EVS

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

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cenic

SLOPPY SMILES AT CANUNGRA EAT FEST



An enthusiastic turnout by youngsters (and those not so young) for Canungra's 2022 Watermelon Eating Contest was the perfect response to our sticky summer weather – story page 19.

Photo: Adam Head (The Courier Mail)

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AGENTS:

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AGENTS:

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10 - 10.30	108-112 Kilmore Drive
10 - 10.30	207 McDonnell Road
11 - 11.30	32 Kestrel Court, Tamborine
11 - 11.30	15 Kalmia Court
12 - 12.30	926 Beaudesert Beenleigh Rd
12 - 12.45	21 Barakula Ct, Cedar Creek
12.15 - 1	704 Main Western Road
12.30 - 1.15	73-75 Alpine Terrace
1.15 - 2	1-5 Bartle Road
2-2.30	1-3 Licuala Drive



926 Beaudesert Beenleigh Road

- Tucked away, horse friendly, dual living
- Open plan living opens to entertainment area
- 1-bedroom, study, kitchen open plan flat
- · 3-bay carport, 2x 3-bay shed & workshop
- Various paddocks, town water supply

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AGENTS:

0429 004 840 Monique Erin McGee 0427 078 757



SOLD

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Review: Buyers 2/163 Curtis Road

It was a pleasure to deal with Heleen. Throughout the process of property inspection, negotiation & settlement she was always available, flexible & helpful. Vendor: Ton was a very informed, motivated and attentive agent for our land sale

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



108-112 Kilmore Drive, Tamborine

- · Quiet cul-de-sac, 2 living areas, great outdoor space + a great shed with storage, workshop and room for 2 cars & single carport
- Summer creek & dam
- Catchment area for Tamborine Mtn school

\$899.000+

AGENTS:

0429 004 840 Monique Erin McGee 0427 078 757









\$50 MILLION IN NEW FUNDING FOR KOALAS AND LONG-TERM PROTECTION

Federal Member for Wright, Scott Buchholz has welcomed the Morrison Government's announcement of a \$50 million in funding to support koalas, that will improve the health outcomes of the species, extend long-term monitoring, and restore and preserve critical habitat.

Mr Buchholz said the \$50 million package will also provide significant flow-on benefits for other native species.

"These new measures are targeted to ensure longterm recovery and resilience of our beloved Koala populations through monitoring, training in treatment and care, and on-ground action to protect critical habitat," Mr Buchholz said.

"We are working with the local community, with landholders and environment groups on habitat restoration projects that will target significant koala areas.

"We are also investing in programs to train vets and vet nurses to treat koalas after extreme weather events and we are funding research to determine the genetic strength of populations and how unique DNA variants can provide resistance to diseases," Mr Buchholz said.

"This new package will take Government spending on koalas to more than \$74 million since 2019, bringing together land managers, researchers, veterinarians and citizen scientists to address a full range of support strategies," Minister Sussan Lev said.

"The extra funding will build on work already happening across the koalas' range to restore and connect important





habitat patches, control feral animals and weeds and improve habitat."

The additional \$50 million investment over the next four years includes:

- \$20 million for habitat protection projects grants for large-scale activities run by Natural Resource Management and non-government organisations, industry, and Indigenous groups, as well as state and territory governments.
- \$10 million for **community-led initiatives** grants for local habitat protection and restoration activities, health and care facilities, and citizen science projects
- \$10 million to extend the National Koala Monitoring Program – to identify trends over time, increase the number of sites sampled, and support the participation of citizen scientists
- \$2 million to improve **koala health outcomes** grants for applied research activities and practical application to address health challenges such as retrovirus, herpes viruses, and chlamydia
- \$1 million for koala care, treatment and triage
 expanding and continuing national training for veterinarians and volunteers to care for and treat koalas.

Photos: (left) Jim McDonald, Assistant Minister Evans and Scott Buchholz with members of the Lockyer Uplands Catchment (top) Scott Buchholz, Assistant Minister Evans and Jennie Bacon at Spicers Animal Rescue Centre



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MORE BLOODY LEGENDS ARE NEEDED TO HELP SAVE LIVES



Here's another crew whose blood is worth bottling: Rhett Allen, Clayton Stewart, Jack Jordan and Alex Moscatt (pictured L-R). Their collective donation has the potential to save a dozen lives. Find out how to donate as a group here: http://bit.ly/2p34xVF

Energex and Ergon Energy "bloody legends" made a massive difference to the lives of Queenslanders in 2021 by giving 865 plasma donations and 457 whole blood donations to save an estimated 4086 lives.

Executive General Manager Customer, Michael Dart, said Australian Red Cross Lifeblood is an essential service for our communities, just like Ergon Energy Network and Energex.

"Every storm season, Energex and Ergon Energy crews roll up their sleeves to help impacted communities and customers, but there's also dozens of bloody legends in all parts of the businesses who help save lives all year around with plasma and whole blood donations," Michael said.

"At the moment, only half of appointments made to donate are being followed through, with a lot of regular donors isolating or unwell due to COVID."

"Red Cross Lifeblood needs 31,000 blood donations every week and a new blood donor every 5 minutes to keep up with demand, so it's important that anyone who is willing and able consider making a booking to donate – even if it's for the first time."

Red Cross Lifeblood Group Account Manager Liam Richardson said Energex and Ergon Energy had been incredibly generous and asked other businesses to encourage their people to follow suit.

"It's great to see businesses with large workforces Like Energex and Ergon really get behind the message that we need more donors," Liam said.

"I really encourage anyone who's interested in learning more about donating blood or plasma to go to the Red Cross Lifeblood website and, if they're willing and able, book a time. They'll be making a real difference to someone's life."

Find out how to donate as a group here: http://bit.ly/2p34xVF

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

Mon 24th N/S: Sheena Pollock - Sheila Irvine-Brown

E/W: Wendy Christie - Marian Gibbons

Thur 27th N/S: Kevin Hamilton-Reen - Mary Simon

E/W Laurene Hassard - Lindy Williams

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 SWANBOROUGHDIVISION 1



GROWTH MANAGEMENT STRATEGY REPORT

In my last column I pointed out the gross inaccuracy in the housing numbers in this report. For instance, it has a table showing that in 2041 the Mountain will grow to have a projected 3087 dwellings, when in fact we have close to 3,500 already. I can only suggest this indicates a disconnect with our Council report authors.

The population impacts and risks due to increasing population density also seem to be lost on the consultants and authors.

Nowhere in this report does it mention existing densities of Tamborine Mountain compared to Beaudesert/ Gleneagle. Let's have a look at a salient table using ABS census data and estimated resident population data from the report and publicly available data. (Table 1 below)

the existing footprint in the next 20 years.

Considering Beaudesert infrastructure is presently being gold-plated, with the often referred to justification being to cater for growth in the next 20 years. I don't accept the justification as Beaudesert population forecasts have failed in every iteration in the last 30 years. Yet we have planned in the present for a new Beaudesert library, surrounding parkland, supporting roadworks and town drainage and joining to the existing Administration centre, estimated to be costing of the order of \$25 million in this Council term, a \$10 million dollar industrial estate nearing completion, plans for a new massive Spring Creek park precinct, purchase of land for a new sporting precinct west of the town, (last year), purchase of land to cater for a new future showground, signature playgrounds and upgrades to Jubilee Park. One can understand the injustice our residents feel when our Tamborine

the Long Road extension falls

on deaf ears. Our pool is not fit for purpose, and our active recreation infrastructure cannot cope with the demand.

TAMBORINE MOUNTAIN HAS ALREADY CATERED FOR A MASSIVE POPULATION GROWTH IN THE LAST 9 YEARS RELATIVE TO BEAUDESERT, BUT WHERE IS THE INFRASTRUCTURE TO MATCH?

Let's look at the population growth relative to land footprint numbers for Tamborine Mountain and Beaudesert. (Table 2 at bottom of page)

During this period, Tamborine Mountain has boxed well above its weight, and it has already done almost twice the amount of growth compared to Beaudesert relative to their area footprint. There can be no justification for a continuation of population growth facilitated by subdivision, secondary

housing, and cabins, all of which need to be investigated on their impact on the Mountain's future density. It is a definite threat to our lifestyle and against the desired outcomes in our planning scheme. If it continues, we may all pay the price, and the very reason we are a desirable destination to live in, and to visit may be lost, and our land values decline. There would be no more

Lonely Planet recommendations to boast about, if we allow it to be slowly destroyed! As I have said before, this may well determine how our Council is judged at the 2024 elections.

The community consultation period is from 2nd February to 6th March 2022. I will update the details of how to have your say in my next column.

Derek Swanborough Councillor Division 1 derek.s@Scenicrim.qld.gov.au Ph 0436 351 567

Centre	Population 2016	Est. 2020 Population	Centre Area in square kilometres 2016		2020 Est. Population density /sq km
Beaudesert	6395	9482	43.60	74.8	126.8/sq km
Gleneagle	1877		31.20		
Tamborine Mountain	7506	8344	28.00		298/sq km

Tamborine Mountain's population density per square kilometre is 2.4 times higher than in Beaudesert, yet the strategic planners say we should now substantially increase it further, without their capacity or willingness for a corresponding investment in infrastructure to support it. The outcome is, surely, falling lifestyle and liveability, and degradation of our environment.

It is interesting that the whole population of Beaudesert, if squeezed into Gleneagle (31.2 square kilometres), would come close to the population density of Tamborine Mountain.

Beaudesert will just merely increase its land footprint and there will be no falling living standards. If Beaudesert/ Gleneagle retained its 2016 land footprint of 74.8 square kilometres, its population would need to grow to another 22,294 persons to be close to Tamborine Mountain's current density. Given its estimated population is now 9,482, that is an increase of 12,808 in

Mountain rates are sky high, and our growth is real and with us already.

Yes, it is acknowledged that we are soon getting an upgraded library of 800 square metres (IGA Building) compared to the Beaudesert Libraries' 2,100 square metres, but will it be of the same standard on a cost per square metre basis?

The Growth Management report suggests we accept more subdivision, yet the Mountain's desire to mitigate traffic with a simple construction of

	Est.Population Growth 2011 -2020	Land Area sq/km	Density- Growth persons/ sq km
Tamborine Mountain	1090	28	38.90
Beaudesert/ Gleneagle	1535	74.8	20.52



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

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one small place on earth



Tussock Moth





Perfect Tussock Moth egg laying and the larvae hatching – *Calitteara pura*, garage, Central Ave.

The moth was high up on part of the door frame, so I needed my stepladder for both shots. I took the first photo at the beginning of the month and the second, ten days later. The species has been found in Queensland, New South Wales and Victoria. Wingspan is 6 cm. The larvae must find a host plant to eat, prior to pupating and becoming a moth. Host plants for the species include roses, blueberry, begonia, bird of paradise plant, great magnolia, gymea lily and water gum. The day after I photographed the larvae, they had begun to disperse and after few more days, they had all disappeared, many, doubtless, having been eaten.

Peter Kuttner

Council Notices

SCENIC RIM

REGIONAL COUNCIL

CURRENT VACANCIES

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SENIOR GOVERNANCE AND RISK OFFICER

Applications close 12 noon, Friday 11 February 2022.

Visit scenicrim.qld.gov.au/current-vacancies for more information.

All applications must be submitted through SEEK.com.au

COMMUNITY CONSULTATION

DRAFT SCENIC RIM GROWTH MANAGEMENT STRATEGY 2041

Council is seeking community feedback on the draft Scenic Rim Growth Management Strategy 2041, which has been prepared to manage the future growth needs of the Scenic Rim region. The draft strategy indicates the scale, location and timing of future residential and employment growth within the region.

Find out more at Let's Talk Scenic Rim: letstalk.scenicrim.qld.gov.au.

The consultation period commences 2 February 2002 and concludes 6 March 2022.

LIBRARIES

Scenic Rim Library programs and events will not be held in February due to increasing cases of COVID-19 across Queensland.

Did you know Scenic Rim Library members can access a range of resources online? From eBooks and audiobooks, to movies and even puzzles and games, there's something for everyone to discover. All Scenic Rim residents can register online for free.

Visit scenicrim.qld.gov.au/libraries



LET'S TALK SCENIC RIM

Let's Talk Scenic Rim is our new online community where you have your say on council projects and programs of work.

When you share ideas, insights and information, you're helping us understand what is important to our community and guide our decisions for the future.

Visit letstalk.scenicrim.qld.gov.au to be one of the first to register before consultation on projects open on 2 February 2022.

Join our Community Panel to be involved and make a difference.

Visit letstalk.scenicrim.qld.gov.au or scan this OR code with your smart phone camera.



COVID-19 UPDATES

As COVID-19 continues to impact our community, you can stay up to date with any changes to Council Services through our COVID-19 page on Council's website.

Visit scenicrim.qld.gov.au/covid-19

LIVE + ONLINE AT THE CENTRES

ON STAGE MORNING CONCERTS CIGANY WEAVER IN CONCERT

Friday 11 March | 11am | Vonda Youngman Community Centre **Tickets** Adults \$16, Groups 9+ \$12.50 p/p

ON STAGE EVENING CONCERTS

BLOOM SINGS THE STEVIE NICKS, CAROLE KING AND LINDA RONSTADT SONGBOOK

Friday 25 March 7.30pm Boonah Cultural Centre **Tickets** Adults \$34, Conc. \$29, Groups 8+ \$29

Phone 07 5540 5050 or visit liveatthecentre.com.au



FRIDAY FLICKS

Boonah Cultural Centre | 10am | 1pm | 7pm Tickets \$10 | Conc \$7.50

11 February The Rose Maker (M) 95 mins Comedy starring Catherine Frot and Fatsah Bouyahmed

FREE TREE DAYS

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

Boonah | Springleigh Park | Saturday 5 March
Beaudesert | Birnam Street Nursery | Saturday 7 May
Harrisville | Harrisville Memorial Park | Date to be confirmed

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





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AGENTS:

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Can you tell we're excited

Congratulations to our vendors and buyers.

Gladys, enjoy your new environment, you now get to live worry free, and to our buyer Vanessa, welcome to the mountain, so much to do and see, and people to meet

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

AGENTS:

Barry Chick 0418 876 191 Lisa Patrick 0407 642 444



IS AUSTRALIA'S PROPERTY BUBBLE SET TO BURST?

Australians love to talk about 'property bubbles', debating whether or not we are in one, and how long it will be until it bursts. The concept is definitely a hot topic right now, particularly after prices rose so dramatically during the pandemic last year. Demand has been high, supply low and money 'cheap', so buyers have been increasing their offers to secure property. But are we seeing a bubble that is about to burst? The trouble is that it's hard to know whether there is in fact a property bubble until it actually 'pops'.

Property bubble or not, there are signs that the rapid increase in property prices is set to slow at the very least.

When you are considering your next move, think of the brand that stands out from the crowd and one that provides stability in turbulent markets.

If you are looking to buy, sell or manage your property investment, call us, Professionals Serendipity,

your local Professionals agency.

Begin your journey with us





JON KRAUSE MP

State Member for Scenic Rim

BEAUDESERT POLICE STATION SUCCESS

The new Beaudesert Police Station is now operational at Anna Street – at long last. Why does this matter for Tamborine Mountain and surrounds? It matters because Beaudesert police work together with Canungra and North Tamborine, especially on weekends and overnight. Bolstering police resources in

Beaudesert is a part of increasing coverage across the board.

It didn't take long for the old station to come down (I watched it get demolished in 2020) but it was a long time coming to get the new Beaudesert Police Station on the agenda. The previous station opened



in 1980, and at the time was allocated four officers and two cars. It was 2004 when the old station was anointed 'dump of the month' by the Qld Police Union. The lobbying started before my time (mid-2000s),



but I was successful in getting the build process started in 2014. Seven years later, it's here, and can house over 50 officers if necessary.

Our local police do a good job, often in trying situations, to keep our community safe. There's always issues that need to be addressed, and resources not available

that would help police and help the community. Getting hold of those resources is an ongoing fight for Tamborine Mountain and all across the Scenic Rim Electorate.

Photos: (top) Jon Krause MP pictured at the demolition site of old police station in October 2020 and (above) at front of the new station in December 2021.

RATs

I have had a couple of queries about the lack of QId Health distribution points for RATs on the Mountain (and lack of testing opportunities generally). Tamborine Mountain is a part of the Gold Coast Health Service district, and I have complained to the Health Minister about the lack of any presence on the Mountain — as opposed to other regions where the local health districts have reached out to the smaller areas (like Metro South has established a system in Beaudesert for distribution of RATs, at my urging). At the time of writing, I'm unaware of any movement on this front, but I will continue to press the case.

SCHOOL'S BACK

As our children head back to school, it's a good time to be reminded of the standard operating hours for most school zones in Queensland: 7–9am and 2–4pm. Children can be hard to see, and may not be concentrating on vehicle movements before or after school, so it's important that we take extra care at these times. I wish children and parents the best as school returns this year – remember to be mindful of the 40km/h school zone limit as we get back into the routine of school drop-offs and pick-ups. I hope that the first few weeks back at school are manageable for our resilient students, parents and teachers

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

AUSTRALIA'S AAA CREDIT RATING CONFIRMED

Rating agency S&P Global has affirmed Australia's AAA credit rating, citing Australia's strong economic recovery from the pandemic and track record of sound economic and fiscal management. Australia remains one of just nine countries to hold a AAA credit rating from the three major rating agencies. After balancing the Budget for the first time in 11 years, Australia entered the crisis from a position of strength that provided it with the capacity to respond to the crisis.

FREE USE OF ABORIGINAL FLAG SECURED FOR ALL

The Aboriginal Flag is now freely available for public use after the Morrison Government completed negotiations with Harold Thomas, with the copyright transferred to the Commonwealth. The Aboriginal Flag will now be managed in a similar manner to the Australian National Flag, where its use is free, but must be presented in a respectful and dignified way. In reaching this agreement to resolve the copyright issues, all Australians can freely display and use the flag to celebrate Indigenous culture.

BACKING OUR QUEENSLAND COMMUNITIES WITH REEF INVESTMENT

The Morrison Government will invest an additional \$1 billion in protecting the Great Barrier Reef, while supporting 64,000 Queenslanders and their jobs which drive the Reef economy. New funding will back world-leading marine science, the deployment of new climate adaptation technology, major investments in water quality programs, on-the-ground projects with Traditional Owners and state of the art on-water management practices to reduce threats from Crown of Thorns Starfish, protect key species and prevent illegal fishing.

MORE HEADSPACE CENTRES ON THE WAY

One in four young Australians are affected by a mental health illness every year, and as we continue to battle COVID-19 it's more important than ever that we prioritise mental health. That is why the Morrison Government is providing an additional \$44 million to increase access and reduce wait times at headspace services across Australia. We encourage Primary Health Networks across the nation to apply for up to \$1.8 million each in wait-time-reduction grants. In addition, grants of up to \$940,000 are available for capital and infrastructure improvements to existing headspace services.





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.

COUNCIL'S GROWTH MANAGEMENT STRATEGY REPORT: IS TAMBORINE MOUNTAIN UNDER THREAT?

As I was a Councillor at the time the new Planning Scheme was being developed, I think that it is appropriate for me to make a comment about the Growth Management Strategy report.

The new Planning Scheme was going to allow some subdivision on the Mountain. I had a concern at how much analysis had been conducted on the proposals. After some community consultation, I advised Councillors that without knowing what population growth was already available through occupation of vacant land, dual occupancies and secondary dwellings, it was unwise to allow further subdivision. It was finally decided not to allow any further subdivision on the Mountain until a review had been conducted.

The Growth Management
Strategy was that review, and the
recommendation is to allow lots of
1ha or greater in the Rural Residential
Zone including the Rural Residential A
Precinct.

However, the review has not determined what population growth is currently available through occupation of vacant land, dual occupancies, and secondary dwellings. It is interesting to note that the report did comment on page 34 that Tamborine Mountain had the second largest uptake of dual occupancies in the Scenic Rim since 1 Jan 2016.

The Scenic Rim Regional Council does have to plan for population growth, however there is enough vacant land within the Scenic Rim, excluding Tamborine Mountain, to take up the desired growth. Scenic Rim Regional Council does not need Tamborine Mountain to fulfil this population growth.

Does Tamborine Mountain require more population to remain sustainable? The answer is definitely: no. The report recognises on page 45 that Tamborine Mountain has limited infrastructure networks. These are defined as stormwater, water supply, sewer, electricity and telecom/ NBN. We are at capacity now, and with population growth from what we already have, we do not need to create any more.

The community consultation period is proposed to be 2 February to 6 March and the report will be made available on the Council's website. There will be no community meetings so residents will have to make a submission. I urge residents to make their views known.

Nigel Waistell

WELL OVERDUE FOR A PRINCIPLED APPROACH

The Scenic Rim Regional Council management approaches are attracting very substantial public criticism, causing major internal dispute and driving the Council towards complete dysfunction. Recent articles and letters are also identifying how proceeding down the present path will cause lasting damage, particularly to Tamborine Mountain.

However, a little research confirms that the management philosophies adopted by the Council are not only ill-advised but also appear to be in fundamental conflict with the provisions of the *Local Government Act*. The Council is required to operate in conformity with this *Act*. Many of the problems can be traced to the Council adopting unique interpretations of the prescriptive portions of the *Act*, e.g. the responsibilities of Councillors and the Mayor.

However, there is an over-riding mechanism providing clarification as follows:

The Local Government Act, Chapter 1, Preliminary

4 (1) Local Government Principles underpinning this *Act*

(a) anyone who is performing a responsibility under this *Act* to do so in accordance with the Local Government Principles.

This identification of the existence of over-riding principles is clear and unequivocal, leaving no room for sidestepping.

The five principles referred to follow the above, and are copied in full below. They also are clear and unambiguous. The opportunity is taken by the writer to insert comments identifying major areas where the

continued page 13

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ARE YOU FIT TO DRIVE?

As we age, many aspects of our health and well-being alter over time. If you still drive, it would be good to consider if you are truly

fit to drive. Even on a temporary basis following an illness, it may be safer to allow someone else to take the wheel and chauffeur you to your medical appointments or grocery shopping.

If you have a permanent or long-term medical condition, you could talk to your doctor about your concerns, and the impact your medical condition could have on your ability to drive safely.

Health professionals are qualified to check if you are medically fit to drive.

If required, they will provide you with a medical certificate reporting on your fitness to drive. This certificate will either state that you are fit to drive, or that you are able to drive under certain conditions. You must inform Queensland **Transport** if you have a medical condition that could affect your ability to drive safely. Failure to report medical conditions can be dangerous on the road, and the penalties are high.

Some common conditions that may affect your ability to drive safely include:

- diabetes
- epilepsy
- heart disease and stroke
- arthritis and joint problems
- eye and hearing problems
- sleep disorders
- dementia and Alzheimer's disease
- depression and other mental health problems
- lung disease
- injuries and disabilities

This is not a complete list, so it would be wise to consult with your health professional. At the same time, ask whether any medications you are taking for your conditions could affect your ability to drive safely. Many medications have side-effects that can affect your responses, putting you, other road users and pedestrian traffic at risk.

TMCCA provides transport services for clients to go to their medical appointments and for reasons of individual social support. If you need more information, feel welcome to call us on 5545 4968.

Geoff Marshall Manager - TMCCA

MEALS ON WHEELS ROSTER FEBRUARY 2022

Fri 4th **Cath BUCKLEY Keith ATTWOOD**

Fri 11th Athol & James MCDONALD

Glenys KELLY

Fri 18th Cath BUCKLEY

Harry O'NEILL

Fri 25th **Tanya JOHNSTON-HIRD**

Stephen NUSKE

MUCH TO CELEBRATE AT CAULDRON

Cauldron Distillery has relished being part of the Tamborine Mountain community since launching in May of 2021. We've loved the support of the local community and enjoyed delighting day visitors and weekend guests. We especially want to thank the locals who now call us their regular hangout, which means a great deal to us. For those yet to visit us, we look forward to meeting you in the near future!

We're so excited for 2022 as we begin our locals' nights (stay tuned to the socials #cauldron distillery), begin offering lunches and dinners, continue our support of local live music events, and much, much more. As well, we'll continue to release new and interesting products that we hope you'll love. If you haven't already organised your Valentine's Day weekend, consider a day in the vineyard as a great choice.

Thank you to all the locals for your support so far. This is just the beginning, as we build one of the must-visit destinations in South East Queensland. If you have a suggestion on how we can promote Mountain tourism, or if you want to host an event you are considering, please reach out to us at hello@cauldrondistillery.com.au

Kind regards, Team Cauldron









Valentine's Weekend

Saturday 12th & Sunday 13th February

WITH A ROMANTIC PICNIC AMONGST THE VINES AT



You bring your true love, we'll provide the magic.

We have the perfect afternoon planned for you and your love, with a picnic hamper that you can take anywhere on the property, or just at a table, to have your romantic lunch together.

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Call now to book your romantic spot amongst the vines.

07 5545 0156



REDFEB 2022: GETTING TO THE HEART OF WOMEN AND HEART DISEASE

This February is REDFEB, heart awareness month. In addition to encouraging people to wear red and donate, Heart Research Australia is promoting new resources that highlight the differences in heart disease symptoms, prevention and management for both men and women.

- Heart disease is one of the biggest killers of women in Australia
- 4 out of 5 Australian women do not realise heart disease is a leading cause of death
- Heart attack warning signs can differ between women and men
- Physicians are more likely to underestimate heart disease risk in women
- Menopause reduces women's natural protection against heart disease

Heart disease is Australia's single biggest cause of death, killing an Australian every 30 minutes. While more men die from heart disease than women, it is still one of the leading causes of death in Australian women. Moreover, aspects of its prevention, treatment and management are unique to women.

"Despite heart disease being a leading cause of death in women, only one in five Australian women are aware of this" says Nicci Dent, CEO of Heart Research Australia. "This highlights a huge gap in understanding and the need to raise awareness about the different symptoms and risks for women. Many women dismiss early warning signs because they think heart disease mainly affects older men."

Cardiologist Dr Ashleigh Dind says "Many of the symptoms women experience may not be recognised as heart disease, thus increasing the likelihood of a missed diagnosis. Although men suffering from a heart attack typically describe chest pain or discomfort, women are more likely to have non-chest pain symptoms such as shortness of breath, weakness, fatigue and indigestion, and frequently with worse consequences."

Physicians are also more likely to underestimate heart disease risk in women, and this can influence their diagnosis and treatment. Research finds that younger women aged under 55 with acute coronary syndrome (heart attacks and/or angina) are more likely to be misdiagnosed and discharged from emergency departments than men.

"Awareness is critical so that women can advocate for their own health. Professor Gemma Figtree's latest research partially funded by Heart Research Australia, showed women who had a heart attack with no modifiable risk factors had a mortality rate 3 times that of men, with at least one risk factor. Although more men than women are admitted to hospital experiencing a heart attack, the number of deaths are the same and heart disease kills more than two times as many Australian women than





breast cancer" says Nicci Dent.

Menopause reduces women's natural protection against heart disease.

"Women are generally more at risk of heart disease after menopause. As women reach their fifties and navigate menopause, their risk factors for heart disease are more likely to increase as the protection they have received from oestrogen declines. Oestrogen plays an important role within women's bodies. One of the many things oestrogen helps do is keep the blood vessels in the body stable and functioning well," says Dr Dind. "With less oestrogen, women are more likely to develop plaque in the arteries surrounding the heart or have this plaque rupture, increasing the risk of a heart attack. Oestrogen also has beneficial effects on sugar regulation and insulin.

"Therefore, it is very important for women to create healthy habits BEFORE they reach menopause, as that is when their risk of developing heart disease will accelerate. Women should try to keep up their lean muscle mass, because menopause can also cause a change in their body composition, which means their fat mass can increase. Exercising, following a healthy diet and not smoking can all help prevent that escalation in risk. Although it isn't common for younger women to experience heart disease, it can occur, so it is important to follow a healthy lifestyle at any age."

FREE resources launched for REDFEB

REDFEB aims to raise awareness for heart disease and funds for life-saving research. This February, Heart Research Australia is promoting new resources that highlight the differences in heart disease symptoms, prevention and management for both men and women.

The new resources include two educational videos and a free wallet card that outline the different signs and symptoms of a heart attack for both men and women, plus a 'Heart Attack Action Plan' should the situation arise.

"The new resources are free to all Australians, but any financial support towards our life saving research will be gratefully received. The simple fact is that research saves lives, which is why Heart Research Australia funds world-class and emerging researchers to conduct ground-breaking research into the prevention, diagnosis and treatment of heart disease," finished Ms Dent.

This February, Heart Research Australia invites all Australians to wear RED for someone close to their heart to help keep families together for longer. Whether it's a family member, wife, husband, or that special friend who means the world to them, or in memory of someone they loved who sadly passed away due to heart disease.

For more information on REDFEB and to donate, please visit: **www.heartresearch.com.au**



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.

continued from page 9

present Council system appears to fail to implement the Local Government Principles. It is notable that every principle appears seriously infringed. One or two would be bad enough but all five?

The Local Government Act, Chapter 1, Preliminary

- 4 (2) The Local Government principles are -
- (a) Transparent and effective processes and decision making in the public interest.

Comment: The present notorious lack of transparency is totally unacceptable. Replacement of open Standing Committees by closed Confidential Briefings and Workshops is a prime example.

(b) Sustainable development and management of assets and infrastructure and delivery of effective services.

Comment: There is little effective opportunity for resident input as to what constitutes 'sustainable', 'assets' or 'infrastructure.' Decades of responsible management are being sacrificed to short term priorities. Tamborine Mountain is a particular example where its long recognised and carefully managed value as a regional residential and tourism resource is threatened by Council's support of incompatible high density development.

(c) Democratic representation, social inclusions and meaningful community engagement

Comment:

- 1. Proper democratic debate is inhibited. Councillors who do not toe the official line are afflicted with large numbers of anonymous (but many from within Council) complaints to the Office of the Independent Investigator. Almost all are rejected.
- 2. Effective transfer of some policy decisions from the Executive Arm of Council to the Administrative Arm is not acceptable.
- 3. Engagement with the general community is extremely limited.
- (d) Good governance of, and by, local government.

Comment: With the present systemic deficiencies, good governance is not in evidence, and is probably not achievable.

(e) Ethical and legal behaviour by councillors, local government employees and councillor advisors

Comment: With so much of Council proceedings held in closed session, the ethical and legal behaviour of all parties must come under question. The closed Confidential Briefings and Workshops are of particular concern since these are the site of most Councillor/Council employee interaction.

The whole scope of the problems can only be hinted at in a letter, but it is obvious that the situation as existing cannot be allowed to continue. However, it should be realised that not all Councillors have supported the Council's approach but have been outweighed, until very recently, by a minimal majority supporting the Mayor. On occasion, the Mayor's casting vote has played a significant part.

Phil Giffard

HELP FIGHT AUSTRALIA'S BIGGEST KILLER THIS FEBRUARY

Every 10 minutes, an Australian suffers a heart attack. Sadly, many do not survive, with 48 Australians dying every single day from heart disease – someone's family member, wife, husband, or special friend who means the world to them. Given that heart disease is our biggest killer, it would be impossible for all Australian communities to not be impacted in some way.

The simple fact is that there is still so much for us to learn about heart disease, and research saves lives. Heart Research Australia aims to reduce the devastating impact heart disease has on families and the community by supporting world-class and emerging researchers to conduct ground-breaking research into the prevention, diagnosis and treatment of heart disease.

That's why this February we invite all Australians to get involved with **REDFEB**, heart health awareness month, to raise much-needed funds for ground-breaking research into heart disease. Getting involved is as simple as wearing red and donating to Heart Research Australia during the month of February. For more information or to donate, please visit **www.heartresearch.com.au**

On behalf of the thousands of Australians impacted by heart disease every year, thank you for your support.

Nicci Dent CEO Heart Research Australia

TAMBORINE MOUNTAIN SHOW 2022 NOT FAR AWAY

Date: Saturday 19th March 2022 - Gates open at 10.00 am till Late

- We will have a fun-filled day, with the Roaring 20's theme this year.
- We will have the Fun "Junior Pet show" sponsored by Pet Food Dude, Rhonda's Dog Groom, TM Veterinary surgery, Tamborine Traders, Skywalk, Thunderbird Park, Glow Worm Caves, Tamborine Pet Farmstay, Subway, TM Chamber of Commerce and Scenic News.
- The "Tamborine's Got Talent Quest". Winners will receive \$100.00 and \$50.00 for Second, and an Encouragement award Prize. Trophies and Cash prizes donated by The Professionals Serendipity Real Estate.
- Lots of stage entertainment ,including Flapper Dancers from all 4 Dance group.
- The Fabulous Fireworks, fun show rides, sideshow alley and fun show food.
- We will have a spectacular display of "Show and Shine Cars" and the Car competitions. Sponsored by Main sponsor Cheapa Auto

- Spares, and Pether's Rainforest Retreat, 3 Little Pigs, Albert River Winery, Camelot, Fox and Hounds, Hampton Estate and St. Bernard's, donating wonderful Prizes and Vouchers. Gates open Back gate at 6.30 am for Car Show and Shine cars.
- We will have a big screen and racing simulators on site all day down in the Car Show and shine area. This will be lots of fun. Cheapa Auto spares will have a trade site as well.
- We will also have lots of arena entertainment and displays, with a Dog Agility display and Horse Halter and lead display sponsored by Horseland Gold Coast.

Lots of free activities for the kids and all the wonderful pavilion and Green Shed competitions. Entries taken from 2.00 pm to 6.00 pm Friday 18th March in the Pavilion. We will have lots of wonderful cash prizes – for example \$200 donated by Lakeside Accounting for first prize in a class in the Paintings section and lots of other wonderful prizes donated by local business. Schedules will be available from the Tourist Information centre, Newsagent and other areas around the mountain as well as online – www.tamborinemountainshowgrounds.com



OPEN YOUR BODY TO PRESENCE

We have a yoga retreat coming up soon (25 – 27/3/22) and the title of the retreat is "Open the Body

to Presence". I run these retreats every year and sometimes twice a year if I have enough interest. Each retreat is a bit different from the one before and they evolve and are influenced by events in real life, on the local and global stage. Events and challenges my students find really interesting and applicable to their own lives. And lucky us, we have been under the deluge of the COVID narrative for the last 2 years, so looking for inspiration and relevance in our current world, learning to open the body to presence seemed appropriate in a world preoccupied and distracted by one news event.

Distraction is one way of keeping us from the present moment. Noam Chomsky, American linguist, philosopher and cognitive scientist wrote an article called "Strategies of Manipulation by the Media". Chomsky describes how distraction can keep us from seeing the big picture and keep us from our own truth. Quote from the article: "The primary element of media social control is the strategy of distraction which is to divert public attention from important issues ... by the technique of flood or flooding continuous distractions and insignificant information."

Sounds like a recipe for our current society: anxious, suffering from mental health challenges and fearful. Well, the opposite of distracted is attentive, present and grounded in the moment. How can you be swayed by shiny distractions if YOU open to, and remain in, the present moment? And when you learn to become present there is nowhere else to go. The present moment holds all the power, the fun and the inspiration.

The first step to becoming present is to pay attention to your life. Becoming present means that you stop sleepwalking your way through your life and you learn to remain fiercely grounded in your body. It's hard to distract a person when they are acutely aware of the earth beneath their feet, aware of their immediate surrounds and aware of their breath. Your breath holds the key to your unconscious world. When you no longer behave like a distracted automaton you start to notice when you are holding the breath, practicing shallow, small breaths and this gives you the choice to change the breath. As you drop into your body and breathe with the whole of your belly and diaphragm and ribcage, you'll find your mind will calm down, your common sense will prevail and you'll give yourself the chance to make good decisions based on how you feel: in your gut, in your heart and in your head. And opening to presence includes opening to laughter, to spectacular nature, to friendship and to our own true nature, that of joy.

Margot Wagner Yoga Under the Bodhi Tree

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

Relationships



LIFE ACHIEVEMENTS

It's tennis time in our household. Not that we actually get out the racquets and head to the local courts, though that might be a beneficial idea. No, we ride the wave of tennis excitement, cheering on our favourite players in front of the television. Two players whom I have immense respect for, are our homegrown heroes, Dylan Alcott and Ash Barty. While they both hold impressive tennis credentials, including number one ranking in the world, their off-court life is admirable.

Dylan's achievements were recognised on Australia Day, when he was announced Australian of the Year. Five years ago, he founded the Dylan Alcott Foundation with the core purpose of helping young Australians with disabilities gain self-esteem and respect through sport and study. A fan of music festivals, in 2018 he launched Ability Fest, a universally accessible music festival, featuring pathways for wheelchairs, quiet areas for people with sensory disabilities, and the presence of sign interpreters. Dylan states that his purpose every day is to change perceptions so people with disability can live the lives they deserve to live. He refuses to let self-pity or cynicism gain access to his mind. His advice to young people with disability is "For every one thing you can't do, there are ten thousand things you can. For every idiot who gives you a hard time, there are ten thousand others worth your time".

Ash Barty's postmatch interviews reveal much about who she is and what she stands for. She is often asked what it's like to be world's number one player.



She points out that she always tries to be the best version of herself on and off the court, as being herself is what she does best. "My parents taught me that being a good person is the most important thing in life and I try to do that every day. When I started playing tennis, my first coach Jim Joyce had four 'rules' - be a nice person, respect people and be respected, have fun and if you can play tennis that's a bonus. I try to walk away with a smile even after a tough day." She is always quick to credit her team for every achievement and to point out the qualities, on and off court, of her competing players. She is personally involved in the Indigenous Tennis Foundation, animal welfare charities and relief for bushfire victims.

Dylan and Ash are awesome examples of sporting greats who recognise that personal ambition, achievement and recognition are not the be all and end all. They have worked hard for their status, but for them it is not the end goal. They have used their unique position and influence as a platform to improve the lives of others. I'm confident there won't be any tragic stories of their downfall when their sporting prowess declines. Their focus will be on how they can continue to help improve the lives of those who need a helping hand; a consummate lesson for us all.

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

Physio Talk

with David Cvelbar



PARENTING, GROWTH... A BIT AT A TIME

My son is now ten months old, and it is so much fun! This was our first Christmas with a child, and we were pumped!

If you have had kids I am sure you can relate to the joy and deep satisfaction you get from watching your kid grow and learn. And then reaping the rewards for your efforts by receiving a grin, chuckle of laughter and a cuddle. It is hard work, and those smiles are easily worth it!

We like to think he is advanced for his age (as most parents do). Our little man is able to pull himself up into standing, walk while holding on with one hand, crawl, give you the best cuddles, and best of all... he will greet me when I get home from work with an enormous grin and say "Dad!".

Parenting has been the steepest learning curve. But it is awesome. Especially awesome, as he is now at such a delightful age.



Friends who haven't had kids yet will ask my wife and I, "What's it like to be a parent?". And it is such a hard question to answer in a way that brings the full meaning to what you are trying to express. It is other-worldly. It is so much good stuff yet so challenging all rolled into one... and you cannot prepare for it.

I want to shake them and urge them to get married ASAP and have a kid. I want to warn them of how scary it is to see your kid almost choke on something. I want to tell them that it is like your love for your wife and family expands and grows rather than get redistributed. But I refrain because one cannot go on such a crazed rant at a Christmas dinner party.

So what do I say to my friends when they ask "What's it like to be a parent?".

I tell them that they should find out for themselves, and to make it soon, as I want more parent-friends my age!

One of the best parts is watching the child's rapid growth and development.

Our boy was 3.7kg when he was born, and he is now around 10kg. Initially we found it hard holding a 3.7kg weight for hours at a time. We still find it hard, yet he is a 10kg lump of joy. Over 8 months we have been having to cart this little man around, and our arm muscles have adapted and strengthened. How cool is that?

This is the principle of progressive overload. Progressive overload is when you gradually increase the weight, frequency, or number of repetitions in your strength training routine.

Progressive overload is what has helped his nervous system adapt, change, and grow. And progressive overload has led to his muscles lengthening, strengthening, and developing.

The body does extremely well with slow increases in load, as it is designed to improve and get healthier to the right level of stimulation.

With the New Year well and truly upon us, this is an invaluable lesson, as many people will be setting new health goals. Be sure to factor in this principle of gradual increase in volume to avoid injury. Let's make this year a great one!



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3

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6

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Brad C. - The Fork

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5

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8

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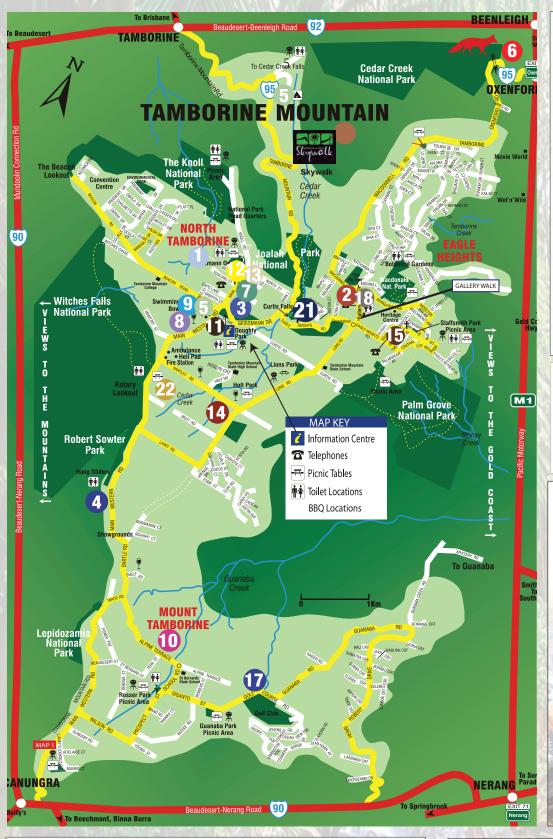
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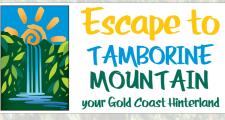
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THE CENTRE IN BEAUDESERT WELCOMES 30 NEW AUSTRALIANS TO THE SCENIC RIM

Scenic Rim's newest Australian citizens took the oath on Australia Day during three separate ceremonies.

A ceremony on Queensland Day last year was held outdoors in Jubilee Park but the Australia Day event was moved to The Centre Beaudesert after the growing number of COVID cases across the region caused concern.

The Australia Day Awards presentation, which is traditionally held at the same time, did not go ahead. The first citizenship ceremony took place at 10am with a second held at 1pm, in order to ensure COVID-safe rules could be followed.

In total, 30 people were welcomed.

Scenic Rim Mayor Greg Christensen said they were among 16,000 people from more than 150 nations who, on Australia Day 2022, pledged their loyalty to Australia and its people, democratic beliefs, laws, rights and liberties.

"We are honoured to be part of their journey from migrant to Australian citizen and to all of them I say 'welcome'," he said.

"As mayor, I'm sure I can say that they are not only becoming citizens of a great country but also, formally, part of one of the greatest communities in Australia here in the Scenic Rim."

Cr Christensen said Australia Day was an opportunity for everyone to reflect on the nation's history – its highs and its lows – to respect the stories of others and to celebrate the achievements of Australia and its people.

"Becoming an Australian citizen means something different to everyone and I am pleased that our newest Australians chose to share this important day with us in the Scenic Rim," he said.

"On behalf of the people of Australia, and especially the Scenic Rim, I congratulate our newest citizens and hope they enjoy a happy and successful future here."

This year's newest batch of Aussies came from the US, UK, Poland, New Zealand, Columbia, India, Bulgaria and Sweden.

The ceremony was scaled back due to COVID concerns, with



Mayor Christensen noting that there were no musicians, and the person who would normally lead the national anthem was not in attendance, as she had tested positive for COVID.

In keeping with tradition each new Australian was presented with a native tree, and since there were no refreshments this time, they were also given an individually packaged cake made by Aratula Bakery.

Photo: Grant Agnew, originally from New Zealand and now of Tamborine Mountain, celebrates his Australian citizenship. Photo: Larraine Sathicq

Report: courtesy Beaudesert Times

UNVACCINATED NEW AUSTRALIANS WELCOMED IN SEPARATE CITIZENSHIP CEREMONY

Five unvaccinated Tamborine Mountain residents became Australian citizens on Australia Day, with a ceremony performed by Mayor Greg Christensen in council chambers.

This came after Scenic Rim Regional Council last year announced they would comply with the state government's Public Health Directives and deny entry to The Centre Beaudesert from December 17 to anyone who remained unvaccinated for COVID-19.

This meant unvaccinated residents were unable to enter the venue to take their pledge of commitment and officially become Australian citizens.

Mayor Christensen and Cr Michael Enright held the separate ceremony upstairs following a morning event where 11 citizens took the oath. A third ceremony at 1pm welcomed another 14 new Australians into the region.

Cr Christensen said it had been a privilege to welcome both vaccinated and unvaccinated new Australian citizens to the Scenic Rim.

"Citizenship ceremonies are the core of our identify as Australians, and our council felt it very important to find a way of allowing our unvaccinated candidates to take part in the Australia Day citizenship ceremonies," he said.

"This was able to be achieved through a private ceremony with limited numbers within a COVID-safe environment in the council chambers (The Centre Beaudesert as a cultural centre is a restricted business requiring proof of vaccination or certified medical exemption under the Queensland government's Public Health and Social Measures linked to vaccination status)

"Our consideration throughout this process was for the experience of the individual candidates on the day."

The mayor said the unvaccinated people who took part in the smaller ceremony expressed their delight and gratitude for being able to accept their certificates in person.

"It was my great privilege as Mayor and



Chair of the Australia Day Committee to welcome to our region all our new Australians for the very first time," he said.

Photo: Kelvin Moroney from Tamborine Mountain did not let his vaccination status stop him from becoming and Australian citizen. Photo: Larraine Sathicq

Report: courtesy Beaudesert Times

OFF THE FARM - MILES OF SMILES AT WATERMELON EATING CONTEST

Last Saturday saw an enthusiastic turnout milling out the front of Canungra's favourite fresh produce supplier, Off the Farm. Young and old alike savoured the challenge - and the refreshment provided by wedges of summer fruit.

Ex-footballing legends Michael Crocker and Kevin Campion brought serious sporting cred to the occasion.

The winners list - and the wonderful local businesses that donated their prizes... for which we are eternally grateful:

- 0 -5 Years won by Carlin Birribi Honey Pack, Marshmallows (all junior contestants also received a free juice voucher.)
- 6yrs -10yrs won by Skye Livin.org Gift Pack
- 10yrs 16yrs won by Skye Ifly Family voucher
- Adult Women won by April Heartmade Hampers gift pack
- Adult Men won by Croc 2 nights' accommodation at O'Reilly's Rainforest Retreat.
- All In won by Croc Hot Air Balloon ride from GoBallooning.

Raffle Prize winners:

- BP Canungra Voucher won by Brooke
- Canungra Hotel Voucher won by Anite
- VH Fitness Voucher won by Carolyn
- Sarabah Winery Tour won by Croc

The popular event helped to raise funds for Pink













Special guests NRL players Michael Crocker (left) and Kevin Campion (far right) with Off the Farm's Gary and Lauren.

Assist (Turning Canungra Pink | Canungra Chamber of Commerce).

Photos: Lauren Stevens







travelling places

Est. 1990

TRAVELLING PLACES with Gina

Watching the Australian Open has brought back lots of memories of living in London and attending Wimbledon, SW19. Last week, Ash Barty won the finals in Melbourne with a remarkable match - a gifted player and a delightful person to make Australia proud. I was lucky enough to see Pat Cash win his semi-final at Wimbledon in 1987 - he went on to win the final, another amazing Australian athlete. The atmosphere was electric, the crowd split between Jimmy Connors and Pat Cash, and the match thrilling. Make the opportunity to be in the crowd for a major somewhere in the world, soak up the atmosphere and revel in the fantastic sportsmanship on display. Who doesn't want to visit Melbourne, Paris, London or **New York?**

Summer in England is wonderful. Start with



the Chelsea Flower Show towards the end of May, the floral displays are stunning, the garden designs innovative and inspiring. Around the corner is Trooping The Colour on Horse Guards Parade, another British spectacle.

A perfect time to explore Britain. Hire a car and potter around country villages, enjoy a taste of local life and base yourself in a cottage for a week exploring the area, popping into country pubs for lunch, wandering through stately homes, walking the country trails and soaking up the history.

To explore England, Scotland and Wales allow yourselves at least 3 weeks — this will give you time to linger in places you enjoy, to interact with locals, and to take a holiday. There are tours, self-drive itineraries and small ship cruises that circumnavigate the British Isles.

Early June sees Ladies' Day at Epsom races – a fun-filled day with everyone dressed to the hilt, you may even glimpse the royal family! Quintessentially English is Henley Royal Regatta held annually on the River Thames – make sure to take your blazer gentlemen! Also at the end of June is the All England Tennis Club's Wimbledon tournament.

The leadup match at Queens Club is also great fun to attend – more low key but every bit as thrilling. It is important to book these events in



advance so that you don't miss out!

Of course, the art galleries, museums, theatres and concerts are fantastic in London. You can see extraordinary actors live on stage — I remember seeing Anthony and Cleopatra at the National starring Judi Dench and Anthony Hopkins — amazing! A Midsummer Night's Dream outdoors in Regents Park. The Summer Exhibition at the Royal Academy in Piccadilly is an annual must. Later in the season catch the Proms at Royal Albert Hall. Walk down the banks of the Thames, past Westminster and the Houses of Parliament, cross the river over one of the many bridges, swim in the pools

You don't visit Britain for the weather; let's face it, winter can be cold and bleak, but when the sun shines there is no more beautiful place in the world.

at Hampstead Heath, and visit the Tower of London. Perhaps you need a full 3 weeks in

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CRISPY CREOLE POTATOES WITH SOUR CREAM

These slightly spicy, soft, billowy potatoes encased in a crispy outer shell will supercharge any meal that calls for chips to accompany the main with salad served as a garnish. You will never order substandard pub grub wedges with sour cream and sweet chilli ever again because you will quickly see how inferior they are to this authentic homemade version.

Master this one super simple potato recipe and you will have scores of people telling you they are the best wedges they have ever eaten. Trust me, I know this from personal experience. These beauties are perfect for an after-school snack for hungry teenagers or as a light bite for guests for casual get togethers. The sour cream works wonderfully as a buffer to cool down the fiery cayenne spice, and keeps them going back for more. The secret is to simply boil the potatoes first.

Did you know? Potatoes are one of the main staples of Creole cooking. Let me tell you how that came to be. It all began on an overcast, hot humid day back in the early 15th century. Climbing the steps to the court of King Charles I is the now-sweating Spanish explorer named Gonzalo Jiminez de Quesada (1499-1579). He holds in his hands, wrapped in a silk cloth, a remarkable new food he'd recently been gifted from the Inca King Huáscar, something the Inca called 'papas'. Touted as a magical food cultivated high in the Peruvian Andes, this little beauty was his gift to King Charles in lieu of the gold he was tasked to find but alas had not.

Upon presenting the silk bundle to Charles he was seemingly impressed but not as impressed as he would have been had Gonzalo actually found the gold of the mythical El Dorado. Gonzalo was instructed to plant the bushels of potatoes he'd brought back, and they subsequently became a huge hit. The Spanish believed that they were a kind of truffle and called them 'tartuffo'. Much to the delight of King Charles, potatoes were soon a standard supply item on the Spanish ships; moreover they noticed that the sailors who ate 'papas' (potatoes) did not suffer from scurvy. A once terrible plight endured on long journeys at sea.

Now we fast forward in our tale to a glorious dawn day in 1682. As the sun pokes its head above the horizon, the French explorer Robert Cavelier de La Salle lay peacefully asleep in his cabin aboard "La Belle", he is suddenly awoken by the tremendous cry "Land ahoy!". Sitting bolt upright he rushes out to lay his weary eyes on what he has been desperately

searching for, a new world and more importantly for him, a new world of furs, for that's how a fur trader makes his living. Please let this not be a dream he thinks and slaps himself for good measure. Nope this is real! Relieved, he then yells "Man the boats". Setting afoot on the new soil he triumphantly declares ownership in the name of King Louis the XIV naming the new territory La Louisiane. Unfortunately for France they will eventually lose this newly acquired territory when in 1762 the Treaty of Fontainebleau is secretly signed in which the Kingdom of France "La Louisiane" is ceded to Spain.

It is at this point in time the Spanish bring with them the potatoes and with them the culture of the Creoles is born. The Creoles are a remarkable people of mixed heritage that came to life in this abundant new land. This new class of people were the result of the mixing of the bloodlines of freed West African slaves and French and Spanish settlers. They were to build in the new capital of La Nouvelle-Orléans a new world society that rivals the most cultured of European states at the time. Creoles become famous for their enthusiastic entrepreneurial spirit, remarkable farming techniques, fine food and exquisite musical talents. A testament to their success the creole culture

Chef Dylan Tips: Potatoes need a fair bit of room to cook in the saucepan so don't cram them into a small saucepan. Cook the potatoes until they are almost falling apart, this is what gives them the super soft billowy centre. Also leave the skin on the potato.

is still very much alive and well and continues

to flourish till this very day.

Why not honour this remarkable food that began life high up in the Peruvian Andes and after centuries and having traversed across the globe try it with a Creole twist. This is a very easy recipe and with a little planning you will soon be eating like an adventurer!

Prep time 10 mins Cook time 50 mins Serves 4

Ingredients

- 1. 600g white washed potatoes
- 2. 1/4 cup oil
- 2 tbs Creole*



4. Sour cream

*Chef Dylan's Gourmet Food Co. Creole marinade

Method

- In a small bowl mix together the oil and Creole marinade until well combined
- 2. Fill up the kettle and boil.
- 3. Wash the potatoes and cut into wedges roughly the same size.
- 4. Pre-heat oven to 190°C.
- Place the potatoes in a medium sized saucepan, pour in the boiling water from the kettle and cook until soft – about 15-20 mins until a knife goes through very easily but they don't break apart.
- 6. Strain the potatoes and make sure to get rid of any water residue (you can place the strainer on top of the saucepan for a couple of mins).
- 7. Carefully pour the potatoes into a large bowl and gently coat the potatoes with the creole and oil mixture.
- 8. Line a large baking tray with baking paper and the place the potatoes onto it, making sure there is a little space between each wedge so they can crisp up nicely.
- Bake for 30-40 mins.
- 10. Remove and serve with a good dollop of sour cream.



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Unfortunately Story Time, Baby Rhyme Time and Story Time in the

Park, will not be running during the month of February.

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forward to re-starting our events

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Volunteer safety is of significant concern at the moment, so the

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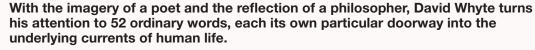


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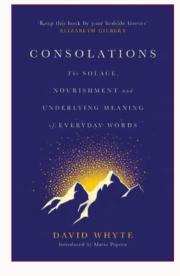
Our Book Choice: Consolations - The Solace, Nourishment and Underlying Meaning of Everyday Words

by David Whyte



Beginning with Alone and closing with Work, each chapter is a meditation on meaning and context, an invitation to shift and broaden our perspectives on the inevitable vicissitudes of life: pain and joy, honesty and anger, confession and vulnerability, the experience of feeling besieged and the desire to run away from it all. Through this lens, procrastination may be a necessary ripening; hiding an act of freedom; and shyness the appropriate confusion and helplessness that accompanies the first stage of revelation.

Consolations invites readers into a poetic and thoughtful consideration of words whose meaning and interpretation influence the paths we choose and the way we traverse them throughout our lives.



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TRIVIA

TRUE or FALSE

- 1. The distance from the Earth to the Moon is four hundred thousand miles.
- 2. Sri Lanka is to the south-east of India.
- 3. Albatrosses only inhabit the Southern Hemisphere.
- 4. On a dartboard, the number 11 section is at the 'nine o'clock' position.
- 5. Spiders are true members of the insect family.
- 6. Sound travels at 650 miles an hour at sea level.
- 7. Tony Curtis once played 'The Saint'
- 8. The colour 'eau de nil' is a pale blue.
- 9. The city of Hyderabad is in India
- 10. 'Good Vibrations' was the first UK hit for the Beach Boys.
- 11. 'Inter alia' in Latin means 'amongst other things'.
- 12. Tchaikovsky composed six numbered symphonies.
- 13. Venus is larger than Earth.
- 14. 'Pied a terre' in French means 'cave'.
- 15. In 2021, no commercial passenger-carrying currently operating aircraft can exceed the speed of sound.
- 16. The atom is the smallest possible object.

Answers page 27

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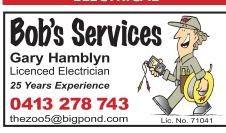
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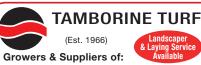
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13. False 14. False

15. True

16. False



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Answers to TRIVIA – trom page 23

- 1 False
- 2. True
- 3. True
- 4. True
- 5. **False**
- **False**
- 7. False
- False
- True
- 10. False
- 11. True
- 12. True

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TREE SERVICES



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REGULAR MOUNTAIN ACTIVITIES

BADMINTON Social players, all levels. Mon 6.00pm to 7.30pm at the Vonda Youngman Community Centre (except Public Holidays).

BOOK READERS GROUP meets once a month, new members welcome. Enguiries at TM library.

BOTANIC GARDENS Forsythia Dr, Eagle Hts - Volunteers' working bee every Thurs morning 8-12. 0409 263 666

FILM CLUB AT THE ZAMIA. Meets every third Sunday at 5.30pm for 6pm screening. Only \$10 annual fee to join which gives automatic membership to the Tamborine Mt Little Theatre group. All movies are free with membership. Films shown range from the classics to foreign and Australian made. Cabaret seating and the old sling back chairs make it a great evening of entertainment where you can bring along your own refreshments or a take away to enjoy during the film.

FRIENDS OF TAMBORINE NATIONAL PARK: meet on the first Saturday of the month (except Jan.) To find out where we will be working contact Len on 3355 7288 or 0428 335 572.

FRIENDS OF TM LIBRARY Quarterly booksales held, other volunteering opportunities available. Contact the library for further information 5540 5473.

MARTIAL ARTS: Kyokushin Karate and Brazilian Jiu-Jitsu. Bully Busters, Self Defence, Discipline. Tamborine Mountain Showgrounds Tues & Friday 5.00pm and Saturday 9.30am Contact Cameron: 0433 633 775

MEDITATION: Tuesdays 7pm – New Thought, New Life Centre 5545 3700.

MEDITATION: (World Community of Christian Meditation). Ecumenical. Tuesdays 8am. St Georges Anglican Church, cnr Dapsang Dr & Eagle Heights Rd. All welcome. 5545 2919.

MOVIES ON THE MOUNTAIN: Regular screenings of latest releases at the Zamia Theatre. Ph 5545 3517.

RELAXED MIND TAI CHI: Mindfulness in motion, Mondays & Fridays 9.30am, Botanic Gardens. Bookings essential. Phone 0420 349 744.

ROTARY ON TAMBORINE MOUNTAIN meets every Wednesday night at 6.30pm for 7.00pm start at the Eagle Heights Hotel. New members and visitors welcome. For information, call David on 0419 743 275

SINGING 4-part Acappella singing for women of all ages. If you love singing, come and join us. 1st and 3rd Thursdays of the month. Knoll Road, North Tamborine. Ph Dianne 0413 339 821 or email bellaacapellatamborine@gmail.com

TAI CHI Tues mornings, Thurs evenings 110 Eagle Hts Rd, Eagle Hts. Phone Gai Wanless 5545 2409.

TAMBORINE MOUNTAIN COMMUNITY CARE

ASSOCIATION: Service Provider for first - level aged care. Transport to medical appointments, Domestic Assistance, Home Maintenance, Social Support Individual & Group, Podiatry and Computer classes. Open: Mon – Fri 8:30 am – 4:30 pm. Volunteers welcome. Contact – 5545 4968 Address: 42, Southport Avenue, Tamborine Mountain, Qld.

TAMBORINE SUSTAINABLE GARDENERS SOC (TSGS), a group of enthusiastic gardeners, meets on the last Saturday of each month. Mrs Sue Morris 5545 0102.

TANGO CLASSES: Tango and salsa classes: every Monday night at the Zamia theatre. Salsa for beginners from 6.30-7.30pm and tango for experienced from 7.30-8.30pm. Cost is \$30 per couple or \$20 pp. Contact Alejandro at 0413 595 275.

TM ARTS COLLECTIVE: Meetings are usually held at 7.00 pm on the first Wednesday of the month at a designated location (call 5545 0043 for details). We always welcome visitors and enquiries from new artists and artisans. We stand for a stronger arts community on the Mountain, and continue to lobby for a local community gallery and arts hub. The Collective benefits from our association with the Brisbane Visual Arts Community (BVAC) and members participate in Brisbane and local arts events.

TM BOWLS CLUB – Friday social 1pm winter & 2pm summer; Sunday Scroungers 10.00am-12.00 noon;

barefoot bowls & otherwise by arrangement. Competitions for members as notified. Free coaching, new members always welcome. Enquiries: 5545 1308.

TM BRIDGE CLUB meets each Monday at 5.45pm, Wednesday at 1.15pm, Thursday at 12.45pm and in an Assisted Play session on Friday at 12.45pm for those wishing to learn more in a social environment at the Tamborine Mountain Sports Complex, 400 Long Road.

TM CHAMBER OF COMMERCE: 2nd Wed. of month. Phone 5545 0944 Email:

info@tamborinemountainchamber.com.au

TM COMMUNITY KINDERGARTEN ASSOC meets 2nd Wednesday of the month at the kindergarten 23 Coleman Square, North Tamborine at 7.15pm.

TM CREATIVE ARTS: Schedule of Activities MONDAY 9.00am-12.00 noon Patchwork, Quilting, Mahjong. 1.00pm-4.00pm Painting (Tutor fee) 1.15pm-4.15pm Creative Writing (1st,3rd,5th Monday of Month) 6.00pm-9.00pm Mens' Group 7.00pm-9.00pm Sculpture &Pottery TUESDAY 9.00am-12.00 noon General Craft, Sculpture & Pottery 9.30am-12.30pm Life Drawing (Model fee) WEDNESDAY 9.00am-12.00 noon General Craft, Bridge – 12.30pm - 4.30pm, Sculpture & Pottery, Spinning & Weaving, Embroidery (1st Wed of Month), Machine Sewing (last Wed of Month). THURSDAY 9.00am-12.00 noon Sculpture & Pottery, Botanical Drawing 9.00am-1.00pm Weaving (1st & 5th Thursday of month) 1.00pm-4.00pm Wearable Art, (Felting Dyeing etc) FRIDAY 9.00am-12.00 noon Wood Artisans, Sculpture & Pottery, 1.00pm-4.00pm Mahjong SATURDAY 1.00pm-4.00pm Yarners

TM CROQUET CLUB: Monday and Thursday mornings 8.30 on our green at Club Tamborine. Free coaching, new members always welcome to join us. Ph: Heidi 0488 440 296

TM FAMILY HISTORY GROUP Meetings held 1st Sunday each month (excl. January) at TM Historical Soc, Wongawallan Rd, Eagle Heights, 3–5 pm approx. Please contact Sharon on 0401 830 358

TM GARDEN CLUB: Vonda Youngman Community Centre, Main Street, North Tamborine. Feb - Nov, 2nd Tuesday 9.30. BYO morning tea. Enjoy: Guest speaker, plant sales, borrowing library books, raffle, plant problem solving and meeting fellow gardeners. New members and visitors most welcome. email: tamborinemtngc@gmail.com mobile: 0417 623 023

TM GOLF CLUB is open 7 days a week for golf. Ladies play on Tuesdays, Veterans play on Wednesdays and the main competition is on Saturday. Happy hour social event on Friday evenings from 5 pm. Coaching is available by Andrew Revie the club professional. Contact 5545 1788. Happy golfing!

TM HISTORICAL SOCIETY – Member working bee & morning tea every Tuesday mornings. New members always welcome. Please contact Phil Paley 5545 4962 or Muriel Shephard 5545 0481 for further details.

TM LANDCARE: Volunteering opportunities:Forest Regeneration Work: Judith Roland - 0429 808 206 for details; Helping at the Piccabeen Bookshop - 0403 783 757 during office hours

TMLETS: Join at Community Exchange System www.ces.org.za . Enq. 5545 3776.

TM LIONS CLUB Admin meeting held on the 2nd Tuesday and dinner meeting on the 4th Tuesday of the month. For more information please phone 5545 2120 or visit website tamborinemountain.qld. lions.org.au/

TM LITTLE THEATRE: Meetings held 1st Tuesday of month at 7.30pm at the Zamia Theatre. Regular plays, play readings & social events, movie club events. New members welcome. Cath Buckley President **www.tmlt.com.au**.

TM LOCAL PRODUCERS ASSOC. sell local produce every Sunday at the TM Showgrounds from 7am - 12noon Phone 5545 1527.

TM MASONIC LODGE: Meets first Thursday each month, except December. Masonic Centre, 10 Knoll Road, North Tamborine. Contact 3273 3313.

TM MEN'S SHED: Our workshop at 88 Beacon Rd (behind the tennis courts) is open each Tuesday, Thursday, and Saturday from 8:30 am to 12:30 pm. New members welcome. To find out more, drop in for morning tea and a chat or call our President on 5606 8367 or check out our web page at www.tmmensshed.com

TM NATURAL HISTORY ASSOCIATION:

Birdwatchers – For further information call 5545 0995. **TM BUSHWALKERS,** find out about us on the TM Natural History Association website. New members welcome. Enquiries: 0439 869 125 or 0478 414 892. www.naturalhistory.org.au.

TM NETBALL CLUB. Contact Tracey 0438 575 662.

TM ORCHESTRA rehearses from 7pm to 9 pm every Wednesday during school term time. The venue is Tamborine Mountain State High School at Holt Rd. New players always welcome. For more information, phone Danielle on 0423 210 949. Check us out on our website www.tamborinemountainorchestra.com; or find us on Facebook.

TM PRESBYTERIAN CHURCH 34 Main St, North Tamborine www.tmpcq.org.au Sunday Morning Service 9am (including kids church) and Evening Service 5pm (including kids church). Playgroup: Tuesdays 9.30am for 0-5 years. Youth Group: Fridays 4-6 pm for Years 7 – 12. Enquiries: dave.mugridge@tmpcq.org.au | www.tmpcq.org.au BARGAIN CENTRE: Tuesday to Saturday opens 8am – 12 noon (rear of the Presbyterian Church.

TAMBORINE MOUNTAIN COMBINED PROBUS CLUB: Enjoy the company of retired and semi retired women and men at our social club meetings for fun, friendship & fellowship at Club Tamborine Sports Club,6-12 Beacon Road, North Tamborine on the second Wednesday of the month at 9.15 for 9.30 start. Lyndal Drennan, President

0450 907 670

TAMBORINE MOUNTAIN PROBUS CLUB INC (MEN'S CLUB): Join like-minded retired and semi-retired men for fun activities at Vonda Youngman Community Centre, 2-4 Knoll Road, North Tamborine on 3rd Wednesday of the month at 10am. Contact Bob Hepple on 0411 776 888 for details of next meeting.

TM PROGRESS ASSOCIATION: 1st Tuesday in month. 7.30pm Heritage Centre Wongawallan Rd

TM RSL Sub Branch meets at the RSL rooms underneath the Bowls Club; details are available by phoning President Phil Hunter 0419 662 961.

TM RUGBY: Training Monday and Thursday 3.45pm-5pm at TMSA, Long Road. Please call John Knight 0400 554 555 or Adam Clarke 0413 214 066 – Facebook: Tamborine Mountain Rugby

TM TENNIS CLUB: Social tennis from 6.30pm Mon, 7.00am Tue, 6.30pm Wed and 3.00pm Sun. Ladies from 7.00am Fri. Fit Hit (cardio) 6.30pm Tue. For all sessions, no need to book, just turn up. 88 Beacon Rd North Tamborine. Contact Henry Rich 0477 775 671

TM WRITERS GROUP: Meets every 1st & 3rd Mon of month, 1.30–3.30pm at Creative Arts Centre, Eagle Heights. Call Patricia on 5545 3403 for details.

UNIVERSITY OF THE THIRD AGE (U3A). An association for retirees and those preparing for retirement. Learn, teach, socialise. For more info please access our website www.u3atamborinemountain.com

YOGA: For beginners to advanced students: Hatha, Tantra and Nada Yoga. Tues 9.30am, Sat 9am at the Zamia and Wed 6pm Creative Arts Centre. Margot Wagner 0428 137 391

ZUMBA GOLD: Zumba Gold: dance fitness classes for deconditioned participants and active older adults.

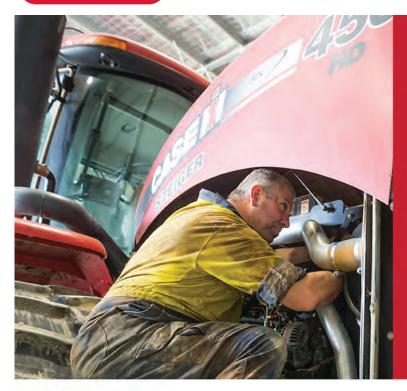
Mondays and Thursdays 9.30am at the Zamia. Petra Hunter 0414 505 014 – TamborineMountainZumba@gmail.com



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