares and accessories to be found in her Dandelions 3 shop on Gallery Walk, Long Road.

She is proud of the fact that she has been able to source a wide range of sustainable and ethical products from within the Scenic Rim, as well as from other parts of Queensland and Australia.

"Dandelions 3 is a strong supporter of local Scenic Rim businesses and in fact we see ourselves as a destination store for all Scenic Rim unique products, including children's clothing," said Leisa.

"I felt passionately that I wanted to not just open a shop for the tourist trade but equally one for our local community. My vision is for Dandelions 3 to be accessible to locals and visitors alike," said Leisa.

A quick visit to Dandelions 3 reveals an eclectic mix of products:

- Eco-friendly kitchenware, handmade pottery and candles
- Baby and toddler clothes and accessories
- Organic skincare products.

In the run-up to Christmas Dandelions 3 has a special offer for customers: Fill up a free gift box with Scenic Rim products and receive 10 per cent off your purchase.

Dandelions 3 is open Wednesday to Sunday from 10 am to 4pm, and also on Thursdays from 5 to 7pm to make shopping easier and more relaxed for locals. An added bonus is the fact that there is ample on-site parking available at this time of the day.



Leisa Marshall and Dandelions 3

Dandelions 3
MAKE A WISH

Natural Beauty Products,
Homewares & Accessories with a
unique style or for that perfect
distinctive gift for someone special ...

**Now open for local shoppers
5pm to 7pm Thursdays**

(Hassle-free on site parking space available)



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Phone: 0404 056 036 | www.dandelions3.com.au



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SVAROOPA: A BODY-FRIENDLY YOGA THAT ANYONE CAN DO

Svaroopaa is a healing style of yoga that uses a variety of unique poses to create a deep release of tension throughout the body.



According to certified Svaroopaa teacher, Amanda Dobbie, it is a slower-paced yoga class that features precision with compassion, with a teacher trained to use props, alignments and adjustments to personalise poses that target your spine.

“Dissolving the deepest layers of tensions gives you instantaneous relief from most of your aches and pains,” says Amanda.

“Because a fundamental principle of Svaroopaa yoga is “support equals release”, you are well supported in all of the poses, so you can fully rest in each angle and benefit from the release of the deep muscles that attach to your spine in the core of your body. It’s simple yet profound.”

Amanda says Svaroopaa is a body-friendly yoga that anyone can do, regardless of experience or fitness level.

“After discovering the deep and profound effects the yoga had both on my body and mind, I knew this was a gift I wanted to share with others. I was amazed with how easily and quickly this yoga created changes in my body, mind and emotions.

“I have been teaching regular classes since 2012 which specialise in small groups and specially tailored one-on-one private classes designed for home practice to suit individual needs. I also offer Embodiment® Yoga Therapy sessions and Treating Pain Therapy sessions.”

OCTOBER TM MEALS ON WHEELS ROSTER



Meals on Wheels
Queensland

Fri 2nd	Clive & Lyn TURNER and Hillel WEINTRAUB
Mon 5th	Queen’s Birthday Holiday (No Deliveries)
Wed 7th	Jo TAYLOR
Fri 9th	Athol & James MCDONALD
Mon 12th	Kathy COLES
Wed 14th	Anne CARRIGAN-HARRIP
Fri 16th	Harry O’NEILL
Mon 19th	Stewart & Cassie VAN MAARSEVEEN
Wed 21st	Karen SEXTON
Fri 23rd	Karen SEXTON and Jane MENERE
Mon 26th	Karen & Kevin KING
Wed 28th	Lenore THEILE & David JEFFREY
Fri 30th	Deb GREENWOOD and Lyn TURNER

What is Svaroopaa Yoga?



Svaroopaa® Yoga is a body-friendly yoga that anyone can do regardless of experience or fitness level.

Amanda Dobbie – Yoga of Grace

Certified Svaroopaa® Yoga Teacher, Embodiment® Yoga Therapist and Treating Pain Therapist, specialising in small group classes and specially tailored one-on-one private classes designed for home practice to suit individual needs.

I also offer Embodiment® Yoga Therapy sessions and Treating Pain Therapy sessions \$65.00.

Classes are held at:

The Bridge Club, Tamborine Mountain Sportsground
400 Long Rd, Mt Tamborine 4272

Special: 3 Classes for \$25.00

Tuesday	9:30am to 11am
Tuesday	4:30pm to 6pm
Friday	9:30am to 11am

Contact: Amanda Dobbie PH: 0401 531 453 for bookings

ACS Engineers

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Job description

ACS Engineers is a Civil and Environmental Engineering and Project Management service company based in both Beaudesert and Boonah.

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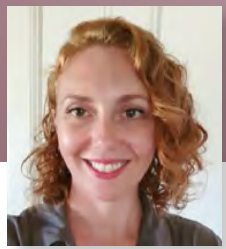
This position involves dealing with clients, fellow service professionals, Councils, and regional organisations in a professional and pro-active manner, and requires excellent literacy, numeracy and communication skills.

When you join the ACS Engineers team you join a group of individuals who share a common set of values and behaviours. We are large enough to get the great projects, but small enough to have excellent communication, an energetic team, and to have fun along the way. If you are looking for a change in career, and value workplace flexibility, and a business that values you as an individual, then please submit your resume and a covering letter to engineer@acsengineers.com.au.

Please incorporate how our values will align with your values.

Australian residents need only to apply.

View our webpage for further information: www.acsengineers.com.au



EATING FOR TWO

There is a commonly held belief that when you are pregnant you are now encouraged to 'eat for two'. However, the notion that you require double the intake when pregnant is actually not true.

As a pregnant woman, your body is working hard to grow a baby and mindful eating is important to help support the growth and development of your child. Improving or optimising the quality of foods you eat is more important than increasing quantity. Before you become pregnant it is ideal to be in the best physical condition you can be.

Regular exercise and eating healthily not only assists with fertility, but it also improves long term outcomes for mothers, and helps avoid some risks that can occur with either too little or too much weight gain.

All of this is not really news. Most people are aware that a healthy lifestyle reduces risks of negative health outcomes and the key to healthy living is not in fad diets or celebrity ab workouts, but instead in healthy eating, exercise, and adequate rest. However, not everyone is aware of some of the risks specific to pregnancy of too little or too much weight gain. If you are underweight before becoming pregnant or gain too little weight in pregnancy you can be at increased risk of preterm birth or having a baby with low birthweight.

If you are overweight before becoming pregnant or gain too much weight in pregnancy you are at increased risk of developing high blood pressure, gestational diabetes, having a large baby, and also experience difficulty losing the weight postnatally which can increase your long term risk of diabetes, heart disease and some cancers.

The Queensland Government recommends weight gain parameters based on a woman's pre-pregnant BMI. These are a guide to assist women to ensure they gradually increase their weight over the course of pregnancy and

help to minimise the risks listed above. So, if your pre-pregnant BMI is 18.5 to 24.9, you are recommended to put on 11.5 to 16kg in your pregnancy. If your pre-pregnant BMI is 25 to 29.9 you are recommended to gain between 7 to 11kg in pregnancy. If your pre-pregnant BMI is over 30 then the recommendation is 5 to 9kg of weight gain over the pregnancy.

It can be difficult to discuss your weight in pregnancy. Some people feel that they are being scrutinised for their weight or being judged; many people have experienced issues with their weight over their lives, whether you are perceived as being at either end of the spectrum. This is a sensitive subject and women need to be supported by their families and health care providers to do their best to maintain a healthy diet and level of exercise in order to reduce the risks listed and also to improve long term outcomes for the family.

You are encouraged in pregnancy to eat little and often, with three meals per day and healthy snacks between. But also, to monitor portion sizes; and if you're not hungry then there is no need to eat, or you can eat a small healthy snack.

Exercise is also vital for a woman's wellbeing both mentally and physically. If you have previously been an active person then at least 30 minutes per day of gentle exercise is encouraged, but if you have not exercised before then slowly increase to 30 minutes per day. Starting with walking or swimming is a good place to start. Swimming freestyle laps (not backstroke or breaststroke) is a particularly good form of exercise when you are pregnant, as you can practise your breathing, are buoyant in the water; this can feel great towards the end of pregnancy. Swimming is also low impact and protective of joints and can be good to encourage baby to lie in a good position with their spine to your front.

With the warmer weather, it is a great time to get back into swimming if you

have had some time off.

Avoid abdominal crunches, lying on your back or excessive stretching to protect your joints.

Finally, food safety is important to consider while you are pregnant. The main things you need to avoid are listeriosis which can be found in unpasteurised and soft cheeses, sandwich meats and pâté. It is easily destroyed when food is cooked, so it is important to cook meat thoroughly and eat immediately, and to wash raw fruit and vegetables before eating.

Fish is great to eat when you are pregnant, but it is important to limit some specific fish as they contain higher amounts of mercury. Recommendations are to consume no more than 100g of cooked shark/flake or marlin/swordfish per fortnight and to have no other fish in that time. Equally, no more than 100g cooked of orange roughy or catfish per week and no other fish that week.

If you are unsure about advice around diet and exercise in pregnancy, speak to your GP, Midwife or Obstetrician.

Bree Lowing is a Registered Midwife and provides bulk-billed and Medicare rebated in-home antenatal and postnatal services through The Mountain Midwife www.themountainmidwife.com.au

Tambo Mountain
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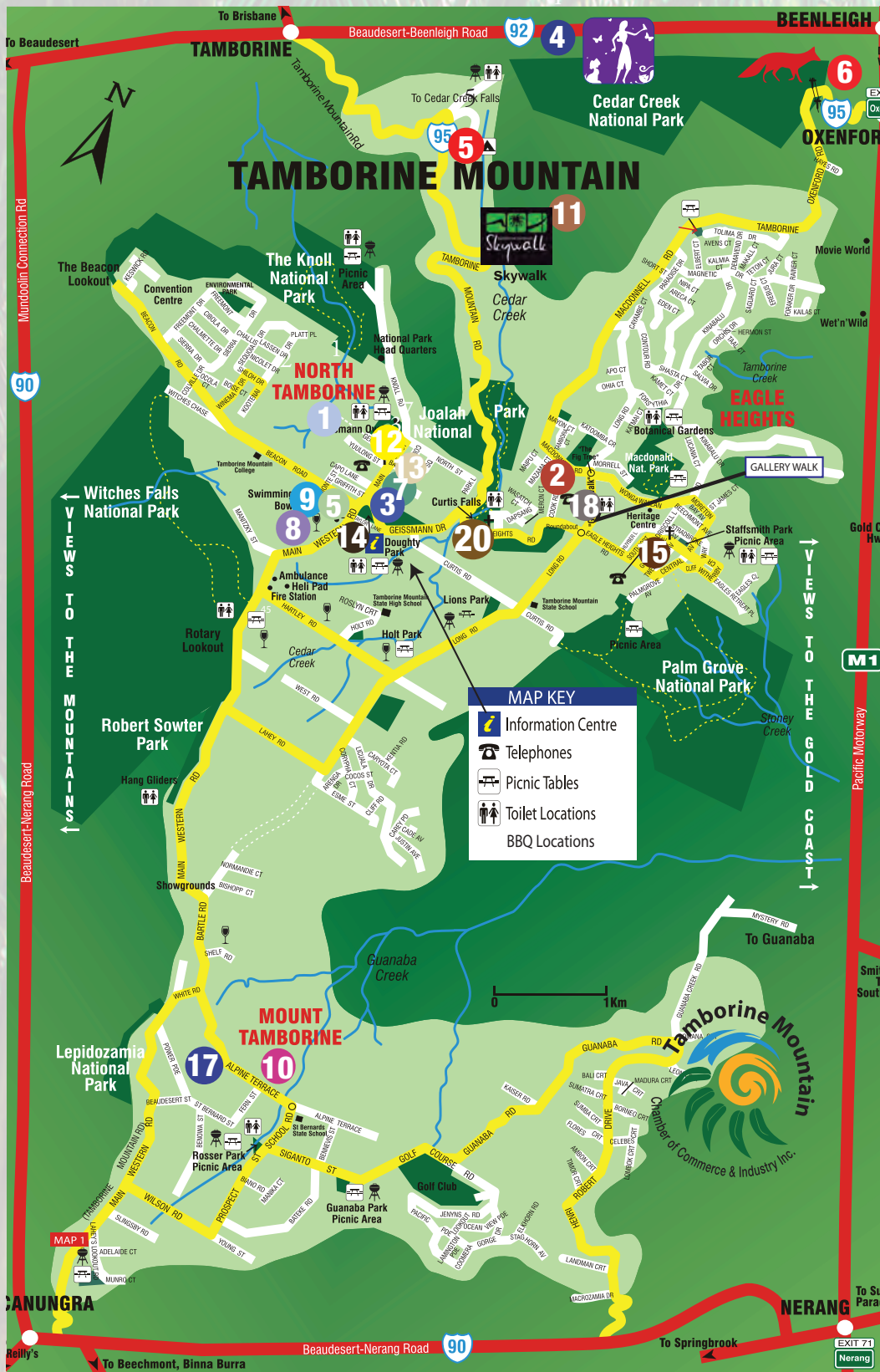
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BEAUTY & WELLNESS

DIET AND THE LINK TO ACNE



Acne is considered to be the disease of our Western culture. It is virtually non-existent in non-westernised societies where refined carbohydrates and sugar are rarely eaten. Findings from many studies make a strong case for the major role of environmental factors such as diet in creating acne.

First of all, diet has EVERYTHING to do with your acne. Common sense will tell you that if all you eat is junk food, then you're going to have poor health. Garbage in, garbage out.

If you're already predisposed to acne and eat a diet high in refined carbohydrates and sugar, then you will most likely have acne. Refined carbohydrates and sugar (think burgers, fries and a shake) cause a surge of insulin and insulin-like growth factor called IGF-1 in your body.

This surge can lead to excessive male hormones, which causes your pores to secrete sebum (oil) that attracts acne-promoting bacteria.

What can you do?

Sugar in all its many forms is the problem. Radically reducing ALL foods that cause your body to make insulin is the key. That also means grain carbohydrates because they are converted into sugar in your body.

Even if you are consuming healthy, high quality grains, you must remember, they are still a carbohydrate, converting to sugar and raising insulin levels in your body. The point is to replace carbohydrates with vegetable carbohydrates that metabolise more slowly.

Food culprits for growing acne are bread, cereal, pasta, rice, potatoes, corn, and dairy.

Other factors to consider when treating acne:

If you've been treating your acne with conventional methods like antibiotics, it's very important to take a probiotic supplement. Antibiotics are well known for killing off ALL bacteria in the gut, and that's not good. Re-establish a balance by taking a high quality probiotic.

Optimise vitamin D levels. This may come as a surprise but vitamin D is critical to establishing a healthy immune system. And a healthy immune system means virtually controlling any type of infection.

Getting enough sun to turn your skin a very light pink will produce as much as 20,000 IU's of vitamin D, more than that causes damage to your skin and does NOT produce any more vitamin D.

Professional skin care products and facials designed to assist with the treatment of acne are a must, because the results are quicker and longer lasting.

Pair your skin care with facials designed to clear acne. Or rotate facials with lactic acid soft peels. You'll be amazed at the results.

Reducing carbohydrates, sugar and refined foods, and stepping up the quality of your skin care will lead to clear, beautiful skin.

Karen Keeling
Hope Island Beauty & Medispa
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Shop 2/331 Hope Island Rd, Hope Island P: 5510 8999
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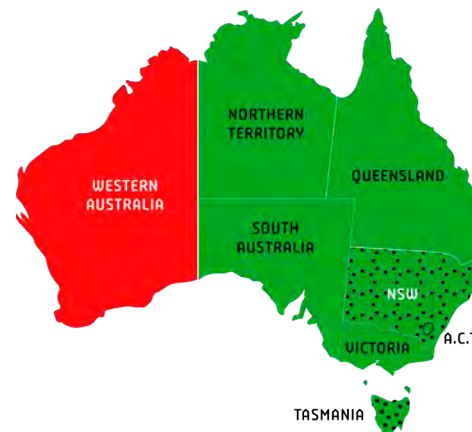
TRAVELLING PLACES

By Gina Storey

I am writing this on Sunday 27 September – world tourism day! What mixed emotions this brings up – longing to travel yet obliged to stay put.

Thank goodness for the wonderful world of Tamborine Mountain.

Several people I have chatted to recently are surprised that Queenslanders can travel interstate. The borders between Queensland, South Australia and the Northern Territory have been open for several weeks – so you can travel to any of these places without having to quarantine on arrival there or on your return.



The ACT is now an open border so you can fly to Canberra for a holiday and they can fly here. Canberra in spring is beautiful. There are also several postcodes in northern NSW that you can freely visit. You do need to complete online forms stating that you have not been in hotspots etc and all states have different protocols for this, Travelling Places can help you with the forms required.

Norfolk Island is also open for Queenslanders – there is currently one flight a week, soon to ramp up to two. If you haven't been Norfolk is a lovely place to visit – I always say it's like Tamborine Mountain on an island! Most of the accommodation is self-catering and we can arrange a car for you to potter around in. There are great walks, lovely beaches, pleasant restaurants and history to entertain you; a week is a good time to stay.

Queenslanders can travel to other areas in NSW; we currently need to quarantine for 14 days on our return – in a hotel of the government's choice and at the traveller's expense.

Tasmania has advised it will open borders to visitors on 1 December without having to quarantine; the finer details are yet to be announced but the indications are that we will be included in this easing.

We have had travellers fly to Darwin and explore Kakadu and Arnhem Land, and take the three-night Ghan Expedition train from Darwin, stopping to explore Katherine Gorge, Alice Springs, and Coober Pedy before arriving in Adelaide where they have toured around. All of this is possible.

What is interesting is how busy places are – there is a misconception that there are no tourists and it is easy and cheap to travel around Queensland ... there are actually a lot of people travelling and places are quite busy and it can be hard to find accommodation. That's because Australians are avid travellers and we all are looking for a change of scenery after months of being restricted. We are on the move. Travelling Places has lots of deals and packages available to all of the places that we can travel to. Contact us for details.

As for international borders ... do you know we are the only country in the world preventing our citizens from travelling internationally? Many countries have a mandatory quarantine protocol on return, but to my knowledge there is no other country with a total travel ban.

We have done well to date but moving forward we will probably have to learn to live with Covid-19 and introduce protocols to deal with these outbreaks.

In the meantime, it's fun exploring our backyard.

Here's to open borders and freedom!

Travelling Places: Phone 5545 1600

ENQUIRY LINE IS LINKING SENIORS TO INFORMATION

(One stop information line – no question is too big or too small)



Seniors Enquiry Line is a state-wide information and referral service provided at the cost of a local call for Queensland seniors. Anyone can use Seniors Enquiry Line – you don't have to be a senior to call them.

Family, friends, and carers of the senior or seniors themselves can talk to a real person to access information on a wide range of topics of interest to seniors such as:

Home help, pension entitlements, government services for older people, concessions, retirement information, financial or investment information, legal information, social and leisure activities, health and wellbeing, technology, transport, housing options information, scams, consumer issues and house information.

Enquire about your eligibility for a Seniors Card, how to get help to fix your back steps or about exercise and yoga classes. Remember, no question is too big or too small.

Seniors Enquiry Line is funded by the Queensland Government and operated by UnitingCare.

Phone: 1300 135 500. Operating 7 days a week from 8am till 8pm. There are no pre-recorded messages, just helpful information operators with a wealth of information at their fingertips. If no immediate answer is available for the senior's request, the information officer will record your name and number, research options that suit the request and usually call back the same day.

Email: sel@uccommunity.org.au

Website: seniorsenquiryline.com.au

The information provided on this website is a guide provided as a service to seniors and is not responsible for the accuracy of information provided. It should not be substituted for independent legal advice. Groups and workshops provided are for your information and not coordinated by or connected to Seniors Enquiry Line Program in any way unless specified.



USING YOGA TO DETOX

Many healing traditions like the Ayurveda use the change of the seasons to embark on a detoxification of the body. Timed around spring when the energy is rising in the earth, a gentle detox is a really nice way to move into the summer months lighter, more revitalised and with more energy.



So, this spring in yoga, starting from next week, we are using our yoga, our pranayama and lifestyle choices to encourage a detox of the body, mind and spirit. And the jury is still out as to whether detoxing is useful or just a fad. But the results speak for themselves.

Most often the advocates of an annual detox and clean-living lifestyle choices, no matter what their age, have glowing skins, shiny hair, lots of energy and usually lots of tolerance for others. They seem to sparkle with a vitality and a joy for life. And less is more. Small changes which then become lifestyle choices are far more effective in the long term than harsh, dogmatic regimes.

So, what is a yoga detox and what makes it less punitive than traditional detoxes? Firstly, our yoga detox is not an 'all or nothing' decision. We walk the middle road. We see the detox as part of a clean lifestyle continuum. The couch potato (living all his down-time eating chips and drinking beer in front of the TV) is on the extreme left of the spectrum, and the food nazi (the one who meticulously micromanages his life) is on the extreme right. We place ourselves in the middle of the spectrum, and then work our way to the right (not extreme right). So, we like to view the detox as a little fast forward to our ultimate life of great food, lifestyle and emotional choices.

This attitude is in contrast to our current society's celebration of the stressed human. Our culture glorifies keeping us in fast motion from sunrise to sunset. A person rushing from event to event, working long hours, never going into stillness, not spending enough time with families and loved ones is vulnerable to illness, consumerism (if I just buy that next shiny thing I will be totally happy), poor food choices (who has time to plan meals and cook?) and media hype. You might look successful on the outside but from a biological point of view, your body has forgotten what it feels like to have unlimited energy, no pain and a resilience for life that truly healthy people have.

So, before the warm weather hits, consider joining us. Over five weeks we will use our yoga to twist, invert and breathe our way to good health. Throw in some stillness, lots of laughter and some clean food choices and you will be sparkling your way into summer.

Margot Wagner
Yoga Under the Bodhi Tree

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



LASSIE, THE DOG FILM STAR

The fictional dog character began in two books written by Eric Knight in 1940 called *Lassie Come Home* and *The New Adventures of Lassie*.

Apparently, the original Lassie dog which inspired these books, then films and TV series was a rough-haired Collie crossbreed which saved the life of a sailor during World War One. When naval officers heard the story, they told it over and over to any reporter who would listen as it was an inspirational and heart-warming story. Hollywood got hold of the story and later novels, and a star was born.



The novel *Lassie Come Home* was first made into a film by MGM (Metro-Goldwyn-Mayer studios) in 1943. The star was a purebred rough haired Collie by the name of Pal; she was well trained and suitable for the part. She appeared in six other MGM films. Pal made appearances at rodeos, fairs and other events across the USA in the early 1950s.

Then in 1954 the long running, Emmy award winning TV series *Lassie* debuted. Over the following 19 years up until 1973 a succession of Pal's descendants appeared in the series. All up, there were 11 *Lassie* films - the last in 2005. An animated and successful TV series in Canada based on *Lassie* ran for three years until 2016.

When Queen Victoria acquired a Rough Collie, they were transformed into something of a fashion item. Show breeding drastically changed the appearance of the dog. Earlier dogs were sturdier in build and were capable of reportedly covering up to 100km a day.

They have been replaced by the Border Collie dog, although in the USA and some European countries, there has been a resurgence in the use of the Collie as a working and performance dog. en.wikipedia.org/wiki/Rough-Collie.

Pam Brandis
Dip. Canine Prac.



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

JOBKEEPER AND BEYOND

This week we saw businesses move into the second phase of JobKeeper. From 28 September businesses needing further government support will need to reassess their eligibility and decline in turnover.

For most small/medium businesses this means that they will need to be able to demonstrate a GST Turnover drop for the September quarter of 30 per cent relative to the comparable period in 2019. In this next phase support will drop from \$1500 per fortnight per eligible employee or eligible businessperson to a tiered rate depending on the average number of hours worked.

For those who worked on average 20 hours or more in the four weeks leading up to either 1 March 2020 or 1 July 2020, support will drop to \$1200 and the much lower rate of \$750 for those who have worked less. These rates are currently scheduled to fall again on 3 January 2021.

Every business is of course unique, and some will need to spend some time navigating the assessment criteria to make sure they get it right. The ATO are continuing to identify what they term as "concerning and fraudulent behaviour by a small number of organisations and employees" and will be applying penalties.

This is a pivotal moment for businesses. Now is the time to plan, review and adjust. For some, JobKeeper will come to an end now, as well as the generosity of some landlords and financial institutions. Furthermore, the economy is set to remain fragile for many months to come. Businesses may fail for many reasons, but the precursor to failure is often the inability to understand what is occurring and what to monitor.

In brief, have some understanding of the cost structure of your business; what is the real cost of operating your business? Have a look at your fixed expenses to determine the level of sales you need to break even. Examining costs will help determine your price points.

The all-important budget is a necessary tool to manage change and scenarios. Start with your best estimate and work forward to consider best and worst-case scenarios. Here we are talking not only looking at costs but how to manage revenue volatility.

A lack of profit over continual periods will erode your business but not enough cash will kill it dead. For most businesses this means taking control of debtors – sending out invoices is only going to work if you manage to collect the money owed to you. On the inventory side of this equation, do you have enough cash to take advantage of purchases to cater for a positive spike in custom?

Cash flows, operating budgets, cost control and debt management all need to be part of your business management. The more in control you are the lower your risk position in these volatile times. How is your business shaping up? We are interested to know and are here to help.

Finally, remain up to speed with the current external environment. The Federal Budget will be released on 6 October – it is to be expected that there will be measures which will impact your business and you as an individual.

Chrissie Hanneford & Stephen Hall
Hall Hanneford Chartered Accountants

(This information is presented in summary form as a guide only for readers. It should not be relied on as a substitute for detailed advice or solely as the basis for making taxation, business or investment decisions.)



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CHICKEN CACCIATORE

Ahhh spring, that in between stage where it's too hot for soups and too cold for salads. That's where this whip up, one pot wonder comes to the rescue – classic Chicken Cacciatore with its delicate flavours of garlic, capsicum, onions, herbs and plump olives all swimming in a rustic tomato Cacciatore sauce gently simmering away and soaking into those juicy chicken thighs until they fall off the bone and melt in your mouth!

Cacciatore roughly translates in Italian as hunter. This is because this rustic hearty dish was developed by early Italian hunters and was originally made with wild vegetables and herbs. The traditional meat was rabbit. The addition of tomatoes came much later when they were made fashionable to eat early in the 18th century.

Did you know that when the Conquistadors returned from the newly found Americas, they brought back with them a whole gamut of new and interesting vegetables? The tomato was one of them. The only problem was the nickname for the fruit. It became known as the “poison apple” because it was thought that the rich got sick and died after eating them, but the truth of the matter was that wealthy Europeans used pewter plates, which were high in lead content.

Because tomatoes are so high in acidity, when placed on this particular tableware, the fruit would leach lead from the plate, resulting in many deaths from lead poisoning. No one made this connection between plate and poison at the time; the tomato was picked as the culprit and it stayed that way for 200 years.

Cooking tomatoes such as in Cacciatore sauce makes the fruit heart-healthier and boosts its cancer-fighting ability. The reason: cooking substantially raises the levels of beneficial compounds called phytochemicals. Lycopene, a carotenoid responsible for the red colour in tomatoes and other fruits, has long been known as a powerful antioxidant that decreases cancer and heart-disease risk.

This means not only is it healthy for you, it is also an easy mid-week whip up that will be sure to be a winner with all the family.



INGREDIENTS

- 3 tablespoons olive oil, divided
- 6 bone-in skinless chicken thighs
- Salt and pepper, to season
- 1 medium onion, diced
- 6 cloves diced garlic
- 1 small yellow capsicum, diced
- 1 small red capsicum, diced
- 1 carrot, peeled and sliced
- 300g mushrooms, sliced
- 1/2 cup pitted kalamata black olives
- 8 sprigs fresh thyme
- 2 tablespoons each freshly chopped parsley and basil plus more to garnish
- 1 teaspoon dried oregano
- 150 ml dry red wine
- 2 X 400g tinned crushed tomatoes
- 3 tablespoons tomato paste
- 1 punnet cherry tomatoes, halved
- 1 tablespoon chilli flakes

INSTRUCTIONS

- Generously season chicken with salt and pepper
- Heat 2 tablespoons oil in a large frypan. Crisp up chicken on both sides until golden, about 3 to 4 minutes each side. Remove from frypan and set aside
- Heat a large casserole dish on medium heat
- Add remaining oil to the pan and fry the onion until transparent, about 3 to 4 minutes. Add in garlic and cook until fragrant, about 30

seconds. Add the capsicum, carrot, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften

- Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, about 2 minutes
- Add crushed tomatoes, tomato paste, cherry tomatoes and chilli flakes. Season with salt and pepper to your taste. Return chicken pieces to the casserole and continue to cook over stove top OR in the oven.

FOR STOVE TOP:

- Mix the chicken and the other ingredients together; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 40 minutes or until the meat is falling off the bone. Add in the olives, allow to simmer for a further 10 minutes. Garnish with parsley and serve immediately.

FOR THE OVEN:

- Transfer the covered casserole dish to a preheated oven (at 180°C) and cook for 1 hour. Remove the lid, add in the olives and cook for an additional 20 minutes until the chicken is tender and falling off the bone, and the sauce has reduced.
- Garnish with parsley and serve immediately with mashed potato.

hooked on books



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Look out for the Littlest Bookshop on Tamborine Mountain hosted by the team at Tamborine Mountain Nursery on Long Road. Great gardening books at \$1.00 each, and magazines at 4 for \$1.00. Many thanks to Greg and his Team from the Friends of TM Library.



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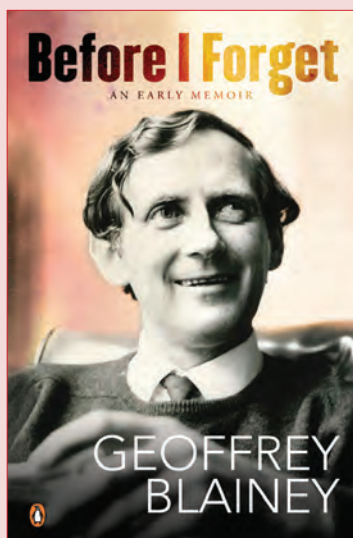
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JUSTICE OF THE PEACE



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Our Book Choice: *Before I Forget* – by Geoffrey Blainey

Now in his late-eighties, and listed by the National Trust as a 'Living Treasure', in *Before I Forget* Geoffrey Blainey reflects on his humble beginnings as the son of a Methodist Minister and school teacher, one of five children, and a carefree childhood spent in rural Victoria, from Terang to Leongatha, Geelong to Ballarat. From a young age these places ignited for Blainey a great affection for the Australian landscape, and a deep curiosity in Australia's history. He longed to travel, and would climb atop the roof of their home to stare out at the Great Dividing Range and imagine the world beyond.

Warm, insightful and lyrically written, *Before I Forget* recounts the experiences and influences that have shaped the astonishing mind of Australia's most loved historian. But in this book Blainey has given us something more - a fascinating and affectionate social history in and of itself.

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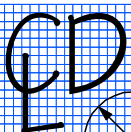
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BADMINTON Social players, all levels. Mon 6.30pm to 8.30pm at the Vonda Youngman Community Centre (except Public Holidays).

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.

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.

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ROTARY ON TAMBORINE MOUNTAIN meets every Wednesday night at 6.30pm for 7.00pm start at the Eagle Heights Hotel. New members and visitors welcome. For information, call David on 0419 743 275

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TANGO CLASSES: Every Friday evening at the Zamia Theatre. Beginners class 7.00-8.00pm; advanced class 8.00-9.00pm. Cost is \$30 per couple or \$20 pp. Inquiries call Ron at 0432 559 924.

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

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). **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 CROQUET CLUB: Monday and Thursday mornings 8.30 on our green at Club Tamborine. Free coaching, new members always welcome to join us. Ph: Heidi 0488 440 296

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: Judith Roland - 0429 808 206 for details; Helping at the Piccabeen Bookshop - 0403 783 757 during office hours

TMLETS: Join at Community Exchange System 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/

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.

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; or find us on Facebook.

TM PRESBYTERIAN CHURCH 34 Main St, North Tamborine – 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@tmppc.org.au **BARGAIN CENTRE:** Tuesday to Saturday opens 8am–12 noon (rear of the Presbyterian Church).

TAMBORINE MOUNTAIN COMBINED PROBUS CLUB: Join our new social club for retirees and semi-retired and enjoy some fun, fellowship and friendship at Club Tamborine, 6-12 Beacon Road, North Tamborine from 10am on the 2nd Wednesday of the month. Contact Christine Stewart (President) on 0448 877 585

TAMBORINE MOUNTAIN PROBUS CLUB INC (MEN'S CLUB): Join like-minded retired and semi-retired men for fun activities at Vonda Youngman Community Centre, 2-4 Knoll Road, North Tamborine on 3rd Wednesday of the month at 10am. Contact Harvey Ruglen on 0490 066 385 for details of next meeting.

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

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



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National Breast Cancer Awareness Month

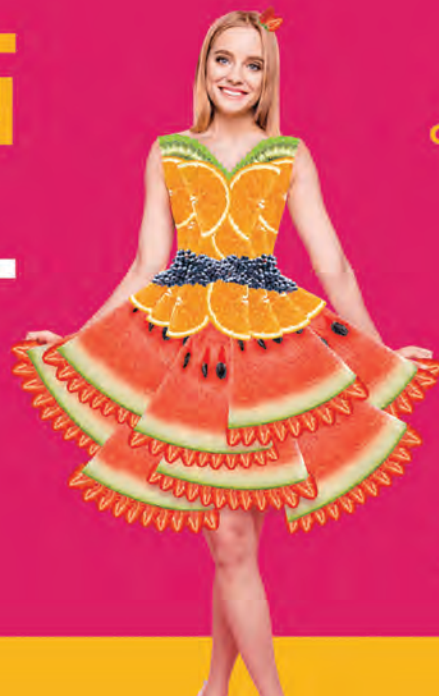
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This October, come together with friends, family or colleagues to raise funds for game changing breast cancer research.

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