Scenic

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



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The Tamborine Mountain Relays and Marathon returned on Sunday for the third time and among the big line-up of participants who took part was this group of fun-loving local dads – Mark Benson, Tony Fitzgerald, Andrew Willis, Karl Cvelbar, Ben Canavan and Sean Breeden, competing for the 'Old School' and 'Older School' teams. The course, a 7km loop starting and finishing at the Tamborine Mountain Sports Centre, consisted of variable surfaces including grassed trails, concrete pavement, bitumen roads, and minor rainforest trails.

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- Nestled in nature this lovely country cottage has it all
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\$2,100,000 **AGENTS:** Linda Hogan 0414 300 558

OPEN HOMES - Sat 30th

10 - 10.30	13 Griffith Street
11 - 11.30	1 - 19 Drysdale Rd, Tamborine
11 - 11.30	54 Kinabalu Drive
11 - 11.45	27 Coleman Square
12 - 12.30	74 Stringybark Rd, Tamborine
12.15 - 1	L2 / 73-87 Guanaba Road
1 - 1.45	1-13 Verbena Rd, Tamborine
2.30 - 3	94 Wongawallan Road



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- Versatile floor plan, 3 or 4 bedrooms
- Verandah overlooking established gardens
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Barry Chick 0418 876 191 Diane Pihl 0424 653 316



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Review Seller: 281 Macdonnell Road

Di's experience in navigating the process was invaluable, we appreciated her frequent communication and useful advice, and highly recommend her services.

AGENTS: Diane Pihl 0424 653 316



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- High ceilings, timber floors, media & study
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AGENTS:

Heleen 0424 591 011 0424 591 012









SCENIC RIM COUNCIL ADOPTS REVISED RULES FOR MEETINGS

Scenic Rim Regional Council has revised its Standing Orders for meetings, prompted by amendments to Queensland Government regulations.

Standing orders reflect well established local government legislation allowing councils to set the rules for the efficient and orderly running of their meetings.

The Department of State Development, Infrastructure, Local Government and Planning periodically reviews standing orders to ensure councils have the best possible guidelines for meeting procedures.

Amendments to the Local Government Regulation 2012, particularly in relation to the conduct of councils' Ordinary Meetings and the release of the department's revised best practice standing orders, prompted the timely review of Scenic Rim Regional Council's Standing Orders.

At Tuesday's Ordinary Meeting, in a majority vote, Councillors adopted a revised version of Standing Orders consistent with most of what is prescribed in the department's best practice standing orders.

Chief Executive Officer Jon Gibbons said that, in general there were only a few clauses that were slightly tailored to suit the circumstances and traditions of the Scenic Rim Regional Council.

"The revised Standing Orders incorporating the variations adopted yesterday were extensively workshopped by Councillors," he said.

"While it's not contained in the department's best practice for Standing Orders, it's common practice at Scenic Rim Regional Council for Councillors to discuss the content of reports prior to proposing any motion or commencing formal debate.

"Council seeks to continue this practice because it allows Councillors to seek further clarification on matters contained in the report, which in turn supports better informed decision making."

Mr Gibbons said the Mayoral Minute is unique to the Scenic Rim and has been retained in the Standing Orders giving the Mayor the ability to address the meeting for urgent or significant matters requiring Council's immediate attention.

"There are rare and special circumstances that require the Mayor to use this provision within the standing orders," he said.

"For example, recently they've been used to respond to the changing health directives in relation to COVID-19, which can't be anticipated nor included in a meeting agenda released five days beforehand.

"The overall aim of Standing Orders is to clarify the regulatory environment for Councillors so that Ordinary Meetings run smoothly."

Scenic Rim Mayor Greg Christensen said the revised Standing Orders also reflected Council's current meeting structure, which from 2019, merged the content of Committee Meetings into the business of the twice monthly Ordinary Meetings.

"The types of discussions previously conducted in the Committee meetings are similar to those that are now being undertaken in Council's Ordinary Meetings," he said.

"These discussions still remain open to the public, albeit via audio stream for the moment, due to the current COVID-19 arrangements.

"Consistent with the department's best practice Standing Orders for local

government, this maintains Councillors' abilities to bring forward matters on behalf of their constituents, and to raise urgent matters of concern.

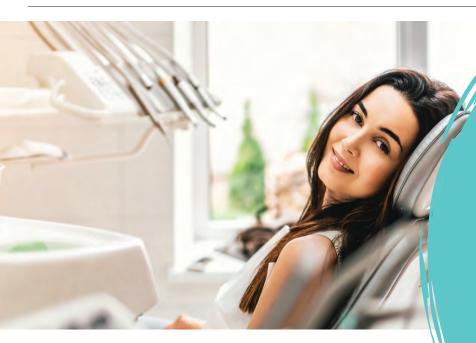
"Compared to the previous version, nothing in these revised Standing Orders limits a Councillor's ability to raise matters."

Cr Christensen said Scenic Rim Regional Council continues to hold its confidential Councillor and Executive Workshops, which had always been in place, even when Committee meetings were held.

"These workshops clarify the adequacy of information being presented to Councillors in the public forum of the Ordinary Meetings," he said

"The community can be confident that procedures such as Standing Orders support good governance, the integrity of Councillors and the behaviour community members expect from Councillors."





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Chamber's President maps future direction



Geoff Baldwin, President of the Tamborine Mountain Chamber of Commerce and Industry, mapped out the future direction of the organisation during a meet-and-greet at the Fortitude Brewery last week.

The first meeting of the year heard that the focus will be on information, education and networking to help the entire business community to grow and thrive.

Geoff said he was delighted that half of the 38 guests at the meeting were new to meetings of the Chamber.

"The objective of this meeting was to encourage businesspeople - both members and those new to Chamber - to come along and hear what we have planned for the future. I am pleased that we succeeded," said Geoff who has planned a series of specialist guest speakers to address Chamber meetings during the year, to cover a range of business topics including banking, financial services, business planning and workplace health and safety issues," said Geoff.

"With tourism business being handled through the new industry-led Local Tourism Organisation across the Scenic Rim, we have more time and resources to discuss business growth across the community," he said.

"We have about 350 businesses on the Mountain, ranging from one-person operations to large multi-million-dollar organisations. We want all of their voices to be heard."

The next Chamber gathering will be a business meeting on February 10. The guest speaker will be a representative of Bendigo Bank.

TM Bridge Club - SESSION WINNERS

Monday 18th Jan

NS: ANN GUNNER - JOANNE EVANS EW: EIKE EDRICH - DAVID DONALDSON

Wednesday 20th Jan

NS: CAROLE COOKE - RICHARD BOOTH EW: SHEILA IRVINE-BROWN - SHEENA POLLOCK

Thursday 21st Jan

NS: MARY SIMON - KEVIN HAMILTON-REEN EW: BETTY BULL - PAM WARRELL

Tamborine Mountain Bridge Club

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Bridge is a Card Game that is mentally stimulating and fun.

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Lessons start mid-February Phone Sheena 0408 065 393

one small place on earth



Orange-tailed Potter Wasp



Orange-tailed Potter Wasp – Delta latreillei, dwelling, Eagle Heights.

The wasp was daubing mud in front of a garage which was used for storage, so the daubs were not at risk of being obliterated by a car. The entomologist who confirmed the species identification did not have a convincing explanation for the wasp's daubing behaviour. After several days, it eventually succeeded in creating a brood cell with an entrance at the top. The wasp has a body length of 20mm and is mainly found in northern parts of the country, with isolated populations in southern areas, Tasmania excepted.

Peter Kuttner





UCKOO

CLOCK/WATCH REPAIRER POSITION AVAILABLE

German Cuckoo Clock Nest is seeking an experienced Clock/Watch Repairer to join our team at the clock shop on Gallery Walk. This is a casual position of approx. 2-4 days per week and has the following criteria:

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Some of the enthusiastic participants in last Sunday's Tamborine Mountain Relays and Marathon, an annual run/walk relay over distances from seven to 42 kilometres.

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TAMBORINE MOUNTAIN U3A

Tamborine Mountain University of the Third Age (U3A) Open Day will be held next Friday (February 5) when it will flag its ongoing activities and new courses and events.

Tutors will be present at the Zamia Theatre in Main Street to talk to about what they are planning for the year. Tamborine Mountain U3A has been able to work within the necessary restrictions imposed following the outbreak of the COVID-19 virus and is in a position to offer a suite of new courses, as well as its tried and tested activities and classes.

New topics to the Mountain within U3A over the coming year are:

- Book club, starting with the immaculate prose of Jane Austen
- Australian women who made history
- Shakespeare the plays
- Australian civilisation prior to the European invasion
- Life on the Mountain (nature in the form of birds, vegetation to attract them, butterflies, moths and frogs)
- Art history
- Literary lunches at local restaurants with speakers who are authors or closely associated with literature
- Nobel Prize winners
- Radioactivity

John Noble

#OneScenicKin

Council Notices



PUBLIC NOTICE

REQUEST FOR TENDER: INFORMATION AND TECHNOLOGY NETWORK SERVICES

Tenders are invited from experienced contractors to provide Wide Area Network (WAN) services to Council.

This will include providing carriage, networking between sites and the Internet, cyber security and related services. For further information and tender documentation, please go to www.vendorpanel.com.au/scenicrim/tenders

The tender will close at 4pm on 19 February 2021.

COMMUNITY CONSULTATION

Council's draft Waste Management and Resource Recovery Strategy 2021-2026 is now available for community feedback on Council's website or at Customer Service and Administration Centres.

Community information sessions will be held on:

- Tuesday 2 February at The Centre, Beaudesert at 5pm
- Wednesday 3 February at the Vonda Youngman Community Centre, Tamborine Mountain at 5pm, and
- **Tuesday 9 February** at Boonah Cultural Centre at 5pm.

Due to COVID-19 restrictions on numbers in venues, please call Council on 5540 5111 or email mail@scenicrim.qld.gov.au to register.

Submissions for feedback close 4.30pm, Friday 19 February.

Visit www.scenicrim.qld.gov.au/have-your-say for more information.

FREE TREES

FREE TREE DISTRIBUTION DAY

Saturday 6 February | 8am to 12 noon Harrisville Memorial Park, Harrisville

Residents must present their Free Tree Voucher, delivered with their July 2020 rates notice, to collect their free trees. Council's COVID-19 restrictions and processes will be in place during the plant distribution. Please read the advisory notes on the back of your Free Tree Voucher before attending Council's distribution day.

SCENIC RIM AGRIBUSINESS / AGRITOURISM FIELD DAY

Thursday 4 February | 9am - 1.30pm Venue to be advised following registration

Join us for an information day to learn about options to diversify your farm business. Explore options for leveraging farm assets and/or food and fibre production, investigate options for diversification or developing new pathways to market or your potential to tap into tourism. For more information about the program, email prosperity@scenicrim.qld.gov.au

Tickets are \$33 including GST (plus handling fee).
To register visit www.eventbrite.com.au/e/scenic-rim-agribusiness-agritourism-information-day-tickets-132193788179

LIBRARIES

STORYTIME IN THE PARK OUTREACH

Beaudesert | 2 Feb Beechmont | 4 Feb Tamborine Village | 9 Feb Rathdowney | 17 Feb Kalbar | 18 Feb

 ${\bf More\ information: scenicrim.qld.gov.au/libraries}$

STORYTIME IN THE PARK SESSIONS

Some sessions are now being held inside our libraries, while they are closed to other patrons, to ensure social distancing restrictions can be followed.

Bookings are still essential as numbers are limited.

BEAUDESERT | Monday 9.30am | Wednesday 9.30am **BOONAH** | Monday 9.30am | Wednesday 9.30am

TAMBORINE MOUNTAIN | Monday 9.15am Storytime with Carolann for children 2-5 years

Friday 9.15am | Baby Rhyme Time with Rachel, 2 years and under

More information: scenicrim.qld.gov.au/libraries

LIVE + ONLINE AT THE CENTRES

LIVE ON STAGEFIRST AM CONCERT OF THE YEAR!

WOMEN IN HARMONY
Friday 5 March | 11am

Vonda Youngman Community Centre Tickets \$16; Groups of 10+ \$12.50 p/p

FIRST PM CONCERT OF THE YEAR!

TOPOLOGY - WE WILL RISE

Friday 26 March | 7.30pm | Boonah Cultural Centre Tickets: Adults \$35; Conc \$28; Groups of 8+ \$25 p/p

WORKSHOPS AND TALKS ARTS DINNER ONLINE

Livestreamed From Dogwood Crossing, Miles

Tuesday 9 February 6.30pm Public Programming: How to get the community engaged with your space.

For enquiries, phone 5540 5050 or register at **www.artsdinners.com**

DIY CLEAN LIVING WORKSHOP

Wed 10 Feb | 10am - 12pm | Tickets \$40 The Centre Beaudesert.

GRANT WRITING WORKSHOPS

Tues 2 Feb | 1pm and 6pm | The Centre Beaudesert
Wed 3 Feb | 1pm and 6pm | Vonda Youngman
Community Centre

Thurs 4 Feb | 1pm and 6pm | The Centre Beaudesert Limited places. Bookings essential. To register, phone 5540 5111

KIDS' FLICKS

Boonah Cultural Centre | 9.30am | 12 noon | 2.30pm Tickets at the door - \$5 for everyone

5 February: Slim & I (PG)

12 February: The Booksellers (G) 10am and 1pm only **12 February:** A pre-Valentine's Day special night out

- A Star Is Born (M)

19 February: Rams (PG)

ON EXHIBITION

MADAME WEIGEL:

Fashion Designer - Entrepreneur - Liberator Exhibition runs until Friday 12 February.

For more information: liveatthecentre.com.au





Council correspondence should be addressed to: Jon Gibbons, Chief Executive Officer, PO Box 25 | 82 Brisbane Street, Beaudesert QLD 4285 | Telephone 07 5540 5111

f D in

scenicrim.ald.gov.au

THANKS AND FAREWELL SCOTT

Yes, the rumours are true. Scott Weaver (aka the Tech Doctor) is leaving Tamborine Mountain for the cooler climes of Tasmania.

After five years of providing a first-rate service to many Mountain computer owners, Scott says he felt it was time for a new challenge in a different location.

"I want to thank everyone who has trusted me with their computers and for the countless recommendations I've received from residents and businesses throughout the community. I truly appreciate it," said Scott.

"We will miss the Mountain and the wonderful community; it's been a terrific five years that we will always look back on fondly.

"All work currently in progress will be completed before I leave and I am still available, but only in a part time capacity as we pack up the house.



"Thank you all for making us feel welcome here and for all your support of my business. At this point in time, we will be Tasmania bound in early February."

Scott has spent some 20 years in the computer industry and plans to start up his Tech Doctor business in Tasmania.

SUNCORP



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Ian MacAllan
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SAFE, NOT SORRY. HAPPY AS LARRY

The bells tolled across Tamborine Mountain, the communal look of relief on some people's faces; it all signalled to me that several parents were pleased their kids were back in school.

And isn't it great to see schools open, kids walking or riding to and from, and the collective of mums and dads patiently waiting their pickup turn. As parents and care providers, please help with educating your kids as to the potential dangers around traffic. Everyone should take care; take your time and keep a keen eye out for that random kid who may pop out from behind a parked car.

Helmets are considered a compulsory item these days. It can be the difference between a permanent or temporary injury should an incident occur. We all want our kids to be safe.

Crime:

A number of break and enter offences occurred in the Golf Course Estate prior to Christmas. Police have charged a male offender in relation to these occurrences and a huge thank you goes out to the people who have CCTV, are vigilant around suspicious activity and record details of the suspicious people and vehicles and report this to us. Please continue to report all activity that doesn't seem right.

Drugs:

Unlawful drug possession charges have been commenced against several people across the Mountain in the past two months. Please consider your choices; we are a small community and your actions don't go unnoticed. Thank you for people taking a stand against this and reporting appropriately.

Traffic:

It wouldn't be tourist central and summer season without the roads being wet and slippery - then someone rolls their vehicle! Whilst it can be tourists and inexperienced drivers, a number of local residents have recently come unstuck on our road networks. Everyone must play their role in ensuring safety on our roads. As my Boss says: "Own It".

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

Sergeant Mark Shields North Tamborine Police



Bendigo Bank Agency

Services: Opening personal, business and club accounts - Access to home loan manager

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Located within North Tamborine Newsagency North Tamborine Newsagency also offers:

- Send Parcel/packages Australia-wide via courier service
- Amazon & Toll collection point, Ladbrokes & Soda King canister exchange

VEN MORE TO LIKE AT DANDELIONS

Following a bumper Christmas shopping spree by Tamborine Mountain locals, Dandelions 3 on Gallery Walk, Long Road is ramping up its appeal even more in 2021.

Proprietor Leisa Marshall has been busy stocking up on additional new eco-friendly items that have a strong focus on sustainability.

Tamborine Mountain and the wider Scenic Rim region provide the inspiration for much of the unique mix of handmade creations, natural beauty products, homewares and accessories to be found in Dandelions 3.

"Dandelions 3 is a strong supporter of a growing number of small Scenic Rim businesses that make sustainable and ethical products. We are fast becoming the destination store for all Scenic Rim unique products, including children's clothing," said Leisa.

If a particular item is not available from





within Scenic Rim. Leisa sources it from ethical and sustainable sources from other areas of Queensland and Australia.

"Our strong Christmas trade confirmed two things. Not only are our Scenic Rim products attractive to tourists and other visitors, but our local Mountain community has embraced our philosophy of supporting our region and in turn is supporting us," said

"My aim has always been to have a shop for the tourist trade but equally one that is accessible for our local community.

Dandelions 3 offers an eclectic mix of products:

- eco-friendly kitchenware, handmade pottery and candles
- baby and toddler clothes and accessories
- organic skincare products.

Among the new Scenic Rim-made

products on offer is an eco-friendly laundry powder.

Other new initiatives include:

- free local delivery on Tamborine Mountain for website and phone orders; and birthday present orders all gift wrapped for \$3.50 and delivered free
- A locals' 10 per cent discount card that Leisa will personally present to customers when they drop into the shop.

And Dandelions 3 is now the only Mountain outlet, selling locally grown coffee, in addition to Tamborine Mountain Coffee Plantation itself.

Dandelions 3 opens seven days a week and starting Thursday 4 February will open on the first Thursday of each month until 7pm, making shopping easier and more relaxed for locals, especially those who work on the Gold Coast. There is also ample on-site parking available at this time of the day.





JON KRAUSE MP

State Member for Scenic Rim

GAMBLING COMMUNITY BENEFIT FUND

Round 108 of the Gambling Community Benefit Fund is now open and community organisations have until 28 February 2021 to apply for grants of up to \$35,000. I have provided letters of support for numerous community groups, and together with other grant initiatives, our region has received over \$15 million in grant funds for community organisations since I was elected as your representative in 2012. I strongly encourage clubs and community organisations to apply for assistance. Please contact my office for more information or to request a letter of support and visit justice.qld.gov.au

CALL 13 HOON

Hooning and other undesirable driver and rider behaviour is an issue I continue to hear about from residents - especially around Beechmont, Tamborine Mountain and Tamborine. I have discussed this issue with local police in the past and relayed concerns from locals, and on Tamborine Mountain this relates especially to the dangerous activity around the Hang Gliders launch area arising after the construction of new parking areas a couple of years ago. There are penalties for hoons, including the confiscation of vehicles.

Dangerous drivers are not just a danger to themselves, but also others on the road, pedestrians, and entire neighbourhoods for the disruption they cause to people's lives, and for what it's worth, I consider penalties should be greater and orders for confiscation easier to obtain for those who deliberately, brazenly engage in dangerous road behaviour in an organised manner (and there are organised groups who take to our region to do just that).

While I know it can be frustrating, it is important that if you notice hooning in your area to call 13 HOON (13 4666), Policelink (131 444) or fill out the online form at police.qld. gov.au/reporting and report the incident with the make and model of car and registration number if you can see it. We need more police resources across the entire region, because it certainly seems as though those who want to engage in hooning consider they can do it in our area with impunity owing to a police presence that is responsible for a very large area (and stretched across it).

When complaints are made like this it can be recorded and can help our police to be allocated the correct resources (like more police vehicles, police personnel, or noise cameras) to deal with problems. In particular, there are some times of the week where our area could really use a greater police presence, and this comes from seeing an overall increased allocation to the region – not only to specific stations. I'll continue to make the case for greater resources, and every report of activity can help add to the case.

MY OFFICE

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

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



Tamborine Village Lions Club secretary Margaret O'Neill and president Paul Krahnen present the club's annual donation of \$500 for the Police-Citizens Youth Clubs Young Driver Education Program to Sgt Mark Shields of North Tamborine Police Station.



07 5545 2522



Here is something to smile about: Mention this ad, and your check-up, clean and x-rays procedure is only \$200 (limited time only).

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Councillor's Comment



(These are my own personal views. I do not purport to speak on behalf of Council.)

Well, I hope everyone one had a Merry Christmas and a Happy New Year. By the time you read this, all the children should be off the couch and back at school.

MEETINGS

Council's fortnightly Ordinary Meetings on Tuesdays have a formal format and follow a set of standing orders. These meetings are audio recorded and community members can listen in live or access the recording after it is uploaded to Council's website. It's encouraging to see so many residents listening in and we hope in the future to have a live stream video of the meetings.

We have now included public question time before our Ordinary Meetings so, if you have a question you would like to raise, please email it to mail@scenicrim. gld.gov.au with Public Question Time in the subject line. Once we get back to normal after COVID-19, we hope to have in-person public question time in the Chambers.

At our less formal confidential meetings, which are held fortnightly on Wednesdays, we are briefed by Council officers (no decisions are made) on issues including planning, budget and asset management.

ROADS

During the year, Council invested almost \$12 million in a road construction program, more than \$4 million in a bridge program and more than \$3 million in road re-seals. Improving the region's road corridors and bridges enables better access for residents and visitors across our towns and villages, and supports a more efficient transport network, which encourages future economic development.

REGIONAL EVENTS

I am looking forward to another challenging year as we are still dealing with COVID-19 and it does not seem likely the virus will disappear any time soon. I think interesting times are ahead with how governments will deal with 'keeping us safe'. Current indications are that the many community and tourism events held by Scenic Rim Regional Council will proceed. We have many events such as Eat Local Week which attracts more than 45,000 visitors to the Scenic Rim, bringing in more than \$2.5 million to local businesses. These events are vital to maintaining a growing and vibrant economy.

SMART REGION STRATEGY

Council secured matched funding under Round 4 of the Building Better Regions Fund - Community Stream to develop a Smart Region Strategy for the Scenic Rim. CyQIQ have been appointed to deliver this project, which will be the firstever Smart Region Strategy for the region. The development of the strategy will ensure the region's business and community embrace the global digital trend, to advance our economy, attract investment, build prosperity and improve community life and lifestyles, ultimately enhancing the liveability of the Scenic Rim region.

TOURISM MARKETING CAMPAIGN

The Richest Place on Earth campaign, driven by Scenic Rim Regional Council in close partnership with local tourism operators, and support from the Queensland and Australian Governments via bushfire recovery funding, is in the final stages of post-reporting. However, Council is excited to share early analytics proving its success.

During the campaign, which kicked off mid-July in line with the easing of COVID-19 travel restrictions in Queensland, the VisitScenicRim.com.au website attracted more than 105,000 visitors, an increase of 160 per cent compared to the same period in 2019. Most importantly, the campaign generated 61,807 leads direct to Scenic Rim tourism operators and helped to deliver what many businesses are reporting as their busiest period ever.

CONTACT ME

I will always be available to talk with residents on my mobile 0436 327 434 or email: Jeff.m@scenicrim.qld.gov.au





linda@relationshipsanctuary.com.au



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Enquiries Welcome

5593 4777

NEXT ISSUE FEBRUARY 4, 2021 Next deadline: JAN 29

The Mountain Midwife BREE LOWING

TRANSITIONS

With school starting again, those of us with school-aged children are all getting ready for the world of school lunches, pick up and drop off, and class allocations, and we are suddenly transitioning back into routine after the Christmas break. The past 12 months have seen huge changes in the way we live our lives, with hand sanitising becoming so part of routine that even children are suddenly experts in hygiene.

There will always be change, and from the moment you first find out you are pregnant, you are already transitioning into a new role as a parent.

This transition can be difficult and often unexpected. If you are first time parents you are likely to be used to doing whatever you want, when you want. Eating as leisurely as you like; napping if you are tired or sleeping in if you have nowhere else to be. When your baby is born, no matter how determined you may that the baby will not change your life, it is inevitable that it will. Babies have needs, and they have no concept of yours. They have no understanding that you have only just fallen asleep so you are unlikely to want to get up to them in the night. All they know is that they are hungry and it is a need that must be met. They have no idea that you had looked forward to your café brunch all week and when you finally get it, they fill their nappy and you have to change it otherwise they'll cry the whole time you eat. They don't understand that eggs benedict eaten cold is just not the same. And that can be hard. Especially when you are sleep deprived and at times longing for the freedom you had before you had a baby.

This isn't to say that having a baby is terrible, and this isn't to instill any dread if you're pregnant and reading this. My point is, that it is normal to sometimes miss your old life, while loving all (or sometimes only aspects of) your current one. But I promise, it will pass. Children grow and change so quickly; there are times I am reminded of a photo from only a year ago that I wonder when my babies got so big. And I seem to have that amazement every year, regardless of their ages!

Year one in itself is a huge transition as babies do so much in this time. They go from being tiny and helpless, they learn to sit, crawl and sometimes walk in the first year. They often start teething in the first year too. Sleep patterns change enormously, nap schedules constantly change. You may find yourself finally thinking you've figured it out, that you've got this sorted, when suddenly, the baby changes the milestones, or changes the plan. Your baby may be sleeping through and suddenly with reaching huge developmental milestones they wake several times in the night and you wonder what is happening. This can be so hard to navigate as a new parent. And this is where that old saying rings true: 'the days are long, but the years are short'.

Things change. Babies adapt; they become toddlers, they become children, they become teenagers. You will finally get through a difficult phase, only to move on to a phase that has its own challenges. But also, you will be so enjoying an aspect that then they grow out of, only to be replaced by something more wonderful. This is parenthood. This is normal. In order to enjoy this time, you may find you have to flex and bend far more than you ever did before. Someone else becomes the focus, and if you are able to stop and try to find the best thing about that moment and fully enjoy it, your parenting days will be far richer and happier. This too shall pass. I can guarantee it.

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

Relationships



MATURITY AND AWARENESS

We all know people who really need to learn to grow up, right? We're all prone to think that if only another person could be more mature, we'd be able to get on with being our mature self!

Has any of us really reached the peak of maturity? In one situation we might look and feel all grown up but then in an instant we are confronted with relationship pressure and immaturity jumps to the fore to take centre stage.

In order to have a clear picture of what it is to be mature let's consider what childhood immaturity looks like. Children expend much of their energy in pursuit of having their needs instantly met. They have not learnt to tolerate waiting for, or being denied, what they want. They insist on getting it and having it right now. The intensity of their emotions is way out of proportion with what has caused the upset. A child's world revolves around finding the fastest route to comfort, nurture and gratification. The focus is on getting from others what they feel entitled to.

It's not just children who let feelings rule behaviour. Child-like impulsiveness sometimes drives our own emotional reactions, especially when we are under stress. Probably all of us can admit to succumbing to emotionally driven behaviour. There are times when I surprise myself by rising to the occasion in the midst of crisis but then there are other times when I disappoint myself by behaving impulsively.

I'm the same person in each situation but the relationship conditions I find myself in are different and impact me in different ways, exposing my degree of maturity. One of the best ways to test your maturity is to reflect on whether your behaviour is consistent in all relationship contexts. To be a genuine grown-up requires us to confront our immature tendencies in each one of our relationships and contexts, even in traffic!

While physical growth doesn't require effort, growing emotionally is a very different process. Rather than an unconscious process, it requires concerted effort. Armed with willingness to learn about yourself in different relationships, you can then identify where growth is needed.

Ask yourself: In what situations do I see my impulsive 'inner child' come through? Am I noticing any patterns of behaviour? Acknowledge the disparity between how you want to be and how you actually behave. The fuel that drives our disparities is anxiety. Anxiety lies at the heart of every impulsive emotional reaction.

Our hidden anxieties mostly centre on relationships: not being accepted; feeling inadequate; dealing with another's distress - these are typical moments when our inner child can be triggered. Spend time reflecting on one of your emotional reactions, slowly relive the event, delving deeper into how you were feeling in the moment.

You can only change what you are aware of, so gaining understanding of your reactions is crucial. Stay tuned next week for how to proceed with your new awareness.

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

WOMEN DRIVE ENGINEERING SUCCESS



Four years ago, Susan Shay and Angela Harlen took the opportunity to buy Beaudesert-based Ryacon Engineers from the retiring owner.

It was a case of either take it on, or the consulting engineering and project management business would close its doors and its services would be lost to the Scenic Rim region.

Born and raised in the Scenic Rim, both women decided that they owed it to the community to keep engineering solutions accessible and available to the residents of the Scenic Rim.

Their commitment to the local community has established ACS Engineers as one of the few consulting engineering and project management companies servicing Beaudesert, Boonah and the wider region.

Not only have Susan and Angela assured a service for the Scenic Rim region, but they have also showcased a strong representation of women in engineering and business.

Women make up less than 12 per cent of the engineering workforce in Australia

but Susan and Angela refused to see that as an impediment to success at ACS. One of four girls, Susan never felt that maths and science were reserved for men.

The 'can do' attitude of both the women has seen the ACS team grow to six staff members who can assist with a variety of clients. This attitude has helped open up markets in regions west of the Great Divide and further afield.

"We set our sights on establishing alliances and markets outside of the region," said Angela. "We work collaboratively with GBA Engineers, based in Barcaldine, Emerald and Rockhampton. This has gained us exposure in the local government areas of Barcaldine, Central Highlands, Longreach, Diamantina, and Charleville.

"We have now acquired our own projects, by proving ourselves in the west, being engaged solely by Balonne Shire Council, Southern Downs Regional Council and Western Downs Regional Council.

"In 2021 we have our sights set on working in the NSW local government

space. We have also established ourselves on several council-preferred suppliers lists in Victoria, Western Australia and Northern Territory.

"Our drive to service remote areas was very evident when COVID-19 struck. We were already operating in the flexible working space and we have never shied away from embracing new technologies. We have surrounded ourselves with good consultants in IT and business advisory services to ensure we are pushing the boundaries to develop ourselves and the business.

"Lastly, we are who we are because of the good people around us. Our employees are key to our success. We employ on culture. And we believe in always nurturing, encouraging and training our people".

Whether you need civil engineering and design, help minimising the environmental impacts of your project, or contract management services, ACS Engineers are always contactable - www.acsengineers.com.au, or admin@acsengineers.com.au

ACS Engineers

CIVIL | ENVIRONMENTAL | PROJECT MANAGEMENT

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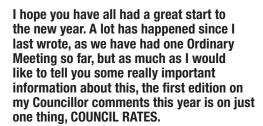


www. acsengineers.com.au

Councillor's

DEREK SWANBOROUGH

DIVISION 1



You have all got your half yearly rate notice by now and payments are due by 18th February to get the discount. For most of us rate averaging is hitting the final year and the rates are catching up to our final year valuations. Tamborine Mountain average residential rates (2019/20) is in the top five highest in Queensland.

I have done some analysis for your benefit which you may find very surprising. Please refer to the table below.

As you know, soon we will all get the opportunity of voicing our opinions on whether we would be better off in GCCC rather than SRRC. Well, I have an acre and a quarter of land at the south end of the Mountain with an average valuation of \$415,000, and I have compared how much less my rates would be in GCCC rather than SRRC this year. The figure is a staggering \$1,465 this year. The calculations are set out in the spreadsheet

table. You can copy this and calculate your own savings using your rate notice, if you live on an owner-occupied residential property which is most properties, just by plugging in your own averaged valuation. Gold Coast has a uniform residential rate across the whole city and the separate charges are fixed. It also uses an averaged valuation.

When you consider the massive rate savings per year, I ask myself why do I pay an extra \$1465 to Council, and it goes up every year, to get much less than if we were in GCCC area? Over a decade, indexed to CPI, a continuing differential like this would amount to a small house deposit!

GCCC has some of the best infrastructure of any council in Australia, and, in all probability, has the capacity to fund the operation and maintenance of all our sports grounds, (that's their policy), build a long overdue indoor aquatic centre at our sports grounds, upgrade Gallery walk, our Community Centre and Library, as well as fix our roads, including building the Long Road extension, give us some word class walking and cycling paths, improve our public transport and better protect our environment.

I just cannot understand anyone being happy paying so much extra to get less, just for the privilege of living in Scenic

Rim. Really? I have no doubt that in the medium to long term, TM being in the GCCC area will significantly boost property values in the medium to long term, as our infrastructure also becomes world standard, and our liveability and amenity improves. The premium rates we now pay seem to only subsidise improved living standards in other parts of the Scenic Rim. Why is it that Council has three "signature" playgrounds each worth nearly a million dollars each in Beaudesert, Boonah, and Canungra, when we do not have one of this value, when we have the greatest population and the most children in schools and pay the most rates per property?

I trust this is all food for thought as you make that rate payment and consider is it justified or could we do much better for much less in GCCC.

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

Mobile: 0436 351 567

Email: derek.s@scenicrim.gld.gov.au

Derek Swanborough Councillor. Division 1

Comparison of Annual Rates - Scenic Rim to Gold Coast 2020/21

All data sourced from budget documents of both Councils - Residential valuation at 4 Manika Court Mt Tamborine **Gold Coast City Council Gold Coast City Council General Rate Separate Rates** All Total **Amount** Valuation Rate Total Cents in \$ The rate based on the valuation Fixed Rates on every property \$43.00 0.341009 \$1,415.19 **Open Space Preservation** Category 1A - Single Unit dwelling not rented. \$415,000 **Recreational Space** \$29.00 City Transport Improvement. \$133.30 Koala Habitat \$3.00 \$1.00 Volunteer Fire Brigade. Nil Discount \$0.00 Less Discount 10% \$141.52 **Totals** \$1,273.67 \$1,482.97 \$209.30 **Scenic Rim Regional Council Scenic Rim Regional Council General Rate (CAPPED) Separate Rate** Fixed Rates on every property The rate based on the valuation \$415,000 0.724000 \$3,004.60 \$372.00 Community Infrastructure Category 1. Residential place of residence Capped value \$2,731.14 \$136.56 Less Discount 5% \$18.60 Less Discount 5% **Totals** \$2,594.58 \$2,947.98 \$353.40 **Difference** \$1,465.0

If Tamborine Mountain had been in GCCC, my rates would have been at least \$ 1465.10 cheaper.

Note: Figures are based on rates being paid in the discount period. Both Councils use rate averaging. Assume Rates capping has applied



with the Scenic News

Psychologist Nev Jones is the proprietor of newly established Tamborine Mountain Psychology at Shop 7, 23-39 School Road, near St Bernard State School.

What inspired you to open Tamborine Mountain Psychology and how did you survive/thrive in 2020?

2020 was a challenging year for a lot of people. COVID-19, natural disasters, employment/economic challenges and forced lifestyle changes resulted in unprecedented demand for mental health services across Australia. As 2020 unfolded, I felt that I had the opportunity to be part of the solution. This led me to contemplate how I could best serve our local community in this time of need. This ultimately led to the development of Tamborine Mountain Psychology.

What did you do before opening your business?

Well, I worked for a short time with Open Arms Veterans and Families Counselling in Brisbane. Prior to that I served as an Army Officer for 20 years, primarily as an intelligence officer and later as a psychology officer. I had a wonderful, albeit challenging, career in the Army. It allowed me to travel and live all around Australia and the world. The highlight of my Army career was undoubtedly the privilege of commanding soldiers on operational service in Timor Leste, Iraq and Afghanistan.

How would you describe your business?

I like to think that Tamborine Mountain Psychology provides a genuine community service. I provide accessible mental health and counselling support to individuals, couples and families in our region.

Research shows that the biggest predictor of therapeutic outcomes is the bond between therapist and client. Investing in this alliance is very important to me. You'll find that



I take the time to listen to a client's story and work collaboratively to achieve goals. I generally don't believe in the rigid adherence to therapeutic protocols. I prefer to tailor psychological interventions to specific client needs. I value genuine human relationships and flexibility in my therapy.

What is it about your business that you love?

Having worked primarily in Government jobs previously, I really love that I now have the opportunity to shape and focus my practice on the direction that I choose. What that means to me is that I have been able to create a space that feels safe, warm and peaceful. It also allows me to practise what I preach with regards to work life balance, personal growth, and pushing myself to my potential.

I also love working with our local community. We are a diverse and interesting bunch. I really love hearing people's stories.

Is it a business that gives you satisfaction?

It is so satisfying to know that I have made someone's day better. I firmly believe that changing the world starts with small simple gestures towards others. A smile or a kind word goes a long way to changing the world. I am lucky that I get to make a difference in my clients' lives every day.

If you were not doing this, what would your ideal job be?

That's a tough question. In my life, I have been a mechanic, a farmer, a soldier and a psychologist. I've loved all of these jobs, and they've given me valuable life experience and skills. I love learning new things, so my ideal job would probably be something that I have absolutely no skills in at the moment. Perhaps I'd be a musician!

Interesting facts about yourself?

I have a small farm where I run cattle and manage a market garden. There is something magical about nurturing and growing living things. I just love



being outdoors, getting my hands dirty and reaping the rewards.

What do you do for fun?

When I'm not working on the farm, I like to spend time in my shed. I make knives, restore antique tools and build furniture. In fact, you'll see some of my furniture in my office.

Final thoughts

Perhaps I could briefly share my philosophy and attitude towards psychological counselling. To me, psychological interventions are about promoting personal growth. Regardless of how well or unwell we are, we all have the potential to grow. That's why Tamborine Mountain Psychology offers not only mental health services, but also nonclinical support such as leadership skills training, resilience building, organisational/time management skills, and confidence development.

Appointments will be available with Nev from early February. Email admin@ tamborinemountainpsychology.com. au or call (07) 5646 6100 for further information.

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3

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4

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

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8

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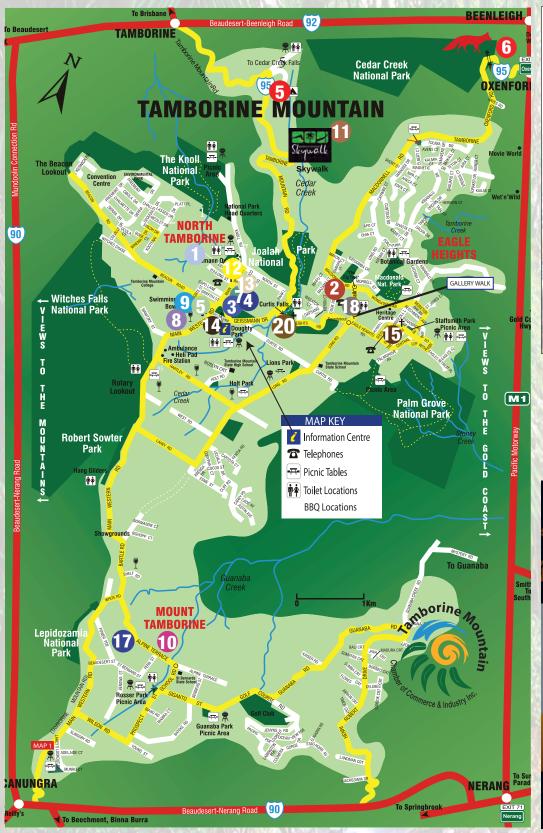
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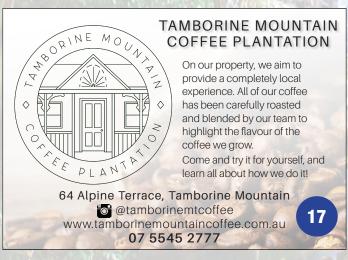


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HOW TO NAVIGATE 'MY AGED CARE'

As we age, circumstances change. You need to be aware of services that are available to help you remain living in your own home. There are two primary government-funded home care programs available, Commonwealth Home Support Program (CHSP) and Home Care Packages Program (HCPC).

Commonwealth Home Support Program (CHSP)

The Commonwealth Home Support Program (CHSP) is an entry level home help program for seniors. Depending on your needs, the support services that you may be eligible for under CHSP include home help, personal care, home maintenance, help with shopping, meal preparation, transport to appointments, and social activities in the community, nursing care, allied health support services or respite care for your family carer.

Assessment: To access CHSP services you will need to be assessed by a Regional Assessment Service (RAS). To apply for an assessment, you need to contact My Aged Care on 1800 200 422 or their webpage www.myagedcare.gov.au

Costs: You do not need an income assessment to access CHSP services and your age pension will not be affected. You are required to make a contribution to the provider of services delivered under the CHSP.

Home Care Packages Program (HCPC)

The four levels of Home Care Packages Program offer packages of home care services to support people to remain living independently in their homes with choice, flexibility and control over the services needed:

LEVEL 1 - BASIC CARE NEEDS

LEVEL 2 - LOW LEVEL CARE NEEDS

LEVEL 3 - INTERMEDIATE CARE NEEDS

LEVEL 4 - HIGH LEVEL CARE NEEDS

The types of services accessible under a HCPC include but are not limited to assistance with activities of daily living, house cleaning, basic home maintenance, transport to shopping and appointments or social outings, as well as personal care, nursing or other allied health services you may need.

Assessment: To access HCPC services you will need to be assessed by an Aged Care Assessment Team (ACAT). They assess your needs, and this will determine the care package you will be entitled to and the level of support you would receive. For being assessed, contact My Aged Care on 1800 200 422 or their webpage

www.myagedcare.gov.au

Costs: If assessed as eligible for a HCPC, you will receive a letter approving a package (and its level) from My Aged Care. The government subsidy increases with each level of package. The subsidy is paid directly to your HCPC provider of choice. You may be required to pay a basic daily care fee and/or an income tested care fee if you are not on a full aged pension.

There is a waiting period between being approved for a HCPC and starting a HCPC. My Aged Care will place you in a national priority queue for HCPCs and will contact you when a package becomes available.



Sending your dog away to be trained can be deadly

This young dog, Max, had to be put to sleep after his physical wounds had healed because his fear of new people and new dogs became dangerous after spending almost six weeks at a dog training centre in NSW. He refused to eat while at the centre and became very thin; the wounds are self-inflicted, a sign of severe stress and frustration.





As a puppy he was abandoned in a car boot and later adopted by a couple with a teenage daughter and another small dog. Things were going well, but Max showed a bit of fear towards new people. The owners paid a walker to walk Max because they lived in a unit and worked full time.

The dog walker took Max to the local dog park, which was no problem until one day Max was attacked by a new dog. He fought back and the owner of the new dog kicked Max in the head. Dog parks can be dangerous places and leave life-long doggy problems when things go wrong.

After the dog park incident, going there was banned and the dog walker's services ended.

Max began acting aggressively towards unfamiliar dogs and people. That's when his owners decided to have him trained. The most reputable centre was booked out for six months, so they desperately tried others. He was sent to an expensive dog training facility that had a few good references.

The owners phoned the centre and enquired about how Max was going every week, but it was not till the last call that they were told Max had been seen by the training centre's vet because of weight loss and foot injuries. Max was brought home in the above condition, his worst wound exposing bone, and he needed sedation and muzzling for his wounds to be attended. The owners of Max did seek legal action and were compensated for the fees charged but the damage to the dog was horrible and permanent.

The wounds healed and Max gained weight, but he was more fearful and unpredictable towards unknow people and dogs than eve. He was a big strong dog that had to wear a muzzle when walked and when the family had visitors.

The best thing for everyone, including Max, was to let him be euthanised and have peace from a crazy world. Max should have had behaviour modification before any training, and it is likely the training centre he went to used compulsive and harsh methods.

If you are not confident to train your dog, get someone to help you. There is no easy way; dogs are not like computers or machines.

Pam Brandis
Dip. Canine Prac.



with Nadia O'Carroll

FOILS



The America's Cup is a showcase of the latest sailing technology - the high-tech yachts that fly over the water on hydrofoils seem to have little in common with the elegant contenders of the past which glided through the water, and even less in common with species who use feathers, wings, scales, flippers, flukes and fins to move through air and water.

However, all utilise foils in locomotion. Foils are solid objects; when in a moving fluid (gas or liquid) foils have the shape and angle to create a pressure difference between the two sides of the foil, the force of the oncoming fluid resolves into two components - lift (vertical and perpendicular) acting at a right angle to the direction of motion and drag (horizontal and parallel) which acts in the opposite direction of motion.

Foils in air and water work according to the same principles and have a similar basic shape - curved on top and flatter underneath, so pressure reduces on top and increases underneath to produce lift. Because water is around 800 times denser than air, hydrofoils (water) can be much smaller than aerofoils (air). The contrast between hydrofoils and aerofoils can be illustrated in nature by comparing the thin tapered shape of penguins' wings used for swimming underwater with the hypertrophied stretched pectoral fins of flying fish used for gliding in the air.

There are numerous species, such as birds, rays, sharks, dolphins, whales, fish and seals, which move between the interface of air and water and must manage these divergent environments which create many physiological and biomechanical challenges, including using wings (aerofoils) in water and fins (hydrofoils) in air.

Plunge diving birds such as gannets, accelerate at high speed due to gravity and must contend with the impact of entering dense water, then diving up to 25 metres underwater in pursuit of fish.

Species which breach and leap such as whales, must accelerate upward against gravity and drag force to attain enough speed to exit the water into the much less dense and less supportive air above.

Dolphins, penguins and seals frequently engage in "porpoising", a technique of high-speed horizontal travel by swimming underwater close to the surface, alternating with long jumps into the air. Above a threshold speed, the reduction of friction moving through air compared to water saves energy and makes this an efficient form of high-speed travel.

JOY AS A RADICAL ACT

In yoga we see leading a joyous life as a radical act and something we all have the power to choose and deserve.

This is different to the Western view of joy. In our society, joy is passive and reactive and caused by something else.



A job promotion, a shiny new purchase or a sudden fortune makes us feel joy. Then with time, that joy fades into a dull memory.

But in yoga there is another type of joy, a more sustainable joy. We call this joy: unconditional, innate joy. It cannot be exhausted because it resides within us at all times. No external stimulus can evoke it, but as we develop our inner worlds through yoga and silence, we can tap into this joy anytime.

The dominant paradigm in society equates happiness with material or social gain. In a world of diminishing, finite resources, if my joy is linked to the next purchase, then there must be a finite amount of joy in the world. I must take from others in order to have more for myself. Innate joy, however, denies the basic idea that joy is finite and linked to consuming things. Innate joy is unlimited, within the reach of everyone. This infinite source of joy radically turns scarcity into abundance and undermines the whole economy of commodified happiness.

Joy is also an act. A joyful person will be almost incapable of keeping their joy from overflowing. They will want to share their joy, often through acts of kindness to others.

Imagine applying this idea to the current state of the world. You've listened yet again to another depressing and hysterical media report on the COVID-19 state of the world. Immediately you notice a gloom falling over you as you begin dreading the future and you start ruminating about the welfare of your family. You feel physically squashed and overwhelmed by things you can't control.

Go inwards. Drop into your body with kindness and feel what's arising. As you meet your experience – fear, panic, helplessness, greet it with warmth and understanding. Feel how you are connected to everyone around you who are experiencing exactly the same feelings. When you realise that millions of people in the world share these same feelings let the contraction turn outward. You share a kinship with humankind. Let your fear turn to compassion for yourself first and then for others. Allow it to radiate outward as a pragmatism, empathy, and perhaps joy.

This is why joy is a radical act. In the face of increasing political and social polarisation, connecting with our inner joy is a matter of survival. Joy cannot be hoarded, seized, or commodified; real joy is contagious. And if we see that truth inside ourselves, we see it reflected in the world around us.

Margot Wagner Yoga Under the Bodhi Tree

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



Councillor's Comment

VIRGINIA WEST

HAPPY NEW YEAR TO YOU ALL

With 2021 well under way I hope you have all had a restful festive season with family and friends and feel refreshed to face the already emerging challenges of the coming year. Life has certainly changed somewhat, and we all need to be resilient and embrace these changes to our daily lives.

BEAUDESERT-NERANG ROAD GUARDRAILS

I was delighted to receive a phone call last week from a DTMR project officer who advised there are plans to address the guardrails by removing some portions on the straight sections and reassessing the installation policy to better accommodate native wildlife movements. This follows communication with concerned community members and a number of others, and he commented on how respectful all levels of conversation and negotiation had been. I too agree that this respectful process has gone a long way to improving this situation, and thanks to all involved to date. Work is scheduled to begin in late February.

DRAFT WASTE MANAGEMENT STRATEGY

The draft Waste Management and Resource Recovery Strategy 2021-2026 has been released for community consultation and I encourage residents to have a read and provide their valuable feedback. The strategy focuses on waste targets and how sending waste to landfill can be reduced, increased recycling and resource recovery from waste. The strategy and your feedback will need to be via the website www.scenicrim.qld.qov.au/have-your-say

Hard copies are available to view at any Customer Service and Administration Centre. An information session will be held at The Vonda Youngman Centre, Wednesday 3 February at 5pm. Feedback closes on Friday 19 February.

AGRIBUSINESS/AGRITOURISM FIELD DAY

An information day is being held for interested rural producers and landowners to learn about options to diversify farm business, leverage farm assets and develop new pathways (possibly in food production or tourism) to enhance your land potential. The event is being held at a venue to be advised within the Scenic Rim on Thursday 4 February from 9am till 1.30pm. To register visit www.eventbrite.com.au/scenicrim-agribusiness-agritourism-information-day-tickets.

For further information on this event and the coming Farm2Plate hosted by Regionality, feel free to phone Council's Regional Prosperity officers on 5540 5111

MONTHLY BUSINESS INDUSTRY NEWSLETTER

As a business owner and rural producer, you may want to sign up for this very informative newsletter and keep updated on all coming events. For example, the Farm2Plate Exchange hosted by the dynamic Rose Wright from Regionality which is scheduled for May 2021.

Visit **www.investscenicrim.com.au** and the sign-up section is at the bottom of the page.

AUSTRALIA DAY NOMINEES

At the time of writing this column the nominees have been announced but not the winners and I wish all 16 Scenic Rim residents congratulations for their outstanding contributions to our region and being nominated is a huge honour in itself. We look forward to the ceremony alongside the Citizenship Ceremony hosted on Australia Day.

CONTACT ME

I am always available to talk with residents on 5540 5403 or 0407 630 052; or email virginia.w@scenicrim.qld.gov.au.

I hope to be resuming at Canungra Library on the second Saturday of the month from 9am till 11am so will advise when this commences again.

travelling places

With something for everyone...



TRAVELLING PLACES By Gina Storey

I am delighted to offer you a wonderful trip to outback Queensland – with an exclusive 10-seater aircraft taking off from Archerfield airport mid-May.

You will feel pampered from the moment you arrive to travel. If you have dreamed of visiting western Queensland but could never quite find the two weeks or the inclination to drive all that way, then this may be the perfect trip for you to explore.



Everything is catered for – on the first day we stop in Winton for a visit to the Dinosaur Centre, lunch at Tattersalls and a visit to the Waltzing Matilda Centre. A short flight takes us to Longreach to stay at the luxurious glamping experience at Mitchell Grass Retreat that was opened last year. Think a soak in the deep bath in your ensuite bathroom, air-conditioning if the weather is warm, relax on your private verandah with a champagne and watch the sunset over the wide-open outback. Explore Longreach with locals – the Qantas museum, the Stockman's Hall of Fame and an evening dinner under the stars.

Head north to Mount Mulligan Lodge situated between Atherton and Cooktown on a still working, vast cattle station. The surrounding landscape is breathtakingly beautiful – remote Northern Queensland back-country. The lodge is luxurious, your suite spacious and comfortable; enjoy gourmet meals and a wonderful wine selection.

There are a number of activities to enjoy at the property – guided tours of the historical goldfields, explore the Mount Mulligan coal mine and abandoned township. Relax by the pool, take an ATV adventure, star gaze, go wildlife spotting. Recently awarded by the prestigious Conde Nest Traveller as Australia's Best New Hotel – this will be a treat.

What better way to finish the trip than a lunch stop on Hamilton island!

What an amazing way to meet locals and interact with our vast outback Queensland.

There are just three seats left on this exclusive trip – a room for two and a solo room. This trip is a value proposition for Queenslanders wanting to travel with a few like-minded people to explore our outback. If you are looking forward to going somewhere and exploring in style – why not join us?

Do forward this on to any of your friends who you think may be interested.

What fun!

Contact Travelling Places on (07 55451600) or travel@travellingplaces.com.au



Spinach and ricotta roasted vegetable lasagne

You don't have to be a vegetarian to enjoy this amazing lasagne. The best part about this dish is that it takes less than 30 minutes to prepare and can even be made the night before and simply reheated at 150C for 30 minutes. It's the perfect dish to do up if you are having a party and have a lot to do on the day.

As a kid, mum would make a veggie lasagne (or lasagna) at least once a month and I would often sit in front of the oven watching the cheese bubble away and slowly turn a wonderful golden brown while savouring the aromas coming from the oven. You see, we were only allowed 30 minutes of TV a day and that would get used up very quickly as we would usually watch Conan the Barbarian and Astro Boy in the morning. So, watching food cook in the oven was sort of like a live TV show for me.

Did you know technically, 'lasagna' did not originate in Italy as you may expect. Its origin can be traced way back to Ancient Greece. The name 'lasagna', or 'lasagne' is derived from the Greek word 'laganon'; the first known form of pasta. Laganon was not a traditional lasagna as we know it with traditional Italian ingredients, but it was composed of layers of pasta and sauce. So, it basically got its name from the method in which it was made, not for its ingredients.



Don't be afraid of the long list of ingredients this lasagne which is super easy to put together!

Prep Time: 20 minutes Cook Time: 30/40 minutes

ervings: 6

INGREDIENTS

Sauce:

- 2 tablespoons olive oil
- 5 garlic cloves chopped finely
- 1 small onion finely diced

- 2 ripe tomatoes chopped
- 1 tinned crushed tomato
- Third cup water
- 3 tablespoons Gaucho rub

Pan roasted vegetables:

- 2 tablespoons olive oil
- 1 small brown onion, small dice
- 4 garlic cloves minced
- 1 red capsicum chopped
- 200g button mushrooms cut into quarters
- 1 medium zucchini diced
- salt and pepper
- 1 tablespoon butter

SPINACH RICOTTA FILLING:

- 100g fresh baby spinach blanched, squeezed of excess water and chopped, or use frozen spinach that has been defrosted
- 200g ricotta
- Half cup fresh parmesan grated

LASAGNE

- 12 instant lasagne sheets
- 200g Mozzarella shredded
- 100g tasty cheese shredded

Instructions

- Start the sauce so that it can simmer while you prep everything else
- Heat oil in a saucepan and fry onions and garlic until fragrant; add in Gaucho and stir
- Add fresh tomatoes, canned tomato, water, and let this come to a boil
- Reduce the heat to low and simmer stirring every 5 mins for 20-25 minutes till the tomatoes break down and the sauce is thick
- Heat olive oil in a fry pan and fry onions and garlic until fragrant
- Add capsicum, mushrooms zucchini and butter
- Cook on high heat stirring for 6-8 minutes till the vegetables are cooked and any residual water has evaporated
- Season with more salt and pepper if required
- In a bowl mix together blanched spinach, ricotta, parmesan
- Refrigerate till ready to use.



Layering the Lasagne:

- Preheat oven to 180C
- Brush the base of a large baking dish with olive oil
- Spoon a ladleful of the sauce at the base and spread it out. Cover the base with lasagna sheets overlapping/tearing as required
- Add all the spinach-ricotta mixture with a large spoon and spread it out
- Cover with lasagna sheets
- Add the roasted vegetables and spread them out. This will be the thickest layer. Add 2-3 ladles of sauce (approx 1.5 cups) and spread it over the veggies. Sprinkle a cup of cheese
- Layer with lasagna sheets. Add 2 cups sauce on top and spread it out. Sprinkle with remaining cheese
- Bake for 30-40 minutes, until the lasagne is baked through (stick a knife in the middle to check - there should be no resistance) and the cheese is golden on top
- This is an important step! Let the lasagna rest for 10 minutes before slicing and serving. This helps settle the layers and the lasagna won't fall apart when you serve.



SCENIC RIM LIBRARIES

We are open at 10am - 4pm
OR A 'Click and Collect' service
between 9am - 10am

Please note, at this time: Limited printing, photocopying & scanning

Available now

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



Book Sale & Morning Tea -February 9th, 9 - 12

David Scott - local author will be giving a talk. Come along to find a few treasures and enjoy a cuppa & a chat to fellow book lovers.

A Justice of the Peace is available

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



OUR EVENTS

Dates for your Diary

February 1st STORYTIME & SINGSONG

Join us for stories & songs and a craft pack to take home.

Bookings essential

0 - 5 years. 9:15 - 10:00

To join this session please phone 55405473 or email the library - library.t@scenicrim.qld.com.au

February 5th

BABY RHYME TIME 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.

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- Kanopy

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- Encyclopedia Britannica
- Literacy Planet

Learn new things - adults

- Transparent Language Online
- Universal Class

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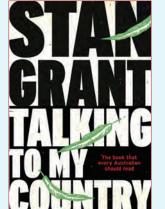
- Clue Detective Puzzle Agency
- Good Reading the magazine for book lovers



School activity packs are available for pickup at the library NOW! A variety of creative crafts each week.

Our Book Choice: Talking to My Country by Stan Grant

An extraordinarily powerful and personal meditation on race, culture and national identity. In July 2015, as
the debate over Adam Goodes being booed at AFL games raged and got ever more



heated and ugly, Stan Grant wrote a short but powerful piece for The Guardian that went viral, not only in Australia but right around the world, shared over 100,000 times on social media. His was a personal, passionate and powerful response to racism in Australia and the sorrow, shame, anger and hardship of being an indigenous man. 'We are the detritus of the brutality of the Australian frontier', he wrote, 'We remained a reminder of what was lost, what was taken, what was destroyed to scaffold the building of this nation's prosperity.' Stan Grant was lucky enough to find an escape route, making his way through education to become one of our leading journalists. He also spent many years outside Australia, working in Asia, the Middle East, Europe and Africa, a time that liberated him and gave him a unique perspective on Australia. This is his very personal meditation on what it means to be Australian, what it means to be indigenous, and what racism really means in this country. Talking to My Country is that rare and special book that talks to every Australian about their country - what it is, and what it could be. It is not just about race, or about indigenous people but all of us, our shared identity. Direct, honest and forthright, Stan is talking to us all. He might not have all the answers but he wants us to keep on asking the question: how can we be better?

LIBRARY OPENING TIMES MON-FRI 9AM-4PM • SAT 9AM-12PM

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VAN MAARSEVEEN

NEW DATES ARE ANNOUNCED FOR MAMMA MIA

After the forced postponement of the much-anticipated Gold Coast production of Mamma Mia. Matt Ward Entertainment has announced it will return to the main stage from June 19 to July 11, 2021 at The Star Gold Coast.

"It's official, we are back, and I'm so happy to announce that the show will go on," said producer Matt Ward.

"The arts and so many productions were hit hard due to COVID-19 and it was stop and start on the production for some time with all of the uncertainty.

"But there's no better feeling then having the green light to get back to doing what we love and being able to support local talent with our production.

"There is a massive appetite for live performance and entertainment off the back of lockdowns and restrictions, so dancing gueens of the Gold Coast can get excited for what's to come."

"Our incredible production team has focused all of its efforts over the last year into putting together an even bigger and better version of the show."

Matt also confirmed that cast auditions for the production would commence at the beginning of February. A total of 20 performers will make up the cast.

Tickets for the new show dates are on sale now via Ticketek, while those who have pre-bought tickets will be directly transferred over to the new dates or have the option for a refund if unable to attend.

Audiences can book tickets via www.thestargoldcoast.com.au or www.ticketek.com.au.

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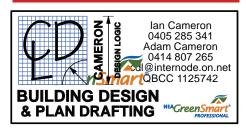
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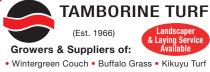
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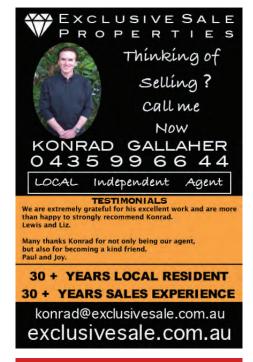
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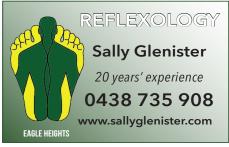


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WELLNESS AND HEALTH





EMERGENCY NUMBERS

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Fire (ask for Southport Control)00		
Fire (T.M.Rural F.B.)	0407 583 121	
Fire Warden	0400 741 591	
Police	5545 3473	
Ambulance	000	
Ambulance (non-urgent)	13 12 33	
Domestic Violence (24 hrs)	1800 811811	
Child Protection (24 hrs)	1800 177 135	
Lifeline	13 1114	
13 HEALTH	13 43 25 84	
SES	132 500	
Emergency Physiotherapy		
Neil Bell	5545 1133	
TM Community Care:		
Home Care & Transport needs	5545 4968	
Blue Nursing Service(07) 3287 20		
Roslyn Lodge	5545 7822	
TM. Medical Practice	5545 1222	
Eagle Hts. Medical Centre	5545 2416	
QML Pathology Nth Tamb	5545 3873	
Pharmacies: Nth Tamborine5545 14		
Eagle Heights	5545 1441	
Tamborine Mtn Physiotherapy		
& Sports Injury Clinic	5545 0500	
Tamborine Mountain Optometrist		
Nicky Carr	5545 0277	

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 2019

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

YOGA: For beginners to advanced students: Hatha, Tantra and Nada Yoga: Tues and Sat 9.30 am and Fri 8am at the Zamia. Margot Wagner 0428 137 391

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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