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VISUAL ARTIST VANESSA TO LIVE ON IN THE STARS

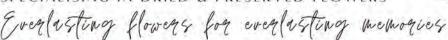
It is with great sadness that TM Universe shares with you the passing of our lifelong member Vanessa Stanley. Vanessa and her late husband Dr. Ross Paul were instrumental in the establishment of Tamborine Mountain Universe. In April 2017 Ross and Vanessa donated the telescope that was in use on Tamborine Mountain for two decades, back to the community. It came with the promise that we would rebuild the former Observatory. Story page 5



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TAMBORINE GARDENS EMBRACING CHANGE AS A LOCAL SANCTUARY FOR CELEBRATION

The calling to Tamborine Mountain has happened to many individuals and for numerous reasons, but each time bringing a breath of fresh air to the Mountain community and to businesses alike.

In the Spring of 2021, this long-felt call finally became reality for Tara and Tony Chapman, with the purchase of Tamborine Gardens Wedding & Function Centre enabling them to set down personal and professional roots on the Mountain.

There's a deep joy and connection for Tara and Tony in being part of this special community and place. Originally from a small community in the 'slightly' cooler climate of Tasmania, Tara and Tony have actively embraced their new home. Tara is passionate about supporting women in business, and assisting community through their spiritual journey. Tony has recently become a board member of the Tamborine Mountain Chamber of Commerce, and is actively fostering local community and business collaborations and events.

Tara and Tony also own a successful change management consulting practice which is focused on strategy, leadership and culture as pillars to realising greater business success and fulfilment. They are passionate about supporting people in realising their potential.

Between the two of them they have three beautiful children – all moving through life now as progressive, independent and compassionate young adults.

Tamborine Gardens is currently undergoing a full rebrand, including changing its name to Shambala Estate, and embracing its purpose as a beautiful and inclusive sanctuary where community can gather consciously to celebrate life, love and connection.









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DRAWN FROM THE FOREST AUGUST 5–14

Drawn from the Forest is an exhibition of mixed media artworks by Bronwyn Davies.

Arts worker and contemporary visual artist, Bronwyn is artist in residence at The Art Post, located in the old pump shop and post office at 38 Main St North Tamborine this August 5th –14th.

'I'm super excited to be spending time in this new arts space. It is so full of light and is right on the street so is very accessible.'

Drawn from the Forest features works inspired by time in nature. Among them are works resulting from Bronwyn's participation in Art for Takayna, an annual event organised by the Bob Brown Foundation. Bronwyn received a RADF grant quick response grant to assist with travel to the event, held in the World Heritage identified Tarkine forest of northwestern Tasmania, a section of which is currently under threat of



flooding to a bulk toxic waste (tailings) dam. During the immersive event, artists came together to see this ancient forest for themselves and to create work inspired by their time in nature.

The exhibition launch will be on Friday 5th August at 6pm. On Saturday 6th at 2pm, Bronwyn has invited Tasmanian artist RoseTurtle Ertler to be part of *Let's talk about Takayna/Tarkine* and to talk about Rose's project '*Dear Tree*'. Rose will also be part of *Jam for the Forest* with Ludek and Shenzo from 6pm-9pm.'

Bronwyn will be using her time of residency at The Art Post to develop a creative project about trees in 2024, to prepare for upcoming workshops at Tamborine Mountain College Arts Festival in September, and workshops with year 12 students on the Mountain and at Hills College Jimboomba later in the year.

The Art Post will be open Saturday 6 and Sunday 7th from 10 am – 4pm and again from Thursday 11th to Sunday 14th 10 am – 4pm. All are welcome to drop in and say hi!

'More than ever, I believe we are a part of our environment; we act as custodians while we are living, so that future generations can also experience the natural world as we are able to. It is what inspires my arts practice.'

To attend the opening launch or book into any of the events go to www.bronwyndavies.studio/ events-1





VANESSA STANLEY LIVES ON IN MEMORY

It is with great sadness that we share with you the passing of our lifelong member Vanessa Stanley. Vanessa and her late husband Dr. Ross Paul have been instrumental in the establishment of Tamborine Mountain Universe. In April 2017 Ross and Vanessa donated the telescope that was in use on Tamborine Mountain for two decades, back to the community. It came with the promise that we would rebuild the former Observatory.

Over the years, the seed of this donation has evolved into the current TM Universe project. Vanessa was a strong supporter of this development.

Vanessa was a professional, accomplished and internationally recognised visual artist. She was especially interested in the interfaces between art and science, with a special focus on Astronomy and Physics.

Her aim was always to explore and reinterpret the hidden and intangible aspects of the environment and scientific research to intrigue and affect viewers' perception. The fascination of these intangible 'spaces' made the viewers of her works consider their own existence and to explore new ways of observing and interacting with the environment. Vanessa used sculpture, installation, video and print.

In 2009 Vanessa earned a Bachelor of Fine Arts Honours First Class at the Queensland College of Art (QCA) Griffith University, Brisbane. Her artworks were exhibited at dozens of



exhibitions and events, including the 2011
Brisbane Festival,
Under the Radar,
Powerhouse, Brisbane, several Swell Sculpture
Festivals at Currumbin
Beach 2014, and 2012
Jing 'an International
Sculpture Project,
Shanghai, China.
Her works also made it to art exhibitions in Japan, Korea and England.

In 2016 she was Highly Commended by Contemporary Art Awards, Brisbane. In 2011 Vanessa shared a two-month exhibition with TM Universe president Jaap Vogel, displaying art works relating to astronomy and space. It led to a strong friendship, and active involvement of Vanessa and Ross in the TM Universe project.

Just after the donation of the telescope, Ross died suddenly from an aggressive form of cancer. It was hard for Vanessa to continue the production and exhibition of art works,



because Ross was instrumental in those activities; in addition, her own health deteriorated rapidly. At the last AGM of TM Universe, Vanessa was awarded the first, and so far, only, lifelong membership of the organisation.

It was Vanessa's conviction that art should always play a significant role in the future TM Universe precinct: "Art has the unique quality that it can communicate difficult concepts in a very accessible way". She even donated one of her major art works to TM Universe for future permanent display.

The Board of TM Universe will decide in which way a permanent memorial will be created at the future precinct at 387 Long Road; most likely it will be included in the former



Observatory that will be rebuilt. Vanessa expressed many times how she thought the telescope should be displayed, and we will honour that idea.

Vanessa will always be part of TM Universe, and her memory is carried in the hearts of many of us.

Jaap Vogel

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NOTES FROM THE DEPTHS OF A PANDEMIC

During the Middle Ages, the Black Death wiped out a quarter the population of the world and half the population of Europe. It ravaged Eurasia and Africa for seven years, and with a case fatality rate of about 50%, people were scared and went to great lengths to isolate and protect themselves. Despite very high ongoing dangers, after a few years, people gave up and no longer took precautions, and returned to the remnants of their lives, oblivious to the death and destruction around them. Hardly surprising then, that in the ongoing COVID-19 pandemic, we are having trouble keeping up the mask wearing and social distancing when they couldn't even manage to continue with precautions when there were people dead in the streets.

Everywhere you go, people are saying we are post-pandemic when in reality, we are in the thick of things. The media has lost interest and people just don't want to know, despite Australia having had 8,000 COVID-19 deaths in 6 months, when in our worst flu seasons, the death rate is not more than 1500 for the whole year. It is easy to pretend when people die locked away in hospitals or nursing homes, and those with long-COVID languish in their homes.

Unfortunately, infection and death rates are rising, hospitals are overwhelmed, and elective surgery is being cancelled. The latest figures for Queensland today are 744 in hospital due to COVID-19 infection and over 2000 Health staff off work with COVID-19.

The good news is that the initial lockdowns and isolation in Australia saved about 18-20,000 lives in the first two years of the pandemic and that death rates have dropped since the beginning of the pandemic due to vaccinations, improved hospital care and new anti-viral medications. The Omicron variant is half as deadly as Delta, but Delta was twice as deadly as the initial strain.

The current vaccines are not an exact match for the Omicron variant and there are a lot of breakthrough infections, but three doses of vaccine reduce the risk of hospitalisation by up to 90% and the 4th winter booster maintains it. While only two doses of vaccine offered the same protection for the Delta strain, with a higher number of mutations in the Omicron variant, two doses are not enough, and boosters, both the 3rd dose, and the winter booster are essential to produce and maintain higher antibody levels.

We now have antiviral medications available to reduce risk of hospitalisation: –

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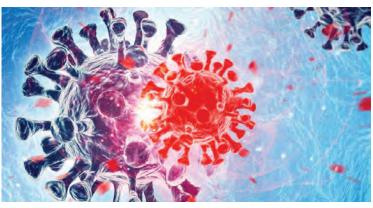
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- These need to be started in the first 5 days of illness to be effective at reducing the risk of hospitalisation by up to 80%.
- Serious deterioration of COVID-19 usually does not occur until late in the first week or into the 2nd week of illness. If you wait too long to get anti-viral medication, it could be too late.

These medications are available to:

- all patients over the age of 70,
- patients over the age of 50 with 2 risk factors
- Aboriginal and Torres Strait Islanders over the age of 30 with two risk factors
- those severely immunocompromised.

As doctors, we need people to contact us in time to access the antiviral medication. Many people do not recognise their own risk factors, which include having a history of asthma needing a preventer puffer, or a body mass index over 30, as well as other health conditions.

Unfortunately, in our pandemic fatigue, people are failing to avail themselves of life-saving vaccine boosters and antiviral medication and landing in hospital or the morgue. Apart from pandemic fatigue, just like in the Middle Ages, people are falling victim to magical thinking and unproven remedies. During the Black Death, people resorted to everything from self-flagellation to child sacrifice and surrounding themselves by fire in the belief it would protect them from the plague (the fire is not such a bad idea, though hard to keep up for seven years). The magical thinking that many are falling victim to today may not be quite so outlandish but is just as ineffective and is leading people into unnecessary risk. Anything from the now completely disproven use of Ivermectin, to denial that COVID is still a risk, or the false belief that despite being over 50 you are not vulnerable.

Not much has changed in 800 years. We still get pandemic fatigue and still succumb to magical thinking and false beliefs, against all evidence. Please seek medical advice if you are over 50 and get COVID-19.

Dr Leeann Carr-Brown
Tamborine Mountain Medical Practice





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With thanks and kind regards Norman & Sylvia

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- · Pretty gardens, firepit area, new enviro-cycle

\$1,600,000

AGENTS:

Linda Hogan 0414 300 558









ROTARY CAR SHOW WILL BE A BIG EVENT THIS YEAR



Final planning is underway for this year's Rotary Tamborine Mountain Car Show on the 7th August.

There are only 3 weeks to go before Tamborine Mountain comes alive with all sorts of automobiles attending this year's Car Show. Organisers have kept some additional spots available for locals to display their Show vehicles. Please jump online and register your show vehicle now, while there are still places available.

This year's car show is shaping up to be one of the most popular automobile attractions in South-East Queensland as well as family entertainment from buskers, associated market stalls and food vans.

The event will have several distinct categories on display: Antique, Vintage, Classic, Custom and Muscle Cars, as well as Bikes. A new Electric Cars category has also been added for this year. There will be market stall holders present, as well as food and coffee vans that will be set up prior to the public's access from 8am.

The grounds at the Sports Centre have an asphalt hardstand for most of the display cars, and gates will open at 6.30am for show cars and bikes. Organisers have been able to increase the total prize money for this year's display cars to \$2500. Awards will be given for the following categories: People's choice, Antique/Vintage, Custom/Muscle, Bike, and Electric. Judging will commence around 11am with the car show expecting to wrap up just after the award presentations at 1pm.

To register display cars and bikes, simply complete a registration form online by using the QR code in the accompanying advertisement on the opposite page.

Display car and bike entrance fee is only \$5 per vehicle, which also includes the driver or rider.

Public entry is \$10 per adult, with children 16 years and younger free. Pay cash or EFTPOS on entry on the day. Public car parking will be available on the grounds.

Rotary as a charity will direct funds raised from this event directly back into the community, supporting schools and youth development, sports clubs, and other community groups.

The event is being supported by major sponsor Eagle Heights Mountain Resort, as well as sponsors Tamborine Mountain Auto Clinic, Carlo's IGA, Scenic Rim Council and Skywalk.

For additional information, contact Dave Power on 0419 743 275 or email dpo90748@bigpond.net.au





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CAKE STALL

Delicious cakes, cookies and sweets will be available at the Long Road Sports Ground Canteen this Saturday July 16th to help the



Tamborine Eagles Senior Women's team fundraise. All these goodies will be homebaked, meaning they will be amazing (and

may have a home made look)!

Running from 9 am to 11 am

Running from 9 am to 11 am - get down early so you don't miss out!



Tamborine Mountain

Car Show











Sunday 7th August 2022

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State Member for Scenic Rim

SMALL BUSINESS IGNORED BY QLD LABOR

Queensland small businesses were ignored in last month's state budget, with the Treasurer barely giving them a mention, let alone significant funding (or anything else). Less than \$40 million was budgeted to grants and mentoring programs over four years, with only \$1 million of that allocated to the coming 2022/23 financial year. Small and family businesses are the backbone of our economy. They employ thousands of people in the Scenic Rim. They have put their blood, sweat and tears into staying afloat these last couple of years. With costs of so many things increasing, there is a role for government to play in bringing some relief from costs. There was no relief for small businesses in the budget for rising power bills. After wages and rent, electricity is the biggest cost to a small business. Instead, we have seen accusations made that the government-owned power generators are 'gaming' the market to drive up their profits - which then flows through to people's power bills.

I've written it here before, but it is worthwhile saying it again. Government everywhere should make it easier for these businesses to grow – get rid of the red tape, the costs and the regulations – so they can create more jobs for our community. The planning system is an example of costs – through professional advice, reports and other fees and charges – that deter some people from having a go in starting or expanding their venture. Imagine if we could aim for each small business in the Scenic Rim to be able to afford to employ another person – that would create a couple of thousand jobs locally! Of course, not every business can do it overnight, but what I'm saying is we need to get the conditions right so that when growth is possible, jobs can be added, and another person and their family can go ahead.

FIRE SAFETY THIS WINTER

Did you know that winter is the peak season for housefires? Most fires are caused by everyday items such as cooking equipment, faulty or poorly maintained appliances, and flammable materials placed too close to heat sources. When heat and toxic smoke start to fill your home, your best chance of survival will be working, interconnected, photoelectric smoke alarms and a well-practised fire escape plan. Take five minutes now to get out alive. Young children and the elderly are the most at risk, so it's especially important to consider how they will escape safely. Make it a priority this winter to draw up an escape plan with multiple exits based on the location of the fire and practice it regularly with your family.

As your State representative, I am always urging the National Parks Department to do more when it comes to hazard reduction burns in order to ensure that State land does not cause unnecessary danger to residents. Controlled burns with the aim of reducing fuel loads before are always welcomed in the right conditions.

SCENIC RIM ELECTORATE OFFICE

You can contact me by phone, toll-free, on **1800 813 960**, or email **scenicrim@parliament.qld.gov.au**, so I can lobby on your behalf in Brisbane. In an electorate as large as the Scenic Rim, there are lots of issues and I appreciate your feedback that helps me do my job as well as possible.



CAN'T WE GET THIS RIGHT?

Twenty proposed amendments to the Scenic Rim Planning Scheme were very poorly advertised by Council. Consequently, although resident submissions were invited, I suspect there may not be many even though some of the changes could have serious outcomes for where we live. I acquired a copy and spent quite a lot of time preparing my response to four items. For the interest of residents, my submissions are summarised below.

Item 2. 'Amendment to facilitate ground water extraction for water supply on Tamborine Mountain." The aim is to make setting up a water extraction business cheaper and simpler. My concerns included:

- a) Council made no mention of concerns about the sustainability of the supply and of the formal investigation program that has been in progress for some time.
- b) There seemed to be no assurance of Mountain supply only.
- c) There would be Code Assessment only, not Impact Assessment.
- **Item 4.** 'Amendments to the Dual Occupancy Code and level of Assessment for Dual Occupancies.' Credit to Council for achieving some Ministerial relaxation of one-size-fits-all Planning Scheme. However, there are problems:
- a) The Council explanation begins by saying that the development should complement the regional setting, the rural towns origin and character of its residential neighbourhood. However, Council ends by saying it should add visual interest to the streetscape through the use of colour, materials, architecture, landscaping and roof design. Mind blowing!
- b) Water supply and wastewater disposal are inadequately dealt with.
- c) Multiple dwelling requirements are only partly specified.

Item 11. Inclusion of an Administrative Definition for the term 'Mountain Community.' Sounds innocuous but really requires sorting. To avoid confusion in Planning Schemes involving Tamborine Mountain, there needs to be something to distinguish between the Mountain and the Town. Perhaps

Town of... or ... Township could be added. Then came the real problem with the Map forming part of the proposed Amendment being not really fit for purpose.

- a) The Map fails to give any indication of the Mountain topography with its escarpments, slopes, and few access routes. On this virtual flat paddock, the Map outlines an integrated Tamborine Mountain Community extending from the eastern Local Government and Army boundary to the fringes of Tamborine Village and Canungra, and even touching Mundoolun Connection Road.
- b) This is where our Town with its particular priorities,



Letters to the Editor

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

potential and limitations needs to be clearly identifiable in the Planning Schemes. It is generally accepted as encompassing the plateau and western shelf, plus down the Goat Track to the lower traffic light where the shelf ends. More thought is needed about the northern boundary since, at the moment, it is unrealistically too far north.

Item 20. 'Amendments to the Strategic Framework to clarify support for tourism activities in the Township Zone.' Extension of this approach to the Town of Tamborine Mountain would be damaging due to loss of identity and character as tourism increases. There would be a consequent loss of attractiveness to residential and tourism development.

There has been a long term strategy on Tamborine Mountain to promote tourism in Gallery Walk and discourage tourism developments in Main Street, which is the essential centre for resident socialising. This should continue.

Now we wait for Council's response.

Phil Giffard

GENDER EQUITY NOT IN QUESTION – BUT CRONYISM CERTAINLY IS

I provide the following comment in response to Cr West's comments re:- gender representation on the recruitment panel for our new council CEO, contained in her Councillor Comment column published in Scenic News, 7 July 2022.

The Coaldrake Qld Public Sector report (Let the sunshine in) released on 28 June 2022 had this to say about public sector appointments:

"Confidence in recruitment and selection processes is important in fostering trust both outside of and within the public sector and counters the risk of politicisation. It also contributes to the perceptions of fairness within the workplace, which can have significant implications for employee morale and organisational commitment." (p80). Mention is also made (p44) of recruitment processes:

"The CCC's Corruption Audit Plan 2021-2023 outlines audits to be conducted, such as an audit of recruitment processes and corruption risks relating to nepotism and undue influence."

Whilst Cr West has expressed

"disappointment" that four of her fellow Councillors (all male) overruled the "sentiment" of gender equity equality by failing to vote for her to fill the final spot on the CEO recruitment panel, I'm sure Scenic Rim residents have lost count of the number of times they have been "disappointed" when Cr West (and Cr Enright) have aligned and voted with the mayor in relation to motions in council meetings.

Cr West and her six (male) fellow Councillors were elected by democratic process. Gender did not play an obvious role. Yet, now that all other attempts to sway the recruitment of a new CEO and to influence the constitution of the recruitment panel were failing, we have played the gender card. If gender equity on the panel was truly the issue here, by virtue of being the only female Councillor, Cr West would have been appointed automatically, thus undermining the democratic process, which of late is showing some small signs of life at SRRC.

Amanda Hay

COMPETENCE, NOT QUOTAS

I disagree with the statement of Councillor Virginia West on gender equality as mentioned in her letter in Councillor's Comment in the 7th July issue. It is not gender quotas (same thing) we need, but competence, which has been sadly lacking recently.

Not only are you reducing a bigger number of competent applicants, but you are debasing women in general. You only have to look at the USA and their gender-based appointments to see what I mean.

Elizabeth Jobson

PROGRESS ASSOCIATION

Many people who criticise the Tamborine Mountain Progress Association seem to actually have no idea of its function, its charter or its purpose.

Primarily the Progress Assoc'n is concerned with protecting the unique physical aspects of this plateau and how that affects those who chose to live here because of that uniqueness. The Assoc'n tries to do this by advocating that council sticks to the precepts of the official planning scheme when dealing with development applications.

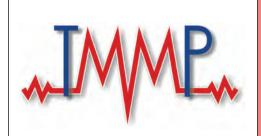
The planning scheme, as it applies to Tamborine Mountain, has evolved over the years but has always been a manifestation of the wishes and aspirations of the residents of this plateau.

Too often in the past, unsuitable developments that contravene the planning scheme have been allowed to go ahead, albeit with a swathe of attached conditions that in practice are unworkable and that are never checked or policed by council. The compliance section or department in our council is merely reactive (to complaints) rather than being proactive in ensuring that imposed conditions are adhered to. Some who criticise the Progress Assoc'n have said that it actually stands in the way of progress and is out of date. That the mountain needs "new blood". I wonder how long those people have lived on the mountain and if they know anything of its history? For instance that the Progress Assoc'n was founded here in 1915 and has endured and championed this community for what is probably a record number of years.

Too often, long term residents have seen newcomers completely disregard the rights of their neighbours and the community, and whether through ignorance or by design have made major negative impacts on the community, its amenity, its ambience and on the unique age-old flora and fauna. We have seen seemingly innocuous developments that are marginally outside the scope of the planning scheme approved and then later through a series of "material changes of use" applications, increment by increment morph into something that outrageously and contemptuously disregards the planning scheme.

"New blood" is fine provided that it contributes to the wellbeing of this Mountain and all its residents. The Progress Assoc'n applauds this kind of development but will always oppose opportunistic development applications that are detrimental to the community. Most people who come here see and appreciate its unique qualities. Others unfortunately see only dollar signs and don't care whether they change Tamborine Mountain into just another urban community. It is a fact that if the council and developers adhered strictly to the planning scheme, the Tamborine Mountain Progress Assoc'n would have very little to do and could enjoy being simply a social club. As it is now. members spend so much time and so much effort, often without much thanks or recognition, trying to preserve what people here love about this plateau.

Shirley Lindenmayer



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TRAVELLING PLACES with Gina



Firstly, I would like to thank local resident Elizabeth Dowler for last week's column - Elizabeth has recently travelled in the arctic circle and wrote a lovely article. Oddly enough, as I write I am sitting in Dubai airport enroute to the Svalbard archipelago, north of Norway in the arctic circle on a similar trip. Elizabeth and I often laugh that she sets the pace and I follow her to destinations around the world!

Cruising is back, and we have many clients booking both near to home and further afield on wonderful itineraries. Today we are looking at Norwegian Cruise Lines, NCL. We have a number of loyal NCL travellers who have tried several similar cruise lines and return time and again to their favourite company. With worldwide sailings and ships visiting Australian waters seasonally, it is easy to see the appeal. Not so well known in Australia, you should give the NCL fleet a try!

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Great for singles, couples and families alike, these ships make an ideal holiday for everyone. Often, multigenerational groups travel together, grandparents, adult children and the grandchildren. Offering something for every age group and space enough for everyone to find their own idea of a holiday, yet coming together for meals and shore excursions. NCL has a range of accommodation to suit every need, from Studio cabins designed and priced for solo travellers to sumptuous penthouses in The Haven, and everything in between

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BRIDGE LESSONS are starting at the Tamborine Mountain Bridge Club, located at Tamborine Mountain Sports Association, 400 Long Road, Tamborine Mountain.

FREE FOUR-WEEK course to teach the basics of playing bridge, on Thursday mornings, 10am to 12, starting August 2022.

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TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (4-JUL-22)

NS 1 61.31% Sheena Pollock - Sheila Irvine-Brown

NS 2 55.36% Robert McCathie - Eddie Heinemeyer

NS 3 43.45% Max Irvine-Brown - Tony Hall

EW 1 59.52% Christine Youngman - Julie Guthrie

EW 2 47.62% Heike Edrich - David Donaldson

EW 3 46.43% Gayle Donaldson - Pam Warrell

EW 3 46.43% Peter Morris - John Lodge

WEDNESDAY (6-JUL-22)

1 58.33% Marian Gibbons - Sheila Irvine-Brown

1 58.33% Kevin Hamilton-Reen - Mary Simon

3 57.14% Lindy Williams - Eddie Heinemeyer

THURSDAY 7-JUL-2022 Teams - State Of Origin

1 WARRELL: PAM WARRELL - LINDA BALMER - GAYLE DONALDSON - DAVID DONALDSON

2 IRVINE-BROWN: SHEILA IRVINE-BROWN - SHEENA POLLOCK - JULIE GUTHRIE - MARIAN GIBBONS

3 ZAREMBA: PETER ZAREMBA - ANN ZAREMBA - KEITH BOWMAN - GILLIAN WHYMAN

We have sessions Mon, Wed, Thu, Fri at TM Bridge Club Sports Ground, 400 Long Road. Contact Denise 0444 592 189 for info else come to Friday Social Session 1.15pm. Beginners and Visitors are welcome. tmbridgeclub.org.au

RIDGE TO BRA

A recent major study has revealed that playing bridge keeps people smarter, happier and more social into old age. It has long been accepted that as you get older, your brain power fades. However, in recent years studies have shown that there are various things that you can do to slow down this process: apart from learning to play an instrument, learning another language, or doing the crossword, learning to play bridge appears to be one of the best ways to 'keep your marbles'! Not just for older people, but for anyone of any age.

A recent major study by the University of Stirling, Scotland, indicated that people who play bridge have higher levels of wellbeing than those who don't. In addition, the game and its social environment has the potential to maintain good health. through increased positive cognitive, social and quality of life outcomes.

By stimulating the brain cortex, bridge-playing activity produces higher numbers of the white blood cells that fight disease. Other studies have found that people who play bridge regularly are 21/2 times less likely to develop Alzheimer's disease. It is also thought that playing bridge might help people recover from the 'brain fog' of long-COVID.

Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minn., said, "It is soft data that says, 'Boy, perhaps

playing these games and being socially active result in better performance.' Patients are less likely to be depressed; hence they sleep better, tend to exercise more and have a better life in general. They do better from a cognitive standpoint."

There are some similarities with the card game 500 in that the aim is to win tricks, but in bridge the bidding adds a whole new aspect to the game and as a result it takes a bit of learning – which is where bridge being good for your brain comes in.

Apart from world champion bridge player, Omar Sharif, other successful people who play bridge include Warren Buffett and Bill Gates. Buffett once said that he wouldn't mind going to jail - if he had three cell mates who were capable bridge players!

Tamborine Mountain Bridge Club will be running a four-week Introductory Bridge Course starting next month on Thursday mornings and are encouraging new players to get in touch and learn this fascinating game. Apart from playing bridge in a friendly and supportive environment, the club holds regular social events, such as trivia nights, Melbourne Cup Days and social drinks after play.

For further information, please contact Denise on 0444 592 189.

QUEENSLAND FEELS RENTAL SQUEEZE

A new analysis of rental vacancy rates in Queensland shows that tenants living in regional centres across the Sunshine state are highly vulnerable to rent increases, as landlords look to recoup the cost of rising interest rates.

Everybody's Home - the national campaign for real housing solutions - has analysed and ranked rental data from SQM.

The five regions most impacted by the state's rental crisis show rental vacancy rates well below 1%; at the same time, rents have increased by as much as 30%.

| Community | Rental Properties | Vacancy Rate | Annual increase | Asking rent | Prop. Vacant |
|------------------------|--------------------------|--------------|-----------------|-------------|--------------|
| Queensland Far North C | oast 7084 | 0.04% | 14.1 | 379 | 3 |
| Gold Coast West | 21978 | 0.29% | 23.3 | 735 | 64 |
| Toowoomba | 20140 | 0.34% | 12.8 | 403 | 68 |
| Southern Queensland | 29208 | 0.38% | 9.8 | 334 | 110 |
| Beenleigh Corridor | 25393 | 0.39% | 29.5 | 561 | 98 |



Everybody's Home spokesperson, Kate Colvin, said as mortgage interest rates doubled, many landlords would seek to pass the cost on to tenants.

"Renters are in for a seriously difficult time as landlords capitalise on historically low vacancy rates to shift the rising cost of interest rates on to their tenants."

"After a decade of inaction on social and affordable housing from the previous Commonwealth Government we really are in a perfect storm. There are limited options for people who can't afford to buy but want to stay in their local community.

"Just because you rent, doesn't mean you haven't established deep roots in a community. Renters on low and modest incomes work in the local shops and aged care services. They have kids in local schools, are members of sports clubs, and attend local churches. They deserve the same stability as everyone else.

"We need to start planning for more social and affordable houses now. A dip in construction starts is forecast for next year, and that's a great

opportunity for Government to swing in and take up the slack in the industry.

"The bitter fruit of a decade of housing neglect is with us now and is being unfairly forced on low income renters. This problem will only get worse if we fail to act."

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5

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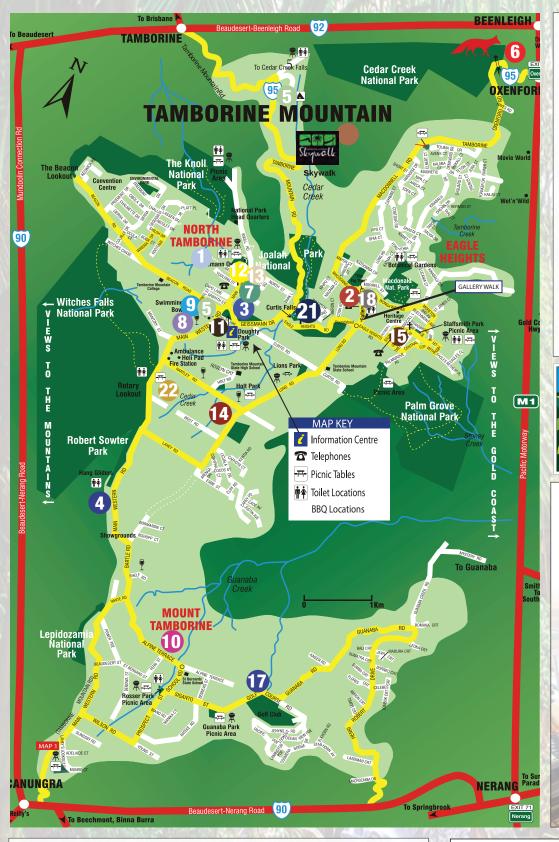








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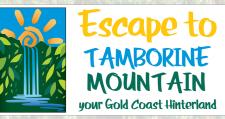
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Living OGS

DOGS HAVE GENE MUTATIONS THAT EXPLAIN WHY THEY ARE SO FRIENDLY

A genetic and behavioural study has identified mutations in the melanocortin 2 receptor gene or MC2R that helps to explain why dogs are so in-tune and socially connected to humans. This gene may have reduced the fear and aggression seen in wolves

and other wild species of canines towards humans.

MC2R is specific for the production of adrenocorticotropic hormone, ACTH.

The main function of ACTH is to regulate the steroid hormone cortisol, which is released



by the adrenal glands: it regulates blood pressure, blood sugar, the immune system and the response to stress.

The dog was the first animal to be domesticated, thousands of years ago. They were selected for temperament, behaviour and cognitive abilities. However, the genetic basis of these abilities has not been well understood until now. Very ancient dog breeds showed a lower tendency to look towards humans, to read human communicative gestures and to respond to them as compared to other less ancient European breeds.

Research comparing the behaviour of dogs and wolves has indicated that dogs show less avoidance and aggression towards familiar humans. Dogs demonstrate better understanding of human communication, they can read our body language better than we can read one another, and they have the ability to form close social bonds. Another hormone of interest is oxytocin, which is known to play an important role in bonding and attachment. A single nucleotide polymorphism on MC2R is related to the above tasks and abilities that separate the domestic dog from its wild ancestors.

As for wolves, they have been persecuted and hunted, then protected. Wolves prefer to avoid humans unless protecting their young and den. They are apex predators and play an essential role in balancing ecosystems and preventing them from being over-grazed. Wolves are protected in most European countries, but until recently they were hunted for sport in the USA and Canada; along with the coyote, they still are hunted in some US states. There have been many tales about wolves saving humans, especially children: viz Amala and Kamala, two feral girls in Bengal India who were raised by a she-wolf and her pack. Another is a book by Misha Defonseca "Surviving with Wolves", towards the end of WW2, as a child she lived with a wolf pack. Later in life she ran a wolf sanctuary.

Pam Brandis, Dip. Canine Prac.

Relationships



SAYING SORRY

"I said I'm sorry, what more do you want?" If that sounds familiar, you are not alone. Saying sorry doesn't necessarily bring reconciliation. What one person considers an apology might look very different to the person they are apologising to. The need for apology permeates all human relationships. Without apologies, offence becomes a barrier, rupturing relationships; anger escalates, pushing us to demand justice. So, what does a genuine apology look like?

There are fundamental aspects to a sincere apology, the first of which is expressing genuine regret. The offended person is experiencing painful emotions and they want

you to comprehend their pain. A heart felt expression of "I'm so sorry" can convey that you understand the pain you caused. Your body language, tone of voice and facial expression are an important part of communicating your



remorse. If 'sorry' is delivered in a package of frustration, it will come across as a demand for forgiveness.

Regret focuses on what one is sorry for. An apology has more impact when it is specific. State the behaviour you are sorry for. Sometimes we don't actually understand what caused the hurt. You might apologise for being late home, but your partner is hurt because you neglected to phone and let them know. By being specific, your partner can clarify what it was about your actions that caused them pain.

Accept responsibility for your actions. Many apologies come with a "but..." attached. 'Sorry but I only did that because you did this...'. Rationalisation takes the form of blaming others. You blame your behaviour on the other person's actions. At the heart of accepting responsibility is the willingness to admit I was wrong.

Sometimes apologies require restitution. Restitution is 'the giving of something as an equivalent for what has been lost or damaged'. Our desire for restitution is based on our need for love. After being hurt, we need reassurance that the person who hurt us still loves us. The giving of flowers won't always solve the issue. We may be required to repair what has gone wrong. If you don't know how, then ask the person what you can do to make things right.

Choosing to change the behaviour that led to the offence is a vital part of apology. An expression of intent to change can restore trust. We are communicating what is going on in our internal world. Despite the struggle to match our intentions, the other person knows we are at least trying. Make yourself accountable. Make a plan together to support one another with changes to any unhelpful cycles you may have fallen into. Give one another permission to feedback signs of slip-ups.

At some point we will all cause offence. If neither party extends the olive branch, the quality of the relationship diminishes. The closer the person, the deeper the hurt, the more difficult the recovery. A process that sincerely communicates our regret and desire for change will allow the rupture to heal and the relationship to once again thrive.

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

SCENIC RIM COUNCIL ADOPTS \$103.2 MILLION BUDGET

Scenic Rim Regional Council today adopted its 2022-2023 Budget at a Special Meeting in Beaudesert, announcing total expenditure of \$103.2 million for the coming financial year.

The expenditure represents an increase of \$1.3 million from the previous year, which brings the budget back in line with previous years.

Scenic Rim Mayor Greg Christensen said that the budget has been shaped by a number of significant challenges in the region, particularly the need for extensive repairs to the road network after severe flooding, and the ongoing impacts of COVID-19, which continued to hamper day-to-day operations for Council's suppliers and employees.

"A \$34 million capital works program will support our commitment to the recovery of infrastructure, repeatedly damaged since the end of 2021 as a result of impacts from significant rain events," he said.

"\$31.54 million has been allocated for the essential upgrade and repairs of roads and bridges, which represents an ongoing investment in a well maintained, safe and interconnected transport network to serve our growing population as well as visitors to the region.

"Of this \$31.54 million, \$11.45 million is dedicated to road and bridge maintenance, \$9.21 million to the upgrade and repair of bridges and \$10.88 million to capital expenditure on roads."

Mayor Christensen said that key projects would include the rehabilitation of Hinchcliffe Bridge in Kooralbyn, Kengoon Bridge north of Kalbar, significant works on Kerry Road, significant roadworks at Veresdale Scrub Road at Gleneagle, as well as almost 400 road reseal projects across the region.

He noted that by the end of the financial year, the number of timber bridges across the regional network would be 54, down from 97 in 2011.

"This Budget also includes an allocation of more than \$800,000 for drainage

improvements to alleviate historical issues which have impacted the growth potential of key centres and had significant impacts on businesses. Kalbar and Beaudesert drainage projects will account for \$609,000 of this allocation, while a further \$191,760 will be allocated to other drainage works across the region," Mayor Christensen said.

"These works are in line with Council's commitment to the shared Community Plan vision for an accessible and serviced region."

More than half a million dollars has been allocated towards a series of new footpath works in urban and peri-urban locations across the region to increase accessibility, as well as minor works to maintain established footpaths.

\$4.01 million is scheduled for landscape maintenance and the upkeep of parks and gardens, and capital expenditure on a broad array of projects including repairs to a community centre, improvements to a caravan park, new picnic shelters, a new shade structure, water infrastructure, lighting upgrades, effluent disposal areas, playground updates and CCTV, lighting and resurfacing of internal roads at Council's waste transfer stations.

Mayor Christensen said that Council was grateful for the co-investment from both the Queensland and Australian governments, which collectively are contributing \$14.2 million for both operational and capital projects.

"Council continues to achieve success in accessing funding through grant programs, which enables us to deliver important projects for our community, while reducing the impact on our general revenue," he said.

Mayor Christensen said that Scenic Rim ratepayers had been spared major rate increases in 2022-2023, despite a 24.9 per cent overall increase in property valuations from the Queensland Valuer-General.

Council is continuing the averaging of valuation changes over a two year period, and has also made a further step change to the community

infrastructure charge, applicable to each rateable property, increasing it by \$53, from \$447 to \$500 per rateable property.

The combined general rates and community infrastructure charge will rise by four per cent (with early payment discount) which Mayor Christensen said is one of the lowest increases by any Council in South-east Queensland.

"This equates to a minimum increase of \$63.45 annually (\$1.22 a week) for the average principal place of residence and \$68.20 annually (\$1.31 a week) for rural residences," he said.

Mayor Christensen said that Council had carefully considered the implications of new property valuations in its budget deliberations so that it could deliver a budget that had minimal financial pressure on the community.

"As a region that is highly reliant on our own sources of revenue through rates and charges, satisfying the community's expectations in relation to infrastructure, whilst fulfilling our legislative, asset and financial sustainability obligations, is very challenging," he said.

"We believe that the rates increase in this budget is a fair amount for Council to continue providing quality services to the community, particularly at a time when inflationary pressures on Council's costs are at high levels."

Mayor Christensen said the budget also provided for an increase in investment in community organisations, through a boost to funding for community grants of more than 35 per cent, to \$400,000 (up from \$295,000 in 2021-2022).

"This acknowledges the value of supporting grassroots community and not-for-profit groups, as well as sporting and recreational organisations that contribute significantly to the lifestyle and liveability enjoyed in the Scenic Rim," he said.

Funding for Council's Environmental Grants Program has also been boosted from \$100,000 to \$150,000.

"These important environmental grants help preserve and enhance the region's natural values, and in prior years have helped members of our community to enhance habitat, restore buffers to creeks, revegetate, develop corridors for wildlife and control environmental weeds," Mayor Christensen said.

Mayor Christensen said that the 2022-2023 budget was a fiscally responsible budget based on robust planning and analysis, a strategic approach to service delivery and good governance.

"It allows for pertinent and important service delivery, significant support initiatives and a strong forward-focused infrastructure program that will support ongoing economic and sustainable growth, drive prosperity and generate employment so that our communities can move forward strongly, and together."

A copy of the Scenic Rim Regional Council 2022-2023 Community Budget Report is available for downloading from Council's website: communitybudget-report-2022-23-web (scenicrim. qld.gov.au)

Photo: Presenting Scenic Rim Regional Council's 2022-2023 Community Budget Report are (from left) Cr Michael Enright, Cr Virginia West, Mayor Greg Christensen, Deputy Mayor Jeff McConnell and Cr Marshall Chalk.





SENIORS ENQUIRY LINE LINKING SENIORS WITH COMMUNITY INFORMATION



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Email: sel@uccommunity.org.au

Website: seniorsenquiryline.com.au

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TMCCA

WINE CHAT

UNDERSTANDING with Witches Falls Winery **TANNINS & WHY** YOU MAY PREFER A **LOW-TANNIN RED**

Do you enjoy the taste and smell of red wine, but can't stand the dry sensation and bitter aftertaste it leaves in your mouth? You're



not alone. It is estimated that around one quarter of the population possesses heightened sensitivity to bitterness. Those with sensitive palates tend to harbour aversions to red wine as well as other bitter foods and beverages such as coffee, dark chocolate, kale, or even a strong cup of tea.

It's common for those with a sensitive palate to stick to white wines. Crisp and clean, whites are seen as more approachable. Here at Witches Falls Cellar Door, many tasters will refuse to try any reds whatsoever perhaps citing a prior disappointing experience with a budget bottle of house red at the local pub. But the breadth and diversity of red wines on the market today is truly astounding. I believe there's a red out there to suit almost any palate and convert even the staunchest white wine

To better understand how to pick wines that align with a sensitive palate, we need to understand where those bitter and astringent qualities come from. In red wine, they are the result of naturally occurring polyphenol molecules called tannins. Tannins are found in high concentrations in a grape's skin and seeds. White wines are essentially tannin-free as its grape juice is separated from the skins, seeds, and stems early in production. By contrast, red wines are produced by letting grape juice steep alongside the skins and seeds (and sometimes stems). This process is called maceration and is important for imparting a wine with flavour, texture, colour, body, and antioxidants.

When searching for a low-tannin red, there are a couple of things to keep in mind. First and foremost, look for what grape varietal(s) have been used. Secondly, try to gather information about how the wine has been aged, processed, and stored.

Grape varietals with naturally thicker skins and large seeds – such as Cabernet Sauvignon - have the potential to produce full-bodied, hightannin wine. But if you're after a low-tannin wine, red grapes with thinner skins – for example Pinot Noir, Gamay, or Garnacha – will contain fewer tannins. They often boast a softer mouthfeel and more delicate body.

Maceration length – i.e., the period of time that grape juice is exposed to phenolic materials (grape skins, seeds, and stems) - will also influence tannin levels. A shorter maceration time typically imparts fewer tannins. however recent studies suggest employing a technique called "extended maceration" will decrease levels of small-molecule polyphenols that cause the most bitterness while increasing overall tannin levels, resulting in a smooth & silky red.

Keep in mind that tannins are also found in the oak that is used to create

wine barrels. Brand new oak will impart the highest level of tannin to the wine stored within, whereas seasoned oak will impart fewer tannins and only a subtle hint of woodiness.

Now that you're full-bottle on tannins, the next step is to get out there and try something new! Will you be the next red wine convert?

Cheers. **Alexandra Douglas** and the Witches Falls **Winery Team**



FOOD FOR THOUGHT

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SPICY BEEF QUESADILLA

These delightfully simple beauties are the Mexican version of a toasted sandwich made with corn or flour tortilla stuffed and folded with various ingredients. For this recipe, I've used lightly spiced beef, gooey melted cheese and pickled jalapeños.

Pronounced (kay-suh-dee-uh) quesadilla are sensational in this cooler weather, also so quick to prepare, as they can me assembled in just minutes. They are a great way to get little people involved in the assembly as it's so simple even a child can do it and another quick and easy recipe to teach your starving teenagers.

Once you make these 'little cheesy things' for the first time you can start to get creative with your choice of fillings. I recently made some using 24hr slow cooked wagyu brisket, which was remarkably tender and flavoursome. You can use chicken, pork or even fish. They make an excellent dinner party starter as they can be kept warm in the oven wrapped in foil until needed then plonked on the table with some napkins and people can help themselves. If there are any left over, simply place them in the fridge for tomorrow's lunch, as they can easily be reheated or are even nice cold.

Did you know? Originally from present day Mexico the indigenous word for this type of food was 'quesaditzin' meaning 'folded tortilla' in Nahuatl. Quesadilla, however, comes from the Spanish word for cheese 'queso' and 'dilla' which roughly translates as dude, so it literally translates as 'cheese dude'. This recipe also uses black beans; also known as black turtle beans, this small, shiny variety of the common bean is especially popular in Latin American cuisine, but can also be found in the Cajun and Creole cuisines of south Louisiana. Like all varieties of the common bean, it is native to the Americas, but has been wildly popularised around the world as a great source of protein.

Chef Dylan tip: Have your frypan nice and hot before cooking the mince. Add the mince in small batches to ensure you get a nice sizzle on the beef and it browns up nicely. If you add too much mince into your frypan all at once the frypan will cool down and the moisture in the beef won't evaporate. The beef will stew, and this is not ideal.

2019 Northeast Los Angeles

Reaching down to press the well-worn

faded blue stop button of bus number 81, I hear the tell-tale ding of the bell signalling the end of my 35-minute ride from Union St station bus terminal in central LA.

I step off the bus and realise I'm in a valley surrounded by steep luscious green hills on either side. It's midmorning; looking up I see dark grey clouds impregnated with rain looming threateningly overhead, a cold wind whips past sending a shiver down my spine. I pull up my hood and gaze down at my phone, Google tells me I'm a mere kilometre away.

I turn left and head down the iconic Californian palmed street towards my home for the next week. I soon reach a series of old commercial shopfronts all in varying degrees of dilapidation with "Se vende" signs slapped across the boarded-up windows. A little further along I come across a parking lot where five solemn, homeless-looking men sit cross legged on the ground all with arms outstretched warming their hands by a gently smouldering fire in an old 44-gallon drum cut in half. My empty stomach growls at me reminding me I haven't eaten since last night. I press on keeping my eyes peeled for a way to satisfy it.

Ahead I notice a group of teenagers sitting on a bench, all munching on something wrapped in grease proof paper. I get closer and I can see it's some sort of fast food. As I pass them, a small kid catches my eye. He looks indigenous Mexican and is wearing a red LA Raiders cap. "That looks delicious" I say, "What is it?". "Quesadilla" he replies a little shocked at my strange accent. They all pause munching now and lock eyes on me. "I'm starving" I joke laughing nervously which suddenly seems to break the ice. I turn to my new compadre and ask, "Can you tell me where I can get one of those?". He stops chewing and with his mouth still full he flicks his head to the right directing me further on. I now see a Mexican food truck with a small line of people parked 20 metres away. I nod understandingly whilst giving him a thumbs up and thank him "Gracias amigo". Walking away out of the corner of my eye I see him smile, turn to his friends and mutter "Gringos eh" and they all erupt in laughter.

Have a little fun with this easy recipe, you will not be disappointed.

Prep 5 mins Cook 10 mins Serves 2-4



Ingredients

- 500g beef mince
 - 2 cloves garlic, minced
- 1 small onion, diced
- 2 tbsp. Creole marinade*
- 2 tbsp. tomato paste
- 1/4 cup pickled jalapeños, roughly chopped
- 400g can black beans, rinsed and drained
- 1/4 cup. chopped fresh coriander
- 4 tsp. canola oil, divided
- 4 large flour tortillas
- 200g shredded pizza cheese
- 1 lime, cut into wedges
- Sour cream, for serving

*Chef Dylan's Gourmet Food Co. Creole marinade

Method

- Place a large nonstick fry pan over medium-high heat and sizzle the beef, adding small clumps at a time then start to break it up with a wooden spoon. Move beef to one side then add garlic and onion cook until softened, about 3 to 4 minutes.
- 2. Add Creole seasoning, tomato paste,1 tbsp water and black beans. Bring to the boil and then simmer on low heat for 5 minutes stirring every now and then.
- Warm a large non-stick pan over medium heat with 1 teaspoon oil. Place a flour tortilla in the pan and sprinkle half with cheese, beef mixture, a little jalapeño and more cheese. Fold tortilla over and fry lightly on both sides until cheese is melted.
- Repeat with remaining tortillas.
- Cut quesadillas into wedges and serve with a dollop of sour cream, a sprinkle of coriander and wedges of lime.

Note: Chef Dylan's Gourmet Food Co. products can be found locally at Joseph the greengrocer on Main Street and Angela's pantry on Gallery Walk.

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INTERESTING FACTS ABOUT BOOKISH THINGS

There's a word for someone who reads in bed. That's right! The term is a 'Librocubicularist'. Try saying that mouthful three times fast.



Stieg Larsson got the idea for "*The Girl with the Dragon Tattoo*" lead, Lisbeth Salander, by imagining what Pippi Longstocking would have been like as an adult.

WRITER BORN IN JULY

Who? Aldous Huxley, English writer, novelist, screenwriter and philosopher

When? 26 July 1894

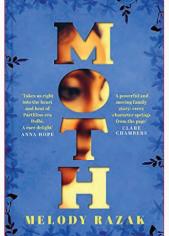
Where? Godalming, Surrey

Why should I read his work? Huxley is regarded as one of the pre-eminent intellectuals of his time and his witty and malicious satires of twenties society and its morals are as entertaining today as when they were written; Brave New World is an astonishingly prescient account of the future.

Try: Crome Yellow (1921), Antic Hay (1923), Point Counter Point (1928), Brave New World (1932)

Interesting fact: Huxley intended to study science but an illness when young rendered him partially sighted; he abandoned science and studied literature at Balliol, Oxford, using a magnifying glass and eye drops to help him read.

Our Book Choice: *Moth* by Melody Razak



Melody Razak makes her literary debut with this internationally-acclaimed saga of one Indian family's trials through the tumultuous partition – the 1947 split of Pakistan from India – exploring its impact on women, what it means to be "othered" in one's own society, and the redemptive power of family.

Delhi, 1946. Fourteen-year-old Alma is soon to be married despite her parents' fear that she is far too young. But times are perilous in India, where the country's long-awaited independence from the British empire heralds a new era of hope – and danger. In its wake, political unrest ripples across the subcontinent, marked by violent confrontations between Hindus and Muslims. The conflict threatens to unravel the rich tapestry of Delhi – a city where different cultures, religions, and traditions have co-existed for centuries. The solution is partition, which will create a new, wholly Muslim, sovereign nation – Pakistan – carved from India's northwestern shoulder. Given the uncertain times, Alma's parents, intellectuals who teach at the local university, pray that marriage will provide Alma with stability and safety.

Precocious and headstrong, Alma's excitement over the wedding rivals only her joy in spinning wild stories about evil spirits for her younger sister Roop. But when Alma's grandmother — a woman determined to protect the family's honor no matter the cost — interferes with the engagement, her meddling sets off a chain of events that will wrench the family apart, forcing its members to find new and increasingly desperate ways to survive in the wake of partition.

Set during the most tumultuous years in modern Indian history, Melody Razak recreates the painful turmoil of a rupturing nation and its reverberations across the fates of a single family. Powerfully evocative and atmospheric, Moth is a testament to survival and a celebration of the beauty and resiliency of the human spirit. *Genre: Historical Fiction, Fairy tale*

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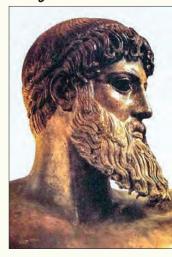
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TRIVIA Myth Makers



- 1. According to Egyptian mythology, of what was Nut the goddess?
- 2. Prince Rama was a figure from the writings in which language?
- 3. Which serpent-headed creature was slain by Perseus?
- 4. Whom di Perseus rescue from a sea-monster and then marry?
- 5. Who killed his father and married his mother, Jocasta?
- 6. Which creatures tried to lure Odysseus and his men onto the rocks with their bewitching singing?
- 7. Which of the Titans holds up the Earth?
- 8. In the Odyssey, who was the King of Troy?
- 9. Volkh, who had an ability to assume any form, is a figure from the mythology of which people?
- 10. How many heads did the Hydra
- 11. Which mythical animal has a lion's body and the head and wings of an eagle?
- 12. In Greek mythology, who was the god of the north wind?

Answers page 27

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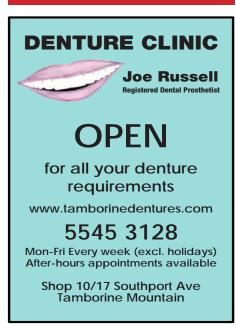


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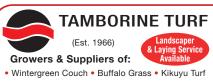
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Answers to TRIVIA trom page 23

- 1. The sky
- 2. Sanskrit
- 3. Medusa
- 4. Andromeda
- 5. Oedipus
- 6. The Sirens
- 7. Atlas

- 8. Priam
- 9. Slavic
- 10.Nine
- 11.Griffin
- 12.Boreas

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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. 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 & 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. Visit our website: www.tamborine-mountain-netball.square.site

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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