



Scenic

# News

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

*Celebrating 62 years of unbroken publication...*

## LIFT OFF FOR TM UNIVERSE



Spirits were soaring as these happy supporters celebrated the successful bid to secure a four acre site on Long Road, Tamborine Mountain, to build TM Universe. Story Page 6.



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Property of the week

**SALE** 🛏️ 3 🚿 1 🚗 2 🗝️ 18.28 acres

**Rare large acreage opportunity in Tamborine \$ 840,000**

63 Vineyard Lane, Tamborine

- Private, set back from the road, with an enormous games room with built-in bar, entertainers dream come true
- New electrical & plumbing, side & rear boundaries fenced
- Generous bedrooms opening to undercover veranda

**AGENTS:**

Mark Inwood 0407 292 036  
Debra Opie 0409 210 362



Property of the week

**SALE** 🛏️ 3 🚿 2 🚗 2 🗝️ 5.36 acres

**Serenity awaits you \$849,000 +**

21-29 Parkes Court, Tamborine

- Recently renovated, horse friendly with stunning views
- Good sized living areas plus al-fresco dining area
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**AGENTS:**

Linda Hogan  
0414 300 558



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- 11 - 11.45 693 Beechmont Rd, Beechmont
- 11.15 - 11.45 195 Fenwick Rd, Boyland
- 11.15 - 11.45 127-129 Guanaba Road
- 11.15 - 12 10 Tabor Drive
- 11.30 - 12.15 81-89 Murray Grey Dr, Tamborine
- 12 - 12.30 15/5-15 Cook Road
- 12.15 - 12.45 56 Walnut Road, Tamborine
- 12.30 - 1 73 Ballantrae Road, Tamborine
- 12.30 - 1.15 63 Vineyard Lane, Tamborine
- 1 - 1.30 20 Orchis Drive
- 1.15 - 1.45 21-29 Parkes Crt, Tamborine
- 1.30 - 2 7 Elkhorn Court
- 1.30 - 2.15 1937 Beaudesert-Beenleigh Rd
- 2.30 - 3 68 Coomera Gorge Drive



**68 Siganto Street, Tamborine Mountain**

It would be remiss of both Allister and myself if we did not thank you sincerely for your patience, good humour and ability to close the deal on the purchase of our new home on Mt Tamborine. As returning residents to the mtn, we wanted a home that had that special something and you delivered

**AGENTS:** ★★★★★

Diane Pihl  
0424 653 316



**SALE** 🛏️ 4 🚿 1 🚗 1 🗝️ 10.4 acres

**74 Stringybark Road, Tamborine**

- Positioned at the end of a cul-de-sac, private, ideal property to renovate
- Double brick house, partially rendered
- Fully fenced with some horse infrastructure

**\$699,000+**

**AGENTS:**

Mark Inwood 0407 292 036  
Debra Opie 0409 210 362



**SALE** 🛏️ 4 🚿 2 🚗 2 🗝️ 1586 m<sup>2</sup>

**570 Henri Robert Dr, Tamborine Mountain**

- Price reduction! Do not miss this opportunity
- Tastefully renovated, fully fenced
- Covered outdoor entertainment area
- Air-con and slow combustion wood fire

**\$540,000 +**

**AGENTS:**

Linda Hogan  
0414 300 558



**SALE** 🛏️ 3 🚿 2 🚗 6 🗝️ 1,050 m<sup>2</sup>

**3 Dapsang Drive, Tamborine Mountain**

- Don't just take my word for it, come and see for yourself...low maintenance, great outdoor living and walking distance to the hub of the Mountain Gallery Walk shops, cafes, restaurants

**\$569,000**

**AGENTS:**

Elizabeth Stirling  
0400 449 978





# NUMBER EVERY BOX TO MAKE YOUR VOTE COUNT

The Electoral Commission of Queensland (ECQ) reminds electors that when voting in the 2020 State general election, every box on the ballot paper must be numbered in order of preference, starting with one.

Commissioner Pat Vidgen said planning the way electors will have their say this election includes ensuring their ballot paper is filled out correctly and can be included in the count.

“Every vote is important, and we want every elector to have their say,” he said.

“State elections in Queensland have full preferential voting, meaning every box on the ballot paper must be numbered in order of preference starting with one.

“There are an unprecedented 597 candidates at this election with some electorates such as Mudgeeraba and Mermaid Beach with 10 names on their ballot paper, as well as Townsville and McConnel with nine; this can seem daunting when deciding who gets your vote.

“However, for your vote to count, you must preference every candidate.

“If you need help to do this – for example, if English is not your first language – then there are resources on our website and polling officials who can help you at the booth when you go to vote.”

Mr Vidgen said some political parties had chosen not to show the other party names on their how-to-vote cards, so electors should be clear about how they would allocate their preferences.

He said political campaigns could also bring into the public domain statements that were unproven or considered



misleading. The ECQ urged voters to ‘stop and consider’ the information they received during the election campaign.

“The ECQ is responsible for checking authorisation of election material but does not have a role in regulating the content of political advertising, other than statements about the process of voting or false statements about a person’s character or conduct,” Mr Vidgen said.

“Now more than ever and in the face of an avalanche of political information, electors are having to carefully consider the way they’ll have their say.

“Every elector is free to follow a party’s how-to-vote card or to make their own preference choices.

“The key message is, to ensure your vote counts, number every box on your ballot paper starting with one.”

## EARLY VOTING BREAKS RECORDS

**The Electoral Commission of Queensland said early voting numbers for the 2020 State general election had broken all previous Queensland records during the first week of pre-polling, with more than 740,000 electors already casting their vote.**

These numbers are more than double the number received in the first week of early voting at the 2017 State general election, showing electors are taking advantage of the extended voting days and times in more than 200 early voting centres across the State.

Queensland electors have responded by early voting and postal voting in unprecedented numbers ensuring polling booth numbers have been maintained at easily manageable levels.

While COVID-19 is clearly a factor in early voting numbers in 2020, there appears to be a growing trend towards voting prior to election day.

In the 2015 Queensland general election 19 per cent of electors voted early and in 2017 it was 26 per cent.

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Member for **Scenic Rim**

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- ✓ \$300 Rego Rebate per car by Christmas to stimulate the local economy

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



# CONTAINERS FOR CHANGE ON MOUNTAIN



Photo: Björn Schmal

Pictured are Freddy Knights (rugby), Owen Bell (cricket), Charlotte Seed (netball), Nina Bligh (Scouts) and Will Hassell (Park Run).

The large grey container beside the car park at the Long Road sports centre is the drop off point for the Tamborine Mountain community to recycle their used cans and plastic bottles.

Proceeds from the Containers for Change scheme go to the Tamborine Mountain Sports Association and local volunteer groups to help maintain the Long Road facility and support its member clubs.

“We are a not-for-profit organisation that receives no ongoing funds from any level of government. We’re solely reliant on membership fees and the goodwill of volunteers to keep the

facilities open and available to the local community and the many regular visitors who make use of this wonderful space,” said association president Mick Angus.

“Our member clubs include rugby, netball, cricket, soccer, bridge, scouts, park run, hang gliders and the RC Helicopter club, but the space also caters for skateboarders, scooter riders, BMXs, joggers, dog walkers and nature lovers. I think most kids who’ve learnt to drive on the Mountain have done at least one lesson in the car park there, so it’s a much loved and well used space.

“This scheme is a great way to not only support our volunteer clubs and community facility, but the environment as well.”

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

*Working for Wright*

- 21 William Street, Beaudesert QLD 4285
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- scott.buchholz.mp@aph.gov.au
- scottbuchholz.com.au
- SBuchholzMP

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

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# SCARECROW FESTIVAL LANTERN PARADE

SATURDAY 5 DECEMBER  
GEISSMANN OVAL  
5pm to 7pm

## VOLUNTEERS REQUIRED FOR SCARECROWS AND PUPPETS

- 5 x people to decorate and carry 5 scarecrows
- 4 x 3 people to work the 4 puppets (3 people/puppet)

Volunteers should send an expression of interest to:  
scarecrow@tamborinemtnc.org.au or  
phone Nigel on 0492 882 363

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# THE SKY IS THE LIMIT FOR TM UNIVERSE, AND YOU

**Four acres of perfect land have been secured by TM Universe and now it needs investors and donors on board to finalise the purchase.**

The land is located at 379 Long Road, opposite the Tamborine Mountain Sports Centre.

Three years ago, Vanessa Stanley and her (now late) husband Dr Ross Paul donated the former Tamborine Mountain Telescope to Tamborine Mountain Universe for our community project, to be displayed in a replica of the former Tamborine Mountain Observatory. To make this happen, a fund raiser "Buy-a-Block" campaign was started, with the aim of selling 200 blocks that will be used for construction of an observatory. You can buy your block for \$200, which will carry your name for ever as a founding member. Be quick because we are selling fast.

TM Universe has grown way beyond just this heritage feature. Moving forward, the project has grown to include star-gazing events using state-of the art telescopes, the observatory, and a science/education centre.

Included is a Cosmic Sphere 'planetarium' that will give an

extraordinary experience of space and the universe. It will be the first of its kind in the Southern Hemisphere. The Universe Experience Centre will include many interactive displays using the latest technologies, like virtual and augmented reality, and holography. The science of astronomy, everything universe, and the latest space research will be presented with the use of technologies derived from the world of gaming. But all of it will be 100 per cent scientifically sound.

The centre will focus on three themes: Australian Space Research, Indigenous Astronomy and Life in the Universe. How did the first people of our continent perceive the skies? What has been discovered in recent years about life elsewhere in the universe? And what role does Australian Space Research play in these discoveries? TM Universe will provide the answers in a thrilling, futuristic way that will appeal to kids, students, families and elderly people alike.

Where to from here with the land, you might ask. The goal is to complete the construction of the entire precinct by 2023 at the latest. In the meantime, start-up funding needs to be found,

and approvals have to be obtained for the project. But the first step is the purchase of the land.

The land is secured, which means that it is up to us to find the funds. A TMU Land Trust has been created. If you buy one or more units of \$10,000 you become a co-owner of the land and a unit holder in the Trust. The Trust guarantees you a buy back option in two years unless you want to stay 'in' as an investor. There is no risk for you at all, but your involvement will help to ensure that this great, community-driven, futuristic project will go ahead to reinvigorate the Mountain.

In addition to investment, there are many other options for involvement, like donations and partnerships in return for naming rights. Please call the Executive for more information.

Become a star yourself and invest, and leave your footprint on the Mountain now and forever. We need investors for 80 units. Use your financial assets to make a good return, or donate and let's create a legacy for the community.

**More information: Jaap Vogel**  
**[www.tmuniverse.com.au](http://www.tmuniverse.com.au);**  
**0473 818 908**

## THROUGH-TRAFFIC HEAVY VEHICLES END ON BROMELTON HOUSE ROAD

**Bromelton House Road will soon be off limits to heavy vehicle through-traffic in response to community concerns about safety.**

The move was endorsed at Scenic Rim Council's Ordinary Council meeting following further community consultation in August and September.

Scenic Rim Mayor, Greg Christensen, thanked the community and local businesses for providing feedback on the proposed change.

"We received feedback from 12 business stakeholders and 11 residents who were mostly supportive of the proposal to limit the heavy vehicle through-traffic," he said.

"Vehicles weighing more than 4.5 tonnes (gross vehicle mass) will be limited on Bromelton House Road. However, it's important to note this is designed to impact through-traffic only.

"The restriction doesn't impact the farms and other businesses who operate heavy vehicles on this road, or vehicles servicing properties in this area.

"It's much more appropriate for through-traffic to use the Beaudesert Bypass and the Beaudesert-Boonah Road, which are designed for these types of vehicles."

Guidance on the use of signage by Council to deter heavy vehicles is regulated by the Department of Transport and Main Roads.

The new signage 'No Trucks – Service Vehicles Excepted' has been approved by the Department of Transport and Main Roads and will be installed within the coming months.

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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**



# COMMUNITY GROUPS SHARING IN \$200,000

Thirty-seven community groups are set to share in more than \$200,000 under Round 1 of Scenic Rim Council's Community Grants Program 2020-2021.

Council received a record number of applications from across the region after streamlining its Community Grants Program to make applying for grants easier.

Scenic Rim Mayor Greg Christensen said the new program was proving popular with community groups.

"Our transition to SmartyGrants, an online grants management platform developed by the Australian Institute of Grants Management, has transformed the way community groups access the wonderful opportunities available to them through our Community Grants Program," he said.

"The new program includes stream one for minor community grants and stream two for major community grants. The maximum amount of funding for minor grants is \$5000 and the maximum amount of funding for major grants is \$20,000.

"Council received positive feedback from grant applicants, noting the ease of the new SmartyGrants format and completing applications online, which was also reflected in the improved quality of the applications. Most of the questions about the grants this round related to proposed project details rather than the processes or systems, which is great to hear."

Cr Christensen commended the region's community groups for their dedication to positively contributing to the Scenic Rim.

"Council recognises that supporting community organisations through financial assistance is essential in helping them develop and deliver programs, activities and projects that provide cultural, recreational and community development opportunities in the region," he said.

"The community projects funded under the Community Grants Program ultimately build resilient, adaptive and vibrant communities while contributing to the social wellbeing of local Scenic Rim residents."

Cr Christensen encouraged community groups to apply for minor grants and in-kind support in round two of the program which will be released in February.

For more information visit <https://www.scenicrim.qld.gov.au/grants-funding-awards>



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## THE BIRTH ENVIRONMENT

**Feeling safe and comfortable is one of the most important aspects of labour. Studies have shown that when women are afraid in labour their adrenaline goes up due to the 'fight or flight' response, which then inhibits their oxytocin - the hormone that makes you have contractions.**

So, what you sometimes see in labour is a woman who is contracting well at home, then comes in to the hospital where there are strangers, bright lights, noises of other women labouring, and they suddenly feel that their contractions slow down or space out; their labour becomes inhibited. Or sometimes due to fear, women fight their contractions, tensing, gripping their hands, pulling away, and this too inhibits the body to function effectively.

So how can you help yourself best in labour? There are many pain relief options available to you, but that is for a future article. This fortnight, I wanted to start with the absolute basics. What can you do to make your birth environment feel safe and calm, and allow you to birth calmly and easily? There are many birth educators who can spend time with you one on one to discuss this. Maybe you have memories from previous births that you need to work through with either a counsellor or other health professional. In any case there are simple things you can do at home to help you prepare for labour and birth.

Firstly, be in good physical fitness and health as far as possible. Childbirth is a marathon. For your first baby it is quite normal to have several hours of irregular contractions that stop and start for days before labour begins. We classify labour as between 4-6cm dilated with regular painful contractions every two to three minutes. It is important then to spend those final weeks of maternity leave enjoying your time off but also ensuring you eat well and move regularly, whether it is walking, pregnancy yoga, or swimming.

It doesn't have to be anything fancy, but keeping active and healthy will not only help you be ready for labour but also help your baby to be in a good position. Practising breathing techniques is also valuable. This is where pregnancy yoga, meditation or swimming are valuable as it you have to focus on your breath and stay calm and relaxed, all valuable tools in labour.

Your birth partner/s are also vital. Most people will choose their partner and/or their own mum to attend the birth with them. Now I am going to say something controversial here. You don't have to choose your partner or your mum. If you know that your partner or mum does not wish to be there for whatever reason, he/she does not have to be there. Some

mums and partners are wonderful, they are endlessly supportive and caring and the perfect people to support that woman. Others find that they feel entirely out of their depth, stressed and scared, hate seeing their child or partner in pain or have their own unresolved issues from previous birth experiences that hinder them in their support, no matter how much they long to be supportive.

My point is, that your birth person doesn't have to be a mum or partner. They have to be someone who will support you, stay calm, not fight you when you make decisions about your birth, and who will give you strength and encouragement when you need it.

The room environment is also important, and surprisingly more than you would think. For some people, they want the clinical environment to be just that. They feel safety in machines, and lights, and hearing the heartbeat loudly clicking in the background. For most people though, they work best in a calm, quiet, comfortable environment. Think about what you can take into hospital that will help that environment. Things like electric candles, photos of strong women you know who you can take courage from, smells that you find comforting, a pillow that you like the feel and smell of, music that you find soothing.

Your birth partner can either read out affirmations to you, or you can have someone strong whom you love who can't be there record them for you to play back. The room has to be light enough for us to see what we are doing in it, but the lights can be dimmed, and push all the clutter like other bags aside so they are not a hazard but also to help clear your mind. Also be aware that in some situations, it is safer for the lights to come back on (e.g. in emergencies). In that situation you can always put a towel across your eyes to keep you in the zone, and as soon as possible we will turn the lights back down.

But overall, communicate with your birth team about what you need, let your midwife know what you would like or if the music they have chosen is annoying you so we can change it; don't hold too tightly onto stringent plans or the way things 'should be'. Surrender to the process, let your baby come, and have a think about the birth environment and bring along things that will help you to make it feel safe and calming.

*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](http://www.themountainmidwife.com.au)



# CLUB TAMBORINE

## HEART OF THE MOUNTAIN

This week's column covers the next phase in the history of Club Tamborine. The following information was sourced from a document which surfaced as I was conducting research. The author is unknown.

"After taking possession of the site, the RSL Sub-branch's Memorial Committee [originally] developed two tennis courts which were opened in 1949 by the Shire Chairman (Cr James Sharp). The tennis club lasted for some years and proved very popular with the Mountain young people. Later, after having had such strong support, it fell away and went into recess.

"During this time, a move to develop the centre for bowls was gaining strong support. The game had been played at the Eagle Heights Hotel, but the group had no green it could call its own. Thinking turned to the Memorial Centre. An outcome was a public meeting on June 10, 1950, when a provisional bowls club was formed."

When the land was transferred to the Beaudesert Shire Council in 1973, the bowls club was granted a 99-year lease to occupy and manage the facility, and to maintain the memorial aspect of the site. One of the provisions of the lease was that there must be an active bowls club on the site, and that if it should fold or become inactive for two years, the lease would terminate and the facilities would revert to the Council.

In light of this, it is extremely important to the community that Club Tamborine maintains an active bowls club.

In the spirit of recent columns, I asked the current President of the Tamborine Mountain Bowls Club for some words about the club, as follows:

"Tamborine Mountain bowlers are rejoicing about the recent installation of a water bore which will help our dedicated greenkeeper to bring our greens back to their former glory. Since the onset of COVID-19, our club has had to be re-imagined. However, it's not the first hurdle the club has faced in nearly 70 years. In what is now possibly the strongest bowls district in the world, the club has a well-earned reputation for punching above its weight.

"Despite qualifying in the Q7's competition early this year, we were disappointed that COVID-19 restrictions prevented us from playing the finals. COVID-19 also stalled our Championship Shield competition which is an annual competition against Woongoolba and Canungra Bowls Clubs. Pre COVID-19, we were running third in the competition after game one at home. Our Taipans managed a better result in game two at Woongoolba to move into second position. With the easing of restrictions, our bowlers turned out on 11 October at Canungra to play the third leg of the competition from which we emerged victorious and retained the Championship Shield.

"Our bowls committee is planning an exciting year ahead and we have an open invitation to anyone interested in trying out our great game. We can be contacted through Club Tamborine. We hold monthly casual days where non-members are enthusiastically included. New members are welcomed, whether experienced bowlers or not. We have some very experienced bowlers and training aids for those who wish to develop their skills, and a happy bowling contingent who are reinvigorated and looking forward to sharing our ever-improving facilities. We look forward to welcoming new bowlers at any time.

"Lance Cordingley,  
President, Tamborine Mountain Bowls Club"

Hope to see you at Club Tamborine soon. Don't forget Halloween on the green on Saturday and our Melbourne Cup function next Tuesday. Call the Club on 5545 1308 for details.

**Rob Taylor**  
President, Club Tamborine



## THURSDAY

# SCHNITZEL or STEAK NIGHT

SCHNITZEL or RUMP STEAK

\$17 with Dessert!

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## HALLOWEEN PARTY!

**SATURDAY 31ST OCTOBER**  
**JUMPING CASTLE from 5.30PM!**

**Trick or Treats for the Kids!**  
**Prizes for Best Costume!**

## MELBOURNE CUP LUNCH!

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Complimentary Glass of Bubbles!  
Fashion Show by "The Closet" on Main!  
Sweeps! Fashions on the Field Prizes!  
Best Hat Prize! Lucky Door Prize!

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## POKER NIGHT!

### WEDNESDAY NIGHTS!

5.30 Registration for 6.30 Start

\$15 Buy In

Meals Available from 5.30pm

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## JON KRAUSE MP

State Member for Scenic Rim

### EXERCISE YOUR RIGHT TO VOTE

Our democracy and political rights were hard won by previous generations and defended with the lives of our countryman in several global conflicts. I encourage you to exercise your right to vote in the Queensland election.

Early voting is open until Friday 30 October. On Tamborine Mountain you can vote early at the Vonda Youngman Centre, Knoll Road, North Tamborine. Opening hours this week are Wednesday and Friday 9am-6 pm, Thursday 9am-9pm. On Saturday 31 October, voting is open from 8am-6pm. If you have applied for a postal vote, you should vote, sign, have it witnessed and mail it back as soon as possible. The Electoral Commission of Queensland must receive it by 10 November 2020 to be counted.

### BEAUDESERT POLICE STATION

Seeing the old Beaudesert Police Station being demolished last week was a bittersweet moment – it's a massive win for the district, but it was too small even many years ago. A new station was put on the works program around the early 2000s, but then removed in the time of the Beattie Government. Beaudesert Police service our entire region at times, so its replacement – long fought for by me and the community – is an important milestone.

The LNP will always stand up for the community and for victims of crime. As our area grows, my lobbying for police resources – vehicles, officers, facilities – will not stop and I will keep on working to deliver more for the area.

### LET'S GET QUEENSLAND WORKING AGAIN

Queensland's debt bill will break through the \$100 billion barrier in less than 12 months. That's a \$17 billion blowout since December last year. It's even more reason why we need to invest for growth and rein in wasteful spending – to ensure that Queensland builds a stronger economy to secure more jobs and improve services like health, education and policing.

I want to make sure we get the fair share we deserve across the region, including on Tamborine Mountain. Taking up the case in Government for public transport services for the Mountain and greater investment in our community facilities – like the recreational facilities at TMSA on Long Road where the LNP commits to investing \$150,000 to progress its facilities – are just two of the local initiatives I will push in the future as your local representative. Two of our great local schools have chosen to become Independent Public Schools – and I will back them to the hilt in that decision as it meets the aspiration of the community. Sadly, Independent Public Schools are under threat if the current Government is re-elected because it has never really been behind the idea of the community - as opposed to central bureaucracy – taking charge.

There is so much to be done, especially on our roads, and I know that there are many concerned by the lack of adequate police presence on the Mountain at times. So often we see the Scenic Rim miss out on what would be called 'standard services' in the city, or even in similar sized communities in other parts of Queensland, because of an unwillingness to bring new services where they have not been before.

Quick question? SMS 0401 63 44 88



## SCOTT BUCHHOLZ

Federal Member for Wright

### BUSHFIRE RECOVERY GRANTS

I mentioned in my column last week that this year has been a year like no other. Facing fires, drought and the COVID-19 Pandemic.

Our community was deeply affected by the Black Summer fires and the initial impact on our community was substantial. While some are back on their feet, others are still getting there or taking some time to think about their future. We're here to help anyone in the community needing assistance, so please don't hesitate to get in touch with my office.

The impact on wildlife in our region as a result of the fire events has also been immense. I know there are many people in our community who are already getting out and working in our environment and rehabilitating bushfire affected environments. That's why this week I'd like to talk about a new grants program to support this work.

Local groups like men's sheds, conservation groups, community organisations and not-for-profits can now apply for grants through the Bushfire Recovery for Wildlife and Habitat Community Grants Program to undertake on-ground recovery actions which will benefit our local environment.

This \$10 million program from the Government is offering grants of between \$5000 to \$150,000 and is part of the its \$200 million investment to help native wildlife and their habitats recover from the devastating impacts of last summer's bushfires.

I have visited sites recently including Beechmont and have seen first-hand the early results of bushfire recovery work on habitats. Recovery is already happening, but it is going to take time and the community has a vital role to play in making it happen.

I encourage members of our community to apply for a grant from this new program and get involved in a hands-on way to help our environment bounce back.

Eligible project activities include provision of supplementary shelter, nest boxes and artificial hollows, eradicating or reducing the impact of pest animals and weeds, protecting sensitive habitat and waterways, seed collection, propagation and revegetation of native plants.

Applications are now open and will close on 27 November 2020.

Grant guidelines, which include information on eligible project locations, are available at [business.gov.au/brwhc](http://business.gov.au/brwhc)

**If you need any assistance, please don't hesitate to contact my office.**

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## 290 BOOKED IN TRAFFIC BLITZ

I'd like to introduce myself as the relieving Officer in Charge of North Tamborine Police Station in place of Sergeant Mark Shields.

I have spent the majority of my career policing in the Logan and Scenic Rim areas and I'm excited to spend some time at the North Tamborine Station. You have a very close-knit community and I'm looking forward to meeting you all, so if you see me out and about then don't be afraid to come and say hi.

On the weekend of 17 and 18 October, officers from the State Traffic Unit conducted a traffic operation targeting the fatal five offences which compromise road safety: speeding, seatbelts, drink/drug offences,

mobile phones and distraction/inattention.

One death on our roads is one too many so it is important for police to conduct high visibility operations as a reminder to residents that police take a hard line on these types of offences.

The operation was conducted primarily on Tamborine-Oxenford Road as this road is well known for excessive speed offences.

There were 130 tickets issued for 21-30km/hr above the limit, 95 tickets issued for 31-40km/h above the limit and 65 tickets issued for greater than 40km/hr above the limit.



Other ticketed offences included unaccompanied learners, disqualified driving, drink driving and for warrants.

Due to the results of that weekend we plan to run another operation like this in the near future so, in the meantime, please stay safe out there and adhere to the road rules.

If you do spot traffic offences within the area, especially hooning matters, please remember that there is a hoon hotline available: **13HOON** ( 134 666) to report to police, or contact Policelink on **131 444** or online for non-urgent matters. Always call **000** in emergencies.

**A/Sgt Melanie Economidis**  
North Tamborine Police

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# MAROON DAM NOW BELOW HALF FULL



**Residents in Beaudesert, Kooralbyn and Rathdowney are being encouraged to step up their water saving efforts, with Maroon Dam falling below 50 per cent capacity.**

It's the first time the dam has dropped below this level since early February this year.

As part of drought response, Urban Utilities is closely monitoring local water usage and Seqwater is tracking changes in the dam level.

Urban Utilities spokesperson, Michelle Cull, said water usage had noticeably increased over the past month as a result of the ongoing dry conditions and warmer weather.

"This time of year can be challenging after a long period of little to no rainfall with the ever present threat of bushfires," she said.

"Total water use has gone up since the end of winter, with a 35 per cent increase in average daily residential water use across Beaudesert, Rathdowney and Kooralbyn for the first half of spring.

"It's going to need a collective effort from everyone in the community to reduce their water use to help preserve local water storages."

Beaudesert, Rathdowney and Kooralbyn entered drought response when the combined levels of the drinking water dams in South East Queensland fell below 60 per cent last month and Seqwater enacted the region's drought plan.

These towns are not connected to the SEQ Water Grid and rely on water sourced from Maroon Dam, which is then treated at one of Seqwater's local water treatment plants.

Ms Cull said medium-level water restrictions had been in place in most towns in the Scenic Rim since last summer.

"The restrictions apply to all properties connected to the town water supply and water sourced from the tanker filling stations in Beaudesert and Rathdowney," she said.

"With Maroon Dam now under 50 per cent, this is a timely reminder to please adhere to the water restrictions in place.

"The restrictions aim to limit outdoor water use and include an odds and evens watering schedule as well as guidelines for outdoor cleaning, topping up swimming pools and preventing water wastage.

"As well as only watering the garden in the early morning or late afternoon, other ways to save include taking shorter showers and only using the dishwasher and washing machines when they're full."

Ms Cull said despite the predictions for a wet summer in South East Queensland, it was not possible to count on the rain to fall where it was needed.

For more information on the current situation and the water restrictions guide, visit [urbanutilities.com.au/currentsituation](http://urbanutilities.com.au/currentsituation)

For tips on how to save water, visit [www.urbanutilities.com.au/savewater](http://www.urbanutilities.com.au/savewater)

# FOR PHILIP, BAKING IS A LABOUR OF LOVE

**Philip Rands-Trevor recalls that he did his apprenticeship as a baker during the 1980s at the Wavell Heights Hot Bread Kitchen in Brisbane that was owned by his parents.**

Baking it would seem runs in the Rands-Trevor family genes. His mother Joan and a grandmother were pastry cooks, and his father David was a baker who also worked in flour mills in the UK.

In 2005 Joan (pictured at right) purchased Eagle Heights Bakery and Philip has been baking his distinctive and popular range of products there ever since.

When Joan passed away in 2012 he inherited the bakery where his passion for making the best possible breads sees him working seven days a week.

"For me it's a labour of love," he says. "I do love the job and there's nothing else I would prefer to do, even though I sometimes put in 16 to 18-hour days.

"I am supported by the most amazing staff and if it were not for them and our wonderful Mountain community, I wouldn't have a business. I hope to be here for another 15 years.

"I love the Mountain and its people. They are pretty special, and I am so grateful for all of their support, just as my Mum was.

"I am also grateful for the support of my landlord Elisa Brian and son Paul."

An enduring connection with his parents is the jolly bakerman sign outside the bakery.

"The caricature on the sign was actually drawn by my father and the red neon sign that we use in the window is also something that my parents used in their Wavell Heights shop," says Philip.

He credits his father with teaching him to make bread and the sourdough culture which he uses is, like Eagle Heights Bakery, now 15 years old.



*Philip with the distinctive jolly bakerman caricature which is the long-standing business logo for the Rands-Trevor family.*



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*Clockwise from top left: Philip, Bradlin, Charlotte and Declan*



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## OVERCOMING GRIDLOCK

This week's principle for successful and satisfying relationships is overcome gridlock.

Sixty nine per cent of couple conflicts are perpetual issues, cycles of repetitive themes. Perpetual issues are differences of values, beliefs, personalities. These issues have no obvious solution; they can't be simply resolved, so couples tend to become stuck in gridlock, a dead-end argument that leaves partners feeling unheard and disregarded.

To navigate your way out of gridlock you firstly have to understand its cause. Gridlock is a sign that you both have hopes and aspirations that aren't being addressed or respected by each other. These hopes are often a part of your identity and give purpose and meaning to your life.

The difficulty is that these hopes are often buried deep and are not always accessible to ourselves or others. Sometimes we get inordinately heated over what seems a trivial issue. You can be sure that the issue is symbolic of a cherished value. For example, a couple might disagree over whether to have family dinners at the dining table or in front of the television. For one partner family dinners around the table represent happy childhood times of family togetherness that they wish to replicate for their children. The other partner, however, grew up with family violence and the dinner table is associated with painful memories while watching television was their safe place.

The argument may appear to be unreasonable but the intensity of their refusal to yield is indicative that deeper dreams are involved. Arguments over spending, work schedules, leisure activities, parenting practices, and celebrations generally have underlying hopes and longings. Only by uncovering these can a couple get out of gridlock.

Instead of trying to solve a perpetual issue, take time to dialogue with your partner. Uncovering a hidden hope or dream is a challenge. Deeply personal dreams go underground and are unlikely to emerge until partners feel that the relationship is a safe place to talk about it. Take turns to listen to one another without judgement. Once you understand which dreams are fuelling gridlock, honour those dreams. It may not require your involvement, but it will require your support. The goal is not to solve the conflict but to remove the hurt so the issue stops being a source of pain.

Despite popular belief, you can have major differences in your relationship and still thrive. The key is finding a way to deal with your unbridgeable problems, so they don't overwhelm you. Adopting good-natured humour about the situation can relieve tension and keep resentment at bay. Remind yourself that differences are part of every relationship.

When choosing a partner, you inevitably choose a particular set of unsolvable problems. While we cannot eliminate the issues, we can develop practical strategies and routines that help us better manage them, so they don't hijack the love and joy in our relationship.

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

# BEAUTY & WELLNESS

## YOUTHFUL SKIN? IT'S ALL ABOUT CELLULAR TURNOVER



The way we in the skin care industry go on about cellular turnover you'd think it was the holy grail of healthy skin, the key to radiance, the fountain of youth. Oh wait, that's because it is.

### WHAT IS CELLULAR TURNOVER?

Cellular turnover describes the process of shedding dead skin cells and their replacement with fresh, new, younger, healthier cells. Cells start out plump and full of moisture in the bottom layer of the epidermis. As skin cells mature, they rise through the compact layers of the epidermis becoming flatter and drier until they reach the surface of the skin. By this point, the cells are nothing more than dry flakes of keratin protein waiting to be shed.

How quickly or slowly this process occurs has to do with several factors, including age, environment, UV exposure, hormones, the foods we eat, whether or not you smoke (don't!).

Age is the biggest factor. Babies are cell turnover factories completing a cell turnover cycle in under two weeks, hence their amazingly soft, smooth, endlessly smoochable skin. By the teen years, the process takes three to four weeks. Then things start to slow. By your forties, it's taking about 45 days to complete the skin cell cycle. By your fifties, it can be as long as 60 days.

### HOW DOES INCREASING CELL TURNOVER MAKE SKIN LOOK YOUNGER?

The longer the cell turnover cycle takes, the more dead cells are left to build up on the surface of the skin. This proliferation of cellular debris makes skin look heavy, dry, and dull. The dead cells clog and stretch pores, making them appear larger and more pronounced. They trap oil and bacteria in the pore, which can lead to breakouts. That's why it's not uncommon to see acne well past your teen years. Lines and wrinkles appear deeper as the dead skin cells build up around them. Patches of excess pigment (age spots or hyperpigmentation) appear darker.

By increasing cell turnover, you remove dead skin that has accumulated on the surface. You reduce the appearance of pores. You clear impactions and reduce breakouts. You diminish the appearance of fine lines and wrinkles. You also reduce excess pigment. Increasing cell turnover is the way to smoother texture and a more even tone, the prerequisite to radiance, and essential to maintaining healthy, vibrant skin.

### HOW CAN YOU INCREASE CELLULAR TURNOVER?

Exfoliation is the key to boosting cell turnover. Whether physical (scrubs) or chemical (acids), exfoliation removes dead skin cells and encourages the generation of new cells. A combination of both is best. Use an exfoliating scrub a few times a week to physically loosen and lift dead skin cells.

The other factor to address is cell proliferation. This is where retinol comes in. Retinol works to speed the process of cell turnover, but it also acts as a cell regulator, signalling the production of collagen and elastin.

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One thing COVID-19 has done to us all is slow our pace of life and entice us to explore our own backyard. Taking the time to immerse ourselves in local regions and discovering what international travellers journey to the end of the world to experience opens up a plethora of less discovered destinations.

Last week I went to an event at the Tweed Gallery, driving from Tamborine Mountain past Hinze Dam to stop at Natural Arch to stretch our legs; I regretted not taking a picnic; the beautiful drive through lush green countryside made us feel as though we had travelled to another world. Pottering around Murwillumbah with its collection of art deco buildings (don't miss Gelato & Co in the main street) and delightful old houses was fascinating as we carried on to the gallery.



It's been a couple of years since I visited and the location is wonderful, Bud Brannigan's architecture reflects traditional tin sheds and from the windows the glimpses of light and verdant rolling hills beyond enhances the experience of viewing the collection, including the re-creation of Margaret Olley's house. The restaurant offers glorious views with Mt Warning not too far, Cabarita a mere 20 minutes and Bangalow and Byron Bay not much further. This region offers much to be explored.

Of course, this is just one example nearby to holiday on a road trip. We did learn a lesson as we had not booked in advance. We were unable to stay the night and had to return to the Mountain after dinner. A shame not to linger longer. You would think I would know better than to leave it to the last minute!

If you are travelling close to home, take your time and explore at a leisurely pace. Make your reservation in advance and I urge you to either book direct or through your regular travel agent to support local. The growth of online booking engines like Expedia and booking.com are fine. However, they take all profits offshore with no taxes paid in Australia. You may be surprised to find the same or an even better deal is offered locally. Now more than ever we need to remind ourselves to support our local economy. Sorry for being political but I do think we need to consider this in all our dealings to help Australia recover post COVID-19.

There are so many places to venture in our region. Head north to explore Montville, the Sunshine Coast, the town of 1770, or head out to Straddie or Fraser Island. There are so many wonderful places to explore within a short drive. Travelling Places would love to help and share ideas.

Call us on 5545 1600 or [travel@travellingplaces.com.au](mailto:travel@travellingplaces.com.au)

# LEADERSHIP AWARD TO VANESSA BULL



**Vanessa Bull, Past President of Tamborine Mountain Lions Club, has received a leadership award for 2019-2020 as a result of the large number of service projects that the club reported to Lions Clubs International.**

The award places the club within the top 20 in Constitutional Area 7 which comprises all of Australia, New Zealand, Indonesia, PNG, and the Pacific, based on their service activities.

The award includes a medal and a letter of recognition from Dr Jung-Yul Choi, President of Lions Clubs International. Vanessa was surprised and pleased to receive the award, which is a tribute to the many and varied local projects run by the club, including wildlife rescue, snake catching, Mountain Mates inclusion group, breast cushion project, peace poster, Leo Club and other youth projects.

If you would like to know more about joining the club and serving others, please phone Lion David Kirkpatrick on 5545 2120 or email: [tamborinemountain.qld@lions.org.au](mailto:tamborinemountain.qld@lions.org.au).

While fundraising efforts have been limited by COVID-19 restrictions, the club's raffle has resumed on a weekly basis outside IGA on Saturday mornings. Club members are also looking forward to the resumption of the Tamborine Mountain Showground Markets in December.

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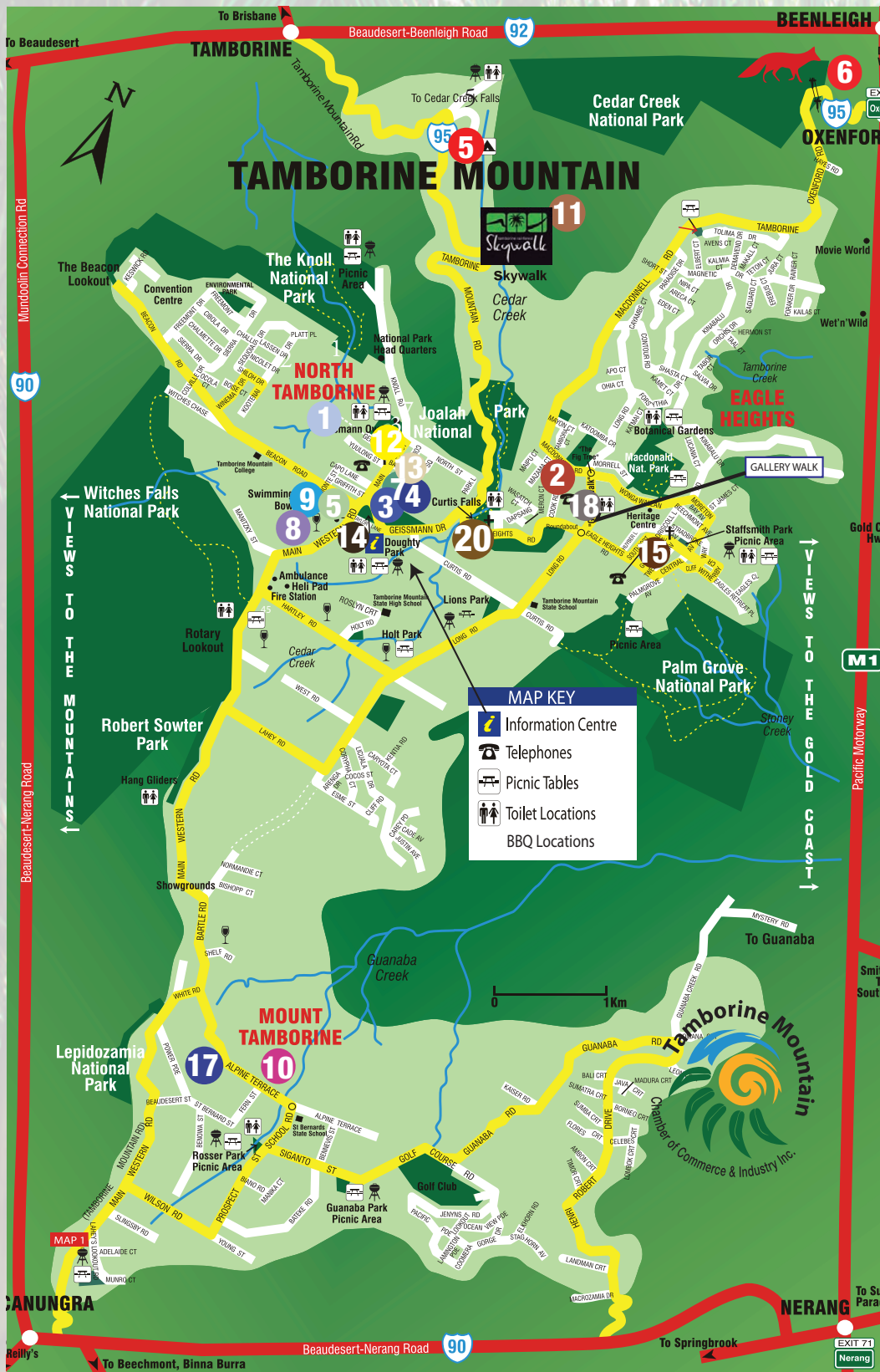
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# THE WONDER OF FORGIVENESS

One of the most fundamental aspects of the Christian faith both in terms of our relationship with God and our relationships with one another is forgiveness.

Forgiveness can be easily misunderstood as an accommodation to evil to keep the peace. It can also be misunderstood as a self-centred act in which the one who forgives is the one who receives the peace, and well-being. It's almost like the one who did the wrong doesn't really exist. But the one who has been wronged just has to 'let go of it'. You'll feel much better if you do. In the background lurks the feeling that there is no real justice anyway.

Biblical forgiveness is embedded in a view of reality that sees personal or social injustice (sin) to be both a violation of God's will and a wrong against those who are created in his image. Behind the Biblical injunction to forgive others is a God who is both the judge of all humankind and a merciful saviour of those who are guilty of wrong against God and people. How easy it can be to forget that the death of Christ is an atoning death. It pays the price of judgment that we have earned. 'For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord'. (Romans 6:23)

Biblical forgiveness is understood and practised as flowing from the forgiveness we have received on the grounds of Jesus' death for us. As Paul puts it, 'In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace'. (Ephesians 1:17)

So, when it comes to a Christian practising forgiveness toward those who have wronged them, it is a necessary part of being a Christian. It is living out consistently what you profess to believe. If your sins are forgiven in Christ, then you will forgive others.

It does not mean that there will be no struggle to do so for we can be quick to accept forgiveness for ourselves and slow to extend it to others. But, by God's grace, you will come to terms with it. Jesus tells his disciples that they are to forgive even if there are repeated offenses close together in time. "If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him." (Luke 17:4).

Do we not offend God often? Has he not covered all our sin against him through the death of Christ? This is the way we are to view others' offenses against us and how we are to extend forgiveness to others. We should live out our Christian lives from a vital relationship with Christ and remember to 'Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you'. (Colossians 3:13)

**Kim Dale  
Minister**

Advertisement

Kim Dale, Minister TM Presbyterian Church.  
kdale7@bigpond.com



## CAN YOU LEND A HAND?

**"Wherever there is a human being there is a chance for kindness" - Seneca**

Tamborine Mountain Community Care Association (TMCCA) relies on the ongoing assistance of volunteers who can provide help for seniors who may be frail or just need a little help with their day-to-day functions that some of us take for granted.



Community Care is all about bringing a little sunshine into people's lives. A friendly face and kind word can make all the difference in a person's day.

The TMCCA volunteers are making a big difference in the lives of our senior community. Volunteers may take on different roles e.g. driving seniors to reach a medical/dental appointment or offering social support (taking them shopping for groceries and a coffee), helping out in the gardening, etc all while providing volunteers with some sense of satisfaction that they have provided a valuable service to the aged person/Community Care.

If this looks like something you may have thought about, this is the moment to call and ask for more information about joining the volunteers' team. Currently we need some more volunteers for driving clients to their medical appointments, locally and off the mountain.

Volunteer drivers will be required to use their own vehicles and will be reimbursed for fuel/running costs in line with ATO guidelines. Clearly your vehicle will be registered, roadworthy and insured. You will possess a valid driver's licence and will complete trainings provided by TMCCA (at no cost to you) whether in CPR, first aid, workplace health and safety, manual handling and food handling.

Available dates and time slots that suit you, will be recorded and we will ring you if we have a requirement. You may choose to drive locally or off the mountain, or both. We understand that sometimes life gets in the way and you may be unable to volunteer. Remember we do have a fairly large team of dedicated volunteers who would be only too happy to help out.

Any necessary skill training as well as a national police check (if you do not have one which is valid) will be provided free of cost to you. This enables volunteers to gain skills, useful throughout life. You will end up meeting like-minded persons if you are a sociable person and have some fun in the process.

For more information or to get registered as one of our valued volunteers, please contact Patricia Arora, Volunteers Coordinator at TMCCA on 5545 4968.





## Alex, the Pekingese dog meant for the show ring

This little dog was given away because he would not run in a circle with his handler, on lead for showing.



After he arrived to his new home, he was uncomfortable when walking and on further examination we found his legs were somewhat wasted, likely from being in a kennel with little or no exercise. The asking price is between \$1000 and \$6000 for a puppy.

However, these dogs can only walk short distances, a half an hour a day is enough for them. Then we parted his fur to reveal these nails. No wonder he had trouble walking!

The poor little fella hates having his nails clipped but until we can gradually clip small sections back to a normal length, there is no choice. One visit to the veterinarian with sedation costs \$300 and it only lasts a couple of weeks.



This negligence is typical of many dog breeders, and there is nothing we can do until laws are introduced that require a permit or licence to breed, based on inspection of the facilities and certification that

breeders have basic knowledge of canine husbandry. As a society we allow this by not insisting on change.

The Pekinese breed originated in China and could only be owned by members of the Chinese Imperial Palace. They are loyal and intelligent with good guard dog qualities, but they can be stubborn. Keeping a Pekingese healthy requires a lot of work: daily brushing, cleaning of the eyes and creases of the face. Due to the abundance of fur and tiny nostrils it is important to keep them cool.

**Pam Brandis**  
Dip. Canine Prac.

## YOGA AND YOUR GENE EXPRESSION



We've been having fun in our Ayurvedic detox the last couple of weeks. We've got to know our body types (doshas), where in the body we hold our stress and how our doshas influence our predisposition to certain health challenges.

According to Ayurveda: a Vata dosha (slim limbed, racehorse type) keeps their stress in their lower colon and has trouble calming their anxious mind. A Pitta dosha (type A, fiery) keeps their stress in their livers and gall bladders and when the chips are down, struggle with digestion (peptic ulcers, addictions) and anger. A Kapha dosha (larger framed, beautiful natures) keeps their stress in their respiratory system and are prone to congestion, slow metabolism (flus, allergies, low thyroid) and depression. So, playing detectives with our own bodies and minds using this ancient science called Ayurveda.

And the whole point of our Ayurvedic detox is not just to determine what you should eat, and how you should live. No - we've used all this self-knowledge to try and use the yoga and the meditation to focus on our vulnerable areas so that in the future, when life gets tough, we know where the stress is going to hit and what we can do about it.

As in epigenetics, where our behaviour and our environment can change the way our genes work, we are using our yoga to influence our genetic expression. Epigenetic processes allow our emotions and experiences to actually change the outer structure of the genome. So your DNA is not set in stone: you do not have to resign yourself that you are stuck with your father's dodgy tummy, you have the choice and power to use your emotions and lifestyle choices to lower inflammation in your body and boost your own immunity.

Researchers measure the health of DNA by measuring something called telomeres.

Telomeres are stretches of DNA that cover the ends of our DNA strands. Think of them as the protective plastic tips that cover the ends of shoelaces. Without telomeres, DNA would become damaged and tattered at the ends, just like your shoelaces without the aglet.

One of the more widely accepted theories on why and how we age is the theory of telomere deterioration. Older and less healthy people have shorter and less intact telomeres than younger people and telomeres are measurably shorter in people with chronic and degenerative diseases like cancer, heart disease, and high stress.

Practices like yoga, meditation and mindfulness have been shown to preserve telomere length. Researchers found that people who practised these activities regularly had fewer signs of inflammation and hence telomere deterioration.

So, when you breathe loving kindness, joy, compassion and equanimity into your bodies, focussing on those vulnerable areas according to your dosha, you are nurturing the environment of your cells and influencing your genetic expression.

**Margot Wagner**  
Yoga Under the Bodhi Tree

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



		4		3	9	2	7
	1						
8			4				
				5			
6						3	8
		4	6				2
	4			2		5	
		7	3				
		9				6	1

Sudoku - Medium



## Here's a famous puzzle:

**A bat and a ball cost \$1.10. The bat costs \$1 more than the ball. How much does the ball cost?**

The puzzle is well-known because people often get it wrong, even though the arithmetic involved is very simple. The 'instant' answer that comes to mind is that the ball costs 10c. In fact, after a moment's reflection, the answer is clearly 5c. (And thus the bat costs \$1.05.)

Today's six puzzles are in a similar vein. One answer suggests itself immediately. Yet often that answer is incorrect. Before you get too cocky, however, one of the questions below was given to 185 students at Harvard University, and they all got it wrong.

1. If it takes five elves five minutes to wrap five presents, how long would it take fifty elves to wrap fifty presents?
2. A mother and daughter are fifty years old in total. The mother is 20 years older than the daughter. How old is the daughter?
3. How many people is three trios of triplets thrice?
4. If you flip a coin 3 times, what is the probability of flipping at least 2 Heads?
5. This morning 100kg of marrows were put in the sun. They were 99% water, but through the day they lost moisture to evaporation and now they are only 98% water. How much do they weigh now?
6. If I gave you \$100 today and you paid me back \$10 every month for a year, what is the annual interest rate on your loan?

*Puzzle ©Alex Bellos (The Guardian)  
Answers at scenicnews.com.au on Friday*

## AUSSIE TRIVIA

1. Where would you find Eggs and Bacon Bay, Milkshake Hills, Trousers Point, Granny's Gut, Satan's Lair, Lovely Bottom and Stinkhole?
2. In 1953 David Warren of the Aeronautical Research Laboratories of Melbourne invented what?
3. When and where was the world's first surf lifesaving club founded?
4. Where does the statue of AC/DC frontman Bon Scott stand?
5. Where was classic Aussie film Storm Boy filmed?
6. Green Grocers, Blue Moons, Yellow Mondays and Razor Grinders are all what?
7. Name as many as you can - the first Aussie locations of these famous takeaways: McDonalds, Dominos Pizza, Hungry Jacks, Kentucky Fried Chicken, Subway.
8. Why are Tim Tams called Tim Tams?
9. The famous Aussie train known as the Ghan was once known as ...?
10. Name the only five countries bigger than Australia.

3	1	6	4	5	8	7	9	2
4	2	8	3	6	7	9	5	1
9	5	7	2	6	1	8	4	3
2	7	5	6	8	4	1	3	9
8	3	4	1	7	9	5	2	6
6	9	1	5	2	3	7	8	4
1	6	9	7	3	2	5	1	9
6	1	3	6	7	4	5	2	8
5	4	9	8	6	2	3	1	7
7	8	2	9	1	3	6	5	4

Answers on page 23





CHEF DYLAN'S  
**Gourmet  
Food Co.**

# food for thought

with DYLAN GITTOES

**Salmon Tacos are one of the easiest and most delicious weeknight whip-ups you can do. The whole meal can be made in less than 30 minutes and my Gaucho Rub is perfect to inject serious amounts of flavour into the salmon.**

The key to this dish is the freshest salmon you can get your hands on and the local fisho can help with that.

Good salmon should smell like fish but not fishy. Sounds confusing? Well, the difference is entirely on the quality of the smell it produces. Good fish produces a rather gentle and rich smell. Bad fish, on the other hand, tends to produce a terrible stench.

Fresh salmon tends to produce a wonderful smell that might easily remind you of the sea. It's a mild scent which will not arouse suspicions; on the contrary, a bad fishy smell tends to be pungent. This is because as salmon decomposes, it starts to produce an ammonia-like substance. This smell tends to be quite strong and, therefore, is difficult to ignore.

Trust your instinct. If your spider sense is tingling, then listen to it. It is always better to be safe than sorry.



out to me from back of the kitchen door: "Hey Dylan you coming back to work or not? I'm getting slammed with orders you egg." That's an affectionate word Kiwis use for fool. He was a Kiwi born, Dutch Michelin trained chef and reluctantly gave us a 15-minute break each 12-hour shift.

Did you know European settlers brought trout and salmon to New Zealand's lakes and rivers so they could fish them for sport? The most common species today are brown trout, rainbow trout and Chinook salmon.

Salmon is incredibly good for you, packed with Omega 3s, protein and B vitamins and, is farmed which means it's sustainable.

This meal is super easy, so if you like salmon and tacos give a whirl.

## INGREDIENTS

- 8 corn or flour tortillas
- 2 cups cos lettuce, shredded
- 1/4 cup chopped red onion
- 2 tablespoons chopped cilantro
- 1 lime, cut into wedges
- 2x 200g fresh Tasmanian salmon fillets
- 2 cups finely shredded cabbage
- 2 tablespoons Gaucho Rub

## Avocado salsa

- 2 medium ripe Tamborine Mountain avocados, diced
- 1/3 cup finely diced red onion

- 3 tablespoons chopped coriander
- 1/3 cup sliced pickled jalapeños
- 1 clove garlic, minced
- Juice of 1 lime
- Salt and pepper to taste

## METHOD

**Salmon:** Arrange the salmon on a plate or cutting board. In a small bowl, combine 2 tablespoons of Gaucho Rub with 2 tablespoons of oil and coat each salmon fillet generously with the marinade on the flesh side only.

Grill on high on the BBQ or in a heavy-bottomed fry pan over medium heat; heat 2 tablespoons of oil. When the oil is hot, add the salmon flesh side down.

Cook for about 3 minutes per side until skin is crispy and the salmon is cooked through and flakes easily with a fork. The salmon should be opaque throughout.

Transfer the cooked salmon to a plate and use a fork to break the salmon into large chunks.

Char the tortillas on a gas stove top or grill, then fill each tortilla with salmon, lettuce, red onion, cilantro, and avocado salsa. Serve with a lime wedge.

**Avocado salsa:** In a large mortar and pestle, add the diced avocado, red onion, cilantro, jalapeno, garlic, and lime juice. Stir vigorously to combine until smooth. Taste and season with salt and pepper as needed.



When I lived with my wife in Queenstown, New Zealand for two years, I was amazed to see salmon and trout roam wild in the pristine environment. You can see huge salmon, easily 15kg or more, swimming in the crystal-clear waters of Lake Wakatipu. Some of the locals joke they could eat a small child swimming, which is highly unlikely as the lake is fed by glaciers and averages about 12C in the height of summer and 8C in the winter.

It is absolutely mesmerising to watch these incredibly graceful creatures swim around. I was working as the sous chef at a high end seafood restaurant right on the lakefront and oftentimes on my break I would lose track of time watching them swim around and suddenly I'd hear the head chef call



# hooked on books



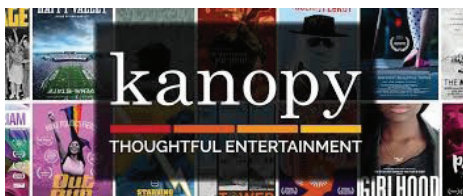
## SCENIC RIM LIBRARIES

We are open from 10am to 4pm  
or – **‘Click and Collect’** between  
9am - 10am

### Please note, at this time:

- No photocopying, printing, scanning or public computers
- No cash or payments can be taken
- No seating available, no newspapers

Patrons will need sanitise hands as they enter and provide their library card number or details (as per government directives).



## Kanopy

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

## Book Club

Your local library is the perfect place to join a book club. Read new titles, discuss viewpoints and potentially make new friends in the process. Ask when your local book club meets by contacting us here at the library - 5540 5473

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### MONDAY - TOTS@10:30 - in the Park

Join us for stories & songs and a craft pack to take home. Bring your own blanket & cushion.

A limited selection of books will be available for checkout. In case of inclement weather, storytime will be moved to the patio outside the library.

Bookings essential, 0 - 5 years.

To join this session please phone **5540 5473** or email the library - [library.t@scenicrim.qld.com.au](mailto:library.t@scenicrim.qld.com.au)

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A fun interactive session of songs, rhymes, books and movement to foster your child's love of language. Suitable for parents/ caregivers with babies to children under three. **Fridays 9:30 - 10:15** To join this session please phone **5540 5473** or email the library - [library.tscenicrim.qld.com.au](mailto:library.tscenicrim.qld.com.au)



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never been.

**TAMBORINE MOUNTAIN LIBRARY NEWS** by Friends of Tamborine Mountain Library  
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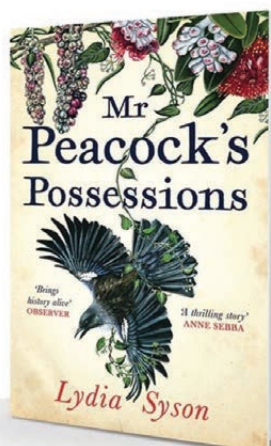
### Learn new things - adults

- Transparent Language Online
- Universal Class

### Brain teasers

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

**A Justice of the Peace is available for consultation at the library every Mon, Wed and Friday 10am – 12noon**



## Our Book Choice: *Mr Peacock's Possessions* by Lydia Syson

*Oceania 1879. A family of settlers from New Zealand are the sole inhabitants of a remote volcanic island.*

For two years they have struggled with the harsh reality of trying to make this unforgiving place a paradise they can call their own. At last, a ship appears. The six Pacific Islanders on board have travelled eight hundred miles across the ocean in search of work and new horizons. Hopes are high for all, until a vulnerable boy vanishes. In their search for the lost child, settlers and newcomers together uncover far more than they were looking for. The island's secrets force them all to question their deepest convictions.

**LIBRARY OPENING TIMES MON-FRI 9AM-4PM • SAT Closed**

Tamborine Mountain Library is proudly operated by Scenic Rim Regional Council.



# CLASSIFIEDS

**AAAAAAA MOBILE CAR WASH**  
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**Yoga Under the Bodhi Tree – LIVE YOGA CLASSES:** Mon 9.30am Moriarty CC, Canungra. Wed 6pm Canungra Wellness Centre, Kidston St, Canungra. Tues 9.30am, Fri 8am and Sat 9.30am Zamia Theatre, Main St, Tamborine Mountain. **ONLINE YOGA CLASSES:** Tues 6pm, Wed 9.30am, Sat 7.00am. For Online Classes text or email me: Margot **0428 137 391** or [yogaunderthebodhitree@outlook.com](mailto:yogaunderthebodhitree@outlook.com). I will send you an email with a link. Very simple, very low tech. Come and join us! Hatha, Nada and Tantra Yoga. Contact: Margot Y.A (Australia) 0428 137 391. Transform your Life with Yoga.

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## WANTED



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

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

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

**PLANT SALE:** Ongoing, many varieties, including succulents, good prices & healthy plants - **102 Wongawallan Road, Eagle Heights**

## AUSSIE TRIVIA answers from p20

1. Tasmania
2. The ingenious device now installed in every international plane, the black box flight data recorder
3. Bondi Beach
4. Fremantle, WA. It overlooks the harbour where 'Bon' (real name Ronald) worked as a teenage crayfisherman. There is also an AC/DC Lane in the Melbourne CBD.
5. In the Coorong lagoons south of Adelaide. The real names of the pelicans Mr Ponder, Mr Proud and Mr Percival were Sandwich, Carpenter and Dum Dum. They were raised from chicks and trained for the film by dolphin whisperer Gordon Noble ('pelican trainers' didn't then exist).
6. Australian cicadas
7. McDonalds: Yagoona NSW (1971), Dominos Pizza: Springwood QLD (1981), Hungry Jacks: Innaloo WA (1971), Kentucky Fried Chicken: Guildford NSW (1968), Subway: Perth WA (1988).
8. In 1958, Ross Arnott of Arnott's Biscuits attended the Kentucky Derby. The name of the winning horse was ... Tim Tam.
9. The Afghan Express - it has operated since 1878 and is now called The Ghan. Named for the Afghan camel drivers who once trekked the remote interior, the 48-hour rail journey between Adelaide, Alice Springs and Darwin spans 2979km.
10. Russia, Canada, China, USA and Brazil.



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Nicky Carr.....	5545 0277



# REGULAR MOUNTAIN ACTIVITIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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

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

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

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

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

**TANGO CLASSES:** Every 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.tmpcq.org.au Sunday Morning Service 9am (including kids church) and Evening Service 5pm (including kids church). Playgroup: Tuesdays 9.30am for 0-5 years. Youth Group: Fridays 4-6 pm for Years 7 – 12. Enquiries: dave.mugridge@tmpcq.org.au | www.tmpcq.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





**I have buyers who have missed out**

- Ben and Jan are ideally looking for 1 plus acres with a view Happy to renovate, build or just move into an existing home. Would like 9ft ceilings up to approx. \$1,200,000
- A buyer from Brisbane wants views
- A family got stuck in Darwin when doing a “round Australia holiday”. Wanting a character home, minimum of 3 bedrooms, 2 bathrooms, Minimum land size 900m<sup>2</sup>.
- A number of buyers have missed out and are looking up to \$600,000

**AGENTS:**

Diane Pihl 0424 653 316



**250 Veivers Road, Tamborine**

**Great team work!**

*Congratulations Rodney and Tania it seems you have swapped the Gold Coast for a country lifestyle, and the sellers have done the opposite and gone to the Gold Coast to be nearer their business. We hope you all enjoy your new journey.*

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

**AGENTS:**

Team Mark and Debra  
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