



# Scenic

# News

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

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## EXCELLENCE AWARDS FOR MOUNTAIN LOCALS

Scenic Rim Business Excellence award winner of Most Outstanding New Business: e360 Design, the Mountain's comprehensive interior design studio. From left: Robert Veitch, Jen Robson (owner e360 Design) and Ash Burgess. Story pages 3 and 4.



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**NEW PATIENTS WELCOME**





Property of the week

**SALE** 🛏️ 3 🛁 2 🚗 8 ✂️ 1,012m<sup>2</sup>

**Cafe, shop & living** **\$945,000+**

**88 Eagle Heights Road, Tamborine Mountain**

- Well recognised property in a great location for a business
- 90 guest cafe with wheelchair access, separate 30m<sup>2</sup> novelty shop
- Excellent bore for beautiful surrounding gardens
- Open plan living, dining, kitchen, high ceilings,

**AGENTS:**

Ton Wolf 0424 591 012  
Heleen van Daalen 0424 591 011



Property of the week

**SALE** 🛏️ 3 🛁 2 🚗 2 ✂️ 1,145m<sup>2</sup>

**Treetop dream** **\$799,000 +**

**51 Kinabalu Drive, Tamborine Mountain**

- Polished timber floors, modern bathrooms, nicely presented
- Lower level has bathroom, could be a great studio space
- Vaulted ceilings, fireplace and ceiling fans
- Double carport, gas hotwater, good bore

**AGENTS:**

Linda Hogan  
0414 300 558



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**OPEN HOMES Sat 13th**

- 11 - 11.30 51 Kinabalu Drive
- 12 - 12.45 21 Barakula Crt, Cedar Cr
- 12.30 - 1.15 73-75 Alpine Terrace
- 1.30 - 2.15 381 Tamborine Mtn Road

**OPEN HOME Sun 14th**

- 12.30 - 1.15 73-75 Alpine Terrace



**Review: 64 Wongawallan Rd, Tamborine Mt**

Heleen was great, some wonderful marketing ideas which we believe made a huge difference to the listing. The time it took for Heleen & her team to secure a contract was quite remarkable & showed how professional they are.



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



**SALE** 🛏️ 6 🛁 4 🚗 4 ✂️ 8 acres

**21 Barakula Court, Cedar Creek**

- Picture your family in this pool over summer
- 2 houses, 1 ideal as a holiday let or for family
- Large wrap around verandas
- Established gardens, shade houses, summer creek, 2 dams, so much to offer

**\$1,349,000 +**

**AGENTS:**

Mark Inwood 0407 292 036  
Debra Opie 0409 210 362



**SALE** 🛏️ - 🛁 - 🚗 - ✂️ 12 acres

**Cnr Beechmont Rd & South West Rd, Beechmont**

- Pristine land with views in all directions
- Multi use with great access
- Elevated with gentle rise
- Mature tree screen on Western Boundary
- What would you do with 12 acres?

**\$1,000,000+**

**AGENTS:**

Ton Wolf 0424 591 012  
Heleen 0424 591 011



**SALE** 🛏️ 4 🛁 2 🚗 2 ✂️ 717m<sup>2</sup>

**3 Kathleen Crescent, Beaudesert**

- 4 bedrooms all with built-ins
- Spacious kitchen/dining, living areas
- Double lockup garage with internal access
- Fully fenced back yard for the kids & pets
- Great investment or first home for the family

**\$460,000+**

**AGENTS:**

Monique 0429 004 840  
Erin McGee 0427 078 757



[ProfessionalsTamborine.com.au](http://ProfessionalsTamborine.com.au)

2205 Beaudesert-Beenleigh Rd, Tamborine 4270

[ProfessionalsTamborineMountain.com.au](http://ProfessionalsTamborineMountain.com.au)

10 - 12 Main Street, North Tamborine 4272





# SCENIC RIM'S BEST IN BUSINESS

**The Lime Caviar Company, of Running Creek in the border ranges, has been recognised as the Scenic Rim's business of the year by winning the Regional Prosperity Award in the 2021 Scenic Rim Business Excellence Awards.**

More than 210 guests were on hand at the Boonah Cultural Centre for the announcement of the 2021 award winners.

Mayor Greg Christensen said the night's celebrations were long overdue.

"Having battled fires, floods and a global pandemic, the biggest takeaway from this year's awards is the incredible resilience, determination and innovation of our local business community," said Cr Christensen.

"Once COVID-19 was on our shores, local businesses had no choice but to reposition themselves, whether it be moving to online shopping, hospitality changing to take-away only, or performing a complete overhaul on their operating systems to help keep their staff, customers and the community safe.

"While all local businesses deserve sincere thanks for continuing to support local jobs and keeping our economy moving, these awards are about showcasing the best of the best in the Scenic Rim.

"The Scenic Rim Business Excellence Awards highlight those who go above and beyond in customer service and innovation, recognises their achievements and shows us all what's possible.

"Our judges certainly had their work cut out for them assessing the 65 nominations received from 49 businesses across 11 nomination categories.

"Besides being an opportunity to showcase our leading businesses, the awards also send a strong message to potential investors and jobseekers that the Scenic Rim is full of opportunity.

"After the cancellation of the Business Awards in 2020 due to COVID-19, I'm so proud we could bring them back this year and thank all of our sponsors who helped make the awards ceremony a night to remember.

"Most importantly, I would like to recognise all our nominees for backing their own businesses and employees, and congratulate the winners."

The 2021 awards were presented in the categories of: Tourism and Accommodation; Hospitality – Food and Dining; Retail; Trades and Construction; Transport, Logistics, Manufacturing and Mining; Professional and Community Services; Agriculture;



Outstanding New Business, Business with more than 20 Staff; and Trainee/Apprentice of the Year.

The winners of each category were also judged for the coveted Regional Prosperity Award – Scenic Rim's business of the year.

The judging panel was made up of: Associate Professor Melissa Johnson Morgan from the School of Business, Faculty of Business, Education, Law and Arts with the University of Southern Queensland; Ms Leanne Mash, special projects officer with Local Government Managers Australia Queensland and former Chief Executive Officer of various tourism and local government entities in Australia and New Zealand; and Daniel Johnsen, entrepreneur, organisational problem solver, business operations improver and current Entrepreneur in Residence and Program Facilitator in Central Queensland.

The awards ceremony was sponsored by Federal Member for Wright, Scott Buchholz, State Member for Scenic Rim, Jon Krause, Destination Scenic Rim, Tamborine Mountain Chamber of Commerce, Beaudesert and District Chamber of Commerce, Boonah District Chamber of Commerce, Canungra Chamber of Commerce, Total First Home Solutions, Scenic Realty, and DGT Employment and Training.

## **AWARD WINNERS:**

**Excellence in Tourism and Accommodation: Tamborine Mountain Distillery**

Tamborine Mountain Distillery is an award-winning manufacturer of a wide range of boutique liqueurs and spirits. Their artisanal approach and multiple distillations, using an impressive range of natural ingredients and native flora, create smooth and unique flavours.

**Excellence in Hospitality – Food and Dining: Scenic Rim Brewery**

The Scenic Rim Brewery is a family-owned craft brewery located in the historic century-old Mount Alford

General Store, offering a range of craft beers, delicious menu and quality local products with world-class hospitality.

**Excellence in Retail: My Country Escape**

Located in Canungra, My Country Escape prides itself on its selection of gorgeous homewares and gifts, from timeless treasures to more unique items, and boasts a range of locally made products and labels. Owner Michelle Roper-Denis and the team offer the best in personal, thoughtful, friendly, old-fashioned service.

**Excellence in Trades and Construction: Hobbs Building and Interiors**

Hobbs Building & Interiors (Hobbs) is an energetic, multi-award-winning custom build firm which services eco-friendly homeowners within the Scenic Rim. A husband-and-wife team with over 20 years' industry experience, it specialises in residential steel frame construction and has a passion for sustainable products and interior design.

**Excellence in Transport, Logistics, Manufacturing and Mining: Joint winners:**

**Australian Lawn Concepts and RV Tanks Australia**

Established in 2000, **Australian Lawn Concepts** supply and lay new turf and lawns across South East Queensland and have built an excellent reputation for quality lawns, lawn care products, service and advice. Located in Boyland, they're Australia's largest grower of Zoysia lawns and are committed to finding the right solution for their customers.

**RV Tanks Australia** manufactures rotomoulded, food grade freshwater, greywater and blackwater tanks for caravans, campers, motorhomes, horse floats, 4x4s and any other mobile or stationary vehicle on the market. Their goal is to manufacture top-quality, hard wearing, almost indestructible tanks for every customer.

*Continued pages 4 and 5*

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## BUSINESS EXCELLENCE AWARDS – continued from page 3

Excellence in Professional and Community Services: Tamborine Mountain State School P&C Association

The Tamborine Mountain State School P&C is a strong and active organisation that supports their school and wider community by making a positive contribution to local growers, suppliers, families, artists by showcasing their products to the wider south-east region. They're especially well-known for their monthly markets which highlight local businesses and bring visitors to the community.

### Most Outstanding New Business: e360 Design

e360 Design is a comprehensive interior design studio offering a 100 per cent Australian-made range of original artwork, soft furnishings and furniture. Established by Tamborine Mountain designer Jen Robson in August 2020, the gallery offers an abundant catalogue of homewares, whilst also offering custom services.

### Excellence in Business (20+ Staff): Binna Burra Lodge

The iconic Binna Burra Lodge is a stunning eco-retreat in the world-heritage listed Lamington National Park. The world looked on as major bushfires destroyed many of the heritage-listed buildings in the Black Summer bushfires of 2019, but the lodge has reopened with the refurbishment of the remaining facilities and accommodation, and continues to provide exceptional experiences as a gateway to the Lamington National Park.

### Trainee/Apprentice of the Year: Corrine Cause, Fit Up Fitness

Corrine commenced a Certificate III in Business Administration in June 2020 and completed the 24-month traineeship in just 13 months while balancing her senior schooling and responsibilities as School Captain at Boonah State High School. She is a diligent, driven, critical thinker who is well-deserved to be recognised for the hard work she has put into her schooling and traineeship, while navigating through the challenging times of COVID-19, and her top-quality customer service efforts in her job at Fit Up Fitness.

The judges commented that, "Corrine is an all-star who is a credit to herself, her workplace, school and family. As she finds her pathway after school, Corrine will no doubt continue to make a success of life and all its opportunities".

### Excellence in Agriculture Award: The Lime Caviar Company

The Lime Caviar Company is the world's only producer of lime caviar, quick frozen finger lime pearls. An award-winning product, which is viewed by many top chefs as an amazing Australian native food product and a superfood, it is becoming renowned for its uniqueness, its myriad uses and its fresh-like flavours and colours.

### Regional Prosperity Award: The Lime Caviar Company

In making their decision the judges commented that, "The Lime Caviar Company is a true entrepreneurial business led by Ian and Margie Douglas, with an excellent brand narrative that not only showcases the product but the character of the Scenic Rim region. Their exciting plans for expansion are set to benefit the entire region and finger lime industry and they are to be congratulated for their success."

Judges also noted that "The Lime Caviar Company has successfully marketed the product on their own and their export success is to be applauded, benefiting small growers all over Australia. Their approach to no waste in processes also demonstrates good sustainable practices. This is a business that the Scenic Rim can be very proud of."



*Left: Ian and Margie Douglas (The Lime Caviar Company)*

*Opposite top: Kelly-Joe Uccetta, Samantha Dusting and Danielle Stone (My Country Escape)*

*Opposite middle: Dr Shumei Hou and Gordon Chalmers (Tamborine Mountain Distillery)*

*Opposite bottom: Haydn Simmons, Kelly Hatezic, Sharyn Blocksidge and Jason Smith (Tamborine Mountain State School)*



*These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council.*

# Councillor's Comment



**DEREK SWANBOROUGH**  
DIVISION 1

## ACTIVE RECREATION ON TAMBORINE MOUNTAIN

**Scenic Rim Council was formed in 2008 and ABS Data at the time showed it had a population of 32,431. Now that is 43,000. That contrasts with the approximate population of the Beaudesert Shire Council in 2008 of 65,000. It is not likely that Scenic Rim Council will reach that population until after 2040.**

The Tamborine Mountain sports grounds were built and constructed by the

community in my first term of Scenic Rim Regional Council, 2008-12, and filled a massive gap in facilities for active recreation.

The population of Tamborine Mountain has grown considerably in the last 17 years and is now 8100, from 5328 in August 2006, according to ABS data. The largest impetus for population growth came when the high school was built.

the original master plan for the clubrooms has not progressed.

Now Council has funded the TMSA to produce a professional masterplan for the whole site that identifies the opportunities for the future, and is before Council for consideration. Based on a preliminary view of this plan, I consider that with the right facilities and opportunities the participation in active recreation on the Mountain could easily triple in participation across all age groups.

The first Scenic Rim Council produced a whole of shire Recreation Plan a year before the TMSA built its facility and it identified very strongly the need for a new indoor aquatic centre to replace the aging inadequate pool. I am committed to this outcome.

Scenic Rim Council commissioned another Sport and Recreation Plan early last year (2020) and this report is in its final stages of deliberation. This report and consideration of the form of commitment in next year's budget may lead to some structural changes to address the maintenance and upkeep of Recreation facilities across the whole region.

It is estimated that to properly maintain and run just the TMSA facilities every year i.e., to fund its depreciation and operating costs, would be of the order of \$250,000 per year. That is not presently possible nor sustainable, especially considering the backlog over the last decade.

My views about the capacity and political dynamics of the SRRRC funding a major masterplan or even agreeing to do so over a long period of time, to address our infrastructure needs is well known. Feedback I have received is that the plebiscite result showing 65 per cent of Tamborine Mountain residents want to move to GCCC at the next election is clearly not acknowledged by our own relevant municipal decision makers, and so the democratic process of decision making will continue, albeit that they must understand the Mountain's expectations a lot better even if not acknowledged.

It is a no-brainer that GCCC with a \$1.6 billion budget would be a higher probability of meeting these needs than SRRRC and so work continues to achieve this move to Gold Coast at the same time as getting the best SRRRC outcome for the Mountain.

**Derek Swanborough**  
Councillor, Division 1  
[derek.s@scenicrim.qld.gov.au](mailto:derek.s@scenicrim.qld.gov.au)  
Ph 0436 351 567



Following detailed studies when Tamborine Mountain was in the Beaudesert Shire Council, it was identified that the Mountain was 40 acres short of active recreation land considered necessary to cater for the population of 5328 persons. It was then that the 50 acres of land was purchased on Long Road for \$3 million in a whole of shire strategy to purchase \$14 million of land in strategic locations across the Beaudesert Shire region. I was at the time tasked with this project, including the negotiation of all land purchases.

Population growth has meant we are now short of land to cater for our need for active recreation land and facilities for what is the largest population centre in the Scenic Rim, with a catchment just within Scenic Rim of approximately 14,000 using our facilities, including Canungra, Tamborine Village and Beechmont. In addition, there is the overflow from contiguous suburbs in Gold Coast City Council area.

Presently the Tamborine Mountain Sports Association (TMSA) is by far the largest sporting body in the Scenic Rim and caters for nine sporting codes, with 935 registered active members. There are not enough ovals to cater for these clubs at the TMSA grounds and they are spilling over to the Showgrounds and Geissman Oval. Not one of our sporting clubs has a clubhouse they can call home, and this is a major shortfall for the viability and health of all these clubs in terms of all the social and well-being benefits of belonging to a club. In the last 13 years the TMSA facility has been run by volunteers struggling to maintain the basics (but still managing to make lighting improvements) and



# QUENTIN BRYCE OPENS NEW ART GALLERY AT THUNDERBIRD PARK

Former Governor-General of Australia, Dame Quentin Bryce, has officially opened The Gallery at Thunderbird Park, Tamborine Mountain.

A self-confessed life-long lover of the arts, Dame Quentin said she was delighted to be invited to come to Thunderbird Park to open the one-of-its-kind art gallery whose focus is to support local artists.

The new gallery is in no sense a conventional one – rather it is an imaginative exhibition space within the lobby and restaurant of the popular tourist attraction.

“We have found that one of the harder parts of being art lovers is finding ways to support our local artists,” said Thunderbird Park owner Judi Minnikin.

“We hope that our gallery will support the extraordinary group of local talented artists, all of whom have captured the vibrant spirit of Tamborine Mountain and the peacefulness of the region’s rural living, all with their different interpretations.

“What we have done is transformed the walls in our lobby and lounge bar into an exhibition space so people can enjoy looking at quality artworks, all of which are painted by local artists. And they can purchase their art pieces immediately and not wait until the end of an exhibition.

“With some 200,000 visitors and guests passing through Thunderbird Park each year, we are hopeful that this will translate into our artists’ works being purchased by art lovers from near and far. So far it is working, which is great.”

*Guest of honour, Dame Quentin Bryce, has officially opened The Gallery at Thunderbird Park. Photo: Peter Price*



## IN CONSIDERATION OF TREES

**“Tamborine Mountain is more than a tourist destination – it’s an important environmental resource we all share,” says arts worker and contemporary visual artist Bronwyn Davies.**

From November 12 to 14 Bronwyn will present *In Consideration of Trees*, an exhibition of artworks and associated events featuring talks, forums, poets’ brunch, eco markets, music and art inspired by the rainforests of Tamborine Mountain and the natural environment.

*In Consideration of Trees* will take place at the Centre for Regenerative Arts, Main Street, North Tamborine, with support from Making Good Alliance.

“As an artist and arts worker, I feel I have a responsibility to comment on important issues through my work, whether that is a painting or an event,” says Bronwyn.

*In Consideration of Trees* will feature more than 40 original contemporary landscape artworks by Bronwyn, focussing on the importance of trees. They will be on display between 9am and 5pm on Saturday 13 November and Sunday 14 November. All are welcome to attend this free event

which will be officially opened on Friday 12 November.

“The location and the values of Making Good Alliance and the Centre for Regenerative Arts are aligned with my own,” says Bronwyn.

“I have lived on the Mountain for 30 years, including some time on Knoll Road, so when the opportunity came up, I hired the space for the weekend. As well as showing my work, I have invited a number of pretty amazing people to share in a series of forums/panels and discussions that will focus on many facets of the importance of trees to our environment.

“I invite visitors, or new and existing residents of Tamborine Mountain to come along and get to know more about the environment they have come to love.”

A percentage of all artworks sales will go to Tamborine Mountain Landcare to continue its mission to protect natural heritage values by maintaining and enhancing the environment and its biodiversity. The events during the exhibition are all free but visitors are encouraged to donate to some of the causes being promoted over the weekend.

The full program can be viewed at [www.bronwyndavies.studio/events](http://www.bronwyndavies.studio/events)



*Bronwyn Davies*

Alternatively, visitors can simply turn up at the venue any time during opening hours (9am-5pm Saturday and Sunday) to view the work or join in the discussions.





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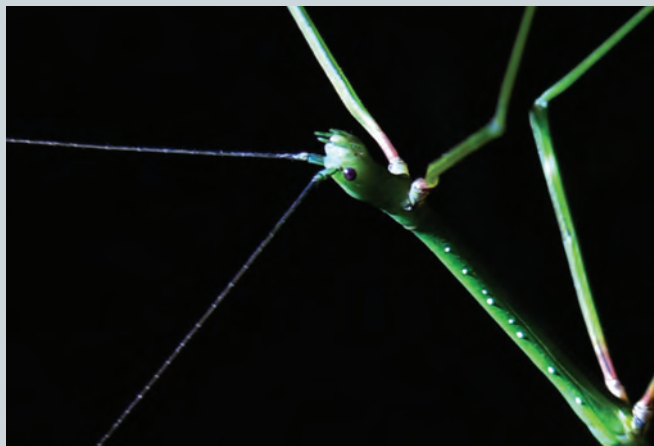


one small place on earth



## Banded-legged Stick Insect

*Candovia annulata*, Witches Falls National Park.

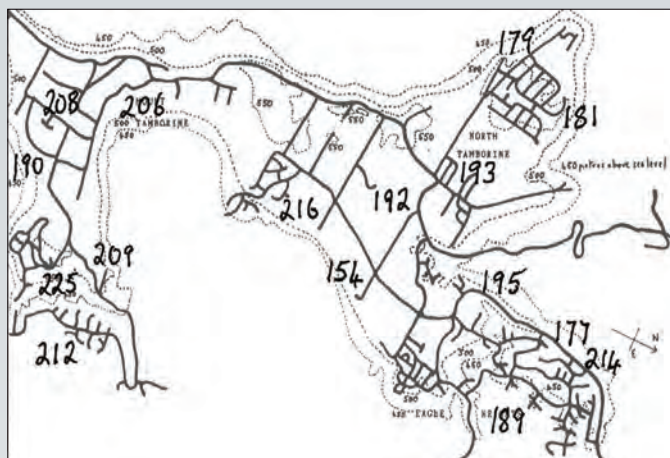


The close up of the head shows the insect's antennae, its eyes and mouth parts and the incipient banding on the legs. The insect is endemic from southeastern coastal Queensland to coastal New South Wales below Sydney. The current Wikipedia entry is in Swedish. A previous entry was in Dutch.

My book, *One small place on earth*, makes a **unique and beautiful Christmas present from Tamborine Mountain** - with over **300 images of its flora and fauna**, \$39.95 hard cover. Stocked by Under the Greenwood Tree, The Piccabeen Bookshop, the TM Skywalk, The North Tamborine and Eagle Heights Post Offices and Canungra Books & Art.

Peter Kuttner

# Tamborine Mountain Rainfall



## OCTOBER 2021

We've had a wet October. Not only was the total rainfall at Fern St well above the expected of 69.7mm and the long term average of 93.9mm, but it rained on about 18 days. It was also cool. I was reminded of England in April or May.

A succession of big cloud masses moved east across the continent with embedded troughs. Upper atmosphere instability combined with these to produce a number of thunder storms. Luckily for the Mountain, these were not too fierce and produced only rain without hail or high winds. They got nastier towards the coast.

The map shows slightly heavier rain on the east much as usual.

Mike Russell  
5545 3601



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through Arts Queensland.







## JON KRAUSE MP

State Member for Scenic Rim

### LOCAL SHOWCASE A BOOST TO ATTRACTION



Jon Krause, artists Louise Grove Wiechers and Cassi Ashton Thomas, Jaap Vogel

Cedar Creek Lodges and Thunderbird Park are already outstanding destinations in Visit Scenic Rim and last week saw the official opening of a new feature to bring visitors to the region and to showcase local talented artists, as The Gallery was launched by Dame Quentin Bryce, former Governor-General of Australia and Governor of Queensland. Congratulations to Bob and Judi Minnikin for their work in making The Gallery happen, and to all artists whose work is on display now.

#### REMEMBRANCE DAY

On 11 November, at services across the Scenic Rim, communities honour the sacrifices people who served in our armed forces made for our country. As we pay our respects, we remember not only those who have gone before us, but those men and women recently returned or are still serving around the world. We are reminded how blessed we are to live in a free country – a privilege we should be thankful to our veterans for all year round.

#### ENERGEX-ERGON COMMUNITY FUND

Not-for-profit community groups and organisations in Queensland, no matter how large or small, are now invited to submit applications for projects that need a helping hand to get them across the line. Grants of up to \$100,000 are available for eligible projects. Applications are open now and close on 19 November. For more information on what projects are eligible visit: <https://www.energex.com.au/about-us/our-commitment/in-the-community/our-fund>

#### 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

### WELCOME FIGURES

More than 99 per cent of Australians aged over 70 have received a first dose COVID-19 vaccination. More than 95 per cent of all Australians aged over 50 have received a first dose. More than 89 per cent of all Australians aged over 16 have received a first dose.

#### QUARANTINE-FREE TRAVEL WITH SINGAPORE

Australia will welcome back fully-vaccinated Singaporean travellers during November as part of our step by step and safe reopening to the world. The quarantine-free travel arrangements will commence on November 21 for Australian states and territories that are ready, and will be available for fully vaccinated Singaporeans travelling from Singapore who present a negative PCR test taken within 72 hours of departure. This is another significant milestone in our step-by-step approach to safely reopening to the world which we outlined in the National Plan.

#### NEW PROGRAM FOR NEGLECTED UNSEALED ROADS

This week the Coalition Government launched a new \$150 million Remote Roads Upgrade Program. The trial program will target unsealed roads throughout remote Australia, many of which haven't been upgraded since the Great Depression. The program will offer councils between 80 per cent and 100 per cent of funding to upgrade unsealed roads and improve safety with works including resurfacing, removing dangerous corners and managing vegetation. The road toll in regional communities was more than four times greater than in the major cities, and 10 times greater in remote communities and this program will improve safety and save lives in remote Australia.

#### LOW-EMISSIONS TECHNOLOGY PARTNERSHIPS

Australia is further increasing its commitment to support developing countries in our region as they tackle the impacts of climate change. We are committing an additional \$500 million, on top of the \$1.5 billion announced by the Prime Minister in December 2020. This investment will also drive private sector-led climate solutions that support clean technology, jobs and growth across our region. Australia will also share its scientific expertise, providing regional partners with better information and forecasts to plan water resource management and agricultural practices.

#### ADDITIONAL SUPPORT FOR BATTLING PROSTATE CANCER

Australian men with prostate cancer now have access to a new medication at an affordable price, thanks to the Morrison Government. Prostate cancer is the second most common cancer diagnosed in men in Australia and the third most common cause of cancer death. Adding Nubeqa® to the PBS will support around 1000 patients who, without the PBS subsidy, would pay more than \$40,000 per year for treatment. Instead, they will pay a maximum of \$41.30 per script or \$6.60 with a concession card. Since 2013, the Government has 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 by the Government of \$13.9 billion.

ADVERTISEMENT



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Member for **Scenic Rim**

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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. Please limit letters to 200 words. Publication is at the discretion of the editor and subject to space availability.

### ARE YOU SERIOUS?

**It was with utter dismay and disbelief that I saw the so-called "Advertisement, A heartfelt, alternative opinion", in last week's *Scenic News*!**

Apart from the content being so far one-sided and inaccurate, particularly when our local medical experts are trying so hard to get our precious community safe against COVID, my biggest issue is why it was printed in the first place. The definition of advertising according to Wikipedia is – "A marketing communication that employs an openly sponsored, non-personal message to promote or sell a product or idea. Sponsors of advertising are typically businesses wishing to promote their products or services". My questions are, what are they marketing, who are they and I must insist that whoever they are, this was by no means non-personal or openly sponsored. By printing this under the guise of an advertisement, I believe the paper is leaving itself open to anyone with an opinion on COVID, climate change or heaven help us, conspiracy theories or any other contentious issue, to expound their views in your publication with a paid advertisement. Fair enough if you are not sure of having the vaccination, but please, at least discuss your concerns with your doctor and not do your own "research" on social media.

**Cheryl Wistow**

### VARIETY GOOD, ANONIMITY... NOT SO MUCH

**Just a note of appreciation for the variety of opinions you publish, but I do have a specific comment about last week's "heartfelt" advertisement: shouldn't it be signed? I believe we have a right to know whose ideas are being shown, whether in an article or an advertisement.**

No policy on this?

Thanks again for all your work and open-mindedness.

**Hillel Weintraub**

### EXPECTED BETTER FROM THE NEWS

**I am so disappointed that your newspaper has printed the advertisement on page 15 of the *Scenic News* dated 4/11. When newspapers globally are trying to combat the fake news rife on social media, your newspaper is actually reinforcing the false and unhinged rantings within this advertisement.**

Is that because you subscribe to these views or just for the money? Either way, such actions are endangering the lives of children and at-risk people in the community who are not vaccinated. We need to come together as a global community at such times, to be selfless rather than selfish, for the betterment of everyone. I had expected much more from the *Scenic News*.

**Sue Miles**

### BEYOND BELIEF?

**In reply to the anonymous advertisement "A heartfelt, alternative opinion" in the 4th of November issue: you may be genuinely concerned, but you believe the conspiracy theories that governments are controlling the people with the COVID-19 vaccine, that it is designed to harm the population, and that the virus itself was man-made and deliberate.**

People are misled and possibly "destroyed by their lack of knowledge" you quoted from the Bible; it is impossible to reason with you and others about these false claims on social media. However, some relevant things you have missed are:

- We poison our minds, not our bodies with non-truths. People, communities and countries need leaders, and in democracies we vote for our leaders, they are not dictators, nor are they out to slowly control or kill people with vaccines, most leaders have been vaccinated. Their current priority is to protect people's lives. Research the history of vaccines: mRNA therapies have been around for a while and have been very successful; they do affect our DNA.
- There are no "authoritative priests of religion" but educated priests with a bachelor's degree in religious studies, which does not necessarily make

*continued page 14*

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# NEW BEGINNINGS FOR WELL-KNOWN LOCAL BUSINESS

**Hartley Road Landscaping Supplies and Equipment Hire (previously AM Landscaping Supplies) have started making some changes to the business, and our first is to extend the opening hours. We will now be open from 8am to 3pm Tuesday to Saturday and from 8am until 12pm on Sundays.**

We have decided to extend our operating hours to cater more to the

community and allow those who work during the week more chances to get their landscaping supplies earlier in the day or on the weekends. The yard is an excellent place for local tradies to pick up materials or have materials delivered to their site. Thanks to a number of local landscapers who are new to the yard and already supporting us.

We currently stock a wide range

of landscaping products and look to extend this list as the demand increases. We currently stock a variety of mulch, sand, soil, rocks, and aggregate, pavers, bold stones and more! We are a supplier of Australian Lawn Turf, and have a variety of wonderful options for you to choose from, including Zoysia, Buffalo and Couch grass.

Please feel welcome to come and take a look at what we have on offer: our Yard Manager, Nic is really knowledgeable on the stock we have, so if you are not sure what you're after, he can guide you in the right direction.

Please feel free to contact Nic, Clive or Ashley who will reach out with the answers you need.

Any inquiries on 07 5545 3390 or send us an email using the following email address: [info@hartleyroadlandscaping.com.au](mailto:info@hartleyroadlandscaping.com.au)

We believe in making your landscaping supply needs our number one priority and look forward to working with you!

*From left: Nic, Ashley and Clive of Hartley Road Landscaping Supplies and Equipment Hire*



## MOUNTAIN BUSHRATS 4<sup>TH</sup> GRADE ON A ROLL

**The Tamborine Mountain Bushrats 4th grade side has had another very impressive win.**

Mudgeeraba batted first and compiled a good score of 183 off their 35 overs. Ash Williams was again the pick of the bowlers with a return of 3/22 off his 6 overs. He has now picked up 10 wickets so far for the season at an average of 12.90. The 4th grade boys then chased down the target for the loss of 4 wickets, and just 7 balls to spare. Andrew Mahony crashed an amazing 72 off 39 balls, including 7 sixes. The Bushrats are now sitting in tied spot for third.

The over 40s side has also had a great start to the season with another win, making it two victories from two games. Batting first against Helensvale, the Bushrats set a total of 9/157 off the 40 overs. Jack Bradshaw top scored with a classy 41. The side then proceeded to bowl Helensvale out for 129. Tim Guymer was again the chief destroyer with another 4 wickets. Tim now has 10 wickets in two games and appears to have totally found his groove. Also, a special mention to Chris Wollard for his figures of 1/3 off 6 overs.

The win puts the boys on equal top of the ladder – something they have never before experienced.

The under 12s and 13s sides are both halfway through their two-day game. The under 12s are in some trouble against a good Runaway Bay side but will keep on fighting on the weekend.

The under 13s are in a commanding position, looking to push for an outright win for the first time.

Both the under 11s sides showed tremendous improvement on the weekend. For the Tamborine Blue side, the cricketer of the match was Blake Heather for his opening batting, bowling someone out and his great fielding. The cricketer of the match for the Tamborine Green side was Nicholas Dougherty for his outstanding batting. In only his second game he batted the whole time without losing a wicket. He also took a catch and got a wicket himself.

Hmmmm, what can I say about our 3rd grade side? It was a beautiful day to be out in the sun and we enjoyed each other's company. We also lost. The less said the better I reckon.

And that is our fourth week wrap-up for the Tamborine Mountain Cricket club.

We are truly having the best time this season and enjoying playing this great game with a heap of our mates. If you are interested in some fun and hanging out with some great people, come and give some cricket a try.



A reminder that 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, give club president Neil Bell a call on 0403 854 699.

Big thanks again to our sponsors: Professionals Real Estate, Tamborine Mountain Dental, Springbok Foods, and Physique Physiotherapy. Without you, we do not have a club. Locals, supporting locals. We love it.

**Neil Bell**

*Photo: Bushrats 4th grade scored another impressive win.*



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**ton.wolf@professionals.com.au**

**Heleen van Daalen 0424 591 011**

**heleen@professionals.com.au**







## TAMBORINE MOUNTAIN MEDICAL PRACTICE

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## STEPS TO ASSIST HEALTHY AGEING

**What factors influence healthy ageing? Research has identified steps we can take to maintain our health and function as we get older.**

From improving our diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health.

### GET MOVING: EXERCISE AND PHYSICAL ACTIVITY

Some people love it, some people hate it, but regardless of your personal feelings, exercise and physical activity are good for you. In fact, exercise and physical activity are considered a cornerstone of almost every healthy ageing program. Scientific evidence suggests that people who exercise regularly not only live longer, but they also live better. And being physically active, doing everyday activities that keep your body moving, such as gardening and walking the dog can help you continue to do the things you enjoy and stay independent as you age.

Specifically, regular exercise and physical activity can reduce your risk of developing some diseases and disabilities that often occur with ageing. Balance exercises help prevent falls, a major cause of disability in older adults. Strength exercises build muscles and reduce the risk of osteoporosis. Flexibility or stretching exercises help keep your body flexible and give you the freedom of movement you need to do everyday activities.

Exercise may even be an effective treatment for certain chronic

conditions. People with arthritis, high blood pressure, or diabetes can benefit from regular exercise. Heart disease, a problem for many older adults, may also be alleviated by exercise. Scientists have long known that regular exercise causes certain changes in the hearts of younger people. These changes, which include lowering resting heart rate and increasing stroke volume (the amount of blood pumped with each heartbeat), make the heart a better pump.

Evidence now suggests that people who begin exercise training in later life, for instance in their 60s and 70s, can also experience improved heart function.

In addition to benefits for the heart, studies show that exercise helps breathlessness and fatigue in older people. Endurance exercises – activities that increase your breathing and heart rate, such as dancing, walking, swimming, or cycling – increase your stamina and improve the health of your lungs and circulatory system as well as your heart.

There are many ways to be active. You can be active in short spurts throughout the day, or you can set aside specific times of the day or specific days of the week to exercise. Many physical activities, such as brisk walking or raking leaves, are free or low-cost and do not require special equipment.

Always consult with your doctor prior to commencing physical activities.

**Patricia Arora  
TMCCA**



## Letters to the Editor

*continued from page 11*

them all-knowing or spiritual. We do believe proven science because it is evidence-based.

- Donald Trump was vaccinated after Dr Zelenko's treatment failed; he contracted COVID-19, and Dr Zelenko is history.
- The majority of Israel's population was vaccinated before the variant strains arrived, and those that were most affected were the un-vaccinated; now that people are having booster injections, the number of infections has decreased.

**Pam Brandis**



# TMO CHRISTMAS CONCERT and TRY OUT THE ORCHESTRA

Mark it on your calendars:

**The Tamborine Mountain Orchestra Christmas concert is coming up on Saturday the 4th of December. The orchestra will be playing a wide range of music, from Mariah Carey to Mozart, Christmas classics to Tchaikovsky. Joining the orchestral program will be a magical twangle of harps, with the Tamborine Mountain Harp Ensemble playing a collection of pieces.**

The Christmas concert is also our "Try out the Orchestra" concert, where school students and musicians who haven't played for a while can come and play a couple of numbers with us. We've selected a couple of pieces

that are not as challenging to play to make it a little less daunting if you're a bit nervous about playing. Our normal rehearsals are on Wednesday nights, 7-9.00pm at the TMSHS, Holt Road. We have three special rehearsals for the "Try out the orchestra" pieces, Wednesday 17th and 24th of November and the 1st of December from 7-7.20pm. If you want a copy of the music, or have any questions, contact us on our Facebook or website [tmo.org.au](http://tmo.org.au): we'd love to see you!

The concert sees us returning to our new "home" at the Tamborine Mountain State High School Auditorium, and we'd like to thank the school and Mrs Brose for the use

of this wonderful facility for both our rehearsals and concerts. Tickets to this concert are free, but must be booked through [www.ticketbo.com.au/tmo](http://www.ticketbo.com.au/tmo).

The orchestra would like to warmly thank the Scenic Rim Regional Council and our sponsors: Tamborine Mountain Medical Practice, The Cauldron Distillery, and Leaf Japanese restaurant for their support of this concert.

Wishing the Tamborine community, a merry Christmas and happy New Year, and hope to see you at our concert.

**Sean Donnelly**



## HELP AND INFORMATION FOR SUFFERERS

**Approximately three years ago, our daughter was diagnosed with dementia. Our family was devastated.**

Three years on, our daughter, with another dementia victim, has put together a 10-episode podcast which has caught the attention of a worldwide audience of professional neurologists, psychologists, occupational therapists etc.

Our daughter and friend go under the name of Heckle & Jeckle, and the episodes give an insight to the daily problems of people who are suffering from dementia (search Apple podcasts for "Talking Dementia with Heckle & Jeckle").

Until now, it was considered that the diagnosis of dementia, (ourselves included) was a case of loss of memory, and eventual progress to a nursing home.

Firstly, dementia is actually an umbrella term for many different conditions. It is too complex for me to explain. May I suggest that if you know of someone or a family going through this devastating diagnosis, look up this podcast "Talking Dementia with Heckle & Jeckle" and realise there is a niche for you.

**Ian Garvie**



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CauldronDistillery.com.au



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### Curtis Falls Café

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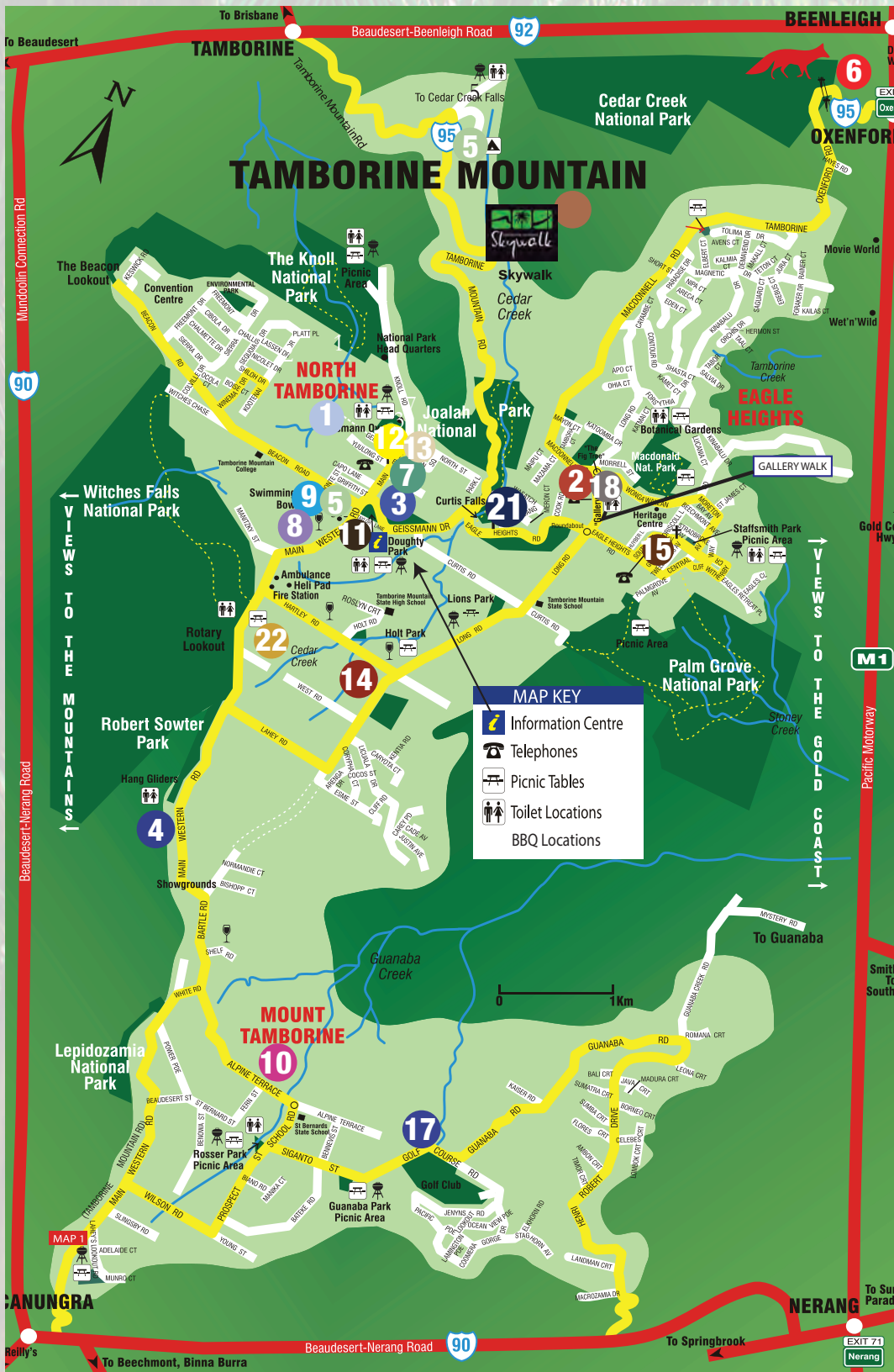


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# LOCAL DINING, SHOPPING AND SERVICES



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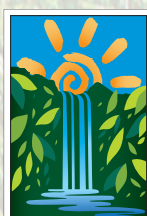
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## The Pomeranian & Spitz Dogs

Named after the Pomerania region in N-W Poland and N-E Germany, these dogs are descended from the larger German Spitz, they are also known as "zwergspitz" or dwarf spitz. Queen Victoria owned a small Pomeranian and consequently the breed was bred smaller, no larger than 3-4 kg; the breed's size decreased by half. This little toy breed now comes in the widest variety of colours – more than any other dog breed.

Poms are playful, energetic, bold, and intelligent, they make good watch dogs, some can become yappy, and others may still have an innate suspicion of strangers and other dogs. They have few health problems, especially if fed a good diet and exercised, and they can live up to 12 or more years.



Special attention needs to be given to grooming with extra attention to the eyes and ears, and as with all toy breeds, regular dental care. The Pomeranian has been one of the most popular breeds over the last 10 years, however they are not really suited to families with young children, according to some breeders. Most poms have a long ruff of fur around their neck and feathery fur on their hindquarters, as the picture above shows, and like most spitz dogs, they have a double coat of fur that needs thinning out in hot climates. The FURminator rake is a great tool for de-shedding double coated dogs, I use it regularly in summer.

**Spitz** – A German word for pointed. The term 'spitz' is not a breed of dog, but a classification of many breeds with similar features and bloodlines, mostly originating from colder Artic regions and Siberia. They were originally developed to work, and they were used for hunting moose and bears, pulling heavy sleds and herding reindeer. Some of these dogs travelled with the Vikings.

Their common features include a foxy or wolflike appearance, with pointed ears, curled tails, almond shaped eyes, a wedge-shaped skull which warms frigid air that goes through their nasal passages and thick coats. Most have a double coat: a soft, waterproof undercoat and a longer tougher outer coat and they shed profusely twice a year. The spitz breeds are often loyal, smart, and affectionate, but they can also be independent and bold.

According to *The Federation Cynologique Internationale*, there are between 50-70 spitz like dog types. A few of the most common are the Siberian husky/ Alaskan malamute/ Samoyed/ chow chow/ elkhound/ and Akita. All these dogs are suited to colder climates.

**Pam Brandis**  
Dip.Canine. Prac.



## THE HIGH NOTE

Frequently we hear of highly successful people whose lives have derailed; celebrities, athletes, musicians, models, business entrepreneurs. It is tragic when derailment has deadly consequences. Elvis Presley, Michael Jackson, Whitney Houston are names that come to mind. Elvis, Michael and Whitney's talents were amazing gifts that ultimately became their burden. When their talents began to naturally decline, their essence - body, life and soul - declined with it. They had a belief that they were not good enough. On the day before her death, Whitney announced to her manager, "I'm going to hit that high note again".

Any sphere that involves a healthy desire to achieve is susceptible to high note hunger. It manifests in every profession, in body image, in parenting, and even intimate relationships where the high note of intoxicating love is fleeting. Some spend their lives in relationship after relationship, or in pursuit of greater adventure or more challenging roles, in their quest to keep the high note alive. This exhausting marathon only makes us more and more hungry. Hitting the high note once, twice, many times can become addictive; it can make us think that we can't live joyfully, full and satisfied with anything less than that.

What happens to each of us when we can no longer hit the high note? Who are we really without our latest success story? What happens to our identity?

Like some celebrities, we may medicate ourselves when running from the pain of not being able to hit the high note.



Refusing to face our decline, is about avoiding the grief that comes when something wonderful ends.

A healthier alternative is to embrace the reality that life is ever changing and, due to the ageing process, you might never hit the high note again. When we are honest with ourselves and others, we render the hunger for the high note powerless. Naming our limitations exposes the truth and frees us from living with the fear of a lie. We allow the truth to shine and our craving for the illusive fantasy evaporates.

Lionel Richie recently gave an interview in which he was frank about how he could no longer hit the high notes like he used to. He described how he has made friends with the person he is now and he is thankful for the many notes he can sing. When he performs on stage and can no longer hit certain notes, he invites the audience to sing along. He is no longer under the pressure to be more than who he is.

When we stop chasing the high note and become more comfortable in our own skin, we see life, love and loss differently. We become hungrier for the real note rather than the high note. Real love, emotional maturity and security teach us that we are not born to be perfect or to continuously hit the high note; we are born to be present, whole and free. Allow a new note to be created within the reality of your every moment this week.

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





## THREE MONTHS IS A LONG TIME

Jess and I were lucky enough to have the second installment of our wedding last weekend – a reception after three months of marriage! We had an absolute blast and couldn't have been more privileged to spend it with our incredible family and friends. There were some seriously sore legs and feet (and maybe heads, but we don't need to talk about that) the following day after three hours straight of dancing. Even physios get sore after something like that!

There have been so many new and exciting things that have happened between wedding part one and wedding part two – three months is quite a long time. Our vegetable garden has gone from seedlings to fully grown plants producing copious amounts of silverbeet, spinach, lettuce, tomatoes, strawberries, sage and heaps more. It's awesome to watch the garden grow everyday and be able to eat food you've grown yourself. The lawn has gone from dormant to growing before our eyes, those pesky weeds are thriving and the weather can now be classified as "hot".

Our bodies, too, can undergo massive changes over the course of three months – let me paint a picture a lot of you will be familiar with: You've rolled your ankle while traversing uneven ground in the backyard or on a bushwalk. You may have heard a

little pop, and your ankle begins to feel hot as the swelling begins to pool in the area. This is the first stage of a three month process of healing – the inflammatory stage. This stage is characterised by a large collection of inflammatory molecules and neurotransmitters (AKA "inflammatory soup") flooding the area to spark the healing process in your ankle. This is a painful time and it is going to last for anywhere between two and four weeks. By this stage you've already called Physique and we've worked to reduce your symptoms to get you through this period.

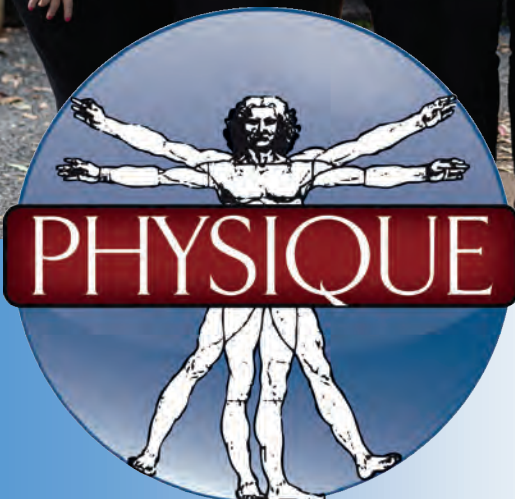
Six weeks down the track now, the inflammatory process has finished up and done its job. During the initial stages of healing, your body has produced brand new tissue to repair the damage. This new tissue is frail and requires time to strengthen, increase in density and form blood vessels to help nourish it. This is the proliferative or restorative stage of healing – your pain is considerably less (sometimes even gone) however the underlying tissue healing is still very much an active process. Your physiotherapist by now has given you a fantastic exercise regime to help strengthen these new tissues to optimise this process.

It's now three months since you sprained your ankle. The brand-new collagen in your ankle ligaments is now mature, strong, and



lasting because you have been committed to ruthlessly completing your exercises every day as guided by your expert physio. Your body has undergone an extraordinary process which we often take for granted and assume takes just a few weeks.

Three months is a long time – we can take a garden from seedling to salad, swap the jumpers for t-shirts and even have two weddings! Our bodies are extraordinary but even then we still need a little time to fully heal.



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## TRAVELLING PLACES By Gina Storey

If you read last week's column, we travelled through fascinating Portugal from south to north, continuing on to Santiago de Compostela in far western Spain.

On the coastline facing the English Channel (known locally as the *Canal de la Mancha*) is Santander – this busy natural port sees ferries coming and going, and was once the summer retreat for the royals. I remember navigating the steep historical city centre by escalators, ramps and even a cable car. Elegant homes and sandy beaches stretch along the bay.

Head further west to the once industrial city of Bilbao, now home to the amazing Guggenheim Museum – apart from the exhibition collection, the architecture is a must see. Inland through the mountains you will discover Zaragoza, historically fascinating with Roman, Muslim, Jewish and Christian influences – visit the surrounding vineyards, eat the local delicacy – rabbit with so much garlic, it is amazingly delicious! Cities in Spain seem to combine ancient history with modernism.

Antoni Gaudi and Salvador Dali influenced the architecture and art of modern Spain. Visit the Dali home in Figueras – it's unique and quite bizarre. Gaudi's influence is seen predominantly in Barcelona – I wonder at the visionary mind that created such fanciful buildings

and am intrigued that the municipality in the mid-19th century embraced these works. Spend a week in Barcelona exploring, the galleries are amazing, the food is fabulous – don't miss tapas



in Las Ramblas. Avoid the big Mediterranean resorts where mass tourism can be overwhelming. Instead, discover sleepy coastal *Calella de Palafrugell* where local fishermen still bring in the catch. Catch the train to Montserrat, where monasteries cling to the cliff side; have lunch in the delightful cave restaurant rather than the touristy coffee shop, and visit the eclectic collection donated to the art gallery.

Further south, Valencia took me by surprise – the historical city centre with cobblestoned streets and markets; be sure not to miss the 15th century Silk Exchange, and when in the markets look up and see beautiful stained-glass windows. Juxtapose the ultra-modern architecture of Santiago Calatrava. Discover hidden restaurants up laneways, the paella will be fabulous. Off the coast in the deep blue Mediterranean Sea lie the Balearic Islands of Mallorca, Ibiza and Menorca – each steeped in history with castles and battlements, historical towns and modern nightlife. Wander around the bays where you will discover local restaurants and small townships, steep cliffs and golden beaches.

Head south to Grenada and the medieval Alhambra, walk the cloistered courtyards and marvel at the Moorish influence in the colours, the architecture, the beautiful tiles. Reclaimed by Christians in the 15th Century, their influence is ever-present in the magnificent cathedrals, and the festivals that continue to modern times. Similarly, nearby Seville in Andalucia is another treasure trove to explore; colourful squares entice you with the smell of jasmine in the air and a local playing his guitar, with perhaps a dancer stamping out a flamenco *baila*.

Bustling Madrid provides the pomp and splendour you would expect of Spain's capital, yet sleepy tree-lined boulevards keep you cool in summer. Galleries full of rich, solemn historical figures alongside modern avant garde works by modern masters. The food is to die for, and an intrinsic part of Spanish life... linger over a long lunch and indulge in an afternoon siesta.

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# WINE CHAT

with Witches Falls Winery

## SCIENCE REVEALS RED WINE MAKES US FEEL GOOD - WHO KNEW?!

Researchers in Portugal have confirmed what humankind has intuitively known for thousands of years – drinking red wine makes us feel amazing!

A new study published by PLOS One entitled "The Power of Dionysus

– Effects of red wine on consciousness in a naturalistic setting" aims to consider how red wine affects our state of mind in a 'real world' setting – like a wine bar – as opposed to a laboratory. Led by Rui Miguel Costa, the researchers from the Lisbon Institute of Applied Psychology followed one hundred participants. Each consumed two glasses of red wine either alone, in a duo, or in a group.

The wine itself was the 2018 *Quinta da Lapa Reserve Syrah* – described as "full bodied" and "silky". Participants were asked to complete a questionnaire before and after consumption in order to measure changes in consciousness. Regardless of whether participants drank alone, with a buddy, or in a group setting, the results demonstrated that "red wine increased pleasure and arousal, decreased the awareness of time, slowed the subjective passage of time, increased the attentional focus on the present moment... turned imagination more vivid, and made the environment become more fascinating." Moreover, the study concluded that participants experienced "increased insightfulness and originality of thoughts, increased sensations of oneness with the environment, spiritual feelings, all-encompassing love, and profound peace." Now there's an endorsement if ever I heard one!

Due to the lack of a control group, the study isn't exactly bursting with scientific rigour. The results aren't ground-breaking or surprising. Nevertheless, it's nice to see scientists getting up to a bit of fun. Costa's study confirms the essence of what the ancient Greeks proclaimed some two thousand years ago. Homer, considered one of the greatest thinkers of all time, wrote "wine can of their wits the wise beguile, make the sage frolic, and the serious smile." American founding father, Benjamin Franklin, echoed these sentiments, declaring, "wine makes daily living easier, less hurried, with fewer tensions and more tolerance."

So, it's no secret really – yes – wine makes us feel good!

Researchers admitted the study had limitations. Is there something fundamentally unique about red wine – or would a martini elicit the same degree of joy? Is it the beverage itself that induces a state of bliss, or is it the convivial atmosphere of the wine bar? Perhaps a mystical balance of the two? Costa's team acknowledges further research is needed to better understand these questions.

Previous studies have established that a wine-tasting experience can be greatly altered by contextual factors. Details such as ambiance, lighting, background music, type of wine glass used, the richness of a wine's colour, the weight of a wine bottle, and whether a wine is corked or not, can all affect a consumer's enjoyment. We know that drinking wine is a multi-sensory and deeply psychological experience. I for one am keen to see what future research will reveal both about wine and about ourselves.

Cheers,  
Alexandra Douglas  
and the Witches Falls  
Winery Team





# FOOD FOR THOUGHT

with Chef Dylan Gittoes

[www.gourmetfoodco.com.au](http://www.gourmetfoodco.com.au)



## LOUISIANA STYLE PORK RIBS WITH MY SPICED RUM BBQ SAUCE

**This dish has been a firm favourite with my extended family and past loyal customers when I used to serve platters to share and a 'meat from the grill'. Lately, the cooler weather has come back and I must say that I for one have been enjoying it. This dish is perfect for this weather.**

This week's recipe is not very complicated, but it pays big dividends. You just cook the ribs in the oven and finish on the BBQ, then serve with some roasted potatoes and a salad. As long as you get nice juicy, fatty ribs from your local butcher, it is pretty hard to mess up this recipe. Ribs are well known as a tough cut of meat, so they're wonderful for slow cooking until perfectly tender. I'm quite forgiving with the cook time, unlike some other types of meat like chicken or steak. So even if you have to cook them for another 30 minutes or so, don't fret, they will still be juicy and delicious. I've used my Creole as a rub to marinate with, as it adds a lovely little bit of warmth on the palate and seasons them wonderfully. Give it a crack and your friends and family will be feasting like Viking royalty.

Did you know? Pork ribs were once given away by the butchers for free. In America, the city of Cincinnati being blessed with a prime position on the Ohio River, close to cornfields and hog farms, it became famously known as "Porkopolis." It became the largest pork producing city in the world. By 1836, Cincinnati's four largest slaughterhouses were collectively killing and butchering some 2600 hogs in a single day, producing between 200 and 500 barrels of pork along with 200 barrels of lard. Barrels were critical to the pork trade, as there was no refrigerated transport at the time. Meat packers were forced to preserve the meat before shipping, but they didn't want to waste weeks slow-smoking ribs. Instead, they packed the hams and shoulders in barrels, filled in the gaps with chins, hocks, and jowls then poured in a sweet and salty 'pickle' made from rock salt and brown sugar boiled in water.

The spareribs, however, didn't fit in the barrels, and the packers found themselves with literally tonnes of

unwanted racks on their hands. "It is said that during the hog-killing season in Cincinnati," the New Orleans Times-Picayune reported in 1844, "any keeper of a boarding-house, by sending a basket to the butcher's, can have it filled with the finest and most delicious spareribs, and for 'free, gratis, for nothing' at that." But even the city's boarding houses couldn't eat up the supply. One account recalled, "Cart loads upon cart loads of spare ribs were drawn to the water's edge and emptied into the Ohio River to get rid of them." That started to change in the 1870s, when artificial ice-making and then mechanical refrigeration transformed meat packing from a seasonal to a year-round business. Now packers could hang onto spare ribs and sell them to retailers as a low-cost cut. This is hard to believe when nowadays spare ribs have become so fashionable they almost cost more than steak.

Chef Dylan tip: Steam is essential for breaking down meat fibres when slow cooking in the oven. Adding liquid creates steam which in turn creates the perfect environment for the ribs to gently cook in the oven and keeps them nice and juicy. My liquid of choice is apple cider because alcohol adds extra layers of flavour and apple and pork is a classic combo. I like to use our local Witches Falls Eighth Day cider, but by all means feel free to choose one to your own liking.

A little reminder: there is simply no way to look elegant and dainty eating pork ribs. It's totally acceptable for you to have messy fingers and sauce smeared all over your face because, most importantly, there'll be large happy grins all round.

**Prep time 10 mins**

**Cook time 2 hrs**

**Serves 4**

### INGREDIENTS

- 2 racks of ribs, about 2.5 kg



- 4 tbs Creole Marinade\*
- 1 bottle apple cider
- 1 bottle of Captain Kidd Spiced rum BBQ sauce\*

*\*Chef Dylan's Gourmet Food Co. range*

*Available locally at Joseph the Greengrocer and Angela's Pantry, or come say 'hi' at our local markets.*

### METHOD

1. Rub the Creole all over the meat and let marinate for 20 mins.
2. Heat oven to 160° C.
3. Place ribs on a baking tray in a single layer. Pour all the apple cider under the ribs.
4. Cover with foil, then bake for 1 hour 30 minutes or until the meat is tender and you can pry it apart from the bone with 2 forks.
5. Heat BBQ on high with lid down to get the grill very hot.
6. Remove the ribs from the oven. Take off the foil and drizzle with olive oil.
7. Brush bony side of ribs with 4 tablespoons of BBQ sauce, then cook on BBQ (bone side up) with lid down for 5 minutes.
8. Flip so meaty side is up, baste with another 4 tablespoons of BBQ sauce.
9. Cook with lid down for 5 minutes.
10. Repeat 2 times until you have a nice, caramelised glaze.
11. Serve with a bowl of warm Captain Kidd spiced rum BBQ sauce so everyone can spoon on some extra sauce.



# hooked on books

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### INTERESTING FACTS ABOUT BOOKS

In 2011, the Camden School of Arts lending library in Australia had their book returned to them.

The book loaned was Charles Darwin's *Insectivorous Plants*. Interestingly, the book was borrowed in 1889, breaking the record of the most overdue book in history with 122 years.



### Interesting Facts about English Literature

1. Sherlock Holmes never said, "Elementary, my dear Watson".
2. A Language dies every 14 days.
3. The first novel ever written on a typewriter was Tom Sawyer.
4. "I am." is the shortest complete sentence in the English language.

## Our Book Choice: *The Children's House* by Alice Nelson



Marina, 'the gypsy scholar', a writer and academic, and her psychoanalyst husband, Jacob, were each born on a kibbutz in Israel. They meet years later at a university in California, Marina a grad student and Jacob a successful practitioner and teacher who has a young son, Ben, from a disastrous marriage. The family moves to a brownstone in Harlem, formerly a shelter run by elderly nuns.

Outside the house one day Marina encounters Constance, a young refugee from Rwanda, and her toddler, Gabriel. Unmoored and devastated, Constance and Gabriel quickly come to depend on Marina; and her bond with Gabriel intensifies. When out of the blue Marina learns some disturbing news about her mother, Gizela, she leaves New York in search of the loose ends of her life. As Christmas nears, her tight-knit, loving family, with Constance and Gabrielle, join Marina in her mother's former home, with a startling, life-changing consequence.

Alice Nelson skilfully weaves together these shared stories of displacement and trauma into a beautifully told, hope-filled, outstanding novel.

Genre: Contemporary - Adult Fiction

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# TRIVIA

## WEIRD WORDS

1. What is an angekok? A. a fish, B. a coat worn by Turkish shepherds, C. an Inuit shaman.
2. Of what is nostology a study? A. the Arctic, B. senility, C. predictions.
3. What is a firlot? A. a type of cat, B. a Scottish dry measure, C. a wooden club or stave.
4. What is the name for the string membrane which holds the yolk sac in position inside a bird's egg? A. chalaza, B. chorl, C. chordeta.
5. Which part of the human body is the carpus? A. the wrist, B. the ankle, C. the shoulder.
6. What is a boyar? A. an ornamental vase, B. an Asian boar, C. a Russian aristocrat.
7. What do you do if you sudate? A. sneeze, B. sweat, C. shout.
8. What breed of animal is a Loaghtan? A. a sheep, B. a goat, C. a pony.
9. What is the definition of the word 'hamfatter'? A. a woollen scarf, B. a pork butcher, C. a third-rate actor.
10. Mappemond is which of the following? A. a map of the world, B. a kind of alpine stoat, C. a coat worn by shepherds in the Ardennes.
11. What is the meaning of the word 'barracoon'? A. a Spanish sword, B. to bind with rope, C. a temporary holding place for slaves or convicts.
12. What is a gibel? A. a desert mountain range, B. a fish of the carp family, C. a dish made from chicken livers.

*Answers page 26*

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*Answers to TRIVIA  
from page 23*

- 1 C, 2 B, 3 B, 4 A, 5 A,
- 6 C, 7 B, 8 A, 9 C, 10 A,
- 11 C, 12 B



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# COMPUTER IRRIGATION UNVEILED AT GARDENS

The volunteers at Tamborine Mountain Regional Botanic Gardens have officially unveiled their new sophisticated irrigation system.

The automated system throughout the gardens can be controlled remotely through a computer or mobile phone app, allowing instant changes to programs for individual garden spaces as well as the propagation nursery.

The system, fed by a new bore, was made possible through grants from the State Government's Gambling Community Benefit Fund and a State bushfire recovery grant administered by Scenic Rim Regional Council. The gambling community grant, facilitated by State Member for Scenic Rim, Jon Krause, funded the bore and infrastructure, while the sophisticated irrigation system was built through council funding.

Mr Krause, Scenic Rim Mayor Greg Christensen and Councillors Jeff McConnell, Duncan McInnes and Virginia West attended the opening.

During a morning tea before a tour of the gardens to inspect the new systems, Mayor Christensen thanked the volunteers for their dedication and enthusiasm in developing the gardens to become one of the most significant attractions for Scenic Rim residents and tourists.

He said the gardens were a powerful example of long-term vision succeeding over short-term plans.

"We remember that this beautiful space was once considered for a waste treatment plant," he said.

The heart of the new irrigation system uses cloud-based computer software that communicates with the Bureau of Meteorology, and can respond to weather conditions to



intuitively alter regular programs to save water. The new bore can deliver hundreds of litres of high-quality water per minute if required.

The volunteers also officially opened a major extension to the work shed and an orchid nursery, both funded through a Scenic Rim Council grant. The shed extension greatly improves the daily operations for volunteers and the orchid nursery ensures constant improvement of the gardens' much-loved orchid house on the western side of the lake.

*The core of the new Botanic Gardens irrigation system was inspected by (from left) State Member for Scenic Rim, Jon Krause; Botanic Gardens President, Denby Browning; and Scenic Rim Mayor, Greg Christensen. Photo Chris Davison.*

## ENERGEX: BE PREPARED FOR EXTREME WEATHER

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"Extreme weather events can leave you housebound and without power for days, so you need to consider the needs of everyone at your place, including babies and pets," says Executive General Manager Operations Paul Jordon.

"Think about how much drinking water and non-perishable food items you'll need for your household, as well as prescription medication.

"A battery-operated radio will allow you to stay in touch when your mobile phone runs out of charge or if telecommunications services are impacted.

"Fill your gas bottle if you're going to be using your barbeque, check your fuel supply if you're using a generator and make sure it's in good working order," Mr Jordon said.

While some damage to the electricity network is unavoidable in the most severe weather events, Energex and Ergon have reduced the risks with their vegetation management program, which has covered more than 720,000 spans of powerline in a year.

"Falling trees and branches can bring down powerlines, which can be hidden in the debris, so we urge everyone to take care and stay line-aware when they're cleaning up after a storm," Mr Jordan said.

"If you see any fallen powerlines, always stay well away, warn others and report this life-threatening hazard to emergency services on 000 or call us on 13 19 62.

"If you see any trees growing into powerlines, report that to us because pruning near the electricity network is a job for trained professionals. Don't be tempted to do it yourself and risk getting hurt or worse," Mr Jordon.

Householders can also help by checking their own backyards and securing or stowing outdoor items that could become dangerous projectiles in strong winds.

Trampolines, outdoor furniture, beach umbrellas and sheets of corrugated iron pose a serious threat to property and people if they become airborne.

At warehouses and depots across the state, Energex and Ergon have increased stockpiles of power poles, cross arms, powerlines, cables and other essential hardware used for emergency network repairs.

### TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

<b>Tue 2nd</b>	<b>N/S</b>	<b>Sheila Irvine-Brown Ann Zaremba</b>
	<b>E/W</b>	<b>Denby Browning Sheena Pollock</b>
<b>Wed 3rd</b>	<b>N/S</b>	<b>Max Irvine-Brown Jenny Strachan</b>
	<b>E/W</b>	<b>Eddie Heinemeyer Lindy Williams</b>
<b>Thur 4th</b>	<b>N/S</b>	<b>Chris Pender Fred Ericson-Miller</b>
	<b>E/W</b>	<b>Eddie Heinemeyer Robert McCathie</b>



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