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AGENTS Linda Hogan 0414 300 558



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	10 - 10.30	570 Henri Robert Drive
I	10.45 - 11.15	551 Henri Robert Drive
	11 - 11.30	281 Macdonnell Road
	11 - 11.45	43 Kinabalu Drive
	11.15 - 11.45	195 Fenwick Rd, Boyland
	11.15 - 12	1-19 Drysdale Ave, Tamborine
	12-12.30	15/5-15 Cook Road
	12.30 - 1	73 Ballantrae Road, Tamborine
	12.30 - 1.15	63 Vineyard Lane, Tamborine
	1.30 - 2	7 Elkhorn Court
	1.30 - 2.15	1937 Beaudesert Beenleight Rd
	2.30 - 3	68 Coomera Gorge Drive



43 Kinabalu Drive, Tamborine Mountain

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AGENTS: $\star \star \star \star \star$ Team Paul, Ton & Heleen 0419 249 271 / 0424 591 012





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JOIN TM UNIVERSE FOR 'RIDE OF THE CENTURY'

The overall reaction of the members attending the TM Universe annual general meeting at the weekend was one of surprise. Surprise that this project has progressed much further than they had expected, with a solid organisation established, a knowledgeable and dedicated board, and with plans for the future precinct more advanced than most had expected.

The initial function of the night was the election of the project's board.

Office bearers chosen were: President (Jaap Vogel), Vice-President (Alison Rip), Treasurer (Sharee Young), Secretary(Donna Foster), Director Infrastructure (Stuart Wright), Director Social Media and Website (Phil Collier), Director Investment (Michael Hopkins), Technical Director and Software Developer (Sam Ghafari), Management Advisor (John Archer).

The virtual reality presentation by Technical Director Sam Ghafari showed what the future Cosmic Sphere will look like. This 15-metre diameter ball-shaped planetarium will be the first in the Southern Hemisphere, and the biggest in the world. It will give visitors a sense of the universe and space research that cannot be achieved in any other way. Sam also showed the virtues of augmented reality and holography.

Not only was the presented state-of-the-art technology a revelation, so were the two architects, Tony Gillet and Clark+Granger, preliminary designs. Tony's design showed a spiralling building, created with lots of detail, on paper. Jez Clark and Mark Granger showed a 3D presentation of a black and yellow, very contemporary building in a way that it looked like it had already been built.

The board is writing a brief for the architects that will need to be taken into account for final drawings, specifications and outcomes. The members will be involved in the choice.

The focus of TM Universe will be threefold: Indigenous Astronomy, Life in the Universe and Australian Space Research. The precinct to be built will include an area for occasional stargazing, a Universe Experience and Education Centre, and the Cosmic Sphere.

The total expected cost could be up to \$10 million. The main focus is to raise money via donations or investment to cover the costs of the land purchase at 379 Long Road. A TMU Land Trust has been established that is raising investments in units of \$10,000. For more information please contact us via **www.tmuniverse.com.au/support**

Options are to get a return on investment or to simply leave the investment and stay on as an investor in the project. TMU Trust will also be the entity that buys and maintains the structures. In the worst-case scenario, if TMU cannot buy back your units, then you are a shared owner of land. It is a secure investment. The formal process of the

> investment is overseen by Gemini Accountants in Oxley. All information can be found at **tmuniverse.com.au**

> Last but not least. As with any project, a team of volunteers has a big job, keeping the project going and spending an enormous amount of time and energy. There are only 90 blocks left for sale. Become a founding member and 'Buy a Block' which also gives you membership till the end of 2021. Your name will be on



Among those attending the TM Universe annual general meeting were Grace Mitchell (left) and Lily Gabens, both of whom demonstrated their enthusiasm and commitment to the project by becoming founding members.

the Founding Members board and on the block you sponsored in the to-be-rebuilt TM Observatory.

Donations are happily accepted to assist with start-up funds needed to establish this great science-based precinct on Tamborine Mountain.

As a community-driven project, the organisation values close contact with the local community as a high priority. From Saturday 14 November TM Universe representatives will be at the Visitors Information Centre each Saturday from 11am till 12 noon with the virtual reality presentation as seen by members at the AGM, and to answer any questions or concerns. In addition, Jaap Vogel is also always prepared to meet you if you have specific questions or concerns about the project (phone 0473 818 908).

At the end of the AGM, Jaap predicted that the venue would be opened on the day that a little spacecraft, Osiris-Rex, returns to earth with 60 grams of dust collected last week at an asteroid called Bennu. The date? September 24, 2023.

There's work to be done, so join TM Universe for the 'ride of the century' as it aims for the stars.



TM Universe office bearers

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VACANCY Senior Team Member



Permanent Full-time

Club Tamborine (also known as the Tamborine Mountain Memorial Sports Centre and The Bowls Club), is an incorporated not for profit organisation for the benefit of the Tamborine Mountain community.

The Club offers bar services, takeaway alcohol, gaming machines, TAB, Keno and a very busy Bistro. We provide facilities and amenities for the Lawn Bowls Club; the Croquet and other Mallet Sports Club and we house the local subbranch of the RSL.

We currently have an exciting opportunity for a self-motivated, enthusiastic person to join our team of dedicated staff.

The role of senior team member involves assisting the Club Manager to effectively run the Club's operations and to relieve the Club Manager during annual leave and any other absences.

This is a Level 6 position under the Registered and Licensed Clubs Award 2010.

The successful applicant will have a minimum of two years' experience in the hospitality industry including working front of house.

The role:

- Working front of house
- Assist with purchasing and stocktakes
- Development of staff rosters
- Organisation of functions and events (in conjunction with the Major Events and Marketing Sub-committee), including the sourcing and booking of live entertainment
- Data entry (financial and ordering)
- General administration
- Maintain the Club's social media profile
- Maintain the Club's website
- Preparation of internal and external advertising

To be successful in this role you will have demonstrated experience in the key aspects of this position, and you must have a current certificate in the Responsible Service of Alcohol.

Experience in the following would be an advantage, but not essential:

- Back Office software (Bepoz)
- Basic MYOB
- Mail Chimp software
- Easil
- Current certificate in Responsible Gambling Services (RSG)
- Current certificate in Responsible Management of Licenced Venues (RMLV)

This role includes shift work including day shift, afternoon/evening shifts, weekends and public holidays as may be required for which a 20% loading is applied to the award base rate.

If you are the person we are looking for, please forward your resumé demonstrating your qualifications and experience to: **manager@clubtamborine.com.au**. Applications close at 5pm 19 November 2020.

For further details please contact the Club Manager on 5545 1308.

NIFTY FOOTWORK AT CLUB TAMBORINE

Some nifty footwork and lots of laughter marked Mountain Mates' regular lawn bowls sessions at Club Tamborine.

With great cuisine from the club's kitchen and a mix of socialising, music, videos and dancing, the event was a popular winner with participants.

Organisers Barry Chatel and Linda Simister, with help from Dawn Vance, Alan James and others, organised the monthly event for the Tamborine Mountain Lions Club group of young adults who live with a disability. It's the group's most popular event, with parents hanging out as well. Recently we've had younger volunteer supporters helping out, with Lily Gabens and Alex Stubbs joining in the latest event.

At last Friday's gathering, we also celebrated the completion of a video about Mountain Mates produced by participant Keegan Jones and support worker Ryan Gittoes. We also celebrated Keegan being awarded a



Keegan Jones

Scenic Rim Regional Council Young Creatives Launch Pad Grant to buy a video camera and accessories. Keegan also chooses our music and demonstrates dancing. He's one all-round talented quy, well-deserving of his Young Creatives grant.

Mountain Mates is an 18+ activity for young adults who happen to have a disability. Or, as we prefer to put it, unique super-powers. Like Keegan.

Contact Janis Bailey from Lions (0418 122 295; tamborinejanis@gmail.com) to go on a mailing list.

Janis Bailey

DRAWINGS BY AMBER ARE STILL FOR SALE

I wonder how you can assist St George's Anglican Church with the sale and/ or distribution of the delightful books they are selling to raise money for their emergency fund?

Several years ago, the Tamborine Mountain community demonstrated how good it can be when associations get together on a project. The occasion of this collaboration was to honour the memory of one of the Mountain's grand ladies, Amber Mailer.

Amber came to call Tamborine Mountain home after she arrived in 1994. She quickly associated herself with St George's Anglican Church and the working of the parish, as she lived just down the road in Dapsang Drive, Eagle Heights. She loved her duties at the church, teaching religious education in various schools and later assisting with communion at Roslyn Lodge.

She also rekindled her interest in drawing and painting, so it was a natural step for her to join Tamborine Mountain Creative Arts and the Monday Painters' Group. She served on its committee for many years as welfare officer, and before she died became a member of TM Arts Collective. One of her projects during her time at Creative Arts was to draw some of the grand homes, buildings and wildlife of the Mountain with the assistance of the TM Historical Society.

Amber always wanted these drawings published, and I promised her just before she died that this would happen. But it took a while and the efforts of three Mountain groups to bring her wish to fruition.

Currently there are still some Mountain businesses and organisations with copies of



Drawings of Tamborine Mountain by Amber Mailer for sale. These include St George's Anglican Church, TM Historical Society, the two Post Offices, Under the Greenwood Tree bookshop, Cedar Creek Vineyard and Winery, TM Visitors Centre and Viking Framer.

Copies will also be for sale at the Tamborine Mountain Artisan Fayre at the Showgrounds this Sunday from 9am to 4pm.

There are still boxes sitting and waiting to be enjoyed, so we would appreciate you contacting us and assisting us with sharing the joy of Amber's work.

Contact the Church direct on 5545 2919, or Helen Griffin phone or text on 0478 414 892.

Helen Griffin TM Arts Collective

QUEENSLAND BALLET WILL RUN SENIORS WORKSHOPS

Scenic Rim Regional Council will partner with Queensland Ballet to hold free ballet-for-seniors workshops on Friday 13 November at Vonda Youngman Community Centre, Tamborine Mountain.



The aim of this initiative is to help raise community awareness about dance and to enrich lives through ballet.

Activities are drop-in. Participants are only expected to register for

the activity/ies that suit them. There is no expectation that participants will register for the entire day.

'Senior' means any person who identifies as an active older adult and all classes will be led by Queensland Ballet's highly skilled teaching artists, with a maximum capacity for each session being set at 25 participants.

There are two sessions. Participants can book for either one or both. The morning session comprises Ballet for Seniors (9am to 10am) and a Ballet for Seniors Repertoire Class (10.30am to 11.30am), with a morning tea break in between.

The afternoon session comprises Jazz for Seniors (12pm to 1pm) and a Seniors Stretch and Strengthen class (1.30pm to 2.30pm), with an afternoon tea break from 1pm to 1.30pm.

Comfortable clothes and shoes should be worn; no dance experience is necessary.

To register, go to **liveatthecentre.com**, or phone 5540 5050 between 10am and 4pm.



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JB'S MOUNTAIN MUSIC SHOP AND THE STATION THAT ROCKS

Tamborine Mountain is home to a thriving music scene, and the centre of gravity for many local musicians is JB's Mountain Music Shop.

Tucked away behind North Tamborine's Main Street, the store is a hidden trove of instruments and equipment, vinyl records and vintage CDs, band merchandise, and even local artwork.

JB's Mountain Music Shop was established three-and-a-half years ago by musician John 'JB' Bedson, who has lived on the Mountain for 40 years.

In addition to managing the store, JB plays the drums for five different bands, including the Electric Vortex Band, which travels around the Gold Coast and performs from a setup in the back of a van.

JB is in the process of digitising and archiving decades of his bands' music, with the assistance of friend-turned-team member John McDonald, who is transferring tracks from tapes to CDs.

"JB will find stuff he's played somewhere on cassette ... so I copy it onto the hard drive, tidy the sound up a bit, and put it on a CD," John explained.

JB's passion for music is reflected in every corner of his shop – from The Beatles and The Doors posters on the walls, to the drumkit set up in the corner.

Its most prominent feature is the diverse range of vintage instruments, which include electric and acoustic guitars, bass guitars, as well as the occasional trombone or violin.

JB and his crew also offer guitar, bass, keyboard and drum lessons for budding musicians and anyone wanting to develop their skills under professional guidance.

For musicians who simply need equipment or servicing, JB also stocks amplifiers, guitar and bass strings, accessories for woodwind and brass instruments; and offers cleaning, restoration and repairs.

For those who prefer to listen to music rather than create it, there is an extensive range of CDs, vinyl records and cassette tapes to explore, as well as second-hand technology to play it on.

"The record collection is a big seller, so if you want to get your records, come here," JB said.

In addition to supplying the Mountain's music community with equipment, lessons and repairs, JB supports local bands by providing a number of avenues for emerging artists to be discovered.

John McDonald, who engages by listening rather than playing, commented on the vibrancy of Tamborine Mountain's music industry, highlighting the diversity of the genres represented.

"Up here, there's always been a really rich music scene," he said.

"Doesn't matter what you're into – there's blues bands, jazz bands, rock bands and punk bands."

Of all the ways JB has contributed to the local music scene, the most recognisable is The Green Room, a recurring live music event which has taken place at various locations across the Mountain for the past 18 years, most recently at Tamborine Mountain Bowls Club.

"It's basically an open mic thing," John McDonald said. "There's a band playing, but if someone's got their guitar and they want to jump up, well, jump up and have a go."

Although COVID-19 has seen The Green Room put on hiatus for several months, its return has been long-anticipated by both the community and bands who are eager to perform again.

"Everybody's rehearsing and holding their breath at the moment, waiting," John said. "There's a great music scene on pause."

In the meantime, while The Green Room sessions have been suspended, local bands have been able to set up and play in JB's Mountain Music Shop, which doubles as a rehearsal space.



While JB's shop and The Green Room sessions serve as outlets for artists to share their music within the community, there's another platform which enables musicians to disseminate their sound to audiences everywhere.

Every Saturday, JB's radio station, TMFM, airs online from 10am until 2pm, with a mix of music sourced from his own archives and from local bands.

TMFM enables listeners to tune in and discover original, authentic music from wherever they are, and is a fantastic opportunity for local talent to gain wider recognition.

"We're always plugging for people to bring stuff in," JB said, explaining that having music played on air begins with bringing an album to the store.

"That's about it – if they want to bring them in, they bring them in."

Whether you're hoping to get discovered, looking for lessons and repairs, or simply want to add some new records to your collection, JB's Mountain Music Shop is well worth visiting and exploring.

Find the store at 15 Main Street, North Tamborine, behind Joseph the Greengrocer; and online at **mountainmusic.com.au**.

For more information about lessons and repairs, call JB on 0408 199 588.

Abby Williams

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BREE LOWING

HYPNOBIRTHING: a fad or actually useful?

There are many options for pain relief in labour, but there is one that often polarises people and that is hypnobirthing.

Maybe it sounds a bit too 'New Agey' or a fad that will never work. However, hypnobirthing can be a very powerful tool in labour. I am aware that I am at risk of offending some with my simple explanation of hypnobirthing here, and whilst I am not a hypnobirthing teacher, I am a midwife and mother and I have used these techniques in my own labours, and also witnessed their power when caring for women.

Essentially, hypnobirthing is training your mind to be calm, using breathing and visualisation techniques to put your mind somewhere else, giving relief from pain, thus allowing your body to work effectively and progress in labour. In my own personal experience with hypnobirthing, I lost awareness of when I was having contractions and was able to have normal conversations with my midwives and husband in between. It was very surreal.

As I said in my last article, removing fear is essential for you to feel safe. If you feel safe, you relax and allow the contractions to become more effective, which in turn helps the cervix to dilate and labour to progress. One aspect in removing fear is creating a safe and calm birth environment, and another is preparing your mind. People have become more aware of the importance of practising mindfulness and meditation in the past few years and again during the pandemic. Your mind is powerful, and plays a huge role in your labour.

Hypnobirthing techniques involve meditation, often listening to affirmations or visualisation stories with calming music, taking time to focus on breathing and relaxation. The affirmations can be spoken to you by birth partners, or it can be pre-recorded through material often supplied when you do courses. If you are unable to afford or attend a course, you can instead practise meditation and breathing, and find music and affirmations that calm you.

There are also other techniques to help you stay relaxed and focused. Some people focus on counting their breaths in and out, relaxing their jaw and hands, letting everything go loose, allowing the body to ease into the contractions. Some people imagine a golden thread that they blow through their lips when they exhale, and watch the golden thread go beyond the physical space. Birth partners learning about these techniques can also help them to support you in labour, whether it is getting the music ready, reading affirmations, or using keywords.

If in labour things do not go as expected, remember not to get pulled too far out of your calming zone. Emergencies can still be dealt with in a swift but calm way, and these techniques can also help ground you and make clear decisions in those situations. Also, midwives and obstetricians are used to using the word 'contraction'. It is a difficult habit to get out of. If you are hypnobirthing the wording is often changed to say 'surge' in place of 'contraction'. If that helps you, then that is important, but if someone slips up and says contraction, try not to get too bogged down in the words, and bring your focus back to the present.

There are many hypnobirthing aids, books, and teachers out there. Have a look around and take what helps, and leave what doesn't. But try not to discount hypnobirthing as a fad. The mind is powerful, and having a positive and calm mindset in labour will only serve you well.

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



CLUB TAMBORINE HEART OF THE MOUNTAIN

What does it mean to be a member of Club Tamborine?

Becoming a member of Club Tamborine makes you a part of the ongoing history of the Club, and it makes you a part of contributing to the future of the Club in its quest to maintain its place as a vital and vibrant community hub for the residents and community of Tamborine Mountain.

Put simply, without members, the Club would struggle to keep providing a real alternative for the community to enjoy. With the high focus on tourists on the Mountain, residents don't have a lot of choice when it comes to low cost, tourist-free, seven days per week. open after-hours venues such as Club Tamborine.

The Club supports the local community, it reinvests its profits into providing better facilities, activities and events for the community, and it supports other not-for-profit community organisations, local emergency services and charities.

You can become a real part of this local community involvement and support by simply becoming a member. Social membership starts at just \$5 per year which entitles you to access to all of the Club's facilities and amenities, discounts on food and beverages, and a free entry into the weekly members' draw. The members' draw is held at 8:30pm every Friday night, and tomorrow's jackpot is a whopping \$2350. All you need to do is be present at the Club when your member number is drawn and present yourself to the MC within one minute of the draw to win. For details on how to become a social member, or a member of the Bowls Club or Croquet Club, please call into Club Tamborine or call 5545 1308.

The Club regularly runs functions and events for the benefit of the community. Our most recent event was a Melbourne Cup day which went off with a huge bang. The Club Bistro was fully booked out and diners were entertained with a wonderful fashion parade that was provided by The Closet on Main, a local business located at 3b/15 Main Street, which featured terrific fashions modelled by local ladies. The Club extends its appreciation to The Closet on Main and to everyone concerned.

Prizes were awarded for the best hat, the best dressed female and male patron, and there was a lucky door prize. Punters had a great time in our TAB and many people had a go at the various sweeps that were available on the day.



Please note: We're

now only just over two weeks away from drawing our mega Christmas raffle. First prize is a 6' x 4' box trailer with tilt function, 600mm cage, jockey wheel, spare wheel, registered for 12 months and filled with goodies. Our sponsor for this fantastic prize is Topline Trailers at 1 Pintu Drive, Tanah Merah for which the Club is enormously grateful. This prize is valued at over \$2500. Second prize is a 4-burner gas BBQ kindly donated by Bidfood, one of our food suppliers, and third prize is a three-piece metal outdoor setting donated by the Club. There's also a heap of minor prizes to be won.

Tickets have almost sold out. Don't miss out. Pop into the Club at any time, check out the prizes which are on display, and pick up your tickets. Prices are: \$2 each, 3 x tickets for \$5, or a book of 25 tickets for \$40. The raffle will be drawn by Pietro Zago, owner of Topline Trailers, at 7pm sharp on Friday 20 November. You have to be in it to win it!

Hope to see you at the Club soon.

Rob Tailor President, Club Tamborine







writing this

column there

are still a few

more votes left

elected as your

Scenic Rim.

Thank you for

JON KRAUSE MP

State Member for Scenic Rim



although it wasn't the result I was hoping for on a state-wide level, I will continue to work hard for the people in our region. I'm fighting for families, farmers and small business and I want to make sure we get the fair share we deserve across the electorate, including on Tamborine Mountain.

Public transport options, safe roads, more police services, affordable energy prices, and support for local issues like hooning and other traffic problems. 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 on the part of the Government to bring new services where they have not been before.

We need to keep making our voices heard and together ensure that the needs of our community are conveyed loud and clear to those making the decisions about allocation of resources. Thank you, Scenic Rim.

SCHOOL ZONE LIMITS

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

BREASTSCREEN QLD IN BEAUDESERT

The BreastScreen Queensland mobile unit is offering free breast screening at the Beaudesert Hospital until mid-December. BreastScreen Queensland specifically targets women aged between 50 and 74 years and invites them for a free screening mammogram every two years. Bookings can be made online at www.breastscreen.qld.gov.au or by phoning 13 20 50.

CONGRATULATORY LETTERS

Do you know someone with a significant birthday or anniversary coming up? I'd love to write them a letter to celebrate their milestone - whether it be a 90th, 100th, or 105th birthday, or a 50th, 60th, 65th or 70th wedding anniversary. Depending on the occasion, you can also receive a letter from Federal Member, Scott Buchholz MP, the Premier of Queensland, Governor of Queensland, Prime Minister of Australia, Governor-General, or Her Majesty the Queen. For more information or to request a congratulatory letter, please contact my office on: (07) 5515 1100 or email scenicrim@parliament.gld.gov.au

If you have an issue that you think should be fixed, I encourage you to contact my office, toll-free on 1800 813 960 or email scenicrim@parliament.qld.gov.au so I can lobby on your behalf in Brisbane.



SCOTT BUCHHOLZ

Federal Member for Wright

HOMEBUILDER

The Morrison Government's HomeBuilder scheme is achieving exactly what we wanted it to do. Across Queensland, it is igniting the construction industry and helping to protect jobs right across the sector.

There is no better proof that it is providing the stimulus the industry needs than the latest HIA new home sales data. The data shows sales have increased by 49.8 per cent in the four months since HomeBuilder was announced, compared to the previous four-month period.

The current level of applications show HomeBuilder is off to a much stronger start than forecast. To date, more than 14,500 applications have been received by State and Territory revenue offices. Given the construction industry's long project lead times this level of applications was not expected until November.

All eligible home buyers who enter into a contract for a new home or rebuild, between 4 June and 31 December 2020, will receive the \$25,000 grant.

PROTECTING AUSTRALIANS

The Morrison Government is legislating to review and cancel agreements that State and Territory governments, local councils and public universities make with foreign governments.

In this complex, global environment it is critical Australians speak with one voice.

Australians rightly expect the Federal Government they elect to set foreign policy and the new Bill will empower the Foreign Minister to prevent State and Territory government entities, councils and universities from entering into or remaining in arrangements with foreign government bodies if those arrangements go against Australia's foreign policy.

It is vital for Australia's prosperity, security and sovereignty that our foreign policy is driven by our national interest. It is important Labor backs these laws, in the interest of Australia. Australians are watching.

MINISTERIAL DUTIES



Last week, I was in Far North Queensland as part of my ministerial duties. I visited a range of centres across the North, including Cairns, Croydon, Carpentaria, Cloncurry and Hughenden.

It is important that Government visits these regional places to discuss issues and see the critical value of regional Australia. Both drought and flooding have hit these places hard and the recovery is still under way.

In my capacity as Assistant Minister, I was inspecting many of the infrastructure projects including roads, that are being delivered in Far North Queensland.

This week, I am back to Canberra.



Letters to the Editor

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

WILL TM EVER GET A FAIR GO FROM SRRC?

The last straw for us is the way the Scenic Rim Regional Council has approved the precedent-setting Industrial development at the south end of our mountain and the way it was complicit in the destruction of koala habitat at Eagle Heights.

My wife and I despair of Tamborine Mountain ever getting a fair shake from this council. We have lived here for almost 20 years, with family members here a lot longer than that, and whether it was the Beaudesert Shire Council under mayors Munn and Drescher or the amalgamated council under mayors Brent and Christensen, it seems that Tamborine Mountain has been a good milch cow for the rest of the shire, getting very little back in the way of infrastructure apart from some window dressing. And even then, the so-called public consultation was a farce with "beautification' depending on landscape concepts that have no connection with this plateau's history, tradition or heritage. It would appear that most of the shire has no idea about Tamborine Mountain's unique difference with regard to fauna, flora and the environment and ambiance.

Furthermore, the poisonous culture that permeates many facets of the SRRC's public service and management structures has only gotten worse over the years. Our local councillors, who understand our community's wishes, aspirations and needs have continuously been outvoted by their colleagues, led by the mayor of the time, who have no idea about what is good or bad for our mountain community. And the so-called planning department obviously always takes the path of least resistance when delivering verdicts on development applications. That department is either utterly incompetent, not understanding its role or the obligations pertaining thereto, or is filled with naive people who swallow, hook line and sinker every extravagant claim made by those applicants who wish to game the system for profit. The only other explanation for some of the planning decisions of the past is that some form of graft has taken place.

It is a pity that through a combination of the COVID-19 restrictions and his place on the ballot paper Tom Sharp was not elected mayor this year. We believe that he is a man of integrity and with the guts and strength of character to confront those who resist, and make wholesale changes that would affect the culture within the council. However, there is no guarantee that his circumstances, in four years' time, would still allow him to contest the mayoralty. We hope fervently, for Tamborine Mountain's sake and indeed for the rest of the shire also, that Tom is able to stand again and offer his considerable ability in that direction.

The only other alternative for Tamborine Mountain to ever be truly treated as "the green behind the gold" is to divest ourselves from the rest of the Scenic Rim, with whom we have very little in common, and join the Gold Coast council. There are a number of good arguments against this action, the main one being that we would have a very small voice in so large a council. The fact is we have hardly any voice at all in the Scenic Rim right now, in spite of how much we contribute, and we believe the Gold Coast would not want to change Tamborine Mountain into just another urban area because it is a valued tourist destination.

We realise that many of our friends and colleagues in mountain organisations do not want to be part of the Gold Coast under any circumstances, and do not agree with our premise that we would be better off. That is fine. Maintaining friendship with people you disagree with is the essence of democracy. We just thought that it behoves us to be honest and up front with our beliefs.

Roland and Shirley Lindenmayer

DEREK, IT'S TIME TO RESIGN FROM COUNCIL

Derek, your latest column outlining the process you intend to go through in your campaign to take Tamborine Mountain out of the Scenic Rim and into the Gold Coast is incompatible with your position as an elected Scenic Rim councillor.

It is unethical to be one of six councillors with a responsibility to work towards building and improving your council, our council, so that it can better provide services to its community, including the residents of Tamborine Mountain whilst proactively and publicly aiming to weaken that same institution.

As a resident you have every right to promote vour misquided view that Tamborine Mountain would be better off in the Gold Coast Council local government region but in doing that as a member of the very council that you continue to denigrate and aim to weaken is clearly unethical. Furthermore, you are effectively denying residents of Tamborine Mountain real and effective representation. How on earth can we, the residents of Tamborine Mountain expect you to successfully present convincing arguments to your fellow councillors for necessary capital projects whilst simultaneously advocating leaving the Scenic Rim. Why would other councillors contemplate allocating precious funds to Tamborine Mountain whilst you promote our departure from the Scenic Rim.

Please Derek, if you are going to continue with this campaign resign from council, forfeit your councillor remuneration and do it as a private citizen. Let someone else take your position and work constructively with council to address our needs. Prior to the last local government elections, I realised the moment I saw your pamphlets advocating moving Tamborine Mountain to the Gold Coast that you would be elected. A simple one issue agenda promising rate reductions in a campaign while another three excellent candidates with a wide range of community passions and legitimate priorities split the remaining majority of votes amongst themselves. It was a smart strategy. Careful reading of your recent article shows you are preparing to do the same next time round as you concede any push to extract Tamborine Mountain cannot succeed until after the next local government elections. I shudder thinking of a potential eight years with no effective representation for us, the residents.

Derek, as I have mentioned previously you do not have a mandate to pursue this agenda; you did not obtain anywhere near a majority endorsement in the last election. You now propose to prepare a detailed document containing a balanced case of pros and cons for moving to the Gold Coast and to present that document to the community for their consideration.

I strongly urge residents who hold a contrary view to Derek, those who wish to remain in the Scenic Rim and retain our village heritage not to participate in the process. Any participation in such a process will tend to add legitimacy to a flawed process. Having Derek prepare such a document is tantamount to having Trump prepare a reasoned document on the American electoral process.

lan Langdon



HALL HANNEFORD CELEBRATES 15TH BIRTHDAY



We've been celebrating the 15th birthday of our accounting practice on Tamborine Mountain and have been doing a lot of reminiscing and reflecting. Some of you have been with us on our journey for those 15 years. However, we know that many have joined us along the way, so here is a little of our story.

We had both been working for a sizeable practice in the Brisbane CBD when a small accounting firm on Tamborine Mountain came up for sale and we decided to take a look. The practice was being run by a sole practitioner and his wife and there seemed to be plenty of opportunity to expand and improve on what he had created.

For those of you in business or are thinking about going down that track, you would appreciate the thoughts of should l? shouldn't l? and all the 'what ifs' that run through your mind. One by one we eliminated all the reasons not to go ahead and come October 2005 we were here. Our first tax return lodged was for Alan Wilson who quickly claimed the title of being our number one client.

Shortly after we arrived we had a peacock arrive at the front door with all feathers displayed – we remember seeing it as being a huge welcoming sign – we were so chuffed as that would never have happened in the high rise building of the city firm. Then of course there was the year we had a Coastal Taipan appear on the doormat – we had to get Vanessa Bull to come and rescue us from that one.

It's always a bit of a balancing act when buying an existing business. We were careful in trying to replicate some of the great things the previous owner had in place and yet found we had to quickly bring in new systems that would be more accommodating for growth. The early years were a juggling act of legacy systems, getting to know our clients, entrenching ourselves into the Mountain, implementing new ways of doing things and all the while keeping up our professional development.

In 2011 we were lucky enough to win the Scenic Rim Business Award for Growth. Over the years, our client base has expanded, from lodging 300 returns in the early years to more than 1000 now. So, quite a significant portion of the Mountain along with some from the Gold Coast or regions around the Mountain.

Of course, we couldn't do this alone. We now have six other very capable and experienced people who work here at Hall Hanneford and we are very much a team. All are or have at some point been locals and four have now been with us for more than 10years. We have had the pleasure of nurturing local students on work experience and one student through all her university years.

It is also great testament to the connectivity of the Mountain that we have a great relationship with fellow professionals, whether It be from the legal or financial perspective, and together we have been able to build some great success stories for some of our clients.

There is a lot that makes it a joy to work here. We truly love what we do. Whether it is from achieving a great tax outcome for someone, solving a complex tax problem, negotiating with the ATO, setting up an effective super fund structure, or giving someone support through a life changing event.

Accounting these days is so much more than number crunching. It is very much about building a relationship with clients and helping them achieve their goals. Nothing is more rewarding than to be on a journey with a client and transition them from employee to sole trader to company and then to a very successful group of entities who end up with turnovers into the millions. We have had a few of those now. Wow!

COVID-19 has made us take another look at our business and how we can help the community. With this in mind, we have made some improvements to our building. With the help of a local builder we have added more privacy to our rooms and can now offer a dedicated boardroom facility. Our plans are to use the boardroom for business meetings, training sessions, seminars and coaching. We are also looking to hire it out from time to time on an ad hoc basis. A perfect space for some of our home-based clients to meet with their clients.

We have a lot of people to thank - our team, our very special clients, and indeed the extended community. Without your support we would not be here.

Thank you! Thank You! Thank You!

Stephen Hall & Chrissie Hanneford

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We specialise in taxation and advisory services for individuals, businesses and self-managed superannuation funds. What makes us different is our proactive approach.

We step beyond compliance services to actively look for solutions and for ways to help you grow and prosper.

We love what we do, and we love making things happen for you. We do this by listening carefully to your needs and working with you to build ideas and set goals.

If you are in business, we want to help you grow your business, increase your profits, improve your cash flow and minimise your tax.

In conjunction with our network of solicitors and financial planners we can look after asset protection, increase your wealth, help you retire and build a succession plan.

OUR SERVICES:

- Individual and Business Taxation
- Self-Managed Super Funds Compliance
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OUR AIM:

- Saving you tax
- Lifting your business profits to new heights
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- Taking the complexity out of GST and tax
- Being friendly, organised and reliable

- We're local and our fees are fair and reasonable
- No job is too big on too small!



Shop 3/15, Main Western Road, Tamborine Mountain Qld 4272 PO Box 24, North Tamborine, Qld 4272 Phone/fax (07) 5545 2588

BEAUTY & WELLNESS gut health and your skin

AND YOUR SKIN The health of the skin at any given time is the result of any number of things. From genetics and hormones to diet and nutrition, the skin is often a reflection of what is happening internally within the body.

So, it should come as no surprise that an unhealthy gut can reveal itself through various skin conditions. On the flip side, a well-balanced gut can help ward off potential complexion concerns. Here is a guide to everything you need to know about the relationship between the gut and the skin.

If you have an unhealthy gut it can have a big impact on your overall health and especially the appearance of your skin, including acne, inflammation, eczema and rosacea. The gut microbiome is the bacteria found in your intestines that influences your overall health, especially your skin.

What you're putting into your body in terms of food and nutrients can have a huge impact on your gut and if you suffer with anxiety and/or depression, this again can have an impact on gut health and exasperate problems.

What you eat isn't just nutrition for you, it also feeds the trillions of bacteria that live in your gut.

How can we improve our gut health?

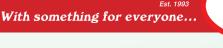
- Every person is different, but diet plays a huge role. People should try and have a balanced diet including lots of plantbased foods, food which is rich in fibre, because fruit, vegetables, pulses, nuts and wholegrains feed healthy bacteria.
- Highly processed foods should be avoided as they often contain ingredients that either suppress 'good' bacteria or increase 'bad' bacteria.
- Being exposed to harmful environments can have an impact on your gut health.
- Probiotic foods, such as live yoghurt, might encourage more microbes to grow.
- Extra-virgin olive oil contains the highest number of microbe-friendly polyphenols.
- Artichokes, lettuce, chicory, leeks, shallots, onions and garlic are all helpful to gut bacteria.
- Exercise promotes movement of the gut.
- Try not to get too stressed or anxious.

So, we need to feed our good bacteria and allow them to take over from the baddies. Voila! We have clearer skin! It feels better, looks better and IS HEALTHIER!

Karen Keeling

Hope Island Beauty & Medispa 07 5510 8999





travelling places

TRAVELLING PLACES

By Gina Storey

Summer holidays are around the corner. If you haven't already, now is the time to book your getaway.

One thing is for certain – our favourite summer holiday spots are going to be busier than ever this year. With restrictions lifting in Australia and everyone desperate for a change of scenery it is important to book early.

New South Wales, South Australia, Northern Territory, Tasmania, and Western Australia will all be open to Queenslanders before Christmas with no need to quarantine at either end. That's a welcome relief. We just need Greater Sydney and Victoria to get the tick of approval and we will be one country again.

I bumped into Darren Jack who owns Tall Trees Motel on the Mountain the other day. They are busy with visitors which is great. A couple of things came out of the conversation – hoteliers would rather bookings came through a local Australian travel agency than the big multinational online booking agents. Why? Let's keep the profits in Australia. These overseas based companies don't pay tax here and Darren was saying that surprisingly they collect GST when you book but apparently never transmit the GST to the government. I've been trying to verify this, but these dominant booking engines don't like to discuss these issues oddly enough.



Explore New South Wales on a driving holiday. Head south, visiting the wonderful Tweed Gallery before stopping for a lunch break in delightful Yamba and on to Aanuka Beach, Coffs Harbour for a couple of nights' stay along the wide sandy beaches.

Driving south, stop for a swim at idyllic Burgess Beach near Forster before heading on to The Anchorage in picturesque Port Stephens, renowned for the largest moving sand dunes in the Southern Hemisphere. Discover delightful Bells at Killcare or luxury Pretty Beach House at the mouth of the Hawkesbury River and explore the nearby national parks.

Turn inland to linger for a few days at Spicers or The Convent in the Hunter Valley – explore village communities and enjoy wine tasting in the local wineries. From here it is back up the coastal road or head home on the inland route. We have lots of ideas on wonderful boutique hideaways to stay.

Contact Travelling Places for your next trip away: **5545 1600** or **travel@travellingolaces.com.au**

PHOTOGRAPH COMPETITION

Don't forget to submit your Australian travel photo to Travelling Places. Competition closes 30 November.





BOUNDARIES

Perhaps you have heard about the importance of maintaining good boundaries but you're not sure what 'good boundaries' actually look like.

A boundary is simply a line between two beings. The line differentiates between me and not-me, mine and notmine. It is a line that divides what I am responsible for and can change and what I am not responsible for and cannot change. When I state my preferences and let the other state theirs, we find the distance at which the relationship will accommodate us both.

We tend to adopt unhelpful boundary patterns when feeling anxious, insecure or uncertain. They are usually patterns that we were exposed to in our family culture and can be default patterns we unconsciously fall into.

The first is compliance. Some of us find it hard to say no but relationships work best when boundaries are clear. When we don't assertively express our needs or preferences our boundaries are invisible to others.



We live in hope that the other person will work out our boundaries. When they don't, we respond dysfunctionally with resentment or completely cutting off the relationship without explanation. Value your own self enough to hold on to what is important to you. Knowing what you want and choosing to put it aside for love of another person is a very different dynamic than simply deferring constantly without ever knowing who you are and what you prefer.

Another unhelpful pattern is control. Control is not giving the other person freedom to say what they want. It means pushing one's agenda while not listening to the "no" of the other person. Controllers have difficulty in giving into the wants of another person for fear that they will not get what they want. Subtle ways of exercising control include withdrawal, non-cooperation, smooth-talking, guilt trips. Control may get us what we seek in the short-term but in the long-term it erodes relationships.

The final unhelpful pattern is avoidance. Avoiders have learnt to look after themselves without the support of others. They do not know how to reach out to people. They are often blind to the needs around them. Their relationships are limited because there is seldom initiative or response to what others want. Boundaries are not castle walls built to keep others out at all costs. They are more like fences with gates which let others in at times when choosing to compromise to be in relationship.

An important element of maintaining boundaries is knowing what you are responsible for. You are responsible for your own emotional responses, not for keeping another calm. You are responsible for the consequences of your actions, not for helping others avoid their consequences.

Good boundaries are like our skin. They serve to protect us and keep us healthy. When we are wounded our skin becomes compromised and infection can set in. If your boundaries have been compromised, consider how you might reinstate healthy boundaries for a healthier you.

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

GRASSHOPPER SOCCER COACH SOUGHT

Tamborine Mountain Grasshopper Soccer is looking for a coach to work with children aged two to 12 in its non-competitive program.

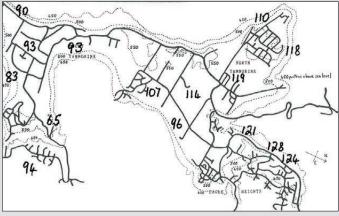
Coaching will take place at Tamborine Mountain State Primary School on Saturday mornings from 8 to 10am.

This is a paid position and the successful applicant must have or be able to obtain a working with children Blue Card, be available for nine weeks during each school term, and be able to relate very well with young children.

An outgoing personality combined with fitness and a love of sport are also esential.

Please call 0432 629 501 or email david@grasshoppersoccer.com.au for information.





October 2020

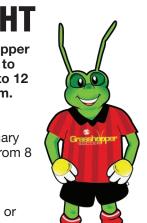
This October the continental high pressure systems moved a bit further south. We began to get the influence of the lows to their north, east and west.

Troughs moved in from the south-west or up the coast and we got thunderstorms and rain from them. The first and second troughs on the 13th and 18th gave the whole of Tamborine Mountain only small falls but it was a relief to get them and lessen the fire risk.

On the afternoon of the 24th what had been a cold front further south brought a lively storm with good rain and some light hail on the Mountain. Over the next few days this extended into a wide low pressure system over the north with a number of upper atmosphere lows. Typical of storms, the rainfall across the Mountain varied and, as the map shows, the north got more than the south.

Fern Street got 92.7mm. The average for October is 93.9mm and the expected is 69.7mm so it was a wetter month at last.

Mike Russell 5545 3601



TAMBORINE MOUNTAIN & SURROUNDS



Due to Covid-19 trading hours might change as businesses re-open. SUPPORT LOCAL - GO LOCAL - GROW LOCAL

LOCAL DINING, SHOPPING AND SERVICES



BEARING HIS ICON

I recently wrote about the crucial place of forgiveness in the life of the Christian. It could be summed up in a brief quote, 'forgiving each other, just as in Christ God forgave you.' (Ephesians 4:32) This is part of the dynamic of the Christian life in which, having been made new in Christ, we are exhorted (a little stronger than encouraged) to 'put off' the old self and 'put on' the new self.

This is not an easy thing to do. Yes, God is at work in us, and he guarantees an unimaginably good outcome of that work, but it is still a lifelong struggle.

Christians will not, in this life, reach the kind of moral and spiritual perfection that we long for. Our total transformation will come after we finish this life and inherit the kingdom of heaven. Just as we have borne the likeness of the earthly man, Adam, so will we bear the likeness (icon) of the man from heaven, Jesus Christ (1 Corinthians 15:49).

Even with the ultimate outcome of our lives guaranteed by God, we still struggle in the daily experiences of life. The Christian life is not a pleasure cruise. We struggle with the circumstances surrounding our lives and we struggle with our inner conflicts as well. Our consciences, our inability to always do what we know is the right thing to do, our mixture of motives when we intend good, our lack of selfknowledge; all of these things happen inside us where we think and feel. And the circumstances external to us that are beyond our control or ability to manage can often be overwhelming.

At times we don't even have the will to choose what we know is right. It is at times like these that we need to remember that 'it is God who works in you to will and to act according to his good purpose.' (Philippians 2:13)

The apostle Paul opened up a window to his own struggle with doing right and wrong (Romans 7), and we should be encouraged by it when we find ourselves struggling with the slowness of personal change. He found it difficult to understand his own inner struggle, 'I do not understand what I do. For what I want to do I do not do, but what I hate I do'. Paul struggled with his own fallen nature. Yet, more importantly, he also found hope, real hope, in the power of Christ to deliver him, 'What a wretched man I am! Who will rescue me from this body of death? Thanks be to God - through Jesus Christ our Lord!' (Romans 7:24,25)

The Christian life is no pleasure cruise. It is full of joys and sorrows. But, in front and behind, above and beneath our lives is the living God moving us ever closer to himself where we will one-day 'bear the likeness of the man from heaven'.

Kim Dale Pastor

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



HEALTH BENEFITS OF PHYSICAL ACTIVITIES

We have regular group-based activities available to registered clients of Tamborine Mountain Community Care. Activities include chair yoga, gentle exercise and table tennis.

There are many benefits to any yoga practice, chair yoga included. Yoga improves flexibility, strengthens muscles, improves posture, improves circulation, helps to lower blood sugar and blood pressure, improves joint function, stimulates brain function and improves lung function, to name just a few. There are also many added side effects — reduced stress and tension, both physically and mentally, helping to still the mind and relax the body to find inner peace.

The regular gentle exercise group helps to combat the muscle, bone density, balance and cognitive ability loss associated with ageing. They are led by a qualified personal trainer from the local Main Fitness gym. The trainer guides everyone through a routine with light weights and resistance bands while doing chair-based and standing exercises that are adapted to all abilities.

Table tennis makes your brain grow and improves your emotional wellbeing. Scientific tests have revealed that playing table tennis was particularly good for keeping the brain active and healthy as a counter to ageing diseases such as Alzheimer's.

The tests were supervised by Dr Matthew Kempton at King's College, London, who said: "Table tennis is a very interesting activity to look at because we know it's very fast-moving; there's a competitive angle and there's hand-eye co-ordination in there as well.

"We think that might lead to changes in blood flow to the brain and changes in cognition as well. Table tennis participants also had fewer negative emotions and stated that they felt better for having taken part in exercise in a social group."

Being active helps with daily tasks such as cleaning, gardening, carrying and putting away the groceries. Exercise helps to reduce pain and increase range of motion and allows you to cope better overall. It helps you maintain your independence and may well prevent early admission to an aged care facility.





THE NORWEGIAN LUNDEHUND

This dog is one of the rarest dog breeds; a small, agile, Spitz dog that originated on the remote Islands of Norway.



They are around 35cm tall and weigh 6 to 9kg and were used for retrieving puffins (sometime known as sea parrots) from steep vertical cliffs. These birds were an important source of food for the farmers who lived there.

The Lundehund has unique characteristics not found in other dog breeds; they have six toes on each paw, with two toes pointing inwards like a human thumb.

The extra toe provides traction and grip when navigating steep and slippery rocks. They can bend or flex their head towards their back, which when combined with their extremely flexible shoulder joint, enables them to turn around in a tight spot such as a rock crevice. Muscles of the dog's ears can bend and cover the ear canal protecting it from sea spray and dirt.

The breed existed early in the second millennium and most households had two to 12 dogs; individually they were considered more valuable than a cow.



When farmers started using nets to catch the puffins the dogs became less popular and the government imposed high taxes on owning a dog which caused the breed to become endangered.

The lack of the distemper vaccine during the Second World War caused a great threat to the remaining population.

By 1960 there were only six purebred Lundehunds left. A concerned dog breeder enlisted the help of a geneticist to help implement a breeding program. This included all viable male dogs to produce a restricted number of offspring to increase numbers but keep the gene pool as varied as possible.

Puffins are now protected as their numbers were declining, and 60 per cent now breed in the Artic regions. They spend most of their lives at sea and come to land only to breed.

Pam Brandis Dip. Canine Prac.

COOKING WITH LOVE

We have just completed our five-week Ayurvedic yoga detox and we've learnt lots about this ancient science called Ayurveda.

A big part of Ayurveda is what you eat, how you eat and what foods are particularly good for your



body type. And all this knowledge beautifully ties in with our yoga retreat which is on in a couple of weeks (20-22 November) where for a whole weekend we do yoga, meditate, laugh and feast on Ayurvedic food.

An important aspect of preparing the meals for the yoga retreat (many of the curry masalas can be prepared in advance and frozen) is the mood of the cook who is catering for the retreat. Ayurveda believes that the mental state of the person preparing the food directly affects the body and mind of the person eating the meal. This isn't a new idea.

Talk to any successful chef or mother and they will both vouch that the mood of the cook affects the taste and enjoyment of the food. Food should be cooked with love because emotions are transferred to it and therefore nourish the subtle aspects of the human being (mental, emotional and spiritual). This is why we crave the food cooked by our mothers throughout our lives.

The yogis would say you transfer your own pranic energy through your fingers as you handle and prepare the food. The act of preparing food relates to the state of transforming matter. Cooking alters its chemistry for easier digestion and the emotional state of the cook becomes part of the transformation process. When anger prevails, these emotions can cause the food to affect our psychology – especially over long periods of time.

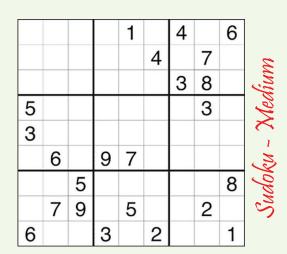
And rather skip a meal if you know the cook was unhappy. This is why the advanced spiritual teachers of the East never eat food prepared by anyone other than their own disciples.

You can take this idea right back to where the raw food came from. The vegetables (organic or pesticide laden, local or full of air miles?), the bees and insects, the farmers, the greengrocers and finally the cook. It's a very different way of viewing eating which in Western society has been reduced to fast food (grab it from that branded food chain oligarchy, gobble it down in chunks and keep running). When you take the time to seek local, home grown ingredients for your meal, you start to support and nourish a whole circle of people involved in your meal preparation.

So, as we feast on pumpkins from Witheren, sourdough bread from the local bakery, rhubarb from Tamborine Mountain, we connect into this wonderful chain of events from the bees all the way to that sumptuous dessert. Meals taste extra delicious. Yogis would agree that food prepared and eaten like this can be likened to love made edible.

Margot Wagner Yoga Under the Bodhi Tree

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

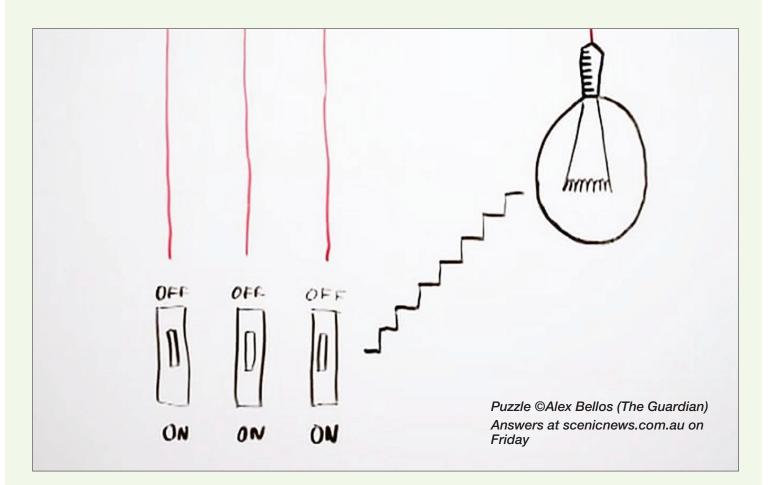


The Three Switches

Downstairs in a house are three identical on-off switches. One of them controls the lamp in the attic. The puzzle is to work out which switch controls the lamp.

The rules are as follows. You are allowed to manipulate the switches all you like, and then you are allowed a single trip to the attic. How do you do it?

To clarify: When you are downstairs there is no way to see into the attic, or see reflected light from the attic. Once you have gone to the attic you are not allowed back to the switches.



AUSSIE TRIVIA

- 1. Which town is considered the opal capital of the world?
- 2. Where would you find The Three Sisters?
- 3. Where is the only place in the world where two World Heritage-listed sites meet?
- 4. What is Australia's oldest chocolate bar?
- 5. Name the world's largest rock (hint: it's NOT an AC/DC concert)
- 6. What or where was Crocodile Dundee's backyard?
- 7. What is Australia's deepest bay?
- 8. Which Australian state or territory is roughly 50% nature reserve?
- 9. What is the world's largest sand island?
- 10. What is the world's largest cattle ranch?

Answers on page 23

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Barramundi has to be Queensland's most famous fish and for good reason.

Its flaky soft white flesh is meaty and wholesome and what's more it's sustainably farmed.

This nicely charred barramundi marinated in my zesty, peppery Spartan sauce on a fresh bun from the local bakery makes this burger a perfect choice for a weekend lunch with friends or a quick Friday night special served with some oven roasted potatoes and garlic aioli.

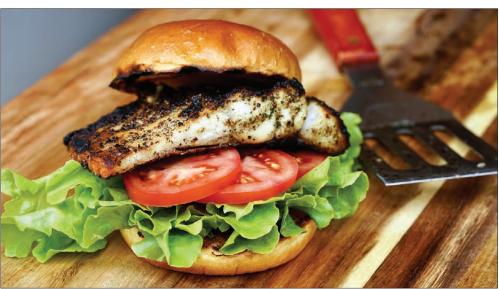
After Eden was forced to close due to a divorce dispute between the owners of the property, my wife and I went on a year-long sabbatical. We went exploring the deserts of Chile, walking in the remote mountains of Peru following the trail from Vilcabamba, the last fortress of the Incas, on to the ruins of the magnificent Machu Picchu.

From there we adventured through Bolivia along treacherous mountain roads by bus to the Pampas wetlands, then slowly trudged down a mudfilled logging road, finally ending up at the Amazon River. We were then transported by small canoe deep inside the Amazon rainforest. We flew to England to visit family and on the way home stopped in on some friends in South Africa before finally meeting up up with my wife's father in Uganda, his birthplace.

There we had the great fortune to hike into the impenetrable forest and came face to face with wild mountain gorillas.

Upon returning home we decided we should open another restaurant. My aunt had bought a share in a barramundi farm in Port Stephens, a sleepy seaside village near Newcastle in New South Wales. They had just spent \$100,000 building a function centre with a state-of-the-art kitchen and manmade lake filled with, you guessed it, barramundi.





They had a huge tank in the dining room where diners could choose the barramundi of their choice and have it freshly cooked and served with chips and salad. It seemed like a wonderful opportunity, but it had its issues - the farm was in a quite remote location and relied on tourist coaches to fill the lunchtime trade. Its location also meant an hour's drive each way for staff which would make a four-hour lunch shift hard to fill. Hence, they were unable to find a restaurateur to take it on even though they were offering a very cheap rent. We talked it over and decided to give it a miss.

Did you know barramundi spend the beginning of their life in fresh water and migrate to sea?

Barramundi become sexually mature as males at about three to four years old. Males turn into females from about five or six years onwards but require saltwater for this sex change. They can live to at least 20 years of age. They have large, silver scales, which may become darker or lighter, depending on their environments.

Their bodies can reach up to 1.8m long, though evidence of them being caught at this size is scarce. The maximum weight is about 60kg. That's the size of an adult human! The average length though is about 0.6-1.2m.

The barramundi is also known as Asian sea bass, as it is not just native to Australia. It is a species of catadromous fish in the family Latidae of the order Perciformes. The species is widely distributed in the Indo-West Pacific region from South Asia to Papua New Guinea and thrives in Northern Australia. The fish is known as pla kapong in Thai and as bhetki in Bengali.

With half the calories of salmon, barramundi is still packed with Omega-3 fatty acids (known to promote both brain and cardiovascular health) and offers 34 grams of lean protein in a 170g serving.

So, if you have never cooked fish on the BBQ, I suggest you give this super easy recipe a whirl. The trick is to let it char nicely before you try to flip it.

INGREDIENTS

- 4x120g skin on barramundi fillets
- 15g Spartan
- 2 tbs olive oil
- 2 vine ripened tomato
- 100g mixed lettuce
- 4 burger buns
- 4 tbs mayo
- 1 lemon cut into 4

INSTRUCTIONS

- 1. Check barramundi for bones and remove if any
- 2. Mix 15g Spartan and oil together in a bowl
- 3. Add barramundi and coat evenly and marinate for 20 mins
- Slice tomato
- Grill barramundi on high heat for 4mins each side or until cooked through
- 6. Toast buns to assemble burger, add mayonnaise, lettuce, tomato, barramundi
- 7. Serve with lemon to squeeze on just before eating.

hooked on books

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.

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meets by contacting us here at the library - 5540 5473

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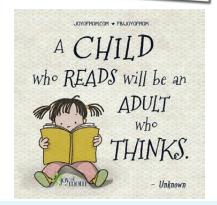
Brain teasers

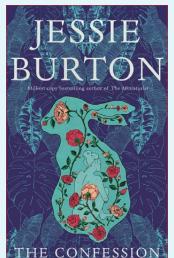
- Clue Detective Puzzle Agency
- Good Reading the magazine for book lovers

A Justice of the Peace is available

for consultation at the library every Mon, Wed and Friday 10am – 12noon







Our Book Choice: The Confession by Jessie Burton

One winter's afternoon on Hampstead Heath in 1980, Elise Morceau meets Constance Holden and quickly falls under her spell. Connie is bold and alluring, a successful writer whose novel is being turned into a major Hollywood film. Elise follows Connie to LA, a city of strange dreams and swimming pools and late-night gatherings of glamorous people. But whilst Connie thrives on the heat and electricity of this new world where everyone is reaching for the stars and no one is telling the truth, Elise finds herself floundering. When she overhears a conversation at a party that turns everything on its head, Elise makes an impulsive decision that will change her life forever.

Three decades later, Rose Simmons is seeking answers about her mother, who disappeared when she was a baby. Having learned that the last person to see her was Constance Holden, a reclusive novelist who withdrew from public life at the peak of her fame, Rose is drawn to the door of Connie's imposing house in search of a confession...

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

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

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AAAAAAAA MOBILE CAR WASH \$35 Mondays, Tamborine Mountain residents, 0409 962 348

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AUSSIE TRIVIA answers from p20



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. 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.

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.

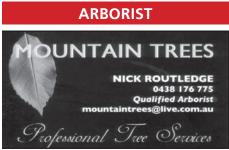
Call Margie at the Visitor Information Centre on 07 5545 3200.

- 1. Coober Pedy: halfway between Adelaide and Alice Springs and famous for its sun-scorched lunar landscape and labyrinth of underground homes, hotels and shops.
- Before the Kardashians there was Meehni, Wimlah and Gunnedoo. 'The Three Sisters' stand 3000 feet above sea level in the Blue Mountains' Jamison Valley. Dreamtime legend says the sisters fell in love with three brothers but were forbidden to marry outside their tribe. A witchdoctor turned them to stone.
- 3. The only place in the world where two World Heritage-listed sites meet is where the Daintree Rainforest meets the Great Barrier Reef.
- 4. The Cherry Ripe, created in 1924 by Fitzroy-based MacRobertson Chocolates.
- 5. Mount Augustus, WA, the largest monocline in the world. It is 2.5 bigger than Uluru, 858m above ground, 8km long and 1.75 million years old. The Wadjari call it Burringurrah after the legend of a speared boy turned to stone.
- Australia's biggest National Park (and Crocodile Dundee's domicile) Kakadu National Park, NT, sprawls almost 20,000 km² of rainforest, rugged rock formations, wetlands, waterfalls, waterholes and billabongs. One-quarter of Australia's freshwater fish species live here, as do one-third of our bird species.
- 7. Jervis Bay, NSW, is our deepest bay nine times deeper than Sydney Harbour.
- 8. More than half the ACT is protected as official nature reserve and plentiful with waterfalls, gorges, rivers, lookouts, snow-capped mountains and native animals.
- 9. At 120km, Fraser Island is the world's largest sand island. It was named for Captain James Fraser, who starved to death there.
- 10. Anna Creek Station, SA. The property is 34,000 square kilometres.



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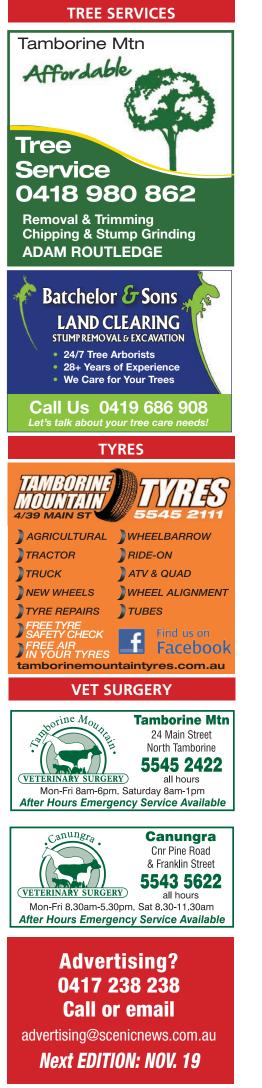
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REGULAR MOUNTAIN ACTIVITIES

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 bellaacapellatamborine@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, Saturday from 8.30 to 1.00 PM. 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 Wongawallen 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

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