

The recent floods have left behind a lot of recovery work—which means more roadworkers on our roads. It's dangerous working on highways or major roads, just metres away from fast-moving vehicles. So let's make sure we all get home safely by remembering to slow down, drive to conditions and obey the signed speeds. Read SRRC's report on some of the impacts on regional capital works – page 3. Photo supplied (Transport and Main Roads Qld)

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NEW DEPUTY MAYOR APPOINTED

Council has appointed a new Deputy Mayor under its annual review of Elected Members appointments at last Tuesday's Ordinary Meeting.

Division 2 Councillor Jeff McConnell has been appointed through resolution as the Scenic Rim Regional Council Deputy Mayor for the next twelve months.

"I would like to congratulate and thank Councillor Enright for the term he served as Deputy Mayor", he said.

"I look forward to the opportunities this role will present over the next twelve months while continuing to work alongside the Mayor and fellow Councillors."

Since 2016, the position of Deputy Mayor has been rotated annually amongst Elected Members.

Council also endorsed nominated Councillor representation on various internal and external committees and forums, including a number of advisory groups, for the period of May 2022 to May 2023, with a review to continue to be held annually.

Council will now officially advise the various organisations of the respective appointed Councillor representatives.

Councillor representation on committees and forums helps ensure that Council remains connected with the local community while advocating for the needs of our region on a range of matters affecting South East Queensland and Queensland.

A full list of adopted Councillor Representation on Committees and Forums 2022 - 2023 will be available in the coming days through the Meeting Minutes of the Ordinary Meeting held on Tuesday 24 May 2022.



SEVERE WET WEATHER, COVID-19 AND LIMITED SUPPLIES IMPACT 2021 – 2022 CAPITAL WORKS PROGRAM DELIVERY

Council has acknowledged the delivery status of projects across the region under its 2021 - 2022 Infrastructure Capital Works Program.

As of mid-April 2022, all planned capital projects have been impacted as a result of ongoing wet weather, the COVID-19 pandemic and industry supply delays, with impacts expected to be ongoing while Council works to undergo further emergency repairs as a result of the most recent period of severe and associated wet weather.

Scenic Rim Mayor Greg Christensen said that the recent wet weather and associated flooding is hindering the continued delivery of Council's Capital Works Program.

"Much like the rest of South East Queensland, the ongoing impacts of the severe weather and flooding is continuing to impact the on-site works progression of our Capital Works Program this year."

"Add the impact of the COVID-19 pandemic on our workforce and external contractors, and delays in securing specialised subcontractors and essential construction supplies, and we have a continuously disrupted schedule," he said.

"Not only have these matters, that are out of our hands, delayed on-the-ground delivery of a number of projects, in some cases it has also prompted the reprioritisation of resources to undertake emergency works in an effort to provide an acceptable infrastructure network."

"Many specialist external contractors and sub-contractors have been experiencing back-log commitments due to these same issues. The number and severity of these weather events has exceeded the additional contingency time accounted for in the delivery of most projects."

"Landscaping materials, concrete, steel and electrical products have limited availability, and specialist machinery

we need to carry out these projects to the desired standard are not readily available, and when they are, there's long wait times. We understand this is a state-wide issue."

Council crews are continuing to secure resources ahead of time to assist in the delivery of emergency repair works, while planning for the prioritisation of the delivery of the current Capital Works Program.

"Council officers also are continuing to undertake a growing list of assessments for provision to the Queensland Reconstruction Authority where the total number of damage points has exceeded 2,000 across our 1,756-kilometre road network as a result of the three disaster activations for this financial year."

For more information, visit Council's website and search for 'Roads and Infrastructure'.



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with Jaap Vogel



NIGEL WAISTELL

As councillor, Nigel Waistell was especially well-known because of the hands-on way he fulfilled his job. He served on Council from 2012 till 2020. He stayed heavily involved in the community after that time: Community Care, Botanical Gardens and the Zamia Theatre to name a few. Editor Jaap Vogel tries to figure where Nigel's drive comes from. But first: how did he end up on the Mountain?

"My wife Pam often visited the Mountain in her childhood for day trips. I've worked my entire career in and for the Army, both in the UK and Australia. But as early as 1982, we decided to buy a block of land on the Mountain, assuming that it would be the place to retire. And that is what happened. In 2001 we built our residence on that block; at a time when our children were independent. Still working as a reservist in Canungra, I decided to stand for councillor in 2012, and won."

"Pam was reluctant about that choice, but I could not resist the voices in the community that called me to that role. In my first term, under John Brent, I thought that with a different Mayor the situation would improve. I supported Cr. Christensen in 2016. He won, but the situation is still very challenging."

"The bureaucracy that necessarily is part of the job is very hard to deal with. My real pleasure I got from community involvement. I tried always to return calls within 24 hours and liked the support I could give at a practical level to local residents. I'm also happy that I have more time to spend in the garden since I left Council. I consider Tamborine Mountain as a small, unique and 'beautique' — a very special place. Our community is very committed and takes offense if it perceives lack of fairness. I like this attitude of our community."



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THE GOLDEN YEARS

How good is the Mountain looking lately? I drove past a heritage-listed wall recently and it's standing as tall as it ever has despite the weather. From what I could see, maybe cobblestone roads could be making a comeback?

And therein lies a challenge for us all. Living in an era where things just aren't as they used to be, yet progressing at different rates and qualities, and keeping up with the times can be quite provocative. With age comes new experiences, not just for those getting older but also for family, friends, and the community along with it.

The crew up here often get to meet people on a professional level for reasons where one can find themselves challenged by the world as it moves along. For example, you may not be able to drive the car like you did, remember rudimentary tasks, or take a humble fall and not readily spring to your feet. It's a genuine encounter for us as officers which we address with the utmost of compassion and honesty as we can. I'd simply say this to the community: to recognise these challenges within, or for family and friends who see these types of events happening with their loved ones, to then take that step genuinely towards ensuring their safety and that of others in the community.

CRIME: LOCK IT OR LOSE IT

Pretty simple, especially when the kleptomania kicks in for some. You know who you are. In the meantime, to those who choose the decent option, ensure you lock your vehicles and secure your belongings from the night vermin.

TRAFFIC

Yeah, it's been wet! A few crashes and slides off the side of the road. Given no choice but to drive quite slow given the state of some roads, please take all this into consideration with your travels, and plan accordingly. Works are being undertaken and I give huge praise to the crews who were out in some terrible conditions doing what they could to try remedy a worsening situation. Please don't abuse them, they don't make the decision as to when a dilapidated road should be fixed...

As always, report matters that might seem suspicious, your information is just a phone call away and may help save someone's life or protect their property, you never know.

Sergeant Mark Shields Officer in Charge North Tamborine Police



MAKING GOOD ALLIANCE COMMUNITY CONSULTATION



Making Good Alliance (MGA), a small but passionate organisation located at North Tamborine, champions climate resilience issues to empower us individually and collectively to take action. A program of regular workshops, residences, expos, festivals and performances is planned for the old SEQEB depot at Knoll Road. Here, people from all walks of life will connect and discuss issues as diverse as climate science, biodiversity and ecology, habitat loss, sustainable living, health and wellbeing, and social justice.

As part of this ongoing effort, MGA is teaming up with a small team of Architecture students at Griffith University to 'regenerate' their Knoll Road premises, creating an important 'living lab' for both locals and visitors to learn about climate resilience — and, of course, inspire action! As an active member of the community, MGA needs your ideas too!

On Saturday 11 June, (9:30 am to 12:30pm), MGA and the Griffith University team will be hosting a community consultation to discuss and generate ideas for a master plan for the site. Renowned filmmaker, Damon Gameau's inspirational new short film, *Regenerating Australia*, will be screened to get your creative ideas flowing.

Your views, knowledge and ideas are an essential part of what MGA hopes to achieve.

To register, or for more information on the community consultation or the work being done at MGA, please contact mga@makinggoodalliance.com.au or call Mark on 0438 152 976.





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11.30 - 12

11.30 - 12.30 7-13 Hartley Road

12 - 12.30

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APPLE & RADISH BECOMES BASK & BLOOM

Five years ago, Katrina MacAllan founded Apple & Radish – a handmade shop in a quaint wooden cottage on Southport Avenue, Eagle Heights. A space that she continues to share with her solicitor husband, Ian MacAllan.

With a background in science and naturopathy and a passion for creativity, Katrina grew Apple & Radish into a thriving local and online business selling handmade and homegrown goodies such as beeswax wraps and kombucha.

It soon became clear that, above all else, there was a growing demand for her natural soaps, skin and haircare and it wasn't long before she was sending packages of these all over Australia every day.

As the focus shifted onto pampering items such as shampoo bars and soap, it became clear Apple & Radish also needed to evolve. So earlier this year Apple & Radish underwent a rebranding process, transforming into Bask & Bloom.

Katrina explains Bask & Bloom is all about celebrating the beauty of nature and the beauty of women – at every age. Frustrated that women over a certain age are overlooked in this youth obsessed culture – except when they're being sold 'anti-aging' products – Katrina aims to inspire, empower and encourage women to embrace their own natural beauty, no matter how old they are.

Her customers are joyful, kind-hearted, generous and creative women who have a lot of life to live, want to feel content in their own skin and enjoy the simple pleasures of this beautiful life.

Just like a verdant garden bursting with a rich harvest – Katrina thinks it's a travesty that women are often ignored by society right when they have the most to give.

Bask & Bloom can be found at 40 Southport Avenue, Eagle Heights and is open Monday to Friday and the first Saturday of each month. Locals can also shop online anytime and choose 'Free Local Pickup' as the postage option to collect their parcel whenever it's convenient.

You can browse the Bask & Bloom range at www.baskandbloom.com.au.

Bask & Bloom is also giving away a \$50 'in-store-spend' every month. Simply go to the website **www.baskandbloom. com.au** and enter your details to be in the monthly draw.

Photo: Simone Gonzalez



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JON KRAUSE MP State Member for Scenic Rim

IMMEDIATE REPAIRS NEEDED TO PARTS OF TAMBORINE MOUNTAIN ROAD NETWORK

Last week in Parliament, I raised the condition of Tamborine Mountain Road heading to and from Tamborine, particularly near the "Eagle Heights" locality sign. That part should be fixed immediately, and I said as much. Labor has given us a near \$6 billion maintenance backlog, but for a main route to and from the Mountain, the condition is abysmal. I also took a drive across the entire State road network on the Mountain, down Henri Robert and back up Tamborine Oxenford Road via Maudsland recently. There are issues all over the place and while Main Roads is aware of many problems, I will continue to raise those I see in front of me as I travel around the region.

GOAT TRACK SCHEDULED TO RE-OPEN IN SEPTEMBER

Earlier this month Main Roads informed the community that works on Tamborine Mountain Road (the Goat Track) are anticipated to be finished in September this year. It's been a long haul having that road closed. In 2013, this road was closed for some months after ex-Tropical Cyclone Debbie caused a huge landslide in the corridor. After a stellar job by Main Roads, it was re-opened in better condition than before. I certainly hope that we can see a similar outcome this time. It seems like we're on the home stretch; please have patience and know that I will continue to express the wish of all locals for this road to be fixed as soon as possible. Here is the full update from Main Roads:

"Extensive reconstruction works have been undertaken to repair the considerable damage caused by a landslip in late 2020. We are pleased to inform you that TMR's contractor SEE Civil has undertaken significant slope stabilisation works since the reconstruction began in July 2021, and work will be finished within months. As you can appreciate, the complex nature of the work zone and the incredibly steep terrain meant the reconstruction project has taken longer than initially anticipated, but significant progress has been made.

"The project team has successfully anchored large, unstable rocks and installed steel mesh on the cliff face to restore safety and stabilise the steep slope. The team is now focusing on repairing the remaining landslips along Tamborine Mountain Road and restoring the damaged road so it can re-open to traffic by September 2022. TMR will continue to provide updates, noting that project completion is subject to weather and site conditions."

AWARD FOR MATERNITY SERVICES AT BEAUDESERT HOSPITAL

Last week, the maternity team at Beaudesert Hospital won the award for Outstanding Organisation at the 2022 HESTA Australian Nursing and Midwifery Awards. Beaudesert Hospital Maternity was recognised for its "commitment to improving the health and wellbeing of women and babies in rural Queensland by providing high-quality maternity services to the local community". Congratulations to the whole maternity team (and all other staff at the hospital too, who no doubt help as well) on their success. As the LNP Government restored this maternity service in 2014, I am especially proud of its ongoing success. There are a lot of services that could, and should, be commenced at Beaudesert Hospital, and this could take away some of the pressure of busy major hospitals like Logan and the Gold Coast University Hospitals, while providing a convenient alternative to a longer commute to larger centres. Send the Government this clear message by going to the QLD Parliament website to sign the petition I have sponsored to bring dialysis services to Beaudesert.

BUREAU RELEASES CLIMATE STATEMENT



The Bureau of Meteorology has released a formal record of the extreme rainfall and flooding that occurred in south-east Queensland and eastern New South Wales in February and March this year.

Special Climate Statement 76 outlines that several rainfall records were broken between 22 February and 9 March 2022, with more than 50 sites recording more than one metre of rainfall in one week.

In the last week of February, parts of south-east Queensland and north-east New South Wales had rainfall 2.5 times their monthly average with some regions recording more than five times their monthly average.

After two years of La Niña conditions, the rain fell on saturated catchments leading to flash and riverine flooding extending from Maryborough in Queensland to Grafton in New South Wales.

For many areas, this was the wettest week since at least 1900. Some areas of south-eastern Queensland had their highest flood peaks since 1893, though the lower Brisbane and Bremer rivers and Lockyer Creek peaked below the levels of both January 1974 and January 2011 floods.

In parts of northern New South Wales, flood levels broke previous records. Wilsons River in Lismore peaked at a record high level, estimated to be 14.4 m on 28 February. The previous record was 12.27 m in February 1954.

The rainfall was the result of a combination of weather systems over eastern Australia and the Tasman Sea, where a large volume of humid tropical air moving onshore over eastern Australia was lifted in the atmosphere to produce heavy rain and thunderstorms.

In recent decades, there has been a trend towards a greater proportion of high-intensity, short-duration rainfall events, especially across northern Australia.

The Bureau's special climate statements provide detailed summaries of significant weather and climate events that impact Australians. This Special Climate Statement has been added to an archive of Special Climate Statements dating back more than 15 years, providing easy access to data and information.

Special Climate Statement 76 can be found here: www.bom.gov.au/climate/current/statements



TAMBORINE MOUNTAIN UNIVERSE UNDER FIRE

Tamborine Mountain Universe has become the victim of an attempted hostile takeover from a self-described Japanese investment banker, Yuki Nozaki who called a public meeting in an attempt to gain public support to remove the current management team.

Tamborine Mountain Universe, (TMU) is a well-known, community-funded venture, initiated by popular local Patron, Jaap Vogel, who invited the community to invest in his brilliant venture. Jaap successfully set up a registered Trust and Association with a Management Committee, helped by specialist legal advisors and accountants to comply with Australian legal standards.

The Trust secured the funds and purchased a perfect block of land on Long Road, zoned correctly, and that has already substantially increased in value. This Management team has worked hard to further the objectives of the Association and together with the Trust, to build a Southern Hemisphere Planetarium on Tamborine Mountain.

The Trust obtained expert advice and lodged plans to council. They are preparing to apply for government grants to finance the project. They have devoted their time, skills and energy without personal remuneration.

I believe this management team has been unreasonably and publicly attacked by an ambitious investor, Yuki Nozaki and Steve Quilkey, who have made accusations, none of which have been found to have substance.

This power play has seen accusations, through the media, of money not being receipted, legal action taken and being reported to the Australian Securities Investment Commission (ASIC).

Of all the investors, this hostile investor has been the only one who has claimed to not have units receipted. Apparently, the problem is that this investment banker had transferred money from an overseas account which was queried. Rather than simply rectifying this problem, the Investor chose to instigate legal action. This action has prevented the Trust from responding publicly to these accusations.

On Wednesday, 18 May 2022, the general public were invited to a meeting, advertised in Tamborine Times, by Yuki Nozaki and her Australian husband Steve Quilkey, claiming that she had discovered 'ISSUES' with the Management of the TMU Trust, and the Association.

The TMU Trust management was specifically excluded from this public meeting, stating, "To avoid any conflict of interest"! This seemed more likely to ensure that only one point of view was permitted!

At this meeting, visitors were required to fill in their personal details on prepared sheets of paper at the door, possibly to be used to claim support of this takeover attempt. I attended and was appalled at what I heard said about these volunteers.

Yuki set the scene with her opening statement, describing the TMU Management as being likened to Putin's Russia - obviously intended to imply evil.

Full screen projections of snippets of text, with what she claimed was conflicting information, formed the basis of her 'ISSUES'. These were referred to as being some form of illegal conspiracy.

At one point Yuki was asked why she had not taken her investment money that had been offered back to her, and got out, since she claimed there were so many ISSUES? Yuki's response was that she was only staying to look after the interests of the other investors and that there was nothing in it for herself! However, I believe none of the other investors have 'ISSUES'!

Of course, this can only happen if she removes our local Management team who have done the hard yards and got the project investment-ready.

Unfortunately, these attempts to discredit the Management of both Trust and Association have caused damage to the project, and delayed it by at least a year or two. Yuki and Steve, in my eyes, are making it hard for this community-funded project to achieve government grants, and for the committee to get the job done.

It is my opinion that, having failed so far to scare off the Management, Yuki and Steve are now reaching out to the local investors in the hope that they will lose confidence in the Project, withdraw their investments, and let the project collapse.

Why should we not let this happen?

- The money invested has been used to secure the land in the name of the Trust. This investment has grown substantially in real value, and is secure.
- These public accusations are damaging your investment. Don't encourage them.
- Legal actions brought against the Project, by this attempted takeover, have cost you the investor, whose money is used to defend them and is cutting away at the capital.
- There is no known impediment against the Management of the project, nor investigation in progress, apart from the mud that has been slung.
- The local Management Committee has put in all the hard work to bring our project to this point. If there has been any deceit, it has not been done by the Management Committee.
- The success of the project will see greater financial gain, to the economy and to the community, and for education.

Question we should be asking is - who is Yuki doing this to benefit? If she is bringing in large non-local external investors as mentioned, someone other than locals and the community, they will benefit.

Given the information so far has failed to provide real evidence of any wrong-doing, but has manipulated the facts to cause distrust, who do you trust? The aggressors - Yuki and Steve - or our own local volunteers on the Management Committee of the Association, and Trust?

I'm fully behind Jaap, the current committee and this exciting project, and I hope that we hear no more negative sentiment, but only positive voices who assist with moving it along.

Julie Wilkinson

(Advertisement)



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"SHOP SCENIC RIM" GIFT CARD PROGRAM AIMING TO HELP KEEP MONEY LOCAL

Scenic Rim Regional Council is supporting local businesses and the regional economy with the launch of Shop Scenic Rim, a gift card program that will encourage people to shop locally.

Jointly funded by the Australian and Queensland Governments under the Disaster Recovery Funding Arrangements, the program will enable residents and visitors to purchase gift cards that will be redeemable in participating local businesses.

Shop Scenic Rim gift cards will be available in participating local businesses for purchase and redemption from mid-June 2022.

Mayor Greg Christensen said the innovative program will keep money circulating within the local community.

"We are inviting local businesses to participate in the *Shop Scenic Rim* program, and we also encourage locals and visitors to support the program by purchasing gift cards and spending locally," he said.

Using an EFTPOS-based system, shoppers will be able to purchase *Shop Scenic Rim* gift cards at several local businesses, and online. These cards can then be used just like a normal EFTPOS card for purchases at participating businesses within the Scenic Rim.

"Consumers are well versed in giving and using gift cards in retail and other settings," Mayor Greg Christensen said.

"Shop Scenic Rim cards are an easy gift-giving option, and the cards could also be used as an option for raffles, competitions or incentive rewards in the workplace – all with the added bonus of keeping the money local."

A 'Go Local, Grow Local' Partnership Program is a key deliverable of Council's Regional Prosperity Strategy 2020-2025, which supports the vision shared by Council and our community, for a region that enjoys a sustainable and prosperous economy. Establishing this program was thankfully accelerated by the government's funding support.

Appropriately, the program was launched on Friday, 20 May at the Business Breakfast held during Queensland Small Business Month, a four-week program celebrating small businesses and highlighting the importance of the business sector to the state's economy.

Mayor Greg Christensen said that the Council is fully committed to driving the success of the *Shop Scenic Rim* program.

"The key to a successful community-based program is engagement and collaboration with local businesses," he said.

"We have many local businesses ready to go and we have collateral and marketing plans in place to support the program's initial success as well as its longevity in the region," he said.

The Shop Scenic Rim program, in partnership with Council, will be coordinated by Why Leave Town Promotions, who first launched this concept in 2010 and have seen programs implemented in over 70 different communities across 160+ post codes. During the last ten years more than 165,000 gift cards have been sold, helping to inject over \$12 million into local communities.

Modelling conducted using the .id economic impact model indicates that every \$500,000 spent within retail businesses supports five local jobs. Additionally, the 'multiplier' effect, meaning that money initially spent in local

businesses will continue to circulate locally, can see a \$100 spend having an \$180 impact on the local economy.

For more information about the *Shop Scenic Rim* program, or to register, contact the Scenic Rim Regional Prosperity team at prosperity@scenicrim.qld.gov.au or 07 5540 5111.





lan and Margie Douglas from the Lime Caviar Company, Mayor Greg Christensen, Jill Gray from the Department of Employment, Small Business and Training, and Peter Maddock from the Office of the Queensland Small Business Commissioner at the Scenic Rim Business Breakfast held on 20 May 2022.

Regional Prosperity Strategy 2020-2025 (download PDF)



Queensland Small Business Month 2022





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.

NOT QUITE WHAT ALBO SAID

The newly re-elected member for Wright, Scott Buchholz, is quoted in Scenic News (26 May 2022) as saying, "We will continue to keep reminding everyone in the electorate of Wright and Australia of the commitments Mr Albanese made during the campaign that everyone's getting a 5.1% pay rise".

The truth, of course, is that Mr Albanese said no such thing. Asked if he supported the full 5.1% increase to the minimum wage, Mr Albanese said, "Absolutely". The government will advocate for and put forward its submission for workers, not "everyone", to the independent Fair Work Commission for its consideration and it, not the government, will make a decision. As with Mr Buchholz's \$4062.50/week base salary, (Parliament of Australia website) before various additions and generous allowances are included, the current minimum wage of \$772.60/week, (Australian Government Fair Work

Ombudsman website) or more accurately \$20.33/hr as many workers do not have full-time positions, is decided by an independent umpire.

Has Mr Buchholz learned nothing from the May 21st election? The LNP was jettisoned to the opposition benches, having lost near 20 seats. That resounding rejection was driven in part by the electorate's dissatisfaction with the lack of integrity, verifiable falsehoods and complete incompetence of the former LNP government's leader, the member for Cook, Scott Morrison. That Mr Buchholz would fail to heed that lesson so swiftly after his party's defeat smacks of either bloody mindedness or utter pigheadedness. His parroting of the cant of the likely (at the time of writing) leader of the Liberal Party, Peter Dutton, is a continuation of that party's casual liberality with truth.

Australia needs a strong, honest and capable opposition, not one that spews half-truths and mewling balderdash.

Geoff Cartwright





07 5545 2522



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THE MOUNTAIN WANTS TO MAKE "THE SILK RAGS PROJECT" HAPPEN!

Why should Tamborine Mountain be proud of 'The Silk Rags Project'?

The Silk Rags Project was written by two Tamborine women while undergoing their own cancer treatments. Briohne Sykes wrote the script and Dee Handyside composed, recorded and produced the soundtrack. The project entertains and educates people about the important communication issues raised.

The trialling, film advert, marketing and research has involved many Tamborine Mountain residents, so this is a truly LOCAL toolkit which is making a BIG difference NATIONALLY and BEYOND.

Having teamed with Griffith University to develop an educational pamphlet, this Mountain social enterprise business is also an endorsed fundraiser for the **Australian Cancer Research Foundation** to which it donates 50% of profits.

Why is community fundraising now needed?

Sadly, Briohne passed away in 2018. Dee, a local musician, has funded the entire project so far. After attracting National and International media interest precovid, 'The Silk Rags Project' will be officially launched on World Cancer Research Day, **24th September 2022!**

We want to raise funds for the marketing and resources needed to progress this important project and will be organizing community events, raffles, and auctions. We are also seeking in-kind financial and prize donations from local businesses.

Please join us in being part of our supportive community to ensure that **The Mountain Makes It Happen!**



The Mountain Makes it Happen



PODIATRY AT TMCCA

When we are in love, we may be "swept off our feet."

When we don't want to do something, we are said to have "cold feet."

A sensible person "has both feet on the ground."

It's important to put "your best foot forward."

Be kind to your feet. Years of wear and tear can be hard on feet. So can disease, bad circulation, poorly trimmed toenails and wearing shoes that don't fit right. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

Step in the Right Direction

Practice good foot care. Check your feet often, or have a member of your family check them. If you have a problem with your feet, your family doctor can help or you can see a podiatrist (doctor who treats feet). Sometimes, the special skills of an orthopedic surgeon or dermatologist are needed.

One easy step to take is to remember to put your feet up when you are sitting down. This helps keep blood moving to your feet. So can stretching, walking, or having a gentle foot massage. A warm foot bath is also helpful, but make sure your feet are dry before you put on your shoes. Try to avoid pressure from shoes that don't fit. Don't sit for a long time or keep your legs crossed for too long. Don't smoke.

Make Sure the Shoes Fit

Protect your feet by wearing shoes whenever you go outdoors. Wearing comfortable shoes that fit well can prevent many foot problems. Here are some tips for making sure your shoes fit:

- Shoe size may change as you age so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- Most of us have one foot that is larger than the other; fit your shoe to the larger foot.
- Don't buy shoes by the size without trying them on first.
 The size marked inside the shoe may not fit you.





- Walk in the shoes to make sure they feel right.
- Choose a shoe that is shaped like your foot.
- Stand up when trying on shoes to make sure there is about 1/4 inch between your toe and the end of the shoe.
- Make sure the ball of the foot fits comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight and hope that they will stretch.
- The heel of the shoe should not slide up and down on your heel when you walk.
- Low heeled shoes are more comfortable, safer, and less damaging than high heeled shoes.

Call us at TMCCA - 5545 4968, to enquire about Podiatry.

TMCCA

MEALS ON WHEELS JUNE 2022 ROSTER

Fri 6th Keith ATTWOOD
Pam FRANKLIN

Fri 13th Athol & James MCDONALD Glenys KELLY

Fri 20th Harry O'NEILL

Stephen FORBES & Lauren VENN

Fri 27th Tanya JOHNSTON-HIRD Helen STAFFSMITH

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3

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5

Three Little Pigs Bistro and Bar

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8

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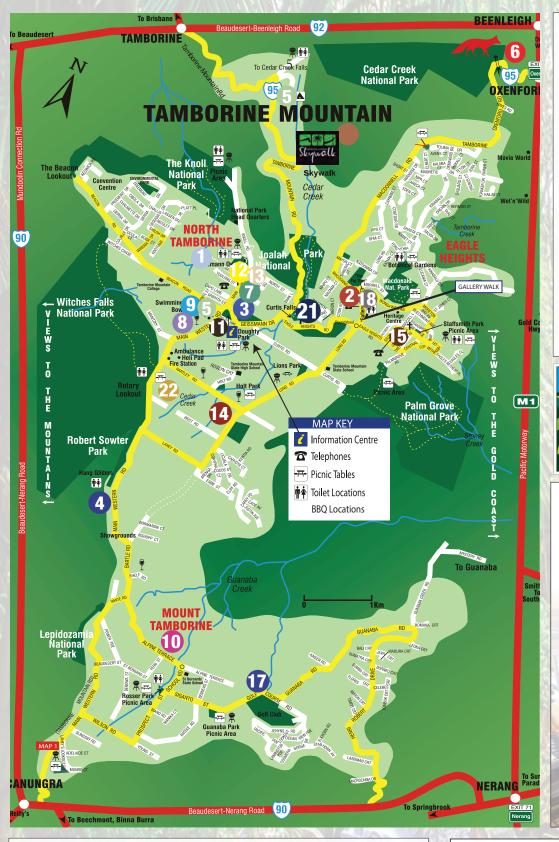
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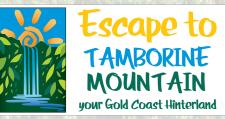
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THE DOG AGEING PROJECT

This study and research project started at Princeton University, New Jersey in 2018, and it is expected to run for at least 10 years. It hopes to give veterinarians and scientists the tools to understand healthy ageing for both dogs and people. It is partly

supported by the National Institute of Ageing.

Given that dogs share the human environment and they have access to a sophisticated health care system but they have a much shorter lifespan than people; they offer the unique opportunity to identify the genetic, environmental and lifestyle factors associated with a healthy and long lifespan. The



DNA of exceptionally long-lived dogs is being analysed, along with sequencing genomes of 10,000 dogs. Canine citizen scientists are also involved, with more than 32,000 dog owners joining the Dog Ageing Project. Dogs of all ages, breeds, mix-breeds and sizes are being recruited, and the owners agree to fill out annual surveys and take measurements of their dogs for the duration of the survey. Some collect cheek saliva swabs for DNA sampling. In addition, the team works with vets across the country who assist by submitting fur, faecal, urine and blood samples of selected participating members.

For years it has been generally accepted that dog years are roughly 7 times that of humans, so a ten-year old medium size dog would be about the equivalent of seventy, but it is actually much more complicated than that. Scientists are now saying this old formula is inaccurate. Young dogs develop fast early on and are much older than we think. Medium dogs age faster than small and large breeds age faster than medium, ageing starts accelerating for bigger dogs at about six.

Scientists have developed a more accurate formula to calculate a dog's age based on chemical changes in their DNA. The American Veterinary Medical Association breaks it down to this:

15 human years = the first year of a medium size dog

9 human years = the second year.

After the second year, each year = five human years. So, at two a dog would be equal to 24 human years, adding five for each additional year. The 10-year-old medium dog by the new calculation is 64 years old, not 70.

Small dogs are considered senior when they reach twelve, a medium size about ten and the large dog around eight. At these ages our doggy companions start to slow down and show signs and symptoms of ageing, such as greying, arthritis, loss of vision and hearing and possible behavioural changes, basically the same as humans.

Pam Brandis, Dip. Canine Prac.

Relationships



SHADOW MOTIVATIONS

For many years I worked for non-profit organisations in the social services sector. I was confronted by the most challenging situations on a daily basis. Despite the risks involved, it was never a highly paid job. Many times in the office we would console ourselves with statements like: "just as well we're not in it for the money". This statement seemed to bring comfort that there was a more noble purpose in our choice of career. Indeed, most people in the helping professions are motivated to make a difference in the lives of others. However, psychologists argue that pure altruism doesn't exist. If we are willing to dig a bit deeper, we would discover that our pure motivations are contaminated by underlying drivers.

All of us have a wide range of motivations and these include our 'shadow motives'. These are motives that sit in our unconscious and drive behaviour that meets our needs. Shadow motives are



not necessarily negative unless they detrimentally affect how we do life and relate to others. Instead of being guided by values in our decision choices, we can be driven by forces that we are unaware of.

A common shadow motive is the need to be liked. This can manifest in different behaviours. We might demonstrate this by limiting our career choices to only those that we think will be well regarded and avoiding those where we may encounter opposition. In our relationships, we might have difficulty being assertive and may constantly yield to others' opinions. Some parents have difficulty enforcing boundaries because they cannot tolerate any backlash from their children. When we are driven by a need to be liked, the temptation is to alter one's behaviour to be more 'pleasing'.

Another shadow driver is the need to get everything right. This often stems from a childhood where expectations on you were high and parental love seemed conditional. This behaviour will often manifest as workaholism or perfectionism. Feedback given is usually interpreted as criticism and is not well received.

Likewise, a childhood where you didn't feel safe and caregivers were unpredictable, will implant a shadow need for control of your life and the world around you. This can take the form of attraction to positions where you are the sole decision maker. There is distinct discomfort when circumstances seem out of your control. In your relationships, you may find it very difficult to reach a compromise over differing opinions.

Our needs are never absent, and it is not the needs themselves that cause us problems. It is the anxiety attached to our shadow needs that keeps us stuck in unhelpful reactionary patterns of behaviour. Lurking in the shadows are unexamined anxieties such as we won't be liked or accepted; we'll fail or let people down; we'll eventually be abandoned. Deeper inquiry, either through honest reflection or help from others, can shed light on your shadow motives and provide you with new opportunities to choose your course of action.

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

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Are you feline lucky?

1. The Pet Hotel

In the Pet Hotel, the rooms are numbered 1 to 5, in that order. Each room can accommodate one animal, and has its own light. At night, an animal who is nervous leaves the light on. An animal who is not nervous turns the light off. Each of the rooms 1 to 5 are always occupied by either a dog or a cat, and everyone checks out after a night.

a) On Saturday night, a dog is nervous if and only if there are cats in both adjacent rooms. A cat is nervous if and only if there is a dog in at least one adjacent room. It is observed that four rooms remain lit. How many cats are there at the Pet Hotel?

b) On Sunday night, a dog is nervous if and only if there are other dogs in both adjacent rooms. A cat is nervous if and only if there is another cat in at least one adjacent room. It is observed that only one room

remains lit. How many cats are there at the Pet Hotel?

2. Shaken, not bumped

Among six children, each handshake is between a boy and a girl. Each of four children shakes hands with exactly two others. Each of the other two shakes hands with exactly three others. Do these children shake hands with each other?

sdoku – medium

3. I should be so lucky

Three girls, Akari, Sakura and Yui, are each given a positive whole number, which they keep secret from each other. They are told the sum of the numbers is 12. A girl is considered "lucky" if she has the highest number. It is possible that one, two or all three girls are "lucky".

Akari says: "I don't know who is lucky."

Sakura says: "I still don't know who is lucky."

Yui says: "I still don't know who is lucky."

Akari says: "Now I know who is lucky!"

Who is lucky?

Puzzle ©Alex Bellos (The Guardian) – answers on Friday at scenicnews.com.au

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5	6	3	1	1	G	8	9	t
1	8	1	6	9	t	2	9	3

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

Monday 23/05/2022

NS 1 59.52% Lindy Williams - Eddie Heinemeyer

NS 2 55.06% David Donaldson - Heike Edrich

NS 3 52.68% John Youngman - Laurene Hassard

EW 1 57.44% Gayle Donaldson - Pam Warrell

EW 2 55.36% Christine Youngman - Julie Guthrie

EW 3 54.46% Joanne Evans - Wendy Christie

Wednesday 25/05/2022

NS 1 60.31% Kevin Hamilton-Reen - Mary Simon

NS 2 54.58% Lindy Williams - Eddie Heinemeyer

NS 3 48.85% Denise Merrin - Cheryl Finlayson

EW 1 63.23% Joanne Evans - Wendy Christie

EW 2 53.23% Gail Layer - Shirley Gregory

EW 3 48.44% Sue Stevens - Karen Scott

Thursday 26/05/2022

NS 1 60.36% Lindy Williams - Eddie Heinemeyer

NS 2 59.95% Denise Merrin - Sheena Pollock

NS 3 53.16% Joanne Evans - Ray Evans

EW 1 62.95% Heike Edrich - Carole Cooke

EW 2 54.56% Sue Stevens - Karen Scott

EW 3 52.87% Patrick Rasmussen - Peter Morris

We have sessions Mon, Wed, Thu, Fri at TM Bridge Club Sports Ground, 400 Long Road. If you would like to know more or to learn, contact Denise 0444 592 189, or else come to Friday Social Session 1.15pm. Beginners and Visitors are welcome. **tmbridgeclub.org.au**

travelling places

With something for everyone...



TRAVELLING PLACES

By Gina Storey

Today I have had emails from clients travelling the world and having a wonderful time. A message from southern Italy and another from Canada and Alaska. On Friday, a message from other clients in Slovakia. So, people are on the move and travelling and they are all saying what a wonderful time they are having – the tourist numbers are down so they feel they are having a less hurried experience. Other people I am booking to South America, skiing in New Zealand and some others on a circumnavigation cruise of Australia. Where are you planning to venture next?



My next trip is an expedition to Svalbard – where on earth is that? Is the reaction of most people. Really, it is as far north as most of us could imagine ever travelling. Flying into Oslo, we then board a local aircraft and fly 3 hours north into the Arctic Circle to Longyearbyen, the main township on Spitzbergen, the largest island in the Svalbard archipelago. Longyearbyen is also the most northerly settlement in the world, with over 1000 inhabitants.

Heading there in mid-summer, we will encounter 24-hour daylight, the midnight sun. Joining Australian company Aurora Expeditions, we will circumnavigate Svalbard on the *Greg Mortimer* launched in 2019. This purpose-built expedition vessel accommodates a maximum 132 passengers and was designed specifically with the polar regions in mind, splitting the year between Antarctica and the Arctic. The crew are all experienced expeditioners and the team of naturalists on board are qualified marine biologists, historians and adventurers.

Ever since travelling to Antarctica in 2017, I have been intrigued to travel north to the Arctic. I am sure this will be a very different experience, although somewhat similar. The light and colour were amazing in the Southern Ocean – I wonder what it will be like in the north? A lot of people have asked me if I'll see the Northern Lights, my understanding is that although the aurora is active year-round, because of the midnight sun, there will not be enough dark sky for us to be able to see them. Having said that, I caught the end of a travel program with Griff Rhys-Jones in Churchill, in far northern Canada in summer, and they saw a magnificent display.

My yearning is to spot polar bears on the ice. Imagine these extraordinary animals wandering the pack ice in search of food, perhaps with a cub or two in tow. Perhaps Arctic foxes or reindeer will be around. Puffins and other sea birds should be around and nesting and with some luck wildflower season will be in full bloom. Fjords and glaciers surround the islands, and the waterfalls should be spectacular.

To be in a part of the world virtually untouched by man will in itself be a wonderful experience. To learn the history of the region and to hear about Norway's fascinating forefathers who set sail far and wide. Arctic trips include Norway, Iceland and Greenland and operate during the northern summer. Are you tempted to discover this remarkable region?

Contact Travelling Places P: 07 5545 1600 E: travel@travellingplaces.com.au

WINE CHAT

WINTER with Witches Falls Winery WARMERS: WHAT IS PORT WINE?

Each season brings with it a unique set of rituals and comforts. While some of us have already switched gears into winter mode, there are those — I like



there are those — I like to call them the 'winter deniers' — who live in thongs and boardshorts year-round, refusing to acknowledge that the temperature has dropped below 20°C.

While I admire the determination of winter deniers, I will never join their ranks. One of life's great joys is bearing witness to the gentle rhythm of the changing seasons. Winter is one of my favourite seasons on Tamborine Mountain. For me, it's synonymous with frosty mornings, cosy ugg boots, wood fires, juicy mandarins, camellia blossoms, and hot chocolates. When it comes to wine, nothing quite captures the essence of winter like a warm and smooth glass of tawny port.

But what exactly is a port? Read on for the rundown...

Port is a type of dessert wine produced in the Douro Valley of northern Portugal. The term 'port' is protected under EU regulations. Much like sparkling wine isn't considered 'Champagne' unless it's made in the Champagne region, Port isn't truly 'Port' unless it has been produced in the Douro Valley. Despite this, many people will use the term 'port' as a catch-all to refer to all port-style dessert wines, no matter where they are produced. Traditional styles use native Portuguese grapes such as Touriga, Tinta Barroca, Tinto Roriz — although many Australian "port-style" wines utilise grapes such as shiraz, grenache, or mataro.

So, what does it taste like? As a result of fortification, port is typically quite sweet although some winemakers also make dry and semi-dry styles. Fortification refers to the process whereby grape brandy or another distilled spirit is added to a wine mid-ferment. The addition of alcohol stops the natural course of fermentation, preserving the wine and leaving behind higher levels of the grape's natural residual sugar.

Ports can be further classified according to style. Ruby port is the most widely produced in Portugal, although Aussies tend to love a tawny port — a style characterised by scrumptious flavours of butterscotch, roasted nuts, candied orange, raisins, maple syrup, and mixed spices. Utterly indulgent, tawny ports pair wonderfully with cheese boards and charcuterie, as well as rich desserts — think sticky date pudding or crème brulée. On the other hand, many opt to savour a glass of port on its own in order to appreciate its rich depth of flavour. The overall tasting experience can be further heightened by atmospheric adornments — a wood fire, a good book, agreeable company...

Tempted? Another advantage of fortification is that it preserves

wine. Port style wines tend not to spoil for a month or so after a bottle is opened. To further decelerate the rate of oxidation and thus extend the shelf-life of an open bottle of port — simply pop it in the fridge. I bet the bottle will be empty long before Spring!

Cheers, Alexandra Douglas and the Witches Falls Winery Team



with Chef Dylan Gittoes

www.gourmetfoodco.com.au





LEMON AND GINGER CHICKEN SOUP

Now that this colder weather is settling in, I've noticed a few people with the sniffles and a cough as the common cold can cause quite some distress. So, if you are feeling a bit under the weather use this soup as a wonderful way to kickstart the immune system and get you back on your feet.

This recipe does take a bit of effort, but I can assure you it will be well worth it. You can ask your local butcher for some chicken frames and ask them to cut them in half too. I prefer free range chicken. I somehow feel it tastes better and I also know the living conditions of the poor caged hens.

Did you know? Although researchers have not been able to determine the cause of the alleged positive effects of chicken soup, several studies have confirmed that it helps to unblock congested lungs. In 1980, Irwin Ziment showed that chicken broth helps to thin mucous in the lungs with a higher effect being achieved when the broth is spiced. His study was followed up by Stephen Rennard in 2000 who argued that chicken soup, by reducing mucous in the lungs, supported the white blood cells in fighting a cold.

Generally, it can be observed that the calcium content of the soup increases with the duration of cooking and, depending on the composition, can have a mild anti-inflammatory effect.

Chicken soup is also said to have a calming effect, which has led some to claim that it can also heal the soul. I can remember a time when it did just that for me. I'm on the island of Borneo with my wife and we have just arrived at the base of the highest mountain in South-East Asia called Mount Kinabalu. As we step off the bus, I am slapped by the humidity that feels like a wet blanket.

We are here to meet our guide Tariq who is tasked with keeping us alive on our quest to the summit. A well-dressed lady in a black and green suit calls out our names and takes us to greet Tariq. He is a Nepalese national, 55 years of age and he is dressed in a white T-shirt with a black Nike swoosh across the front; his navy shorts are knee length. and he smiles as he puts out his hand to shake mine. It's like a wet fish.

"Let's get started guys," he says in perfect English. "We should have left three hours ago as there is some serious weather coming in and we will have to motor up this mountain if we are to get to our accommodation before nightfall. It usually takes five to seven hours to get there, and we have three-and-a half-at best. Confused. I look at my wife and say, "So much for our leisurely walk then." She shrugs her shoulders.

I ask Tariq who is going to carry our 10kg backpacks up the mountain? He looks at me and then laughs and laughs. Finally, he wipes the tears from his eyes and says 'you'. "They said we will have help," I stammered. "Well, they lied," he replied. "You can leave 'em here or take them but we gotta move man."

Now I've got to say this mountain is a beast from the very start. It's just stone step after stone step, ranging in height from 40cm to 1m going straight up. It's like the world's biggest staircase.

"You guys are fit," proclaims Tariq after two hours of thigh busting steps are thankfully behind us. "We are about halfway and are tracking well; if we can keep up this pace, we will make it," says Tariq. My whole body is dripping in sweat; my mind has stopped complaining due to the fact it does nothing; my backpack feels like it's getting a kilogram heavier with every step. "Why did they make every step a different bloody size," I finally scream. Only to the delight of Tariq who bursts out in laughter again.

Another gruelling hour-and-a half passes but we have slowed considerably, and my wife asks if we can stop and eat our snack. A boiled egg. All around us the rainforest has now turned to slick stone and the air is thick with clouds that are impregnated with rain that seeps into our very core. "Thirty minutes and we are there," says Tariq. "I can't do it," says my wife, "My bag is too heavy." "Give it to me," I say, and I place it on my front. "Let's go," I

I can tell you I have never had to pull on energy reserves like that! My legs were like lead; I was just about to give up, when suddenly I smell smoke. "There it is," cries Tariq and out of the mist is revealed a three-story hotel. Our refuge!

After a cold shower and a change of clothes we sit in the dining room where Tarig says, "Well done you two. That was epic. It's a 4am start tomorrow for our summit run." Just then a waiter places a steaming bowl of chicken noodle soup in front of me. "See you



tomorrow," says Tariq as he leaves. "I can sense life coming back already," I say as I take a big slurp.

INGREDIENTS

- 200g ginger sliced
- 1 red onion sliced
- 2 cayenne chilli sliced
- 1/2 bunch coriander stems roughly chopped
- 1 head garlic cut in half
- 4 litres water
- 3 chicken frames cut in half
- 500g chicken thigh
- 1 lemon
- 4 tbs fish sauce
- 2 shallots chopped
- 10 coriander leaves chopped

METHOD

- Roast chicken frames at 200°C in oven until nicely browned, about 45
- In a 6/7 litre pot fry off ginger, red onion, coriander stems and garlic until aromatic, about 4 minutes. Add roasted chicken frames, pan juices and top with water, then gently heat on low for 3 hours.
- 3. Do not let it boil and do not stir.
- Strain stock and reserve 2 litres.
- In a large pot heat stock, add chicken thigh and gently simmer until you can shred with a fork.
- Add lemon, fish sauce to taste.
- Garnish with coriander and shallots.



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Interesting Facts About Bookish Things

To write a novel takes around 475 hours.

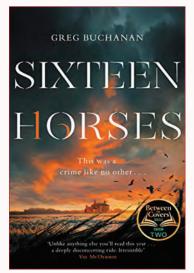
This fact about novel-length is argued over quite a lot. Writing the actual novel probably can be completed within 475 hours. The average novel is 90,000 words which means writing 189 words an hour. Most people can achieve this.

However, writing a novel is not just about putting words on some paper. There is much more to a novel than 189 words an hour. All the research that goes into a novel could easily add another 475 hours to this time.

> Start writing, no matter what. The water does not flow until the faucet is turned on.

> > - Louis L'Amour

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TRIVIA

For the 700DIES



- What is traditionally made from pig's blood, pork fat, cereal, and seasoning?
- Covering meat, game, or poultry with strips of bacon to prevent drying out during roasting, is known as what?
- 3. What alternative name is given to the Norway lobster, which is larger than a prawn but smaller than a true lobster?
- 4. What is the name for a steak which has been cut from between two ribs?
- 5. What is the North African dish made from durum wheat and water to form small balls?
- 6. Which type of Indian cooking involves baking the food in a clay oven?
- 7. Which Spanish dish is cooked using rice, chicken, seafood, and vegetables?
- 8. From which country does Jarlsberg cheese come?
- 9. Which food condiment includes yellow, Bavarian and English?
- 10. By what name is the salad ingredient 'arugula' better-known?
- 11. By what name is the aubergine better-known?

ANSWERS PAGE 27

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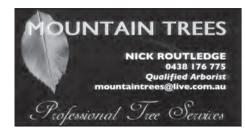
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Answers to TRIVIA trom page 23

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- 2. Barding
- 3. Langoustine
- 4. Entrecote
- 5. Couscous
- 6. Tandoori

- 7. Paella
- 8. Norway
- 9. Mustard
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- 11. Eggplant

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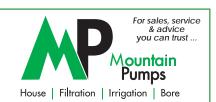
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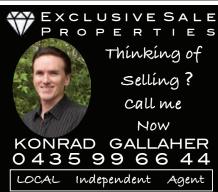




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BOOK READERS GROUP meets once a month, new members welcome. Enquiries at TM library.

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: Tuesdays 9.30am. St Georges Anglican Church, cnr Dapsang Dr & Eagle Heights Rd. VAII faiths welcome. Contact Barbara 0497 016 178.

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

SCENIC RIM TOASTMASTERS meet on the 1st and 3rd Thursday of each month, Hang Gliders Clubhouse, 82 Wagonwheel Rd Boyland. 6:45pm for a 7:00pm start time till 8:30pm. Contact Julia Schafer on 0410 585 425

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, Friday lesson at 1pm and Friday Social Game at 1.30pm. Beginners welcome.Tamborine Mountain Sports Complex, 400 Long Road. Enquiries 0444 592 189

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 $\tilde{\&}$ 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. (The Green Shed) sells local produce, plants & flowers every Sunday, 6.30–11am at 378 Main Western Rd (next to TM Showgrounds)

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.tmo.org.au; 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: Meetings on the 3rd Wednesday of each month, 9.15 for a 9.30 start, starting on 15th June at the new Venue: Bridge Club, Sports Centre on Long Road. Please contact: President Christine Stewart – 0448 877 585

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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