# Scenic

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



Tamborine Mountain's Georgia Lorange in her role as the Snow Goose in the Brisbane City Youth Ballet's performance of "The Snow Queen", held last month at the Gold Coast Arts Centre (HOTA). Georgia's answers to our Q and A on page 19.



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## TRANSPORT OPTIONS FOR TM PATIENTS

Last year, Tamborine Mountain Rotary launched an initiative to bring public transport to the Mountain and a steering committee report has subsequently been lodged with the Department of Transport.

It is now in the process of discussing the issue with the Department, which to date has given it a good hearing.

As part of its initiative, Rotary also investigated the current transport options for patients on Tamborine Mountain who need to visit a medical service at the Gold Coast or Brisbane.

That investigation highlighted the fact that there are several existing subsidised options for patients on Tamborine Mountain to travel to a medical facility or hospital at the Gold Coast, the most comprehensive one being that provided by the Queensland Ambulance Service (QAS).

If you don't have a car, and you fit the criteria, you can ask your treating doctor to arrange transport via the QAS Patient Transport Service. This service is available for patients who require transport to, or from medical appointments in a health care facility such as a hospital or specialist care facility including dialysis or oncology units, and are assessed as being medically unsuitable for community, public or private transport.

if you need to travel to a medical facility for an appointment, you may be able to get transport by an ambulance or another QAS vehicle provided you meet at least one of the following criteria:

- you need stretcher transport
- you need active management or monitoring while travelling
- you have a condition that would

cause you embarrassment or be of serious concern to other people on public transport.

### The following categories would be eligible:

- patients who need chemotherapy or radiotherapy, or other oncology treatments
- patients who have to go for renal dialysis
- patients with physical disabilities.

Transport for Queensland residents is free of charge. You or your doctor may request this transport; however, you must have a medically authorised transport request, signed by your doctor. QAS can decline to send you an ambulance if you do not have a signed medically authorised transport request.

if you do have a car or someone who can drive you, for a limited number of medical specialties at the Gold Coast, Princess Alexandra Hospital, or other Brisbane hospitals, you can apply for the **Patient Travel Subsidy Scheme** (PTSS) to travel to a local public hospital or health facility, for a limited number of medical specialists.

This scheme provides subsidies for patients to access specialist medical services that are not available at their local public hospital or health facility.

Unless the patient has been referred for specialist medical treatment more than 50km from their closest public hospital or health facility they are not eligible for the Patient Travel Subsidy Scheme.

For information on how to access the PTSS subsidy, email **bdhpatienttravel@health.qld.gov.au** or phone 5541 9218 (direct) or 5541 9111.

To establish if you are eligible, use Google Maps; calculate what is the

nearest public hospital (Beaudesert Hospital = 35km, Gold Coast University Hospital = 40 km).

If Beaudesert Hospital is the closest, it processes all PTSS claims. The closest public hospital from Beaudesert is Logan Hospital (= 49 km).

The next step is to see if your specialist referral category is available at Logan Hospital, e.g. cardiology is available in Logan Hospital, but oncology services are not available in Logan. So, an oncology visit to the Gold Coast is eligible for PTSS subsidy but a visit to a cardiologist generally not.

PTSS will pay \$0.30 per km (for a round trip from Beaudesert to the Gold Coast University = \$33.36 and Beaudesert to Princess Alexandra Hospital = \$36.78).

Tamborine Mountain Community Care can also bring their members to medical appointments, mostly to the Gold Coast, while people with a disability can use an NDIS subsidy or the Taxi Subsidy Scheme (TSS).

#### **COVID ENDS EKKA**

Due to the South-East Queensland lockdown and worsening local COVID-19 outbreak, the 2021 Royal Queensland Show (Ekka) has been cancelled in the best interests of public health.

It is the second year in a row that the Ekka has been cancelled due to the worldwide COVID-19 pandemic.

The 2021 show was due to open to the public this Saturday and it will be the fourth time in the Ekka's 145-year history that the show has been cancelled.

Full refunds will be issued to all ticketholders. More information on: **www.ekka.com.au** 



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It wasn't exactly the wedding that popular Tamborine Mountain physiotherapists, Jess Stinson and Hayden Buckman, had planned but they agreed that their rushed, COVID-affected big day was still a wonderful occasion. They could hardly have guessed 18 months ago, when planning their wedding, that they would find themselves smack bang in the middle of a sudden COVID lockdown. The happy couple is pictured after the wedding with the children of one of Hayden's cousins.

#### TM AUGUST MEALS ON WHEELS ROSTER

Fri 6th Clive & Lyn TURNER

Hillel WFINTRAUB

Fri 13th Athol & James MCDONALD

Glenys KELLY

Fri 20th Harry O'NEILL

Jane MENERE

Fri 27th Cassie & Stewart VAN MAARSEVEEN

Stephen NUSKE

### **HELP AVAILABLE FOR THOSE STRUGGLING TO PAY RATES**

Residents and business owners who are struggling to pay their rates due to financial hardship or a change in their personal circumstances have been urged to contact Scenic Rim Regional Council to find out more information on assistance options.

"This has been a stressful period of time for all residents of the Scenic Rim who have been impacted financially off the back of the drought, bushfires and the ongoing COVID-19 pandemic," said Mayor Greg Christensen.

"It's important to remind the community there are a number of ways we can help during their time of need, like Council's Financial Hardship Policy, which can assist those who are eligible and unable to meet a realistic payment commitment for the rates and charges levied against a property.

"Financial hardship can be experienced by many people at different times and can be caused by various reasons, especially during this past year when there have been so many changes to our lives and livelihoods that have been out of our control.

"Council is very compassionate to those who are genuinely experiencing hardship, and if you feel like you need a little extra assistance at this time, our team can help talk you through our payment options.

"The last thing we want is to have people sitting at the kitchen table worrying about whether they need to subtract money from their food budget to ensure the rates and charges are paid within the timeframes on the notices."

Residents can find out more information, including their eligibility for Council's Financial Hardship Policy, by calling 5540 5111.

In addition to rates assistance for those experiencing hardship, a discount of five per cent will be allowed on current general rates – but only if the total amount of the rates and charges (including overdue amounts) are paid within 31 days of the notice's date.

Ratepayers who hold a Queensland Centrelink Concession Card, Department of Veterans' Affairs Pension Concession or Veteran Gold Card can apply for the Queensland Government Pensioner Rate Rebate, which offers a maximum rebate of \$200 from their annual rates bill.

To be eligible for the Queensland Government's Pensioner Rate Rebate, the ratepayer must be the owner or life tenant of the property, which is their principal place of residence in Queensland, and legally responsible for paying rates and charges levied on that property.

More information about rates can be found on Council's website: www.scenicrim.qld.gov.au/council-services/payments-and-forms/rating-information

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#### **Giant Stinging Tree**

Giant Stinging Tree - Dendrocnide excelsa, Palm Grove National Park.



The leaf belongs to an isolated sapling which was emerging right next to the track. The habitat of the giant stinging tree is sub-tropical, warm temperate or littoral rainforest, particularly in disturbed areas, previously flattened by storms or cyclones. The angle shows the leaf's tiny stinging hairs. A notable feature of the leaf is its pristine condition. Two adjoining leaves were showing typical signs of herbivore predation. Contact with skin can cause a severe reaction which may persist for months. Note the spines on the stem. Mature trees can reach a height of 35 metres.

**Peter Kuttner** 





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#### **AGENTS:**

Barry Chick 0418 876 191



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#### **AGENTS:**

Ton Wolf 0424 591 012 Heleen van Daaleen 0424 591 011





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- Great undercover area overlooking pool
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- 6x12 shed with carport

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**AGENTS:** Monique Clemens 0429 0040 840 Erin McGee 0427 078 757



#### OPEN HOMES Sat 7th

Due to current COVID lockdown all Open Homes for Saturday have been cancelled. Please contact agent to view online.



Jeans for Genes Day - Aug 6th

Making a Difference ... Every dollar you donate goes directly to Children's Medical Research Institute and helps find treatments and cures for children's genetic disorders



#### 1334 Tamborine Oxenford Rd, Wongawallan

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- · Easy access off the Mountain

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#### **AGENTS:**

Michael Kratzke 0434 718 162 Diane Pihl 0424 653 316



### Review:Seller - 99-107 Nash Road

Absolute pleasure to work with Monique, she has managed our properties for a number of years (both sales & rental) & recently executed a great deal for us on the sale of our home. She made the process a breeze & kept us up to date and well advised throughout. Professional, responsive, diligent and extremely hard working.

**AGENTS:**Erin 0427 078 757 Monique 0429 004 840

\*\*\*\*



#### 19 Nicole Circuit, Beaudesert

- · Comfort and quality best describes this home
- · Indoor/outdoor flow from living to patio area
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**AGENTS:** Monique Clemens 0429 0040 840 Erin McGee 0427 078 757













#### How to find a rental in the age of coronavirus

- People have been conducting rental property searches online for a long while now, its the place to start, sign up for alerts.
- Most agencies still prefer that potential tenants turn up to view a property in person before putting in an application form
- If you can't make it to an inspection due to being in selfisolation, or because you can't cross a state border, try and get a friend or relative to inspect the premises on your behalf.
- Whatever the situation is, have a chat to the property manager to figure out the best way to inspect the property.
- Have your application ready to go
- Have important documents ready that show your ID, rental history and financial details so you can apply for a rental as soon as you're able to, which will give you the best chance of securing it quickly.

#### **AGENTS:**

Amy Orr 0474 315 000

Sarah Lewis 0429 001 013



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#### **AGENTS:**

Ton Wolf 0424 591 012 Heleen Van Daalen 0424 591 011



#### Meet the team

#### Linda Hogan **Property Professional** 0414 300 558

Linda.hogan@professionals.com.au ProfessionalsTamborineMountain.com.au

Linda is a high achiever with an impressive sales career under her belt. She is affectionnately known in the office as our 'pocket rocket' as her energy abounds.

Linda has recognition amongst her peers having received many awards with the Professionals Group, often appearing in the top 10 sales achievements competing throughout Australia.

Living locally with children having gone to the local schools, she is well aware of why people want to move their families to the Mountain, and into catchment areas.

As an agent Linda is motivated and is always thrilled when her clients can achieve their desired outcome.



#### e Friendly, helpful and always available: Buyer

Linda was great to work with when buying this property. She knows the area very well and was a pleasure to interact with. I would recommend Linda to anyone wanting to sell their property.

#### 🦊 Professional and credible: Seller

Honest, enthusiastic, instant rapport.

Excellent feedback on inspections. Have another property in the area to sell in the near future and want Linda to manage that sale.



# HANNAH SHINES IN ART AWARDS

Tamborine Mountain College Year 12 student, Hannah Dalton, (pictured at right) with the entry that earned her two awards in the recent d'Arcy Doyle Art competition held at Mudgeeraba on the Gold Coast.

'The Doyles' is a much-loved community art event that attracts submissions from all over Australia from both professional artists and art students.

Now in their 16th year, the awards were established to honour Doyle, one of Australia's best-known artists. Ipswich-born Doyle, who settled at Mudgeeraba in 1973, worked in a realist style reminiscent of the illustrations of American painter Norman Rockwell. Following his death in 2001 the d'Arcy Doyle Art Awards were established to perpetuate his memory and to encourage others in their creative work.

Hannah's painting – A Tribute to the Masters – earned her second place in both the People's Choice Award and the Senior School Challenge Award.

TMC has an arts excellence program that values its talented art students. During the last school holidays, 25 enthusiastic art students attended Art Camp on campus. The first two days were spent learning dry brush oil techniques with artist and teacher Stuart Mattress. The third day had to be postponed due to a COVID lockdown.

TMC plans to run a third day of Art Camp in the next block of school holidays, Monday 27 September - mixed media techniques with Cheryl Boody.

Art Camp details can be found on page 18

Hannah Dalton (right) with her award-winning 'A Tribute to the Masters'







### JON KRAUSE MP

**State Member for Scenic Rim** 

### **GOAT TRACK UPDATE**

Emergency stability works at the Tamborine Mountain Road site (the Goat Track) which have now been completed saw crews remove more than 20,000 tonnes of unsafe material from the landslip above the road.

The successful contractor for the permanent and specialist reconstruction works is yet to be announced, but Main Roads assured the community in mid-July that works would begin by late July. Let's hope that has eventuated and the work is able to proceed to schedule.

It goes without saying that the Goat Track will remain closed until these substantial repairs are completed. I visited the site a few weeks back, and the size of the rocks involved in that area is quite amazing. I understand the angst of local residents and business owners who are concerned about the length of time taken to make these repairs – the latest timeframe was for completion by the end of 2021.

These concerns have been conveyed to Main Roads by me – however, the safety of this site for motorists and workers remains the department's number one priority. We are fortunate nobody was injured or killed when the original landslip occurred, and I am sure everybody in the community will agree that the engineers and departmental people involved in planning this repair should be given whatever time they require to get it right – for all of us, and our families.

#### **SUPPORT LOCAL**

There is still a lot of uncertainty, cancelled bookings and orders, and last-minute changes to plans, especially since the NSW border shut again recently – all things that have had an impact in one way or another on business confidence across our region and the nation recently. Knowing who you are dealing with in these times can be very reassuring, and so what a time to give the locals in business a go.

From a bureaucratic point of view, I continue to argue that government at all levels needs to make it easier for these businesses to grow. State planning laws and processes, and council planning schemes, can be too hard for small businesses — especially those just starting out — to get their head around (let alone the costs of going through the process). There is a huge untapped opportunity to create jobs that is being stifled. Let's unleash the potential!

#### **CONGRATULATORY LETTERS**

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

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





#### **SCOTT BUCHHOLZ**

**Federal Member for Wright** 

# LOCKDOWN – FINANCIAL SUPPORT

We've seen 11 local government areas in Queensland locked down and that includes us here in the Scenic Rim. A Commonwealth hotspot has been declared and the Morrison Government stands with Queenslanders. Support payments have been made eligible for residents who have lost hours of work because they live in a Commonwealth identified hotspot (lockdown area).

For Queenslanders who lose work, you will be eligible to receive COVID-19 disaster payments of \$750 per week if you lose 20 hours or more of work as a result of the lockdown. For those who lose between 8 and 20 hours, a \$450 support payment will be available.

And if you've been supplementing your income support payments with a few shifts, you will also be eligible for a payment of \$200 if you've lost more than eight hours of work as a result of the lockdown. More information at www.servicesaustralia.gov.au

#### NATIONAL PLAN TO TRANSITION OUR RESPONSE TO COVID-19

The National Cabinet has agreed in principle to the plan to chart our path out of COVID and set the targets we need to reach get there. This plan, along with the vaccination targets to get to each stage, is a uniquely Australian plan, based on the clear medical and economic evidence.

Importantly, this plan gives us all a goal to work towards. Our way out of this relies on each and every Australian getting vaccinated. I've had my first AZ shot and will get my second soon.

To move to each phase, we need to reach the vaccination target on average as a country, and then each state or territory must also then reach its target.

That's how we get through this, Australia. One by one, family by family, community by community, going out there, getting vaccinated, getting the job done.

Of course, with every plan it is based on what we know about COVID. If there are any new developments, we will do the work to incorporate that knowledge back into the plan.

#### PHASE A: VACCINATE, PREPARE AND PILOT (CURRENT PHASE)

Australia will continue to strongly suppress the virus for the purpose of minimising community transmission. Measures may include accelerating vaccination rates, closing international borders to keep COVID-19 out, and early, stringent and short lockdowns if outbreaks occur.

# PHASE B: VACCINATION TRANSITION PHASE (APPROXIMATELY 70 PER CENT OF ADULT POPULATION FULLY VACCINATED)

In this phase, Australia will seek to minimise serious illness, hospitalisations and fatalities as a result of COVID-19 with low-level restrictions. Measures may include maintaining high vaccination rates, encouraging uptake through incentives and other measures, minimising cases in the community through ongoing low-level restrictions and effective track and trace, and with lockdowns unlikely but possible and targeted.

# PHASE C: VACCINATION CONSOLIDATION PHASE (GREATER THAN OR EQUAL TO 80 PER CENT OF ADULT POPULATION FULLY VACCINATED)

In Phase C, Australia will seek to minimise serious illness, hospitalisations and fatalities as a result of COVID-19 with baseline restrictions. Measures may include maximising vaccination coverage, minimum ongoing baseline restrictions adjusted to minimise cases without lockdowns, and highly targeted lockdowns only.

# **FESTIVAL A BLOOMING SUCCESS**



Happy family from Paddington in Brisbane enjoys the beauty of Joan and Leon Hughes' Harmony Gardens.

# Tamborine Mountain Garden Club's inaugural Camellia and Magnolia Festival has been hailed a wonderful success.

The weather was perfect, the five open private gardens were truly beautiful, the Botanic Gardens sold many plants, the whole Mountain looked magnificent, and the crowds came.

Visitors of all ages, from young families to elderly garden lovers, came from as far as Warwick, the Sunshine Coast and beyond to join neighbours from the Gold Coast and the Scenic Rim, and the atmosphere was palpable with goodwill.

Organisers had prepared COVID-safe conditions with social distancing measures in place and online ticketing. While this caused some apprehension beforehand, the check-ins went smoothly, and everyone involved was very happy with the process.

Masks were the order of the day, but no one let this impact on their enjoyment. Although the news of a snap lockdown came through during the morning last Saturday, notification of closure of the festival gardens an hour earlier just meant people went faster, as they did not want to miss any opportunity to view as many gardens as possible.

Tamborine Mountain Garden Club President Laurel Schneider said: "We have had so much positive feedback about the Mountain, the gorgeous gardens, the friendly helpfulness of the volunteers and the opportunity for visitors to talk to the garden owners, all of whom made themselves available. These are the things our visitors really appreciate."

Many visitors asked about the possibility of the event recurring next year. With the much-loved Springtime on the Mountain festival proceeding on September 24 and 25, the club is still to consider whether the amount of work with two festivals so close together is sustainable.

Tickets for Springtime on the Mountain 2021 open later this week via **tamborinemountaingardenclub.org.au** or at **eventbrite.com.au**.

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# Councillor's Comment

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

JEFF McCONNELL **DIVISION 2** 

### TAMBORINE PLAYGROUND

The new upgraded playground at the Tamborine Memorial Hall is finally opened and is already a huge success with the local children. The new equipment included more climbing and coordination structures, as well as a bird's nest swing for the younger kids. We have also placed some sandstone blocks closer to the playground for the parents to sit on.

Council collaborated with the Tamborine District Citizens Association and the Tamborine Memorial Hall Management Committee to bring together ideas for the design of the new playground to better suit the needs of local families.

The upgrades were completed with funding from the Queensland Government's COVID Works for Queensland program.



Cr Jeff McConnell with Tamborine Memorial Hall President Nicole Pardilanan at the upgraded playground.

#### **GRANTS**

At the July 20 Ordinary Council meeting we detailed the approval of over \$7.6 million in grants from the SEQ Community Stimulus Program and the Local Economic Recovery Program from Federal and State Governments. Of note is that \$4.3 million of that funding is for projects on Tamborine Mountain including the refurbishment of the old IGA into a new Community Hub and Library and major upgrades to the Vonda Youngman Centre.

This is a great outcome for the Scenic Rim and all the projects can be seen on Council's website.

#### **BUDGET**

Council has adopted its 2021-2022 Budget and again it was a difficult task of managing the needs of the community for more services and better roads and the need to improve the workings of Council. This year we published the new initiatives as a separate attachment to the Budget so that the additional spending was more open.

I would just like to correct some misinformation in regard to the increase. When we talk about a 3 per cent increase it is not an increase in your rates but an increase in the rates revenue to be collected.

#### **WONGLEPONG CWA**

I was privileged to be invited to attend the Wonglepong CWA annual meeting in July and was thrilled to talk with all the ladies about the selfless devotion to community they have. This is something that is lacking across some of Australia's communities and these ladies are a shining light to how we should strive to be a benefit to the people around us.

Thought of the Day: "Challenge yourself: It's the only path that leads to growth" - Morgan Freeman

# Physio Talk

with Jess Stinson



# PLANNING A WEDDING IN A PANDEMIC

Who thought planning a wedding during a pandemic was a good idea?

Boy oh boy, when it came time to plan our wedding 18 months ago Hayden and I picked a date we thought would for sure be safe. Well, the wedding was last weekend, and we were soooo wrong; who would have thought? At the time of writing there was a chance we were about to go into another lockdown with cases and exposure sites starting to pop up around South East Queensland. With lockdown looming and the weekend getting closer we were bouncing between a state of excitement and disappointment.

While the weekend wasn't the wedding that we initially planned with missing family and friends from overseas and interstate, it was still our wedding, and we know we will look back on it as a great, great day. The thought of a lockdown coming along at the last minute was pretty disheartening.

Now, I should preface this by saying we are extremely grateful and lucky to be in a place in the world where we are even able to plan a wedding during a pandemic. Our life has been largely unaffected by the coronavirus and if a postponed party is the worst thing that happens, we are doing very well.

In the last week I found myself wishing I could see into the future so I could have the ability to know what to plan for – whether we should postpone, if it would be just Hayden and I, or the wedding we had planned. I've come to realise that what I was actually feeling last week was the fear of the unknown. And I know this is a very common fear, even in the days before COVID.

I often see women in the clinic with this exact fear. They are scared, confused or disappointed because they are seeking help for issues that could have been prevented or at least managed from an earlier point in time. They are often at the point that their treatment options are very daunting, unheard of and sometimes life changing. Now, if I could have travelled to the future and then told myself what to prepare for the weekend I would. The amazing thing about being a women's health physio is that we can help with the fear of the unknown. We can sit down, talk things through and explain treatment options so that they are not scary or unclear. We come up with treatment plans that suit each person and answer their questions, so they do not feel uncertainty or out of their depth.

Managing and stopping the fear of the unknown is something that I am really trying to change in women's health. On September 9, Physique will be presenting another women's health night, with the aim of helping to stop this exact feeling. We will be hosting a range of speakers from different areas of healthcare to speak on their area of expertise.

We are covering topics from pregnancy to pelvic pain, heart health and cognitive health. I am so excited. If you would like to attend, please give us a call at the clinic or send me an email at jess@physiquehealth.com.au. Due to COVID restrictions, RSVPs are essential so make sure you don't miss out!



# The Mountain Midwife



### **MASTITIS**

One in five Australian women will develop mastitis in the first six months of having their baby. Most people know that the treatment for mastitis once you are unwell (infective mastitis) is antibiotics, but there are ways you can avoid mastitis in the first place, or sometimes get on top of it before you reach the point where you need antibiotics.

Mastitis occurs when you get a blocked milk duct which causes the milk to become trapped behind the blockage. This can push some of the milk into the breast tissue and

causes the inflammation that is mastitis. Often the first symptom is a sore area in the breast; you may notice a hard lump in your breast, and there is often a red, hot area. You can also start to experience flu-like symptoms and develop a temperature.



There are several things you can do to avoid mastitis in the first place. Wearing a well-fitted maternity bra that doesn't dig in to any areas of the breast is important to avoid blockage. Also, not holding the breast in the same place throughout the whole feed or for every feed, so that all parts of the breast can drain. If your baby has a very regular pattern and you start skipping feeds or you start weaning, this can also cause mastitis to occur because you are not draining the breast as often as you used to.

If you think you are developing mastitis there are a few things you can do. Drain the breast regularly, continue to feed on the affected side (the milk is still safe for baby to drink), make sure your bra is loose or remove it, massage the breast during the feed and focus on the area that is sore, trying to break down the lump with massage during a feed. You can also try to change positions to feed: sometimes a position change can help to clear the duct. You can also use cold packs on the breast to assist with the swelling and reduce pain, and if you want to use heat do this only for a few minutes prior to the feed, using a heat pack or shower to help trigger the let-down of milk.

If you develop a temperature, feel very unwell, or these measures do not work, it is time to see your doctor or midwife. You will be prescribed a course of antibiotics to clear the infection, and it is important that you finish the course of antibiotics, even if you start to feel better. If you leave it too long to treat when you have developed symptoms of infection, it can take longer to get better and, in some cases, you can develop an abscess if left too long. Sometimes the antibiotics can cause baby to have an upset tummy, but it is important to keep feeding or expressing during treatment to help clear the mastitis.

You can find more information on the Australian Breastfeeding Association website or call their helpline on 1800 mum 2 mum (1800 686 268). There is also a service called Pregnancy, Birth and Baby which is like 13HEALTH, but calls are answered by midwives and child health nurses; their number is 1800 882 436.

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

# Relationships



# BROKEN BONES AND CASTS

Margaret Mead was a renowned cultural anthropologist in the mid-twentieth century. She was once asked by a student what she considered to be the first sign of civilisation in a culture. Instead of fire, wheels or fishhooks, Mead replied that the first sign of ancient civilisation was a femur that had been broken and then healed.

She explained that in the animal kingdom if you break a thigh bone, your life is over. You cannot run from danger, hunt for food or get to a water source. No animal survives a broken leg long enough for the bone to heal. A healed femur is evidence that someone has taken time to stay with the one who fell, bound the wound, carried the person to safety and tended the person through recovery. Mead stated "Helping someone else through difficulty is where civilisation starts."

Despite its flaws and frustrations, our society is structured around cooperation, ensuring members needs are met. Think about the milk you had in your cuppa or on your cereal this morning. How many people were involved



in making that milk accessible to you? The farmer who fed and milked the cow; the truck driver who transported the milk to factory; the production workers who ensured it was pasteurised, homogenised and bottled correctly; the driver who drove it to supermarket; the shelf packer who loaded it into the fridge. Not to mentioned everyone who was involved in the manufacturing of the container it came in. The invisible bonds of cooperation that hold society together are innumerable and integral to our survival.

The cooperation that Mead referred to lies at the heart of our humanity; looking after those who, for various reasons, are unable to look after themselves. This week friends of mine witnessed their 12 year old son snap his humerus bone in half. The X-ray showed the two halves had well and truly parted ways. The medical team decided, rather than surgically pinning them together, to use a weighted cast that would help the two halves realign and heal naturally.

This is a useful metaphor for helping someone through difficulty. Sometimes a person requires professional intervention. Alternatively, what might be required is an environment in which they can heal themselves. There's nothing particularly special about a cast. It doesn't possess medical qualifications, it's made from ordinary ingredients. A cast is important because it provides an environment where a bone is supported and protected and has the opportunity to heal itself. We can provide the same for someone in a difficult situation. It may take the form of practical help- transport, meals, financial support. Practical assistance goes a long way in reducing stress on the way to recovery. Perhaps the person needs emotional support. Encouragement and a listening ear can re-ignite their confidence and belief in themselves.

Look out for opportunities to be a cast for someone who needs one. To quote Margaret Mead: civilisation begins when we learn to help someone else through difficulty.

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



Hearing loss is the largest modifiable risk factor for developing dementia, exceeding that of smoking, high blood pressure, lack of exercise and social isolation.

Studies have documented that even among people with so-called normal hearing, those with only slightly poorer hearing than perfect can experience cognitive deficits.

While you may not want textbook perfect hearing, you most likely do want to maximise and maintain cognitive function: your ability to think clearly, plan rationally and remember accurately, especially as you get older.

Under normal circumstances, cognitive losses occur gradually as people age, the wisest course may well be to minimise and delay them as long as possible and in doing so, reduce the risk of dementia. Preventing or treating hearing loss in midlife has the potential to diminish the incidence of dementia by nine per cent.

Difficulty hearing can impair brain function by keeping people socially isolated. The harder it is for the brain to process sound, the more it has to work to understand what it hears, depleting its ability to perform other cognitive tasks. Memory is adversely affected as well. Information that is not heard clearly impairs the brain's ability to remember it. An inadequately stimulated brain tends to atrophy.

Currently, the sound level of 25 decibels — the ability to hear a whisper — is used to define the border between normal hearing and mild hearing loss in adults. But this threshold is arbitrary.

The new findings linking cognitive decline to even minimal hearing loss suggest that we could do a lot to protect our brains if we protect our hearing. The fact that measurable cognitive losses occur at hearing levels below 25 decibels, and that cognition gradually worsens as hearing declines, suggests that protecting against hearing loss should start in childhood.

"In people with very good hearing, we need to be aware of how early changes in hearing affect the brain," said Dr Frank Lin, director of the Cochlear Centre for Hearing and Public Health at the Johns Hopkins Bloomberg School of Public Health. "Without a doubt, the most important measure to preserve hearing is protection against noise."

The two characteristics of noise associated with the greatest damage to hearing are intensity and duration. Dr Lin urges people who listen to music through headphones or earbuds to invest in ones with a noise-cancelling feature that blocks ambient sound. This enables people to listen to their preferred music at a lower volume that is less damaging to hearing.

(From The New York Times, December 2019)





Emergency services received a frantic call at 2.18 am on Sunday the 11th of July from the mother of the baby, on the NSW Central Coast. The parents were sleeping when their pet dog mauled their baby. First responders at the scene attempted to save the baby's life, but he could not be revived. Those people will require counselling and support after witnessing the devastating scene.



The dog responsible, an American Staffy terrier was taken by Council and euthanased the next day.

There will be an investigation and a report to the coroner. No other specific details were taken, as the parents were still in shock. It was only a month ago that a woman was mauled and killed by three dogs. Three years ago, a Victorian toddler was killed by the family pet, and in the same year a baby was attacked and killed in her stroller.

More than 500 dog attacks have been reported to Brisbane Council in the last 12 months: 540 attacks on people, and 65 dogs were declared dangerous or menacing (www.abc.net.au/news/2021-02-18/brisbane-dog-owners-need-training-experts-say/13164398). It is difficult to get similar figures from the Scenic Rim Regional Council.

People have to realise that not all dogs see babies and children as little people, because they look, smell, act and sound different to an adult. This baby was marking the dog's territory with his excrement and was probably arousing jealousy. A month before the baby was attacked, a neighbour's dog had wandered onto the property and was mauled by the same dog, so he/she was obviously aggressively territorial. This case may be different, but the blame rarely lies with the dog itself; it's the owners who need more knowledge and training. Often, there are signs which a dog displays that indicate problems: if these signs and the body language of the dog are observed and noted, intervention may help prevent a dangerous outcome.

Our local state and federal members of government ought to be addressing this growing and tragic problem, with stricter laws for dog breeders and dog owners. Dogs can be "smoking guns". Our country is sensible when it comes to gun laws and avoiding the COVID-19 virus, but archaic when it comes to dog control.

Pam Brandis Dip. Canine. Prac.

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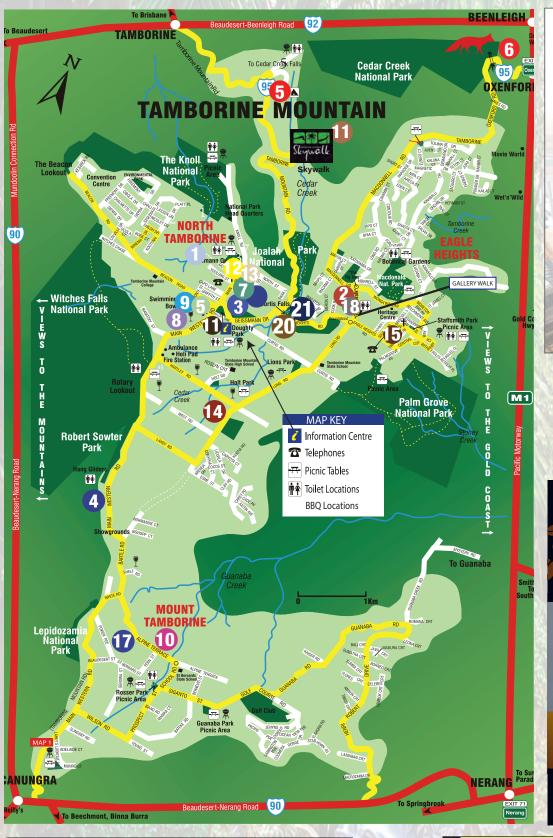


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#### **Proposed Development**

Make a submission from 6 August to 30 August 2021

#### **Dual Occupancy**

Where: 47-61 Curtis Road, Tamborine Mountain Qld 4272

**On:** Lot 1 on RP174745

**Approval sought:** Development Permit – Material Change of Use

(Dual Occupancy)

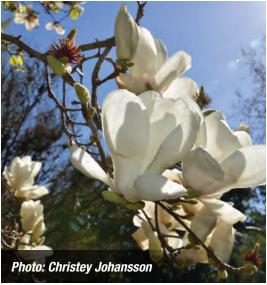
Application ref: MCU21/079

You may obtain a copy of the application and make a submission to:

Scenic Rim Regional Council PO Box 25 Beaudesert Qld 4285 mail@scenicrim.qld.gov.au 07 5540 5111

www.scenicrim.qld.gov.au

Public notification requirements are in accordance with the *Planning Act 2016* 









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# with the Scenic News

Georgia Lorange has lived all 13 years of her life on Tamborine Mountain, and has been dancing for most of it.

#### Tell us a little about your life.

I first started dancing when I was three years old at Tamborine Mountain Dance Academy, where I took classes in ballet, tap, contemporary, and jazz. I continued dancing there for seven years, but when I realised I wanted my main focus to be ballet, I moved to a full time ballet school. I now train full time at Classical Coaching Australia in Brisbane, which shares the same director as Brisbane City Youth Ballet.

#### What do you love about ballet?

I love the hard training and pushing myself to my limits. It is an extremely hard career to pursue, but that makes it even more worthwhile to see the results of all the hard work you have put into it.

But the main reason I love ballet is performing. I love everything about it: the music, the sets, the costumes, even the nerves I get, and of course the excitement. I love spending all the rehearsal time figuring out how to portray the story and my character in my expressions and movement. That is what all my training and hard work is for.

#### What shows have you performed in?

I first successfully auditioned for the Brisbane City Youth Ballet in 2017 when I was nine years old. That year, I performed in The Magic Faraway Tree, Alice in Wonderland, and The Nutcracker. I absolutely loved everything about it! I auditioned again last year for The Nutcracker and couldn't believe it when I was offered the main role of Clara. We performed seven sold-out shows at the Brisbane Powerhouse last December and it was the most amazing experience I've ever had! I also got to dance the role of the Dormouse in Alice in Wonderland in January and the Snow Goose in *The* Snow Queen at the HOTA just a couple of weeks ago. This was my first role en pointe in a full scale ballet production.

### What are your greatest achievements so far?

Being accepted into the Queensland Ballet Associate Program and the Australian Ballet's Interstate/ International Training Program.
Also, receiving a scholarship to the Princess Grace Academy in Monaco, and being awarded the Leanne Benjamin Ballet Scholarship at the end of last year was so exciting.

In 2020, I was the youngest person, at age 12, to complete a Certificate II in Dance.

How has COVID-19 affected your life?



COVID has been both good and bad for me. When we were in lockdown last year, the Youth American Grand Prix held Zoom classes with company ballet school directors from all over the world, and I was lucky enough to be given a scholarship by Luca Masala, director of the Princess Grace Academy. The bad side of it, performance-wise, is that The Snow Queen at the HOTA had to be postponed when the three-day lockdown overlapped with the original date. Thankfully, it was still able to go ahead a week later with 100% capacity. Alice in Wonderland at the Powerhouse was reduced to 50% capacity early this year.

#### What are some challenges?

Working on my mindset is my main challenge at the moment. Ballet requires you to have grit, both physically and mentally. I've missed out on many things but I just have to pick myself up and turn my disappointment into drive.

### What are some interesting facts about yourself?

I became vegan in 2019 after I watched 'The Game Changers' on Netflix. This documentary showed the benefits of eating plant-based foods as an athlete. I also do this for the environment and because I've always felt bad when eating meat as I absolutely love animals and don't want to hurt them in any way.

I have been unschooled (not following a set curriculum) since Grade 3, which has allowed me to pursue creative projects and spend more time with my family.

I volunteer at the Tamborine Mountain Landcare Piccabeen Bookshop with my Mum on a casual basis and have done this for the last three years.

I probably saw more musicals before I turned eight than any other child – ever! I have seen Wicked (in three different cities), My Fair Lady, Singing in the Rain, Aladdin, Cats, The Sound of Music, and many more. I'm even going to see West Side Story just this week! Some of the greatest memories I have is my Mum and I going to see a new musical. We would get all dressed up, and of course critique it afterwards. Our all time favourite is Wicked. It will be something we will always do together.

#### What do you do for fun?

Ballet takes up most of my time but I love digital art, playing badminton, crafting, going on walks, baking cakes with my grandmother, reading, listening to music, and creating new things.

#### What kind of music do you like?

I love movie soundtracks and instrumentals. Music has always been a huge part of my life and is one of the reasons I love dancing so much. I think my love of music comes from my Dad who is a professional musician.

#### What do you see in your future?

I want to be able to dance professionally in one of the top ballet companies - as a Principal dancer, of course!

#### travelling places

With something for everyone...



### TRAVELLING PLACES By Gina Storey

Meg, who many of you know and who worked at Travelling Places for nearly 15 years, always said not to visit Japan in the height of summer. Meg is a fount of knowledge when you are talking Japan – and I learnt much from her about their culture, history, love of beauty and the diversity of this extraordinary country to our north.

Watching our young Olympians competing to excel in their given sport and struggling in the high temperatures and humidity, I often think of Meg's wise advice about the best times to travel and discover her beautiful homeland.



Many of us travel in spring for the picturesque beauty of the cherry blossom festivals in March and April, while in recent years many have taken the opportunity to travel in late October and November, when the heat and humidity of summer have passed, and the leaves are spectacularly changing colour.

Returning from Mongolia in 2019, I will always remember flying into Narita Airport (the main airport for Tokyo) on a brilliantly clear day, when it felt that you could see the length and breadth of this immaculate country, the fields laid out in a patchwork of colour and neatness. I longed to take my time to explore this diverse and culturally rich society and promised myself this would be the next destination to explore.

Alas, we all know what has happened to recent travel plans. Having said that, the PM has now announced a pathway out so that we can once again explore our world. Realistically this will be in mid-2022, and with this in mind we need to plan. The rest of the world is already on the move. What this means is we need to have a plan because already many of the trips that may interest you are filling up.

Explore Japan your way. There are some wonderful escorted and self-guided walking trails; these walks stay in local inns and traverse easy to really challenging trails. Or ride the vast rail network, buy a Japan rail pass, and find your own way from place to place – I would recommend that you prebook accommodation and sightseeing; this takes the stress out of travel, knowing you have a bed at the end of the day and English-speaking guides to share their insights.

Many of us choose a guided tour — these vary in style and the number of people you travel with. One thing with touring, the best guides work for the best companies... so always make sure you have a reputable company to travel with as this will make all the difference to your enjoyment and experience. It doesn't have to be luxury (although pampering never goes astray) and the size of the group you travel with can make quite a difference to how you experience the country.

A really popular way to explore this great seafaring nation is by ship, to give you access to its many islands and ports. Regent Seven Seas offer luxury all-inclusive voyages. The French company Ponant offers small ship expeditions that visit less travelled areas. There are also journeys on the more cost-effective larger Princess and Norwegian Cruise lines. All of these cruises are booking now for travel in 2023 so don't miss out.

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

# WINE CHAT

with Witches Falls Winery

# WHAT IS A 'PET NAT?'

Even those who have only the most cursory interest in the wine world will have noticed that Petillant Naturel



wine, or 'Pet Nat' for short, is cropping up everywhere.

Twenty years ago, this unique sparkling wine would have been produced by only a handful of boutique wineries. Today, Pet Nats are a staple for hip urban wine bars, rivalling classics like Champagne and Prosecco. The phrase translates to 'naturally sparkling' but unlike your garden variety bubbles, Pet Nats are often colourful, slightly sweet,

and only mildly fizzy. Some have gone as far to dub it "the new rosé" - a bold claim that highlights its newfound mainstream success. But what exactly is a Pet Nat and how is it different from



other sparkling wines? Read on for some more details on this unique and delicious style.

Petillant Naturel wines may seem like the new kid on the block - just a trendy new style trying to claw its way into the mainstream. However, nothing could be further from the truth. Pet Nats are the original bubbly. Champagne before Champagne existed, if you will. What differentiates a Pet Nat from more established styles of sparkling wine comes down to the nitty-gritty details of winemaking, including how the wines are fermented and carbonated, as well as which grape varieties are chosen and blended. Let's compare styles.

Let's take a classic: Champagne. Potentially the most iconic and symbolic of all alcoholic beverages. It's synonymous with luxury, celebrations, good times, friends and family. But the process of making proper Champagne is not all easy-breezy. In fact, there are strict regulations that winemakers must follow. Champagne is made using the "traditional method" – a labour-intensive and timeconsuming process. It's made by blending certain types of grapes - almost exclusively a mix of Chardonnay, Pinot Noir, and Pinot Meunier - that must be hand-picked. Vitally, Champagne goes through two separate fermentations. The first fermentation occurs in larger vessels while the second fermentation happens in the bottle, which traps excess carbon dioxide (a natural by-product of fermentation) inside - hence the signature bubbles and pop. Several additional steps are required to age and clarify the wine, as well as remove leftover yeast particles.

By contrast, *Petillant Naturel* wines are made using the "ancestral method" and only undergo one fermentation. This minimal intervention method involves bottling grape juice early and letting the wine ferment inside. Most of the elaborate post-production that you get with Champagne is scrapped – giving Pet Nats a more natural, rustic feel.

The wine is usually cloudy and unrefined. Some leftover yeast particles will form a sediment at the base of the bottle. Making Pet Nats is a risky business as the process is often difficult to control. But it's worth it for the end result. They are approachable, easy-drinking, and fun. Usually fruity, slightly sweet, and highly textural - they're simultaneously complex and drinkable - the perfect addition to your cellar coming into spring.

Cheers,
Alexandra Douglas and the Witches Falls Team



# **FOOD FOR THOUGHT**

with Chef Dylan Gittoes

www.gourmetfoodco.com.au





# OLD SCHOOL PEA AND HAM SOUP

This ancient time-proven dish may not be the most beautiful to look at but believe me this oldie is definitely a goldie. With the chilly nights still hanging around, there is nothing better on a cold clear night than diving into a hearty home-made soup.

This recipe is so simple to make that I taught my five-year-old brother how to do it (albeit I did all the chopping). It only takes 15 minutes to prepare and then you simply let the slow cooker work its magic. You don't need to fry the vegetables. So, you can whack it in the slow cooker before you go to work and by the time you get home, you will have an epic meal waiting for you to apply the finishing touches.

I recommend you go to the butcher to get your ham hock. Usually, they have a few sizes to choose from and if the butcher makes his own hams, he will surely have them on hand. The other good thing is you will be happy to know that it is Australian pork, as it illegal to import ham on the bone into Australia.

Did you know: The first reference to hot pea soup is from 400BC when it's recorded that vendors in ancient Athens would serve it up to hungry customers. From there it seems to have spread throughout Europe and the Western world due to its simplicity to source ingredients and prepare, its versatility and the ease with which the ingredients can be stored. Over the years different countries have created their own twist on this dish.

In Germany split pea soup is super popular, with cooks usually adding other smallgoods meats such as bacon and sausage, where it is served with thinly sliced dark rye bread. So-called "snert" is the Dutch version of pea soup. It is a thicker stew of split peas, pork and various vegetables on hand. In the winter along many frozen canals and lakes outdoor food stalls will still serve hot "snert" as a hearty snack for skaters.

Pea soup became a popular food to serve in the military since it is cheap yet highly nutritious and can be easily prepared in large quantities. There is even a saying amongst soldiers that pea soup is so thick it can hold a spoon upright without any assistance.



In Sweden and Finland, it became traditional to eat pea soup with pork and pancakes on Thursdays as a preparation for fasting on Fridays. The Swedish and Finnish armed forces have been following this Thursday tradition since World War Two. They serve mustard with pea soup so diners can spice it up and stir into their particular taste.

Whereas the Brits called it 'pease porridge' and in 1765 a well-known nursery rhyme appeared.

Pease porridge hot, Pease porridge cold, Pease porridge in the pot, Nine days old.

Of course, the French too got involved and preferred to use the yellow split pea because the British used green. Whereas in the United States, pea soup was introduced to New England during the early 19th Century by French-Canadian millworkers. It was widely eaten in the colonial period and served as a thinner soup with pork, carrots and dried split peas and was usually eaten by the poor.

I feel recipes like this have stood the test of time for a reason and should continue to grace the tables of our households. If you have never eaten this soup, give it a whirl and if you have eaten it before why not make it again.

#### **INGREDIENTS**

- 500g dried green split peas
- 1.2-1.5kg ham hock
- 1 medium brown onion, finely chopped

- 1 medium carrot, peeled and finely chopped
- 2 celery sticks, finely chopped
- 2 litres cold water
- 1 tbsp black pepper
- 3 garlic cloves, minced
- 2 bay leaves, dried or fresh

#### **METHOD**

- 1. Pour split peas in slow 5.5 litre slow cooker, nestle ham in. Sprinkle all the ingredients around the ham bone, then pour over the water in a circular motion.
- 2. Slow cook 8 to 10 hours on LOW.
- 3. With a slotted spoon remove ham bone and let cool on a plate for 10 minutes, gently shred ham meat off the bone with a fork in one hand and holding the top of the bone with a paper towel in the other. Throw away the bone and fatty skin.
- 4. Fish out the bay leaves.
- 5. Grab a stick blender and blitz for 3 seconds two times; this will thicken the soup but doesn't puree it completely, as I like a bit of texture.
- Whack the warm shredded ham back into the soup, and gently stir to combine.
- 7. Have a taste with some ham to see if it needs more salt (it depends on how salty the hock is). Add more salt if necessary.
- 8. Garnish with some chopped parsley and some freshly cracked pepper.
- 9. Serve with some fresh French baguette and butter or toasted Turkish bread or go all out and do some garlic bread with melted cheese on top.



# TAMBORINE POLICE NEWS

## IS IT SAFE???

Did someone say lockdown?
COVID restrictions? Face masks?
The face of this pandemic is everevolving and is very polarising, and we, as a community, are not immune to that effect. My crew and I are finding ourselves engaged with members of the community whom we would generally never have anything to do with. Business owners confused, community members arguing their point, unnecessary abuse and threats of litigation.

Some people need to take a breath; iust settle down. A business owner has the right to decline entry to their respective location be it because of dress standards, an individual's behaviour or that business's rules of access. Think hard hat on a building site or disorderly behaviour on a licensed premise. The rules, laws, regulations and directives are all there, and whether you agree or not with them I'd simply ask that you do your utmost to respect those. This isn't about trying to prove who is right; it's a matter of respecting one another and the very real health concerns that most people have around COVID.

#### **ROAD SAFETY WEEK** 16-20 AUGUST

With four reported traffic crashes in the last four weeks, road safety is one of the bigger issues we face here on the Mountain.

Distraction, speed and driving to the conditions are what we encounter most when dealing with these incidents. We will be out and about and giving incentives for everyone who may need to reflect on their own driving behaviour.

Mobile phones and seatbelts will be scrutinised in the coming months with new rules applying from 1 July 2021. There will be cameras coming into effect and the simple rule is leave the phone alone. Get a car cradle for it should you need it. The simple act of having your phone on your lap will land you a fine. For info go to:

https://streetsmarts.initiatives.qld.gov.au/driver-distraction/

leave-your-phone-alone CRIME

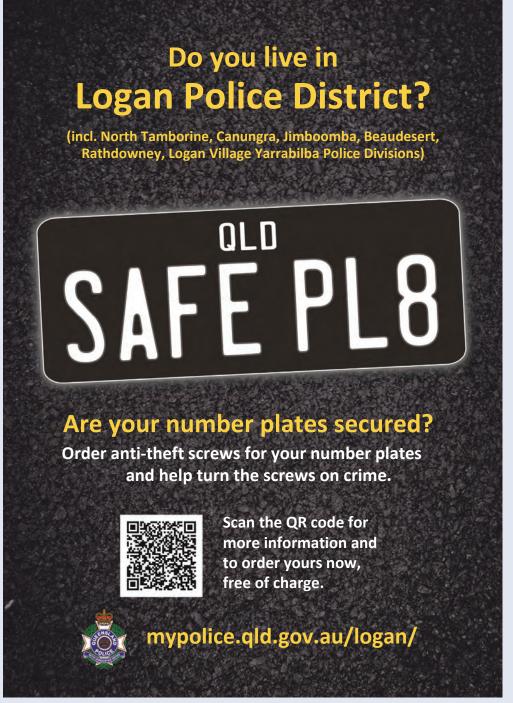
A 31-year-old Tamborine
Mountain resident was recently
charged after being caught in a
stolen motor vehicle towing a
stolen trailer and ride on mower.
The male has been charged
with the unlawful use of a motor
vehicle, driving whilst unlicensed
and receiving tainted property, to
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Court at a later date.

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# TRIVIA Mixed Bag



- 1. Which element has the chemical symbol 'Mn'?
- 2. Who played eight different parts in the 1949 film Kind Hearts and Coronets?
- 3. The 'Plough' of the night sky is known by what name in the US?
- 4. On The Muppet Show, what was the name of the manic drummer?
- 5. What is the name of the watery by-product in cheese making?
- 6. What kind of meat comes under the heading of 'Pollo' in Italian restaurants?
- 7. In the pop and rock world, who were ELP?
- 8. St Michael's Mount lies off the coast of which English county?
- 9. What are prunes made from?
- 10. Where would you have to travel to stand by the Marsh of Decay?

**ANSWERS PAGE 25** 

#### **FOUND**

One pair of ladies' glasses: found outside Open Garden in Areca Court on Saturday July 31. Ph 0417 623 013

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## Answers to TRIVIA trom page 25

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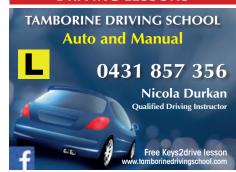
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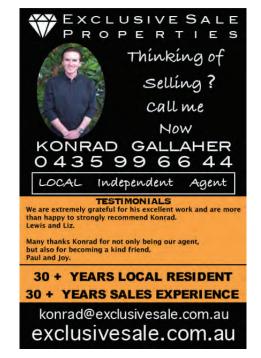




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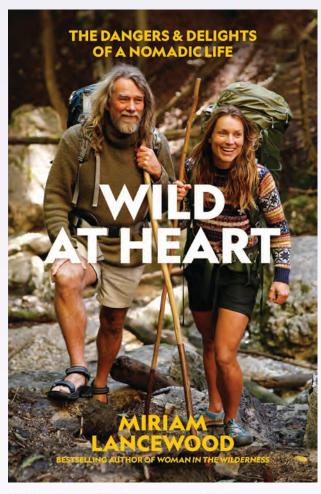


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"Library hand" was a specific rounded style of cursive script that was developed to standardise handwriting, and was taught in schools for librarians from the 19th century into the mid-20th century. During the period when library catalogues were filed on index cards, legibility was of extreme importance and it was thought useful for all librarians to share a standard handwriting. The rise of the typewriter in the early 20th century and the use of computerised cataloguing systems negated the need for a standard library hand, and the practice died out.

#### **Our Book Choice**



Wild at Heart: The Dangers and Delights of a Nomadic Life by Miriam Lancewood

Miriam Lancewood's first book *Woman in the Wilderness* told her story of living for seven years in the wilderness of New Zealand with her husband, hunting and gathering, and roaming the mountains like nomads. Miriam and Peter left New Zealand to explore other wild places.

They walked 2000 km through the forests of Europe and along the coast of Turkey, mostly camping under trees and cooking by fire. They lived on the edge, embracing insecurity, and found the unexpected: sometimes it was pure bliss, sometimes it was terrifying. But when they moved on to the Australian desert, they met with disaster. This gripping story is about life and death, courage and the power of love.

# Pet of the Efleck

#### OUR JOY AND HAPPINESS GURU - YOGI

All those who in the mornings regularly visit The Treehouse on Gallery Walk will know Yogi: he and his dog friends have a plaque reminding us all that this local produce café is actually named 'the Dog House', and Yogi is definitely one of the fourlegged locals.

Yogi is just five years old, and is Jen's bestie (a companion dog by nature, being a labradoodle) but he is more than that. He makes their family and shares a lot of joy and happiness in our community. You will see the two of them walking most mornings on the Mountain, and both love going to cafés, reading, practising yoga and meditation. 'He is very social and loving' says Jen, and I personally know this to be very true, and Yogi's the reason why I know them both.

Labradoodles were specifically bred to be a companion



dog; initially bred for a blind woman in Hawaii by the Royal Guide Dogs Association of Australia. Although the breed wasn't successful as the preferred guide dog breed, the dogs found their place as the perfect therapy companion dog – throughout the world. They are smart and sociable dogs that have a low shedding coat and are great with strangers and families with small children. This breed intuitively can pick up on emotions and immediately assess its owners' feelings, and Yogi is no exception. His companionship is positive and appreciated. 'Yogi is an absolute clown, too and I laugh many times every day', says Jen.

Before Yogi, Jen and her husband always had dogs that required rehousing. Otto was a Dalmatian/Border Collie-cross who lived to 14 years of age, and Disney a Shepherd/Golden Retriever-cross was 15 years old. After Disney passed, Jen was without a dog for three months, and just knew it was time to again find canine companionship.

They initially rehomed a rescue dog, but this wasn't a positive experience, as sadly, the Bull Arab/Labrador-cross attacked a neighbour's cat and suffered highly from separation anxiety. 'She was an amazing dog, and thankfully the cat recovered, though this was a traumatic experience, and I felt such guilt. We fostered the dog for two weeks and sadly had to return her,' Jen relates.

Jen spent much time with her vet during the care of her dear dog Disney and they gave her some great advice. The vet assured Jen she had made the right choice and told her she needed a break. 'You need a puppy. Something that will bring you joy and happiness.' She suggested some breeds to Jen and asked her: 'What type of lifestyle do you have?' Finding a dog that suits your lifestyle was the suggestion. Jen's husband Steve went to work one day and asked Jen to make a shortlist. Jen got out a book and quickly made up her mind. 'A Labradoodle was the perfect dog for us! They are non-shedders, ideal for those with allergies, have a friendly and kind temperament and are a therapy companion dog breed. We had never got a dog from a breeder before, and found someone who specialises locally in the therapy dog program. It is such a positive experience having Yogi in our lives.'

'Yogi also loves what I do. I work at The Pet Food Dude and he visits weekly. He loves that mum works there. He loves that I teach yoga and he loves the downward dog pose the most. Yogi is quite a master of the downward dog pose!' His favourite treat is lamb treats and Ziwis. He is a lot of fun and he is ball obsessed. Everyday, Yogi brings us and everyone he meets, such joy and happiness.'



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