



Scenic

News

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

*Celebrating 63 years of unbroken publication...
www.scenicnews.com.au*

VINTAGE LAUNCH SPARKS SPRINGTIME INTEREST



Last Sunday's glorious spring weather saw an enthusiastic turnout at Canungra Books and Art for the launch of Nick Sinclair's "The Sinclair Austin Seven Odyssey – A Tale of a Small Car." Asked about his Austin 7: "How do you go driving it home to Beechmont?", Nick answered: "Easy, it just takes a long time." Nick (with hat) is third from left, Canungra Books and Art owner Jan McGregor is at far right.



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NEW PATIENTS WELCOME



Property of the week

SALE - - - 3 acres

Views by night and day

\$1,500,000

7-9 Eagles Close, Tamborine Mountain

- Let this beacon of light point you in the direction of this dream block
- Backing onto hundreds of acres of koala habitat & National Park
- Underground power, prestigious location
- Enjoy the Mountain climate & community

AGENTS:

Barry Chick 0418 876 191
Linda Hogan 0414 300 558



Property of the week

SALE 2 2 10 3 acres

Manageable acreage with sheds

\$749,000 +

878 Mundoolun Connection Rd, Tamborine

- Rustic cottage plus 3 separate powered sheds allowing you to work from home, one with reception/office, kitchenette
- Set back from road, open plan, 1 bedroom is the loft space
- Dam, partially fenced, large chicken coop

AGENTS:

Mark Inwood 0407 292 036
Debra Opie 0409 210 362



PROPERTY MANAGEMENT

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Mountain 5545 4000/ Tamborine 5543 6444

OPEN HOMES Sat 25th

10 - 10.30 69-85 Williamson Road
11 - 11.30 878 Mundoolun Connection
12 - 12.30 58 Lahey Road
12.15 - 1 21-23 Caryota Court
12.30 - 1 70 Double Crossing Rd
1.30 - 2.00 12 Platt Place



**Time to switch?
Speak to our
Property Managers
about our Spring Special**

Amy @ Mountain office 5545 4000
Sarah @ Tamborine office 5543 6444



Review: Vendor 19 Nicole Circuit

Erin & Monique were excellent with the sale of our house in Beaudesert. From the minute they came to our home to do an appraisal to the final handover we could not fault them. They kept us up to date with the process and took the time to answer any of our queries that we had along the way. Would definitely recommend them to anyone else thinking of selling their property

★★★★★

AGENTS: Team Monique & Erin
0429 004 840 / 0427 078 757



SALE 4 2 2 6,131m²

59-61 Riemore Circuit, Tamborine

- Custom built home blending country living with modern lifestyle
- Mountain views, large undercover patio
- Well thoughtout layout for ideal family living
- Beautiful space to unwind & enjoy life

Contact agent

AGENTS:

Linda Hogan
04414 300 558



SALE - - - 2.5 acres

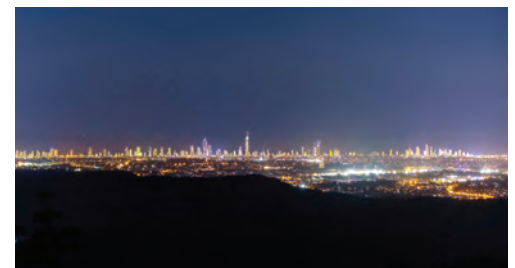
89 Guanaba Road, Tamborine Mountain

- Build your Mountain hideaway on acreage
- Beautiful Gold Coast skyline views
- No designated building envelope
- Borders pristine native reserve bushland
- Easy access to M1

\$1,300,000

AGENTS:

Ton Wolf 0424 591 012
Heleen 0424 591 011



SALE - - - 837m²

10 Coomera Gorge Dr, Tamborine Mountain

- Take the leap and build your forever home
- Easy access to the Golf Course
- Local primary school just minutes by car or school bus drives by the house
- Enjoy the views at any time of day or night

\$620,000+

AGENTS:

Michael Kratzke 0434 718 162
Diane Pihl 0424 653 316



NATIONAL BUSINESS AWARDS RECOGNISE TM BUSINESS MUM

Tamborine Mountain speciality cakery and bakery, Wilderflower and Wanderberries, has taken out one of the top honours in the prestigious national AusMumpreneur Awards.

The nationally recognised awards acknowledge success in business, product development, and innovation and customer service.

They are focussed on supporting Australian mothers in business, challenging stereotypes, and raising awareness about the contributions by women with young children to the Australian economy.

Nominated in the Food and Beverages Business category, Wilderflower and Wanderberries won a bronze award. Owner Rebecca Bennett said it was a great honour to receive the award for her business, which specialises in allergy-friendly cakes, bakes and meals.

“I have food allergies myself, and when my son was born with multiple allergies, I realised the absolute need for food allergy sufferers to have safe places to eat, and to feel included in simple everyday parts of life, like enjoying treats in a café with friends and family – something that’s almost impossible for those who suffer multiple allergies,” Rebecca said.

“To receive this recognition is a huge milestone and this award is shared with every single person who has trusted me and supported me.

“Those with severe allergies have anxiety about eating out and find it challenging to trust what they’re told about food... knowing I am able to create and share delicious food and treats with them is like nothing else.

“Winning this award will hopefully give me the opportunity to share what we do with more families and give more children in Australia the chance to eat their first proper, allergy-safe birthday cake.”



Rebecca Bennett in her award-winning Tamborine Mountain café.

Awards co-founder Peace Mitchell said AusMumpreneur was created to support Australian entrepreneurs like Rebecca and her fellow award winners.

“We are delighted that Rebecca has been recognised with this award. She has created an outstanding business and is an inspirational role model and ambassador for mums in business everywhere. We wish her and all our other amazing award winners every success in the coming year.”

“The awards are all about recognising the growing number of mums who are achieving outstanding business success while balancing motherhood.

“I was blown away by the entrepreneur-

ial spirit, resilience and professionalism of the award winners and I know that they will provide great inspiration for other mums considering starting their own business.”

This is the 12th year the AusMumpreneur Awards have been presented, with the business mum community growing rapidly as mothers look for opportunities to join the ranks of small business owners in search of more flexibility, financial freedom and family time.

Despite the coronavirus pandemic, the number of women starting businesses in Australia has continued to grow in the last 12 months.



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DANIEL TUNE



KATIE HENDERSON



MARK SMITH

Scenic Rim Optometrists
Beaudesert Medical Centre
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Phone: 5541 9510
scenicrimoptometrists.com



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- We cover Tamborine Mountain, Canungra, Tamborine, Cedar Creek & surrounds - bulk drops in Beaudesert

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CANUNGRA CREEK FLOWS REDUCE AS SPRING SETS IN

With the arrival of spring, Canungra residents are being advised that flows in the town's water source, Canungra Creek, have dropped below 15 megalitres per day.

Seqwater and Urban Utilities have a joint plan to manage drought response in Canungra, which will be activated if flows in the creek fall below seven megalitres per day.

Urban Utilities spokesperson, Michelle Cull, has thanked residents for providing feedback recently on how they wanted to be kept informed during drought response.

"We recognise the impact that drought has on the Canungra community and people's lives," she said.

"Residents have told us that early communications about drought response are important and we'll work closely with Seqwater so we can keep the community updated.

"We understand the Canungra community has questions about the local water supply and drought response. We're reviewing feedback from the survey and recent 'Let's Talk Water' community event and will share answers to common questions in the coming weeks."

Seqwater spokesperson, Justine Scarff, said Seqwater was closely monitoring flows in Canungra Creek.

"We know flows in the creek can change quickly, and we will work closely with Urban Utilities to keep the community informed about the local water supply," she said.

"The entire region of South-East Queensland has been in drought response for its drinking water supply since September 2020 and there's been a lack of rainfall over many catchments recently including Canungra.

"We want to assure the community that Seqwater and Urban Utilities will continue to work together to ensure the current and future drinking water demands for Canungra are met, including during times of drought."

For information about water supply in Canungra and to sign up for email updates, visit urbanutilities.com.au/Canungra.

(Seqwater is responsible for water supply and security in South-East Queensland. Urban Utilities supplies this water to homes and businesses in the south-east.)



Canungra Books and Art's Jan McGregor hosted last Sunday's booklaunch and signing for Nick Sinclair's "The Sinclair Austin Seven Odyssey - A Tale of a Small Car"; a glorious spring day ensured an enthusiastic turnout of locals and visitors.

Lux and Gather - We thought it was time to introduce the dream team...

While Michelle and Nadine own Lux and Gather, there are two ladies whom you may recognise. The other Michele and Janelle are the faces you will see most of the time when you are in-store. Both these gorgeous ladies have been with us from the start, and are the face of our business - we are truly grateful to them and appreciate their hard work.

Michele is a long-time local, living on the Mountain for the last 25 years; some of you may recognise her from previously owning the newsagency in its days on Main Street. Michele is a great asset, and brings a wealth of knowledge to the business and to the community. She excels as a problem solver, and anything we have asked of her, she has done with excellence.

Janelle grew up in the Scenic Rim, and lives at Tamborine Village with her husband and two children - she is another local, through and through. Janelle has a fantastic eye for colour, and is brilliant at visual merchandising. In layman's terms, that's making the shop look pretty: it's why the store always looks so fresh. In her down time, Janelle runs her own business, The iBrow Room, so make sure you check her out on Facebook.

These two wonderful ladies will most likely greet you in the store when you drop in to say 'hi' and to look around the store. We feel so privileged to be working with them.

This is also a great opportunity to say 'thank you' to you, the local community for supporting us on our journey this year; we have had great fun, and we have loved bringing new and exciting products to the Mountain, and we look forward to the coming year and all the new goodies coming our way.

So, don't forget: this month is our first birthday, and anytime you purchase in-store, you go in the draw to win our \$100 gift voucher. We would also love to invite everyone to be there on Thursday 30th September: we are staying open till 6pm, and will be drawing the prize at 5.30pm, so do come in and have a drink to celebrate our birthday!



Janelle (left) and Michele – the face of Lux & Gather

lux & gather

Luxury home & giftware boutique

Monday-Friday 9–3 | Saturday 9–3 | Sunday 9–2

14 Main Western Road, Tamborine Mountain

Live + Online at The Centre

PM CONCERTS

Tickets Adults \$34, Conc. \$29, Groups 8+ \$29

NEW DATE: It Takes A Lot Not To End Up Dead!
with NiKNaK Productions

The Centre Beaudesert
Saturday 9 October | 2pm

NEW DATE: We Will Rise with Topology

Boonah Cultural Centre
Saturday 16 October | 7.30pm

FRIDAY FLICKS

Boonah Cultural Centre | 10am | 1pm | 7pm

Tickets \$10 or Conc \$7.50

8 October Six Minutes to Midnight (M)

15 October Martha: A Picture Story (PG)

22 October The Dream Horse (PG)



WORKSHOPS AND TALKS



Resilient Women
22 - 23 October 2021

RESILIENT WOMEN

Celebrating and exploring the things that make and shape us as resilient women and girls.

Friday 22 October | 6pm

Resilient Women Arts Dinner - Dinner, discussion, networking and music.
\$25 | bookings essential

Saturday 23 October | 9am-9pm

Talks, workshops, free activities for the body, mind and soul, night markets and a local performance space.

Venues: Tamborine Mountain Library, Vonda Youngman Community Centre and the Centre for Regenerative Arts Tamborine Mountain

Bookings essential | fees apply for some activities.
Full program visit: www.liveatthecentre.com.au

GOLD MOVES SENIORS DANCE

Free | Bookings essential | Limited places

Tuesday 26 October | 10am-3pm
Boonah Cultural Centre

Wednesday 27 October | 10am-3pm
Vonda Youngman Community Centre

Thursday 28 October | 10am-3pm
The Centre Beaudesert

ON EXHIBITION

regeneration
A CREATIVE BUSH FIRE RECOVERY PROJECT

REGENERATION

Continues until 22 October
The Centre Beaudesert

A creative bush fire recovery project by local artists responding to themes of belonging and regreening, resilience and regeneration.

Gallery hours Tues-Fri 10am-4pm Sat 10am-2pm

Closed public holidays | Free entry

SCENIC RIM
REGIONAL COUNCIL

LIVE AT THE CENTRE
SCENIC RIM ARTS & CULTURE

82 Brisbane Street Beaudesert | Telephone 5540 5050



liveatthecentre.com.au

Council Notices

SCENIC RIM
REGIONAL COUNCIL

COMMUNITY CONSULTATION

COMMUNITY AND CULTURE STRATEGY

Scenic Rim residents are being asked to help shape the region's new five-year Community and Culture Strategy to ensure future community spaces, programs and activities align with the community's expectations. Residents can get involved by:

- completing an online survey on Council's website
- filling in an ideas post card available at our libraries and cultural centres
- holding your own community conversation, or
- visiting us at the Beaudesert Markets on Saturday 2 October, 8am - 11am

Community consultation closes on Friday 8 October.

Find out more at www.scenicrim.qld.gov.au/have-your-say

FREE TREE DAYS

Present your Free Tree voucher (included in July rates notice) at the following locations to claim your trees.

CANUNGRA | DJ Smith Park | Sat 2 Oct 2021

BEAUDESERT | Nursery Birnam Street | Sat 6 Nov 2021

POOLS TO REOPEN

SCENIC RIM AQUA FITNESS CENTRE

(BOONAH) | Operational year round

BEAUDESERT, TAMBORINE MOUNTAIN

AND CANUNGRA | Saturday 18 September

BOONAH | Friday 1 October

RATHDOWNEY | Open for six weeks over the

Christmas holidays

Daily passes to access the pools are:

\$4.50 adults | \$3.50 children | \$2 spectators

SCENIC RIM CARP CUP

FAMILY FISHING FUN DAY

Sunday 26 September

7am-12pm

Il Bogan Lagoon,
Beaudesert Race Club,
Beaudesert Boonah Road, Beaudesert



Enjoy a day of free family fun and fishing on World Rivers Day to help rid our waterways of pest fish Carp and Tilapia. The fun begins at 7am and includes a free barbeque lunch at 12 noon. Registrations essential, go to whatsonscenicrim.com.au and search Carp Cup.

SCHOOL HOLIDAY ACTIVITIES

Council has more than 40 fun-filled events for kids of all ages to enjoy over the holidays.

Council's libraries are hosting 22 free activities, and our cultural and community centres are taking bookings for cooking, theatre and painting workshops, plus children's movies.

- BAMS Youth Theatre Workshop
- Burgers and Waffles Cooking Class
- Drumming and Rhythm Workshop

More info at www.scenicrim.qld.gov.au/ourevents

OR SCAN THIS QR CODE



LIBRARIES

Visit scenicrim.qld.gov.au/libraries

STORYTIME SESSIONS

Bookings are essential. Space limits apply.

BEAUDESERT Tuesday 9.30am | Wednesday 9.30am

BOONAH Monday 10am | Friday 10am

TAMBORINE MOUNTAIN Monday 9.15am | 2-5 yrs

Friday 9.15am | Baby Rhyme Time 0-2 yrs

DIGITAL DAYS

Tech help sessions. Bookings are required, contact the library for more information.

BEAUDESERT | Tuesdays

BOONAH | Wednesdays

CANUNGRA | Mondays

TAMBORINE MOUNTAIN | Thursdays

LIVE + ONLINE AT THE CENTRES

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

ON EXHIBITION

REGENERATION

Continues until 22 October | The Centre Beaudesert
A creative bush fire recovery project by local artists responding to themes of belonging and regreening, resilience and regeneration.

Gallery hours:

Tuesday - Friday 10am - 4pm | Saturday 10am - 2pm
Closed public holidays | Free Entry

Boonah Regional Art Gallery

Warrego Arts Group U3A Group Exhibition

Continues until 9 October

Gallery hours:

Wednesday - Sunday 9am - 2pm | Free Entry

ON STAGE

PM Concerts

Tickets Adults \$34, Conc. \$29, Groups 8+ \$29

NEW DATE: It Takes A Lot Not To End Up Dead!
with NiKNaK Productions

Saturday 9 October | 2pm | The Centre Beaudesert

NEW DATE: We Will Rise with Topology
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FRIDAY FLICKS

Boonah Cultural Centre | 10am | 1pm | 7pm

Tickets \$10 or Conc \$7.50 Pre-purchased essential

8 October Six Minutes to Midnight (M)

15 October Martha: A Picture Story (PG)

22 October The Dream Horse (PG)

NEW DATES: GOLD MOVES SENIORS DANCE

Free | Bookings essential

Two sessions available each day. | Limited places,

Tuesday 26 October | 10am-3pm

Boonah Cultural Centre

Wednesday 27 October | 10am-3pm

Vonda Youngman Community Centre

Thursday 28 October | 10am-3pm

The Centre Beaudesert

CALL FOR SUBMISSIONS

2022 Cultural Program providers

If you're involved in health and wellbeing or the arts and cultural services and are passionate about delivering activities that connects Scenic Rim residents, Council wants to hear from you.

Submissions close 9am Tuesday 5 October.

For more information visit www.scenicrim.qld.gov.au/community-cultural-programming-2022

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



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- Easy access, onsite amenities, 2 car parks allocated
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- Only limited by your imagination

AGENTS:

Amy Orr 0474 315 000
rentals-tm@professionalsserendipity.com.au



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 7  7  4  4,552m2

161-169 Eagle Heights Rd, Tamborine Mountain

A new life venture

Congratulations Helen & Peter

Welcome to not only the Mountain, but to Queensland. You will love the relaxed lifestyle, the community spirit and of course running your very own Bed & Breakfast

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

AGENTS:

Ton Wolf 0424 591 012
Heleen 0424 591 011



Meet the team

Amy Orr

Property Manager

0474 315 000 / 5545 4000

rentals-tm@professionalsserendipity.com.au

www.ProfessionalsTamborineMountain.com.au

Amy has been with Professionals for 9 months, but she is definitely not new to Property Management. She comes with a wealth of experience having been in a PM role for over 8 years. Amy is a fantastic problem solver making a very difficult situation seem effortless.

Amy loves finding efficiencies and better ways for us to help our clients, and knows that the small things add up to a big difference. She has a happy and caring attitude, and always does her best for both landlords and tenants. Working efficiently and positively with time management is a huge part of her attitude in getting things done. One aspect Amy really enjoys is bringing in new properties and showing her new landlords that they have made the right decision in allowing us to take the stress, and time, away from them, and letting us do the work.

“We are so appreciative of the very high standard & friendly service of both Amy & Tania in looking after our property in Shiloh Drive, North Tamborine. Highly commend them on the attention to detail, efficiency & promptness in their communications, information & sorting out of any concerns, that pertain to the tenancy of our property...Landlord

“Amy is awesome, we just love her . Amy helped us so much and was there for us in the process of getting our rental in this hard time for all us renters, Amy is the sweetest and will always be there for you. Thank you Amy for being you and helping us so much . Warmest regards Raelene, Dan and Ally...Happy tenants



07 5543 6444

ProfessionalsTamborine.com.au

2205 Beaudesert-Beenleigh Rd, Tamborine 4270

07 5545 5000

ProfessionalsTamborineMountain.com.au

10 - 12 Main Street, North Tamborine 4272



GALAPAGOS DUCK



ST BERNARDS HOTEL

SUNDAY 26TH SEPT

3.00PM

ENTRY \$25.00 MENU AVAILABLE

BOOKINGS : 07 55451177



BENEFICIAL EFFECTS OF REGULAR PHYSICAL ACTIVITIES

Tamborine Mountain Community Care Association hosts regular social support groups, available to registered clients, who care to participate in physical activities such as chair yoga, gentle exercise and table tennis. For non-clients, you are welcome to call us to book your seat and attend, subject to space restrictions.

Chair yoga improves flexibility, strengthens muscles, improves posture and balance, helps blood circulation, improves joint function, stimulates brain function and improves lung function – to name just a few. Physical and mental stress may be managed, helping calm the mind and relax the body. Chair yoga is run by Kathy Cook at TMCCA, on Tuesdays and Wednesdays (8:45am to 9:45am) for a fee of \$5 per session.

Gentle exercise helps maintain muscle tone, combat bone density, improve balance and delay cognitive ability loss associated with ageing. Classes are led by a qualified personal trainer from the local Main Fitness Gym. The trainer guides everyone through a routine with light weights and resistance bands while doing chair-based and standing exercises that are adapted to all abilities. Gentle exercise is run at TMCCA on Thursdays (9am to 10am) for a fee of \$5 per session.

Table tennis improves emotional wellbeing, among other benefits. Scientific tests have revealed that playing table tennis is particularly good for keeping the brain active and healthy as a counter to ageing diseases such as Alzheimer's.

Dr Matthew Kempton at King's College, London, claims, "Table tennis is a very interesting activity to look at because we know it's very fast-moving, there's a competitive angle and there's hand-eye co-ordination as well.

"We think that might lead to changes in blood flow to the brain and changes in cognition as well. Table tennis participants also had fewer negative emotions and said that they felt better for having taken part in exercise in a social group."

Table Tennis is run at TMCCA on Thursdays (12:30pm to 2:30 pm) for a gold coin donation.

Being active helps with daily tasks such as cleaning, gardening, carrying and stocking groceries. Exercise helps reduce pain and increases range of motion, and helps you maintain your independence.

Patricia Arora



07 5545 2522



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

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www.eagleheightsdental.com.au



Ian MacAllan
LAWYER

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40 Southport Ave Eagle Heights 4272



SHARP COMMENT

TOM SHARP

THREE STRIKES AND YOU'RE OUT?

Picking up from where we left off last week, we witnessed an SRRC Special Meeting to resolve the second attempt to re-appoint, discipline or dismiss the Chief Executive Officer Jon Gibbons, or so we thought.

There was a four-point recommendation put to council by the SRRC Executive, which essentially suggested the re-appointment of the CEO for a term of four years commencing 19 March 2022, and delegating power to the Scenic Rim Mayor to determine the other terms including remuneration. The Mayor would advise the councillors of his terms, enabling them to provide feedback.

What transpired was a two hour-plus closed confidential session to determine the recommendation.

This recommendation, it would appear, went down like a lead balloon with the majority of councillors, given the resulting motion. It was resolved that Council would extend the CEO's employment for a period of three months at the end of his contract, and that Council would engage a suitable third party to facilitate further dialogue.

I can only interpret this one way, and that is there were a number of councillors not satisfied with the CEO's performance to re-appoint him, and secondly the process of reviewing that performance is somehow "cock-eyed", given the need for yet another consultant to be engaged at ratepayers' expense.

Councillors: why do we need to engage yet another consultant? Do you not have the wherewithal to determine if the performance has been good, average, bad or dismal?

May I also remind you that you are the elected representatives of the people. Have you been actively engaging with the people on the ground, and obtaining their feedback? Or are the tea leaves your preferred go-to assessment process?

Looking back at the beginning of this particular journey in March 2018, there were claims and statements made that give a benchmark for comparison.

The Mayor made the following comment on 7 March 2019 in relation to an SRRC press release titled 'SRRC's new executive leadership team has hit the ground running': "the four general managers have been working diligently to build relationships within the community and the council organisation since taking up their positions in December" (referring to Jennifer Schafer, Debra Howe, Oliver Pring and Chris Gray. He went on to say, "following the arrival of our new CEO Jon Gibbons in March 2018, a period of review occurred. Council determined in August 2018 that it needed to 'Refresh and Refocus SRRC as it was clear that we were missing opportunities to be the efficient, effective and agile organisation that the community needs and expects".

On joining the SRRC, Jon Gibbons described himself as 'a country kid at heart' and one who had spent his entire career working in rural and regional Australia, bringing to the Scenic Rim extensive experience in local government.

Mr Gibbons has held positions at Whitsunday Regional Council, Carpentaria Shire Council, Bowen Shire Council, and as Chief Executive Officer for Norfolk Island during their transition from self-governing via a legislative assembly and funded largely by the Australian Government, to a regional council established in 2016.

These regional areas tell us quite a lot in terms of size and infrastructure. Mostly remote in nature, the Whitsunday Regional Council enjoyed a population of about 20,000 people pre-amalgamation in 2008, with Bowen Shire Council which had a population of some 14,000 people during Mr Gibbons' time. Carpentaria Shire Council has a population of less than 4000 people and Norfolk Island about 1750.

Remote and relatively inactive, the experience and capability needed is a far cry from a South-East Queensland regional

council with a population of 40,000 people, and keep in mind it was not that long ago that the Beaudesert Shire Council managed to serve 70,000 people with half the administration of today.

Mr. Gibbons held his most senior positions with the two least populated areas mentioned.

As for being a 'country kid at heart', Mr. Gibbons now resides on the Gold Coast, and does not paddle in the same boat as do the constituents of the Scenic Rim, making it all the more difficult to form any sort of relationship with leaders and community groups. Have you met with, talked to or corresponded with the CEO? For that matter, had any form of interaction?

As for efficiency and productivity gains, has there been any visibility in terms of reduction in administration costs and in turn your rates? Is this council living within its means? Are the operations supercharged in maintaining our roads, streets, bridges, footpaths etc.? Do you have a library service? We on Beechmont have not had one for two years. Are the capital works programs fairly priced, delivered on time and under budget?

In terms of the Planning Scheme, have applications been in keeping with the scheme, or is it simply a free-for-all to grab exorbitant fees at any cost?

The *Fassifern Guardian* suggested the CEO's financial package will cost the constituency in the range of \$1.2 million to \$1.6 million over four years. I suggest if Council loses its current lawsuit with Robinson Projects, the cost will be north of \$37 million to the people of this region. Councillors: do you have a comprehensive understanding of this matter, and is the action being employed by this CEO the right one?

Should this contract, if renewed, be for a four-year period? Noting that it would end after the next local government elections to be held in 2024.

Dear reader: are we getting bang for our buck, and councillors: are you doing your job in scrutinising this CEO and the performance of him and his team?



Lux & Gather is celebrating its first birthday! Pop into the store, say 'hi', and enter the draw for a \$100 voucher. Story page 5



JON KRAUSE MP

State Member for Scenic Rim

HOWARD CREEK CAUSEWAY

I recently saw a question that had been posted in the **Tamborine Mountain Community Facebook page** about road works at Howard Creek and what is going on there.

Transport and Main Roads advise that works have started on upgrading Howard Creek Causeway (approximately 11km from Oxenford) on Tamborine-Oxenford Road at Wongawallan to provide a safer road alignment, with increased flood immunity.

The project will:

- upgrade the existing pipe culverts to a multiple cell box culvert structure
- widen the road approaches
- upgrade the intersection of Lanes Road and Colin Meagher Roads
- improve intersection lighting.

Early works started in April 2021. I was advised construction is expected to follow in “mid-2021” and continue until “mid-2022”.

It took a lot of lobbying by me, together with Mark Boothman, MP for Theodore, and Michael Crandon, MP for Coomera, to get Main Roads on the job so an upgrade to Howard Creek Causeway on Tamborine-Oxenford Road was “shovel ready”.

The fact that it was, means the Federal Government could fund 80 per cent of the upgrade in its COVID-19 stimulus package. Persistence has paid off in fixing an issue on Tamborine-Oxenford Road which I know is a big concern for Tamborine Mountain residents – I look forward to the project being finished next year.

ROAD SAFETY

There have been too many serious road accidents in the Scenic Rim Electorate in the past couple of weeks. Please, stay vigilant on the roads by obeying speed limits and driving to conditions – especially during the school holidays.

Some of these accidents also highlight the gap between residential growth in the region on one hand, and investment in new roads on the other – a long-term problem that I will continue to advocate about. The recent funding boosts provided by the Federal Government, supported by your Federal MP Scott Buchholz, is addressing some of these issues, but getting the attention of the Queensland Government to properly plan and build road upgrades is a hard task – at present they still have a backlog of repairs of about \$6 billion. That’s a lot of repairs, before we even get to new roads!

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 also 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

HEALTH AND MEDICAL RESEARCH

To further support Australia’s world-leading medical researchers, the Morrison Government will invest almost half a billion dollars in funding for health and medical research.

Funded through the National Health and Medical Research Council (NHMRC), \$471.9 million in funding will support hundreds of research leaders and teams around the country to undertake research that will ultimately save lives and make Australians healthier.

This investment includes:

- \$399.7 million for 254 Investigator Grants, NHMRC’s largest scheme, which provides funding over five years for the highest performing researchers at all career stages.
- \$44 million for 17 Centres of Research Excellence over five years, building collaborative teams and developing capacity to improve research translation into better health outcomes.
- \$4.6 million in targeted funding to support four projects developing coordinated and best practice interventions for better care at the end of life.
- \$1.5 million for collaborative research on osteoarthritis to be funded in partnership with the United Kingdom’s National Institute for Health Research.
- \$1.8 million to fund a clinical trial at Melbourne Health involving combination immune therapy for Type One diabetes.

A STRONGER FARMING SECTOR

The agriculture and horticulture sectors have come through the other side of many challenges in recent years. Drought, fires, storms, – you name it, and our farmers have been hit by it.

While much of the Australian economy has been struggling through the pandemic, our farmers have been quietly going on about their business, producing the best food and fibre in the world.

The Australian Government and community backed our farmers during these challenges, especially during the drought, and we are now seeing the farming sector support our economy through the pandemic.

This month we saw exciting numbers which show the Australian agriculture sector is well on its way to its \$100 billion-by-2030 target.

The gross value of production for the agriculture sector in 2021-22 is set for a record \$73 billion – the first time the value of agricultural production has exceeded \$70 billion. According to The Australian Bureau of Agricultural and Resource Economics and Sciences (ABARES) latest commodities report, exports are also poised for record territory – \$54.7 billion in 2021-22.

There are still challenges ahead but we are well-positioned to manage them, particularly workforce issues and labour mobility, which we continue to work on. But opportunities are there if you’re looking for work.

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



Letters to the Editor

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

ROSLYN LODGE

Whilst Roslyn Lodge remains as always, caring for our cherished ones, it is time that I, after 10 years, move on to life's next big adventure.

During my time as Activities, Diversional Therapist, I have had the opportunity to get to know so many wonderful and very special residents, families, staff, volunteers and friends. A huge 'thank you' goes out to this beautiful community for its many concerts, visits, donations, rallying, help, love and support along the way. I have connected with so many, and it has meant so much.

As hard as a farewell is, I am that much richer for having had this opportunity, and it's been a pleasure. See you around the Mountain.

Tash Erkkila

IT'S KOALA MONTH

Hello Tamborine Mountain – you may be aware that September is Koala Month, a month to raise awareness for Koalas.

You may not be aware that around only 100 years ago, Queensland almost drove koalas to extinction, supplying more than 600,000 pelts to the overseas fur trade. In 2021, Queensland again is pushing koala numbers to extinction due to land clearing for all sorts of human activities. So, I'd like to offer the mountain plateau, indigenous eucalyptus trees for free, if you can find a patch on your property to plant a tree, or whatever you feel can accommodate. Please email me at: jlwatson@wakeup.com.au

I'm sorry for the terrible timing, but I won't be able to respond till after school holidays. However, together we can make the Mountain more koala-friendly, which has to be a good thing.

Jason Watson

BUSHFIRES AND A MASSIVE EXPLOSION IN OUR MARINE LIFE

There was a fascinating article in *The Australian* of 16 September. It is well worth reading in full: 'Catastrophic bushfires causes an explosion in marine life.' The article is based on two recent papers in the prestigious journal, *Nature*. In summary:

The cause of the explosion in marine life was fertilising of the Southern Ocean with millions of tons of smoke and CO₂ from our 2019-20 bushfires. This resulted in a massive phytoplankton bloom, locking CO₂ out of the atmosphere. Part would have sunk to the bottom, probably to become carbonates. However, the whole food chain benefits with more storing of carbon and a dramatic increase

in ocean productivity. This phytoplankton bloom is quite different from the damaging algal blooms.

To put it in perspective, the effect was comparable to greening the whole Sahara Desert. Take a deep breath and think about that.

But the ramifications in our understanding of climate change are huge. The *Nature* papers point out that the effects observed from wildfires have been identified in the geological past, but may not be adequately taken into account in climate models.

In our 'chaotic' (in the scientific sense) atmospheric system, tweaking one of the many variables can have a very significant effect. Since we cannot claim to have a full understanding of our atmosphere, are the models valid?

Further, the models on which reliance is placed seem to assume that CO₂ emission is the driver of climate change. The models have been tweaked to fit past observations but that does not confirm that the basic assumptions are correct. Also, multiple blind eyes seemed to be turned to the inconvenient fact that we are climbing out of a mini ice age. Some climate change is inevitable. Another thought. If the present phytoplankton bloom is a surprise, it indicates that a potent carbon storage mechanism may be missing from the models.

Climate change is happening, and we do not properly understand the reasons. We have to cope. Most importantly, we need to keep open minds to avoid heading down a blind alley.

In the meantime, our plant friends are thriving with the present higher temperatures and CO₂ levels. This we certainly need to feed our ever-growing population.

Phil Giffard

MOUNTAIN WATER USE STUDY BY QUT YET TO BE FINALISED

I have to refute the misinformation supplied by Sally Williams in her letter to *Scenic News* (2/9/2021).

The Scenic Rim Regional Council does not have the final report from QUT studies on Tamborine Mountain water.

This information was commissioned by the Queensland Government, with SRRRC being a minor contributor.

QUT has the documentation, but is still finalising the thesis before publication.

"The bulk water extraction 'owned' by local businesses for sale off-mountain to multinationals" is not quite correct. The multinationals now own their own water extraction locations on the Mountain. Perhaps Sally should target Coca-Cola Amatil.

If local operators were forced to close, due to public protest, they would possibly sell their operation to multinationals.

Local operators, at least, supply local residents who are dependent on this service, at a reduced cost. They also supply our fire service and SES who have open access to their water supply. This would not happen with multinationals.

There were, originally, five local suppliers on the Mountain that haven't been able to survive in an industry that has no customers during the wet season. The off-mountain market keeps our remaining water operators in business.

Sally states that "this is an unethical and greedy practice... which costs them nothing and they sell for profit." Sally does not understand the principles of business.

There is a cost: land rates, licensing, extraction, transport, labour.

Although I don't personally support the commercial bottled water industry, we should be targeting the multinationals.

Sally claims that it is "unacceptable for council to argue... that a business approval once given can never be rescinded." It actually is a legal contract. How would a workers' union feel about jobs being terminated without justification, or livelihoods shut down without notice?

Water is owned and managed by state Government, under the *Water Act of 2000*.

Council only provides a permit to conduct an operation based on land use, above the ground.

Council cannot "end local, commercial water extraction for off-mountain sales."

They cannot control who they sell to or where they sell it. This is an infringement of the free market process.

No, you cannot rescind (revoke) a business licence (contract) if the business is operated in accordance with the agreement. It would be unethical to do this, and expensive to try.

Commercial water extraction is a legitimate business. They're legal.

Julie Wilkinson

RED CROSS: PREPARE FOR FUTURE DISASTERS

As people continue to suffer the mental health effects of the Coronavirus pandemic, Red Cross is reminding readers there are things they can do now to regain a sense of control and prepare for the inevitable disasters ahead.

New research by Australian Red Cross has found that two in five Australians' mental health has been hit by COVID-19, and a similar number say they feel less hopeful about the

continued page 12



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TM Universe: two events

October will be a busy month for members of TM Universe.

TMU committee has organised an event with NASA, on Saturday the 16th, as it is their International Observe the Moon night. Ten days later on 26 October, TMU's AGM will be hosted at St. Bernards Hotel.

Members and family are invited to join the International Moon event, from 6pm at Cauldron Distillery, adjacent to our land. No, it's not a full moon, but the moon is in a position that is the best for viewing: it is high in the sky, and the border between the light and dark halves of the moon (called 'the terminator') is clear and offers good opportunities for seeing craters on the moon. **International Observe the Moon Night** is a worldwide public event that encourages observation, appreciation and understanding of our moon and its connection to NASA planetary science, exploration, and human culture. This annual event connects scientists, educators and lunar enthusiasts from around the world. More info: [https://moon.](https://moon.nasa.gov/observe)

nasa.gov/observe. TM Universe committee will send members more details of the event. Telescopes are welcome, but binoculars are more than suitable to enjoy the event. If you would like to attend, become a member: all info on www.tmuniverse.com.au

Our AGM is scheduled for 26th October, 5.30 for 6pm. On the agenda are the standard topics, including electing vacant board positions; nominations have to be in by October 12. If you'd consider being able to contribute actively, please call Jaap Vogel (0473 818 908). Members will also be presented with a few special appearances. One is about the art of Vanessa Stanley, our lifelong member, and her relation to space research and astronomy.

Given the strong focus of our project on Education, Stephen Thrum will tell us about some of the many space projects he has initiated and guided in education, including – but certainly not limited to – building Mars Rovers, and his



Letters to the Editor

continued from page 11

future. Some 37 per cent feel less secure and safe.

Last week saw our annual campaign to encourage people to prepare ahead for disasters, because the better prepared people are, the better their experience when a disaster inevitably hits. Better preparation also leads to a better recovery.

There are excellent resources on the Red Cross website www.redcross.org.au/prepare including steps to create your own

emergency plan, to download the Red Cross Get Prepared App, a survival kit, emergency contacts list, keepsake list, information to help manage stress and more.

With disaster season almost upon us, we strongly encourage people to start thinking now about how they will manage. Your mental health will be better for it.

Garry Page
Director
Australian Red Cross Qld



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](https://www.facebook.com/SBuchholzMP)

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

for members

contributions to NASA in Florida. A third presentation will be given about a new fundraising project called Zenith, and the use of a free software program called *Stellarium*. Members will be updated on the progress of the building application, the financial situation and the foreseen timeline of the project. Why we still hope and expect that we will cut the ribbon to open TM Universe on 23 September, 2023 will also be revealed... again. Both activities on 16 and 26 October are free of charge, but for members only. More information on tmuniverse.com.au.

COME AND VIEW THE MOON AT TAMBORINE

Community members are invited to join the Southern Astronomical Society to view the Moon and the night sky through large telescopes on the night of Saturday 16 October at Tamborine.

The occasion will be a celebration of International Observe the Moon Night to be held at Woodstock Youth Enterprise Trust, 231 Plunkett Road from 6pm to 9pm.

Bryan Pott, of Tamborine, and other knowledgeable members of the Southern Astronomical Society will assist visitors to observe the Moon and other astronomical wonders through their variety of large telescopes.

This will be Bryan's eighth year in organising this event for the community, weather permitting.

Entry is via a gold coin donation; a sausage sizzle will be available.

All proceeds on the night will be for the Southern Astronomical Society, a non-profit organisation which arranges astronomy presentations and viewings for schools and the community.

The event will comply with Queensland Government requirements and adhere to COVID regulations; sanitisers will be available for use.

International Observe the Moon Night is an annual world-wide event sponsored by NASA and astronomical organisations that encourages observation, appreciation, and understanding of the Moon and its connection to planetary science and exploration.

Everyone on Earth is invited to join the celebration by hosting or attending an event or participating as a lunar observer - and uniting on one day each year to look at and learn about the Moon together. First organised in 2010, there are usually more than 500 events annually in over 40 countries, hosted by universities, observatories, NASA centres, schools, museums, parks, libraries, and amateur astronomers.

For more information, phone Bryan Pott, right up to the event, on 0431 096 511 or 0401 217 347.

Bryan Pott (left) with one of the large telescopes to be used on International Observe the Moon Night.



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THE KEY TO LONGEVITY: LOVING RELATIONSHIPS

It was a series of seemingly unrelated events that got me thinking about longevity and ageing. I taught Yoga in the Vines to a dynamic group of women who belonged to a hiking and adventure club on

a Sunday morning.

Catching up over a picnic by Canungra Creek, it was fascinating to find out more about this diverse group. Women of different ages and different backgrounds who had formed firm friendships over a shared delight in hiking and trying out new things (including yoga) and visiting new places. These sparkly women were a great testament to ageing gracefully.

Then a series of birthday get-togethers (how many spring babies are out there?) where, laughing over a glass of bubbles, I marvelled at the joy and wisdom we get from our friendships. Much like a great yoga class, when you leave that class feeling so euphoric, a lunch or coffee catch-up with good friends leaves you feeling joyous and expansive. Your world has been enriched by the fascinating conversation, laughter and shared camaraderie.

The latest research in interpersonal neurobiology is now supporting the idea that the keys to longevity are friendships and supportive relationships (together with a plant-based diet and lots of exercise).

Professor of Psychology, Louis Cozolino, in his book: "Timeless: Nature's Formula for Health and Longevity", states, "Of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important."

It seems that humans are best understood not in isolation, but in the context of their connections with others. Our brains are social organs, and we are wired to connect with each other and to interact in groups. A life that maximises social interaction and human-to-human contact is good for the brain at every stage, particularly for the ageing brain. We now know that people who have more social support tend to have better mental health, cardiovascular health, immunological functioning, and cognitive performance.

Social relationships help calm our stress-response system. While chronically high levels of the stress hormone cortisol wreak havoc on our physical and emotional health, experiencing safe and supportive social relationships has the opposite effect, keeping our stress-response system in check.

The five Blue Zone regions (Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece, and Loma Linda, California) have the highest concentration of people over 100-years-old.

The lifestyle choices these zones have in common are: a diet high in plants, regular movement into old age and close connection to families, friendships and community. And these connections consist of real friendships. Not the Instagram or Facebook followers but a small group of people who invest in you and you invest in them. These friendships make you feel connected and supported and are key to living a happy, long life.

Margot Wagner
Yoga Under the Bodhi Tree

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

Relationships



MIND OVER MATTER

Not so long ago scientists considered the brain to be a fixed, hardwired organ. Brain injuries were thought to be irreversible. Advances in neuroscience, however, have proven otherwise and we now know that our brain is neuroplastic - it has the capacity to change throughout our lifespan. New nerve cells are birthed daily for our mental benefit. What we do with those cells is dependent on our choices.

Our DNA is often blamed for our shortcomings. Traits that we recognise in ourselves as being linked to our parents are attributed to our genes. Some of these traits are welcomed while others are regarded as unavoidable. Recent advances in the science of epigenetics are shedding new light on the plasticity of our DNA. Epigenetics is the study of how our behaviour and environment can cause changes that affect the way our genes work. Epigenetic changes do not change our DNA sequence, but they change how our body reads a DNA sequence. Our traits may not be as inevitable as previously thought.



Each new scientific study appears to confirm that we are not helpless victims of our biology. For example, the common scientific belief regarding the relationship between our brain and our mind (the area of thoughts and emotions) was that the brain's chemicals and neurones determined our thinking. Thanks to neuroscientists such as Nobel Prize winner, Eric Kandel, we now know that our thoughts can turn certain genes on or off, changing the structure and function of our brains. By our thinking and choices, we redesign the landscape of our brain. Our mind has the ability to control the body of which the brain is a vital part.

Our choices on how we focus our attention are extremely influential on the wiring and functioning of our brain. If we choose to always engage in distracting, attention-grabbing trivia (yes, I am often guilty of that!) instead of focussing on tasks that require our sustained attention, our brain will begin to lose its capacity to concentrate. The genes required for concentration become inactive. If you are in the pattern of negative thoughts about the future, your toxic thinking will change your brain wiring in a negative direction and throw your body into stress. Research has shown that DNA actually changes shape according to our thoughts, affecting the body's natural healing capacities.

Here's the good news: research proved that any negative impact on our DNA could be reversed by feelings of love, joy, appreciation and gratitude. Positive thoughts and feelings can transform our genetic expression, change the shape of our brain wiring AND significantly improve our body's resistance to disease. It's amazing to think that we can, through conscious effort, gain control of our thoughts and feelings and, in doing so, bring our brain and body into a healthier state.

Next week we will look at what neuroplasticity means for our relationships and how we can use this knowledge to improve our connections with others.

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

GREAT THINGS COME IN SMALL PACKAGES

Our PET OF THE WEEK is one residents of Eagle Heights definitely would have spotted over the years on his daily afternoon strolls. He is also regularly seen on Gallery Walk, as it's one of his favourite hangout spots – well, besides the family kitchen. I met this week with Doogie, the falabella, and his loving humans – Eden, Jake and Jaki Rigg, to learn more about this 'little in stature but larger than life' character, and to also meet his new friend Tudor, a three year old ex-show miniature. The first time I met Doogie, from a distance I mistook him for a larger dog breed, as he is less than a metre tall, but as we walked closer towards Doogie and his family, I soon realised, and immediately was filled with childlike excitement at the prospect of patting a falabella on our afternoon walk. This is not the 'usual afternoon family dog walk' experience, but where we live, I guess it is and as we all know here, everything is possible...

It was wonderful to learn more about Doogie and his interesting life. Much laughter and many great stories were lovingly shared, and we talked about everything from nutrition, to how he recently moved to a new paddock with his new 'bestie' Tudor, his past therapy horse work, his LOVE for food and how the Riggs became Doogie's humans. And all the while, both Tudor and Doogie listened attentively whilst getting pats, though there were moments when our 13 year old Doogie struggled to stay awake. It was beyond adorable!

But don't be fooled by his cuteness – this little horse is quite the rogue. The Riggs family

first met Doogie in their old neighbourhood, along with his posse of three other miniature horses, who had all escaped from their property, and had been running free like brumbies for some time before the Riggs assisted. The Sydney-based owner was oblivious to their escape and it took Jaki and dad, Anthony, much time to locate him. So how did Doogie become a member of their family? Simply, Doogie refused to return to his property with the others. He had fallen in love, and had adopted a new family.

Doogie has on occasions been caught helping himself. "He loves being inside and goes into our kitchen to find food. He will eat anything and everything that is low enough for him to reach. One time he stole all our mangoes and ate them all. He loves food", Jake laughs.

Doogie has also worked as a therapy horse in hospitals, where he has helped countless people, including cancer patients. "To do this work he had to be completely shaven and wear booties and a nappy. He absolutely loved going to the hospital," said Jaki. "Doogie loves meeting people", Eden added.

Pet of the Week



with Christey Johansson

Miniature breeds are very easy to care for – they just need some pastoral space (and possibly a kitchen if they are anything like Doogie). Both Doogie and Tudor enjoy carrots, apples, hay, fresh grass, and they also eat a blend prepared daily of beet pulp, calcium and vitamin supplements. Twice a year they have a hoof clipping. Other than that, Tudor enjoys a game of ball, and like us all, they enjoy lots of love and spending time with their family and with good people.



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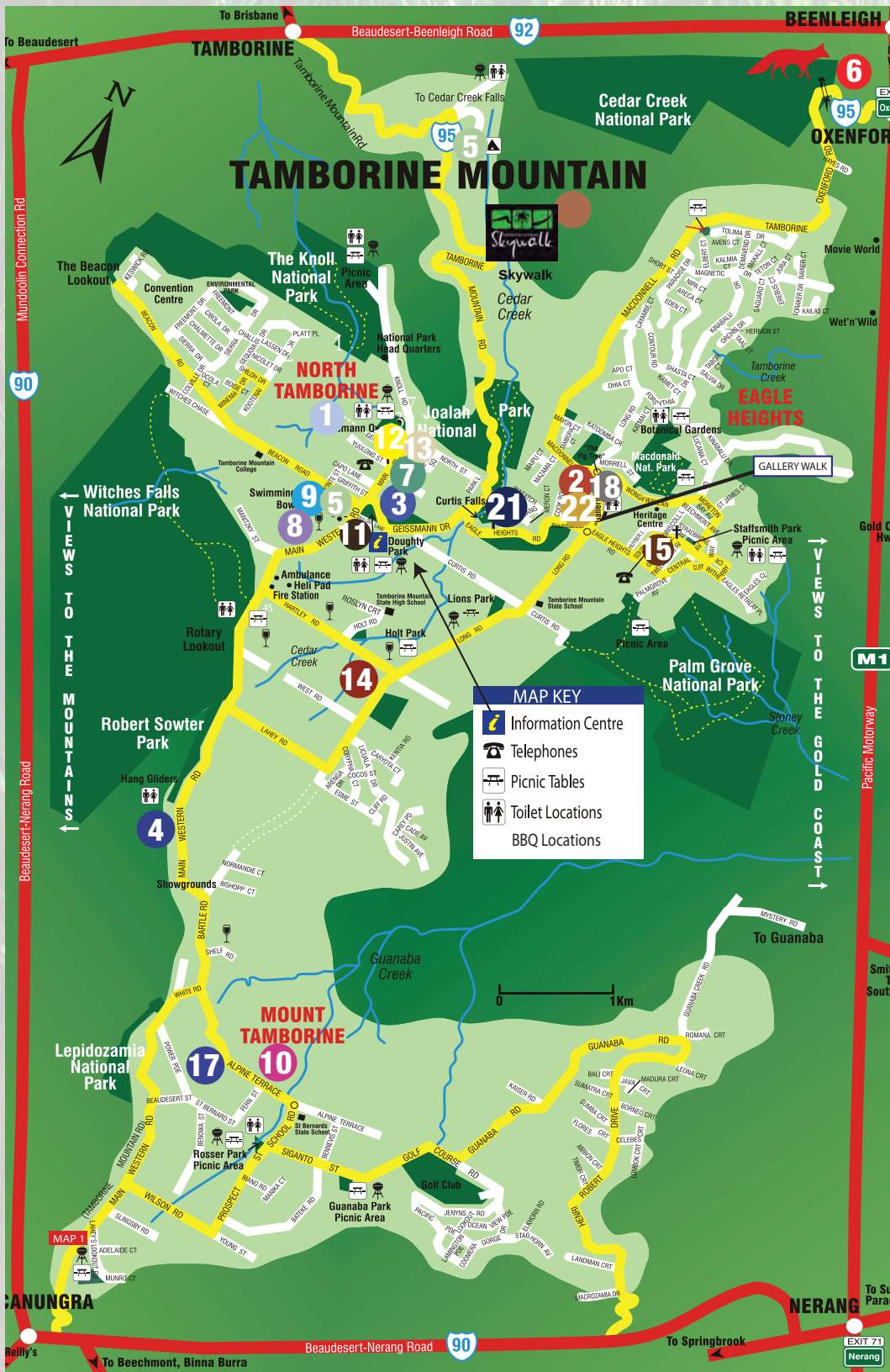
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IT'S ALL HAPPENING...

My great, great grandfather ran a store in Beechworth, Victoria that sold provisions to the Kelly Gang and to the police that were looking for him. I don't know whose side he was on, but surely, it wasn't loyalty, it wasn't 'sides': it was flour and milk. Everyone has to eat.

I bought *Tastebuddies* in January of this year. I was told many times that I couldn't change the name, couldn't change the decor or the offering.

I was also told that people didn't know *Tastebuddies*, didn't shop there; "thank goodness someone is doing something!". And whilst I love new things too, and whilst I agree that there was untapped opportunity here, that still stings. Because the business I bought really was trying to do everything for everyone.

When *Tastebuddies* was *Tastebuddies*, I hadn't expected to embark upon a food and beverage operation on the Mountain until maybe 2030.

I had expected to open a little wine bar to grow old in, one day. To keep connected with people and to have somewhere to go. That was the plan, anyway. But when my husband died of COVID-19 in London in March 2020, everything got brought forward.

I spent nine months walking, grieving, crying, breathing, not breathing, playing golf, drinking with friends and more walking for all of 2020. When Andrew died, my whole world shut down. But then, so did everybody else's. With the whole planet in lockdown, I was free to grieve and do things at my own pace. Luxurious, really. So, every day I would golf, drink, talk, grieve, write, walk and walk some more; and, living on the golf course side of the Mountain, my route was predetermined: I would walk to *Tastebuddies* and back.

More often than not I didn't actually go into *TB's*. I would just turn around at the intersection and walk home. I had the same experience of a lot of people; I would go there to buy milk sometimes, enjoy a great burger occasionally. But one day I needed to get out of the house for a stretch, so I took my laptop with me on my walk and stayed at *Tastebuddies* for a few hours.

Melissa, who owned the business then, was the most accommodating and hospitable host I had ever encountered

on the Mountain. She was kind, she was 'real', and she was there. The location of *TB's* was not lost on me; what an incredible opportunity, a great location. And she was a local's local. The real deal. Free Wi-Fi, access to a power cord when I ran down. I had a coffee, then some fish and chips: we got to talking... and here we are.

I spent my adolescence in Sydney. Whilst at University and drama schools I was (of course?) a full-time waiter. The Regent Hotel, Sydney; Mickey's Café, Paddington; Café Otto, Glebe; Gertrude and Alice, Bondi and Linda's, Newtown were where I cut my teeth. I worked in these fine establishments, these giants of hospitality, then Sydney institutions, for 15 years. I have run a few differentiated businesses over my careers, and as a mother and a daughter I have also provided a lot of meals. I believe in hospitality, at all price points. I believe in giving: giving people somewhere to be, to relax, to enjoy a coffee or a meal, a place to hang out. Of course, I adore fine dining, but I haven't done that in a while. And in my situation right now, I don't really miss it.

So, with *Tastebuddies*, now *Gabby's*, it was destined to bring a similar offering to Tamborine Mountain: an approachable, affordable, honest (and hopefully good) place for locals to come and relax. Of course, we are there for the tourists too; but the local's café-bar is really who we are. We are a place that you can be yourself in, be comfortable, relax with your friends, or with a book, drain the free Wi-Fi, have a good coffee or a sandwich, or a pizza and a wine. Nachos is my favourite thing on the menu right now. We still make great burgers. And breakfasts. And we have weekly specials now too, to rock the boat. The staff are always telling me to stop eating all the vegan cheese. I like it on bacon. Go figure.

People don't come out just to eat. We come out to connect, even just to another situation, to sit somewhere other than our own home. On Friday nights we have live music, and the place gets pretty fun.

As well as the incredible professionals that we have here, we employ 10 juniors. They are local kids who we feel very responsible for and are very, very proud of. For most of them it is their first job. Some we inherited from *Tastebuddies*, and others are local kids who turned up bravely asking for work. They turned up. And that is actually the story of *Gabby's* right now. The staff. Leila McKail has built a crew of extraordinary individuals who are all varied and interesting, and they are all local and loyal and we support them wholeheartedly. I am proud of what we're doing here. Everyone is paid legitimately, with superannuation, as it should be. I am my great, great grandfather's progeniture. Everybody has to eat.

The real coup has been the professionals we have been clever enough to nab. Leila and Forbes McKail, my dear friends, have put up with me from the beginning and I could not have done a thing without them. My ex-husband Pete has come on board as a business partner to help me with all the wheels that need to spin. Then lately we have secured the skills of Paul Darker (ex St Bernards Hotel), who I pursued for nine months to come aboard and Matt Cook, who, amongst many other achievements, was a colleague of Anthony Bourdain. Can we please take a moment? The late, great Anthony Bourdain. Kudos. Respect. Matt is shaking things up big time, and I adore watching him and Paul Darker teach our juniors all the 'how to's' from an international perspective, right here, right now. The revolving door of hospitality legends, the hard-working sloggers that make the thing happen every day. It has such power, such grace, to pass on the knowledge.

There's a lot of grief right now.

Hell, I'm a widow. I get it. But we are here. We are still here. And we have to eat.

I hope Andrew would be happy with what we're doing here. This never would have happened if he hadn't gone. And whilst I can still hear him asking for a Croque Monsieur on the menu (it'll come, Andrew. It will come), I know he'd be very happy with a few glasses of the Shiraz until it gets here.

And of course, the big news is we are expanding. We are opening a Corner Store in October. Our liquor licence means *Gabby's* cannot be the grocery store *Tastebuddies* was. So, we are opening a new store. And Melissa and I and the staff from *Tastebuddies* are talking about how to staff it.

Next to *Gabby's*.

On the golf course side. The old *TB's*. It's all happening!

Gabrielle Rogers





TRAVELLING PLACES By Gina Storey

One of the areas we have sent quite a few clients to recently is Tasmania. It is still a bit nippy down there, but travellers are really enjoying visiting the Apple Isle with fewer tourists around and going overseas... hahaha!

Reconnect with wildlife, nature and your taste buds as you explore the breathtaking beauty of Tasmania. Cruise the Gordon River, stroll the Bay of Fires or sip a glass of Tassie's finest whisky. Whether hiking around Cradle Mountain or watching a Wineglass Bay sunrise, there's something for everyone in Tasmania.

Tasmania's natural beauty is captivating, its cultural experiences are diverse, and the food and drink offering is enviable. The capital city of Hobart is home to MONA, one of the world's most intriguing art galleries, as well

as to a fascinating convict history. Make sure you are in Hobart overnight so that you can head to the renowned Salamanca markets which are held every Saturday morning down by the waterfront, and showcasing local produce.

One of my favourite Tassie experiences was the Southern Ocean high speed wilderness cruise from Bruny Island – make sure you have the winter woollies on and take advantage of the raincoats offered on boarding. This is a ride around the small islands off Bruny; the weather can be blustery but invigorating. Look out for seal colonies, pods of dolphins and albatross wheeling overhead. Back on land warm up with a hot chocolate or go cheese tasting.

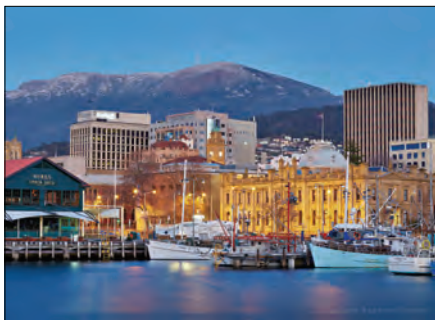
To do Tasmania justice and not berate yourself when you return, allow 10 days to two weeks minimum to explore. Local Australian company Coral Expeditions offers a range of excellent trips to remote coastal regions. Intrepid offers small group (maximum 12) journeys, APT offers luxury group departures and for the walkers, there are a number of wonderful multi-day treks available where you carry nothing more than a day pack.

Another popular Tassie holiday is a fly-drive. To give you an idea of price... a fly-drive holiday with flights from Brisbane return, 10 days' car hire, and 10 nights' accommodation will cost around \$2500 per couple. Of course, the price can vary depending upon the standard of accommodation, size of the car and the sightseeing inclusions you may like to enjoy. Travelling Places would be delighted to help you design a wonderful itinerary. Renée and Gina have both visited and would love to share their knowledge and tips to make your holiday fabulous.

Tasmania is no ordinary place. And Tasmanians are no ordinary people. Come down and feel the freedom, warmth, excitement and curiosity. Come down and feel human again. Come down for air.

PS: Dust off your passports... the time is coming. Don't be caught in the rush to renew passports when the time comes, if yours is out of date and you intend to travel, lodge for a renewal soon.

Travelling Places: 5545 1600; travel@travellingplaces.com.au



NATURE NOTES

with Nadia O'Carroll

EVERY CELL, EVERY SPECIES

Take a breath – because most of the approximately 12 to 20 breaths we take per minute are subconscious, we tend not to think about breathing, although if our ability to breathe or our air supply is compromised, even momentarily, we instinctively and instantly realise that we are in a critical situation.

Why is immediate oxygen so crucial for all life on Earth?

Living cells of animals and plants require oxygen for respiration. Cellular respiration is a complex metabolic process in several stages which breaks down organic compounds (foods) into simpler compounds and harvests energy through an energy carrying molecule called adenosine triphosphate (ATP).

Oxygen plays a vital role in the electron transport chain which produces ATP. The energy carrying part of an ATP molecule is the tri-phosphate covalent bonds which carry energy in the electrons. If a cell requires energy the ATP molecule can change into adenosine di-phosphate + phosphate (ADP) whereby the molecule breaks off a phosphate, which liberates the energy in the bond.

Cellular respiration provides cells with the usable energy that they need to function and to perform all the processes which keep an organism alive.

Respiration is a universal chemical process in all living organisms. However, evolution has produced diverse respiratory systems for acquiring oxygen from the environment:

Lung breathing – mammals, birds, reptiles, amphibians

Gills – fish, crustaceans, cephalopods, amphibians

Tracheal breathing – insects, arthropods

Skin respiration – amphibians, earthworms, jellyfish

Skin gills – starfish, sea urchins

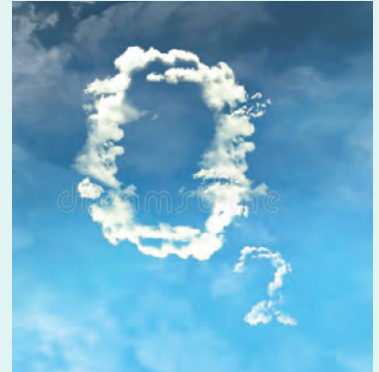
Direct diffusion – small multicellular organisms, flatworms, coral.

In some cases, different systems may coexist within the same species as a stage of development: for example, frogs use skin and gills for respiration as tadpoles, and lungs as adults.

Plants produce oxygen through photosynthesis, but also absorb oxygen directly from the air through the tiny pores on leaves called stomata.

Oxygen (O₂) is fundamental to life but Earth's atmosphere, commonly called air, is a mixture of different gases, consisting primarily of about 78 per cent nitrogen, 21 per cent oxygen, with the remainder being other gases and components.

Plant photosynthesis is the major source of breathable oxygen in the atmosphere; oxygen is a by-product of photosynthetic chemical reactions. Scientists estimate that 50 to 80 per cent of oxygen production comes from the ocean currently through photosynthesis of phytoplankton, kelp and algae. More significantly, it is the legacy of phytoplankton photosynthesis over billions of years which gradually accumulated breathable oxygen in the atmosphere.



FOOD FOR THOUGHT

with Chef Dylan Gittoes

www.gourmetfoodco.com.au



SAVOURY MINCE

This super tasty old fashioned mince dish is an oldie but a goldie for a reason: because it tastes delicious. Mince is the starting point for many family faves and trust me, the whole family will love this savoury mince recipe and will be going back for seconds. If you've never tried savoury mince, why not give it a go.

I've given this the Chef Dylan twist by combining my Gaucho marinade seasoning and my Captain Kidd spiced rum BBQ sauce, and I feel it really gives this classic dish a wonderful flavour hit. It can be whipped up in under 30 minutes and can be served on jacket potatoes, a bed of rice, or spooned into a toasted sandwich or puff pastry to make pasties. This means it's very versatile for busy people. You can even double up a batch to use in a few different ways during the week and freeze some, as it will last for three months and defrosts very well, keeping all the wonderful flavours intact.

Mince has got to be one of the most economical, convenient and versatile ways to add iron into our diet. The leanest grades of mince are the healthiest but a little bit of fat will keep this recipe moist. It's easy for kids to eat, can be spruced up for guests and can be cooked in a jiffy. No wonder it's a staple in kitchens around the world. Savoury mince is an Australian and New Zealand version of the Scottish dish, mince and tatties. It's very similar to the meat filling used with Shepherd's Pie and even the classic Cornish pasty filling, so the flavours are very familiar to most Australian palates. To ensure you use good quality beef mince, I recommend you check the fat content of the beef mince you buy, or better still, buy your meat from the butcher. The texture is usually nicer and you can ask what's in it.

Mostly, mince is made from a wide range of meat cuts and may come from multiple animals. Basically any meat without gristle is suitable for mincing. But it would be foolish to mince the choicest cuts, like steaks, when there are other options available. Not every cut of meat is equal - some make great steaks or chops and others tasty roasts. Some pieces are either too small (called trimmings) to be useable or are too tough to be tasty as whole muscle

cuts. So, to get maximum use out of the entire animal and operate sustainably, these smaller pieces and lower grade cuts are collected and put through a mincing machine.

In the early days of meat retailing, before sufficient refrigeration and packaging, an alarming amount of an odourless white powder called sulphur dioxide was used to maintain the freshness of meat. It was the Romans who first discovered that sulphites were an excellent preservative for wine. From these early days, sulphites (preservatives 220-228) have helped extend the shelf life of many foods and were often found in mince. Sulphites assist in the preservation of food flavour and colour, inhibiting bacterial growth, reducing spoilage, and stopping fresh food from spotting and turning brown. With the advent of refrigeration and necessary cause for concern over the consequences of using such nasties, the use of sulphites has been much more closely monitored of late.

The meat industry continues to cause alarm and controversy, with horse meat finding its way onto supermarket shelves in recent years, and the famous Jamie Oliver pink slime additive found in American burger mince. The good news for us is that here in Australia, mince is very heavily regulated, and must contain 100 per cent muscle meat (i.e. meat that was attached to bones). That's it. Nothing more, nothing less. Nowadays in Australia, sulphites have been banned in minced meat but not in sausages or some processed meats, so it still pays to ask.

This savoury mince recipe will become one of those dishes you can memorise how to make, and is a great one for teenagers to learn how to do to keep themselves fed.

INGREDIENTS

- 500g minced beef
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbs Gaucho*
- 2 tbs plain flour
- 250 ml beef stock (can buy from butcher)
- 1/3 cup Captain Kidd*
- 1 tbs tomato paste
- 2 tbs oil
- 1 cup frozen peas and corn



METHOD

1. Heat the oil in a shallow casserole dish or large fry pan on medium to high heat, and cook the chopped onions and garlic until fragrant, stirring often.
2. Turn up the heat to high and add the beef mince bit by bit and fry, stirring for 6 to 8 minutes. Break up the mince with a wooden spoon and continue to stir until nicely cooked.
3. Add Gaucho marinade and combine.
4. Add in the flour, stir, and cook for a minute, then add the tomato paste and cook for 1 minute.
5. Add beef stock and Captain Kidd spiced rum BBQ sauce.
6. Simmer for 15 to 20 minutes on a low heat, stirring occasionally.
7. Stir in the frozen mixed vegetables and cook for 6-to-8 minutes until the vegetables are cooked, and season to taste.
8. Serve on jacket potatoes with sour cream and a sprinkle of garden herbs, or as you wish.

*Chef Dylan's Gourmet Food Co. Gaucho marinade and Captain Kidd spiced rum BBQ sauce (see website)

hooked on books

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Monday 20 Sept 9:15am School Holiday Story Time

Tuesday 21 Sept 10am Frog Hotels @ the Library

Wednesday 22 Sept 4pm Games@4

Friday 24 Sept 9:15am Rhyme Time

Monday 27 Sept 9:15 Story Time

Tuesday 28 Sep 9:30 Lego @ the Library

Wednesday 29 Sept 4pm Games@4

Friday 1 Oct 9:15 Rhyme Time



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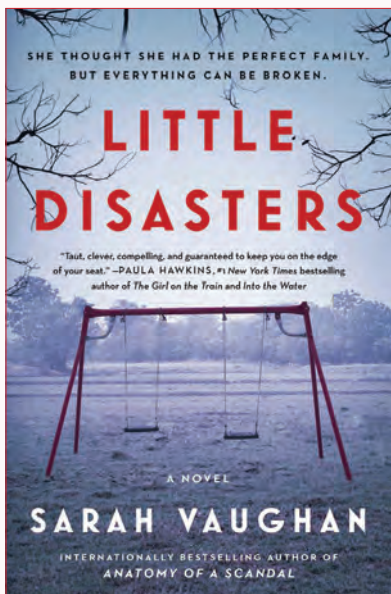
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Goosebumps author RL Stine never included things like divorce, drug use or abuse in his books because he didn't want to terrify kids. He wanted kids to be sure that his stories were fantasies that could never actually happen.

Dr. Seuss's editor bets him \$50 that he couldn't write a children's book in 50 words or less. Dr. Seuss won the bet with his book *Green Eggs and Ham*.



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TRIVIA

Literature



1. Who wrote *The Dubliners*?
2. Which actor and star of many comedy films wrote an autobiography entitled *Just Williams*?
3. Who wrote the *Game, Set and Match* trilogy?
4. Which was J D Salinger's first book?
5. Which book featured Napoleon the Pig?
6. Emile Zola's *J'accuse* was a defence of which political scapegoat?
7. Who was Don Quixote's squire in the book by Cervantes?
8. Who wrote *Death in Venice* and *The Magic Mountain*?
9. Who was awarded the 1981 Booker Prize for *Midnight's Children*?
10. Who was awarded the 1993 Booker Prize for *Paddy Clarke Ha Ha Ha*?
11. Which book takes its title from the temperature at which the book's paper begins to burn?
12. Who wrote *Brave New World*?
13. In Shakespeare's play, who was Prince of Tyre?
14. Who wrote the Tarzan books?
15. Who writes the *Discworld* fantasy novels?
16. Horse-racing is the common theme through the books of which author?

Answers on page 26

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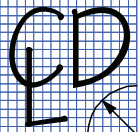
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Answers to TRIVIA from page 23

1 James Joyce, 2 Kenneth Williams, 3 Len Deighton, 4 The Catcher in the Rye, 5 Animal Farm, 6 Alfred Dreyfus, 7 Sancho Panza, 8 Thomas Mann, 9 Salman Rushdie, 10 Roddy Doyle, 11 Fahrenheit 451 by Ray Bradbury, 12 Aldous Huxley, 13 Pericles, 14 Edgar Rice Burroughs, 15 Terry Pratchett, 16 Dick Francis.

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Gina Storey, who owns local travel agency Travelling Places in Main Street, North Tamborine, shares her story with Scenic News.

What inspired you to open your business?

I was visiting my parent who had retired to Tamborine Mountain when I fell in love. Leaving London behind, to live on the Mountain and to stay in the industry I am passionate about, I decided to take the plunge and open a travel agency. Starting in 1993 in a tiny office in Eagle Heights, a year later saw me move to Main Street, where I have been ever since. I love the relationships we build with clients, getting to know them, and then being able to put together wonderful itineraries near and far. Over the years I have employed around 20 locals to work with me, designing wonderful travel arrangements locally and around the world.

What did you do before opening your business?

At two weeks old, I returned with my family from England to Nigeria where we were living. We moved to Australia when I was three, New Zealand when I was 14. As an adult I lived in Connecticut and then in London for 10 years, before returning to Australia. I guess I was destined to enter the travel industry. In London, I worked for British Airways as a product development manager - travelling the world contracting hotels, sightseeing and cruises, to then write and design the holiday brochure for Speedbird Holidays. Later I joined Australian company Jetset as their Marketing Manager UK and Europe. After years in the corporate world, I wanted to escape and be master of my own destiny.

How would you describe your business?

Travelling Places is your local travel agency; we offer clients professional yet friendly service to help design their travel arrangements. Our travel advisors love sharing their knowledge, experience and expertise to secure our clients the best trips. We help bring dreams to reality - to inspire, advise and design trips of a lifetime as well as a short break away. We take joy in seeing our clients' ideas become reality. Travelling Places is a franchise member of HelloWorld, giving us access to the buying power of one of Australia's largest travel networks. Recently we were invited to join Virtuoso - a global group of the top one per cent of travel advisers in the world. This prestigious global

group gives us access to exclusive offers for our clients as well as training and updates on the latest developments in the industry.

What is it about your business that you love?

Interacting with people, learning about destinations and cultures, swapping stories and insights. I am passionate about travel, and I love sharing this with our clients and my colleagues. I enjoy the challenge of change, and the last 20 months has seen nothing but change. I am fastidious about detail, which is a real requirement for this job. I love making dreams come true and delight in the joy that travel brings to everyone I deal with. There can't be many jobs where you spend most of your days with people designing treats?

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

I can't imagine what I would do other than travel. I started training to be a dietitian - when I was awarded an E for effort, I decided studying STEM wasn't for me! Travel was a holiday job when I was a student and I just never left - thank goodness! In recent years I have dabbled with commercial property investment, this has been a lifeline during the Covid lockdowns and I am pleased I didn't open the second travel agency but rather diversified. Funny how things work out.

Has the business been affected adversely by the coronavirus pandemic?

The travel industry has spent the past 20 months helping clients unravel trips and rebook for the future. In effect the industry has been in lockdown the entire time. We have seen glimmers of hope, only to have them dashed by lockdowns. Many clients have supported us with domestic travel bookings and many new clients are coming to us for advice and security to help with the new travel norms that are emerging.

There is a huge pent-up demand



Gina Storey

to be off and travelling again. Australians have for decades been super enthusiastic travellers, loving to explore the far corners of the globe. We will return - perhaps to a world with fewer crowds, where we pick and choose our destinations carefully and with insight. It will bring us immense joy to be out in the world!

What do you do for fun?

My favourite people in the world are my two kids - we have travelled the world together, we are all passionate about food, wine, meeting locals, experiencing the diversity of culture and history and walking in far off lands. I walk my beautiful cocker spaniel, Bertie, every morning and we are best friends. Family is important, and I cherish my own family and my adopted local family of friends. I am a social person who loves nothing better than getting together with friends and family over a long lunch to discuss the world's affairs. I love visiting art galleries, watching a great film, going to a concert or to the ballet. I love reading a good novel or a gritty non-fiction book. I love sharing ideas.

Final thoughts?

Let the world get vaccinated and COVID be suppressed. Let the borders open when the time is right. I long to bring out the inner passionate traveller and let her loose on the world again. Don't you?

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