



News

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



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OPPOSITION LEADER CRISAFULLI SALUTES TM BUSINESS SUCCESS

CHEERS! Queensland State Opposition Leader David Crisafulli (centre), Member for Scenic Rim, Jon Krause (right) and Tamborine Mountain Distillery Director, Gordon Chalmers, toast the latest business success of the Distillery. At a greet and meet gathering held at the distillery on Friday, Mr Crisafulli spoke on State Government issues and LNP policy, answered questions and took on board the views of business and community representatives. Coincidentally, the distillery was celebrating the previous weekend's record of more than 600 customers and regular record daily sales. Friday was also the day its new cocktail bar opened. "Our great results are being achieved with no international and few interstate visitors. Our business has been booming all year simply because Queenslanders are visiting their own backyard in ever increasing numbers ... we love them," said Mr Chalmers.



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COUNCIL ADOPTS \$101.9 MILLION BUDGET FOR NEXT FINANCIAL YEAR

Scenic Rim Regional Council last week adopted a \$101.9 million budget for financial year 2021-22 which is up \$14.6 million from the previous year's budget.

"This brings us back into line with previous budgets, with last year's being lower than normal, recognising the impacts across the community following bushfires and the immediate response to the COVID-19 pandemic," said Mayor Greg Christensen.

"Last year we were very mindful of mitigating financial impacts in our region as our communities responded to sequential disaster events, including the global pandemic," he said.

"This year, our expenditure is up \$14.6 million from last year's budget of \$87.3 million. However, this also recognises the many major projects we are delivering through various grant programs.

"We need to take into account the aspirations of our community as identified in the shared Community Plan, while ensuring we meet our legislative accountabilities and commitments to maintaining our \$1 billion of assets, and our financial sustainability for the long-term.

"It is a double-edged challenge of the continued need to increase capital investment, while also demanding additional operating investment to maintain these assets.

"To support the delivery of our program of work, revenue from Council general rates and the Community Infrastructure Charge combined will increase by three percent.

"The Community Infrastructure Charge will increase by \$75 to \$447 per rateable property.

"However, the rate in the dollar has been reduced in most categories to contain the revenue growth to that three per cent.

"In practical terms, this means ratepayers who have a residential principal place of residence, and who are on a minimum rate, will see an increase in the general rates and Community Infrastructure Charge that equates to \$47 per annum or 90 cents per week.

"If your principal place of residence is on a rural property, the minimum combined general rates and Community Infrastructure Charge will increase by \$50 per annum, or 96 cents per week.

"Following last year's decision to keep Fees and Charges at a zero increase, or in some cases, reduced as a result of process improvements, this year has seen both decreases and modest increases across our various fees and charges to support the delivery of services to our communities."

Cr Christensen said he was grateful to the Queensland and Australian Governments for the generous grant funding which would support many projects throughout the year.

"Through co-investment from both levels of government, grant funding will contribute \$20.1 million for both operational and capital projects in the coming year," he said.

"We continue to enjoy success through grant programs which enables us to deliver important projects for our community, while reducing the impact on our general revenue.

"Once again, we will continue our own investment in grants programs, with \$295,000 allocated for our Community Grants Program, and more than \$104,000 will be made available under our Environmental Grants Program.

"Both of these programs help support important projects generally delivered by community and not-for-profit groups.

"This year, our capital program of \$37.3 million will provide ongoing base service level maintenance of our infrastructure

and assets driven by condition monitoring and life cycle management, as well as our program of strategic change.

"Our capital expenditure recognises some of the significant grant funded projects that will be delivered this year including the first phases of the Beaudesert Town Centre Revitalisation project, significant works on Kerry Road, footpaths at Beechmont and the refurbishment of the Tamborine Mountain Library."

Cr Christensen said that while Council had a strong focus on reducing waste to landfill, there would be a significant investment in the Central Waste Facility in Bromelton.

"We will spend more than \$2.3 million constructing a new landfill cell at our central waste facility and rehabilitating the existing landfill cells," he said.

"This is part of our routine and ongoing management of our landfill, with rehabilitation of closed cells and construction of new cells for ongoing disposal of municipal solid waste conducted in accordance with the Queensland Government's guidelines.

"In our budget, we struck a balance to ensure we continue to deliver for all our communities.

"Our budget allows for pertinent services, significant support initiatives and a strong forward-focused infrastructure program.

"Importantly the budget supports renewed economic growth, drives prosperity and employment generation so that we can move forward strongly and together."

A copy of the Scenic Rim Regional Council 2021-2022 Community Budget Report is available for download from Council's website: www.scenicrim.qld.gov.au/financial-information



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MORE THAN \$8 MILLION FOR BUILDINGS AND FACILITIES



Tamborine Mountain's Rosser Park is one of six parks in the Scenic Rim to benefit from upgraded fencing in 2021-22.

There is increased funding for the maintenance and upgrade of a wide range of facilities including cultural centres, community halls, libraries, swimming pools, park furniture and playgrounds in Scenic Rim Council's 2021-22 budget.

Council has committed a total of \$8.02 million for the maintenance of its 286 buildings and facilities, and \$844,500 on capital expenditure for facilities.

Swimming pools at Beaudesert, Canungra and Tamborine Mountain have been allocated a total of \$187,000 for essential maintenance and equipment replacements to ensure their continued operations for uninterrupted access in the summer months.

The budget provides \$100,000 for community halls, \$95,000 for park furniture including barbecues, seating, shelters and water bubblers, and \$180,000 for playground shade structures and playground improvements.

Smaller projects budgeted for include an upgrade to the roof between the Boonah RSL and Boonah Culture Centre, replacement of the air-conditioner at the Boonah Sports Complex, and the installation of new portable stairs at Tamborine Mountain's Vonda Youngman Centre.

The refurbishment of the Tamborine Mountain Library will move into the architectural design phase, after Council was able to purchase the former IGA site adjacent to the current facilities, with the refurbishment funded by the Australian Government's Local Economic Recovery program.

FOOTPATH WORKS

Council has allocated \$1.41 million to footpath works to increase accessibility and services for urban and semi-urban areas.

The budget provides for footpaths in Tamborine Mountain, Beechmont and Dugandan as well as minor footpath works across the region.

An aged footpath will be replaced in Dugandan to upgrade the surface and improve the safety of a well-used connective pathway.

Capital works on footpaths include:

- \$425,000 for Beechmont Road (Stage 1 – McInnes Court to School)
- \$625,000 for Beechmont Road (Stage 2 – Windabout Road to School)
- \$173,000 for Alpine Terrace, Tamborine Mountain
- \$120,000 for Boonah-Rathdowney Road, Dugandan
- \$69,000 for minor footpath works.

VEHICLE-PROOF FENCING FOR PARKS

Council will progressively roll out a program of controlled access to parklands with the installation of vehicle proof fencing at six parks.

It has allocated a total of \$3.78 million to capital expenditure and landscape maintenance of parks and public gardens across its 129 maintained parks constituting 426 hectares of land.

Harrisville's Lions Rotary Park, Canungra's Lions Park, Tamborine Mountain's Guanaba and Rosser Parks, Warrill View's J F Burnett Park and Wonglepong's Henry Franklin Park will benefit from upgraded fencing.

ENVIRONMENTAL GRANTS PROGRAM

Council will continue to work in partnership with the community to conserve and enhance the region's natural values, providing \$104,300 for the Environmental Grants Program.

The Environmental Grants Program aims to encourage and assist community involvement in the management of the Scenic Rim's environment for the benefit of the whole region.

In addition to the Environmental Grants Program, Council's budget provides \$65,780 for

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Working together

continued from page 5

the Million Trees Program, which is up from \$50,500 in 2020-21. This program aims to plant one million native trees throughout the Scenic Rim by 2025.

Ratepayers have been urged to make use of their free tree vouchers, to be distributed with their rates notices in July.

Council provides many local native species as well as a small number of hardy exotic plants which are compatible with the Scenic Rim's natural environment.

Applications for Council's 2021-2022 Environmental Grants Program will open on 1 July and close on 13 August.

The program offers landowners, schools and community groups funding for projects that work to improve the region's natural environment. Eligible projects include wildlife habitat enhancement, riparian restoration, community environmental awareness campaigns, and conservation of environmental areas with cultural significance.

To find out more about the Environmental Grants Program, go to www.scenicrim.qld.gov.au/grants-funding-awards/environment-grants/1

COMMUNITY GRANTS PROGRAM

Council has reinforced its commitment to its Community Grants Program, allocating \$295,000 in the budget and acknowledging the important role community organisations play in making a difference in our region.

The program provides funding support for grassroots community groups and not-for-profit sporting and recreational organisations across the region.

Council streamlined its grants applications process last year and transitioned to SmartyGrants, an online grants management platform. SmartyGrants eliminates the need for paper-based applications and has provided a far more efficient process for Council as well as grant applicants.

The improved system has received positive feedback from applicants as the grant application process is far more accessible and less complex to navigate.

Round 1 of the 2021-22 Community Grants program will open on 1 July, closing 5pm on 30 July.

Council Notices



COUNCIL GRANTS

COMMUNITY GRANTS

Applications open for Council's Community Grants (Minor and Major) on Thursday 1 July 2021, closing 5pm on Friday 30 July 2021.

ENVIRONMENTAL GRANTS

Applications open for Council's Environmental Grants on Thursday 1 July 2021, closing 5pm on Friday 13 August 2021. For further information on the funding opportunities available through the grants program, visit Council's website

scenicrim.qld.gov.au/grants-funding-awards.

WASTE COLLECTION

From 1 July, the time your waste collection truck arrives may change. Please have all bins kerbside by 6am on your designated waste collection day.

Due to our growing population and increased demand on waste collection services, the trucks' routes and times have been adjusted.

Don't miss your collection, put bins out early and watch out, you might spot one of our new trucks.



LIBRARIES

Visit scenicrim.qld.gov.au/libraries

STORYTIME IN THE PARK OUTREACH

TAMBORINE VILLAGE	13 July
CANUNGRA	14 July
RATHDOWNEY	14 July
KALBAR	15 July
BEAUDESERT	27 July

STORYTIME SESSIONS

Bookings are essential. Space and number limits apply.

BEAUDESERT	Monday 9.30am Wednesday 9.30am
BOONAH	Monday 10am Friday 10am
TAMBORINE MOUNTAIN	Monday 9.15am Storytime for children 2-5 yrs Friday 9.15am Baby Rhyme Time 0-2 yrs

SCHOOL HOLIDAYS

ACTIVITY PACKS

Matchbox miniatures | NAIDOC art and poetry

LEGO ACTIVITIES

Join us these school holidays and enjoy the challenge of creating, designing and building with lego!

CANUNGRA	Monday 28 June 9.15am
BEAUDESERT	Wednesday 30 June 9.30am
TAMBORINE MOUNTAIN	Friday 2 July 11am
BOONAH	Wednesday 7 July 10am

GAMES

BOONAH	Thursday 1 July 8 July 10am
TAMBORINE MOUNTAIN	Friday 2 July 9 July 2pm
BEAUDESERT	'Kid Space' Thursday 1 July 8 July 4pm

Veggie Story Time: Boonah | Friday 28 June | 10am

LIVE + ONLINE AT THE CENTRES

For more information or bookings phone 5540 5050 or liveatthecentre.com.au



LIVE ON STAGE

ROSS NOBLE

2021 Comeback Special (16+)
Saturday 24 July | 8pm
The Centre Beaudesert

AM CONCERTS

MUSIC FOR THE SOUL

Jodie-Joy in concert
Friday 23 July | 11am
The Centre Beaudesert
Adults or children \$16; Groups 10+ \$12.50

ON EXHIBITION

WOVEN:

Hanging by a Thread and Scenic Seniors Life Stories
Therese Flynn Clarke and Scenic Seniors by Centacare

Launch Saturday 24 July | 10.30am

The Centre Beaudesert
Continues until 27 Aug

ARTS DINNERS LIVE AND ONLINE

Spotlight on RADF Arts Dinner

Tuesday 13 July | from 6pm

Boonah Cultural Centre
Free but must register

COMMUNITY BUDGET REPORT

On Thursday 24 June, Council adopted the 2021-2022 Budget at a Special Meeting.

You can access all the budget information in our Community Budget Report, available on Council's website, or scan our QR code now.



VISIT OUR WEBSITE FOR SCHOOL HOLIDAY EVENTS AND ACTIVITIES!

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



Property of the week

SALE 🛏️ 4 🛁 2 🚗 4 ✂️ 8,372m²

Comfortable country living \$1,497,000+

37 Benowa Street, Tamborine Mountain

- Generous living and entertaining space for all seasons
- Media room + office/craft room
- Multiple garaging includes separate 4-bay shed with power
- Setback from the road, quiet & great location

AGENTS: Ton Wolf 0424 591 012
Paul Edwards 0419 249 271
Heleen van Daalen 0424 591 011



Property of the week

SALE 🛏️ 3 🛁 2 🚗 1 ✂️ 1,037m²

Sound investment \$649,000+

8 Kalmia Court, Tamborine Mountain

- Spacious open plan living/dining
- 2nd living area, refurbished kitchen and freshly painted interior
- Fenced rear garden, room for caravan
- Great investment or your first home

AGENTS:
Linda Hogan
0414 300 558



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Review: Buyer 118 Long Road

Barry was excellent to deal with. Why? because he was pleasant, did what he said he was going to do & returned my calls. This may not sound like much but in a time when buyers outnumber sellers, we found it difficult to find an agent who could even manage these basic things. I would recommend him without hesitation.

★★★★★

AGENTS: Barry Chick
0418 876 191



SALE 🛏️ 3 🛁 2 🚗 18 ✂️ 1,285m²

96 Main Western Road, Tamborine Mtn

- Commercial opportunity with 4 separate shops, and plenty of parking
- Live upstairs, modern kitchen, private balcony, ducted air-con
- Opportunity to change your lifestyle!

Contact agent

AGENTS: Ton 0424 591 012
Paul 0419 249 271
Heleen 0424 591 011



SALE 🛏️ 4 🛁 3 🚗 1 ✂️ 2,070m²

60-62 Freemont Drive, Tamborine Mtn

- Forest Park location with great potential
- 3 living areas and garage under with internal access
- Rich volcanic soil for the garden lover
- Investment or your family home ?

\$700,000

AGENTS:
Barry Chick
0418 876 191



SALE 🛏️ 4 🛁 3 🚗 6 ✂️ 1.01 ha

32 Eagles Close, Tamborine Mountain

- Unique home with exceptional entertainment areas, huge living space, high ceilings
- Magnificent views
- 4-bay machinery shed
- Fruit trees, garden irrigation, fenced garden

\$2,500,000

AGENTS: Ton 0424 591 012
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Amy Orr 0474 315 000
Tania Lindner-Curran 0428 654 000



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4 3 1,091m²

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AGENTS:

Elizabeth Stirling
0400 449 978



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Tamborine Mountain Little Theatre cast members Cath Buckley, Robert Wilson (top), Owen Buckley and Mary Comiskey (bottom) during rehearsal for the Tristram Comedy Double



A DOUBLE DOSE OF LAUGHTER

Cold and misty weather didn't keep away the audience for the opening weekend of the David Tristram comedy double at the Zamia theatre. His two plays – *Lockdown in Little Grimley* and *Late Entry* – are hilarious and a little crazy and had patrons shrieking with laughter.

With just five more shows over the next two weekends, it's highly recommended that you get along with your family and friends for a great night out.

The first show of the night, *Late Entry*, is thoroughly entertaining with a funny twist you won't see coming. It's followed by *Lockdown in Little Grimley*. We (unfortunately) can all relate to what the eccentric members of the Little Grimley Theatre have to go through. No wonder they bicker endlessly.

Adult tickets \$18; concession tickets \$15. Cabaret style seating; BYO drinks and nibbles; www.trybooking.com/BRPYG

Kim Burgess

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JUNE 25 - JULY 10, 2021

Lockdown in Little Grimley
and
Late Entry

TICKETS: \$18, \$15 conc.
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COVID: Check in QLD

Friday 25th, 2nd, 9th June/July at 7:30pm
Saturday 26th, 3rd, 10th June/July at 7:30pm
Sunday 27th, 4th June/July at 2:00pm
(doors open 1 hour prior)

(shows contain some coarse language)

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JON KRAUSE MP

State Member for Scenic Rim

LEADER AT TAMBORINE MOUNTAIN

LNP Leader David Crisafulli has been a frequent visitor to Tamborine Mountain and the Scenic Rim in the past few years, ever since he became the Shadow Minister for Tourism and the Environment in late 2017.

He's certainly no stranger to the region, and it was good to be able to host him again last Friday at a small gathering of locals involved in the community and business. Together, we are determined to highlight issues that need to be rectified by the Queensland Labor Government, and to hold them to account for their failures. However, it's not all about being negative – where things work, we support them, and we are also working to put ideas, policies and programs out into the public discussion so that the LNP is not only a party holding the Government to account, but also one that is part of making things better and offering alternatives.

There are many issues facing our State, and as this term goes on (the next election is not until October 2024) many more will emerge – especially for the economy. Thank you to those who attended, and in particular thank you to Tamborine Mountain Distillery for hosting the event.

COVID-19 HEALTH DIRECTIVES

At the time of writing, Queensland has just entered another period of restrictions – in particular, the wearing of masks in certain public places is mandated in South-East Queensland. I know these measures are frustrating, difficult for local businesses to deal with, and a challenge to community groups who thrive on the ability to bring people together. Please consider your local businesses when it comes to day-to-day purchases and help those who employ so many locals. The measures are aimed at preventing a greater disruption to our economy if there is a large outbreak of COVID-19.

COFFEE WITH A COP

Coffee with a Cop is a state-wide initiative the Queensland Police Service run to give members of the local community the opportunity to talk to local police about any issues, concerns, or questions they have, all whilst sharing a cup of coffee together.

This weekend in Beaudesert, police will be holding a 'coffee with a cop' session on Sunday 4 July 2021. The event will take place between 9am and 1pm outside the Bean to Café at 7 William Street, Beaudesert. I encourage you to head down and chat with the Beaudesert police officers if you are in the area.

MY OFFICE

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

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



SCOTT BUCHHOLZ

Federal Member for Wright

Here is a snapshot of what our Australian Government is doing to secure the economic recovery and build for the future.
UNEMPLOYMENT RATE DROPS TO 5.1 PER CENT IN MAY

Labour force figures show that employment surged by 115,200 in May 2021, exceeding all market expectations, to stand at a record high of 13,125,100. Employment is now 130,400 (or 1.0 per cent) above its pre-COVID level in March 2020. The vast majority of the rise in employment over the month was due to an increase in full-time employment, which rose by 97,500 (or 1.1 per cent) in May, to a record high of 8,965,200. Full-time employment is now 100,100 (or 1.1 per cent) higher than it was in March 2020.

These numbers should give Australians confidence that the Morrison Government's economic plan is working; a plan that's been laid out in successive budgets – lower taxes, investment incentives for business, skills programs and record spending on infrastructure. It is this economic plan that is delivering more jobs across Australia.

NEW UK FREE TRADE AGREEMENT

A new free trade agreement with the UK will deliver more Australian jobs and business opportunities for exporters, bringing both countries closer together in a changing strategic environment. The FTA is the right deal for Australia, with greater market access for Australia's high-quality products as well as greater access for businesses and workers, all of which will drive economic growth and job creation in both countries.

Australian producers and farmers will receive a significant boost by getting greater access to the UK market. Australian consumers will benefit from cheaper products, with all tariffs eliminated within five years, and tariffs on cars, whisky, and the UK's other main exports eliminated immediately.

Securing this agreement brings us closer to our friends in the UK, strengthening our economic and security partnership.

SUPERANNUATION REFORMS PASS PARLIAMENT

The Morrison Government has passed landmark reforms to Australia's superannuation system. These reforms will help ensure superannuation works in the best financial interests of all Australians by removing unnecessary waste, increasing accountability and transparency, and providing more flexibility for families and individuals.

The passage of the *Treasury Laws Amendment (Your Future, Your Super) Bill 2021* will save Australians \$17.9 billion over 10 years.



Scott BUCHHOLZ MP

Federal Member for Wright



Working for Wright

- 21 William Street, Beaudesert QLD 4285
- 07 5541 0150
- scott.buchholz.mp@aph.gov.au
- scottbuchholz.com.au
- SBuchholzMP

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



TAMBORINE MOUNTAIN

POLICE NEWS

I hope everybody is safe and well – no doubt it has been a bit chilly on the Hill in the last weeks, but it is that time of year.

Look, I have to say, that crime has been relatively quiet in our area, the odd bit of mischief for sure but generally good. However, it is very disappointing when any of our memorials are targeted by vandals and unfortunately that has been the case with the Lions Memorial in the Lions Park, corner of Curtis and Long Roads.

The Lions Club is a volunteer group that has supported the community for as long as I can remember – they put a lot into the park and other community groups and charities in the area. It would appear that it is likely juveniles have taken to inscribing names into the memorial itself and surrounds.

I feel we need a little education from parents to advise our children on the importance of respect, not only of others' property, but in particular memorials such as this one which recognises people past and present who have provided time, care and sometimes sacrificed lives for the good of their community. Little lessons of respect often have great impact if delivered in the right way by parents, guardians, mentors and authorities.

School holidays are upon us, so we need to be mindful of traffic and pedestrian movement. You may have noticed that the speed camera vans and cars are up the Mountain more often than not. There is a reason for that; they are catching a lot of vehicles speeding, more often local than not. So, if you want to see fewer of them, don't speed, do your bit and maintain the speed limit. Now before you throw your arms up and complain, if you were to receive the calls we do from our local community with complaints about speeding and other bad driving behaviour then you would also understand our community is requiring us to be out there and enforce our traffic laws.

I would also like to officially welcome a new face joining our police team, a great bloke with a lovely family – Senior Constable Chris Woollard has transferred from the hectic metropolis of Beenleigh to the peaceful (although busy at times) Tamborine Mountain. Chris is an approachable bloke with great knowledge of our area as he has lived on the Mountain for a few years now. Be sure to say giddy if you see him about. He is pictured here with Senior Constable Scott Guerin attending the Under Eights Day at St Bernard State School recently – they had a great time showing the kids through an ATV and answering all kinds of questions from enquiring young minds.

Finally, as an ex-Bush Rat (very successful Tamborine Mountain Rugby League team/Club of the 1990s and early 2000s), I thought I would put in a little plug for the Bush Rats who are attempting to re-form a club for our juniors and seniors. Local ex-junior Alick Kilsby is doing a great job with the assistance of others to get this up and running again. I am a big believer in sport and the benefits not only for our kids but also society in general; it builds



a lot of values. At this stage there is a meeting at St Bernard's on Thursday evening 1st of July (check Facebook for further details I believe).

In closing, be good to your family, kind to others and take it easy out there on the roads. We all need to slow down a touch in life and appreciate the present.

Senior Constable Steve Hargreaves

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JOIN IN ON SOME MID YEAR CHRISTMAS CHEER!

For those of you who recall,
Christmas in July was

once a large community celebration, which tourists travelled to and enjoyed, embracing our cold climate and community cheer. Locals met at pubs, clubs, restaurants and cafés to share food, a drink and a laugh, or stayed at home and shared a wintery meal with friends and family.

Christmas in July has roots in Australia for many of us 'ex-northerner' families, and is traditionally shared on July 25th each year. Locally, it promotes and supports local businesses and families, generates tourist interest and creates direct business sales. We all recall Angela's Pantry, and her amazing window displays... her's was one of the last stores to stop decorating, and that was a real shame to see...

This year together, we are reviving "Mid-Year Christmas Cheer" on the Mountain and surrounding regions. From 15th to 30th July (or, as some businesses are planning to do, for the whole of July) we are asking our local businesses to decorate their shops, business premises, cafés and restaurants, and help revive our once-loved festive celebration and together support local businesses and families.

It's a real local effort and it truly is 'the more the merrier'. Together we will ensure this year sets the precedent for future years! So, to get involved, this is what we are asking:

If you are a local business, why not participate in Christmas in July and collectively, by decorating your stores and business premises from the 15th-31st July, help make the Mountain come alive again.

To support this festive cheer, *Scenic News* is offering the winner of the "Best Christmas Decorations on the Mountain" a front cover story during the last week of July, plus free advertising to use anytime during 2021. Special judges are to be announced, and judging will take place during 15th-18th July.

Along with this, we are also promoting an exclusive two week-long local business in-store give-away, where we are asking local businesses to get involved in a '12 Days of Christmas in July' promotion (actually 14 days, but it sounds more Christmassy, right?).

Collectively, we ask you to promote your local businesses and help drive direct sales to your own business door. I have spoken to many businesses on the Mountain already, and from 15-30th July have asked many of you to create an in-store special, hold a special event, have a 'locals only offer' or create Christmas-style food, cocktails or cuisine. The Closet on Main, North Tamborine cannot wait to decorate and share their in-store promotion. They have already secured their place in the two-week double page feature... this promotion is only available to local businesses, and is available from the 15th-30th July exclusively.

To register for the '12 Days of Christmas in July' promotion, or to find out more, please contact Christey Johansson on 0417 238 238 or email us at info@scenicnews.com.au. For your chance to be the business who wins "The Best Christmas in July Decoration 2021" make sure have your decorations up before July 15.

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BREATHING A FULL BREATH OF LIFE

Raewyn Bright is a Tamborine Mountain resident who has taught yoga at her studio for the past seven years. She is also a qualified breath coach and has been practising and teaching breathwork for the past year.

"Inhale the future, exhale the past and thrive in the present," she says.

"Without the breath, we die. It's something we take for granted until it stops, or we struggle when something is wrong. When we're not in the midst of such a crisis, do we really think about our breath? What it actually does for the body? Am I breathing fast and shallow for a fight or flight response, or slow and deep for a relaxation and digestion response?"

"Every single breath causes major reactions in our body. The rate and depth of our breathing can influence our autonomic nervous system.

"It influences our blood pressure with every heartbeat, and it communicates through the brainstem to determine the quality of our thoughts, attention and actions. It exchanges vital information between our environment and immune system. Every breath helps activate the lymphatic system, which plays a major role in immune system function. It influences the pH level of our blood and tissues.

"Every breath massages each organ in your abdominal cavity through movement of the diaphragm. Every breath improves our digestion and the elimination of waste."

Raewyn says that although an amazing automatic activity that is hardly appreciated, breath is one function we can take more control over by checking in and learning correct, conscious breathing, thereby influencing the quality of the work it does in our inner body.

"Most of us breathe in quite a shallow manner, some really fast, only utilising a small percentage of our lung capacity. So, we are not getting the maximum benefit from our breath, which can impact a range of health issues. Why take half a breath of life when a full breath is available to us?"

So, what is breathwork?

Traditionally, formal breathing sessions were quite long, meant to achieve some kind of spiritual goal or to expunge a trauma. Today, breathwork refers to any manipulation of breathing for any purpose.

Raewyn believes it can help release trauma, as well as mental, physical and emotional blocks; or provide relief for those suffering anxiety, depression, inflammation, lack of



sleep or feelings of tiredness, fear, grief and anger.

"With a regular practice that fosters our conscious breathing techniques, patterns and rhythms, we can increase our mind-body connection, establish a high level of focus and gain a real sense of self," she says.

"Learning to breath fully also creates an opportunity to come back to our centre, so that we can express ourselves authentically.

"In learning to master the art of breathing, we gain a vital toolbox of techniques, to draw upon that can help us navigate many of the life and health challenges we all experience."

If you wish to know more about how breathwork can assist you in your life, or to book a place in one of Raewyn's classes, phone 0401 114 430.



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Councillor's Comment



DEREK SWANBOROUGH
DIVISION 1

HOUSEHOLD PLEBISCITE

I want to thank all residents of Tamborine Mountain for their participation in the plebiscite.

The volume of responses exceeded expectations with more participation than any other community survey I have seen conducted on the Mountain in the 35 years I have lived here. I am satisfied that the process succeeded in providing every household in the postcode 4272 the opportunity to participate in the survey and the result will provide a definitive view of the Mountain's wishes to either stay in SRRC or move to the GCCC.

Vote counting was concluded on Monday 28 June and the raw data will now be collated into a report to be made available to the whole community in about two weeks, or sooner if possible.

COUNCIL BUDGET

On Thursday last week Council adopted its budget for next year. It was adopted on a vote of 5-2 with Councillor Marshall Chalk and myself voting against it. I could not see the justification for a three per cent rise in general revenue from a combination of changes in the separate infrastructure charge and the general rate. The garbage charge also increased three percent. This is double the local government cost index of just 1.45 per cent. It means a lot more pain for Tamborine Mountain, and the increases may vary across the Mountain. In my neighbourhood the overall increases mostly amount to over \$270 per year; some properties may have no increases at all.

In broad terms, one per cent of revenue from the infrastructure charge and general rate equates to approximately \$500,000. A three per cent rate rise therefore raises approximately an additional \$1.5 million. Council also receives additional rate revenue from new properties being created during the year and the revenue from this equals about 1.5 per cent of total revenue or \$750,000. The total expected increase in overall revenue is just over 5 per cent.

Council's Community Budget Report, which can be read online on its website, explains the operating and capital expenditure for the year, which is of the order of \$100 million.

What was of concern to me was that the increase in service standards and new administrative based operating initiatives – which in my opinion explained a good deal of the three per cent rise – was not fully transparent in the released budget documents and needed to be disclosed. After a lot of debate at the budget meeting with opposition to this from Council's General Managers, the Mayor and Crs Enright and West, my amendment to release the list of new initiatives previously

provided to councillors in the budget formulation, within 14 days and excluding any potential commercial in confidence information, was successful with a vote of 4-3 in favour. The audio of the discussion on the issue can be accessed on Council's website. More on this when the data is released.

The budget contains some new initiatives for the Mountain and in coming columns I will list what the budget means as far as what we have been allocated. The most significant entry, which was released early and was timed before the plebiscite concluded, was the purchase of the old IGA building in Main Street for a new library.

This is a positive move for the Mountain. Architects will now be engaged to design the facility. I once again thank our Federal Member for Wright, the Hon Scott Buchholz – Assistant Minister for Road Safety and Freight Transport – for the additional \$2.1 million in funding from the Federal Government.

It was news to me that on Page 4 of the report in the Mayor's message, the library purchase will now be linked to providing better allied health services as well, so I am yet to know whether this is to be incorporated into the new building or staged in the existing building to be vacated. I have always considered the Mountain has a deficit of State-funded health services because of the lack of infrastructure to accommodate them.

This may also be an opportunity to facilitate a QGAP agency for Tamborine Mountain, similar to ones in Beaudesert and Boonah for services like motor vehicle registrations, transfers etc. I'll be talking more about this to our State Member Jon Krause.

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Councillor Division 1**

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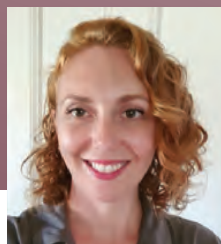
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POSTNATAL DEPRESSION IN DADS

When we think of postnatal depression, we often assume this is only experienced by mums. However, statistically, one in 10 dads will experience postnatal depression too. The transition to parenthood is huge, with changes to your life as you know it, particularly when it is your first child. There is no real way to prepare for the arrival of your firstborn, and this is just as true for dads as well as mums.

Of course, it is normal to feel flat, down or irritable some days when you are a parent. And it is easy to confuse these feelings with depression. However, the occasional day here and there is usually transient and to be expected as part of being human. However, if these feelings of low mood or symptoms of depression persist for two weeks or more, or if the feelings cause issues in your day-to-day life, it may be that you have postnatal depression.



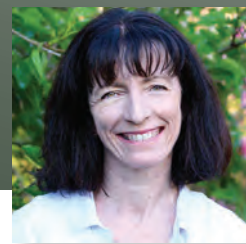
Symptoms of postnatal depression range from mild to severe. They can start suddenly or may gradually increase over a few months and tend to interfere with everyday life. Symptoms include panic attacks, persistent generalised worry, mood swings, feeling constantly sad, lack of energy or interest in things that usually bring joy, sleeping all the time or not sleeping well at all, or thinking about harming yourself or your baby.

These feelings can be exacerbated by the general challenges in caring for a newborn baby, and often caring for your own mental health becomes a lower priority. Those at risk of developing postnatal depression are people under financial pressures, lack of sleep, and the realisation that the routine and former life have changed so drastically. It can be more common in dads who have a history of mental health issues, who have a baby who is unwell, those with minimal support networks and friends, those having relationship issues, and those with a history of substance misuse.

If you think you may have some of the symptoms of postnatal depression it is important to seek help early on. Postnatal depression is usually temporary and can be treated with a variety of measures. There is good evidence that obtaining the help of professional counselling services early on assists parents to recover more quickly from postnatal depression and anxiety, and these parents will have a more enjoyable parenthood journey as a result. There are also other things you can do for your mental health such as meeting with friends, going for a walk or doing some exercise, and being more involved in parenting duties like changing nappies and holding the baby so you have time to bond.

You can access help through your GP who will be able to refer you to allied health services for counselling. You can also access organisations such as PANDA (their national helpline is open Monday to Friday from 9am to 7.30pm on 1300 726 306), MensLine (1300 789 978) or look at the resources found on the Gidget Foundation Australia website (1300 726 306) <https://gidgetfoundation.org.au/support-for-dad/>

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



HIDE AND SEEK

I've always been a fan of the game hide and seek. My kids will confirm when they were young their mother would delight in finding the most unusual places to hide. Nowadays I only have my dogs to hide from. They haven't quite got the concept of counting to 10 before searching so the hiding spot is a case of speed and convenience.

My fascination with hiding began when I was four years old. One day I decided that the ironing board stored in the closet below the stairs offered the perfect hiding place. Only trouble was, I failed to inform my family that I was playing hide and seek. I don't think any four-year-old would have the patience to hide for too long so I'm guessing that I fell asleep in my cosy hideout. I do remember hearing my mum's upset voice and emerging from the cupboard to a family crisis. I had been hiding long enough to trigger a neighbourhood search party and a call to the police!

What did this experience teach me? It's a necessary requirement in a game of hide and seek to inform another person that you're playing a game and they are the seeker. Otherwise, you might never be found – and that's the whole point of the game. You want to be found, eventually.



Our relationships tend to follow patterns not unlike the game of hide and seek. We get hurt, disappointed, offended and we withdraw from the other person who could be our partner, friend or family member. We hide our true feelings, we put up a wall (to protect ourselves) or we disengage. Our hope is that our loved one will notice and seek us out. We want to be seen, we want to be acknowledged and validated; but we go about it in a way that may leave us stuck behind the ironing board for a very long time.

If this scenario sounds familiar you may have discovered the other person had no idea why you withdrew from them and instead of seeking you out, they went in the opposite direction. Perhaps your behaviour was interpreted as a sign you wanted to be left alone or, worse, that you no longer cared about the person. The original issue was avoided and while it was a 'conflict-less' situation, the relationship suffered a fracture. A brick of resentment was the result, in what eventually became a dividing wall between the two of you.

How do we avoid unhelpful patterns that threaten our relationships and weaken our connection? We begin by being open and transparent with one another. Skills such as self-disclosure, honesty, listening, empathy, flexibility and compromise will help you relate openly and effectively. While hiding is much easier than being vulnerable, it really does nothing to improve your relationship.

Abandon the game of hide and seek and emerge from the cupboard. Your relationships will take on new depth and satisfaction.

Linda Gray
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NATURE NOTES

with Nadia O'Carroll

AUSTRALASIAN GANNETS – PLUNGE DIVERS



Sometimes congregations of plunge diving seabirds can be seen from the shore of the Gold Coast.

Many are Australasian Gannets which are handsome, white, streamlined seabirds with an apricot head, long black marked pointed wings and tail, dagger shaped beak and blue eyes. They are regularly seen offshore in South-East Queensland from April to September.

They are pelagic birds which breed in colonies in southern Australia and New Zealand. The birds pair for life and return to the same nesting site; they may be quite long lived with a lifespan of 30 to 40 years.

They locate shoals of fish with their keen binocular vision, soar above to heights up to 50 metres, open their wings and dive; at the last moment they fold their wings back to enter the water like an arrow. A bird may hit the water at speeds of 100 kph; its momentum can carry it 10 metres underwater. If it has to pursue prey deeper, it must use its wings and webbed feet to swim downwards; it can reach a depth of 25 metres.

This spectacular high energy hunting technique presents a number of challenges – the bird must overcome a sudden change in atmospheric pressure, positive buoyancy, the crunching impact of hitting the water at great speed and the transition from air to an aquatic environment.

Air sacs on their face and chest, super strong honey combed bone structure, extra bone in the roof of the mouth and closed nostrils are adaptations to cope with the shock of its high impact water entry. The bird's aerodynamic shape and agility ensure that it scythes through the water at speed to maintain its momentum.

Unfortunately, seabirds are threatened by human activity including overfishing, fishing litter and plastic. Lures, hooks and lines cause injury, pain, infection and death. Recreational fishers can prevent these accidents by not setting unattended lines, not casting in the vicinity of seabirds, correctly disposing of fishing tackle and litter, and not using stainless steel or alloy hooks.

If you hook a seabird, don't cut the line, reel the bird in gently and call wildlife rescue. Pick up discarded fishing line or plastic on the foreshore; it will only take you a minute and you may have saved many birds from a long and painful death. If you see injured or entangled wildlife, call the RSPCA on 1300 264 625.

Living
with **DOGS**



WOMAN KILLED BY THREE DOGS

Amanda Carmichael was mauled by three dogs and died from her injuries at the age of 41 on 8 June at Maryborough. It was around 9am in the morning when the attack happened; she had driven from Toowoomba to visit her friend who was apparently looking after the dogs, but her friend was not home, and Amanda was attacked by the dogs.

The acting police inspector said, "There is not any criminal nature to what has happened; it is merely a tragic set of circumstances that has ended up in this lady being killed by the dogs." (*The Brisbane Times*). But is that true? Why would someone have three large cross breeds with American Pitbull terrier genetics kept together as a pack. Surely, they were not "family pets", perhaps hunting dogs trained to hunt down and kill, or fighting dogs, or they may have been trained as attack dogs, often used by criminal gangs to protect their property and themselves from other criminals and police. There are protection dog trainers called "decoys" who have thick padded suits to teach or force a dog to bite and attack.

Apparently, neighbours found Amanda on the lawn, and after phoning for help they corralled the dogs into a shed. The owners of the dogs willingly surrendered and led the dogs into crates where they were taken by council to be euthanised; it had to be done, but the responsibility lies with the dogs' owners.

It is not normal or natural for domesticated dogs to randomly attack a human. The American Pitbull breed is banned in 12 countries around the world; they have the strength of a bulldog and the gameness of a terrier. Biologically, humans belong to the animal kingdom; to dogs we have a specific scent, and we are other animals. But even wild dogs and dingoes are unlikely to attack a human adult. One of those killer dogs was likely the leader that the others followed. Pack mentality is seen often in two or more dogs.

The local Mayor said, "The Council would be looking for any safety lessons to be learnt; the whole circumstances will need to be thoroughly investigated." (ABC news). The dogs were not registered with council - not that that would make any difference because anyone can have three dogs of any breed and they can do whatever they want to, or with those dogs.

It is time for Australian states and councils to take dog attacks as a growing problem that needs a major policy overhaul. There is human death every year, usually babies and toddlers, while public hospital emergency lists nearly always have dog bite patients. Recently in Cairns there have been spiralling complaints of dog attacks, even on a horse (*Cairns Post*).

According to Humane Society International, there are suspected to be several major dog fighting kennels in Australia. Evidence from online forums show that dogs and dog semen from the USA have been imported to Australia, specifically from highly aroused and aggressive blood lines. Legislation currently only prohibits actual dog fights and not the imports, nor the actual breeding, keeping, training or selling of these dogs. Dog fighting has been known to have purses totalling over \$700,000.

What a terrible way to die, and the end result is just a tragic set of circumstances. Perhaps the next human death will result in more being done than guilty dogs being sentenced to death.

Pam Brandis
Dip. Canine. Prac.



TRAVELLING PLACES By Gina Storey

In light of recent rankings, I thought I would talk about incredible Adelaide. With my son at university there I have had occasion to visit several times over the past few years and I have really come to love what Adelaide and South Australia have to offer.

Not only is it a foodies' and wine buffs' paradise, but there is also a great history, wide open spaces, great places to explore, wildlife galore and diverse regions. From the north in Coober Pedy and the Flinders Ranges, the seemingly endless vineyards, spectacular Kangaroo Island, the Riverlands region and the coastal areas, South Australia has something to interest and entertain all of us.



In case you didn't already know, humble ol' Adelaide scored a whopping third place in the world's most liveable cities 2021 ranking. So, what is it that makes Adelaide so great? Could it be the city's bustling, yet quaint, atmosphere? The culture and heritage spread throughout? Or how about the food and wine scene that's embedded within the city's blueprint? Well, it's actually all of the above, and so much more.

Bunnik Tours is a home grown South Australian company which has operated small group journeys for years to the far corners of the world. Recently they have focussed on home-based trips. Who better to travel to SA with than the locals?

The cooler months are the time to visit South Australia's Flinders Ranges. Bunnik offers a 12-day Discover South Australia small group tour that winds its way from Flinders Chase to Flinders Ranges with a host of wineries along the way. Explore this diverse and wonderful state, from world class wineries to the sparkling gem that is Kangaroo Island, the historic charm of Hahndorf and the expansiveness of Wilpena Pound. There are a few seats left in July and August. Prepare to be wowed.

Or really focus on the food and wine that SA has to offer on a nine-day getaway A Taste of South Australia. Discover the place Bunnik Tours calls home, South Australia. Be amazed by the diversity of landscapes, fresh local produce and stunning coastlines. Highlights include joining the Adelaide locals for 'breakfast at the markets' followed by a private tour of the Adelaide Central Market. Visit Penfolds Magill Estate, nestled amongst the foothills of the Mount Lofty Ranges, for a tour of the original winery and a tasting of Grange. Tour the Centennial Cellar at Seppeltsfield and taste tawny directly from the barrel. This trip operates in the summer months December to March.

South Australia is also a great destination for independent travellers – this past week has seen me booking drive yourself itineraries for several clients. Many are combining SA with The Ghan train journey from Darwin to Adelaide. Do come into the office and chat to us. Renee grew up in Adelaide, so she too has many insider tips to share.

Contact Travelling Places on 5545 1600 or travel@travellingplaces.com.au

SAVE THE DATE

Viking Cruises which offers both river and ocean-going cruises is coming to have a chat on Bastille Day 14 July at Travelling Places at 5pm. Let us know if you would like to find out more.

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YOGA IN THE VINES

We held a yoga workshop in a local vineyard (Canungra Valley Vineyard) last Sunday. Yoga followed by a picnic brunch next to the creek. A beautiful way to practise yoga outside and enjoy our yoga community.

Our yoga class covered the Mahabhutas: the five elements of the universe. Using the yoga, we moved awareness and energy through the body and through each chakra point connected to that element. Easy to do in such an exquisite environment: filling ourselves with the earth element from the grapevines, the water element from the sparkling Canungra Creek, the fire element from the winter sun, the air element from the crisp Hinterland air and the cosmic element from the moon energy on the cusp of the winter solstice. So what are the Mahabhutas and how can we incorporate them into our lives?

The earth element (prithvi) is the ground beneath our feet and the physical mass of our bodies. In our modern world where everything moves so fast and much happens in a virtual realm we can become disconnected from the slower rhythm of the earth element and this disconnect can result in anxiety, exhaustion, and a feeling of being ungrounded. We reclaim the earth element through activities like gardening, cooking, walking barefoot and connecting to our tribes.

The element of water (apjalla) is the blood, the lymph and the mucous in our bodies. Water is nourishing to all of life and it represents the principle of fluidity. Apjalla is a powerful teacher, reminding us to embrace change. Apjalla is related to our emotional bodies and one of the best ways to bring more balance to this element is to cultivate an attitude that is flexible and adaptable and accepting of change.

The element of fire (agni) is the power of transformation on all levels. In nature we experience the fire element as the heat of the sun, which offers life through photosynthesis and growth. Agni is related to the power of digestion. We stoke up the agni in our bodies with a strong yoga practice, good food and living a life of discipline.

The element or air (vayu) is our breath, which is constantly pulsing through our bodies in a rhythm of expansion and release. Vayu is also related to the mind and our nervous systems. In yoga we master the breath through pranayama regulating the element of air within our own bodies and minds. Fresh air and cultivating a quiet, open mind will balance vayu in your body.

The cosmic element of ether (akasha) is related to space. In yoga we observe the spaces within our bodies and in meditation we also pay attention to the spaces between our thoughts. Daily life practices would include spending time in silence, tuning into the sounds of nature, conscious listening and japa (mantra) meditation.

Margot Wagner

Yoga Under the Bodhi Tree

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

FOOD FOR THOUGHT

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LEMON AND GINGER CHICKEN SOUP

Now that this colder weather is settling in, I've noticed a few people with the sniffles and a cough as the common cold can cause quite some distress. So, if you are feeling a bit under the weather use this soup as a wonderful way to kickstart the immune system and get you back on your feet.

This recipe does take a bit of effort, but I can assure you it will be well worth it. You can ask your local butcher for some chicken frames and ask them to cut them in half too. I prefer free range chicken. I somehow feel it tastes better and I also know the living conditions of the poor caged hens.

Did you know? Although researchers have not been able to determine the cause of the alleged positive effects of chicken soup, several studies have confirmed that it helps to unblock congested lungs. In 1980, Irwin Ziment showed that chicken broth helps to thin mucous in the lungs with a higher effect being achieved when the broth is spiced. His study was followed up by Stephen Rennard in 2000 who argued that chicken soup, by reducing mucous in the lungs, supported the white blood cells in fighting a cold.

Generally, it can be observed that the calcium content of the soup increases with the duration of cooking and, depending on the composition, can have a mild anti-inflammatory effect.

Chicken soup is also said to have a calming effect, which has led some to claim that it can also heal the soul. I can remember a time when it did just that for me. I'm on the island of Borneo with my wife and we have just arrived at the base of the highest mountain in South-East Asia called Mount Kinabalu. As we step off the bus, I am slapped by the humidity that feels like a wet blanket.

We are here to meet our guide Tariq who is tasked with keeping us alive on our quest to the summit. A well-dressed lady in a black and green suit calls out our names and takes us to greet Tariq. He is a Nepalese national, 55 years of age and he is dressed in a white T-shirt with a black Nike swoosh across the front; his navy shorts are knee length, and he smiles as he puts out his hand to shake mine. It's like a wet fish.

"Let's get started guys," he says in perfect English. "We should have left three hours ago as there is some serious weather coming in and we will

have to motor up this mountain if we are to get to our accommodation before nightfall. It usually takes five to seven hours to get there, and we have three-and-a-half at best. Confused. I look at my wife and say, "So much for our leisurely walk then." She shrugs her shoulders.

I ask Tariq who is going to carry our 10kg backpacks up the mountain? He looks at me and then laughs and laughs. Finally, he wipes the tears from his eyes and says 'you'. "They said we will have help," I stammered. "Well, they lied," he replied. "You can leave 'em here or take them but we gotta move man."

Now I've got to say this mountain is a beast from the very start. It's just stone step after stone step, ranging in height from 40cm to 1m going straight up. It's like the world's biggest staircase.

"You guys are fit," proclaims Tariq after two hours of thigh busting steps are thankfully behind us. "We are about halfway and are tracking well; if we can keep up this pace, we will make it," says Tariq. My whole body is dripping in sweat; my mind has stopped complaining due to the fact it does nothing; my backpack feels like it's getting a kilogram heavier with every step. "Why did they make every step a different bloody size," I finally scream. Only to the delight of Tariq who bursts out in laughter again.

Another gruelling hour-and-a-half passes but we have slowed considerably, and my wife asks if we can stop and eat our snack. A boiled egg. All around us the rainforest has now turned to slick stone and the air is thick with clouds that are impregnated with rain that seeps into our very core. "Thirty minutes and we are there," says Tariq. "I can't do it," says my wife, "My bag is too heavy." "Give it to me," I say, and I place it on my front. "Let's go," I say.

I can tell you I have never had to pull on energy reserves like that! My legs were like lead; I was just about to give up, when suddenly I smell smoke. "There it is," cries Tariq and out of the mist is revealed a three-story hotel. Our refuge! After a cold shower and a change of clothes we sit in the dining room where Tariq says, "Well done you two. That was epic. It's a 4am start tomorrow for our summit run." Just then a waiter places a steaming bowl of chicken noodle soup in front of me. "See you



tomorrow," says Tariq as he leaves.

"I can sense life coming back already," I say as I take a big slurp.

INGREDIENTS

- 200g ginger sliced
- 1 red onion sliced
- 2 cayenne chilli sliced
- 1/2 bunch coriander stems roughly chopped
- 1 head garlic cut in half
- 4 litres water
- 3 chicken frames cut in half
- 500g chicken thigh
- 1 lemon
- 4 tbs fish sauce
- 2 shallots chopped
- 10 coriander leaves chopped

METHOD

1. Roast chicken frames at 200°C in oven until nicely browned, about 45 minutes.
2. In a 6/7 litre pot fry off ginger, red onion, coriander stems and garlic until aromatic, about 4 minutes. Add roasted chicken frames, pan juices and top with water, then gently heat on low for 3 hours.
3. Do not let it boil and do not stir.
4. Strain stock and reserve 2 litres.
5. In a large pot heat stock, add chicken thigh and gently simmer until you can shred with a fork.
6. Add lemon, fish sauce to taste.
7. Garnish with coriander and shallots.

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Wednesday 30 June 2 pm

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Wednesday 7 July 2 pm

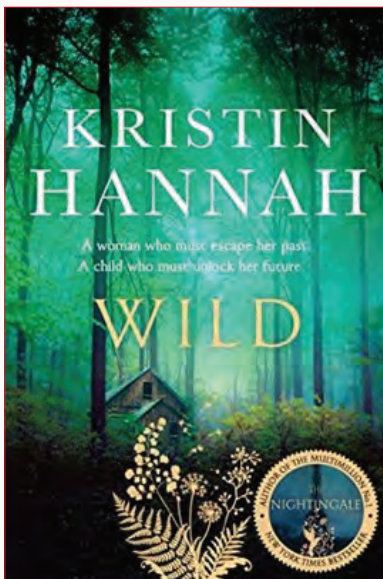
Our Book Choice:

Wild by Kristin Hannah

From the New York Times number one bestselling author of *The Nightingale* and *The Great Alone*, Kristin Hannah, comes *Wild*, a remarkable story about the resilience of the human spirit, the triumph of hope, and the promise of new beginnings.

In the rugged Pacific Northwest of the United States lies the Olympic National Forest – a vast expanse of impenetrable darkness and impossible beauty. From deep within this mysterious land, a six-year-old girl appears. Speechless and alone, she offers no clue as to her identity, no hint of her past.

Having retreated to her hometown after a scandal left her career in ruins, child psychiatrist Dr. Julia Cates begins working with the extraordinary little girl. Naming her Alice, Julia is determined to free her from a prison of unimaginable fear and isolation, and discover the truth about Alice's past. The shocking facts of Alice's life test the limits of Julia's faith and strength, even as she struggles to make a home for Alice – and find a new one for herself.



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TRIVIA

For the FOODIES



1. What is traditionally made from pig's blood, pork fat, cereal, and seasoning?
2. Covering meat, game, or poultry with strips of bacon to prevent drying out during roasting, is known as what?
3. What alternative name is given to the Norway lobster, which is larger than a prawn but smaller than a true lobster?
4. What is the name for a steak which has been cut from between two ribs?
5. What is the North African dish made from durum wheat and water to form small balls?
6. Which type of Indian cooking involves baking the food in a clay oven?
7. Which Spanish dish is cooked using rice, chicken, seafood, and vegetables?
8. From which country does Jarlsberg cheese come?
9. Which food condiment includes yellow, Bavarian and English?
10. By what name is the salad ingredient 'arugula' better-known?
11. By what name is the aubergine better-known in the USA?
12. The stigmas of which species of flower are used to make saffron?
13. What name is given to the cold vegetable soup originating from Spain?
14. Originating in India, what name is given to the breakfast dish of hard-boiled eggs and flaked fish?
15. Which salad, with ingredients including walnuts, celery, and apples, gets its name from a New York hotel?

ANSWERS PAGE 25

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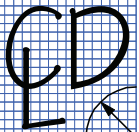
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Answers to TRIVIA from page 23

1. Black pudding
2. Barding
3. Langoustine
4. Entrecote
5. Couscous
6. Tandoori
7. Paella
8. Norway
9. Mustard
10. Rocket
11. Eggplant
12. Crocus
13. Gazpacho
14. Kedgerree
15. Waldorf

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Author/illustrator Lucia Mascuillo and young fan

St Bernard State School provided the Tamborine Mountain community with a morning of excitement last week to celebrate its Under Eights Day.

An annual event proudly initiated by Early Childhood Australia, it has been running for 60 years across Queensland and this year the theme was 'Celebrating Outdoor Play and Learning'.

With 30 different activities to choose from, St Bernard State School offered children opportunities to increase confidence and engage with others. Children developed their curiosity, creative thinking, problem solving and investigative skills. Activities included obstacle courses, face painting, clay sculpting, puppet shows, easel painting and making of stress balls, badges and ribbon sticks. The Mountain's local emergency services were also on hand to interact with the children.

StoryFest provided a local author/illustrator, Lucia Mascuillo, to speak about her amazing work. Lucia also led illustrator workshops throughout the day for the school's very excited students.

A very big thankyou goes to the dedicated parents, the many volunteers from TMSHS and our local community, and the teachers and staff of St Bernard State School for creating this wonderful event.

ON THIS DAY IN HISTORY

- Hong Kong returned to China: At midnight on July 1, 1997, Hong Kong reverted back to Chinese rule.
- The Battle of the Somme began in 1916
- The first Sony Walkman went on sale in 1979
- The Battle of Gettysburg began in 1863
- Coca-Cola brought its current Coke formula to the market

Pet of the Week



Photo: Christey Johansson

Pumpkin & McSquizzy

This week's pets are Sienna Lindner's female Scottish Shorthair guinea pig, Pumpkin, and McSquizzy, a male Abyssinian cross, who were both purchased from the Animal Welfare League at Coombabah.

Daily, Sienna spends a lot of time with her pet friends, which include Frizzle the chicken and Smudge the ragdoll cat. "McSquizzy is a little bundle of love, and Pumpkin is like a Kardashian", Sienna shares proudly.

Sienna is a great animal lover and in her spare time paints watercolours of animals. She was awarded first place in the Junior Art category at the annual Tamborine Mountain Artisan Fayre in 2020.

Guinea pigs require daily love and care and make wonderful pets for children. Pumpkin and McSquizzy's daily diet consists of fresh water, grass, a mixture of chaff, oats, bran and pellets, and fresh veggies purchased from the Green Shed. "Carrots and lettuce are their favourites," says Sienna.

Sienna shared the fact that humans and guinea pigs have much in common: "We both cannot produce vitamin C naturally, so it is important to eat foods rich in it every day, to keep us, Pumpkin and McSquizzy healthy". Additional similarities guinea pigs share with most humans: they also love hugs and Ninja Warrior courses. "On the weekends, and sometimes after school, I like to make Ninja Warrior courses for them out of used boxes, so they can play and explore new habitats".

Pumpkin and McSquizzy live together in an outdoor portable enclosure which has a covered boxed area for them to sleep in. This is moved around the backyard a couple of times a week so they can always eat fresh grass. No need for mowing at the Lindner residence! Clean straw is regularly placed in the enclosed box to keep them clean, healthy and happy. "I also have a cat pram and take them for strolls with my friends".

Along with her love of animals and art, Sienna is regularly seen in our community performing and teaching whip cracking. On Australia Day 2021 at Tamborine Mountain RSL Club, she raised money for the Rural Fire Brigade performing and teaching whip cracking to children. She also won Novice Winner and Junior 2nd at the Clifton's Rodeo, 2020. Sienna is the daughter of Tania Lindner-Curran and Bob (the pie eater) Lindner, who played and coached Australian NRL and State of Origin teams and is a descendant of locals Frank and Molly Power.



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