

Scenic

News

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



A SUPER TURNOUT TO CELEBRATE PARK RUN

*Celebrating 62 years of unbroken publication...
www.scenicnews.com.au*

Tamborine Mountain is currently celebrating the sixth anniversary of its super popular Saturday Morning Park Run and what better way to do it than with the enthusiastic support of some local superheroes. Last Saturday the weekly park run which is held at Tamborine Mountain Sports Complex played host to superheroes of all shapes, sizes and ages. General verdict? A super fun day. Photos: Sharee Young



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Property of the week

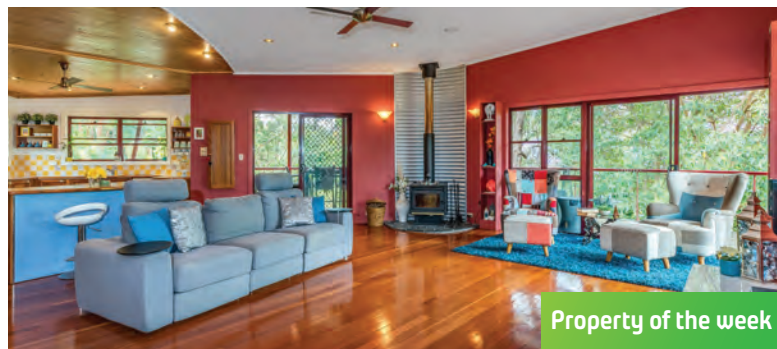
SALE 🛏️ 7 🛁 7 🚗 1 🗝️ 22.73 acres

Wallaby Ridge Retreat - Tourist hot spot \$1.4-1.5M
88 Bambling Road, Boyland

- 2 opportunities present with this property, purchase as a residence, or continue running the B&B
- 3 self-contained suites, plus 2 self contained cottages
- Main house: reception office & commercial kitchen

AGENTS:

Mark Inwood Debra Opie
 0407 292 036 0409 210 362



Property of the week

SALE 🛏️ 3 🛁 3 🚗 4 🗝️ 2,249m²

Extraordinary in every way \$829,000+
14-16 Java Court, Tamborine Mountain

- Unique, quality built 3 level home with Gold Coast views
- Wrap-around undercover balconys for family entertainment
- Large windows bring the natural bush outlook inside
- Gas heated spa in hidden grotto under the stars

AGENTS:

Diane Pihl Linda Hogan
 0424 653 316 0414 300 558



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OPEN HOMES - Sat 13th

- 9.30 - 10.15 12 Damper Crt, Flagstone
- 10 - 10.30 32/5.15 Cook Road
- 11 - 11.30 1 - 19 Drysdale Rd, Tamborine
- 12 - 12.30 16 Sequoia Drive
- 12 - 12.30 74 Stringybark Rd, Tamborine
- 12.15 - 1 L2 / 73-87 Guanaba Road
- 1 - 1.45 1-13 Verbena Rd, Tamborine
- 1.30-2 14-16 Java Court
- 2.30 - 3 94 Wongawallan Road



Review Seller: 332 Main Western Road

Paul is the most genuine real estate salesperson that I know, his knowledge of the market is comprehensive, I highly recommend Paul and the team he works with when it comes to selling your property on Tamborine Mountain

AGENTS: ★★★★★
 Team Paul, Ton & Heleen
 07 5545 5000



SALE 🛏️ 4 🛁 2 🚗 4 🗝️ 4289m²

204 Freemans Road, Lower Beechmont

- Sunny & inviting property with open space
- Fully fenced pet-proof yard
- Undercover deck, great bush outlook
- Picturesque property, great price with so much to offer its new owner

\$727,000

AGENTS:

Oliver Edwards
 0422 500 613



SALE 🛏️ 4 🛁 2 🚗 4 🗝️ 1000m²

4 Carey Parade, Tamborine Mountain

- A spacious, modern family home on one level with timber doors and windows
- 9' ceilings throughout, open plan living
- North facing sunroom with sliding doors
- Large backyard, fenced with garden shed

\$795,000

AGENTS:

Barry Chick
 0418 876 191



SALE 🛏️ 4 🛁 2 🚗 2 🗝️ 1801 m²

16 Ben Nevis Street, Tamborine Mountain

- Western Red Cedar home filled with character
- Polished hardwood timber flooring
- Raked ceilings upstairs
- Level block on just under half an acre
- Fully fenced with electric gate

\$795,000

AGENTS:

Deb Opie 0409 210 362
 Mark Inwood 0407 292 036



EXHIBITION TO CELEBRATE THE STRENGTH OF WOMEN

The strength of women forged in the fire of their children's uncertain start to life and of female artists working in a man's world is at the heart of Scenic Rim Regional Council's new exhibition opening at The Centre Beaudesert this month.

Women's Work, which runs from Friday 19 February to 26 March, brings together the exhibitions of Early, by Emma Thorp, and Welded Hearts, by Melissa Carey and Colleen Lavender, in a fusion of artistic styles and expressions of emotion that will both strike a chord with and tug at the heartstrings of many in the community.

Early maps artist Emma Thorp's journey which began with her son's premature birth through to a diagnosis of autism and ADHD, exposing the emotions experienced by parents and honouring those who work tirelessly with families to ensure the best possible outcomes.

Welded Hearts, by Melissa Carey and Colleen Lavender, shares stories of courage and resilience, also with an underlying message of hope.

A digital and mixed media artist, Emma Thorp has drawn on her life experience, combining sketches, photography and memories to create detailed images that provide a glimpse into a world that can often be very insular and all-consuming.

After her son, Alby, was born 14 weeks early, Emma experienced fear, guilt, regret, frustration and isolation and, juggling her own desires and commitments with those of the hospital, her husband

and eldest child, was left feeling inadequate and deficient.

"He was born on 8 October 2010. His full-term due date would have been 9 January 2011," she said.

"When he was born, Alby weighed 1100 grams (2 lb 4 oz), fortunately a good weight for his age.

"He had many of the typical setbacks that extremely premature babies have - jaundice, anaemia, eye problems, brain haemorrhage, heart issues and breathing issues - but battled and became stronger and after 78 days between the Mater Mothers' Brisbane and Toowoomba Base Hospital Special Care, Alby was able to come home."

Sculptures, art installations and interactive works feature in the Welded Hearts exhibition by Melissa Carey and Colleen Lavender.

"As women, we speak from our heart," Melissa said.

"In hard times, we gather together in community, we share our stories, and we hold space for others to express emotions.

"Art helps us process our thoughts and emotions, that sometimes we don't have words for. It gives us a voice, it helps us, as women, speak our truth and show courage."

Scenic Rim artist Colleen Lavender is renowned for her ability to turn cold scrap metal into beautiful sculptures that radiate warmth.

"By using the technique of welding, which is seen as masculine, we find our own ways to combine our feminine elements and show our resilience through this hard and strong medium," she said.

"Through our art, we share our stories of courage, bravery and resilience, and spread our message of hope to the community."

The launch of Women's Work on Saturday 20 February is open to all members of the Scenic Rim community and is presented in partnership with WOW (Women of the World) Australia, a Queensland initiative aligned with the global WOW Foundation supporting action and change for women and girls.

Hosted by Scenic Rim Councillor Virginia West, the launch opens with a morning tea and exhibition viewing from 10.30am, followed by a panel discussion with the artists and WOW Executive Producer Cathy Hunt, and concluding with guided tours of the exhibition by the artists.

Free tickets to the exhibition launch are available online at www.liveatthecentre.com.au or by phoning 5540 5050. As this is a COVID-safe event with limited places, all tickets will be issued as allocated seating.

For groups, please be sure to register all attendees when booking tickets to assist with seat allocation.



Artist Colleen Lavender at work

Dandelions 3

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GET ON BOARD SPACESHIP TM UNIVERSE

With the purchase of four acres of prime land in the centre of Tamborine Mountain, TM Universe is literally aiming for the stars.

A big thank you to the community as it has gone forward from 'just a dream' to a real project.

If you are as excited as the TM Universe team, then perhaps you'd like to join it on the journey that will lead to establishing this great science centre. There are many ways to support and/or get involved:

Buy a Block: for you family or your group/organisation so the former Tamborine Mountain Observatory can be rebuilt on the precinct. For \$200 you not only become a founding member, will be recognised on the Founding Members Board, as well as becoming a financial member for one year.

Invest: Even though the land has been bought we still need investors; for \$10,000 you become a Founding Investor, receive a 3 per cent return per year and be part of the group who made this first major step (buying the land) possible.

The project will need \$9 million in funding. The more hands and brains that can contribute, the better. TM Universe has a highly skilled board of seven locals with four to lead the project through to the next stage encompassing Governance, Building and Construction, Contents, Education and Science, and Events, Campaigns, Merchandise and Membership..

All its committees need support for a few hours a week or month - a few examples:

- Quarterly newsletter writer: write a quarterly newsletter to all members and non-members about what has happened and what is coming up. More information: Phil Collier, **media@tmuniverse.com.au**
- Grant writer: support current grant writers, find and write grant applications for TMU. Have experience in grant writing. More information: Phil Collier, **media@tmuniverse.com.au**
- Writer media releases, supporting Jaap Vogel and Michael Hopkins: prepare media releases for newspapers. Team player with great grammar and writing skills. More information: Jaap Vogel, **jaap@tmuniverse.com.au**
- Volunteers-manager: help co-ordinate with the volunteers and arrange schedules for volunteers' involvements. Liaise with volunteers - good social skills. More information: Myriam Marchand, **secretary@tmuniverse.com.au**
- Events coordinator to help arrange events. Coordinate events of TM Universe and act as main contact. Good at organising and planning, be a team player and work well with others. More information: **alison@tmuniverse.com.au**

We are aiming for the stars and hope to welcome you on Spaceship Tamborine Mountain Universe.

More information: www.tmuniverse.com.au

Jaap Vogel



Photo of Jaap Vogel by Bjorn Schmal

UNIQUE WEDDING TRAIL IS SET FOR AN ENCORE

Following on the success of last year's inaugural Tamborine Mountain Wedding Trail, nine outstanding wedding venues are again combining to present what is rapidly evolving into a unique and trend-setting industry event.

This second Wedding Trail in the region presents a one-of-a-kind opportunity to not only visit the Mountain's best wedding venues but also to meet with more than 30 specialist wedding suppliers - a handful of which will be showcased at each of the venues.

Like last year, it will be held on a single day - Sunday 28 February - from 10am to 3pm. Admission to venues throughout the Wedding Trail is free.

Participating venues are:

- Albert River Wines
- Cedar Creek Estate Vineyard and Winery
- Cedar Creek Lodges
- Hampton Estate Wines
- Secret Garden Estate
- Pethers Rainforest Retreat
- St Bernard's Hotel
- Stonehaven Manor, and
- Tamborine Gardens

Tamborine Mountain is arguably the most beautiful and vibrant wedding destination in South East Queensland, hosting an incredible range of outstanding wedding venues and highly respected suppliers who cater to all aspects of the wedding industry: hair and beauty, entertainment, photography, transport options, accommodation, jewellery and accessories, florals and furniture hire, as well as planning and styling services.

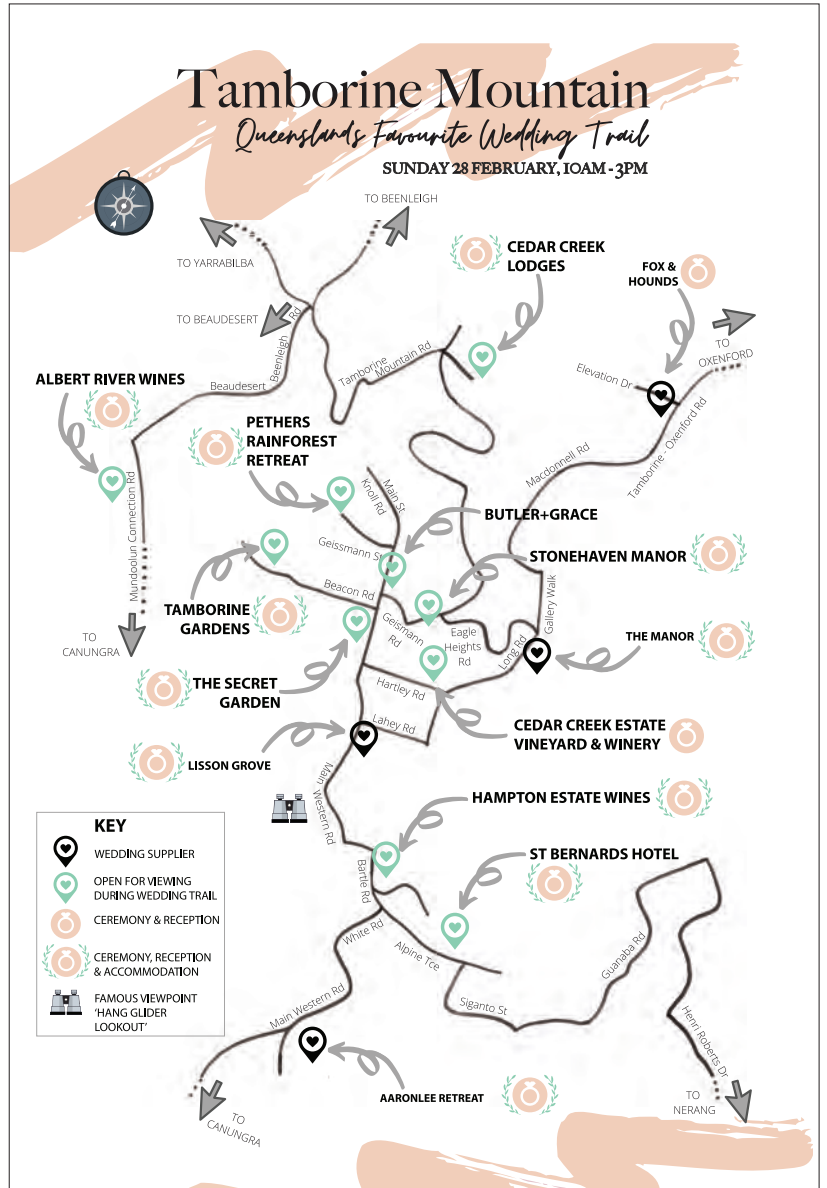
The Wedding Trail will again provide an unsurpassed opportunity for couples to discover all that Tamborine Mountain offers them for their special day. Venues range from historic to romantic and modern to seasonal outlook, with multiple venues catering to all budgets and wedding party size.

All couples attending the Wedding Trail will have a chance to win \$2000 worth of wedding expenses paid for by Tamborine Mountain Wedding Group across the vendors on showcase. To enter, they must visit at least five venues - one entry per couple per venue location.

Butler and Grace on Main Street, North Tamborine, will also

be open on February 28 and showcasing tableware hire and floral options for that big day.

All businesses participating in the Wedding Trail will be following COVID-safe rules as advised by the Queensland Government's COVID-19 Safe Business Plan Guidelines.



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OUR TEAM:

Dr SANDEEP GUPTA B.D.Sc

NATASHA SATTI B.OHT



TAMBORINE MOUNTAIN DENTAL

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

BE EARLY TO CATCH A BARGAIN AT GARDENS

The early bird catches . . . a great bargain at the **Tamborine Mountain Regional Botanic Gardens one-day plant sale on Saturday.**

For the first time, the sale will be held at the Potty Potters' propagation pavilion at the southern end of the Gardens. Signs have been placed along the road to point the way. The sale will begin at 8am on Saturday and close at midday unless sold out earlier.

Vehicles will be available to help people with large purchases take their plants to the car park. The vehicles will also be available for less abled purchasers.



The Botanic Gardens plants sales are always busy - so be early for a bargain.

The Gardens' renowned Potty Potters have prepared a magnificent display of so many plant varieties, there is surely something for every taste. Recent rains combined with warm weather have left the Botanic Gardens plants in great condition.

The focus of this sale is cottage garden plants, and they will be available in many shapes and sizes. There will be many samples of favourites such as begonias and geraniums and also some unusual succulents. Head Potter Bobby White says succulents are very popular right now.


The Potters have also prepared a range of bare rooted plants including a great collection of clivias, special gingers and bromeliads. All good gardeners know that 'bare rooted' means bargain prices.

The sale will be conducted under a COVID-Safe plan which means all visitors must maintain social distancing and take advice and direction from our volunteers. We have arranged to accept card payment on the day and would prefer visitors to pay in this way. We will accept cash.


Entry to the Botanic Gardens is free and visitors can enjoy a juicy sausage sizzle and a hot coffee near the pavilion by the entry.

Visitors are most welcome to bring a picnic and enjoy the ambience of the Gardens.

Denby Browning



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.

MINOR COMMUNITY GRANTS

Applications for Round 2 of Council's Community Grants (Minor) close 26 February 2021 at 5pm. These grants provide for up to \$5000 for not-for-profit community groups for projects and events which benefit the Scenic Rim.

Grant guidelines and a link to the online application form is available on Council's website www.scenicrim.qld.gov.au/grants-funding-awards/community-grants-program/1.

STORYTIME IN THE PARK OUTREACH

CANUNGRA	10 February	10 March
BEAUDESERT	16 February	16 March
RATHDOWNNEY	17 February	17 March
KALBAR	18 February	18 March
PEAK CROSSING	22 February	
BEECHMONT	4 March	
TAMBORINE VILLAGE	9 March	

LIVE + ONLINE AT THE CENTRES

LIVE ON STAGE
FIRST AM CONCERT OF THE YEAR!
WOMEN IN HARMONY
Friday 12 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

FRIDAY FLICKS
 Boonah Cultural Centre 9.30am | 12 noon | 2.30pm
 Tickets at the door and available online. All tickets \$5.
12 February: The Booksellers (G) 10am and 1pm only
12 February: A pre-Valentine's Day special night out 7pm | A Star Is Born (M)
19 February: Rams (PG)
Book online at: liveatthecentre.com.au

WORLD OF WORK EXPO

WORLD OF WORK
SCENIC RIM BUSINESS AND CAREERS EXPO
BEAUDESERT SHOWGROUNDS | Thursday 18 March
www.scenicrim.qld.gov.au/world-of-work

LIBRARIES

DIGITAL DAYS
 Tech Savvy Seniors workshops are now running weekly at Beaudesert, Boonah and Tamborine Mountain libraries. These short sessions cover troubleshooting for tablets or mobile phones and advice about the internet and online safety. COVID-safe restrictions apply. This program has been made possible with the support of the State Library of Queensland, the Queensland Government and Telstra.

NAME THE GAME
 Join us as we bring board games to life and enjoy old-time parlour games. For ages 8+
TAMBORINE MOUNTAIN
 Wednesdays from 10 February | 4pm - 4.45pm

FREE TREES

FREE TREE DISTRIBUTION DAY
Saturday 6 March | 8am to 12 noon
 Springleigh Park Boonah

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.

QUEENSLAND MUSEUM KITS

Suitable for home-schooled students, educators and families, these kits are available for loan from local libraries.

Semester 1 kits include *Queensland Remembers: 1939-1945; Toys; Asia, South; Living in a Rotten Log; Invertebrate Life Cycles and Sustainable Living*.

Please contact your local library for more information.
More information: scenicrim.qld.gov.au/libraries

ON EXHIBITION

WOMEN'S WORK
Friday 19 February - Friday 26 March
 The Centre, Beaudesert
 Features two exhibitions: *EARLY* Emma Thorp traces a mother's journey through her child's extreme prematurity, autism and ADHD. *WELDED HEARTS* Melissa Carey and Colleen Lavender express their thoughts and emotions using steel, wood, art installations and interactive works.
Centre gallery hours: Tuesday-Friday | 10am-4pm
 (closed public holidays) | Free Admission
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

scenicrim.qld.gov.au

ANNUAL TAMBORINE MOUNTAIN TOURISM BROCHURE READY TO ROLL

Work on the 2021 annual Tamborine Mountain visitor guide is well under way with strong opportunities for Mountain tourism and hospitality operators to display their offerings to the hundreds of thousands of tourists who come to the Mountain every year.

The brochure will again promote the best Tamborine Mountain has to offer, including the popular "play&stay", "play&see" and "stay&taste" sections as well as the weddings and shopping guides and the popular bush-walk guide and comprehensive map.

The hexagonal cover design has been retained this year, giving just four operators the chance to exclusively showcase a unique offering.

The Tamborine Mountain Chamber of Commerce and Industry will again utilise its broad distribution network to ensure the brochure is available to tourists all the way from Brisbane to Byron Bay, throughout the Gold Coast and Scenic Rim.

Chamber President Geoff Baldwin said: "We have again arranged for the brochure to be displayed in Visitor Information Centres across the Scenic Rim and Gold Coast as well as the Information Centre at Southbank in Brisbane, at Gold Coast and Brisbane airports, in hotels, on the 10 map boards across Tamborine Mountain - in fact everywhere in our region that tourism information is displayed, our brochure will be there.

"During the height of COVID-19 last year, distribution was limited so we arranged a letterbox drop to 32,000 residences in high-end postcodes across Brisbane. Tourism operators on the Mountain reported a significant result so we will repeat that project this year.

"We expect the new brochure to be published in early April. We still have stock of the 2020 brochure, so operators will have the benefit of

continuous exposure."

Geoff said that a particular promotional benefit comes from the volunteers at the Tamborine Mountain Visitor Information Centre.

"We want to encourage all accommodation operators to contact our Information Centre every week with updates of bed availability. The volunteers receive many calls from tourists asking about accommodation and they can only provide details if they know what is available over the coming few days.

"The volunteers also take regular familiarisation trips to venues across the Mountain and across the Scenic Rim so they can answer visitor questions with great authority.

"No other organisation is able to offer Tamborine Mountain operators the value, the distribution and the support that is available through the annual brochure."

Tourism operators can phone to enquire about opportunities and book space in the brochure by calling Judi Minnikin (0418 457 923), David McPhee (0438 174 631) or Caroline Jackson (0413 600 116).

FURTHER INFORMATION:

**Geoff Baldwin,
President**

Tamborine Mountain Chamber of Commerce and Industry Inc

Mobile: 0419 659 186

Email: president@tamborinemtcc.org.au

Web: VisitTamborineMountain.com.au

SUNCORP



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9am - 4.30pm Friday
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RUGBY SENDS OUT CALL FOR PLAYERS, PARENTS

Founded by Wallabies legend Garrick Morgan and some keen players and parents, Tamborine Mountain Rugby has become an important part of our community.

Its distinctive clubhouse is synonymous with afternoons of great rugby for players and parents alike and community gatherings that celebrate all that is wonderful about kids' sport.

Last year was a tough year for everyone and the club was not able to participate in the regular Gold Coast Rugby Union season. We are looking to reinvigorate rugby in 2021 and, as a community-focused club, we are inviting the community of Tamborine Mountain to join us.

Our Rugby Park playing field and clubhouse located within the Tamborine Mountain Sports Complex on Long Road is used for all club events. The ground is floodlit for night training and matches.

Rugby Union is unique as a sport in that it offers positions for every shape and size of players, for boys and girls. Quite literally, everyone is welcome. As a contact sport, it also offers a controlled environment where physical and emotional release can be safely achieved.

Family has always played a big part at the club and our weekly BBQ's, generously supported by so many, always worked well to build our club spirit. We also engaged local schools in the activities and collaborated for the benefit of our players within neighbouring communities.

Our sport is changing though and as a club we will ensure we adapt too. Along with traditional competitions, Rugby Union is expanding and achieving excellence in niche sectors of Sevens and Women's Rugby with clear pathways to the top from community club level.



Garrick Morgan

Our values of discipline, respect, teamwork and sportsmanship never waver. They stand players in good stead in every aspect of their lives, both on and off the pitch, now and in the future

Expressions of interest are sought from girls and boys of all ages, as well as parents and community members looking for a way to participate in kids' sport as managers or coaches. So, if you're interested in your child playing an inclusive game, underpinned by the values of respect, discipline, teamwork and sportsmanship, please call John on **0400 554 555** or Adam on **0413 214 066**.

ROSS CHURCHILL


A Shout Out To The Tamborine Mountain Community

The Tamborine Mountain Junior Rugby Club is calling for interested parents, friends and players to kick start rugby again on the mountain in 2021

- Players – boys and girls from under 6
- Coaches & Trainers
- Volunteers

"It takes a team to field a team"

Call Adam 0413 214066 or John 0400 554555

Visit us on Facebook  /tmrugbyclub/

Be a part of the team

Be a part of the fun

Be a part of the Rugby Community

Tamborine Mountain Highlanders Rugby Club



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Best of

TAMBORINE MOUNTAIN

Official Visitor Guide

PEACEFUL AND PICTURESQUE,
LOCATED IN THE *scenic rim*.
AN HOUR SOUTH OF BRISBANE,
VISIT TAMBORINE MOUNTAIN IN
THE *gold coast hinterland* AND
PUT YOUR HEAD IN THE CLOUDS!

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Bush Walks
& Wildlife*

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*Arts
&
Crafts*

MAP
INSIDE

YOUR NAME & IMAGE HERE

*Adventure,
Experiences
& Fun*

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*Wineries
& Dining*

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*Stay
&
Relax*

This Guide will contain the BEST...
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 - ✓ Welcome Bags in Gold Coast high rise buildings
 - ✓ Australia Post Letter Box Drop to Brisbane Selected Suburbs
 - ✓ Guaranteed 1 year brochure service from Ballina to North Brisbane
- **GENERAL Distribution to Brisbane & Gold Coast**

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JON KRAUSE MP

State Member for Scenic Rim

GAMBLING COMMUNITY BENEFIT FUND

Congratulations to all 15 community groups in the Scenic Rim that were successful in Round 106 of the Gambling Community Benefit Fund.

Round 108 Fund is now open and community organisations have until 28 February 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 more than \$18 million in grant funds for community organisations since I was elected as your representative in 2012. Please contact my office for more information or to request a letter of support, and visit justice.qld.gov.au

SCHOOL LEADERS

I have had the pleasure of attending student leadership ceremonies around the Scenic Rim recently. The leadership responsibilities accepted by students teach them vital skills that will help them to gain confidence as they prepare for the next steps in their lives. It has been wonderful meeting students, teachers and parents and I wish all leaders the best and encourage them to take full advantage of the opportunities made available by the fantastic local schools in the Scenic Rim.

QUEENSLAND YOUTH PARLIAMENT

In the past, we have been very fortunate to have some wonderful Youth Parliamentarians representing our electorate and I am eager for this to occur again this year. The Queensland Youth Parliament (QYP) is an initiative of the State Council of YMCAs Queensland and the organisation has overseen the program for more than 20 years.

This is for anyone aged 15 to 25 with a passion for their local community and an interest in the parliamentary process. Members of the QYP learn about parliamentary debate, Bill writing and much more. All that's needed is enthusiasm, and participants are taught everything they need to know.

Nominations are now open, and close on 14 February. There are limited positions in the QYP, and nominees are encouraged to continue applying if they are unsuccessful this round. For more information, or to nominate visit: ymcaqyp.org.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, so I can lobby on your behalf in Brisbane. Quick question? SMS 0401 63 44 88.

GRANT FUNDING FOR COMMUNITY GROUPS

Community groups in the Scenic Rim Electorate will share in more than \$345,000 of grant funding awarded through round 106 of the Gambling Community Benefit Fund (GCBF).

More than \$18 million has now been allocated to community groups in the Scenic Rim Electorate through various grants since State Member Jon Krause was elected in 2012. On Tamborine Mountain, Beechmont and in Canungra, five groups will share in more than \$95,000.

For Round 108 of the GCBF, not-for-profit groups can apply for grants from \$500 to \$35,000. Applications are now open and close on 28 February.

To apply, visit www.justice.qld.gov.au/grants, or for more information contact Mr Krause's office via email scenicrim@parliament.qld.gov.au, or phone 5515 1100.

Local organisations to receive funding in Round 106 included:

Beechmont Cricket Club	\$35,000 (Upgrade facility and purchase equipment)
Canungra State School P & C	\$30,000 (Install playground)
Moriarty Park Community Sporting Centre	\$16,412 (Purchase landscaping equipment)
Tamborine Mountain Community Kindergarten	\$2775 (Install air conditioner)
Tamborine Mountain Men's Shed	\$11,778 (Install automated dust extraction gates)



SCOTT BUCHHOLZ

Federal Member for Wright

USE ONLY OFFICIAL SOURCES TO GET COVID-19 INFORMATION

I was back in Parliament this week for the first sitting weeks of the year. As we start the new year, there has been a lot of talk of COVID-19 and vaccines. I want to remind residents to obtain your information please only from official sources. Find the latest news, key facts and figures, contacts and answers to your questions at: www.health.gov.au

PFIZER VACCINE APPROVED

The Therapeutic Goods Administration (TGA) has provisionally approved the Pfizer/BioNTech COVID-19 vaccine for use in Australia. The Pfizer vaccine has met strict standards for safety, quality and efficacy. The TGA provisional approval is for individuals 16 years of age and older. Two doses will be required – at least 21 days apart. In Australia COVID-19 vaccines will be rolled out in five phases over the coming months and, over time, will involve more than 1000 vaccination administration sites.

By now, you would have seen the Federal Government's public information campaign to encourage Australians to get a COVID-19 vaccine. The campaign will keep Australians fully informed and up to date about the safety and effectiveness of COVID-19 vaccines as they become available, including when, how and where to get the jab. The information in this campaign, based on expert, and independent, medical advice, will help answer the questions people may have.

RECOGNISING EXCEPTIONAL WORK DURING PANDEMIC

We have so many wonderful people in our Hinterland communities who do exceptional work, every day without recognition.

I'm encouraging everyone in our community to think of some local heroes who have displayed extraordinary service and achievement during the COVID-19 response and recovery, for an Australian National Honour.

Individuals recognised for their contribution, service or achievement relating to COVID-19 will feature on a dedicated COVID-19 honours roll as well as the official Australian honours database from the Queen's Birthday in June.

More information can be found at www.covidhonours.pmc.gov.au

COMMUNITY GROUP FUNDING

A reminder: The Federal Government currently has funding available for community groups through the Stronger Communities Programme and the Building Better Regions Fund.

Applications will be closing soon, so please get in touch with my office for more information.

HERE TO HELP

As always, my office is here to assist with any Australian Government matters. Please don't hesitate to get in contact.

Email: Scott.Buchholz.MP@aph.gov.au Phone: 5541 0150

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Member for **Scenic Rim**

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



Letters to the Editor

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

THANK YOU TO SO MANY PEOPLE FOR HELPING SAVE JULIAN

Thank you for your photos and lovely article, honouring the young man Christian Cullen, when he received an Australia Day award for his presence of mind and quick actions, that contributed to the rescue of Julian Nicol after he sustained a serious head injury.

In March 2020, witnessing that cliff fall and responding by climbing down to Julian, then running for help, was extremely traumatic for Christian. He initially did not know if his friend were alive, if he would fall further while he left him, or if he would remain alive. We hope and pray that the so well-deserved bravery award contributes to Christian's sense of closure and that he will move on from that event with continued courage. During the award ceremony, when Christian was asked by Mayor Christensen to say a few words, Christian was very brave once again and attributed Julian's survival to the grace of God and the prayers of many people.

As Julian's parents, we agree. We wish that the terrible accident had never happened, but we saw the grace of God appear that day, in the form of our mountain's incredible emergency service people.

Before then, we could never have known the astonishing work that these people are trained so capably to perform. It was immense.

One of the first on the scene was Christian's dad, Andrew Cullen from the QFR. Regardless of how he was feeling, he quickly set about securing abseiling ropes to the trees at the cliff top, to allow rescuers to reach Julian with life-saving equipment. He is a hero.

We are forever indebted to humble local QAS man, Ben Canavan. He kept Julian alive on the cliff ledge for over two hours, until Julian was winched to safety. He refuses to concede that he did anything heroic that day. He did not notice, until it was pointed out later, that he was bleeding from cuts and abrasions to his own arms and legs. I am equally horrified and incredibly grateful, that this man, who is a husband and father, put his own life at risk for our son's life. Danny Edser from the QFR was completely exhausted after over two hours on the cliff face, working to support Ben Canavan deliver first aid.

We are very thankful to the Tamborine Mountain Police for their efforts on that day and we will never forget the kindness and concern of Scott Geurin. He said they took it very personally when a mountain child was in trouble; they were saving 'their boy'.

Very comforting too was all the familiar Mountain faces; Marti De Bruyn and the Tamborine Mountain SES, who among other

duties, shielded operations and Julian from unwanted attention, protecting his dignity.

The Beacon Road/Keswick Road neighbourhood and staff of QCCC, particularly Ian Partridge and Donna, were God sent. They made the 000 call and then provided comfort and refreshments to the workers, family and bystanders. Thankyou Debbie Williams for the warm cardigan and for helpfully providing information that led to Care Flight using the convention centre grounds to land their helicopter.

We thank Care Flight for seemingly effortlessly, airlifting Julian to the Queensland Children's Hospital - we were there in 15 or 20 minutes. The staff at the Queensland Children's Hospital were like a well-oiled machine when Julian arrived at the emergency department and was sent to theatre immediately to undergo a craniotomy.

We are eternally grateful to countless many who prayed for Julian's survival and recovery. Christian's mum Julia was massively supportive throughout and without her generosity of spirit, wisdom and love, it would have been much harder for everyone concerned.

Julian was blessed to have all the best of men and women from Tamborine Mountain emergency services, to be in the right place at the right time to attend to him. Our family can never adequately find the words to thank them all for returning our son to us and for contributing to the good outcome. He has made a remarkable and miraculous recovery.

Our gravest fears were not realised and Julian will have a great life.

Jen and Barry Nicol and family

AN UPDATE ON THE LONG RD EXTENSION

In April 2020, representations were made to Scenic Rim Council by Jaap Vogel, Tamborine Mountain Blueprint, Bruce Hargreaves, Tamborine Mountain Marathon and Relays, Howard Stevens, a representative for a group seeking an integrated pathway circuit, and myself. We were asking Council to consider including the Long Road Extension Stage 2 in the budget for financial year 2020/21.

At this point, I should remind readers of the various stages.

Stage 1 is the placement of road base or an equivalent over the two fields in the northern sector to make the extension available as a north-south emergency route in all weathers. Currently it can only be used as an emergency route in dry weather.

Stage 2 is the construction of a gravel 5D road which will allow for a north-south emergency route in all weathers, plus open

this route for walkers, cyclists, runners and horse riders.

Stage 3 is the construction of a formal road.

We were seeking funding for stage 2. It is normal practice for a response to be sent to the submitters in a timely fashion. However, Council was unable to send us a response due to things happening in the background and we were asked to be patient.

In January 2021, I sent a reminder and received a response that said nothing that we did not know in April 2020. I sent another request seeking Council's thoughts or plans for the Long Road Extension. I received another response dated 21 January and amongst many words it said:

"While it is realised that a detailed scope for the Long Road Extension project has not yet been identified, of the three options put forward, option 2, being the construction of a gravel track for pedestrian shared access, would be considered most logical".

Elsewhere it stated that it must be considered with all other requests for increased footpath assets and more broadly all asset classes and hence alignment to the annual review of Council's Ten-Year Capital Works programme is necessary.

Long Road Extension is not yet on the Ten-Year Capital Works programme, so that is the first hurdle to overcome. I have been advised that it is on the review list for this year. Let us keep our fingers crossed.

Interestingly, the Eden Estate development has requested access along the northern end of Long Road Extension, and this has been granted. So, Eden development will construct some sort of road over part of the northern route. Council had an opportunity of asking the developers to construct a dual pedestrian/cyclist footpath as well but failed to do so. Instead, Council asked that enough space be left so that a footpath could be constructed later on. I did suggest that the footpath option should be discussed when the application was debated but this, sadly, did not occur. A wasted opportunity in my view.

Nigel Waistell

Tamboirine Mountain
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Dr Nisha Nangrani
Dr Lauren Ries



Accredited by



**Councillor's
Comment**



DEREK SWANBOROUGH
DIVISION 1

These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council.

AUSTRALIA DAY

I attended the Australia Day Awards and was very pleased for Christian Cullen and Allan Rosser to be honoured, Christian for his bravery and courage and Allan for his outstanding contribution to Tamborine Mountain over 95 years. Also, congratulations to all our new Australian citizens published in the last Scenic News.

BEAUDESERT PIG AND CALF SALEYARDS SAVED

I was so pleased for the people of Beaudesert when I learned these historic yards had been saved by a listing from the Heritage Commission. It never made sense to me that they were to be bulldozed by Council for a carpark in its ultra-expensive new library and parkland development. A part of the region's heritage would have been wiped forever.

It just goes to show that even when you are a singular voice in Council, as is often the case, it can all be worthwhile and rewarding to listen to the voice of the people, stick to your beliefs and fight for what the community wants. The reward in this case is participating in shaping the future heritage of the region. I was asked to present the petitions to save the saleyards and I think Council completely misjudged community sentiment on this issue, just as it initially misjudged the community sentiment to save the trees in the Boonah town centre, only compromising after a petition by 1800 people made their plans to remove the trees untenable.

NEW COUNCIL STANDING ORDERS AND PROCEDURES FALL SHORT OF TRANSPARENCY

These documents determine how Council meetings are conducted. After many hours of clarifications in open Council, over two meeting cycles, and yes, then one in a closed Councillor and Executive workshop, excluding the public and media, a most unsatisfactory outcome has resulted despite a raft of amendments proposed by me that were all defeated.

It is now official that councillors in Ordinary Meetings, cannot have discussions about any topic unless the public and media are excluded from those discussions. Discussion was allowed previously in committee meetings before they were abolished mid-2019. As it is now, councillors can only ask questions and not comment on the answers. However, councillors can have discussions in confidential briefings away from public scrutiny in Councillor and Executive Workshops or when councillors resolve to close items in the public meetings to the public.

How is that transparent, and how is that open decision making and WHY IS THAT? It is counter to local government democracy in my view and below the expectations of ratepayers. Academic studies on transparency in bureaucracies and organisations, and my own experience in local government teach me that when the basis of decisions can be hidden from public and media scrutiny, that maladministration, favouritism, self-interest, bias, inequity, waste, inefficiency, and corruption can follow. The result can be poor services and decision making and increased rates. I think you have all been affected already by unsustainable rate levies.

This is why councils like Ipswich City are moving to have integrity hubs so that the public know everything about future plans and spending and how decisions are made. I briefly spoke to the Mayor of Ipswich recently about this and such transformative thinking in my view is required for Scenic Rim and indeed all Queensland councils. Scenic Rim residents cannot afford its council to have less transparency. I have other concerns about these new standing orders, but they are for another column.

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

Mobile: 0436 351 567
Email: derek.s@scenicrim.qld.gov.au
Derek Swanborough
Councillor, Division 1

KRAUSE WANTS ACTION ON BEECHMONT SPEED

Member for Scenic Rim, Jon Krause, said he is continuing to press for increased road safety on Beechmont following a number of near misses on Beechmont Road between Jardine Road and McInnes Court, as well as ongoing issues with hoon.

Mr Krause has contacted the Transport and Main Roads Regional Director to highlight public concerns, particularly in regard to the 80km/h speed limit between Jardine Road and McInnes Court that locals believe should be reduced to 60km/h.

“Residents have advised me that in this section the current speed limit has caused a number of near misses and a few minor accidents.

“I have requested that the Regional Director inspect and consider lowering the speed limit along this section.

“I also continue to raise with police the need for more consistent presence and enforcement and have made representations to them about acquiring equipment to enforce noise limitations on roads where hooning, speeding and noise from vehicles is an issue. ‘Noise cameras’ are used in other jurisdictions and can be used to enforce noise limits by issuing penalties where limits are exceeded.

“At the moment people consider they can speed and hoon without any penalty because they are so unlikely to be penalised. A lower speed limit by itself won’t stop this, but what we need is more presence and enforcement.”

Mr Krause said he had been advised by the Regional Director that a speed limit review of Beechmont Road would be occurring during the 2021/2022 financial year.



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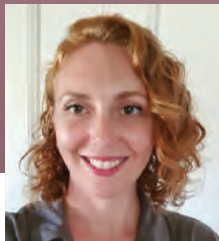


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HOW DO I KNOW MY BABY IS GETTING ENOUGH MILK?

The question most frequently asked of midwives in those first few days of a baby's life is 'how do I know my baby is getting enough milk?'

In those early days of getting to know your baby, many new mums can feel overwhelmed at the enormity of caring for another human being, and bound up in that is the worry that the baby is 'hungry'. Especially if you are not blessed with a miraculous child who sleeps for long periods. Often mums of babies who wake every few hours for a feed become concerned that perhaps their baby is hungry, and she is not producing enough milk, when really, it is quite normal for babies to feed at least eight times in 24 hours, and in fact this is a sign of a well baby.

So, let's start from the top. What is normal? As I said, babies feed frequently, especially in those first few days. If you choose to breastfeed, your milk when your baby is born is a tiny amount of very nutrient rich milk called colostrum. When we express with new mums on day one, we are excited if we express 1ml of this - that is how small the quantities are. Babies are not particularly 'hungry', but need little and often, which also stimulates your milk to come in sooner.

So, in the first three to four days of life, it is quite normal for babies to feed often. They do not necessarily feed in a scheduled every three hours routine (although some may), they often will cluster feed during busy periods (usually the night); sometimes with only one to two hours between feeds, and then they will have a break of three to four hours. Feeding approximately eight times in 24 hours is the norm. Babies also do not have a large stomach, so do not need large volumes of milk. On day one, a baby's stomach is the size of a marble, so they do not need large volumes, just the right nutrition for their brain and body development.

Your milk will typically come in on day three to four. The night before this, you will often feel that you are feeding endlessly, and you may become concerned that the baby is hungry and you're not producing enough. What is actually happening is your baby is stimulating the milk production that it needs for your milk to come in. This is normal behaviour. The next day you may feel the difference in your breasts, and you will notice that the baby is satiated for longer. By day four the baby's stomach is still small, about the size of a walnut.

It is important to think about the size of a baby's stomach if you are formula feeding too. If you are aware of the volumes of the stomach in the early days, you are less likely to stretch the stomach to fit in large volumes and this will help not only avoiding vomiting but also reduce the risk of childhood obesity that often is associated with formula feeding for this reason. By one week old, the baby's stomach is about the size of an apricot (45-60ml).

Babies will also show you that they are getting enough milk by their behaviour. At the end of the feed, they may appear 'drunk' and often sleep. They also will have periods between feeds when they are alert and awake, are easy to rouse for feeding, will gain weight, and have plenty of wet and dirty nappies. Breastmilk is a mild laxative, so after most feeds babies will often soil their nappies.

If you are concerned about your baby's feeding, discuss with your midwife, lactation consultant, child health nurse or GP.

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



INTERDEPENDENCE

The decade of the 1970s is often referred to as the "ME" decade. Popular culture gave rise to hits such as "I Did it My Way" and "I am Woman". Out of this culture grew a general aversion to dependence while self-sufficiency became the new norm. At the time it was a necessary correction, particularly for women, but the fallout was a preoccupation with independence. The seventies was a long time ago but its message has reverberated through the decades.

The balance between being too dependent and being too self-sufficient is interdependence. Interdependent people are those who are independent enough that they do not find it threatening to depend on others or let others depend on them. Interdependent people recognise the all-important difference between healthy dependency and unhealthy dependency.

Unhealthy dependence occurs when you depend on someone to do for you anything that is your personal responsibility. For example, if you depend on someone else to make you feel good about yourself you will find only temporary relief because no one can provide you with self-esteem. If you compromise your personal standards and integrity to give in to another's demands, you are in an unhealthy dependency. If you fear that you would not survive on your own and feel incapable of self-sufficiency, then you are a candidate for unhealthy dependency.

Only an independent person can enter into a relationship of interdependence. The more secure you are, the more you can risk. Self-sufficiency and intimacy are not opposed to one another; rather they complement one another and form a complete whole. Couples who thrive are not afraid of losing their independence and they are not afraid of sharing themselves fully. They are interdependent. They balance their independence with dependence.

Think about your partnership. What are the areas of interdependence where you share mutual responsibility and mutual interests? What are areas that you are free to individually pursue? Do you have clear boundaries or are there 'border conflicts' over responsibilities and interests? Often these particular conflicts result from a fear of losing oneself. The question underlying border conflicts is "Should I meet my own needs at my partner's expense or should I meet my partner's needs at my expense?"

Become familiar with your default position. When it comes to boundaries, we all tend to err in a direction of either too weak or too strong boundaries, contingent on where we sit on the spectrum of dependence and independence. Do you have a tendency to give in and acquiesce to your partner's needs or are you stubborn and extremely protective of your own needs? If you are able to identify what your tendency is then experiment by choosing the opposite behaviour next time.

Thriving couples find ways to establish and honour one another's personal boundaries and arrive at a balance of interdependence that satisfies both personalities.

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

EARTHWORMS

There are approximately 1000 native species and 80 introduced species of earthworms in Australia, including giant earthworms. The most famous giant is the Gippsland Giant Earthworm (*Megascolides australis*), which may be three metres long. This species is classified as vulnerable and lives in fragmented colonies.

The giant earthworms found in the Scenic Rim are a smaller species, around two metres long (*Digaster longmani*). They probably share many characteristics of the Gippsland Giant. However, much information remains undiscovered. These worms live in deep permanent burrows and are not seen, unless they come to the surface when their burrows are flooded by heavy rain, or when excavations or landslips disturb their burrows.

Earthworms' habitat is soil, leaf litter, under stones and logs. Native earthworms are often eliminated by clearing and most disturbed habitats such as pastures and gardens are dominated by European species.

They do not have an external skeleton like an insect or an internal skeleton like a snake; they rely on their muscles alone to maintain their structure. They also do not have eyes but can detect light through light sensitive tissues on their head.

Movement and burrowing utilise the musculature of the segments and body wall and bristle-like front and rear setae. They contract and relax the muscles in successive segments, which produces a wave-like movement; as they extend forward, they grip with their front setae and release their rear setae as they draw up the rear of their body.

Earthworms breathe through their skin which must remain moist for gas exchange to occur. This restricts their activities and area of habitation. Five aortic arches act as hearts and pump blood around their bodies.

The diet of earthworms consists of organic matter and debris. The earthworm uses its pharynx to swallow food which then passes to a gizzard which contains grit (much like a bird) and grinds the food. The food then passes to the intestine where it is digested and absorbed. The waste products or castings are excreted.

Earthworms are hermaphrodite i.e., single individuals possess both eggs and sperm. To reproduce, two worms mate, they then separate, and each produces an egg in a cocoon. The egg cocoon is laid in the soil and after incubation one young worm hatches, then continues to grow until reaching maturity.

The activity of earthworms benefit soil through aeration, drainage, water holding capacity, introducing organic materials, improved soil structure, mixing surface and sub surface soils.

PLAYING AN INSTRUMENT WILL BENEFIT YOUR BRAIN

We all know how to exercise our muscles. Hit up the gym, go for a run, the list goes on and on.

But have you ever thought about how to condition your brain? Maybe a little bit of sudoku? Play a game or two of chess?

Those mental aerobics are all well and good, but, if you really want to stretch your mind; to give it the equivalent of a 'full-body workout', the best thing to do is play a musical instrument.

Don't just take my word for it.

Consider the following points:

- It has been scientifically proven that that playing a musical instrument recruits almost every part of the brain, from regions that process vision, sound and movement, even to our memory.
- Recently, music has become a leading treatment for dementia patients, due to its emotional, behavioural and cognitive benefits.
- School-aged children can also benefit. Music has been linked to improved brain development through the formation of new neural connections. Additionally, studying music leads to improved coordination, maths and language skills, as well as attention and concentration.
- One study found that taking music lessons in childhood was a significant predictor of a higher IQ in young adulthood and is linked to better high school grades.

So, whatever stage of life you are at, I highly encourage you to pick up that old saxophone or flute that's been floating around the house for decades, or even give it to your child, and find a way to incorporate more music into your life.

Even better, come and join Tamborine Mountain Orchestra in 2021, to immerse yourself in a friendly community of music-lovers who would love nothing more than for you to join our ranks.

We rehearse every Wednesday night from 7 to 9pm, at 2 Dapsang Drive, Tamborine Mountain. For more information, check out our Facebook and Instagram pages (@TamborineMountainOrchestra) or website: tmo.org.au

It doesn't matter if you are a total 'virtuoso', or even someone who hasn't picked up an instrument in years; we'd love to have you.

Hope to see you one Wednesday night, or at our next concert on 27 March.

Poppy-Jane Todd
Tamborine Mountain Orchestra

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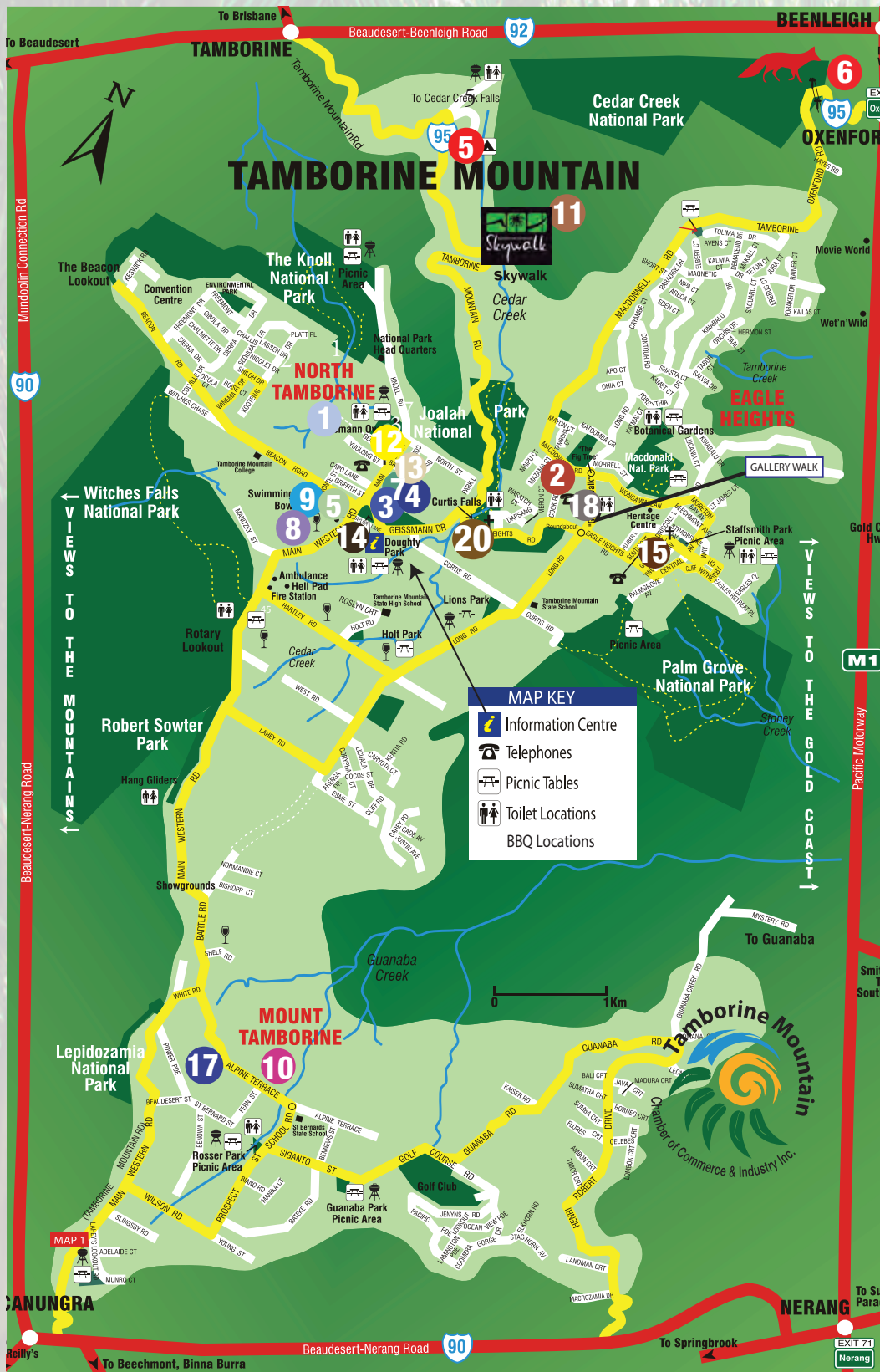
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LEARNING TO MANIFEST IN YOGA

One of the things we learn to do in yoga is to manifest. The word manifestation comes from spirituality because if something spiritual becomes real, it is said to be a manifestation.

The word's usage, however, has spread to include all aspects of life. Manifestation is not a new concept; both the yogis following the Vedanta path and the Mayan Buddhists use the theory of Maya: life is an illusion, and the only reality is the one you create with your thoughts and beliefs.

In yoga we like to see manifestation as a choice. We choose to expect the positive outcomes and mostly that is what results. In our practice, in our meditation, in our relationships with others and with life. A positive mindset results in a positive life, most often. Don't discount the curved balls. They're thrown in there to keep us humble, human and challenged.

No one said life on earth was easy. The reality is that our lives are not always happy, and we all have to face some darkness. Things like chronic illness, significant loss, depression or anxiety are a reality for many. And sometimes the best route to happiness is to stay with that darkness. There is tremendous power in learning to sit with the discomfort and uncertainty, and letting go.

But I digress. We are hoping to manifest a more positive future, after the darkness perhaps. And there are many tools to help you manifest. Books, podcasts, verbal affirmations and vision boards. Vision boards have gone in and out of favour over the last couple of years. Promoted widely by talk show hosts and inspirational authors, the idea of creating a vision board can be seen as faddish and cheesy or a visual tool you can use to project your ideal life.

It's not magic; it's a very real way to visually brainwash yourself to imagine and actually see pictorially, a different view of your future life. And it can be as simple as slapping beautiful images on a board with inspiring words and sentences or you can put a bit of thought into it by prioritising your goals and ambitions and then you create your visual masterpiece.

It's fun and it's happened already. We've just run our vision board workshop and it was a blast. We started with a yoga class to open up our third eye, we chose an area of our lives where we know we need to change and we created vision boards: collages of words, phrases, and images of things that inspire us, and that highlight what we would like to manifest in our lives, and how we want to be living in the future.

Like a visual kick-start to the year, a vision board is a great tool to manifest a different, future YOU.

Margot Wagner
Yoga Under the Bodhi Tree

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



SENIORS WELLBEING WITH OR WITHOUT A CARER

Feeling safe and heard is essential to your wellbeing when you are a senior and living alone or with your carer. You have the right to enjoy your home, community and lifestyle in comfort and with a sense of independence. Seniors who are better informed are more confident and likely to be comfortable and happy.

Carers would do well to create a comfortable space for the senior to discuss these matters with a view to hearing their seniors.

All seniors are entitled to being treated with respect and kindness and must be aware that there are avenues to ensure their comfort and wellbeing.

Here are some general guidelines for you to feel safe and heard:

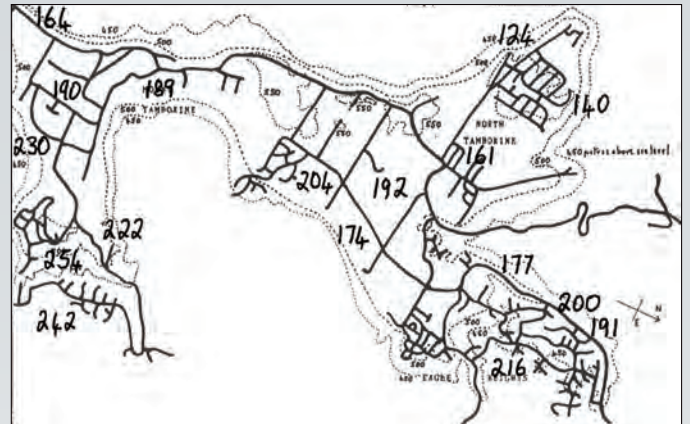
- Limit the amount of personal information displayed in the phone book. List only your initials and surname. If you have an answering machine, record your message as "We will call you back..."
- Do not tell strangers where you live, when you will be away or about any of your personal, family, or financial details.
- When shopping, carry smaller amounts of money. Avoid leaving your handbag, wallet, or personal items unattended or in the shopping trolley.
- If you have a touch phone, program in the phone numbers of a relative, neighbour, close friend, and the emergency number '000' (triple zero).
- If you receive mail, emails, or phone calls, requesting money for a charity or any other reason make sure to verify the legitimacy of the cause before giving out your banking details. Your local police station could help you with this information.
- If you live alone, consider installing an alarm system – it will help keeping you safe and protect your home and personal belongings. Medical or personal alarm systems can be easy to set up and there are many options available to you, depending on your needs.
- If you have a carer living with you, be aware that sometimes even your carer may not be aware of what you need. Speak clearly with your carer about your needs. If you still feel the need to be heard and have any queries and would like to know more about Senior Wellness, feel welcome to call TMCCA on 5545 4968 or visit us at 42 Southport Avenue, Eagle Heights.
- You can even call ADA AUSTRALIA 1800 818 338 (Freecall) or (07) 3637 6000 (Telephone information line operates between 9am and 4pm Monday to Friday).

Geoff Marshall
Manager, TMCCA



Club Tamborine President Rob Taylor (right) presents a cheque for \$250 to Tamborine Mountain Lions Club president Roger Baker in appreciation of the Lions' efforts in organising and running Club Tamborine's highly popular New Year's Eve barbecue.

Tamborine Mountain Rainfall



JANUARY 2021

Rainfall in South East Queensland in January depends on the interaction between the monsoon, with its rain-bearing north-west winds and troughs, and the southern high-pressure systems bearing coastal showers from the south-east.

This January the southern highs were dominant most of the time. This brought showers on at least 20 of the 31 days although at 'Westdown', on the north-west shelf of the Mountain, Jim Inglis recorded rain or dew on every day of the month. The only heavy fall, recorded on the 19th, was due to an upper atmosphere low.

The rainfall expected at Fern Street in January is 159mm and the long-term mean is 220mm. This January Fern Street recorded 190.2mm.

The chart shows highest totals on the east of the Mountain, but they were variable. This January was also unusually cool due to the dominance of the south-east trade wind and also to extra cloud cover. The latter is due to the increasing strength of the south-flowing east Australian coastal current.

Mike Russell 5545 3601

one small place on earth



Sphingid Moth

Sphingid Moth – *Hippotion brennus*, garage, Eagle Heights.



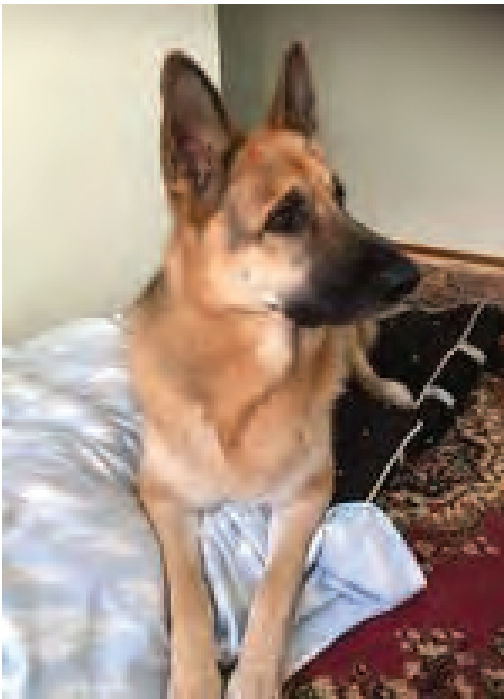
Sphingid refers to the family Sphingidae. I photographed the moth on Australia Day. It was the first I have photographed at the garage since the owner installed LED lights, which did not attract moths, four and a half months ago. I mentioned their absence when I saw him the other day and he obligingly assured me he would reinstall the previous bulbs. The expert had not seen this moth. The species occurs in the Moluccas, Papua New Guinea, the Solomon Islands and in Queensland (where it is more common further north) with a sighting in north-eastern New South Wales. Wingspan is 6cm.

Peter Kuttner



KAISER THE GERMAN SHEPHERD NEEDS A HOME

This friendly ball-loving boy is still looking for a good home. I have met and played with him and he is basically a good dog that will need time to adjust to a different home and circumstances.



I can offer some free help and training advice for Tamborine Mountain residents. Below is what the current foster carer Morika is asking of people interested. I can understand her concern about unscrupulous people, like those involved in dog fighting and some security people.

“Kaiser is a beautiful three-year-old German

Shepherd that needs a home where the owners will truly love and care for him the way that he has been loved in his current home. He needs his new home to have owners who are happy to have him live in the house as he hates to be alone. A female friend would be ideal.”

“His ideal new owners would be home with him a lot of the time for company and if they were not home, he would be best with a female dog companion. He feels the heat, so needs a home in the mountains where he will not suffer from heat pain. Tamborine Mountain, Springbrook or Beechmont would suit him just fine. He is a top guard dog and will keep your home safe and protect you if you give him the love he needs, and he needs a lot. He is the most affectionate dog we have ever known. He only wants to please and if you tell him off (which hasn't been much as he is a good dog) he will sulk, so he is very sensitive.

“We ask that any new owners sign an agreement that he will not be sold on to other new owners and that if for some reason you can no longer keep Kaiser you contact us so that we can rehome him ourselves. This is unlikely to occur if you show give him attention and lots of cuddles. We want to keep Kaiser, but we live in a sensitive wildlife area and his ideal home would have lots of space for him to run around with plenty of shade.

“Previous owners used an electric collar on him, so he suffered trauma from this, but he has recovered now and is ready for loving new owners. Electric collars have been banned in other states as it is recognised as cruel”.

Please contact Morika on (07) 5533 3336 if you are interested.

Pam Brandis
Dip. Canine. Prac.



TRAVELLING PLACES *By Gina Storey*

Last week I had a really interesting update with AP. This wonderful Australian company started over 90 years ago taking people in a converted truck/bus (not a coach) around Victoria. How they have developed!

Still family owned and Australian based, APT now offer journeys worldwide; they operate a fleet of luxury coaches, river boats, ocean going expedition ships and purpose built 4WD vehicle to explore our outback.

With international travel at a standstill, APT has returned to its roots – taking happy travellers all over Australia to explore our wilderness, our cities, our culture, our heritage and virtually any nook and cranny you can imagine.



APT are continuing to offer trips by land and sea to The Kimberley and Far North Queensland. These wilderness trips immerse you into our tropics, meeting locals along the way, exploring significant artefact locations, and staying in a range of places including the purpose-built wilderness lodges that APT owns. Combine these wilderness adventures with a small ship expedition (maximum 114 passengers) along our remote shoreline – see the rugged Kimberley and the horizontal waterfalls; travel the west coast and encounter whale sharks at Ningaloo Reef; cross the Great Australian Bight stopping to shuck oysters in Coffin Bay; sail the East coast all the way from Cairns to Melbourne; or stop at King Island en route to Tasmania.

Perhaps walking is more your idea of a holiday – APT are now featuring small group pampered walks in Tasmania, Queensland and New Zealand. These trips combine wonderful small group touring with wilderness walks; if you are relatively fit but also enjoy the finer things in life one of these might be just the escape you are looking for.

We have clients just returned from Tasmania who took a 12-day trip with APT – they called to say it was the best trip they have ever taken anywhere in the world. The destination was fascinating and the service wonderful. How lucky we are to explore our own backyard.

With such a vast country to cover, APT have designed a number of air tours, each around a weeklong. You will join the APT chartered aircraft as you fly around Australia – explore the Southern Ocean to the Top End; explore the Queensland outback and Cape York; there is a trip up the west coast of Australia; and another around Tasmania.

Botanica is their garden specialist tours. You don't need to be a garden enthusiast to enjoy these journeys, if you have an interest in beautiful gardens and culture you will have a lovely time. Escorted by an expert horticulturalist, you will gain access to private gardens around Australia as well as visiting major garden events, like Floriade in Canberra or the Melbourne Garden show.

Apart from these close to home adventures, APT are in full swing booking European and Asian River Cruises for 2022 and 2023. Small ship expedition cruises to remote ports around the world, touring around the Americas, Africa or South America. The range of holidays on offer is broad and fascinating. There are some super savings around for those who book early.

If any of these destinations interest you contact Travelling Places now to find out more. APT are also coming to the Mountain to share lots of knowledge about all of the exciting trips they have on offer. Do join us.

KEEP THE DATE: Wednesday 10 March at 10.30pm. RSVP to join our talk with Camille and you can book a one-to-one appointment from 11.30am onwards.



VEGETARIAN PIRATE SHEPHERD'S PIE

Is it a pie? Shepherd's Pie is one of those things chefs always like to have a fight about.

"How is it a pie when it has no pastry" is how it usually starts, but arguing with some chefs is like wrestling with a pig in mud; sooner or later you realise the pig actually likes it. So, I've long since refrained from joining in the debate. Who cares? It tastes delicious.

Now this recipe requires something called TVP, or textured vegetable protein, and it's come a long way since it first came on the scene and edamame is soooo much better than peas. If you don't know where to find them, simply ask Google or head to your local Asian grocery.

If you are a vegetarian, seriously, add this to your arsenal of dishes. Trust me, your meat-eating mates won't even know it's not meat.

When I had Eden Restaurant, I made a point to make the menu almost 50 per cent vegetarian. Why? Because vegetarian food is delicious and nutritious. Most restaurants will do a spinach and ricotta something or a tomato and lentil something. BORING! This is because nine times out of 10 the chef hasn't cooked much vegetarian. Trust me, if you take the time to learn some good vego recipes you will be amazed at the flavour and how you won't even miss the meat.

For many years I was in charge of feeding 300 volunteers for Australia's largest music festival held over Christmas and New Year, something called Woodford Folk Festival. In exchange for eight hours of work, each volunteer was given a ticket to the festival and fed three meals a day for the two weeks it took to create the amazing atmosphere that is Woodfordia.

The ratio of carnivores to herbivores was 40 per cent to 60 per cent, an amazing ratio, as vegetarians usually equate to

about only 10 per cent of the population. Now, some of these guys were like the 'hezbollah' of vegetarians, rightfully voicing that they needed to be rewarded equally to the carnivores; so, if the carnivores got steak, the herbivores wanted something just as special.

Luckily, I was up for the challenge. You see, my mother was a hippie from way back, so I had a list as long as my arm of delicious vegetarian dishes in my bag of tricks and I was the first chef to really win the 'hezbollah' over and this dish was an absolute crowd pleaser.

Coincidentally, Woodford was the place where I met my wife. She had just jumped ship from delivering to New Zealand from the UK the world's fastest bio diesel-powered wave piercing trimaran and having got the world record for the fastest circumnavigation of the globe.

This recipe uses my Captain Kidd spiced rum BBQ sauce that I've made with Gordon's spiced rum from Tamborine Mountain distillery and my Gaucho - a marriage made in heaven!

Did you know Captain Kidd was a famous 17th century pirate?

INGREDIENTS

- 80ml extra virgin olive oil, plus a bit more for drizzling
- 1 brown onion, diced
- 1 large carrot the size of your hand, diced
- 2 celery stalks, diced
- 4 cloves of garlic, minced
- 1 handful of button mushrooms, diced
- 1 zucchini, diced
- 250g TVP rehydrated, or veggie mince
- 375ml vegetable stock (use a cube if you want)
- 6 tbs of Captain Kidd spiced rum BBQ sauce
- 2 tbs soy sauce
- 1 tbs caramelised balsamic
- 2 tbs of gravy powder
- 1 tbs Dijon
- 2 tbs Gaucho
- 1/2 cup edamame (frozen immature soybeans)
- 3 cobs of corn with the kernels



removed (you can use frozen too)

- 1 cup pizza cheese
- 1/4 cup grate parmesan

MASH

- 1kg brushed potato
- 90g butter
- 50ml milk
- 1 tbs salt
- 1 tsp pepper

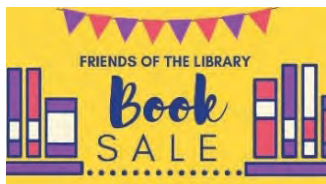
METHOD

- Preheat oven to 180°C
- Heat oil in a large saucepan over a medium heat and add onion, carrot, celery, garlic, mushrooms and zucchini. Fry until it smells amazing and add TVP
- Add all the remaining ingredients except the edamame, corn and cheeses
- Cook over a low to medium heat for 20 minutes, stirring often
- Boil the potatoes until soft, and mash
- Melt butter and milk in microwave; add to mash, and season
- Fill a deep baking dish 3/4 of the way up with the "meat sauce" then spoon on the mash bit by bit until covered. Use fork to make lines in the mash
- Top with cheeses and bake until golden and crispy 35 to 40 minutes
- Serve with a nice glass of Tempranillo or Shiraz.



hooked on books

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

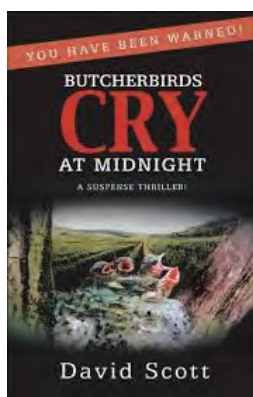


David Scott - local author will be giving a talk. Come along to find a few treasures and enjoy a cuppa & a chat to fellow book lovers.

Book Review:

Butcherbirds Cry at Midnight

David Scott's book is about family, fear, pain and family solidarity. The thrust of the story is eminently topical today - the betrayal of children and abuse by trusted adults. The backdrop is a family vineyard in the 1960's: a trio of older siblings, trying to carve out careers for themselves, come back to the Murray Valley winery for an important anniversary event and have to deal with a dark past. At the centre is much admired husband and wife how are held up as the epitome of cultural success in their country community. The emotional development of the central characters continues as the story develops. There is an element of the thriller as the tale



reaches an ugly crescendo, but the strength of daughter Amy and the love she has for her brother Cade, climaxes in a final scene that has a positive outcome.

A book of strength, perseverance, sadness, evil and retribution, not for fainthearted, but certainly one of disturbing truth and relevance.

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- Please note, at this time:
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Patrons will need sanitise hands as they enter and provide their library card number or details (as per government directives).

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February 8th

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February 12th

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.

Fridays 9:15 - 10:00

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Starting February 10

Join us every Wednesday afternoon at 4pm to reveal the game of the week, then stay and play!

We will bring board games to life, unearth old parlour games and battle our way through the weekly challenge.

Ages 8+ Wednesdays

Starting 10 February

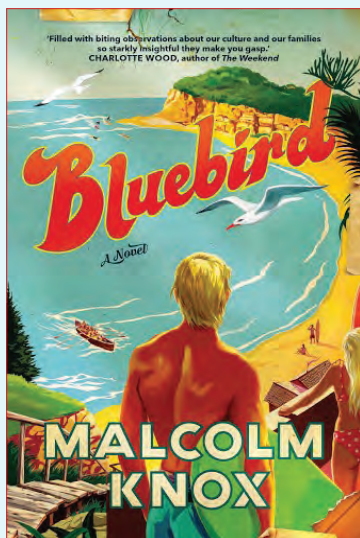
**4.00-4.45 Tamborine Mountain Library
07 5540 5473**



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



Our Book Choice: *Bluebird* by Malcolm Knox



A stunning new novel about longing, regret, redemption and the terrible legacy of decades of secrets buried in an Australian beachside suburb.

A house perched impossibly on a cliff overlooking the stunning, iconic Bluebird Beach. Prime real estate, yet somehow not real estate at all, The Lodge is, like those who live in it, falling apart.

Gordon Grimes has become the accidental keeper of this last relic of an endangered world. He lives in The Lodge with his wife Kelly who is trying to leave him, their son Ben who will do anything to save him, his goddaughter Lou who is hiding from her own troubles, and Leonie, the family matriarch who has trapped them here for their own good.

But Gordon has no money and is running out of time to conserve his homeland. His love for this way of life will drive him, and everyone around him, to increasingly desperate risks. In the end, what will it cost them to hang onto their past?

Acclaimed writer Malcolm Knox has written a classic Australian novel about the myths that come to define families and communities, and the lies that uphold them. It's about a certain kind of Australia that we all recognise, and a certain kind of Australian whose currency is running out. Change is coming to Bluebird, whether they like it or not. And the secrets they've been keeping and the lies they've been telling can't save them now.

Savage, funny, revelatory and brilliant, *Bluebird* exposes the hollowness of the stories told to glorify a dying culture and shows how those who seek to preserve these myths end up being crushed by them.

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

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

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GARAGE SALE

82 Contour Rd, Tamborine Mountain. Saturday 13th Feb from 7:30am to Noon.



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Yoga Under the Bodhi Tree – LIVE YOGA CLASSES: Mon 9.30am Moriarty CC, Canungra. Wed 6pm Canungra Wellness Centre, Kidston St, Canungra. Tues 9.30am, Fri 8am and Sat 9.30am Zamia Theatre, Main St, Tamborine Mountain. **ONLINE YOGA CLASSES:** Tues 6pm, Wed 9.30am, Sat 7.00am. For Online Classes text or email me: Margot 0428 137 391 or yogaunderthebodhitree@outlook.com.

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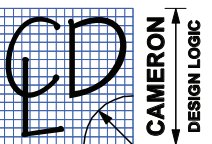
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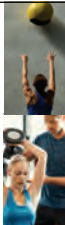
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MEDITATION: Tuesdays 7pm – New Thought, New Life Centre 5545 3700.

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

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

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

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

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

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

TAMBORINE MOUNTAIN COMMUNITY CARE

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

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

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

TM ARTS COLLECTIVE: Meetings are usually held at 7.00 pm on the first Wednesday of the month at a designated location (call 5545 0043 for details). We always welcome visitors and enquiries from new artists and artisans. We stand for a stronger arts community on the Mountain, and continue to lobby for a local community

gallery and arts hub. The Collective benefits from our association with the Brisbane Visual Arts Community (BVAC) and members participate in Brisbane and local arts events.

TM BOWLS CLUB – Friday social 1pm winter & 2pm summer; Sunday Scroungers 10.00am-12.00 noon; barefoot bowls & otherwise by arrangement. Competitions for members as notified. Free coaching, new members always welcome. Enquiries: 5545 1308.

TM BRIDGE CLUB meets each Monday at 5.45pm, Wednesday at 1.15pm, Thursday at 12.45pm and in an Assisted Play session on Friday at 12.45pm for those wishing to learn more in a social environment at the Tamborine Mountain Sports Complex, 400 Long Road.

TM CHAMBER OF COMMERCE: 2nd Wed. of month. Phone 5545 0944 Email: info@tamborinemountainchamber.com.au

TM COMMUNITY KINDERGARTEN ASSOC meets 2nd Wednesday of the month at the kindergarten 23 Coleman Square, North Tamborine at 7.15pm.

TM CREATIVE ARTS: Schedule of Activities MONDAY 9.00am-12.00 noon Patchwork, Quilting, Mahjong. 1.00pm-4.00pm Painting (Tutor fee) 1.15pm-4.15pm Creative Writing (1st,3rd,5th Monday of Month) 6.00pm-9.00pm Mens' Group 7.00pm-9.00pm Sculpture & Pottery **TUESDAY** 9.00am-12.00 noon General Craft, Sculpture & Pottery 9.30am-12.30pm Life Drawing (Model fee) **WEDNESDAY** 9.00am-12.00 noon General Craft, Sculpture & Pottery, Spinning & Weaving, Embroidery (1st Wed of Month), Machine Sewing (last Wed of Month). **THURSDAY** 9.00am-12.00 noon Sculpture & Pottery, Botanical Drawing 9.00am-1.00pm Weaving (1st & 5th Thursday of month) 1.00pm-4.00pm Wearable Art, (Felting Dyeing etc) **FRIDAY** 9.00am-12.00 noon Wood Artisans, Sculpture & Pottery, 1.00pm-4.00pm Mahjong **SATURDAY** 1.00pm-4.00pm Yarners

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

TM FAMILY HISTORY GROUP Meetings held 1st Sunday each month (excl. January) at TM Historical Soc, Wongawallan Rd, Eagle Heights, 3–5 pm approx. Please contact Robina on 0417 749 156.

TM GARDEN CLUB: Vonda Youngman Community Centre, Main Street, North Tamborine. Feb - Nov, 2nd Tuesday 9.30. BYO 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 – 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.tmpccq.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@tmpccq.org.au | www.tmpccq.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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