



Scenic

News

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



*Celebrating 64 years of unbroken publication...
www.scenicnews.com.au*

FANTASTIC FIRST SEASON RETURN ENDS FOR VALIANT BUSHRATS

Saturday's semi-final was played in the clouds, and despite a gutsy effort, the Bushrats were downed 14-10 by Southport Tigers, ending the season as Minor Premiers, but falling just short of an appearance in this year's final. PHOTO: Bushrats Captain Eddie Brimelow taking on the Tigers line. Story and photos pages 3, 6 and 7



Is your child starting school in 2024? Get them ready in an inclusive and beautiful nature based learning environment unique to the mountain.

Tamborine Mountain Community Kindergarten
invites you to its

OPEN DAY

Sunday, 21st August 2022

9.30 - 11.30

Including a bake sale and sausage sizzle. Come and Play!

We have taught generations of mountain kids! For over 40 years our aim has been to create a safe, supportive and nurturing learning environment where our local children can reach their full potential. We are a not-for-profit community kindergarten for 4 year olds preparing them for primary school.

23 Coleman Square North Tamborine QLD 4272
(07) 5545 2224 | staff@tmkindy.org.au | www.tmkindy.org.au





Property of the week

SALE 🛏️ 4 🚿 1 🚗 2 🗝️ 12.8 acres

Great horse pasture
57-73 Palomino Road, Tamborine

- Fantastic horse property, so much infrastructure already there
- 3 paddocks, tack & feed sheds, horse shelter, hayshed & dam
- Hardwood built home, decks front and rear, private yard
- Air-con in 3 of the 4 bedrooms & living area
- Renovated bathroom, separate laundry

AGENTS:
Linda Hogan 0414 300 558
Charmaine Wigglesworth 0460 444 100

Contact agent



Property of the week

SALE 🛏️ 4 🚿 2 🚗 2 🗝️ 503m²

When only the best will do
2 Vantage Lane, Yarrabilba **\$849,000+**

- Open plan with stacking glass bi-fold doors increasing the living space with the undercover entertainment area with built-in BBQ
- High ceilings, ducted air-con, media room, light filled and modern
- Endless storage, fully fenced, easy care block
- Booming area with so much to offer a family

AGENTS:
Linda Hogan 0414 300 558
Charmaine Wigglesworth 0460 444 100



PROPERTY MANAGEMENT

Short and long term rentals

Looking for the BEST management team to manage your investment?

You'll be in great hands all year round!

We would love to help you

Call us...

Mountain 5545 4000/ Tamborine 5543 6444

OPEN HOMES Sat 20th

- 10 - 10.30 49 Landman Court
- 10 - 10.30 57 Palomino Rd, Tamborine
- 10.30 - 11.15 4-20 Witherby Crescent
- 10.45- 11.15 89 Palomino Rd, Tamborine
- 11.30 - 12 15 Tolima Drive
- 11.45 - 12.15 9 Makalu Court
- 12.15 - 1 12 Magnetic Drive
- 12.30 - 1 26 Justin Ave
- 1.30 - 2 11 Romana Court
- 2.30 - 3 3 Forsythia Drive

OPEN HOMES Sun 21st

- 10 - 10.30 89-95 Palomino Dr, Tamborine
- 10.30 - 11 57 Palomino Rd, Tamborine



Review: Seller Greensward Road

It was an absolute pleasure dealing with Charmaine. Good knowledge about the market, reliable and a great communicator.



AGENTS: Linda 0414 300 558
Charmaine 0460 444 100



SALE 🛏️ 3 🚿 1 🚗 1 🗝️ 2,388m²

11 Forsythia Drive, Tamborine Mountain

- Set back from the street, private & solid
- Good sized concrete block, potting shed
- Sloping backyard, ideal for planting natives to attract the local birdlife or fruit trees
- This could be your first home or investment

\$749,000

AGENTS:
Linda Hogan 0414 300 558



SALE 🛏️ 🚿 🚗 🗝️ 3.5 acres

16 Esme Street, Tamborine Mountain

- Build your dream home
- Dam/lake, lush acreage with private entry
- Underground power, rural fencing in place
- Convenient location, abundant wildlife
- Private sanctuary

\$1,349,000+

AGENTS:
Linda Hogan 0414 300 558



SALE 🛏️ 3 🚿 3 🚗 3 🗝️ 1,600m²

33 Justin Ave, Tamborine Mountain

- Two dwellings on one block, the inlaws or teens will love it
- Magnificent views to enjoy all year-round
- Tranquil gardens with terraces and ponds
- Come and enjoy the Mountain lifestyle

\$1,299,000

AGENTS:
Lisa Patrick 0407 642 444



BUSHRATS GO DOWN IN THE FOG AGAINST GUTSY TIGERS



In a first for Rugby League on the Mountain, the Bushrats were granted the privilege of hosting both semi-finals as a result of finishing first on the ladder and taking out the Minor Premiership. A sense of foreboding descended upon the Tamborine Mountain Showgrounds as the fog rolled in. It didn't stop the spectators, with more than 350 coming through the gate to witness a slice of Mountain history. The fog turned into cloud as Robina defeated Coomera in the first semi-final, with play suspended for periods of poor visibility. The Bushrats faithful still had hope that the curtain would lift in what was promised to be a Mountain sporting event for the ages.

It wasn't to be. The footy gods had abandoned the Mountain, removing any possibility of a hometown advantage, restricting the contest to those brave men in the arena. Spectators were left to squint through the mist not knowing if the whistle blown signified a try, injury, or a penalty. The opposite sideline couldn't be seen! Commentator Dane Sharp was left guessing with the rest of them. An epic battle was taking place somewhere in the middle, and even if you couldn't see the contact, you could feel it. It wasn't our day, and though our Rats fought hard, it was the Southport Tigers who would be off to the Grand Final this week. They say there are no fairy tales in football, but what an incredible run the Senior Rats have had in their first year back after more than a decade. This Mountain is proud of them. Well done representing us so well, and all the best for the years ahead!

Special thanks to Club Tamborine for running the bar, the Food Trucks: Falafel's and More, Fryer and Brimstone and Sweet and Salted for keeping everybody fed and to all of our brilliant supporters cheering our Senior Rats across the

line. Last but not least, this year would not have been the success it has been without our volunteers – mums and dads, players and spectators, coaches and managers. Thank you.

Alick Kilsby

Photos: (top) The Rats defending their line (below) disappointment for players and the crowd, but healthy support for a fantastic effort from the local supporters (below left) Fullback Kevin Gordon trying to break through (bottom right) Dane Stretton



© KPM Sports Images



© KPM Sports Images

WE OFFER:

- Weekly community newspaper
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- Tall A4 size - standout exposure
- High quality gloss print
- 63 years of unbroken publication!
- We cover Tamborine Mountain, Canungra, Tamborine, Cedar Creek & surrounds - bulk drops in Beaudesert

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SPRING IS COMING!



That means it is the season for the Springtime on the Mountain Open Gardens Festival, a happy and popular event hosted by Tamborine Mountain Garden Club.

Five local gardens are being opened for the public to visit, each with its own unique feel. While they vary in size and age, all gardens are interesting and a delight to walk in, so take a moment to savour the beauty, and to absorb inspiration for your own garden.

Tamborine Mountain Flower Farm at Slingsby Road is one of this year's open gardens, and the owners belie the common gardener stereotype of mature, retired folk. The two young gardeners, Emma and Luke, who live and work there with children Amy and Liam (pictured above), manage their beautiful property with a vigour, skill and enthusiasm which is not to be underestimated.

Emma previously worked as a physiotherapist, and Luke is a fireman and swift water rescue specialist. As they also supply fresh flowers from their farm to retailers, and recently opened two cabins onsite for tourist accommodation, balancing their lives with two young children and managing a large garden is an impressive achievement.

The Flower Farm is located on 2.5 hectares of established gardens and features four ponds and three flower fields. The hedges alone are more than 500 metres long. This is a garden to give yourself plenty time to visit.

The other private gardens to open this year are at Griffith Street, and Moreton Bay Avenue with two at Caryota Court.

The Botanic Gardens in Forsythia Street and TM Landcare site in Hartley Rd will also be open with no entry fee, and the Show Society will supply light lunch and morning and afternoon tea at the Showgrounds.

The festival is on Friday 23 and Saturday 24 September from 10am to 4pm.

Tickets are \$20 online at tamborinemountaingardenclub.org.au or \$5 at each gate (correct change requested). Dependent children are free and certified assistance dogs are welcome.

Brochures are available at the Tourist Information Centre, the Botanic Gardens in Forsythia Street, the TM Library, and the Showgrounds, or just follow the signs to your first garden, where brochures will also be available on the day.

Come along and see our Mountain shine...

ADVERTISEMENT



Jon KRAUSE MP
Member for **Scenic Rim**

Fighting for our fair share

07 5515 1100 [f JonKrauseMP](https://www.facebook.com/JonKrauseMP)

Authorised by J.Krause, 91 Brisbane Street, Beaudesert QLD 4285.

CHILDREN'S BOOK LAUNCHED: "SAY NO TO PLASTIC!" BY 14 YEAR-OLD YOUNG ACHIEVER AWARD WINNER NED HEATON

Author and eco-entrepreneur, 14-year-old Ned Heaton, launched his children's book "Say NO to Plastic!" last week at St Bernard State School, Tamborine Mountain. A former school captain of the school, Ned wants to give back to younger students and spread the message to reduce ocean plastics.

Ned's picture book is aimed at Prep – year 3 students, with the goal of educating and empowering the next generation about plastic pollution and the catastrophe it's causing. "There are fifty trillion pieces of plastic in the ocean," says Ned, "and scientists predict that by 2050 there will be more plastic in the ocean than fish! We can't let that happen. We have to change. We have to use less plastic."

St Bernard State School Principal Scott Johnstone says, "St Bernard's is proud to be hosting this book launch, and happy for students to become more aware of the issue of ocean plastics."

"It's up to my generation to do something about plastic pollution. Every plastic toothbrush you've ever used in your life is still in the world somewhere," says Ned. "They take thousands of years to break down. Bamboo toothbrushes work just the same, and biodegrade when you're finished with them! It's crazy to make toothbrushes, which have to be thrown away every three months, out of plastic."

Ned's ultimate goal is to have plastic toothbrushes banned, but he realises that first he needs to make bamboo toothbrushes more widely available, so has pledged to



give away one million bamboo toothbrushes. With guidance from his parents, Shane and Cath, plus business mentors Ben and Sheri Jones of the Youth in Business program, Ned has grown his company The Turtle Tribe into one of the largest suppliers of bamboo toothbrushes in Australia, and ten percent of all profits go to

his charity partner Ocean Crusaders, to support their beach clean-ups and education programs.

When congratulating Ned on winning the 2022 7News Young Achievers 'Create Change' Award, Queensland Environment Minister Meaghan Scanlon said, "It's inspiring to see your great work acknowledged and promoted, Ned. I'm sure you'll encourage other young Queenslanders to follow in your footsteps and be the change they want to see in the world."



National aged care providers including Regis and Bupa have also seen the benefits of partnering with Ned. Linda Mellors, CEO and Managing Director at Regis, said "Regis Aged Care is delighted to be working with kid-preneur Ned Heaton to reduce plastic toothbrush waste and support local innovation. As part of our Sustainability Plan, we're replacing approximately 30,000 plastic toothbrushes annually with sustainable, biodegradable bamboo alternatives from The Turtle Tribe."

Robert Irwin of Australia Zoo, son of late conservation legend Steve, is also a big fan of Ned's work. "Positive change for our environment will come from our youngest generation. A wonderful book like *Say NO to Plastic!* instils a sense of passion and responsibility to care for our natural world and can help kids realise the importance of sustainability."

In July, Ned was invited to present his message at the University of Queensland Research Facility Alumni Open Day at Minjerrabah, after winning the UQ-sponsored Young Achiever Award. "Having a purpose and business you're passionate about is a great way to do good in the world. I know I can't solve all the world's problems," he says. "But maybe, just maybe, I can fix this one thing, and help reduce plastic pollution entering the ocean."

Ned's book *Say NO to Plastic!* Is available via www.saynotoplastic.net.au or at all quality online booksellers.

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A lens FOR...





ABOVE LEFT: A fantastic season ends
ABOVE: The Rats defending their line in the fog
BELOW LEFT: The Rats scrum held their own to the final siren
OPPOSITE PAGE: Nathanael Barnes taking them head on
SECOND ROW: Benjamin Creagh is mauled by the Tigers defense; Rats Captain Eddie Brimelow spreads the ball.
THIRD ROW: Moments before a Bushrats try in the last 10 minutes. (RIGHT) Lewis Brimelow converts through the fog.
FOURTH ROW: Devastated players and fans alike, The end of an incredible first year back in the competition

Council Notices

SCENIC RIM
 REGIONAL COUNCIL

LIBRARIES

Visit scenicrim.qld.gov.au/libraries

DIGITAL DAYS TECH HELP SESSION

Tech help sessions. Bookings required. Contact your local library for details.

Canungra | Mondays
Boonah | Wednesdays
Beaudesert | Tuesdays
Tamborine Mountain | Thursdays

STORYTIME SESSIONS AT THE LIBRARIES

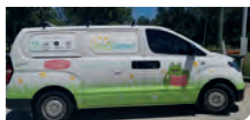
Bookings are essential as space and number limits apply.

Beaudesert | Tuesday 9.30am | Wednesday 9.30am
Boonah | Monday 10am | Friday 10am
Tamborine Mountain Storytime for two to five-year-olds | Monday 9.15am
 Baby Rhyme Time for babies to two-year-olds | Friday 9.15am



OUTREACH STORYTIME IN THE PARK

Beaudesert | Thursday 8 September | 9.30am
Beaudesert Unyah Jarjun Mununjali | Tuesday 6 September | 10am
Beechmont | Thursday 1 September | 9.30am
Canungra | Wednesday 14 September | 9.30am
Kalbar | Thursday 18 August | 9.30am
Rathdowney | Wednesday 7 September | 9.30am
Tamborine Village | Tuesday 23 August | 9.30am



SPECIAL INTEREST GROUPS AT TAMBORINE MOUNTAIN LIBRARY

Busy Fingers Knitting Group | Tuesdays | 1.30pm - 3.00pm
Poetry Group | Third Thursday of the month | 10am

2023 CULTURAL BE HEALTHY & ACTIVE PROGRAMMING

Council is seeking submissions for **2023 Cultural and Be Healthy & Active** programming. Individuals and organisations from the arts, cultural, performance, fitness, sport and wellness industries are invited to be involved in delivering Council's 2023 community and cultural programs.

Submissions are currently open via scenicrim.smartygrants.com.au and close 9am Monday 19 September 2022.

LIVE AT THE CENTRES

Exhibitions, Performances, Movies, Workshops, Functions and Events

BOOK NOW!

Roman Rudnytsky
 Concert Pianist

ROMAN RUDNYTSKY
 Piano Recital 22nd Australian Concert Tour
 Friday 26 August | 7.30pm
 Boonah Cultural Centre

A virtuoso performance by an internationally acclaimed artist!

Enduring
 Imagined Worlds - inside out Nature of Change

Two sensitive exhibitions exploring thought-provoking themes of human emotion, identity and resilience, celebrating our capacity to cope with extreme personal change.

Launching 20 August
 The Centre Beaudesert

FRIDAY FLICKS
 Boonah Cultural Centre | All screenings at 10am, 1pm and 7pm | Tickets \$10 | Conc \$7.50
 Friday 19 August | Cyrano (M)

WORKSHOPS
TWO PERSPECTIVES ART MASTERCLASS with Dr Paula Payne and Nadine Schmolli
 Saturday 3 September | 8am - 5pm | The Centre Beaudesert | \$80 Limited places

2023 CULTURAL PROGRAM CALLOUT
 Calling for creative ideas and projects under the theme of *Reimagine: explore the possibilities*
 See website for full details and guidelines.
 Submissions close 5pm 19 September.

See the full cultural program and event details at liveatthecentre.com.au or phone 5540 5050

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



scenicrim.qld.gov.au



SOS TO HELP KEEP MEMORIES ALIVE



For many years veteran Tamborine Mountain U3A member Frank Rotherham has helped keep ageing memories alive with his regular presentation of *Down Memory Lane* at the Roslyn Lodge Nursing Home.

He has shown clips and songs from old films in his collection along with a lively quiz based on these film extracts. The series has always been very popular.

Now, alas, time is catching up with Frank also, and he is finding it hard, in his late eighties, to drive up the mountain from his new home in Tamborine Village to give his presentations.

So, Tamborine Mountain U3A is asking if any member, or anyone else in the community, would be willing to keep the *Down Memory Lane* tradition going. Frank will provide the necessary material and instruct anyone in how to present it. If you are willing to do this please contact U3A President Grahame Griffin at grahameandhelen45@gmail.com or Vice President Nigel Waistell at nigelpam2@gmail.com.

TAMBORINE MOUNTAIN
HISTORICAL SOCIETY INC.

ANNUAL GENERAL MEETING

Tuesday,
30 August 2022
11.00am start

At the Heritage Centre
Wongawallan Road,
Tamborine Mountain

All financial members are
invited to attend, and stay for a
cuppa after the meeting.

RSVP 0411 456 890



07 5545 2522



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TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (8-AUG-22)

1. 64.58% ASHLEY ANDERSSSEN - ALEX HOOD
2. 52.08% HEIKE EDRICH - DAVID DONALDSON
3. 47.92% GAYLE DONALDSON - PAM WARRELL

WEDNESDAY (10-AUG-22)

1. 65.97% LINDY WILLIAMS -
EDDIE HEINEMEYER
2. 64.58% SUE STEVENS - KAREN SCOTT
3. 58.33% CHERYL FINLAYSON - DENISE MERRIN

THURSDAY (11-AUG-22)

1. 58.33% PAM WARRELL - SHEILA IRVINE-BROWN
1. 58.33% DENISE MERRIN - CHERYL FINLAYSON
3. 55.09% BILL LARCOMBE - DI LARCOMBE

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



JON KRAUSE MP

State Member for Scenic Rim

CONGRATULATIONS TO THE TAMBORINE MOUNTAIN BUSHRATS

It has been awesome to see the re-emergence of Tamborine Mountain's Rugby League club this year. I'm a fan of many sports – to play and watch, and in the case of some of my children's' teams, to manage/coach/help out from time to time. What a run from the Bushrats, whose Senior Team emerged as Minor Premiers this season, their first back in many years.

Thank you to those key people who drove this club's renaissance. From the coaches to the managers, the people maintaining the Showgrounds (including the Show Society) and those helping with other various jobs that need doing from week to week; thank you and well done. Although the result last Saturday was not the one we wanted, it has been an extraordinary effort by all involved this year and I commend you all for the spirit shown in providing another option for sport and recreation on Tamborine Mountain.

ROADWORKS ON TAMBORINE MOUNTAIN ROAD – CURTIS RD TO IGA SHOPPING CENTRE

There've been a lot of delays and disruptions with these works, that's for sure. Locals and especially businesses in that area have borne the brunt of delayed work schedules and traffic management clogging up traffic. Main Roads' latest info sheet outlines that wet weather has seen a mid-June 2022 completion date turn into an end of September 2022 completion (although given recent weather and the forecast, it may turn out to be longer). Work during the day is completed for the moment. The frustrations of locals and businesses has been communicated clearly to Main Roads and they are well aware of the impacts these projects can have. The road desperately needs work – along with many others victim of a nearly \$6 billion backlog of repairs and maintenance this Labor Government has allowed to develop – and so let's hope it is completed as quickly as possible and to a good, durable quality of work.

LABOR CONTINUES TO FAIL SCENIC RIM – AND ALL QUEENSLANDERS

A few weeks ago, the Palaszczuk Government's extraordinary incompetence was exposed (again). Budget Estimates committee hearings revealed an extra \$3 billion of taxpayers' money has been wasted, on top of other waste already identified by the LNP in this term. The third-term Labor government is losing control of spending in Queensland.

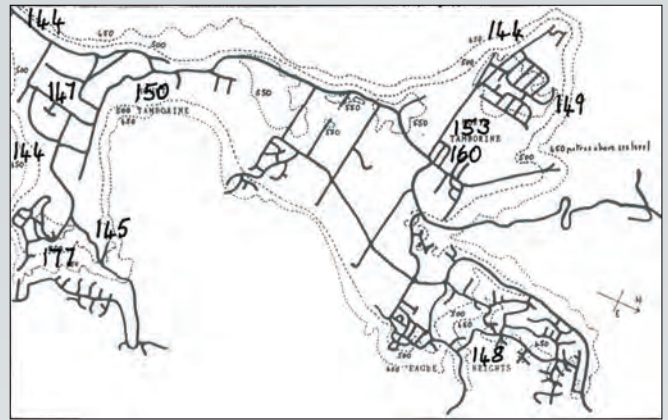
This money could have built two hospitals and employed thousands of nurses and doctors in the middle of a health crisis.

The list compiled from two weeks of Estimates is extraordinary. Here's a sample:

- Wellcamp quarantine centre cost Queenslanders at least \$220 million
- A \$2 million advertising strategy produced 2 tradies
- Millions of dollars allocated to a Koala Lab at Dreamworld was instead put into a new rollercoaster
- Taxpayer money is being used to stop a report about Jackie Trad from being made public
- Cross River Rail has blown out to \$8 billion
- An IT upgrade in the energy sector has blown out by \$186 million
- Almost \$1 million was spent on the Caloundra Youth Jail before the project was cancelled
- Government granted \$4 million of small business grants in error and are now spending more money to try and recoup those grants.

Queenslanders deserve so much better than this.

TAMBORINE MOUNTAIN RAINFALL



JULY 2022

July, coming at the end of a La Nina as it did, was in consequence a wet one. Fern St recorded 147.2mm compared with the expected of 49.3mm and the average of 80.5mm. There were about 14 days with rain or dews, and it was cold.

Two rainfall events early in the month were due to upper atmosphere lows, and an appreciable fall recorded on the 13th was due to a trough. Later in the month a trough, which later deteriorated into an east coast low further south, brought substantial rain for four days.

The map shows an unusually even spread of totals across the Mountain.

Mike Russell 5545 3601

Interested in our services? We're here to help!

Tourism Tamborine Mountain is fully independent and unashamedly local, offering a marketing service to the Mountain, Hinterland and surrounds.

For over 12 years our motto has been to assist and promote sustainable tourism on Tamborine Mountain, fondly known as 'the green behind the gold'.

Let us help you to showcase your business on all relevant channels from print to digital media. Enquire about our individual marketing services & packages @ advertise@tourismtamborinemountain.com.au - Judy

- **DL Brochure Service** - Monthly service for DL flyers designed for businesses to be used in all TTM owned brochure racks
- **Eating Out Guide** - Good food choices for eateries wanting to promote their outlets to tourists and locals alike
- **Tourism Website** - EscapeToTamborineMountain.com.au One of our tourism marketing platforms is our all-inclusive website, which promotes the mountain's uniqueness, local business & what's on nearby
- **Visitor guide** - One of our tourism marketing platforms is the annual, comprehensive map brochure, or often referred to as our visitor guide

TourismTamborineMountain.com.au



Letters to the Editor

Readers are reminded that letters to the editor must show full name of writer for publication.

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

MOUNTAIN BOWERBIRDS IN PERIL

The reported deaths and disappearance of Regent bowerbirds across the Mountain has alarmed locals and led to some investigation of the possible cause.

A substance contained in some snail baits, METALDEHYDE, is marketed as snail bait in the form of a blue pellet.

This blue colour attracts the male bowerbird, when found around the garden.

He could take it back to his bower to attract the female. It is potentially fatal if consumed.

Metaldehyde has been banned in the UK as of 22 March 2022. *“Metaldehyde has long been recognised as posing an unacceptable risk to birds and mammals. Toxins can also find their way into rivers and freshwater, posing wider harm to the environment and other wildlife.”*

According to the US Environmental Protection Agency, it is ‘classified as a slightly toxic compound’.

“Metaldehyde may be fatal to dogs or other pets if eaten. The death of birds feeding in Metaldehyde-treated areas has been reported in the scientific literature. These deaths were from birds eating slug bait, not dead slugs. The 4% pelleted Metaldehyde bait, a concentration commonly sold to home gardeners, is reported to be toxic to wildlife, according to the EPA.”

This compound is still available in Australia and used in some snail pellets.

We are waiting on results from Currumbin Wildlife Hospital to confirm the cause of deaths in these birds.

It would be advisable to stop using this bait during breeding season. It would be also good to remove or mulch over any pellets in the garden and if there is a bower nearby, check for pellets taken there.

Julie Wilkinson
Land for Wildlife Host

ST BERNARD'S 80'S TRIVIA NIGHT AND PRIZE AUCTION

TICKETS NOW ON SALE

\$25 / ticket or
\$220 / table of 10

St Bernard's
TRIVIA night

6:30PM, FRIDAY 2ND SEPTEMBER

At the Zamia Theatre. To book head to:
<https://www.ticketebo.com.au/>

Enjoy an evening of fun and mind-bending trivia – all for a good cause! Tickets include entry, nibbly and a drink on arrival. Eftpos facilities are available to purchase drinks, with pizzas available from Tamborine Mountain Pizza (advance order required).

There will be a live auction with some fabulous items to be bid on including a Family Holiday, local art, hampers and plenty more to be revealed on the night!

So, get your best 80's kit on and moonwalk your way to the raddest fundraiser of the year... All funds raised go to St Bernard State School.

This is a licensed event... No BYO and no admission under 18 years of age.

www.ticketebo.com.au/stbernardsstrivianight

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online booking service available on this website

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Dr Leeann Carr-Brown
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Dr Sanne Kreijkamp-Kaspers
Dr Henri Coombs
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TRAVELLING PLACES with Gina



It is funny how just one passing word in a conversation can bring back many memories. Over Sunday lunch today someone mentioned Beaujolais – the light red wine produced in a small region south of Burgundy and north of Lyon in France.

Every year in November a broad collection of vehicles (from the most basic to the most luxurious) race from Beaujolais to London to see who is first to bring the new vintage across The Channel to the beating heart of London. The festivities in London are great fun and if ever you find yourself there in November, head for a wine bar in Soho or the West End to join in the celebrations. Look out for promotions of the Beaujolais run! France is a wonderful country to visit – it is so much larger than we all expect and each region is quite different to the next. I have been lucky to have several holidays there over the years and now long to return, perhaps I am grateful to have missed this year's heatwave mind you! A few years ago, we went for Christmas with family in Brittany – over in the west where they claim to cook the best crêpes and galettes; where the seafood is fabulous, the coastline rugged and the people welcoming.

Beforehand we had a week in Beaune, a small town north of Beaujolais and south of Dijon. This historical small, walled town was a joy – I wandered down the road every morning to pick up a fresh baguette or croissants for our breakfast, eaten with fabulous local butter and jam all washed down with café au lait. Beaune is home to the beautiful 16th century hospital, now a museum. It also is in the centre of Burgundy, and holds an annual wine auction where buyers come from all over the world. You can walk the ramparts, and while we were there the town held a *Son et Lumiere* where the historical buildings were floodlit and told the story of its history. The region was a delight with Roman ruins at Autun (well worth the visit), excellent restaurants, cobblestone streets, and fabulous markets.

We then drove west around five hours to Azay le Rideau in the Loire Valley where we based ourselves to explore the magnificent Chateaux. Apart from Azay's own chateau, don't miss Chenonceau which straddles the Cher and was home to Catherine de Medici in the 16th century after her husband Henry II of France died. Visit Villandry for the exquisite formal gardens. Chambord is a vast imposing chateau set in massive grounds – don't miss the amazing historical kitchens with a collection of amazing brass pots and pans! In summer paddle down the rivers, or perhaps cycle or walk the towpath between villages. This opulent region was home to the kings and queens of France and their entourage ... the history is fascinating and the area beautiful!

Contact Travelling Places

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E: travel@travellingplaces.com.au

GOLD COAST DISABLED BUSINESSWOMAN IS NAMED AS A FINALIST FOR NATIONAL AWARDS

Rebecca Castano-Mander of Naturally COS has been named as a finalist in multiple categories, including Against the Odds and Sustainable Product of the Year for the AusMumpreneur Awards.

The AusMumpreneur Awards presented by The Women's Business School celebrate and recognise Australian Mums in business achieving outstanding success in areas such as business excellence, product development, customer service and digital innovation. The awards are designed to recognise the growing number of women who successfully balance motherhood and business in a way that suits their life and family.

In 2020 Gold Coast-based mother of two Rebecca was involved in a tragic car accident that resulted in a brain hemorrhage and stroke.

Rebecca's aspirations now are simple: get her life back; push herself to the endless limits; provide Naturally COS wellness centers to offer a natural escape to help heal and support women, meeting the needs of both physical health and inner wellbeing; and her overarching desire is to continue to show Australians how Naturally COS is helping women. With the help of exclusive stockist, Dandelions 3 on Gallery Walk Tamborine Mountain, Rebecca has no doubt this goal can be achieved.

Overcoming such odds, Rebecca is delighted to be named as a finalist and is proud of her achievements, particularly adjusting the way she formulates: her brain is limited in processing power, so she identified that and changed the way she operates her lab and her processes. And learning to walk and talk again, having a young child and learning and teaching him Auslan so they could communicate and say "I love you" to each other.

Being named a finalist has been a dream come true for Rebecca following the difficult past few years she has had. As she continues to innovate and develop new products with the help of Tamborine Spring Water, which Rebecca distills in-house, she navigates the daily challenges of working with a brain injury. Having overcome so much already, Rebecca is determined to show other mothers how strong they can be.

There are many benefits to balancing business and motherhood as Rebecca explains, "I get to show my son and soon my daughter all about chemistry, all about how the world can look close up, and how we need to love and protect it. My kids get to see mum work and the things I hear my son say are truly hilarious and often very complimentary.



But nothing beats the feeling that I can call tools down when I need to and be with them, and show them if you work smart and don't give in, the world is truly whatever you want it to be".

It can be challenging to be a successful businesswoman whilst raising a family and Rebecca gives this advice for others thinking about starting their own enterprise. "It's a giant swimming pool, it's ok to glance over at the other lanes, but don't stare too long. Everyone is trying to get to the other end for their own reasons, swim your own race. Let others swim theirs. Most importantly, you need to be hungry for this journey, and you absolutely need to understand what success means and will mean to you first.

Read more at www.ausmumpreneur.com. The winners of the AusMumpreneur Awards will be announced at the AusMumpreneur Awards Gala Dinner in September.

Email Rebecca at hello@naturallycos.com.au





JUST SAY NO

I was on a yoga conference in Melbourne over the weekend and one of the mind/body topics was people pleasing. This is often a woman thing. Only because we women are genetically programmed to keep the cogs of society running smoothly, with kindness, connection and learning to navigate awkward moments and obnoxious people, often by saying YES, to keep everyone happy.

It's a generalisation, but fairly true with the majority of women and mothers, and not always a bad thing. Can you imagine a world of grumpy NO's to every new social interaction or new event - fun indeed. Now many of us conquered the NO response decades ago: if you're an introvert, an empath or you just realised early in life that the world of people pleasing was a shifting goal post, you learned to say NO. But for those who are still saying YES to everything and everyone, the toll on their bodies is really high.

What happens when you say YES when you actually really want to say NO? You may end up stretched way beyond your physical and emotional capacity and the end result is often physical and emotional exhaustion through lack of self-care. You might also find yourself resenting others and feeling guilty.

People pleasing often goes back to childhood. You might not have felt worthy of being loved for yourself. You felt you had to say YES to make everyone happy and you spent your childhood being the "nice" child, which got you certain rewards but it often meant you never learned to love yourself. Your boundaries were porous and no one honoured the real you: your opinions and your desires. People pleasing is also about fear. Fear of rejection, confrontation, not being liked, being judged as selfish and fear of missing out.

So, what has this got to do with yoga and your body? A life of people pleasing exhausts your third chakra in your solar plexus. In the world of yoga this is where you keep your personal power, your moral code and your integrity. Learning to say NO using your body's signals starts with you feeling into your response to being asked whatever the "thing" is. Do you feel it in your gut? Your heart? Notice how it feels. Does it feel light and joyful or does it feel like tightness and dread? This is your Truth. Let it settle and then commit to acting on it. If you can learn to say NO more often, it will take some of the load from your nervous system and adrenals. You'll be less tired and ultimately a happier person.

Learning to say NO authentically for you, is a life skill. And remember, every time you say NO to something that is not important to you, you say YES to something that is.

Margot Wagner
Yoga Under the Bodhi Tree

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

Relationships



LIFELONG LEARNING

In the thirteenth century, Nasreddin, the wise fool of Sufi folklore was asked how he had learnt so much. He replied, "I simply talk a lot and when I see people agreeing, I write down what I have said!" Thankfully, the concept of learning has undergone significant change since the days of Nasreddin.

Traditionally, learning was seen as something that preceded action. You completed school, college, training and were fully accredited to launch your career; the expectation being you had all the expertise required. Last century, Reg Revans pioneered the concept of 'action learning'. Reg realised that with the increasing acceleration of change, much of what we learned in our training was, within a few years, irrelevant to the world we worked in. Revans' Law states **The rate of learning must be greater or equal to the rate of change in the external environment.** That's a tall ask, considering the dramatic increase in the rate of change in our generation.

These days Professional Development holds to a 70:20:10 principle. Seventy percent of professional learning happens on the job, ten percent by attending courses and twenty percent through coaching and mentoring. Experience is not necessarily a great teacher. A study completed five years ago, followed 173 therapists over 18 years and discovered that, whilst a minority of therapists improved, generally client outcomes decreased as therapists gained experience. The therapists who reflected on their practice and created opportunities to receive feedback were the ones who improved. Reflection on what we have done provides us with insights that become the foundation of our future actions. Without this, we become stuck in a rut, get left behind, experience boredom and lose our spark.

It's not just in the professional sphere where embodied learning takes place. The 70:20:10 principle may actually be relevant to our relationships. Is there anyone who can claim to be totally skilled in parenting prior to the birth of their first child? Or that you knew exactly what makes for a successful partnership prior to being in a relationship? No, it's on-site learning when it comes to navigating our way through life's connections. And like the study on therapists discovered, many of us don't get better at it with experience. In fact, over time we can feel like we have lost our ability to connect and become increasingly isolated.

Typically, the reason for our regression is that we have failed to approach our relationships with a learning or growth mindset. A growth mindset doesn't attribute relationship problems to character flaws that can't be fixed. A growth mindset accepts that the perfect relationship doesn't exist and allows us to be comfortable with this reality. A growth mindset enables us to tackle challenges and learn from them. A growth mindset acknowledges that making mistakes is part of the human experience. A growth mindset gives us the option to reflect on our mistakes and turn them into opportunities for change. Adopting lifelong learning benefits every part of our lives.

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

Physio Talk



with Rebecca Bell

TRAUMA

I think everyone is becoming very familiar with the word “Trauma” these days, as well as “Post Traumatic Stress Disorder” (PTSD).

Once it may have been reserved for those brave individuals who have risked their lives fighting wars or being put through the rigorous training involved in this. But it really does come in many forms. Sometimes something small can produce something quite big, or lots of little things together all add up. Things from the past piling on top of new experiences that we really have minimal control over, or certainly have no knowledge on how to manage. Whatever it is for you, it is just so very painful to experience.

One type of trauma that we see in the clinic, and that has thankfully gathered more awareness in the last few years, is that of Birth Trauma. Even 15 years ago when my beautiful daughter was born, and just before I started my studies in Women’s Health, there really was not much awareness or education surrounding this type of trauma. I don’t think childbirth was even considered to be in the realm of a traumatic experience. There sure were lots of breathing exercises, pain relief options, birth positions and alike. However, never was there any education given around my choices for delivery – including the instruments available – and what risks were involved in this to ME. As long as the baby is well and healthy... right? Looking back, I will be eternally grateful for the skilled obstetrician and midwives who were surrounding me that day. Things may have been a whole lot different had I come into hospital on a different day, in a different year or generation or in a different country.

In 2017 ABTA – the Australian Birth Trauma Association – was set up by several people, including one brave Mumma whose life was turned around after suffering significant trauma during giving birth. Since then, they have worked tirelessly to share stories and educate women and their partners on what choices they have, offer support and build a network of knowledge and skills for prevention into the future. Even though the unexpected can always happen, knowledge really is power in this situation. Knowing your risks and what is a possibility during and following birth has shown to be far less psychologically

damaging than going in completely blind. Even for general surgery all your possible risks are explained by the dozen. However, for childbirth there seems to be a void of information given to women, or expectations that are seen as just “normal” so they are not mentioned. If there is at least some choice, there is empowerment and certainly better acceptance for whatever the outcome. Becoming a mother or parent is challenging enough without experiencing trauma as well and feeling powerless and alone following.

If you have already suffered a traumatic experience during giving birth, I am so sorry you endured this. If you are unsure what to do about it, or have physical ramifications following, a trained Women’s Health Physiotherapist is a safe place to turn initially. If you are currently expecting and would like to know more to help you through your journey, please reach out to Bec or Jess at Physique on 5545 1133.



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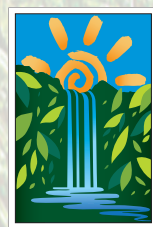
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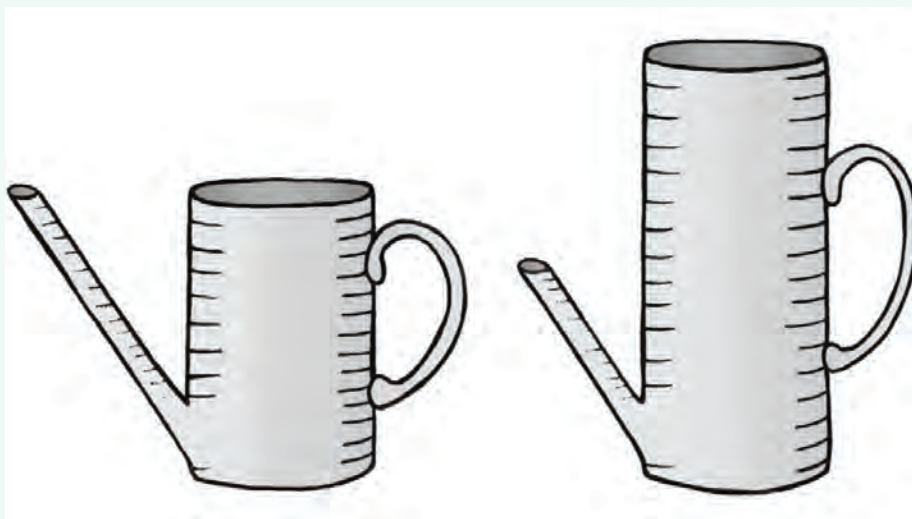
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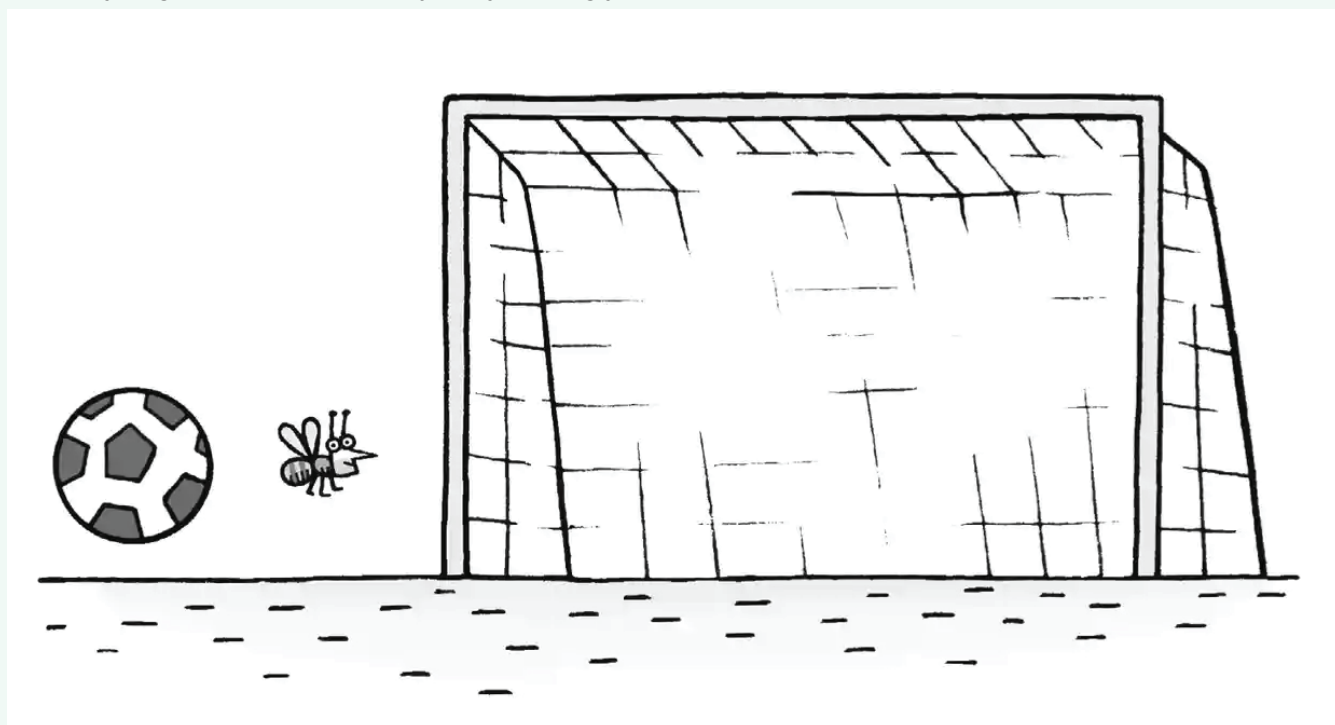
		2	9	3	7
6			7		9
2					6
					7
1	5		6		
	5		8	2	4
1			7		
	9			4	
	7	4			5

Sudoku - Medium



CAN YOU SOLVE IT? ARE YOU SMARTER THAN AN 8-YEAR-OLD?

- Which of these two watering cans (above right) can carry the most water?
- The image at left (*opposite page*) contains at least 50 things beginning with B. Can you find them all? See if you can find the most amusing B-word that is in the picture but that is not something a child would ever spot. You are encouraged to think of abstract philosophical concepts, management jargon, street slang or anything else.
- How do you get the ball in the net just by moving your head?



- In the following sentences we have replaced some words with their initials. Can you work out the meanings of the sentences? I've done the first one for you, so you get the hang of it. Some of the sentences concern football, and some don't.

- A FT has 11 P. (A Football Team has 11 Players.)
- A Y has 12 M.
- E have won 1 W C.
- A H has 5 F.
- The A has 26 L.
- If you have S of C, S-I for 7 D.
- M has 2 B Hs.
- B J has at least 6 C.

8	2	7	1	4	3	9	6	5
6	5	3	9	7	8	1	4	2
1	9	4	6	2	5	7	3	8
9	3	5	7	1	6	8	2	4
7	1	2	5	8	4	6	9	3
4	8	6	3	9	2	5	1	7
2	7	9	8	3	1	4	5	6
3	6	1	4	5	7	2	8	9
5	4	8	2	6	9	3	7	1

PUZZLES © ALEX BELLOS – *The Guardian*
 Answers @ scenicnews.com.au on Friday

REVITALISING THE ORGANISATIONAL STRUCTURE OF TMCCA

and monitors the operations of the organisation to ensure it –

Building a capable community is a process intended to achieve the wellbeing of its members across varied aspects of their lives such as, health, education, financial, social, cultural, to name a few. To achieve this, organisations that facilitate the meeting of specific requirements, in keeping with the law of the land, are formed which are responsible for ensuring community members' needs are met, to the best possible degree.

TMCCA is one such organisation, established in 1992 to provide care for senior residents living independently on Tamborine Mountain. In addition to being funded by the Australian Federal Government – Dept. of Health and Ageing (DoHA), TMCCA also accepts donations to support training programs for staff and volunteers and to fund other projects.

Members (Financial) –

TMCCA members include local residents, volunteers and clients. Anybody can apply to be a member of the association. A healthy number of members ensures a viable organisation. Membership cost is low with a minimum donation of just \$5 for life membership.

Management Committee –

An elected Management Committee oversees the operations of TMCCA that is a non-government, not-for-profit organisation. Management Committee are volunteers. The Management Committee provides strategic direction to

- meets objectives as specified in the constitution
- remains a viable organisation and
- meets legal requirements including those related to incorporation, funding, contractual agreements and provision of services.

TMCCA is currently seeking expressions of interest for Management Committee nominations at our 30th AGM to be held at 2:30 pm on the 16 September 2022 at 42 Southport Avenue, Tamborine Mountain 4272.

Contact: Geoff Marshall, Manager TMCCA on 5545 4968 / manager@tmcca.com.au

Volunteers –

Volunteers at TMCCA, assist staff with activities that support our senior community members. Volunteering roles are available in the areas of administration and reception, assisting at group events and driving clients to and from medical appointments and grocery shopping trips... the latter being an area we are currently running a tad low in. We need your support... call or visit us to enquire / discuss any volunteering role that catches your fancy. We look forward to having you on board. Volunteer Drivers use their own car and are reimbursed 92 cents per km for vehicle wear and tear. Contact: Patricia Arora, Volunteers & Programs on 5545 4968 / volunteerscoordinator@tmcca.com.au



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FOOD FOR THOUGHT

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CRISPY CHICKEN BAO

These sumptuously steamed cloud-like buns with perfectly crisp chicken, a squeeze of kewpie mayo and a drizzle of umami and heat from my Luck Dragon sauce, with some fresh crunch from some lettuce will forever change the way you eat. A word of warning though: these are incredibly more-ish which means you will definitely have to exercise some control over how many you devour.

Bao originate from Chinese cuisine. They are a flat steamed bread, folded and filled, which makes them perfect for a casual dinner to get the party started, as they can be eaten easily standing up. They are also great as an entrée because they guarantee your guests will be wanting more and will consequently be thoroughly looking forward to their main. I can say with conviction that they whet the appetite superbly.

Did you know? Bao translates to bun in Chinese, so I always have a little chuckle when I hear people ask for bao buns. As it translates as “Can I have a crispy chicken bun bun?”. These funny shaped buns are said to have originated in Northern China during the Three Kingdom Period in 220 to 280 AD. According to legend, one day a Chinese General needed to lead his small army across a bridge above a raging river. In order for safe passage across, the people on the other side of the river demanded that he sever the heads of fifty of his men. Being a shrewd General, he thought the villagers may just be extremely hangry so instead, the General decided to have his cook make 50 large meat-filled balls of dough as a replacement. And for reasons unknown to the history books, that satisfied the head-hungry hordes and the General and his army went on their merry way unscathed.

Chef Dylan tip: I highly recommend having a go at making the bao dough yourself from scratch, but for your first go I would suggest heading to the freezer section at your local Asian market or even the supermarket, as I’ve found these are exceptionally good and very reasonably priced. Indeed, pre-made bao are very convenient, as they simply need to be steamed for 8 minutes from frozen.

LEITH SCOTLAND, 2022

“I just have to take you guys to the new Bao place that’s opened just around the corner” says Carey, our long-time restaurateur friend. My eyes light up: “I love Bao” I reply gleefully. “Let’s quickly stop by the apartment so David can join us” she says. Arriving outside the

apartment the girls go upstairs to freshen up and get David, and I decide to wait downstairs on the street. I look up and notice a small plaque that reads ‘Ice house’ and ponder back to a time when food and other goods would have been stored in this way before modern forms of refrigeration.

In a matter of moments, we are soon all walking towards the restaurant. It’s 6pm and the sun is still high in the sky, there is debris in the middle of the road, as they’re ripping them up because of a new tram line being constructed to connect Leith up to Central Edinburgh. I turn to ask David, “What is that plaque that says ‘Ice house’ on your flat about mate?”. “Well,” he begins with his thick Scottish accent, “The original Ice house was made of thick cut granite built in the Victorian era to store ice for all the herring caught just offshore. The building was right on the harbour in those days, which now has retreated about 300 metres”.

“We’re here” says Carey. I glance over and see a large sign plastered to the freshly painted grey wall that says: *Bundits*. We take a seat at one of the tables outside on the pavement and a cheerful blond girl from Poland heads over and hands us some menus. “I’ll be back in a sec to grab your drink orders” she quips, turning back and heading inside the restaurant. The place is buzzing, and has a street food kind of feel, I look down at the menu and see ‘Steamed Hirata buns are made from scratch every day in our kitchen’, which I take to be an excellent sign of an establishment serious about its good food, a specialty cuisine no less.

“Shall we share a bottle of rosé?” asks Carey. “Sounds perfect” we nod in agreement. “The Korean braised rib bao is exceptional” chirps in David: “I suggest we order 2 bao each as they are quite large, and a couple of sides should do it”. When the rosé has been poured, I raise a toast and say, “To meeting up with long lost friends and to creating more epic memories for years to come!” “Here, here!” says David smiling as all our glasses clink. The crisp rosé goes down a treat and I’m eager for what appetising food is to come.



Prep 15 min – Cook 10 min – Serves 4

Ingredients

- 500 g boneless chicken thighs, cut into 5 cm (2 inch) strips
- 2 eggs, beaten
- 2 cups plain flour
- Drizzle of Kewpie mayonnaise (look for it at the supermarket in the Asian section)
- Drizzle of Luck Dragon Asian sauce*
- 1/2 fancy lettuce
- 1 cup Oil for shallow frying

Marinade

- 2 tbs Luck Dragon Asian sauce*
- 1 tbs Creole seasoning
- 1 tbs corn flour

* Chef Dylan’s Gourmet Food Co. Luck Dragon Asian sauce

Method

1. Combine the marinade ingredients in a bowl, add the chicken and stir to coat. Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight.
2. Place the plain flour in a shallow bowl. Dip the chicken pieces in the egg wash, then the flour, shaking off the excess and place onto a plate
3. Heat a large fry pan on high and add the oil then cook the chicken in batches on medium heat until they are nice and golden and crispy on both sides ~4 mins each side.
4. Steam the buns as per packet directions.
5. To serve unfold the bun squeeze on some mayo then add place some lettuce then top with chicken and a drizzle of Luck Dragon Asian sauce.

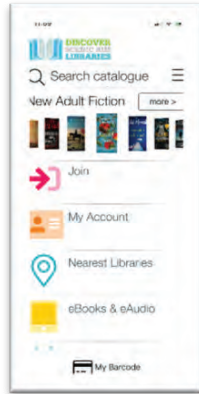
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- Catch a Story Time in the Park with First 5 Forever group
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Fridays 9:15 - 10:00

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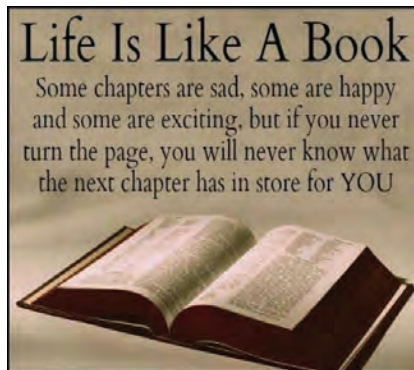
STORYTIME & SINGSONG

Join us for stories & interactive songs and a craft pack to take home.



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9:15 - 10:00 Monday

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LIBRARY E-RESOURCES

Link from our website or download the app, and log in with your library card

A Justice of the Peace is available **Monday, Wednesday and Friday**
10 am - 12 pm



INTERESTING FACTS ABOUT BOOKISH THINGS

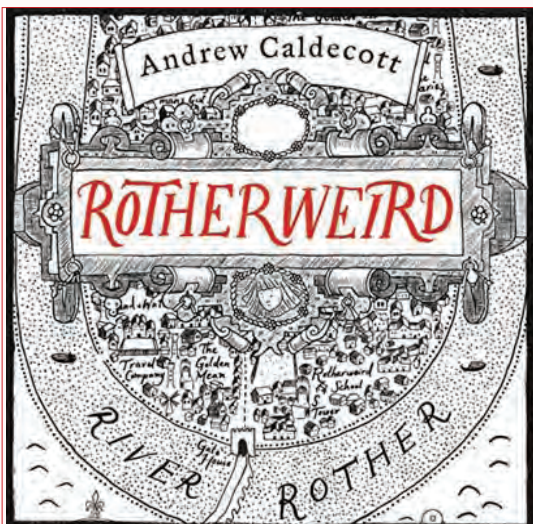


Truman Capote considered himself a "completely horizontal author" because he couldn't think and write unless he was lying down.

Some writers find lying down in bed the best way to get their creativity going. Successful authors who are known to have practiced this technique are Mark Twain, George Orwell, and Woody Allen.

Dan Brown finds hanging upside down the ultimate cure for writer's block. According to the author of The Da Vinci Code, the so-called inversion therapy makes you relax and concentrate better. He also has an hourglass on his writing desk which reminds him to do some push-ups, sit-ups and stretches every hour.

Staff Book Choice: *Rotherweird* by Andrew Caldecott



1558: Twelve children, gifted far beyond their years, are banished by their Tudor queen to the town of Rotherweird. Some say they are the golden generation; some say the devil's spawn. But everyone knows they are something to be revered - and feared.

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Then an Outsider arrives, a man of unparalleled wealth and power, enough to buy the whole of Rotherweird - deeply buried secrets and all...

Genre: Adventure Fiction - Mystery - Fantasy

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TRUE OR FALSE?



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

ANSWERS PAGE 25

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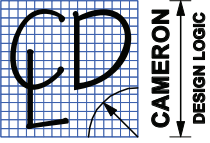
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*Answers to TRIVIA
from page 23*

1. True
2. False
3. True
4. False
5. False
6. False
7. False
8. False
9. False
10. True
11. False
12. False
13. True
14. True

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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.

MAKERS' MARKET ON THE MOUNTAIN (Tamborine Mountain Arts Collective initiative) 1st Sunday each month (except January). Stallholder, Busker or general enquiries phone Margy Rose 0419 805 456 or email makersmarket.tmac@gmail.com

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. VAll 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 bellaacappellatamborine@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: Artists, Musicians, Performers, Artisans, Patrons - Meetings and Pot Luck Dinners held monthly. All welcome. For details contact: Guy Ritani 0477 795 734 or email tmtnarts@gmail.com

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.

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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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