

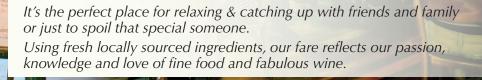
The postponement of the 2021 Royal Queensland Show (Ekka) Holiday to Friday October 29 meant a busy long weekend on the Mountain, as the date coincided with our annual Scarecrow Festival (itself postponed from its usual mid-September date), and the celebration of Halloween on the Sunday. A showery few days still allowed opportunities to sample some of the wonderfully creative efforts on display. Photos page 11 and 22.

three little pigs

bar & bistro

OPEN HOURS OPEN HOURS: Lunch 12–2.30pm Wed – Sun, Dinner 5.30pm to 8.30pm Wed – Sat. Not Open Public Holidays bookings recommended 5545 4484

5545 4484



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- · Enjoy your property from your deck, either front and rear
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# **OPEN HOMES Sat 6th**

10 - 10.30	124 Naylor Dr, Tamborine	
10.30 - 11	70 Double Crossing Rd	
11 - 11.30	10 Ohia Court	
11 - 11.30	55-57 Sierra Dr	
12 - 12.45	21 Barakula Crt, Cedar Cr	
12.30 -1.15 73-75 Alpine Terrace		

# OPEN HOME Sun 7th

12.30 - 1.15 73-75 Alpine Terrace

Stress Awareness Day - 3<sup>rd</sup> November as set aside as a time to be aware of the stress in the modern world, to understand its impact, and to strive to mitigate the damage it can do



### 88 Eagle Heights Road, Tamborine Mountain

- Cafe, shop and residence all on one block
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### **Contact Agent**



Review:2/163 Curtis Road, Tamborine Mtn Vendor: Ton was a very informed, motivated and attentive agent for our land sale. Heleen, it was a pleasure to deal with you. Throughout the process of property inspections, negotiation and settlement she was always available, flexible and helpful.

**AGENTS:** Team Ton & Heleen 0424 591 012 / 0424 591 011



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AGENTS: Ton Wolf 0424 591 012 Heleen 0424 591 011



\$500,000+

10.30	124 Naylor Dr, Tamborine	
0 - 11	70 Double Crossing Rd	
1.30	10 Ohia Court	
1.30	55-57 Sierra Dr	
12.45	21 Barakula Crt, Cedar Cr	

# **NEW, AMENDED PBS LISTINGS AVAILABLE**

Australians with a respiratory illness, early onset puberty and blood cancer now have improved access to subsidised medicines through new and amended listings on the Pharmaceutical Benefits Scheme (PBS)

Federal Member for Wright, Scott Buchholz, welcomed the November PBS listings and said many Australians and their families would now be able to access these treatments, reducing their out-of-pocket costs.

"Chronic obstructive pulmonary disease (COPD) is a preventable and treatable lung disease, which causes the airways in the lungs to narrow, making it difficult to breathe," Mr Buchholz said.

Minister for Health and Aged Care, Greg Hunt, said: "Since 2013, the Coalition Government had approved more than 2700 new or amended listings on the PBS. This represents an average of around 30 listings or amendments per month – or one each day – at an overall investment of \$13.9 billion.

"Without PBS subsidies many Australians would be thousands of dollars out of pocket. Now they'll only pay \$41.30 per script or \$6.60 with a concession card for these medicines."

#### COPD

About one in 20 Australians aged 45 years and over have COPD, and tragically, in 2018 it was the fifth leading cause of death.

Breztri Aerosphere® (budesonide +

glycopyrronium + formoterol) will be available from November 1 on the PBS to treat COPD.

Without PBS subsidy, around 68,000 Australians per year might pay more than \$1000 per year for treatment.

#### **Central Precocious Puberty**

Also from 1 November, Diphereline® (triptorelin) will be expanded to include the treatment of central precocious puberty (CCP).

In Australia, the average age for the onset of puberty is around 10 years for girls and 12 years for boys. In central precocious puberty, this onset occurs earlier - before eight years of age in girls and before nine years in boys.

More common in girls, CCP can cause physical, emotional, behavioural and social problems. Diphereline is a new treatment option, which will help children manage the condition and reduce the number of consultations needed.

Diphereline® works by lowering the levels of the hormone oestrogen for females and testosterone in males that lead to puberty-related changes to the body.

Without PBS subsidy, around 800 Australians per year might pay more than \$3600 per year for treatment.

#### Multiple myeloma

Earlier this year, Darzalex® (daratumumab) was listed on the PBS for the first time for use in combination with bortezomib and dexamethasone,

Canungra Dental

as a second-line treatment for around Australians with multiple myeloma.

Myeloma is a type of blood cancer that develops from plasma cells in the bone marrow, and it is estimated that around 2423 Australians will be diagnosed with multiple myeloma in 2021. Darzalex® is a ground-breaking treatment that mobilises the patient's own immune system to fight the disease. This treatment will bring improved clinical outcomes and quality of life for those affected by this disease.

From 1 November 2021, these patients will now have access to a new subcutaneous form of Darzalex®, which means it can be given as an injection under the skin.

This additional treatment option for patients will provide a more convenient alternative, delivered as a five minute injection that can be administered at home compared with the intravenous infusion which is given over several hours in a healthcare facility.

Without PBS subsidy, around 1165 Australians per year might pay more than \$136,000 per course of treatment with this new subcutaneous form.

Also available from November 1, Verzenio® (abemaciclib) will be expanded for use in combination with fulvestrant through the PBS - a new treatment option for Australians battling advanced forms of breast cancer.

These PBS listings have been recommended by the independent Pharmaceutical Benefits Advisory Committee.

Implants Wisdom Teeth Crowns Twilight Sedation Teeth Whitening

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# **FUEL FLOWING AGAIN AT SERVO**



Fuel began flowing again last week at the Mobil service station in North Tamborine after its pumps had been out of action for three weeks following an accident in which a cherry picker badly damaged its forecourt awning and affected its lighting.

Business manager, Sam Reddy, said that while the accident was not the fault of the servo – the only one on Tamborine Mountain – he greatly appreciated the patience and understanding of the local community during the enforced shutdown.

A new awning is currently being fabricated in Brisbane and it will be erected in around two months.

Mr Reddy said operations at the servo would have to be suspended for two days while the new awning was being put in place, but customers would be advised in advance of when this would be.

In the meantime, normal business hours are back in place at the servo – 5am to 10pm Monday to Friday, and 6am to 9pm at weekends.

# MEALS ON WHEELS ROSTER NOVEMBER 2021

- Fri 5th Clive & Lyn TURNER Hillel WEINTRAUB
- Fri 12th Athol & James MCDONALD Glenys KELLY
- Fri 19th Harry O'NEILL Lenore THEILE & David JEFFREY
- Fri 26th Tanya JOHNSTON-HIRD Stephen NUSKE

# TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

Mon 18th	N/S Alex Hood - Ashley Anderssen E/W Heike Edrich - David Donaldson	
Wed 20th	N/S Richard Booth - Dianne Hiles E/W Wendy Christie - Joanne Evans	
Thu 21st	N/S Robert McCathie - Eddie Heinemeyer E/W Marian Gibbons - Julie Guthrie	

# LONELY PLANET LISTS SCENIC RIM IN TOP 10 REGIONS IN THE WORLD



Global travel authority Lonely Planet has announced its top 10 Best in Travel countries, cities and regions to visit in 2022 with Scenic Rim ranked number eight in its list of top 10 regions in the world. It is the only Australian region included in its list.

Mayor Greg Christensen said: "Lonely Planet is regarded as one of the most trusted sources for authentic travel information so to be recognised by them on an international stage is a major coup.

"With the world overcoming lockdowns and restrictions, we know this announcement will put Scenic Rim on the map for domestic and international travellers. It couldn't have come at a better time.

"With an extensive vetting process to reach the Best in Travel, our region's commitment to sustainability and our eco-experiences were singled out as major drawcards for our region in helping travellers experience worldclass natural landscapes while minimising their footprint.

"We are continuing to work closely with local industry and our range of partners to play to our strengths, including preparing an overhaul of the Visit Scenic Rim website, currently finalising our region's first.

# Moon observation at Woodstock

On a clear, warm and beautiful night, the Southern Astronomical Society had a number of its large telescopes on site for its International Observe the Moon Night presentation at Woodstock property near Tamborine.

The night began just after 6pm with the Moon shining down upon us, baring its craters and maria ('seas') to many inquisitive eyes, and with a spectacular line up of the planets next to the Moon. The first of these was Jupiter with its four closest moons of Europa, Ganymede, Io and Callisto clearly visible in a line. The next along was the beautiful Saturn with its surrounding fabulous rings. At the end of the line was Venus with half of it brightly reflecting the Sun's light down to us.

We had the International Space Station do a bright pass overhead and a little later one of our members, Belinda Simpson, photographed the rocket from the NASA Lucy mission on its way to observe eight asteroids near Jupiter.

For those who missed this year's International Observe the Moon Night at Woodstock, it will be back next year on October 1 at 6pm.

#### **Bryan Pott**

Belinda Simpson photographed the rocket from the NASA Lucy mission.





# Remember to use your optical health fund benefits before they're gone.

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# **BUSHRATS JUNIORS KEEP WINNING WAYS**

**The Tamborine Mountain Bushrats** under 12s side had a close fought win against Queens last weekend after posting a competitive total of 9/126.

Oscar Youngman batted through most of the innings and finished not out on 27. The Bushrats then applied the screws in the field and had Queens 9/100, before a final wicket stand almost allowed them to snatch victory.

However, with Queens four runs short the Mountain boys took the final wicket to earn a hard-fought victory. Oscar Youngman was the standout with the ball (4/12) which earned him cricketer of the match. Isacc Lloyd was given the president's award for his bravery and courage while facing over 20 balls.

The under 13s side continued their very impressive start to the season with a comprehensive victory over Surfers. The boys scored 130 with Aaron Patterson again carrying his bat with a 45 not out. They then quickly knocked over the Surfers team for 66, with Bailee Prosser getting cricketer of the match for his 2/4 off 4 overs.

Both the under 11s sides had a great fun-filled game on the weekend and are continuing to improve. Our bowling and fielding have improved greatly and we are working on our batting a heap this week. For the

Tamborine Green side, the cricketer of the match was Thomas Gamble for his batting, getting a wicket and a run out. Cricketer of the match for the Tamborine Blue side was Lola Mahony for getting 23 runs, a wicket and continually encouraging her teammates.

Our over 40s side had a weekend off, so I am sure they spent it hanging out with their families and enjoying life.

Our 4th grade side has gotten on a roll and had another win on the weekend. Off their 35 overs the lads scored 228, with Rod Thorogood top scoring with 65 and Andrew Mahony smacking a quick 52. The Coomera Hope Island side were then restricted to 9/147 off the 35 overs. Ben Adkins was the pick of the bowlers with figures of 3/14.

Unfortunately, our 3rd grade side couldn't keep the winning ways going for the club and lost to Southport. A great bowling and fielding display restricted Southport to all out for 155. Jordan Gill continued his fantastic start to the season with a great opening bowling display of 4/11 off 8 overs. However, the batting effort was not up to the same standard and the Bushrats were all out for 83. Neil Bell (that handsome man) top scored with 23.

And that is our third week down for the season.

On November 12, our Junior and Master Blasters will be kicking off.



This is a great program for an hour on a Friday evening for kids who are interested in running around, having fun, and getting a little introduction to cricket. The Bushrats are a club all about having fun and promoting participation, so if you are wondering if you would like to give cricket a try contact me on 0403 854 699.

#### **Neil Bell**

Photo: Nick Dougherty, kitted up and ready for his very first bat.

# ces

Council's Annual Report 2020-2021 is available to download or borrow from our Libraries. It brings together 12 months of performance and financial data, supported by easy-to-read chapters reporting against the Operational Plan and day-to-day service delivery results. Download at www.scenicrim.qld.gov.au/corporatenublications NATIONAL RECYCLING WEEK **GARAGE SALE TRAIL** Scenic Rim is part of the nation's largest garage sale. ioin in by hosting a garage sale on 13 | 14 | 20 | 21 November. Free promotional materials and support

ANNUAL REPORT

available at www.garagesaletrail.com.au **SCENIC RIM BUSINESS BREAKFAST -**

#### TALKIN' TRASH

Panel of local businesses and industry professionals sharing their knowledge on waste reduction. Friday 19 November | 7am - 8.30am The Centre Beaudesert | Free Check out our National Recycling Week events at

www.scenicrim.gld.gov.au/waste-services

#### Arthur Christmas (PG) BOONAH Coronation Park | Sat 20 Nov TAMBORINE MOUNTAIN Showgrounds Sat 27 Nov

BEAUDESERT Jubilee Park 🛛 Sat 4 Dec



# 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 OUTREACH | FIRST 5 FOREVER RHYME TIME 9.30am

PEAK CROSSING	25 November
KALBAR	18 November
RATHDOWNEY	17 November
BEAUDESERT	16 November
CANUNGRA	10 November
TAMBORINE VILLAGE	9 November

#### **BEAUDESERT LIBRARY** Yak & Yarn Tuesdays | 9.30am - 11.30am Kids Space Thursdays | 4pm - 5pm Youth Book Club Tuesdays | from 4pm | Ages 12-15

New Adult Book Club Thursday 28 October | 10am **CANUNGRA LIBRARY** 

**Book Club starting soon!** Wednesday 3 November | Call 5543 5791 for info

**TAMBORINE MOUNTAIN LIBRARY** Games@4 Wednesdays | 4.00pm - 4.45pm | 8+ Busy Fingers | Tuesdays | 1pm - 3pm

Council correspondence should be addressed to: Jon Gibbons, Chief Executive Officer, PO Box 25 | 82 Brisbane Street, Beaudesert QLD 4285 | Telephone 07 5540 5111

### LIVE + ONLINE AT THE CENTRES Phone 5540 5050 or liveatthecentre.com.au

#### **ON EXHIBITION Small Works - Big Stories**

30 October - 17 December | The Centre Beaudesert Features Cultural Custodians by Jandamarra Cadd and Small Wonders group exhibition of miniature works.

**Exhibition Launch** Saturday 6 November | 10.30am | RSVP 5540 5050 Looby Documentary Film and Q&A

#### Archibald Prize winner Keith Looby

Saturday 6 November | 2pm | Free Bookings essential. Following exhibition launch

Gallerv hours: Tuesday - Friday 10am -4pm | Saturday 10am -2pm

#### Closed public holidays | Free Entry **Boonah Regional Art Gallery** OUR SYMPHONY OF ART Until 20 November

Gallerv hours: Wednesday - Sunday 9am - 2pm | Free Entry

#### **FRIDAY FLICKS**

Boonah Cultural Centre | 10am | 1pm | 7pm Tickets \$10 or Conc \$7.50 Pre-purchased essential 12 November Cousins (M)

## 19 November June Again (M



REGIONAL COUNCIL **WORKSHOPS AND TALKS** 

SCENIC RIM

### **CREATE PLACE WRITING RETREAT**

19-20 November | Two day workshop Vonda Youngman Community Centre Two day tickets including catering: Scenic Rim Residents \$55 | Non Residents \$90

#### **COMMUNITY EVENTS**

**BUSINESS EXCELLENCE AWARDS CEREMONY** Friday 5 November | 6pm | Boonah Cultural Centre Find out more and book your tickets at:

www.scenicrim.qld.gov.au/BEA **BOONAH BOOKFEST** 

Saturday 13 and Sunday 14 November 8.30am-1pm | Boonah Cultural Centre

THE CLOTHES SWAP Saturday 13 and Sunday 14 November 8.30am-1pm | Boonah Cultural Centre

CANCER COUNCIL QUILT AND CRAFT DISPLAY Saturday 20 November

9am-2pm | The Centre Beaudesert | \$5 entry



who makes the Scenic Rim a great place to live!

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f D in

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Professionals



# FOCUS ON ART AT THE CENTRE BEAUDESERT

Small Works Big Stories, a presentation featuring two concurrent art exhibitions at The Centre Beaudesert, showcases the miniature works of 11 artists and the portraitures by Aboriginal artist Jandamarra Cadd.

While it opened last weekend, its official launch will be held this Saturday from 10.30am, providing an opportunity for the public to meet the artists behind the works and explore their motivations.

The launch will be followed by a one-off screening of Australian documentary LOOBY with special guest Sean Murphy, who co-produced the documentary, available to answer questions about the story of Sydney-born Archibald Prize winner Keith Looby.

"Small Wonders is a group exhibition of incredible 2D and 3D miniature paintings, sculptures, collages and mixed media



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artworks from 11 different artists, exploring how miniature artworks can help both the creator and the viewer be more mindful and find a sense of control," said Scenic Rim Mayor, Greg Christensen.

"Cultural Custodians, produced by the incredible Aboriginal artist Jandamarra Cadd, shows the value of the psychospiritual connection that Aboriginal and Torres Strait Islander people have with their culture through a series of vibrant and expressive portraitures.

"The Archibald Prize is celebrating its centenary in 2021, so LOOBY is a must-see documentary that explores the life and art of Keith Looby, his controversial subjects and confronting themes. The

documentary reveals the ruthless politics of the Australian art world, and we are fortunate to have co-producer Sean Murphy coming for the screening and the Q&A session."

The Small Works Big Stories launch and LOOBY documentary screening are both free to attend but bookings are essential. Find out more at: www. liveatthecentre.com.au



#### SMALL WORKS BIG STORIES

Open from Saturday 30 October to 17 December 2021 Official launch Saturday 6 November, 10.30am

Free to attend, bookings are essential.

liveatthecentre.com.au/Exhibitions-2021-Small-Works-Big-Stories-pg33177.html

### LOOBY DOCUMENTARY SCREENING

Saturday 6 November 2021, 2pm

Free to attend, bookings are essential. **liveatthecentre.com.au/W-T-Looby-film-2021-pg33248.html** 

Sophie Carnell is one of 11 artists showcasing their 2D and 3D miniature paintings, sculptures, collages, and mixed media artworks.

The vibrant and expressive portraitures of Aboriginal artist Jandamarra Cadd will be on display.

# **DR. PASCAL LEE JOINS TM UNIVERSE EXPERT PANEL**

At the very positive AGM of TM Universe on Tuesday 26 October (thank you, St. Bernards, for allowing us to use the room), the highlight was the colourful Zoom presentation by Dr. Pascal Lee (*pictured at right*), planetary scientist from California. Dr. Lee presented live, which was 2 am California time.

He is one of the top specialists in the Search for Extra Terrestrial Intelligence (SETI) in the universe, which is part of 'Life in the Universe' in general, the main theme of our future education precinct at Long Road. Dr. Lee explained the factors that play a role in assessing the chance of finding intelligent life anywhere in the universe.

The best way to lose a reader of this article is to give you the formula, called the Frank Drake equation: here it is:

 $N = R^* * fp * ne * fl * fi * fc * L$ 

Now, if you're still reading: Dr. Lee clarified that the final result of using this equation is that the chance of finding intelligent life in the Milky Way Galaxy is *almost* zero. There is a higher chance in other galaxies, but then the communication with those living creatures would take tens of thousands, if not millions of years... one way. That's one tough phone call.

So, is it all hopeless? No, not at all. This reasoning is only theoretical and it can be wrong. Maybe there is intelligent life much closer to what we call home (planet Earth, or for our engaged community: Tamborine Mountain). Who knows if we will be able to find intelligent life on other planets (or... off the Mountain)?

In addition, much more progress is being made in the search for other forms of life which are not necessarily intelligent: bacteria, or life's building blocks, like amino acids. But don't hold your breath waiting for an encounter with ET or Exogorth.

Dr. Lee is also co-founder and chairman of the Mars Institute, and is deeply involved in the preparation for future Mars missions. His contributions to those projects also focus on the search for life on Mars, the Moon, and the moons of Saturn and Mars.

It was a pity that the presentation had to be cut short due to time



constraints. But we haven't lost Dr. Lee – on the contrary: "You and your team are building something very important and beautiful." Pascal said, strongly supporting our project.

He confirmed that he is happy to give another presentation – a good idea for another members' event at the Cauldron Distillery? And, also importantly, Dr. Lee will be an Expert on TM Universe's Advisory Panel which is currently being established. The newly-elected members of the Board, together with the members starting their second year term, will set up this Panel over the next few weeks.

It will include experts on Primary and Secondary science education, space research and satellites, gaming and VR technology, governance, social enterprise concepts, indigenous astronomy and stargazing. If you're not yet contributing, then please join Team Universe.

For more information about the exciting developments of our TM Universe project: **tmuniverse.com.au.** 



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# ACKNOWLEDGEMENT FOR SCENIC RIM

Last week travel guide, Lonely Planet, voted Scenic Rim as number eight in its worldwide list of best regions to visit in 2022. This is truly a testament to the wonderful small business and tourism operators in our region who work hard to showcase the food, beverages, experiences, and natural beauty that Scenic Rim has to offer. It's amazing that our region is now on display at an international level.

However, as tourists from across the globe start to dream of their ideal holiday in our corner of the world, the Queensland Government continues to shamefully lock out Scenic Rim residents from Queensland and denies them home quarantine. COVID-19 is a health risk, but with so many inconsistencies and favouritism from this Government (sporting teams come in, while families stay separated), just saying "I'm keeping you safe" doesn't cut it. As long ago as July 2020, the LNP was pushing for 'compassion, consistency and common-sense' when it comes to these issues.

Still, there are hundreds, if not thousands of Queenslanders locked out of the state. Some are just over the border, and some were locked out with two hours' notice, but the rules at present – and indeed, up until 17 December 2021 – require them to drive south, fly into Brisbane and get their car hauled home (that last bit probably actually increases COVID-19 risks as the truck driver is an extra person coming to Queensland). What an absolute crock! There must be a better way, but the Government stubbornly refuses to make it happen, and for that it should be condemned.

#### **BUY LOCAL 2021 CHRISTMAS CAMPAIGN**

Federal Member for Wright, Scott Buchholz, and I are running the Buy Local 2021 Christmas Campaign to encourage support for local business by keeping dollars in our communities. There will be more information in the coming weeks about how you can go into the draw to win the \$1000 cash prize but for now we are asking for any business in the Scenic Rim interested in hosting a box to contact my office.

The competition works by locals writing their name and number on their receipt and placing it in the box – which will be collected and compiled with receipts from businesses across Scenic Rim. If your business would like to be a part of the Buy Local 2021 Christmas Campaign, contact my office on (07) 5515 1100 or email **scenicrim@parliament.qld.gov.au** 

#### **GRANT SUCCESS FOR BOTANIC GARDENS**

It was great to catch up with members of the Tamborine Mountain Botanic Gardens this week - the organisation was able to install a bore and new fully computerised irrigation system after receiving \$33,421 in Round 104 of the Gambling Community Benefit Fund.

Round 112 of the GCBF closed on 31 October and I will update you with new information when we find out the recipients of the previous funding round and when Round 113 opens.

#### **MY OFFICE**

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

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



# **SCOTT BUCHHOLZ**

**Federal Member for Wright** 

# APPROVAL FOR PFIZER VACCINE BOOSTER

Australians will start receiving COVID-19 booster shots from Monday 8 November, following advice from Australia's vaccine experts, the Australian Technical Advisory Group on Immunisation (ATAGI) and the Therapeutic Goods Administration (TGA).

Booster shots will be available for individuals 18 years and older six months after the completion of their primary course, which consists of the two doses. Those first in line will be people in high priority groups who were prioritised early in the roll out of the vaccine program. The booster program will roll out directly to people living in residential aged care cacilities and people with a disability through an in-reach program.

#### **CHARACTER CANCELLATIONS PROTECT COMMUNITY**

The Coalition Government has acted decisively to protect the Australian community from foreign criminals, murderers, paedophiles and rapists by cancelling or refusing 10,000 visas on character grounds since 2014.

#### **COOPERATION COUNTERS TERRORISM/CRIME**

A national meeting of Australian ministers with responsibility for policing, law enforcement and counter terrorism occurred last week, to enhance cooperation and keep Australians safe as we emerge from the COVID-19 pandemic. Chaired by Minister for Home Affairs, Karen Andrews, the forum presented an opportunity for national collaboration to counter terrorism and serious and organised crime.

#### TRAVEL EXEMPTION APPLICATIONS NOW OPEN

Parents of Australian citizens and permanent residents are eligible to apply for a travel exemption for travel to Australia from 1 November 2021.

#### **BREAST CANCER TREATMENT EXPANDED ON PBS**

The Australian Government is helping improve access to an important treatment for Australians battling a form of breast cancer. From 1 November 2021, the Pharmaceutical Benefits Scheme (PBS) listing of Verzenio® (abemaciclib) will be expanded for use in combination with fulvestrant.

#### \$60M TO GROW OUR CYBER SECURITY WORKFORCE

The Australian Government is continuing to increase the nation's cyber security capability and build career pathways to get more Australians into jobs, with applications for more than \$60 million in grant funding opening this week.

#### **BUILDING STRONGER COMMUNITIES ACROSS AUSTRALIA**

A further \$22.7 million in funding is being provided by the Government for small-scale upgrades and new equipment that communities across Australia need and deserve.

Under Round 7 of the Stronger Communities Program (SCP) local governing bodies and community groups can now nominate projects for grants of up to \$20,000.





# Letters to the Editor

Readers are reminded that letters to the editor must show full name of writer for publication. Please limit letters to 200 words. Publication is at the discretion of the editor and subject to space availability.

# IT'S JUST NOT ON

I am appalled that Councillor McConnell has expressed his personal views on a topic (COVID-19 vaccination) which could affect hundreds of people. By their very role, councillors may carry a great influence on people seeking leadership.

When our government is going to such lengths to have people vaccinated to protect lives, this councillor uses his voice to push his constituents to not take the vaccination.

As a councillor, he has a role to ensure the best outcome for all – not to use his powerful platform to push what I consider untruths. This is akin to what is happening on the Facebook circuit and what whistleblowers are revealing. To state that lockdowns do not work is simply not borne out by facts.

I was a councillor for nearly 20 years, and saw my role as an advocate for my electorate. To think that in any way I could occasion harm to them by stating untruths in any manner, was unthinkable. On one hand, this councillor states that he is not an Anti-Vaxxer, but then proceeds to tout the exact platform these people run with, so that exclusion does exclude his stance.

Councillor McConnell loves to quote prominent people in his public notices. In this instance, I believe he should quote and work by the "Do no harm" edict, and use his voice to benefit our people, not endanger them.

Ann Bunnell ex– Deputy Mayor Townsville City Council









The Tamborine Mountain 2021 Scarecrow Festival over the long weekend coincided with Halloween celebrations – both were enthusiastically embraced by young and old alike.

#### Photos:

(above – Halloween celebrations in Magnetic Drive) by James Woodward, and at left by Linda Galbraith.

More photos, page 22

Proudly maintaining the smiles of the Tamborine Mountain Community for over 25 years!



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# TAMBORINE MOUNTAIN DENTAL

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

# TM COLLEGE SUCCESS IN PUBLIC SPEAKING AWARDS

This year, Tamborine Mountain College boasted a considerable number of entrants with 22 students from Years 4 through to 11 taking part at AB Patterson College.

Students are required to develop and deliver a speech focused on a topic from a wide variety of esoteric and broad subjects. The competition is judged on the content and construction of the speech, the use of figurative and rhetorical language and the students' ability to present an engaging and entertaining speech.

Ava Byrnes, Lily Parker, Zara Woodrow and Elijah Fern were each successful in progressing through to their respective Grand Finals. In the Year 9 event, Lily Parker spoke brilliantly on the topic of 'In Darkness there is Light' and received 3rd place; Zara Woodrow received a special mention for a beautiful delivery. In the Year 10 competition, Elijah Fern, speaking on the topic of 'Mending Fences', wowed the judges with a personal and touching speech and received 1st place.

Photo (right) – Elijah Fern

# TMC IS HIGHEST FUNDRAISING SCHOOL IN QLD

Tamborine Mountain College (TMC) is the highest fundraising QLD school in the 2021 MS Readathon. The MS Readathon raises money for MS QLD, an organisation which assists people suffering from multiple sclerosis and provides support for their families, while also funding research and awareness campaigns. Prizes were awarded to the three highest fundraisers, as well as



the student with the highest number of books read.

Photo: (front L to R) Jensen Ramsey, Leo Lesslie, Jackson Tobias, Ayla Lehmann, Maharley Croker. (back L to R) Mr Sean Golden, Ms Hannah Bianchi, Mr Mark Stevens.

# TMC YEAR 12 EQUESTRIAN WINS PRESTIGIOUS SCHOLARSHIP

Tamborine Mountain College (TMC) Year 12 Student Caitlin Ward has been outstanding again and is the recipient of the Marcus Oldham Australian Equestrian



Scholarship, supported by Equestrian Victoria. Caitlin has worked incredibly hard both at school and in the saddle, juggling her extracurricular equestrian commitments to be honoured with this award.

As part of her accolades, Caitlin has successfully competed in both Interschool and Equestrian Queensland competitions. She has been a finalist in the 2018 Eventing Queensland Rising Star Awards, winning the 2018 Encouragement Award. Last year she won the Interschool High Point OTT Eventing Award, the Pony Club Queensland State Championship (Jumping Equitation), along with being this year's College Equestrian Team Captain.

Caitlin is planning to study Equine Management at Marcus Oldham College in Victoria next year, Australia's only independent agricultural and equine business management college, which features alumni such as Australian Grand Prix rider Gitte Donvig and world-famous cross country course designer, Ewan Kellett.

TMC is incredibly proud of Caitlin, her hard work, talent and determination culminate in this success story.

# **OPTI-MINDS STATE FINAL**

This year (due to Covid restrictions) the finals were held in "satellite" events across Queensland. TMC played host to the 2021 Gold Coast and Brisbane South regions. Mr and Mrs Horn together coordinated and facilitated the day, opening the College to over 100 staff and students from eight schools.

The Opti-MINDS Creative Sustainability Challenge asks students working in small teams to "think, create and



Caitlin Ward

communicate" and collaboratively devise and present a ten minute dramatic performance to an open-ended challenge. At the State Final level, students must complete this challenge in just three hours!

Tamborine Mountain College was represented by three teams of students who competed against schools from across Queensland - Cairns to Roma to Gold Coast and everywhere in between - 94 teams in total across the state.

# Congratulations to the following teams for their outstanding efforts:

TMC Team 3 (Science Engineering Category, Division II)



- Jack Armstrong, Emma Anderson, William Fern, Logan Hayden-Du Plessis, Luka Haydock, Phineas Thomson and Mia Walshe

**TMC Team 4** (Language Literature Category, Division II) -Archie Antunovic, Sophie Ashley, Chloe Creed, Harmony Corden, Lucas Regec, Sean Robinson and Scarlett Thomson

**TMC Team 5** (Social Science Category, Division II) - Zoey Adam, Mia Armstrong, Annia Regi, Molly Smith

**TMC Science Engineering team** placed SECOND in the state, receiving an "Honours Award", and TMC Social Science team placed FIRST in the state!





# TAMBORINE MOUNTAIN MEDICAL PRACTICE

14 Main Western Road North Tamborine and Shop 1/17 Southport Avenue Eagle Heights

### Phone: 07 5545 1222

www.tamborinemountainmedical.com.au online booking service available on this website

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Dr Ann Bennett Dr Leeann Carr-Brown Dr Jan Zomerdijk Dr Sanne Kreijkamp-Kaspers Dr Henri Coombs Dr Cobie Powell Dr Hok-Yee Siu Dr Marije Dalebout Dr Jardin Taha Dr Nisha Nangrani Dr Lauren Ries



Accredited by



# TAMBORINE MOUNTAIN COMMUNITY CARE ASSOCIATION

# **Be Senior Safe**

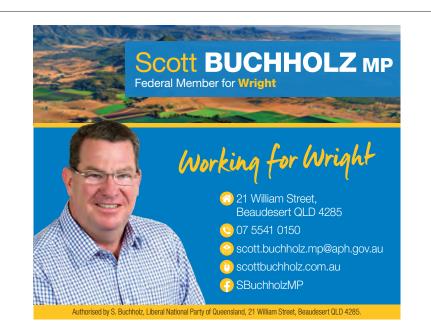
When you live alone in your own home, feeling safe is essential to your wellbeing. It is important that you are able to enjoy your home, community and lifestyle in comfort and security. Research shows that people who appear confident and are aware of security precautions are less likely to be victims of crime.

Here are some general guidelines for you to be 'safer' ...

- List only your initials and surname in the phone book to limit the amount of personal information available.
- Avoid advertising that you live alone, if you use an answering machine or service. Record your message as "We will call you back..."
- Do not reveal your home address / phone number on social media e.g. Facebook, Instagram and other social media or to someone you do not know.
- Be cautious about the information you offer strangers. Do not tell them where you live, when you will be away or about any of your personal, family, or financial details.
- When shopping, do not carry large amounts of money. Avoid leaving your handbag, wallet, personal items unattended or in the shopping trolley.
- If travelling on public transport, get a seat where you can see and be seen by the driver and/or guard. Check timetables in advance to avoid long waits at train stations/bus stops.
- If you have a touch phone, program in the phone numbers of a relative, neighbour, close friend, and the emergency number '000' (triple zero).
- If you receive mail, emails, phone calls, requesting money even if for a charity – it is important to verify where the request has come from before donating. Contact your local police station if you are still unsure. Do not respond to any messages that do not bear a sender's name.
- If you live alone, consider installing an alarm system it will help in keeping you safe and protecting your home and personal belongings. Medical or personal alarm systems can be easy to set up and there are many options available to you, depending on your needs.
- Know your neighbours and look out for each other this will create a safe neighbourhood for all and will help you feel more secure.

If you have any concerns about your safety or would simply like to know more, feel welcome to call TMCCA – 5545 4968 or visit us at 42 Southport Avenue, Eagle Heights.

#### Patricia Arora TMCCA



# **MEMORIAL TO PAST LION MEMBERS UNVEILED**

Tamborine Village Lions Club has unveiled a memorial in remembrance of past comrades in Lionism.

The simple but dignified memorial is located in front of its Lions Den on Waterford Road, Tamborine. Guests present at the unveiling ceremony included Lions District Governor Nicole Phillips, Tamborine Village Lions President Paul Krahnen, State Member for Scenic Rim Jon Krause, and Scenic Rim Division 2 Councillor, Jeff McConnell, as well as family and friends.

The memorial stone bears plaques bearing the names of four dedicated and respected former Lions: Beverley MacFarlane, Carol Hines, Douglass Delaforce, and Colin Monroe.





Beverley is remembered as a keen potter who was also instrumental in the club's tree planting projects; Carol was club secretary for four years and participated in many projects and fundraising events; Doug stood out as the club's Santa Claus each Christmas and could always be found working at the BBQ during club markets and fundraising events; Colin was minute secretary for the club and also a cheery point of contact at its market table.

All four were regarded by their fellow Lions as committed, selfless and caring individuals.

Nicole Phillips and Paul Krahnen unveil the memorial.

New Lions memorial bearing the names of four of its outstanding former members.

# ADVERTISEMENT A HEARTFELT, ALTERNATIVE OPINION

I believe in God. I believe He has created us marvellously, including our body temple, and believe we are being grossly deceived.

"My people are destroyed for lack of knowledge." It is up to us to use our God-given mind and intellect to question rightly. I see people unquestioningly believing white-coated scientists and doctors as if they are authoritative priests of a religion. A person once said that if you are going to lie, make it big and repeat it often, and by all sources, and they'll believe it. Dear brothers and sisters, friends I know and am yet to know, I am paying for this to do my duty to counter great falsehoods being accepted as Holy Gospel by people who are blindly, non-questioning the so-called science.

If contrary views are censored, how will people know? When governments and other authorities have to violently contend with and cut off people's livelihood or entitlements and put them in jail (as is happening now in Victoria and perhaps elsewhere) how is that informed consent? This article might help one person query and research for him or herself, to make an informed choice, because dear people, it is a very sad day when our liberties and monies are stolen off us by dictatorial governments, in league with both fraudulent (proven history) pharmaceutical companies and very biased (cross-owned) media, with unbelievable sums of money involved. It is a sad day when "*The Age*" fires a very funny and ironic cartoonist (a cartoon based on "shopping bag man" in stopping a tank in Tiananmen square 1989, with the jab needle as the tank's gun). We should question the dubious authority of all those who want to stick a questionable cocktail into us because of a virus that has killed mainly elderly people. Not the millions of a true pandemic. And which has been effectively treated by the Dr Zelenko protocol, and a few other non-vaccine protocols.

Now check the effects of the vaccine. Especially Israel: formerly well but doubled-dosed people are dropping like flies. You must see "*The Testimonies Project*" to empathise with what's happening, mostly in the highly vaccinated countries, and not where Ivermectin has been used (Africa, India). Put simply, we are being lied to, bullied, and coerced to take this darned thing, whether we like it or not. Big money means big corruption, and I smell quite a few healthy bribes out there, about the only thing that's healthy about this huge control and totalitarian drama. Think for yourself, research, and pray, and I pray you don't take that dangerous so-called vaccine. Stay well and think kind thoughts!



# LOCAL DINING, SHOPPING AND SERVICES







# GESTATIONAL DIABETES

Gestational diabetes is a condition where a woman who is not diabetic before she is pregnant develops diabetes in pregnancy. Some women are more susceptible to developing gestational diabetes and are in a higher risk group.

These include women who have a BMI over 30, women from certain ethnic backgrounds, if you have had previous gestational diabetes or have a family history, and women who have polycystic ovarian syndrome. This list is not exhaustive and if you have these risk factors you are more at risk of developing gestational diabetes; however this does not mean that you definitely will. Equally, you can still develop gestational diabetes when you have no risk factors.

We test for gestational diabetes in a few ways. During COVID the guidelines have adjusted a little if at the time of screening there is an elevated risk of COVID-19. If you have no risk factors, then you simply need a



fasting blood glucose test between 24-28 weeks. Depending on the result, you may need no further testing or you may need to do the traditional glucose tolerance test. If you have risk factors, you will be recommended an early glucose test at 16 weeks, and if this is negative you will be recommended to repeat it from 26-28 weeks. This is because you may not develop it until later in the pregnancy and your care will be adjusted to minimize risk to you and baby. The glucose tolerance test takes several hours. You attend pathology fasted, have a blood test, drink a very sugary drink, and then have your blood tested again at 1 and 2 hours post the drink.

So why should you get tested for gestational diabetes? The health of you and your baby can be impacted if you do not control your diabetes well in pregnancy. If you know you have it, you can ensure that your blood sugars are stable and so minimize the impact on you and your baby. Risk factors to you as a result of having gestational diabetes include increased bleeding at birth, associations with high blood pressure and pre-eclampsia in pregnancy, and you also have an increased risk of developing type 2 diabetes later in life. Risks to baby if you have gestational diabetes include baby growing very large, heart anomalies, term stillbirth, risk of a shoulder dystocia at delivery and associated issues with that, and babies not being able to regulate their blood sugars well after birth, sometimes requiring admission to the neonatal unit.

The most important thing you can do if you have gestational diabetes is to modify your diet and activity (and medications if required) to maintain stable blood sugars. This will help your baby to grow normally, help them to regulate their blood sugars when born, keep you well, and also avoid the negative associated outcomes with uncontrolled diabetes. If you want more information, discuss with your obstetrician, midwife, GP or visit **www.ndss.com.au/about-diabetes/gestational-diabetes/** where they have information and also a helpline.

Bree Lowing is a Registered Midwife and provides bulk-billed in-home antenatal and postnatal services through The Mountain Midwife **www.themountainmidwife.com.au and 0491 750 795** 

Relationships



# CAPACITY OVERLOAD

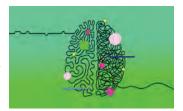
We learnt a valuable lesson this week. Returning from a holiday is not an appropriate time for a shopping trip to Bunnings! On our way back from a Gold Coast stay over with friends, we called in to Bunnings for a 'few' essentials.

Returning to the car with an overflowing trolley, we realised our error of judgement regarding the capacity of our car. All contents had to be removed and reorganised. Our holiday luggage occupied one Bunnings parking spot and our purchases another while we maximised every square centimetre of Mazda interior. Years of playing **Tetris** finally came in handy! Thirty minutes later we were on the cramped homeward bound journey.

There are situations that cross our path requiring us to take on board an extra load. It could be the ageing of our parents, our partner becoming unemployed, a home renovation, an extra busy time at work, a friend going through a difficult time. There are seasons when we are able devote more of ourselves to a particular cause

without detrimental impact to our daily functioning. There are also times in our lives when we have limited

lives when we have limited capacity to carry more load. For example we might be already facing a period of increased responsibility



and pressure, ill-health, loss or transition. All of these circumstances give added weight to our load and reduce the capacity we have to take on more. Sometimes the responsibilities we take on are so gradual that we barely notice the increased cargo until something happens to push us over the edge and before we realise, we're stranded by the roadside with four flat tyres!

The window of tolerance is a concept originally developed by Dr. Dan Siegel to describe the optimal zone for a person to function in everyday life. When a person is operating within this zone or window, they can effectively manage and cope with their emotions. Within our window of tolerance we are able to reflect, think rationally, and make decisions calmly without feeling either overwhelmed or withdrawn. Outside of our window the thinking brain shuts down, in a manner of speaking, affecting the ability to think rationally. Emotions can become intense and difficult to manage. We find ourselves easily losing patience with colleagues, other drivers, family members. Our ability to concentrate may be impeded or perhaps our body starts to show signs of stress.

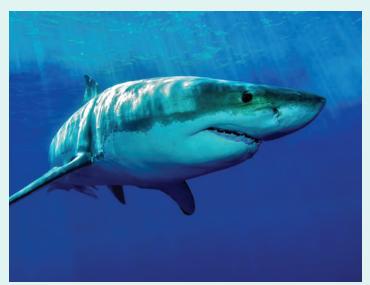
Personality influences our window of tolerance, however environment is a considerable factor. External pressures can reduce your coping window significantly, so it's important to be aware of how much cargo you have on board so you don't over-estimate your capacity. When faced with the prospect of added responsibility, take a plausible assessment of how much you already carry. You can do all the re-arranging of your schedule and cramming in as much as physically possible, but will you make it to your destination with your health and relationships intact? Give yourself space for enjoyment and time for those you love.

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



with Nadia O'Carroll

# **SHARK BITES**



Humans have an instinctive terror of being hunted and caught by a predator and this intense fear probably explains why sharks have been demonised and the personal and public risk they pose has been sensationally exaggerated.

In 2018 globally there were 68 shark bites and 4 fatalities recorded, and this is consistent with usual annual global statistics of 60-100 bites and 3-10 fatalities. Every year, millions of people enter the water multiple times, which represents billions of events, indicating the infinitesimal probability of being bitten by a shark. As a comparison World Health Organisation (WHO) statistics show that approximately 1.3 million die worldwide annually from road traffic crashes.

There are over 400 species of shark, mainly 3 species - great whites, tiger and bull sharks present a threat to humans. Most shark bites occur when a shark confuses a human with normal prey, after a single investigative bite the shark releases and swims away, unfortunately rapid blood loss and severe damage can result from a single bite. More rarely, a shark exhibits feeding or antagonistic behaviour where multiple bites may be inflicted. In the water humans are slow, weak and defenceless so a determined attack by even a small shark would not be survivable, human victims basically survive because the shark lets them go.

Lethal shark mitigation such as shark nets and drum lines kill marine life indiscriminately, such archaic measures are not supported by science and protection can be illusory. Interestingly about 40% of netted sharks are caught on the coast side so the nets actually prevented them from swimming away from the beach.

People can be shark aware by avoiding murky water or swimming at dusk, dawn and at night, not swimming with pets or near large schools of fish.

Sharks have existed for over 450 million years and are among the world's most ancient creatures. Global populations of sharks have crashed by over 70% in the past 50 years with many species facing extinction. A key factor is the shark fin trade with over 73 million sharks killed each year for their fins. Finning involves slicing fins off the shark while it is alive then discarding the mutilated animal overboard to suffer a long and painful death. This cruel and wasteful slaughter supplies the shark fin soup trade, an ostentatious Chinese delicacy regarded as a status symbol, unfortunately demand is growing.

For another view of sharks refer to Cristina Zenato's website https://cristinazenato.com and Jim Abernathy's website https://scuba-adventures.com



# HOW YOUR POSTURE AFFECTS YOUR BRAIN

One of the guilty pleasures of being a yoga teacher is how much we love to observe the way others move.

A movement teacher can often tell what's happening in your physical, mental and emotional world by watching how you hold your body and how you move that body. Ruling out obvious injuries or shortcomings, a disjointed, lumbering gait can often signal neurological challenges. A forward head angle (text neck) sends out alarm bells for a future of spine and neck issues and a stiff, short stride often highlights tight hips and a tight psoas. Your fight or flight nervous system might be constantly turned ON.

A regular yoga practice allows you to know your body better. How your body moves, where you hold your tension and as you strengthen your corset, how you hold your body upright. Most of us think poor posture as only affecting how tall you appear, but the scary truth is that bad posture can affect not only your physical health but your mental health as well.

Our body posture provides a portrayal of who we are and how we move through the world. Have you ever noticed how when you slump, sit really badly for a length of time or stomp along unconsciously it affects your mood? Now



imagine a lifetime of poor movement and poor posture. It's fairly obvious it will have an effect on your disposition (grumpy, short tempered, and stressed) over time.

There is a continuous amount of stimulation to the brain from the mechanoreceptors in the joints and muscles as we resist gravity. Any dysfunction of joints and muscles from altered biomechanics will result in a disruption in the communication between the body and brain. This is especially true for the spinal joints and muscles which receive the majority of force from gravity in the upright posture of humans. Hours sitting staring at screens, lack of exercise, and poor biomechanics all contribute to poor posture, which then leads to other symptoms such as many types of headaches, back pain, visual disturbances, poor balance and more. Many neurological issues are helped by better posture. Things like depression, anxiety and ongoing pain can often improve as the body is taught to hold itself better and move more naturally.

Regular yoga will help you become aware of how you sit, stand, stretch and how you use your spine. As you start to link movement with mind and mood you start to see how posture (the spine) affects the brain more than the brain affects the spine. It's also obvious that as our posture improves so does our use of the breath. And when we breathe more easily and naturally, our mood lifts, we think more clearly and we have more energy. Our better posture opens up biological and neurological pathways to improved health, happiness and energy.

### Margot Wagner Yoga Under the Bodhi Tree

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



# travelling places

# **TRAVELLING PLACES**

The portside village of Carvoeiro along the Algarve in southern Portugal was our base for a few days as we explored. I was struck by the whitewashed houses and the high cliffs plunging into the deep blue ocean where the Atlantic meets the Mediterranean. The sundrenched cove of gold sand and the small fishing port were a delight - we could watch the live catch of sardines being thrown up onto the road by local fishermen, the crates caught by the local restaurant owners who immediately popped them on the barbeque and served them with a glass of crisp dry white wine.

Further west, we travelled to remote Sagres and Cape St Vincent jutting out into the Atlantic Ocean. Unspoilt by mass tourism, this small township is a joy to wander the streets and think of Henry the Navigator setting off in the 15th century to find 'the new world'.

Inland from the Algarve, you climb into the hills and come across small local potteries, where artisans welcome you to view wares traditionally glazed in blue and white -I have a few of these wonderful bowls in my cupboard still today. Visit the township

with Gina

of Monchique – no doubt the smells will entice you into a restaurant to try the local delicacy *piri piri* chicken.

Head further north to Lisbon, with its imposing bridge and monuments to Portuguese explorers. Catch a tram up the hilly cobbled streets; join the queue at Pasteis de Baelem for a mouth-watering custard tart. We stayed on the outskirts of town in Cascais and Estoril – these seaside towns are full of colourful traditional buildings that were built for the Lisboetas to escape the summer heat.

Head into the hills to the medieval capital Coimbra, here you explore the old palaces and castles and have a taste of yesteryear. Or head up the coast to Porto at the mouth of the Duoro River and for centuries home to winemakers and exporters of fortified port. Take a journey up the Duoro river whose steep banks are lined with vineyards and historical stone houses.

Further north, visit wonderful Santiago de Compostela – the end of the Pilgrims' Way. This glorious city has magnificent buildings and cathedrals, it is drenched in the history of thousands walking in the path of St James, from southern France across the Cantabrian mountains, through the Basque



country and staying in one village after another.

Oh to return to the Iberian peninsula and to immerse ourselves in the history, to indulge in great food and wine, to meet the locals and experience their customs, to visit some of the greatest art galleries in the world. Place this region high on your list of areas to explore, even if you have visited before there are so many wonderful experiences you will find many new adventures.

Travel opportunities include leisurely by train or drive yourself, perhaps staying in historical Pousadas. Combine this with a week on the Duoro pottering along visiting the historic towns and meeting the winemakers or join a small group to explore the backroads of Portugal.

Contact Travelling Places P: 07 55451600 E:travel@travellingplaces.com.au



# FOOD FOR THOUGHT

# with Chef Dylan Gittoes

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# www.gourmetfoodco.com.au f

# ROAST CHICKEN AND MUSHROOM PASTA BAKE

Well, the springtime heat is well and truly here. The wonderful chill has gone from the breeze and has been replaced by the warm breath of our approaching summer, and I've got a feeling this year is going to be a hot one.

I must give kudos to all the exceptionally talented people who have gone out of their way to create a scarecrow for this year's local Scarecrow Festival. I particularly like the bush turkey made of old kitchen mats, and the policeman out the front of the station had me almost fooled that he was real. Well done everybody - it's these kinds of small acts of generosity, time and creativity that make this region such a wonderful place to live.

If you are one of those legendary humans who looks out for my recipes each week and has a go every now and then, you will be delighted to see that this week's recipe uses the simple tomato ragu recipe from my eggplant parmigiana recipe. This recipe is very simple, and I also prefer to use up left-over chicken from a previous chicken roast. I learned about using up leftovers from my mother, and she was an expert. Her endless creativity on a pasta bake theme had us devouring huge portions of it, especially in our household of five fast growing children. This skill also served me well when having to make staff meals for starving chefs in restaurants. I've used my Creole marinade for this dish, as it brings a wonderful warmth and supercharges the chicken to the next level of flavour.

Chef Dylan's tip: To get the mushrooms to really sing and caramelise, the trick is to let the butter froth up and then place the mushrooms in one by one and to not overcrowd the pan, then have patience. Do not disturb them. Let the water come out and sizzle away; this is to avoid the dreaded soggy mushrooms. They get soggy because mushrooms have a high water content. You really need to cook one side very well; this will be a game changer so cook them like this every time you cook mushrooms and you will notice a huge difference, not only in the flavour but the texture as well.

#### Did you know?

- When it comes to mushrooms, a whopping 50 per cent are inedible. They are tough, woody, not so good to eat like eating bark; think of the ones you see growing from dead logs in the rainforest.
- 25 per cent "edible, but not incredible" (taste like dirt)
- 20 per cent will make you sick or hallucinate (mild indigestion, nausea, strange visions or 3-5 day sickness at most)

- 4 per cent will be tasty to superb (why we love cooking and eating mushrooms)
- 1 per cent can kill you (dead like proper dead, brown bread dead.)

The edible mushroom species have been found in association with 13.000 year-old ruins in Chile, one example of just how long at least we've been eating mushrooms. There are some examples from China around 300BC, as Asian cuisine has long relied on beech mushrooms, shiitakes, and enokis to add umami to its dishes. The ancient Romans and Greeks, often the elite, used mushrooms for recipes to impress quests. But because of the limited knowledge of safe varieties, food tasters were employed by Roman Emperors to ensure that mushrooms were safe to eat. What a job! Fortunately, times have progressed and we now have access to an excellent variety of quality mushrooms.

I think mushrooms and tomato are a perfect combo. This tomato ragu recipe will just get easier and easier for you to master, as you make it again and again. It's a useful sauce to have in your repertoire as it is the base for a surfeit of dishes, especially Italian. So, if you didn't get a chance to practise last time, have a crack at this one. There are not too many humans on the planet who will say no to a cheesy chicken pasta bake.

#### Prep time 15 mins Cooking time 30-40mins Serves 4

### INGREDIENTS

#### (Serves 4)

- 3 tbs olive oil
- 1 medium onion, finely diced
- 2 tbs tomato paste
- 2 x 400g canned crushed tomatoes
- 2 tbs brown sugar
- 2 tsp white wine vinegar
- 2 tbs Creole marinade\*
- 1 tsp salt (if needed)
- 1/2 cooked chicken torn into rough threads or chunks about 3cm long
- 150g button mushrooms sliced 1cm thick
  100g pizza cheese
  - \* Chef Dylan's Gourmet Food Co. Creole marinade



#### METHOD

- 1. Heat a small to medium sized fry pan on medium, add the oil and fry the onion in the oil until fragrant. Remove from the pan and set aside.
- 2. Return pan to the stove and heat to medium. Add 1tbs of olive oil and 2tbs of butter. As it froths and bubbles add the mushrooms and cook for 3-4 mins.
- 3. Add garlic and turn mushrooms over one by one, cook for 1min.
- 4. Add onions back in.
- 5. Add tomato paste and cook out stirring for a minute.
- 6. Add brown sugar and vinegar.
- 7. Add tomato and toss to combine or stir in.
- 8. Simmer on very low until the sauce has
- reduced slightly (about 8 mins).
- 9. Meanwhile boil pasta for 12-13 mins.
- While that's happening, heat a large fry pan to high and add oil then the chicken pieces. Fry until crispy on one side for 5-6 mins.
- 11. Add 2tbs of Creole and toss/stir to combine. Add the pasta sauce to the frypan and stir well.
- 12. Drain pasta and add to pan and combine well.
- 13. Place the pasta from the pan into a medium sized baking dish.
- 14. Sprinkle cheese on top and cook for 8-10 mins or until the cheese has melted and is nice and golden.
- 15. Serve with a nice glass of red and some crusty garlic bread.

# **TAMBORINE MOUNTAIN SCARECROW FESTIVAL 2021**

























Bottom row photos: Linda Galbraith

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- 1. A 'kid' is the name for a young goat.
- 2. Brian Wilson was the only member of 'The Beach Boys' who could surf.
- The royal family changed its name to Windsor from Saxe-Coburg-Gotha.
- 4. Ludwig van Beethoven was born in Austria.
- 5. The Moon always appears to be smaller when it is close to the horizon.
- 6. Great Britain is the world's eighth largest island.
- 7. The Darkling Thrush is a poem by Rudyard Kipling.
- 8. In *Diamonds Are Forever,* James Bond was played by Roger Moore.
- 9. There are 11 in a 'baker's dozen'.
- 10. An aeolian harp is played by the wind.
- 11. New Year's Day 2000 was the very first day of the new millennium.
- 12. Tigers can't swim.
- 13. Alexei Leonov was the first man to walk in space.
- 14. Travelling due east from London, the first foreign country you would arrive at is Holland.

ANSWERS PAGE 26

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# Where have all the memories gone?

When my boy died from a brain tumour in 2010 at the age of 24, I needed to find a place for his ashes, a place meaningful to him, and to me. Aidan loved the hang-gliders lookout, and we would often spend time there, so it was an obvious choice. found that every single memory had been removed from the area! I was shattered that anyone would just take these memories that celebrate people from within our community, and not say anything. Literally removed all the memories that have quietly accumulated there over the years,

and which provided a space for those to sit in memory.

Council has been approached and says it wasn't them; Walt, the president of Hang Gliders Canungra has been asked, and he was horrified to hear that this had happened. They lease the land, and had placed a timber bench on it – which Council has removed. I wrote a letter to the editor, which didn't elicit any responses.

It's been heartbreaking for those who have had their items removed and possibly destroyed – who would do this? And if it was Council, why would they not just admit to it and tell us where to collect our items?

I read what happened at our graveyard and how

the memories were removed because they were not allowed, and what angst and heartbreak this has caused. Council says it is against the rules. Yet when I drive through the Scenic Rim or any other council, I see crosses – decorated and made into shrines along our roads. Is this because Main Roads are happy for those to remain, yet our council has decided differently?

We pay our rates, which pays the wages and salaries of those that work in council. So, isn't it time that we have something to say about how we are treated? And demand that death and memories are something real and play an important role in all our lives, so we should be able to celebrate that, no matter what faith we follow?

We all understand that cemeteries are for the community and are kept looking neat and tidy – but showing empathy, kindness and tolerance to those in grief by allowing something personal, or in keeping with their faith should be considered.

We live in 2021 not in the 1900's, yet many rules remain enforced which are archaic, stoic and out of touch.

Council's policy (www.scenicrim.qld. gov.au/downloads/file/2142/council-

controlled-cemeteries-policy) states:

Council is committed to providing effective and efficient services for Council controlled Cemeteries. The aim is to create safe, pleasant, neat cemeteries that are places of peace, tranquillity and contemplation

3.6. All materials used for memorials are to be of a robust, lasting quality and of a permanent nature, with due consideration of the location in which the material is to be placed. Any material that Council believes does not meet these specifications will not be permitted

4.5. Council reserves the right to remove any monument after due notice to family members or descendants (where possible), if, in Council's opinion, the condition of the monument renders it dangerous to cemetery staff, contractors or visitors.

#### Brisbane Council www.brisbane. qld.gov.au/community-and-safety/ community-support/cemeteries/ terms-and-conditions

The living are left to grieve and to miss those that have passed. We all do this in many different ways – we build shrines, go to church, place crosses, plant trees, and donate benches, scatter ashes or bury our dead, have keepsakes we place to remember, or just find a place to sit. We should never feel compromised in how we mourn or how we celebrate those we love.

Alison http://thepiratechef.me





At the time, I marked the spot with a wooden stake so that friends and family could find it and sit with him. It's out of the way, down the embankment and far to the right, so that we could easily visit and not be in the way of the hanggliders.

Over the years, many other memories arrived. It became a beautiful area treasured by a few. I used to enjoy reading the plaques and seeing the odd memento of a loved one.

My old wooden stake began to weather, and I replaced it with a small, stainless steel engraved one, which would last against the elements. Another was placed around the tree.

How sad was I when I went to sit with Aidan to celebrate his birthday, and







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