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AGENTS:

Linda Hogan 0414 300 558



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Linda Hogan 0414 300 558





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AGENTS:

Linda Hogan 0414 300 558



OPEN HOMES - Sat 3rd





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AGENTS:

Michael Kratzke 0434 718 162



Review Vendor: 51 Staghorn Road

Over a protracted period including State Border closures Barry never let up and achieved

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AGENTS: ★★★

Barry Chick 0418 876 191



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AGENTS:

Linda Hogan 0414 300 558









TICK FOR COMMUNITY HUB/LIBRARY DESIGN

Scenic Rim Regional Council has approved proposed designs for a new Community Hub and Library in Beaudesert.

The designs are for a multi-purpose building that will integrate with the existing Beaudesert Administration Building on Brisbane Street.

Mayor Greg Christensen said the Community Hub and Library marked the beginning of a new era for Beaudesert, with planning for a long-term asset for current and future generations of Scenic Rim residents part of a broader vision for the revitalisation of the town centre.

"In 2016 a review of library spaces showed the community had long outgrown the current Beaudesert Library and that, to meet continuing growth projected to 2031, a community hub and library would need to be four times the size of the existing building's footprint," he said.

The design and use of the space that is currently the entry to the Beaudesert Administration Building would be considered in further planning, with the potential to revise the current method of customer service delivery and expand the public space for meeting rooms and include a link to The Centre and Art Gallery.

The new library will cater for users of all ages and abilities and include:

- young adults' resources
- a children's collection
- the main library collection
- lounge areas with three separate spaces
- a media room
- a children's space for group activities and reading nooks
- a parents' room
- a local history area, including



Artist's impression of proposed Beaudesert Community Hub and Library.

Indigenous culture

- an IT area with 16 public computers
- three meeting rooms for up to six people each
- a large training room with access to kitchen facility for onsite or outside catering
- two private study rooms
- · intimate reading nooks
- booth-style seating to accommodate small groups for casual social meetings
- a maker space with a 3D printer for a variety of workshops
- self-check-out of resources with Radio Frequency Identification (RFID)
- a customer service area, providing a one-stop-shop for library and Council services
- easy access to storage and delivery area for resources
- public and all-abilities amenities
- after-hours lockers for accessing reserved library resources

- two lifts for resource delivery and for customers
- 37 new undercover carparks for customer parking only, including four disability spaces to provide easy access for customers with mobility issues
- underground onsite water storage to sustainably offset town water usage, and
- rooftop solar panels to offset electricity costs.

Detailed designs for the Community Hub and Library will be on display at Council's Beaudesert Town Centre Revitalisation pop-up shop, the Beauy Hub, which is expected to open in early April on Brisbane Street, opposite the Beaudesert Administration Building.

Plans for the Beaudesert Town Centre Revitalisation project, including Davidson Park, will also be available for viewing as part of the Vibrant and Active Towns and Villages project.



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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.



Stop the Rot petition

There is a petition circulating by petitioners from all over the Scenic Rim Region that states:

Please stop the Scenic Rim Regional Council preventing public and media scrutiny in regular lengthy secret briefings (called Councillor and Executive workshops).

The public have a right to know the basis of decision making. Council meetings have become a charade of predetermined outcomes. This is contempt for democracy and the core local government principles of transparency and open decision

At a recent Council meeting the Mayor exercised his power to present a without notice Mayoral Minute on the Council Ordinary meeting. It expressed a view interalia against the Stop the Rot Petition, but I spoke in favour of what was being said by the petitioners and strongly refuted the Mayoral attempt to discredit it. The other councillors were persuaded, and the vote was 6-1 to accept his minute that tries to justify the Council's position.

I was embarrassed at the inappropriate language used to describe the petitioners' actions and what they were saying.

The vote did not surprise me; this Council like the one before it has been getting away with this process now for many years and needs to be challenged. New legislation does not seek to weaken the local government principles but tries to make councils more transparent and open. For me, the petitioners are right on the money and I support what they are saying.

Studies mostly show government organisations that are not transparent are more at risk of making poor decisions, more open to corruption like favouring their friends in decision making or making personal gains, may not distribute funds equitably resulting in waste and inefficiency, and unnecessary higher costs to the community.

If you want to know more about it just use the QR code at right.

Lack of transparency affects Tamborine Mountain more than any other community in Scenic Rim as we pay the highest rates. For instance, do you think at it is equitable or justifiable to build a new approximately 2100 m² Beaudesert Library and Customer Service Centre (over half an acre), surrounded by city-like park land that will cost in the order of approximately \$22 million? What about the approximately \$10 million Beaudesert industrial subdivision under construction, the purchase of fully flood prone land this year to the immediate west of Beaudesert for a new sporting precinct for approximately \$1.4 million as well as major footpath projects. Do you think it wise for Council to spend approximately \$50,000 plus of legal expenses and more on consultants to challenge and defeat the Heritage Council listing of the beautiful and much-loved historic Beaudesert Pig and Calf saleyards? I could go on.

Tamborine Mountain's basic infrastructure is in my view not fit for purpose, like our swimming pool, drainage problems, Long Road extension, grass mowing that can't keep up, road maintenance that can't cope. I ask the question many ratepayers are asking me: Is an oversized "Taj Mahal" in Beaudesert and spending in this town proportionate to this Council region's needs and our capacity to pay?

A more transparent Council will mean better decision making for all ratepayers and residents, and I am sure would achieve what the petitioners are asking our State Premier to do.

Please sign the petition if you agree.

Mobile: 0436 351 567

Email: derek.s@scenicrim.qld.gov.au **Derek Swanborough**

Councillor Division 1



A call to banish fire ants from Mountain

The Tamborine Mountain community is being asked to help tackle one of the world's worst invaders with a fire ant treatment blitz planned for May.

The National Red Imported Fire Ant Eradication Program, Scenic Rim Regional Council, Tamborine Mountain Landcare and the Chamber of Commerce are calling on local residents to be a part of the community blitz.

Program General Manager, Graeme Dudgeon, said fire ant eradication required whole-of-community involvement.

"Fire ants are a pest nobody wants in their backyard," he said.

"They can seriously damage our environment, economy, agriculture and tourism industries and the Australian way of life.

"Imagine life on Tamborine Mountain with no everyday activities such as barbeques, picnics and sport. This is why we need to work together to take fire ants out."

Tamborine Mountain residents will be invited to register to receive free fire ant bait for use on their properties.

Registrations for the treatment blitz are open now and will close 10 May 2021. You must be registered to receive the bait.

Bait collection will be available from the Chamber of Commerce's Visitor Information Centre from 14 May and a community treatment weekend will follow on May 21 to 23.

To register and find out more visit daf.qld.gov.au/fireants or call 13 25 23.

With a recent fire ant detection in Tamborine Mountain, Mr Dudgeon said now was the time for the community to



come together and stop fire ants from taking hold.

"This blitz will complement eradication treatment under way in parts of the Lockyer Valley, Scenic Rim, Ipswich and western Logan," he said.

Scenic Rim Regional Council Mayor Greg Christensen said the timing of treatment was vital.

"We need all residents to treat over the same time period to increase the chances of killing any fire ants in the area," he said.

Tamborine Mountain Landcare is backing the project and has offered use of its headquarters to store the bait.

The National Red Imported Fire Ant Eradication Program is a nationally cost-shared program funded by all Australian State and Territory governments and the Federal Government.



MORATORIUM: SHORT HISTORY OF THE MOUNTAIN'S UNDERGOUND RESOURCE

No doubt many Tamborine Mountain residents will be pleased to learn that a year-long State Government water mining moratorium which ended on 5 March has been extended. This announcement will allow the Government to continue working with local councils, the community and scientific experts to investigate groundwater resources for the Scenic Rim and Gold Coast Hinterland.

The moratorium notice prohibits the construction of any new groundwater bores on Tamborine Mountain and Springbrook, but it provides exemptions for households, farming and town supply.

The nature of Tamborine Mountain's underground water is highly complex and is largely unknown. Water lies between five sheets of crinkly volcanic basalt layers and extends to the bottom spreading out to adjoining lands, mainly to the north and east. It can take an estimated 26 to 100 years for water to permeate basalt layers to deep ancient water within the mountain.

Commercial water mining for sale to off-mountain bottling companies has long worried mountain residents. Originally (from the mid-90s) the major commercial water extractors bought properties which held a Minor Public Utility licence then being used for local supply only. By the year 2000 letters of concern were appearing in our local papers, and some areas near the major commercial extraction sites suffered significant depletion to their domestic bores.

In 2004, in a discussion with a resident aired on Steve Austin's ABC Radio national talk back program, the then Minister for Natural Resources noted the dire drought conditions brought to his notice by Tamborine Mountain Progress Association (TMPA) and said this would need to be looked into. Nothing further in this regard was undertaken.

The commercial extraction for off-mountain sales expanded over a decade till in 2007 with the upgrade of the Scenic Rim Regional Council Planning Scheme, Commercial Groundwater Extraction was included as a new code.

Without the appropriate permit, the three longrunning Gillion Pty Ltd court cases commenced. The huge resident input in both effort and finance ensured this matter was heard to its final conclusion. The precedent-setting site in a leafy resident street could have opened the door for an unwelcome increase in this activity. By court order, extraction ceased at the site in 2015. An appeal followed but was lost at the end of 2018.

Three major extractors for off-mountain sales remained operating. Resident concerns remained.

Some years ago, a large number of pairs of people in two-hour stretches monitored the number of 28,000-litre tankers leaving Tamborine Mountain both day and night for a week. We counted 87. Since then, it has been suggested that this figure could at times be up to 100. Discussions about another week-long count began at a TMPA meeting early 2020, but then COVID-19 arrived and that ended that.

Tankers take water mainly to the bottling facilities of Coca-Cola Amatil and Mt Franklin. Coca-Cola Amatil has said "... we purchase water from landowners who hold water licences approved by the state or local government. These licences set conditions on issues like amounts of water, truck movements, sustainability and more ... Amatil has a strict requirement to only source water from aquifers that are found to be indefinitely sustainable both for our use and for all other users of that same aquifer..."

In 2011 a partnership between QUT and the Tamborine Mountain Groundwater Investigation Group produced the Todd Report. This was a very useful detailed preliminary study of 55 surface bores which examined the sustainability and contamination of the groundwater resource there.

A spokesman for Coca-Cola Amatil has said that "according to a 2011 QUT study, even in the worst case conditions the volume of water extracted for bottling at Mount Tamborine represents 0.2 per cent of the amount restored to the aguifers from annual rainfall".

It is estimated that there are about 500 active bores on Tamborine Mountain. More than 1000 have been sunk, with many now depleted or abandoned. Clearly, a lot more needs to be known about our aquifer.

To this end, over some three years discussions were held here between representatives of

the Director of Natural Resources and TMPA, our two Scenic Rim councillors and several experts. This reached the stage where more comprehensive scientific data regarding the state of our aquifer was needed for the State Government to seriously consider the community's concerns. They were happy with the "status quo".

This scientific data is now being provided by a professor from QUT currently overseeing a PhD student survey of a further 22 surface bores. The State Government is chipping in \$25,000 (on top of the \$120,000 costs being shared by QUT and Council) and two bores have been added. Again, the data being collected examines annual rainfall recharge of these surface bores and the quantities extracted. Results are expected to be published early next year.

However, many residents remained concerned. During the summer drought (2019/2020) many resident rainwater tanks ran dry, the level of private domestic bores dropped, and families had to wait many weeks for deliveries of water. The two local suppliers were flat out trying to keep up.

As in other drought times many people were upset to see so many fully laden tankers taking water off the mountain for commercial bottling sales every day and week after week. As usual the required volume extracted for the bottled water industry does not cease or diminish even in times of drought.

Julie Wilkinson collected nearly 80,000 signatures from people voicing concerns to the State Government and this opened the door for further discussions with TMPA representatives (December 2019) resulting in the announcement of the Moratorium on 6 March.

This welcome extension of the moratorium ensures that the complex nature of our vital aquifer remains under review. Dr Lucy Reading (QUT) says the focus on data collection and risk assessment is a critical first step toward improving groundwater management on Tamborine Mountain. Dr Reading has indicated she will continue to monitor the aquifer after this study is concluded.

Jeanette Lockey, President, Tamborine Mountain Progress Association









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AGENTS:

Kylie Edwards 0428 654 000 Amy Orr 0474 315 000





2037 Beaudesert Beenleigh Rd, Tamborine

Room to roam

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Interested in a current market report & value of your property? Call for a complimentary one!

AGENTS:

Monique Clemens 0429 004 840 Erin McGee 0427 078 757





Happy Easter

Welcome to the newest member of our furbaby team. The Kids Cancer Project is something that we love to support. For every bear we purchase, there is a second bear that is delivered to a hospital children's ward of our choice.

We have a collection of them in the office, and these bears have been cuddled by many a visitor, and not always the small variety!

> If you would also like to purchase a fur friend or donate one to a sick kid in hospital please visit www.thekidscancerproject.org.au







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).

Tamborine Mountain Shopping Square 17-27 Main Western Road, North Tamborine ehdcreception@eagleheightsdental.com.au www.eagleheightsdental.com.au

THUNDERBIRD PARK BECKONS THE VISITORS

For many visitors, a trip to Tamborine Mountain during the Easter long weekend is the perfect time to spend a full day at Thunderbird Park, not far from Cedar Creek Falls on Tamborine Road.

Whether you are a family seeking adventure and excitement or a couple seeking a romantic dinner surrounded by rainforest, Thunderbird Park has it all in one place.

Adventure seekers can get a thrill at Treetop Challenge or enjoy the excitement of Laser Skirmish while testing their skills at hunting for targets.

Fossicking for thundereggs is a unique activity for the whole family who can discover hidden treasures from prehistoric volcanic lava in the world's largest thunderegg mine. Admission includes a souvenir miner's permit and the use of a pick and bucket for collecting the thundereggs.

The Adventure Mini Golf Course has been designed by a leading Australian mini golf designer and, apart from being great fun, it is a lovely walk through beautifully landscaped surroundings.

On a quieter note, the Rainforest Restaurant is ideal for a family meal or a romantic dinner for two. The restaurant is open Wednesday to Sunday for dinner and Thursday to Sunday for lunch with a full a la carte menu and share plates. A comprehensive list of local and national wines including award-winning Witches Falls Wines is also on offer.



thunderbird park, cnr cedar creek falls rd, tamborine mountain $\,\,5545\,\,7990$



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JON KRAUSE MP

State Member for Scenic Rim

I wish you all a happy and holy Easter. The year is getting away already, and despite the

flooding that occurred around our region, after a couple of years of very dry weather for many, I know that the rain was gladly received by many.

Last week I thanked our emergency service personnel for the terrific work that they do in protecting our communities during times of natural disaster. Like many others, I was saddened to hear of the terrible tragedy that occurred at Canungra Creek on Lamington National Park Road. It is a reminder of how dangerous floodwaters are and how unpredictable they can become. As we have experienced a lot of rain recently the ground is already saturated, and roads that have been impacted by water can be more dangerous than they look — even if it's not raining, please remember: if it's flooded, forget it.

TAMBORINE MOUNTAIN ROADS

I mentioned last week that there would no doubt be many potholes to be fixed on roads around Tamborine Mountain and that I would be in the ear of Main Roads to have these and other issues fixed in a way that would see road infrastructure better withstand future rain events. After the flooding we saw at Curtis Falls, I again wrote to the Main Roads Deputy Regional Director about the intersection between Geissmann Drive and Eagle Heights Road.



The capacity of the concrete culverts where the creek runs underneath this intersection, and also the amount of debris that accumulates there, is something that has been raised with me by residents, not just after this flooding occasion, but also after a similar event in 2019 when water flooded the same block as this time. Main Roads' reply back in 2019 essentially stated they did not have funding in their budget to address any issues there. Whether the issue is maintenance, or whether the issue is the quality of the culverts, there is an issue to be resolved either way. I will update the community as information comes back from Main Roads.

EASTER ROAD SAFETY

This Easter long weekend please remember to take it easy on the roads, slow down and drive to conditions. Long weekends usually mean more cars, caravans and holiday makers are on the road and drivers should be more alert than ever.

Many people are unaware that around half of all speed-related crashes, resulting in injuries or fatalities, happen at just 10 km/h or less over the speed limit. Every extra kilometre over could cause harm or damage to others on the road — speeding to shave a few minutes off your journey could lead to consequences that last a lifetime. Stay safe on the roads this Easter and I hope you get to enjoy time with family and friends.

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.



SCOTT BUCHHOLZ Federal Member for Wright

I take this opportunity to wish all readers a happy Easter with their families. This is a good opportunity to reflect on our values and what is important to us. It has been a tough few years for many and recent events have made it tougher. I strongly encourage everyone, where they can, to support local businesses this Easter.

If you're travelling, stay safe on our roads.

PHASE 1B ROLLOUT OF VACCINATION

Phase 1B of the COVID-19 vaccination rollout began on Monday 22 March for the general population and includes:

- people over 70 years of age
- Aboriginal and Torres Strait Islander people aged over 55
- health workers
- people with disability, and
- people with specific medical conditions.

The COVID-19 vaccine rollout is one of the largest logistical exercises ever undertaken in Australia and the Australian Government is working with all the States and Territories to deliver the vaccine quickly, safely and for free. Australia's vaccination rollout will help reduce the health, social and economic impacts of the COVID-19 pandemic. It will save lives and livelihoods.

Appointment availability will increase as the number of clinics grow from 1000 to more than 4000 over the next four weeks. Further information about the next phases of the COVID-19 vaccination rollout will be announced over the coming months.

GRANTS

Round Six of the Stronger Communities Program recently closed and I look forward to advising and announcing the successful applicants in due course. It is important to me that in the electorate of Wright there is an equitable distribution across the various regions and eligible sectors.

The 2021 Volunteer Grants round has recently opened and a reminder that expressions of interest close on 5 April. If you need more information or would like to find out how your volunteer organisation can apply, contact my office today.

TAX CUTS SUPPORT ECONOMIC RECOVERY

Our Economic Recovery Plan is working and continues to support households and businesses. To date, around \$9 billion in tax cuts has landed in the pockets of 8.8 million Australians during the course of the pandemic (July 2020 to February 2021). This has helped to boost household balance sheets and see consumer confidence rise above pre-pandemic levels.

Just as important, as temporary emergency supports like JobKeeper come to an end, a further \$2 billion per month in tax cuts will flow to Australians between now and the end of September. Allowing Australians to keep more of what they earn will help to support the economic recovery by giving households more money to spend at local businesses.

I'll keep working to make doing business easier and more profitable, to ensure our hard-working local families can get ahead and to see our economy grow, to ensure jobs for our young people.

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: (07) 5541 0150

CENTRELINK/MEDICARE EASTER ARRANGEMENT

There will be some changes to payments and services over the Easter holiday period for Centrelink, Medicare and Child Support customers.

All service centres and most phone lines providing Centrelink, Medicare and Child Support services will be closed on Friday 2 April and on Monday 5 April.

Services Australia General Manager, Hank Jongen, said self-service options would continue to be available during this period.

"Our Express Plus mobile apps, phone self-service lines and online accounts are the easiest way to do business with us," Mr Jongen said.

"You can use myGov on public holidays to apply for an advance payment, update details, lodge Medicare claims and report your employment income.

"The dates you need to report to us may have changed because of the Easter public holidays.

"If you're due to report, you can do this early and tell us what you expect to be paid for your assessment period.

"If you report after your assessment period, we'll pay you after you report to us. If you make a mistake, you can correct your estimate within 14 days, or when you next report.

"I encourage people to check their reporting dates on our website, through their Centrelink online accounts or via phone self-service."

There are no changes to Child Support arrangements. However, payments made after Thursday 1 April may be delayed as financial institutions close for public holidays.

People can continue to claim Medicare benefits at their doctor's office or by using self-service. Critical services for Medicare providers such as organ donor and PBS authorities will remain available over this period.

Find out more about holiday period reporting and payment dates at **servicesaustralia.gov.au/holidays**





MAKERS' MARKET – EASTER SUNDAY

The vibrant, boutique Makers' Market on the Mountain falls on Easter Sunday this month. This market is gaining a "lovely community vibe" reputation.

It's a great place to bring family and catch up with friends while engaging with local artists and artisans, with opportunities to purchase handcrafted items such as handknitted, crocheted, felted and eco-dyed clothing and accessories, unique décor; woven, up-cycled, beauty products that are natural and sustainable, artisan-designed



and created jewellery, gourmet spice blends and relishes prepared by passionate chefs, pottery, paintings. Other environmentally supportive stalls offer the sale of local raw honey, local flowers and plants and the services of Donna Sewandso, who loves to alter and repair clothing. Enjoy the relaxed atmosphere under the trees at the Centre for Regenerative Arts, sit back with a coffee and Lions' sizzled sausage (yes, vegan and gluten-free options too). This month's Music Makers will include Margy Rose singing her signature Edith Piaf songs.

MAKERS' MARKET ON THE MOUNTAIN 1ST SUNDAYS, 8AM - 1PM

CENTRE FOR REGENERATIVE ARTS, 6-8 KNOLL RD, TAMBORINE MTN

If you would like to part of this exciting venture as a stallholder, email: makersmarket.tmac@gmail.com





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Dr Cobie Powell
Dr Hok-Yee Siu
Dr Marije Dalebout
Dr Jardin Taha
Dr Nisha Nangrani
Dr Lauren Ries



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VACCINATING OUR COMMUNITY AGAINST COVID-19

Tamborine Mountain Medical Practice (TMMP) administered its first COVID-19 vaccinations at its Eagle Heights surgery last Friday.

TMMP is now inviting its patients and other local residents who are eligible for the COVID-19 vaccine under phase 1b of the roll out (see eligibility checker at **tamborinemountainmedical.com.au**) to register for a vaccine.

Information about the vaccine, including research, development, and testing, how it works, effectiveness and safety profile are also available through the link on the website.

There are three ways to register:

- 1. Book via TMMP website by clicking on "Book Appointment" then using the dropdown menu to select type of appointment, click on COVID Dose 1-Phase 1b, then click on 'book appointment'. An appointment will not be allocated at this time, but you will be put on a waiting list and when your vaccine comes in you will be messaged to book your appointment. This may take weeks to a few months. Once you have been sent the message saying your vaccine has arrived, if you do not book you will be taken off the waiting list.
- 2. Book via the new TMMP app. Download the AMS Connect app and type in the name of the practice. If you are not a current patient of TMMP or have not attended for a long time you may need to fill in a registration form prior to reserving your vaccine. When your vaccine comes in you will be sent a message to book a time slot.
- 3. For those who prefer not to use technology to register for a vaccine, a phone call to TMMP will get you on the waiting list. You will need to register a mobile phone number with TMMP, so that you can receive the message when the vaccine becomes available.

Current data shows that the vaccine is close to 100 per cent effective at preventing death and severe disease. Minor side effects are noted in about 20 to 30 per cent of people and include sore arm, mild fever, headache, nausea, and fatigue which is due to the immune system mounting a response to the vaccine.

There will be limited time during vaccine clinics with a lot of vaccines being administer by the nurse, not the doctor. If you think you need a more in-depth discussion before booking your vaccine then please make an appointment to see your doctor.



Dr Sanne Kreijkamp-Kaspers administers one of the first COVID-19 vaccinations on Tamborine Mountain to Katherine Mulders at TMMP's Eagle Heights surgery.

ART'S LOVE OF NATURAL ENVIRONMENT

A love of the natural environment is the common denominator for two artists exhibiting at Under the **Greenwood Tree, Tamborine Mountain, from Saturday** April 3 to May 5.

Queensland artist David Hinchliffe, like most artists around the world, has been spending more time in his own backyard lately. His latest exhibition, Magic and Mystery, evolved from his rediscovery of the beauty of Tamborine Mountain and the Scenic Rim region.

While David would normally be painting for exhibitions in London, New York, Tokyo, Hong Kong and other exotic destinations, over the last 12 months, during the Covid 'gap year', he has seized the opportunity to explore more of his home country.

"I think we have taken too much of our own country for granted - I certainly think I have," he says. His explorations have provided the impetus for much painting, including colourful landscapes of central Australia and the mystical 'bushscapes' he has prepared specially for this exhibition on the mountain.

While David continues to paint his ever-popular streetscape paintings, which have become his signature subject around the world, he has returned in this exhibition to his first love - landscapes. "Circumstances have forced me to look much closer to home, and I'm glad that I have. I've come to appreciate and be extremely grateful for the magnificent landscapes here in our very own backyard," he says.

David will be giving a painting demonstration at Under the Greenwood Tree on Saturday April 3 from 2 pm - a wonderful opportunity to watch an artist at work.

After training as a mathematician, raising two children, living on a commune in New Zealand for 12 years and pursuing a career in environmental education and the arts, Ellen Appleby followed a long-held dream and began studying ceramic arts in 2007.

Ellen now works across many ceramic, printmaking and bookmaking techniques. Over the years she has explored a range of forms, from functional tableware to sculpture to installation. The one constant in her work is her love and connection with the natural world. Her exhibition at Under the Greenwood Tree is titled Bird Sanctuary. While celebrating birds, Ellen also hopes to raise awareness of their vulnerability as habitat disappears daily.

"I have been drawing birds for several years and reimagining them in print on my vessels. Drawing a bird is a delightful way to get to know each one in an intimate and special way that I can then present to others through my work," she says.



David Hinchliffe "Magic & Mystery" -Paintings of the Scenic Rim









Painting Demonstration: 2pm Saturday April 3rd



Independent Bookshop and Contemporary Art Gallery

Exhibitions on show from April 3rd - May 5th 2021

Ellen Appleby "Bird Sanctuary" Ceramics and sculpture





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BEAUTY & WELLNESS

WHAT'S THE POINT OF PLUMPING OUR SKIN?



When it comes to skincare, there are certain words that we regularly use to indicate positive results. From 'bright' to 'bouncy' to 'plump — we know all of these words mean our skin looks beautiful and youthful – but what exactly does each word mean? Better yet, how do we get our skin to be bright, bouncy, and plump?

You probably know that the plumper our skin is, the more youthful it appears (and if you didn't know that, now you do!) You may also have noticed that when our skin isn't as plump, we may look older or more tired.

But, do you know why plumpness contributes to a younger appearance? Do you know if there's a way to prevent loss of plumpness that comes with age? Better yet, do you know how to get plump skin without turning to injectables or plastic surgery?

Chances are, it's not often that you hear the word 'plump' and wish it were used to describe your appearance. When I think of the word 'plump', I think of ripe peaches or a baby's chubby cheeks.

But believe it or not, you actually do want 'plump' to describe you – your skin, that is. When our skin is plump, it's not saggy or tired-looking and our fine lines and wrinkles are filled in. It's not that we want to look like a chubby-cheeked toddler, but we do want our skin to have similar qualities to a toddler's. The plumper your skin, the more you'll appear young, refreshed, and like you got your eight hours of sleep last night – even if you didn't.

Unfortunately, as we age, our skin loses that plumpness, which can give the opposite effect. You may get 10 hours of sleep, but you may still look tired. Our skin naturally loses elasticity and starts using more collagen than it can produce as we age. In fact, our bodies generally start working in a collagen deficit (meaning we use more collagen than we produce) at the ripe young age of 25.

Lucky for you (and for me) there are plenty of ways to combat sagging skin, and many are simple.

So, what to do? Eat more collagen-boosting goodness. Certain foods are said to boost your body's collagen production: think superfoods like dark leafy greens, fatty fish like salmon, avocado, garlic, carrots, and eggs. You can also simply purchase a collagen supplement or a collagen powder to mix into your morning smoothie – just do extra research and make sure to speak to your doctor first.

Once you've stocked up your fridge with whole food goodness, let's talk about facial treatments.

There are a number of treatments you can have with your beauty therapist which will boost your collagen growth to help plump the skin and to find out which is best for you. Book yourself in for a consultation or come and try our non-surgical face lift. Cosmeceutical skincare products prescribed for your skin type by your therapist will also assist.

In between visits to your beauty therapist you can DIY it at home by massaging your face using your fingers or a jade roller, to naturally stimulate your facial muscle tissue.

This stimulation can plump your skin, refine your pores, and tighten your face – I like to think of it as a natural facelift.

Karen Keeling Hope Island Beauty & Medispa 07 5510 8999

Relationships



PARENTS BE KIND TO YOURSELVES



Parenting is the toughest, most challenging role in our lives. You begin the journey with a very cute and very dependent tiny human. You promise yourself you will never let this child down and you'll be the best parent. Then life happens.

Pretty soon the high standards you set for yourself begin to slip. The perfect life you had planned for your child is no longer a reality. Feelings of inadequacy become a constant presence. Guilt seems to be an intrinsic part of parenting. Much of the guilt that parents feel can't be tied to specific actions or issues; it's just a vague sense that you're doing everything just a little bit wrong. The reason you feel guilty is because you care – it comes with being a loving parent. It's important, however, to keep guilt in check. Self-compassion can help you achieve a balance of caring while also being realistic and keeping perspective.

Think about how much you unconditionally love your children even when they make mistakes. Then start to apply some of that love and kindness to yourself. You are not going to get it right all the time so give yourself some slack and notice what you are doing well. Don't compare yourself with the image that other parents project. Truth be told, their reality is probably a long way from that image.

Self-compassion alleviates the stresses of parenting. An Australian study provided new mothers with a variety of self-compassion exercises to do, such as imagining how you would support a friend having a hard time, giving yourself some kindness, and realising that you aren't alone in the difficulty of parenting. After a month, mothers reported feeling less stressed and more confident and satisfied in their parenting.

Susan Pollack, in her book *Self-Compassion for Parents*, suggests that parents train themselves to find magic in the mundane daily tasks that can seem like constant drudgery. Since our children are naturally curious, especially when they are young and expressive, challenge yourself to see things through their eyes. For example, during bath time talk to your children about the details of what you notice: "See how frothy the bath is! Oh look - the bubbles have rainbows!" Noticing things we usually take for granted lifts our mood by helping us find enjoyment in the moment.

It's important to note that our state of mind impacts our children. Our kids do better if we practise self-compassion - and don't blame ourselves when they struggle. In a study of over 900 Dutch families, researchers found that parents who reported less self-blame had teens with fewer symptoms of depression and anxiety. Non-judgmental self-compassion was a core factor in this dynamic. Since children imitate our example, treating ourselves with compassion and without judgment can help them do the same.

Self-compassion brings more joy to our parenting and the benefits for both parents and children are huge. Parents be kind to yourself; you're doing an awesome job.

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

Physio Talk

with Hayden Buckman

My moment of clarity had arrived, my muse if you will.



I have a confession to make ... I was really nervous about writing this column. I've been sitting here for the better part of the morning trying to come up with an awesome article to blow everyone's minds.

Neil has decided to pass the baton to myself and our other Physique directors, so we will be writing your Physio Talk columns from here on.

Back to the writer's desk — I have been flipping through my textbooks and notes, and reading old articles in an effort to strike gold. I've asked Jess what she thinks, and she tells me to "find my inner muse". Whatever that means! So, my search continues, and I find myself reading all sorts of books throughout our house, trying in vain to pick up tips from professional writers. Still nothing. Before long I'm on the phone to my mum to see what help she can give me; and surprisingly, the woman who responds to every text with a single thumbs up doesn't have too many ideas either.



So, it's now 9.30am on a Saturday morning; I've been at it for two hours now and I'm slowly feeling myself slip into some form of insanity as I just can't seem to fix this problem I have. I've consulted all the resources I have, flicked through every page of the Macquarie dictionary to no avail (learnt some eloquent, powerful, formidable and exquisite adjectives though). I was 60 seconds away from giving up and then ah-ah!

You see, I've been sitting here with a problem; one which I have no idea how to fix myself. I've tried to work it out myself with very little success. Time has gone on and my problem has grown and grown, taking on a mind of its own and becoming this uncontrollable beast that has consumed me to the point of giving up. It's only now that I take a step back and see what's happening that I can see the resemblance to a lot of the people we see at Physique.

Pain is something that can quickly take a hold if you don't address it quickly. Pain is a big problem, and thankfully it's a problem that I feel far more comfortable in addressing than writing a newspaper column. We at Physique pride ourselves on helping people, whether that problem has reached a tipping point, or it's just made itself known.

Pain is a little bit like writing a newspaper column – there's more to it than you think! They are both complex challenges that require various solutions and methods to get the problem solved. At Physique we combine our expert knowledge, amazing hands and exercise equipment to deliver unique solutions to our patient's problems.

So, if you have a problem that needs fixing, don't let it become an uncontrollable beast that takes over your life. Take action and get help from the experts... unless your problem involves writing an article, maybe ask someone else about that.



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3

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4

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

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

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8

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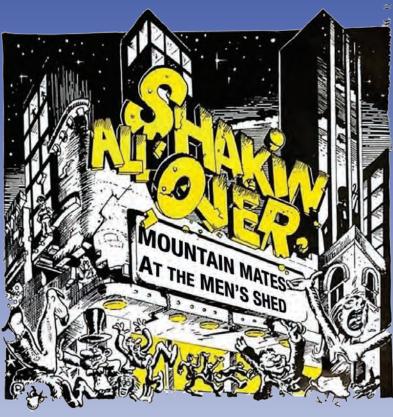
1-5 Eagle Heights Road North Tamborine **07 5545 1888**





MOUNTAIN MATES AT THE MEN'S SHED

PERCUSSION WORKSHOPS with Rob Reed and friends



When: Sat 10 and 24 April, 2-4pm

Where: TM Men's Shed, 88 Beacon Road

What: Making clapsticks & lagerphones, and using

in singalongs to different beats/rhythms

Songs: Count on Me, Achy Breaky Heart,

Don't Worry Be Happy (Elvis version),

Hokey Pokey, Yellow Submarine, etc

RSVP:

Janis Bailey, 0418 122 295, tamborinejanis@gmail.com,

by Tuesday 6 April





TM MEN'S SHED SHAKIN' ALL OVER

The TM Men's Shed will host two music-making precussion workshops during April in collaboration with TM Lions Club for the vibrant young members of the Lions' social inclusion group Mountain Mates.

Rob Reed, who will be ably assisted by the Men's Shed's Ukulele Group in facilitating the workshops, is the perfect person to get everyone enthused. Whether that's shaking lagerphones, striking clapsticks, or singing along to songs as diverse as *Yellow Submarine* and *Don't Worry, Be Happy,* the workshops program is guaranteed to get everyone 'shakin' all over'. We expect to see Rob in his best Elvis gear!

Participants will also help with making and finishing their own percussion instruments.

The 2021 series of Mountain Mates workshops has been sponsored by Energex. Very appropriate since this activity is so high voltage. The workshops, scheduled for two Saturday afternoons at the Men's Shed, 10 and 24 April, are sure to please.

Phone 0418 122 295 for more information or to RSVP.

Janis Bailey



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pizza burgers pasta



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We also have a selection of delicious desserts, many of which we make here ourselves.

We would like to thank everyone for their support - over the last year especially - it's been a busy time for takeaway food.

We love what we do and look forward to providing you all with quality, fresh fare for years to come.













TM UNIVERSE GENERAL MEETING

An important general meeting of TM Universe will be held on Tuesday (April 6) at St Bernard's Hotel, 6pm for 6.30pm start.

As a social enterprise we are owned and run by members and will always have the community at the centre of this great education-focused project. During the meeting, members will have ample time to ask questions, and give suggestions to the TM Universe Board.

Members will also vote on a constitutional change, allowing TM Universe to have youth members, and defining the social commitment of the organisation: supporting children from disadvantaged backgrounds to get access to additional science education, especially about space and astronomy.

The TM Universe Board will outline the progress made in the process of developing the plans for our land at 379 Long Road, in fundraising, governance and networking. As usual, our virtual reality presentation will be available on site, as will a series of letters of support that we have received for our project. TM Universe is also developing a smartphone app, which adds value to the TM Universe T-shirt (more about this at the meeting, but please take your phone with you - currently only Android).

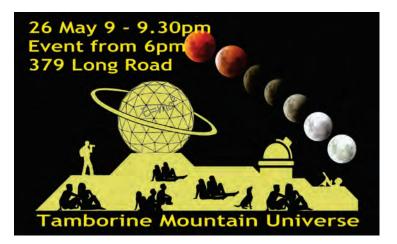
We would love to take a photo with all of our amazing members in their TM Universe T-shirts, so please wear your TM Universe T-shirt on the day; we will have them on sale at the venue as well, so everyone can join in.

Last, but not least you will be informed about the next big event: The Lunar Eclipse of 26 May.

Our motto is: 'If you want to go fast, go alone; if you want to go far, go together' ... We will go far.

Please send an email to secretary@tmuniverse.com.au if you expect to attend.

Jaap Vogel



TM MEALS ON WHEELS ROSTER FOR APRIL

Fri 2nd Good Friday (No Deliveries)
Fri 9th Athol & James MCDONALD,

Glenys KELLY

Fri 16th Harry O'Neill, Lenore THEILE

& David JEFFREY

Fri 23rd Cassie & Stewart

VAN MAARSEVEEN,

Stephen NUSKE

Fri 30th Deb GREENWOOD,

Linda DUBBERLEY

travelling places

With something for everyone...



TRAVELLING PLACES By Gina Storey

As we all know, JobKeeper came to an end at the weekend and the industry suffering most is travel and tourism.



The tourism sector employs hundreds of thousands of Australians and most of it relies on international tourists visiting Australia to support tourism businesses. Many of these operators are small family run businesses that have dedicated their lives and invested their life savings into building successful enterprises offering great accommodation and sightseeing options for travellers.

Similarly, retail travel agencies have served local communities for decades, offering knowledge, expertise and value for money in designing great journeys for clients. Travel advisers offer a wealth of knowledge and experience in finding the best options and deals; also, they take the headache out of travel by ensuring all arrangements are designed to co-ordinate and give travellers the best of experience, and when something crops up that makes it necessary to change or cancel your trip, the travel advisers take on the task of sorting it all out for you.

I think we can all agree that when Australia and the rest of the world comes out of this bizarre Covid situation we want all of these companies to still be around, to employ fellow Australians and give us the experiences we are seeking. I urge you all to support local, to consider who you are booking through and where their profits end up.

Cairns is particularly suffering — mainly because of its long-term reliance on international travellers. Do yourself a favour and take a break to North Queensland in the coming months. There are lots of great deals. Save \$401 per person on a package which includes four nights at the 5* Pullman International Cairns including daily breakfast, an \$80 credit for food and beverages at the hotel and a full day trip to the Great Barrier Reef including morning and afternoon tea, full lunch, snorkelling and coral viewing from a semi-submersible submarine. This package, including flights from Brisbane to Cairns return, costs from \$850 per person twin share.

Or have a week in a one-bedroom apartment at the Mantra Trilogy Cairns with a full day Waterfalls wander tour including lunch, a full day on Fitzroy Island including transfers and snorkel gear, and flights from Brisbane return – all from \$1150 per person twin share.

Or perhaps you long for a week in Port Douglas – seven nights in a one-bedroom studio at the Mantra with daily light breakfast, return flights from Brisbane to Cairns, transfers to Port Douglas return and an evening sunset cruise with canapes and a glass of wine or beer – all this from \$999 per person.

Or a quick break to Palm Cove including flights from Brisbane return to Cairns, car hire for three days, three nights in a superior room at The Grand Chancellor with daily breakfast, a \$50 lobby shop voucher, free parking and entrance to Hartley Crocodile Adventure, all for \$750 per person twin share.

There are even island getaway specials. Your island package includes frights from Brisbane to Cairns return, return transfers to Fitzroy Island, four nights in a resort studio and free snorkel equipment – from \$585 per person.

There are lots of great deals, so to find out more call Travelling Places on 5545 1600 or email travel@travellingplaces.com.au

CLUB TAMBORINE HEART OF THE MOUNTAIN

AND DOWN CAME THE RAIN!

How wet was last week? Our top playing green was so flooded that some of our comedian members suggested that we start a water polo competition with a swim-up bar.

All jokes aside though, we had to reluctantly close the Club on Monday 22 March, not only because of the safety of our off-mountain staff travelling in dangerous road conditions, but also for the safety of our patrons due to a major water leak in the ceiling of the Club building. We did not know what the extent of the ceiling damage might be, and we could not expose our staff or patrons to a possible ceiling collapse. We apologise for any inconvenience this closure may have caused. Happily, though, we were able to open for business again on Tuesday 23 March.

Fun Fact: Can you believe that it was exactly a year ago at 12pm on 23 March that we were forced to close the Club indefinitely due to the State Government's efforts in trying to contain the spread of COVID-19? What a tumultuous year!

Coming themed dinner event: Due to the overwhelming success of our recent Seafood Sensation dinner event which sold out soon after being advertised, our head chef has come up with another culinary delight. The theme for this event is 'Round the World' featuring cuisine from various countries around the world, including USA, Asia, Europe and Australia. This event will be held on Saturday 10 April starting at 6pm. You can view the menu on our website at www.clubtamborine.com.au (under "What's On/News & More"), or just pop into the Club and check it out. Cost is \$45 per person (add \$8 if you feel like a dessert from Belgium). So that you don't miss out on this international culinary soiree, just choose your dish from the menu and book and pay before April 3. Cancellations with a full refund will be accepted up to April 8.

Can't think of anything to do on a Sunday? Why not come along and have a family/friends Barefoot Bowls afternoon, or play pool absolutely free. This is becoming very popular so please book ahead.

Live band coming up: Look out for our live band night on Friday April 9 from 8:30pm till late, featuring the Chester Duo. Our last live band night was a huge success. Come on down for a great night out.

Mid-year mega raffle: We are just finalising our coming mid-year raffle with over \$2000 in prizes which will be drawn in June. Watch this space for more details.

Don't forget Texas Hold'em Poker is on every Wednesday night, and trivia night is on every Thursday.

As always, we're still looking for new members, whether they be social members of Club Tamborine, Tamborine Mountain Bowls Club members or Tamborine Mountain Croquet Club members. For more information about membership or any of the Club's events, please check our website at www.clubtamborine.com.au, call the Club on 5545 1308, or just pop in and have a chat with our friendly staff.

Hope to see you at the Club soon.

Rob Tailor, President Club Tamborine



EASTER TRADING HOURS -CLUB TAMBORINE

GOOD FRIDAY - Closed

EASTER SATURDAY – Open 10am till 8pm Gaming and Bar – Open Bistro – Lunch only

EASTER SUNDAY - Open 10am till 6pm
Gaming and Bar - Open
Bistro - Lunch only
EASTER MONDAY - Closed

FRIDAY
9th APRIL

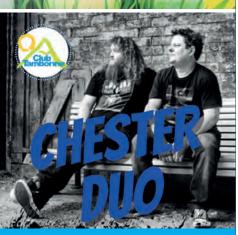
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'ROUND THE WORLD

SATURDAY 17th APRIL

\$45.00 PER HEAD (PRE-BOOKINGS ESSENTIAL)

AUSTRALIA

Baby Barra & Bugs with Garlic Prawns, served with Chips & Salad

USA

Smoky Ribs & Buffalo Wings, served with a side of Corn Jack and Slaw

ASIA

Korean Chicken with Peking Duck Spring Rolls, served with Pancakes, Coconut Rice and Kimchee

EUROPE

Pork Knuckle & Lamb Coq au Vin, served with Dolmades, Sauerkraut & Couscous

DESSERT: add dessert to your meal for only \$8
Belgian Waffles with Maple Syrup, Chocolate Sauce & Cream

6-12 Beacon Road, Tamborine Mountain 07 5545 1308

MAD HATTER'S TEA PARTY



Some strange characters were seen on Main Street, North Tamborine, last Friday. Were they looking for a cuppa? Indeed!

You can join them on Saturday 10 April for the Mad Hatter's Tea Party and meet the Queen of Hearts, the White Rabbit, and even the Mad Hatter himself. Alice has said she will be there too.

The Heritage Centre on Wongawallan Road, Eagle Heights, will turn into a little wonderland where the poetry of Lewis Carrol can be enjoyed as you explore Tamborine Mountain's heritage and partake of a wonderful afternoon tea.

As you wander around the centre, look out for quirky ceramic figures that depict the story of *Alice's Adventures in Wonderland*. There will be hat decorating (if you forget to wear your own hat for the Craziest Hat competition) and the Wearable Arts Group will show off their amazing textile creations.

Lots of fun, raffles and entertainment, and a lucky entry door prize. This is a fund-raising event as a prelude to the Five Senses Festival coming at the end of May. Sponsored by TMAC and the Historical Society; buy your ticket at Eventbrite and come for an afternoon of fun.

www.eventbrite.com.au/e/the-mad-hatters-tea-party-tickets-143915403847



WINE CHAT

BEHIND THE BOTTLE

Modern manufacturing has brought with it a millionand-one new ways to store your wine. Distributors have experimented with cans and plastic bottles; indeed, boxed wine - colloquially known as goon - is one of



Australia's most celebrated and exported inventions.

While most of us can agree that a good old goon-bag or a canned rosé spritz has its time and place, the glass bottle - traditional, time-honoured, and elegant - remains by far and away the winemaker's favoured choice. But why is this? What's the story behind the bottle?

Ancient civilisations often kept wine in wooden barrels or heavy clay containers, called amphoras. Many centuries later, burgeoning international trade and the advent of industrialisation meant there was heightened demand for small, convenient, and portable receptacles in which to store wine after barrel-ageing. Since the seventeenth century, wine has most commonly been kept in glass bottles as they are relatively cheap and lightweight (as opposed to wood or ceramics). Moreover, glass bottles can be readily sealed with a cork or cap, which leaves the flavour of the wine itself unadulterated.

Although glass bottles do their job rather well, they're far from perfect. The most obvious drawback is the fragility of glass, which makes transportation precarious, necessitating oodles of bubblewrap and "handle with care" stickers. A less commonly known shortcoming is that glass bottling puts wine at risk of 'lightstrike' - a fault caused by overexposure to ultraviolet rays.

When UV light, either from the sun or from indoor lighting, comes into direct contact with a wine, a chemical reaction takes place which leads to the production of foul-smelling sulfur compounds. The fallout is that your once bright and fresh Sauvignon



Blanc has transformed into an odious draught, smelling faintly of rotting vegetation and damp wool. That is to say... not ideal.

To decrease your chances of purchasing an offending bottle, avoid those kept in shop windows or under bright lights. Delicate white wines tend to be most prone. Reds aren't as susceptible, as they contain higher levels of tannins that suppress the production of off-smelling sulfur compounds.

Another risk factor is that white wines are often kept in clear glass bottles, which is the sun-safety equivalent of letting a pasty-complexioned individual loose on Bondi beach with no sunscreen. Opting for green or amber tinted bottles may be a smart move. As opposed to clear glass, the colour helps to filter UV rays. This is not to say clear glass is a no-no. Just try to keep the wine in a dark area (e.g., a dry cupboard) until you're ready to crack it open.

But perhaps the main reason we continue to use glass bottles is that it's both traditional and symbolic. A good bottle of wine is synonymous with a gathering or celebration. We love the ritual of it - browsing the shelves, feeling the weight of a bottle in hand, studying the label, de-corking, decanting, and sharing the experience with friends and loved ones. After all, whoever heard of a romantic dinner over a box of wine?

Cheers and stay hydrated, Alexandra Douglas and the Witches Falls crew



LOUISIANA TEX MEX STUFFED CAPSICUMS

I love making these because they are so easy to prepare in advance. If you are throwing a party, make these bad boys because they are a serious crowd pleaser and couldn't be easier to serve up. All you have to do is plonk the dish on the table and let the guests get involved. It's a wonderful way to serve up, watching as everyone passes the accompaniments round to each other smiling and laughing.

If you are pressed for time during the week, prep up a few of these on Sunday and you will have a couple of lunches or dinners in the bag, as they hold up to five days in the fridge once cooked and reheat very well.

Don't be scared to try these; its literally frying some beef mince, adding flavour and rice, cooking it, stuffing them, and then roasting them in the oven. And when you bring them out to the table, they are a real showstopper. For some reason people rarely make these; who knows why? Basically, people will think you are a very skilled cook when the truth is, it's super easy.

Stuffed capsicums were very popular in restaurants in the early 90s because of their wonderful ability to be made in advance and reheated. I must have made thousands of these and you could pretty much guarantee if you were a vegetarian at a decent wedding reception you would have been served a stuffed capsicum.

Just use a plain old long grain rice, because risotto, wild rices and sushi rice will not work. You can, if you are in a pickle, substitute some basmati if that's all you have in the cupboard at the time, but be aware basmati rice is much more fragrant.

Another wonderful thing about this dish is it's relatively low in calories, without the sour cream of course, with each capsicum coming in at a nice 390 calories.

When you are selecting your capsicums go big! This filling is enough for five large capsicums - you want them to be at least 12cm tall.

You can let your imagination run wild once you get the hang of these as there are plenty of variations you can switch up; you could stuff eggplants, zucchini, even mushrooms.

Prep time 20mins Cook time 1h 30m Serves 5

INGREDIENTS

- 5 capsicum/peppers, large about 12cm/4.5" tall
- 1 tbsp olive oil
- 1 onion, chopped (brown, white, yellow)
- 3 garlic cloves, minced
- 350g beef mince,
- 3 tbs Creole mix
- 1/4 cup tomato paste
- 1 1/4 cups (315 ml) chicken stock (cubes are fine),
- 1/2 cup long grain rice
- 1 cup corn kernels
- 1/2 cup shallots sliced
- 1 1/2 cups (150g) mozzarella, shredded
- 1/2 cup (125ml) water

To serve

- Guacamole, sour cream
- Fresh coriander, finely chopped

Instructions

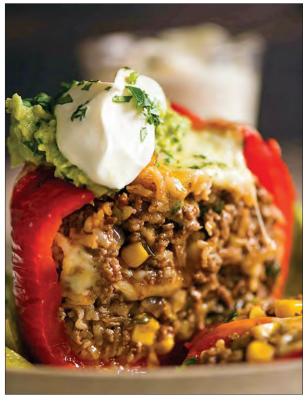
Preheat oven to 180°C

Hollow Capsicums:

- Using a small knife, cut around the top of the capsicum at downwards 45 degree angle. Remove top and keep, take out the seeds. If capsicum bottoms aren't quite level, cut so they'll sit flat. (Be careful to cut off as little as possible so you don't accidentally cut a hole in the bottom or the filling will leak out)
- Place capsicums in a baking dish that will fit them all, so they won't fall over during cooking

Beef and rice filling:

- Heat oil in a large casserole dish over high heat
- Add onion and garlic, cook until fragrant
- Add beef bit by bit (don't crowd the pan) and cook, breaking it up as you go, make sure it is frying



- Add Creole mix, stir through. Then add tomato paste and cook for 1 minute.
- Add rice, corn and chicken broth.
 Stir, bring to simmer, place lid on and lower heat to low.
- Do not stir! Now cook for 13 to 15 minutes until rice is JUST cooked mixture should be fairly loose still at this stage, not thick and stodgy
- Stir in shallots.

Fill and bake:

- Spoon half the filling into the prepared capsicums
- Top with half the cheese, then fill to top with remaining beef rice
- Place capsicum lids back on, pour 1/2 cup water into the pan
- Cover tightly with foil, bake 45 minutes
- Remove foil and capsicum lids. Top with remaining cheese. Bake further 5 to 10 minutes, just until cheese is melted.
- Sprinkle on chopped coriander as garnish.

Serve with sour cream and guacamole and nice cold Indian Pale Ale.



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Our Book Choice: Fake Accounts by Lauren Oyler

A woman in a post-election tailspin discovers that her boyfriend is an anonymous online conspiracy theorist in this provocative and subversive debut novel that examines social media, sex, feminism, and fiction, the connection they've all promised, and the lies they help us tell.

On the eve of Donald Trump's inauguration, a young woman snoops through her boyfriend's phone and makes a startling discovery: he's an anonymous internet conspiracy theorist, and a popular one at that. Already fluent in internet fakery, irony, and outrage, she's not exactly shocked by the revelation. Actually, she's relieved—he was always a little distant—and she plots to end their floundering relationship while on a trip to the Women's March in DC. But this is only the first in a series of bizarre twists that expose a world whose truths are shaped

Suddenly left with no reason to stay in New York and increasingly alienated from her friends and colleagues, our unnamed narrator flees to Berlin, embarking on her own cycles of manipulation in the deceptive spaces of her daily life, from dating apps to expat meetups, open-plan offices to bureaucratic waiting rooms. She begins to think she can't trust anyone--shouldn't the feeling be mutual?

Narrated with seductive confidence and subversive wit, Fake Accounts challenges the way current conversations about the self and community, delusions and gaslighting, and fiction and reality play out in the internet age. Contemporary Fiction

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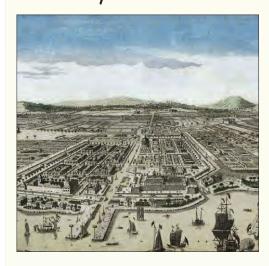
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- 1. What is the capital of Holland?
- 2. Pyongyang is the capital of which country?
- 3. What was the previous name of China's capital, Beijing?
- 4. Ulan Bator is the capital of which Asian country?
- 5. Kinshasa is the capital of which African country?
- 6. Turku was the one-time capital of which European country?
- 7. What is the capital of Taiwan?
- 8. What is the capital of Vietnam?
- 9. Damascus is the capital of which country?
- 10. Africa's largest country is Sudan. What is its capital city?
- 11. Vaduz is the capital of which European principality?
- 12. Which Asian capital was called Batavia under Dutch rule?
- 13. Which capital is called Helsingfors by Swedish people?

ANSWERS PAGE 29

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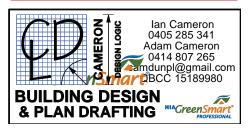
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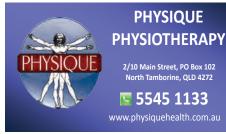
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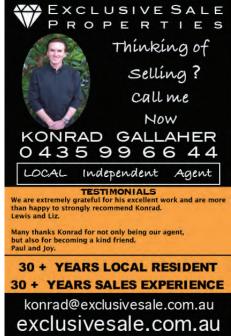




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TALENT BEHIND THE SCENES

Any theatre production is underpinned by the hard work of the worker bees out the back and up in the bio-box (where the lights and sound are controlled). Their job is to keep everything running smoothly – but mostly, to keep the actors looking good.

M for Mabel, the coming production at Tamborine Mountain's Zamia Theatre, is fortunate to have a huge skilled team. Costume designer Monica O'Brien, a professional in film, theatre and TV with more than 25 years' experience, is in charge of costume design, and the theatre couldn't be more delighted.

During rehearsals and performances, Pat Fillod joins the team as 'dresser' to the leading lady. Margy Rose as Mabel has so many changes from one gorgeous outfit to another that she needs her own 'staff'. This is a change of pace for Pat, who is known to many as the former proprietor of Bargains 'R' Us in Eagle Heights.

No stranger to multi-tasking, Thor Andersen, widely known in the region for his painting and decorating skills, with a sideline in the film industry, has a triple role in *M for Mabel*. He's stage manager, actor and props maker. Thor also plays suave (and impeccably dressed) film maker Charles Chauvel.

A host of other theatre regulars round out the team: Sonia Wagstaff (props and stage assistant), Louise Haggerty (lights) and Bernice Klein (sound). A second trio who've been round the theatre since Methuselah was a boy (Brian Franklin, John St Clair, Julie Young) are supporting the team with their expertise.

M for Mabel opens Friday 16 April and runs for three weekends. Tickets are selling fast. Directed by Lesley Sawyer (with help from Warrick Bailey), this vibrant Mountain show highlights the life of a little-known but fascinating local figure, writer Mabel Forrest.

Tickets at http://www.tmlt.com.au/upcoming-plays/, click on 'Buy Tickets Now'.

Janis Bailey



Louise Haggerty sets the lights with Brian Franklin.





Pat Fillod and Monica O'Brien confer over costumes.



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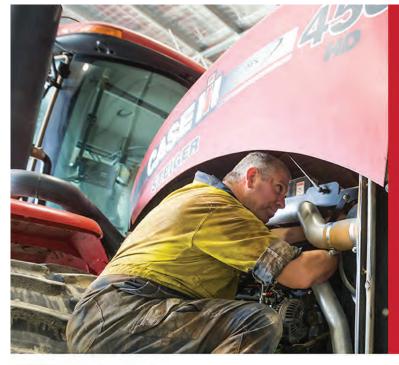


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