

Celebrating 62 years of unbroken publication...

State Member for Scenic Rim, Jon Krause, presents Tamborine Mountain State School Principal Jason Smith with the certificate acknowledging him as One of the 10 Most Inspiring Educational Leaders in Australia - 2020. Mr Smith and nine other leading educationalists were selected by The Knowledge Review, a global educational magazine and online site which focuses on educational institutes around the world. On hand to offer his congratulations was TMSS P&C president Haydn Simmons.



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597 CANDIDATES NOMINATE FOR 2020 STATE ELECTIONS

The Queensland Electoral Commission says 597 candidates across the State's 93 electorates will contest the 2020 general election on October 31.

"This year's general election sees 144 more candidates than in 2017 when 453 candidates ran for Parliament," said Electoral Commissioner Pat Vidgen.

"A vibrant democracy needs a strong contest of ideas and it's exciting to see a record-breaking 12 registered political parties endorsing candidates, as well as a large cohort of non-endorsed candidates, all throwing their hats into the political ring to vie for the opportunity to represent their communities in State Parliament.

"Queenslanders can now find the candidates running in their electorate via the ECQ's 2020 State general election webpage."

Mr Vidgen said the printing of ballot papers would now begin following the ballot paper order draw, and that also meant postal votes would go out to electors who had applied for them.

Postal votes started to be sent from Monday this week, but due to the large number of applications, ballot material would be sent progressively.

"Once an elector receives their envelope, we urge them to act immediately and vote, sign, witness and send their envelope back to the ECQ," said Mr Vidgen.

"For postal votes to be included in the count they must be back to the ECQ by 10 November at the very latest,

so getting them in the mail sooner, is better," he said.

Mr Vidgen said the large number of candidates in this election would also have an impact on the time taken to count and there might be a more complex and time-consuming distribution of preferences, especially where there was a large number of candidates contesting the seat.

A list of all candidates is available on the ECQ website.

The non-endorsed and political party candidate numbers are:

- 93 Australian Labor Party (State of Queensland)
- 93 Liberal National Party of Queensland
- 93 Queensland Greens
- 90 Pauline Hanson's One Nation Queensland Division
- 55 Clive Palmer's United Australia Party

- 31 Informed Medical Options Party
- 23 Legalise Cannabis QLD (Party)
- 16 Civil Liberties and Motorists Party
- 13 Animal Justice Party (Queensland)
- 13 Katter's Australia Party
- 5 North Queensland First
- 3 Shooters, Fishers and Farmers Party (QLD)
- 69 non-endorsed/independent.

SCENIC RIM CANDIDATES:

- Luz STANTON
 Australian Labor Party
- Jon KRAUSE LNP
- Bradley FOWLER
 Clive Palmer's UAP
- Deborah HUSBANDS Informed Medical Options Party
- Paul HENSELIN
 Pauline Hansen's One Nation
- Pietro AGNOLETTO The Greens





FAREWELL TO PASTOR KIM AND SANDI DALE

Pastor Kim Dale and his wife Sandi have been farewelled by the congregation of Tamborine Mountain Presbyterian Church following Kim's retirement as its pastor of 28 years.

Kim and Sandi arrived in Australia from Florida with their four children Charissa, Joanna, Micah, and Alena in March 1992.

Born in the United States, Kim spent his childhood at the various naval locations where his father was based. His family was not church-going and when he left home at 18, he immersed himself in the subculture of the turbulent 60s. In 1971, however, he was converted to Christianity after coming contact with some believers who shared their faith with him.

Following theological studies in Switzerland and America, he took up his first church appointment as an assistant and then an associate pastor of a Presbyterian Church.

He became the pastor of a church in Florida for 10 years and during that time was also engaged in short-term mission trips to Moscow and Jamaica.

After settling in at Tamborine Mountain, Kim introduced the innovative Fire on the Mountain Biblical Worldview conferences which ran every year for 20 years. His contacts in America were helpful in attracting world-class teachers to these conferences.



During his time as Pastor he was also involved in mission trips to India, Ukraine, Vanuatu, Tibet and China. In 2007 he was inducted as State Moderator of the Presbyterian Church in Queensland.

Throughout their 28 years on Tamborine Mountain, Sandi has provided invaluable support and encouragement to Kim and has been actively involved in children's ministries, missions, music ministry and study groups.

Over the years Kim has written a monthly

column for Scenic News, addressing many issues on faith, culture and other topics which have been appreciated not only by the members of his congregation, but by other churchgoers and members of the wider community.

In every sense of the word, Tamborine Mountain is 'home' for the Dales and this is where they plan to enjoy their retirement; if the opportunity presents itself, they may explore the possibility of helping out, on a short term basis, the work of other churches in Queensland.



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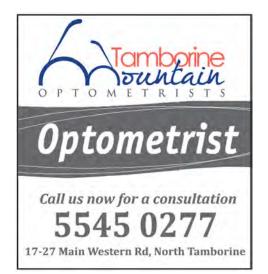
NON-INVASIVE PRENATAL TESTING

For most women, you will never have as many screening and blood tests and see as many health professionals as you do when you are pregnant.

Sometimes there are so many tests recommended that you can forget to ask what you are being tested for or why, or even think to follow up on the results.

Recently there have been many women presenting to hospital having had Non-Invasive Prenatal Testing (NIPT) and either not having appropriate follow-up tests or not understanding why they had it done. So, this week I thought it would be a good idea to go through what it is and why it is recommended, and also what to do after the results. It's a big and delicate topic for a small column, so I will try to be as succinct as possible.

Firstly, you do not need to have a NIPT. It is a relatively new test that is valuable for women who are at high risk of having a baby with Trisomy 21 (Down Syndrome), Trisomy 13 (Patau



Syndrome), or Trisomy 18 (Edwards Syndrome). You may wish to know this to prepare for the child, to do invasive testing, or you may consider ending the pregnancy based on that information. If you are not high risk, or you are and it would not impact on any decision making for parenting or the pregnancy, then it is not a valuable test for you.

Depending on where you have the test, other genetic conditions can also be tested, but the accuracy of these is not as high as for Trisomies 13, 18 and 21. The accuracy of detecting a baby with Trisomy 13, 18 or 21 is over 99 per cent with a NIPT. The test can also tell you if you are having a boy or a girl. This is not a cheap test, however, and it is not available on Medicare. Depending where you have it done, the cost is around \$400.

So how does it work? You are recommended to have a dating scan first to ensure that the pregnancy is viable and there are no other contraindications. You then ask your GP for a referral and book in for a simple blood test from 10 weeks pregnant. Your blood is then taken and then the fetal cells in your blood are extracted and the DNA tested. You then will get a result within a couple of weeks sent to your GP who will discuss your results.

Sometimes the test cannot be performed. If you are under 18 years old, if you are pregnant with triplets or quadruplets, or if you have been pregnant with twins but one of the babies has died. There is also a higher risk of failure of the test to work if you have a high BMI because you will have less fetal cells in your circulation.

It is also important to note that the NIPT does not replace ultrasound scans. If you have a low risk NIPT you are still recommended to have an early structural scan at 12 to 14 weeks. This is because you may have a low risk NIPT result, but the NIPT cannot detect structural abnormalities or early markers for conditions like spina bifida and cystic fibrosis. If you have a high risk NIPT, you would be referred to a Maternal Fetal Medicine department for further scanning and to discuss the option of invasive testing such as amniocentesis to confirm a diagnosis if you wish.

Therefore, the NIPT can be valuable for some families, but for others it is not. If you wish to know more about any genetic conditions there is an excellent reference website at

https://medlineplus.gov/genetics/ which gives user friendly information about different conditions. If you wish to know more about tests offered in pregnancy and why, speak to your Midwife, GP 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

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WHAT'S IN A NAME?

You say Shiraz, I say Syrah. You might be surprised to hear that each of these wines is produced from the exact same grape.

So why the alternative terms?



Despite what has become popular assumption, it's actually geographical differences that can be held responsible for the two names, rather than stylistic ones. 'Syrah' originates in the Rhône Valley region of southern France, while Australia actually adopted the term 'Shiraz' for the same variety when it was introduced in the early 1800s. A common misconception regarding the name Shiraz is that the grape was brought from the Persian city of the same name, during the crusades. Though there were indeed wines produced near the city of Shiraz, they were white, and had no genetic relation to the red varietal.

The core of our export successes, Shiraz is Australia's most enduring red variety. A bold and easy-drinking wine, Shiraz is the most widely planted, and arguably the most readily recognised red varietal in Australia.

Stylistic differences?

Beyond the name, however, differences in climate and terroir have led to two distinct and separate styles. Syrah from the south of France tends to be grown in cool to moderate climates, which affords these wines a much lower alcohol content, as well as lighter tannins, and a more peppery, herbaceous flavour.

Shiraz, on the other hand, is generally grown in a warm climate, and therefore exhibits more tannins, higher alcohol, and flavours of plum and black fruits. Perhaps the most recognised region in Australia for Shiraz is the Barossa Valley in South Australia, known for its bold, muscular take on the varietal.

Witches Falls' Syrah

Having said all that, you might have noticed that here at Witches Falls, we produce an exceptional 'Syrah', and have done since 2006. Why ferment an Australian-grown grape and utilise the French term for it? Once again, geography and style play an important role in our Syrah.

It's fair to say that the Shiraz market in Australia has been somewhat over-saturated by Barossa Valley reds. The power of this influence became evident when in 2006, our head winemaker Jon Heslop made the decision to switch from a Witches Falls Shiraz, to a Witches Falls Syrah. Despite our 2005 Shiraz and our 2006 Shiraz being very similar vintages, the Shiraz had consistently been our lowest-selling red. Upon its release, Syrah was almost immediately a bestseller.

There are a few reasons for this. Primarily, the Granite Belt where we source our fruit is actually considered a cool-climate region. This means that the wines it produces (in particular the red-varietals) are far separated from the big, tannic, high-alcohol Barossa Shiraz. With a different name, comes a different perception, and what was once viewed as merely a competitor, was seen in an entirely new light.

If you're curious to try a refined Syrah, come visit us at our Cellar Door. Now open until 7pm on Fridays.

Cheers and Stay Hydrated, Imogen Mulcahy and the Witches Falls Crew



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LUB TAMBORIN

I've been digging into the history of the Club. Our humble beginnings are quite an interesting read.

Pre-World War Two (year unknown) the site was originally used as a croquet court. An excerpt from the Beaudesert Times in 1975 recounts the history of the site as follows:

"Mrs Blanche Bayne, who lived in Long Road, bought land in Beacon Road and later gave it to the Croquet Club. She helped finance the provision of the court and continued her interest in the game as patroness. The area was known as Bayne Court. The club attracted a good following until World War Two began to involve the Mountain womenfolk in patriotic activities. Croquet faded out".

With the return of service personnel after the war, the Croquet Club donated the land to the RSL to become a lasting memorial centre in honour of those who served, and for those who did not return.

In later years, the RSL struck a partnership with the original Bowling Club to run and manage the club's facilities, and the land was transferred to the trusteeship of the then Beaudesert Shire Council.

Croquet was reintroduced to the site in April 2000 after a new Croquet Club was established in 1999.

Given the history of croquet at the Club, the current Croquet Club President asked me to include the following about the art and enjoyment of croquet in this week's column:

"It was the perfect set up: A direct line of sight. All I had to do was hit it square on, follow through and satisfyingly watch the ball go through the hoop. It veered to the left. I knew instantly that the knock-on sound was not true. The sun chose that moment to quietly move behind the only cloud in the sky.

Next hoop everyone cheered when the mallet hit the ball at just the right angle to jump the opponent's ball and go straight through the hoop. Even the opponents cheered. Such is the nature of croquet.

My hand eye coordination is getting a workout. Playing croquet is fun and sociable, with men and women playing together on equal terms. Anybody can play, and with COVID restrictions it also lends itself to social distancing.

The game is played with four differently coloured solid balls where each person plays two balls, or as a team of two, playing a single ball each. The aim is to 'get 7 hoops' before your opponent. If you have ever played snooker, croquet is for you.

Despite COVID, things have been moving along quietly with both bowls and croquet on Tamborine Mountain. The Bowls Club has been busy upgrading the greens and sinking a bore. Watch our 'greens' go green over the next few weeks.

The Croquet Club has a new committee and some new dedicated members. Anyone wishing to try the game is always welcome to come along on a Monday morning at 8.30am. Yes, we have a mallet you can borrow!

See you next Monday morning on our green at Club Tamborine.

Heidi Taylor President TM Croquet Club"

Hope to see you at Club Tamborine soon.

Rob Tailor President





PH: 5545 1308



JON KRAUSE MP

State Member for Scenic Rim

EARLY VOTING OPENS NEXT WEEK

Early voting for the State election opens next week on Monday 19 October. On Tamborine Mountain you can vote early at the Vonda Youngman Centre, Knoll Road, North Tamborine. Opening hours are Monday, Wednesday, and Friday 9am-6 pm, Tuesday and Thursday 9am-9pm, and Saturday 9am-5pm.

As we head to the polls, I'd like to say it is an honour to have the great responsibility of representing the Scenic Rim Electorate – there's a diverse range of views from Beechmont in the east to Grandchester in the west. There are a lot of issues that need to be fixed – locally, and across Queensland. I have always endeavoured to put the views of locals across to government and get an outcome best for the community all-round, even on contentious issues, while advocating for individuals who sometimes "slip through the cracks" of bureaucracy, especially in the health system. I seek your support to continue working for you as I fight for our fair share in the region.

HOONING CONCERNS ON MOUNTAIN

I know hooning and dangerous driving behaviour is a concern to many people on Tamborine Mountain. Recently, the Liberal National team released our policy to combat hooning – including the deployment of 100 CCTV cameras and tyre-shredding bitumen in known hoon hotspots.

I have spoken directly with police about hooning and will keep on lobbying for more police resources in our area to deter offenders and enforce the law. If you notice hooning in your area call 13 HOON (13 4666) or fill out the online form at 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.

STILL NO SOLUTION TO SCHOOL AIR-CON FIASCO

There is still no solution in sight to fix the inoperable "new" air-conditioning at Tamborine Mountain State School.

The air-conditioning units installed last year are unworkable because only after they were installed was it discovered that they wouldn't operate until a power upgrade in the local distribution supply system was performed.

All requests to have the issue resolved as soon as possible have fallen on deaf ears.

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





SCOTT BUCHHOLZ Federal Member for Wright

BUDGET TO REBUILD ECONOMY

Last week, the Treasurer Josh Frydenberg handed down the Federal Budget. This budget is our Economic Recovery Plan for Australia, and will create jobs, rebuild our economy and secure our region's future.

In this column I wanted to take an opportunity to talk about local roads and some of the investments we are currently making, and some investments we will be making as part of this budget.

As you would be aware, we are currently delivering, in partnership with State Transport and Main Roads, important safety upgrades like wide centre lines, audio-tactile line-marking, shoulder widening, and safety barriers on Beaudesert-Beenleigh Road. We're also funding the upgrade of the Howard Creek Causeway on Tamborine-Oxenford Road — we're keeping our community connected, especially during times of heavy rain.

As part of the Federal Budget we are expanding the Government's record 10-year transport infrastructure investment pipeline up to \$110 billion. This pipeline is already supporting 100,000 jobs on worksites across the country. As part of this expansion we are funding vital local projects like the \$750 million Stage 1 of the Coomera Connector between Nerang and Coomera.

Since the start of the COVID-19 pandemic the Government has committed to investing an additional \$14 billion in new and accelerated infrastructure projects over the next four years. These projects will support a further 40,000 jobs during their construction.

As the Assistant Minister for Road Safety and Freight Transport, it was also fantastic to have \$2 billion in the 2020-21 Budget directed towards road safety initiatives, continuing efforts to reduce road trauma in Australia.

The program will deliver works such as new shoulder sealing, rumble strips to alert drivers they are moving out of their lane, median treatments to prevent head-on collisions and barriers to prevent run-off-road crashes and protect against roadside hazards.

We will be delivering this funding in three, six-month tranches and on a 'use it or lose it' basis direct to State and Territory Governments. Funds that States and Territories don't spend will be re-allocated to those that can, with jurisdictions required to provide road safety data as a key condition of funding.

These additional investments build on the \$500 million the Federal Government is already spending on Targeted Road Safety Works, boosting jobs and the economy while delivering life-saving upgrades in every single state and territory.

If you would like any further information about these road upgrades or further information about the budget please don't hesitate to get in touch with my office on **5541 0150 or scott.buchholz.mp@aph.gov.au**

CLUB'S MEGA CHRISTMAS RAFFLE





Letters to the Editor

PLANNING IS A FAILURE OVER ACCESS TO FALLS

I refer to the planning failure at the head of Back Creek Gorge on Beechmont. Public access to Lip Falls, which is located within Denham Scenic Reserve, has been blocked by the construction of a prison-like fence by the owner of Lot 13, to the immediate north.

A short section of the track to Lip Falls passes through this private property. Public liability has been cited as justification for this fence. However, since its construction, hundreds of people have reached Lip Falls by swinging around the end of the fence or by sliding down the mountainside, such that a serious safety issue now exists. It is only a matter of time before the SES is called out to an incident.

Aware of this planning failure, the State Government said, in August 2017, that it was "keen to help preserve and keep the site safe". This position was confirmed by the local State Member for Scenic Rim, Mr. Jon Krause, in writing, in early 2018. However, nothing has been done by the State Government to honour its commitment, even though a State Minister inspected the area in August 2017. And now, as a result of the failed fence, a far worse situation exists.

For all the hurt and negativity arising from this fence, it has at least left no doubt whatsoever that:

- fences at this site cannot stop the public accessing Lip Falls, and
- private ownership of the gorge section of Lot 13 is untenable.

The State Government could easily

rectify this situation by placing this gorge section under public ownership, as recommended by the Royal Australian Institute of Parks and Recreation in 1987 and the Gold Coast Bushwalkers in 2018.

Had Beechmont been in the Gold Coast City Council area, the gorge section of Lot 13 would have been purchased under the GCCC's Open Space Preservation and Land Acquisition Program, particularly as the whole of Lot 13 has been "For Sale" for the best part of the last 20 years.

Back in 2003, the forward-thinking Mayor of Beaudesert Shire Council, Cr. Ron Munn, said when he established the BSC Land Acquisition Bank: "In 10 years' time it may be too late to say Council should have purchased such-and-such land for this purpose and such-and-such land for that purpose. We need to be forward thinking and we need to act now."

However, Beaudesert Shire Council was abolished in 2007/8 as a result of the local government reforms of the then Premier of Queensland, Mr. Peter Beattie. In its place, the financially weaker Scenic Rim Regional Council was formed, but without the land acquisition bank of its predecessor. Clearly, the present State Government is now well placed to make amends for the disadvantage imposed on our community by the actions of Mr. Beattie.

Does our Council have the ticker to lobby the State Government to implement the solution to this problem which is staring us all in the face?

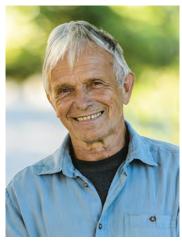
Pat Fitzgerald, Lower Beechmont

GREENS NAME SCENIC RIM CANDIDATE IN STATE POLL

The Queensland Greens have named Pietro Agnoletto as their candidate for Scenic Rim at the state election ON October 31.

Mr Agnoletto was born in Italy, studied anthropology and philosophy, and moved to Australia in 1969.

In 1992 he and his wife Desley founded and ran the Schonell Pizza Caffe at the University of Queensland, St Lucia until their retirement in 2006. Before COVID-19 hit, they ran cooking classes from their home in Rathdowney.



"I am running for Scenic Rim because we need representatives who will put the community over corporate interests," Mr Agnoletto said.

"Unlike the other parties, the Greens don't take corporate donations, so we will always put people first."

Mr Agnoletto said he was campaigning for more jobs and a greater investment in essential services.

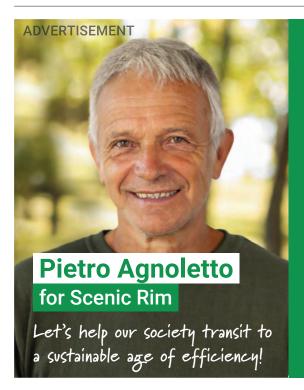
"Our community is struggling under the weight of soaring unemployment, rising cost of living, and despair. We need to invest in essential services to create jobs and build an economic recovery where no one is left behind," he said.

"Under our plan, we will revive manufacturing and create more than 4000 jobs across the region by investing in renewables and public housing.

"We will cut power bills by scrapping private retailers, stopping price gouging by State-owned generators and network companies, and running the electricity system as a non-profit essential service.

"We will create genuinely free health care with more doctors, nurses and community health clinics, and fully-fund our schools with more teachers, smaller class sizes and no more fees.

"Our plans are funded by making big mining corporations, banks and developers pay their fair share in tax to fund investment in crucial public infrastructure and essential services."



The Greens will -

- Build 100% publicly owned renewable energy by 2030 creating 23,000 jobs a year.
- ✓ Guarantee free education and healthcare including dental.
- Guarantee everyone a home building 100,000 quality, public homes, creating thousands of jobs.
- Ban corporate donations ending corporate control of politics, ensuring accountability and transparency.
- Increase mining royalties raising \$55 billion for public services and infrastructure.
- Work towards formalising a treaty recognising the sovereignty of our First Nations' People.

www.greens/org.au/qld/plan

Douglas Street Milton, Brisbane. - AN 2020/1560

Relationships

This week's instalment in our series on The Principles of Successful Relationships examines the principle of 'Let Your Partner Influence You'.

We can be influential only if we accept influence. Simply put, it comes down to honouring and respecting each other and valuing what each brings to the relationship - and to your life together. It's conveying to your partner that their opinions and feelings matter to you and giving consideration to those opinions and feelings before making decisions. Successful and happy couples actively search for common ground rather than insisting on getting their way.

Research has discovered that there was a gender difference in how men and women approach a difference of opinion. A long-term study of 130 couples found that 65 per cent of men tended to dig in and insist on doing things their way rather than taking on board their partner's perspective. Women, however, were more open to considering their mate's viewpoint. This is attributed to the conditioning of boys who participate in competitive play, developing a win/lose attitude to life in general. Girls, however, are more

conditioned to social play that tends to equip them with skills of empathy and negotiation.

The key to the success of a relationship appears to be in the man's willingness to be influenced by his partner. Obviously, it takes two to make or break a relationship, but statistics show that when a man is unwilling to share power with his partner, the relationship has an 81 percent chance of self destructing.



Many sitcoms build their humour around men who give up all their personal power and let their wives rule their lives - Keeping Up Appearances, The King of Queens - are examples that spring to mind. At the other end of the continuum sits the stereotypical macho

attitude that stubbornly resists any influence from

his partner. The cause of this resistance is often a fear of losing power but closing your ears to your partner's perspective escalates their negativity and reduces your influence or power.

Finding the middle ground takes effort. It requires both partners to postpone their own agenda while they give consideration to the other's ideas and feelings and explore why this issue is important to them. Only when they both understand the full picture can compromises be discussed and agreed on. This is a much more desirable option than the Mexican stand-off that couples can find themselves trapped in.

Accepting influence is both a mindset and a skill cultivated by paying attention to your partner every day and supporting them. Making it a priority in your relationship will strengthen your relationship and improve your satisfaction.

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



TAMBORINE POLICE NEWS

ADOPT-A-COP PROGRAM

Hi to everyone on Tamborine Mountain. My name is Senior Constable Hayley McLaughlin, and I have been a Police Officer for 13 years. Two years ago, I was offered (and very quickly accepted) a position at North Tamborine Police Station and what a privilege it has been.

Along with Senior Constable Brendan Payne, I've been given the opportunity to become involved with a number of schools on the Mountain as part of the QPS local Adopt-a-Cop program.

As part of this year's Road Safety Week, we attended Tamborine Mountain State High School for their annual Road Safety Program where the talented drama students staged a fatal traffic crash and the local emergency services (QPS, QAS and QFRS) attended and dealt with it as if it were a real scenario. After the performances, we had the chance to sit down with the students and talk through any road safety questions they had. It was great to get to speak and connect with the young adults face to face.

In a change of pace, we later attended the Tamborine Mountain College Early Education Centre and got to meet some new friends who were very excited to see the Police car lights. We spoke about stranger danger, road safety, the importance of bike helmets and seatbelts in the car. What a lovely group of children, well-mannered and keen to ask lots of questions.

Other school involvement has focussed on graduating student legal lectures at TMSHS and the Colour Fun Run at St Bernard State School.

I would like to thank the schools for being so welcoming and allowing us to be a part of these events.

S/C Hayley McLaughlin North Tamborine Police



KRAUSE: BETTER TM TRANSPORT ON THE RADAR

Scenic Rim MP Jon Krause has congratulated Tamborine Mountain Rotarians for their detailed submission to government and TransLink calling for better public transport options for Tamborine Mountain, saying it was well-constructed and logical.

Mr Krause said he had sought better transport options for Tamborine Mountain several times in the past, only to be knocked back by government on each occasion. In 2018, he sponsored a petition for public transport that was signed by many locals. At that time, he highlighted the inequity of a situation where similar sized, or even smaller communities in the Sunshine Coast hinterland had TransLink bus services while Tamborine Mountain didn't.

He said the situation was now worse, with more people living on Tamborine Mountain than two years ago.

"Maleny and Montville have a bus service with fewer people – why not the Mountain?" he asked.

"Providing a link between the Mountain and Helensvale station would be ideal for people going to work in Brisbane or the Gold Coast, students and tourists alike," Mr Krause said.

"This issue has constantly come up. If the LNP is elected to government I will be doing everything I can to get this going.

"There is a process around all of this involving, first, TransLink establishing

the costs involved, and secondly, obtaining funding from the government to establish new services. In the past, the government has not even started the first part and I'm determined to see this on the agenda for Tamborine Mountain into the future. Clearly a change in government will help with this because the present government simply is not interested.

"There would be benefits to all parts of the community in having a public transport service that is more than just the existing FlexiLink taxi service, and I look forward to continue working with local community groups like Rotary to advance the case."

RELIANT ON MEDICAL EQUIPMENT? PUT A PLAN IN PLACE FOR SUMMER

Kernick said.

Energex is urging customers who rely on advanced medical equipment to have a plan in place for unexpected power outages, especially with severe storm season upon us.

Manager Customer Operations, Cloe Kernick, said that at this time of year everyone should be prepared for the disruptions wild weather could cause, particularly anyone whose health was reliant on electricity supply.

This includes ensuring their electricity retailer has up-to-date contact details and having a "Plan B" in place.

Manager Customer Operations, Cloe Kernick, said that at this important to the period without electricity or enough time to seek medical assistance.

"This is why it's ideal for anyone in need of powered health equipment to have a comprehensive plan in place enabling them to get through the period without electricity or enough time to seek medical assistance.

"This should include calling their electricity retailer or Energex on 13 19 62 to ensure their latest contact details are up to

"Summer is notorious for severe weather and, while we have

a very robust power network in Queensland, lightning, high

winds and flooding can interrupt the electricity supply," Ms

date. This way we have the right details should we need to contact them.

"It's also ideal these customers speak to their GP to put a plan in place should their home be without power for an extended period such as knowing where their closest hospital or medical facility is, or going to a friend or family member's house that still has power."

Customers can find more information on how to prepare for power interruptions by searching for 'life support' at www.ergon.com.au



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TONY EMBRACES CYCLE CHALLENGE TO HELP CANCER KIDS



MATES WORKING IT OUT

You might hear a bit of puffing and panting – and much hilarity – if you're in North Tamborine on a Saturday morning around midday.



There's a group of mates sweating it out at MainFitness Gym each week, and they're taking no prisoners.

Trainer David Lawson is putting a posse of young adults with disabilities through their paces and has recently stepped up the tempo. After six months (some of it Zooming, due to COVID-19 restrictions) everyone's healthier and fitter and enjoying themselves in the process.

With a mixture of cardio, gym floor work, resistance and weight training, a few fun games and lots of jokes and teasing, David makes sure class members leave the gym invigorated and laughing.

Anyone can join Gym Buddies, as the class is known. It centres around the local Lions Club 'Mountain Mates' group, but any young adult with a disability is welcome, and it's only \$5 a session, thanks to support from Scenic Rim Regional Council's Be Active and Healthy program. Support persons are free.

Rob Reed

Tony Reed, grounds keeper at St Bernard State School and father of two, is competing for the fourth time in this year's Great Cycle Challenge, which takes place throughout October.

Cancer is the largest killer of children from disease in Australia. Over 600 Australian children are diagnosed with cancer every year and sadly, three children die every week.

Great Cycle Challenge started in 2013, and after just seven years, the event has grown to become one of the biggest cycling events in Australia.

People of all ages, abilities and from every state across the country set themselves a personal riding goal and challenge themselves to pedal throughout October to help fight kids' cancer.

In the past seven years, the participating community of 63,826 riders from all six states and two territories have ridden a total of 13,341,418km, and together have raised \$20,556,461 in support of research to develop better treatments, and help find a cure for childhood cancer.

As a parent, Tony just wants to see as much funding as possible: "Kids should be outside playing, and not in pain or in hospital receiving treatment." He aims to cycle 500km by the end of October, and hopes to raise at least \$750 for this Children's Medical Research Institute initiative. You can help at: greatcyclechallenge.com.au

A VIRTUAL REALITY DEMO FOR FOUNDING MEMBERS

Who would ever have heard of Beerwah if the Irwin family hadn't opened a zoo there in 1970?

Would Hobart really have become a world-famous name if David Walsh hadn't built the Museum of Old and New Art nearby?

Big things can happen at unexpected locations. TM Universe is another example.

TM Universe Social Enterprise is a business owned by its members. That means: the community is in charge. The future precinct will employ staff and any profit will be re-invested in the project, and some will go towards social causes on Tamborine Mountain.

The main components of the precinct will include the rebuilt former TM Observatory with the original telescope.

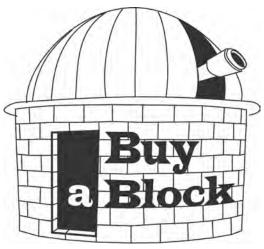


The Buy a Block fundraiser gives you the opportunity of having a block in the Observatory that will carry your name forever as a founding member. You can buy a block as an individual, as a family, a group, a school class, an organisation, or a business. The funds will be used initially to kickstart the project, and of course to rebuild the old Observatory.

The contemporary features of TM Universe include a Universe Experience Centre and a Cosmic Sphere, with interactive displays using the latest technology (quite similar to gaming techniques). All displays will be scientifically sound because astronomical experts will be fully involved. TM Universe precinct will be about Life in the Universe, Indigenous Astronomy and Australian Space Research.

The Cosmic Sphere will be the major feature, a first of its kind in the Southern Hemisphere - a planetarium that will be much, much more than a planetarium.

We will reveal the details to our members first. The TM Universe team has a full virtual reality experience available so you can see and feel it for yourself. If you have bought a block, or



buy one now, then you are in - a bonus for our highly appreciated founding members.

On Saturday (17 October) our team will be at the Visitors Information Centre from 10am till 1pm. If you are a founding member, or have just become one, please join us and experience the demonstration. Join now and get involved.

More info: www.tmuniverse.com.au, or team@tmuniverse.com.au

Jaap Vogel

A HEALTHY DOSE OF LAUGHTER

It's often said that laughter is the best medicine and Scenic Rim Regional Council's Be Healthy and Active spring program has resumed with a healthy dose of Laughter Yoga included in the line-up.

Laughter Yoga is among the 35 free or low-cost indoor and outdoor activities included in this season's program, which Scenic Rim Mayor Greg Christensen said offered something for all ages and abilities.

"The Be Healthy and Active program provides a fabulous opportunity for the young and young-at-heart to take part in a wide range of activities and to form new friendships with other participants," he said.

"With an array of affordable activities, Be Healthy and Active is not only about encouraging individual fitness but also strengthening community connections - something we have appreciated even more since COVID-19.

"Whether it's something as energetic as Zumba or as effortless as meditation, I encourage everyone to make the most of this season's Be Healthy and Active Program and to enjoy the benefits of improved physical and mental wellbeing."

Laughter Yoga instructor Nerelie Teese said laughter offered some serious health benefits, even when people do not feel like laughing.

"Laughter Yoga is a body to mind exercise and our body really can't tell the difference between real and simulated laughter as it's using the same muscles and muscle memory as it does for real laughing," she said.

"However, the sustained nature of Laughter Yoga causes the brain to release natural and very powerful neuro-chemicals such as dopamine, oxytocin, serotonin, endorphins and melatonin into our system and these result in improved mental and physical health and wellbeina.

"For example, dopamine is known as the 'reward or happiness' chemical which makes us feel good, serotonin contributes to wellbeing and happiness while also playing a key role in maintaining mood balance and endorphins help in relieving pain and stress."

Laughter Yoga at Beaudesert is just one of the free activities provided across the Scenic Rim in Council's Be Healthy and Active



Laughter is the best medicine for Laughter Yoga instructor Nerelie Teese

program and Ms Teese enjoys sharing its benefits with participants.

TAMBORINE MOUNTAIN & SURROUNDS

Pethers Rainforest Restaurant Intimate, romantic dining experience

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





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Tamborine Mountain Pizzas Dine-in, Takeaway, Delivery

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





3

Main St. Provedore Eatery & Espresso Deli goods, lunch, dinner by appointment

Our small scale eatery opens in late October for boutique panty items, house baked bread and fine dining dinners. We can't wait to see you. Shop 1a, 11 Main St Tamborine Mountain www.mainstprovedore.com.au





4

Rainforest Restaurant & Lounge Bar Dining within a tranquil rainforest setting!

"Loved the atmosphere and the service was very warm and friendly. The food was beyond great and we would love to come back every night if we could. Fantastic." Brad.C - The Fork

Thunderbird Park, Cnr Cedar Creek Falls Rd (07) 5545 7990





Fox and Hounds Country Inn Gold Coast's only Authentic English Pub

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







Three Little Pigs Bistro and Bar

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





Witches Falls Winery & Cellar Door Tamborine Mountain's only working winery

Wines that shine with individuality and confidence. Enjoy wine tasting in our relaxed and picturesque setting. Locals receive members pricing. Open daily 10am to 4pm weekdays and 10am to 5pm weekends.

79 Main Western Road (07) 5545 2609





8

Club Tamborine

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





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

101 Alpine Terrace – 07 5545 1177



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Tamborine Rainforest Skywalk

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





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Tamborine Mountain Pasta

TAKE AWAY

OPEN 7 days:

II.30am – 2.30 pm lunch 5pm – 8pm dinner

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





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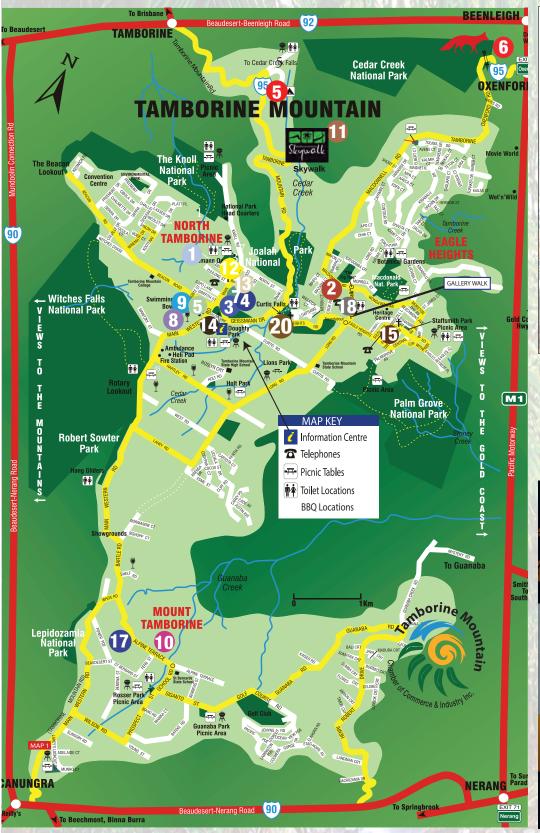
Flame Tree Plaza 16-20 Main Western Rd North Tamborine 07 5545 4003







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BEAUTY & WELLNESS

TIPS BEFORE GOING TO BED

You've been working hard and you're just plain tired. Now the comfort of your bed is calling to you.... ZZZZZZZZZ...



Before you fall into dreamland, please do the following four simple, quick steps. You can do them in under five minutes. Whether you are a man or a woman, in order to look after your skin properly we all need to do this.

Get rid of the day's pollution, dirt and stress and, in the case of women, your make up too. Wash your face, but please use the cleanser that's right for your skin.

Avoiding this one step grinds the day's pollution into your skin, causing breakouts, stretching pores, and ageing you.

Add a Vitamin A product. Over time, collagen production in your skin decreases. If it didn't, you would never get a wrinkle. Your pores would stay small, you'd never get a scar, and your skin would stay tight.

Just take a quick 10 seconds and apply. It helps to stimulate collagen production and slow down the ageing process.

Dot on your anti-aging eye crème. Your eye area has the thinnest skin on your body. You must protect it. Eye crèmes have vitamins that repair skin and lighten dark circles.

Finally, apply a moisturiser which is suited to your skin and you are ready to hit the hay. All done in under five minutes. Now you'll sleep better.

If you aren't sure what products you should be using, we offer a free consultation where we will assess your skin and will advise what products you should be using. We can keep it as simple as you like.

Always ensure that you are using cosmeceutical skincare as these products have been developed to produce visible results to correct skin concerns. These products have active ingredients giving them the ability to penetrate deeper into the skin to work on your collagen, elastin and cellular activity.

Cosmetic products widely available from supermarkets, department stores or chemists normally do not have active ingredients or have very low dosages. Therefore, they cannot penetrate the epidermis to access the deeper layers of your skin. So, while they keep the outer layer of your skin hydrated, they do nothing more for your skin.

Karen Keeling Hope Island Beauty & Medispa 07 5510 8999

10. Drink a beer.

6

- The Castle
- 8. Jane Turner and Gina Riley.
- stitched a duck's bill onto a rat.

 7. The world's largest Christmas cracker.
- 6. The platypus. They believed that Aussies had
- 5. Kangaroos. There are over 40 million of them.
 - 4. Benita Collings 5. Kangaroos. The
 - 3. To help keep cricketers fit in the off-season.
 - 2. 29 years. Australia has 10,685 beaches.
 - 1. New Zealand

From page 20

AUSSIE TRIVIA ANSWERS

travelling places Est. 1993

With something for everyone...



TRAVELLING PLACES

By Gina Storey

As Australia starts to open up to travel once again, the Northern Territory moves towards its summer months which is the time of the year that you can experience it in a whole new way.



As agents for Viva Holidays, Travelling Places is joining Tourism NT to launch its biggest summer sale from now until 31 March 2021. You can save up to \$1000 for every eligible booking on a great range of flights, accommodation, tours and attractions, and vehicle hire made with Viva Holidays. The Northern Territory Government will subsidise your travel with a \$200 discount per \$1000 spent up to a maximum \$1000 per trip. Bookings must be made between 1 October 2020 and 31 March 2021 with travel also within these dates. Even better, there is no quarantine.

Experience a place that offers ample space to enjoy nature and wildlife, Aboriginal culture, adventure, and one-of-a-kind experiences – something the Territory offers in spades. There are so many wonderful opportunities – whether you head north and explore Kakadu National Park, meet local Aborigines to learn about the culture and history of Arnhem Land, cruise down Nitmiluk Gorge near Katherine, visit the cascading waterfalls in Litchfield National Park, or explore the remote Tiwi Islands off Darwin.

Venture to the very centre of our great land to explore Alice Springs, the Telegraph Station, the School of the Air and many wonderful art galleries. Travel through the rugged West MacDonnell Ranges to stay at spectacular Kings Canyon and continue on to Kata Tjuta and Uluru. I will always feel privileged for enjoying New Year's Eve dinner under the stars with Uluru as our backdrop. During the day we explored the region feeling as though we had the place to ourselves with fewer travellers in low season.

If a leisurely luxury train journey is your style, then join The Ghan as it travels from Darwin to Alice Springs and on to Adelaide. All meals and beverages are included, along with the train stopping along the journey to explore, and even these activities are included in this wonderful holiday. Let's face it, with a year like 2020, we all deserve a treat.

Explore the Northern Territory – what are you waiting for? Travelling Places has lots of wonderful travel ideas to help you explore, so contact us on **5545 1600 or travel@travellingplaces.com.au**



CARING FOR THE CARER

National Carers Week 2020 runs from 11 to 17 October and is a time to recognise and celebrate Australia's 2.65 million unpaid carers.

Carers make an enormous contribution to our community as well as our economy and National Carers Week gives everyone a chance to show their appreciation.

This year we're asking Carers to Tell Us Why You Care (on www.carerqld.com.au) so that we can highlight the realities of caring and help build a carer-friendly Australia.

We also ask all non-carers, businesses and organisations to Tell Us Why You Care about carers and show their support and raise awareness.

CREATIVE THERAPY WORKSHOP FOR CARERS

Do you provide care and support to family members or friends with a disability, mental illness, or chronic condition, or who are frail aged? Do you enjoy getting creative and connecting with people? We would like to invite you to join us for a creative therapy workshop as part of National Carers Week celebrations.

The creative process can be used as so much more than making art. It can be used to improve your physical, mental and emotional well-being. You don't need to be an artist; you just need to be willing to get involved.

The Gold Coast session will be hosted by Mandy from Manasa Collective Health. The session theme will be "I Am" and will be aimed at supporting carers to be able to identify and express who they are outside their role as a carer and what fills their bucket. It will be a relaxed and casual session based on creating a small, personalised piece of artwork to take home. Morning Tea will be provided, so please advise of any dietary requirements.

This event is only open to current carers living in the Gold Coast region.

Date and time: Friday 16 October; 10am to 12pm.

Venue: Helensvale Library and Cultural Centre, 62 Sir John Overall Drive, Shop 9, Helensvale.

For more information contact Tamsyn Kiely on 3384 1613 or email healthandwellbeing@carersqld.com.au





LOVE YOUR LIVER

We have just completed week one of our Ayurvedic yoga detox. We started by identifying our Ayurvedic body type (dosha) and this

gives us clues as to how we handle stress and where we hold tension and emotions in the body.

We also used the quiz to identify our strengths and obtain guidelines on optimal nutrition choices unique to our body types.

One of the cornerstones of Ayurveda is the importance of digestion. And it makes sense. If you have fabulous digestion you will absorb all the nutrients from your food and you will get maximum nourishment and support from your food choices. Poor digestion means that no matter how good our food choices are, we fail to get the most from our diet.

We can even have undigested food which can build up in the body as a toxic sludge which the Ayurvedics call ama. Western medical science supports this notion: a poor digestive system and poor elimination can result in type of bile sludge build-up in the tissues of the body and a sticky, toxic waste build up in a constipated bowel. And in Ayurveda, beyond the physical body, your digestive fire is a good indicator on how you digest all the challenges of your life. You either process, learn from, and eliminate these challenges or are overwhelmed by them and allow them to remain as negative experiences in the tissues of your body.

Your liver plays a huge role in the digestive process. When we eat, the digestive tract breaks our food down into miniscule, absorbable bits of energy, which are then allowed to enter the bloodstream. This then travels to the liver to be further refined and filtered. The liver removes and eliminates unwanted toxins so that they do not enter into broader circulation.

Ayurveda describes the liver as a fiery, hot organ. It is considered the seat of anger, hate, impatience and excessive ambition. But a healthy liver is associated with the expression of courage, confidence, contentment and cooperation. You can learn a lot about the health of your liver by the flavour of emotions you encounter on a daily basis and how you respond to the more negative of these emotions. Do they quickly and completely overpower you? Are you able to fully release them after some time? Or are you someone who can harbour anger and resentment for years on end? If the liver is impaired, it can be harder to process and release these emotions.

In yoga we believe that it is important to feel and acknowledge all of our emotions to ensure their complete release. Instead of being held hostage by our negative emotions we use the yoga, mindfulness and breathwork to process these emotions. And we respond in a way that's good for us and good for our livers.

Margot Wagner Yoga Under the Bodhi Tree

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

AJP-THE ANIMAL JUSTICE PARTY

The Animal Justice Party is a political party in Australia that was founded in 2009.

OUTLAW PUPPY MILLS
STOP LIVE EXPORT
BAN GREYHOUND RACING
PROTECT WILDLIFE

VOTE 1

ANIMAL
JUSTICE PARTY
WHEN PARTY

It was registered by the Australian Electoral commission in July 2011 and registered in New South Wales, Queensland, South Australia, Victoria, Western Australia and the ACT. It currently holds seats in New South Wales and the ACT.

The party aims to give animals constitutional protection based on their sentience, as opposed to their instrumental value.

The current Federal Government has been bad for animals, by allowing suffering, cruelty and subsequent deaths from overcrowding and "accidents". It has made no commitment for improvement. Quite the opposite - by the introduction of Ag-gag laws that would criminalise the work of whistleblowers who expose the cruelty that happens out of sight and out of mind.

The AJP recognises that change needs to proceed in stages and policies do not simply describe a vision for the future but the steps required to get there. Policies are grouped into three areas: humans/animals/environment. These are core areas.

For people, the current positions are on: marriage equality, vaccination, abortion, voluntary euthanasia, and health and mental health

For animals: animal law, biosecurity, animal violence, farming, live export, duck shooting, rodeos, clean meat and alternatives.

For the environment: environmental law, climate change, energy, waste, land clearing,

AJP's position on an issue must follow clearly from core values: rationality, non-violence, kindness and equality.

Pam Brandis Dip. Canine Prac.

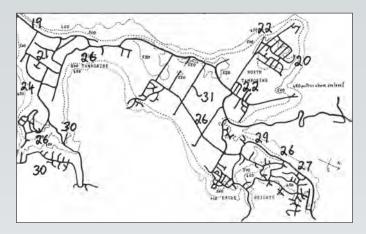


AUSSIE TRIVIA

- 1. Australia was the second country in the world to give women the vote. Who was the first?
- 2. How long would it take to visit every beach in Australia if you could only visit one per day?
- 3. Why was Australian Football invented?
- 4. Who is the longest serving presenter of ABC TV's Playschool?
- 5. Are there more kangaroos or humans in Australia?
- 6. What Australian animal did England scientists think was a prank?
- 7. Australia is the world record holder for which Christmas decorative item?
- 8. Which actors played the characters Kath and Kim?
- 9. Which classic Aussie film features the phrase, "Tell him he's dreaming."?
- 10. When an Aussie tells you he's going to "Bend an elbow", what is he or she about to do?

Answers on page 18

Tamborine Mountain Rainfall



September 2020

Fern Street received 21.2mm in September. The expected rain there for September is 48mm and the average is 56.6mm. There were showers for a few days from the 9th from a coastal low. The best fall was on the 18th from an upper atmosphere low. A tiny shower on the night of the 25th demonstrated that the Mountain has its own climate because there was nothing forecast with the wind WNW and 40 per cent relative humidity.

As can be seen from the map, rainfall was a little lighter on the west compared with the east; not unusual.

August and September are the two driest months on Tamborine Mountain with 90mm expected for the two months. Fern Street has received 52mm this year, so we are quite dry and there is a total fire ban in place currently.

Mike Russell 5545 3601



Imagine a superfood, not a drug, powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, not only does it put you in a better mood, there are no side effects.

Guess what? This life-altering superfood is available right now in abundance from your local greengrocer for less than \$2 a punnet. Blueberry pancakes are one of life's simple pleasures and when you add the secret ingredient buttermilk, it brings the perfect balance of savoury sweet which makes a delicious treat.

Learning to cook is one of the most beneficial things you can do, so why do so many people find it challenging? I believe it starts in childhood. If we make cooking fun for children and their food tasty, they tend to want to get involved and do more of it. Unfortunately, in the busy world we live in today so many parents feel exhausted after work and general life commitments get in the way. Furthermore, having the patience to teach your kids to cook is a huge challenge but for those who do, it will pay huge dividends in the future.

When I was 23, I returned from a twoyear working holiday in England and moved back home for a month to get back on my feet. My youngest brother was five-years-old and became my shadow; everywhere I turned there he was. "I want to be a chef like you when I'm big," he told me one morning as he jumped onto my bed. "Well, you need to learn how to cook then," I reply. "Do you want to help me make scrambled eggs for breakfast?" "YEAH!!!" he replied and 45 minutes later we were eating the eggs which he had helped to cook. Each morning after that we practised together and by the end of the month he could cook eggs better than some cafes that I've been to.



Did you know in the early 20th century people didn't think blueberries could be domesticated? However, Elizabeth White, the daughter of a New Jersey farmer, was determined to build a flourishing industry and started to cultivate blueberries. In 1911, she teamed up with USDA botanist Frederick Coville to identify wild plants with the most desirable properties, crossbred the bushes and created vibrant new blueberry varieties. By 1916 Coville and White harvested and sold their first commercial crop of blueberries out of Whitesbog, New Jersey and we have been enjoying the fruits of their labour ever since.

Packed with antioxidants and phytoflavinoids these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. The darker the berries the more antioxidants they contain.

Any teenagers out there, why not have a crack at this recipe, as you will have something up your sleeve to impress a certain someone one day.

INGREDIENTS

Makes 8 medium pancakes

Takes about 30 mins

- 1 and 1/3 cup all-purpose flour
- 3 tablespoon castor sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 large free-range eggs
- 1 and 1/4 cup buttermilk
- 4 tablespoon salted butter, melted
- 1 punnet of blueberries
- Can of canola spray

METHOD

In a medium bowl, mix flour, sugar, baking powder, baking soda, and salt. Set aside.



In another bowl, whisk together eggs, buttermilk, and melted butter.

Pour the buttermilk mixture into the flour mixture and whisk together until the batter is just blended. Be sure not to over mix the batter. It should have a few small lumps in it. The batter will be thick. For thinner pancakes, add a little milk.

Allow the batter to sit at room temperature for 10 minutes, then heat a nonstick frypan to medium heat and spray lightly with oil.

Use about 1/3 cup of batter per pancake, using the bottom of the measuring cup to help spread the batter out in the pan.

Cook for about a minute then sprinkle on some blueberries; after another minute, or until the edges are dry, flip and cook for two more minutes, or until cooked through and golden brown.

Keep warm in a stack in a 150C oven or serve immediately.

Serve with real maple syrup or a scoop of vanilla ice cream for an indulgent treat.



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The Friends of Tamborine Mountain Library BOOK SALE will be on Friday 16th October 9am

Library Bags will be available for sale from the library or at the booksale for \$5

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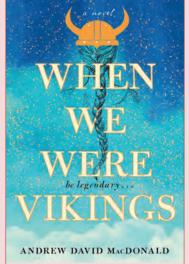
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Our Book Choice: When We Were Vikings

by Andrew David MacDonald - Simon & Schuster 2020

Sometimes life isn't as simple as heroes and villains. For Zelda, a twenty-one-year-old Viking enthusiast who lives with her older brother, Gert, life is best lived with some basic rules: 1. A smile means "thank you for doing something small that I liked." 2. Fist bumps and dabs = respect. 3. Strange people are not appreciated in her home. 4. Tomatoes must go in the middle of the sandwich and not get the bread wet. 5. Sometimes the most important things don't fit on lists. But when Zelda finds out that Gert has resorted to some questionable-and dangerous-methods to make enough money to keep them afloat, Zelda decides to launch her own quest.

Her mission: to be legendary. It isn't long before Zelda finds herself in a battle that tests the reach of her heroism, her love for her brother, and the depth of her Viking strength. When We Were Vikings is an uplifting debut about an unlikely heroine whose journey will leave you wanting to embark on a quest of your own, because after all... We are all legends of our own making.

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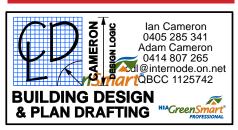


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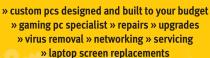
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Police .5545 3473 Ambulance .000 Ambulance (non-urgent) .13 12 33 Domestic Violence (24 hrs) .1800 811811 Child Protection (24 hrs) .1800 177 l35 Lifeline .13 1114 13 HEALTH .13 43 25 84 SES .132 500 Emergency Physiotherapy Neil Bell .5545 1133 TM Community Care:	Fire (T.M.Rural F.B.)	0407 583 121
Ambulance	Fire Warden	0400 741 591
Ambulance (non-urgent)	Police	5545 3473
Domestic Violence (24 hrs) 1800 811811 Chlld Protection (24 hrs) 1800 177 135 Lifeline 13 1114 13 HEALTH 13 43 25 84 SES 132 500 Emergency Physiotherapy 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 Eagle Heights 5545 1441 Tamborine Mtn Physiotherapy & Sports Injury Clinic 5545 0500 Tamborine Mountain Optometrist 5545 0500	Ambulance	000
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Lifeline	Domestic Violence (24 hrs)	1800 811811
13 HEALTH 13 43 25 84 SES 132 500 Emergency Physiotherapy 132 500 Neil Bell 5545 1133 TM Community Care: 5545 4968 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 Eagle Heights 5545 1441 Tamborine Mtn Physiotherapy & Sports Injury Clinic 5545 0500 Tamborine Mountain Optometrist	Child Protection (24 hrs)	1800 177 135
SES	Lifeline	13 1114
Emergency Physiotherapy Neil Bell	13 HEALTH	13 43 25 84
Neil Bell	SES	132 500
TM Community Care: Home Care & Transport needs	Emergency Physiotherapy	
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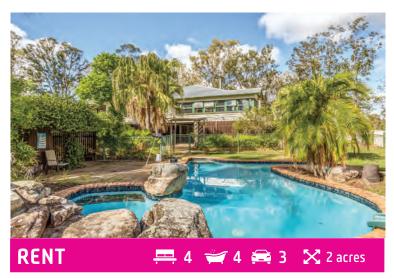


Please drop your completed entry into Club Tamborine on or before 5pm 30/10/2020. First prize will be awarded in each of the 3 school year categories. Winners will be announced at the Club at 6pm on 31/10/2020.

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