



Scenic

# News

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

*Celebrating 64 years of unbroken publication...  
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## OVERSIGHT LEADS TO MORE WASTE



*Local residents were left puzzled and peeved when some 45 metres of recently laid footpath between St Bernard State School and Gabby's was ripped up. It's believed the alignment was not in line with requirements, and that the contractor is to redo the works at its own cost. One wonders, though – following on from botched works at Staffsmith Park and Geissmann Oval – where exactly was the required oversight that allowed the works to proceed in the first place.*



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07 5545 2522



Property of the week

**SALE** 🛏️ 4 🛁 3 🚗 2 🏠 2.33 ha

## Birds eye view of the world

4/163 Curtis Road, Tamborine Mountain

- 5.75 acres of privacy with one of the best panoramic views to the coast
- Luxurious home in an exclusive estate, adjoining Nungeri Nature Refuge and Palm Grove National Park
- Inspection is a must as there are too many features to list, and this is a property that needs to be viewed

### AGENTS:

Ton Wolf 0424 591 012  
Heleen van Daalen 0424 591 011

Contact Agent



Property of the week

**SALE** 🛏️ 3 🛁 2 🚗 2 🏠 2,004m<sup>2</sup>

## Magic by day and night

25-31 Justin Avenue, Tamborine Mountain

**\$1,189,000**

- Two living areas, modern kitchen with wine fridge
- Tilt & turn double glazed windows, great for temperature control
- Timber floors throughout, high ceilings
- Recently installed combustion fireplace and new roof
- Enjoy the changing moods of the GC skyline

### AGENTS:

Diane Pihl 0424 653 316  
Linda Hogan 0414 300 558



## PROPERTY MANAGEMENT

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## OPEN HOMES Sat 1st

10 - 10.30	50 Riemore Crt, Tamborine
10 - 10.30	15 Tolima Drive
11 - 11.30	57 Palomino Rd, Tamborine
11.15 - 11.45	25-31 Justin Avenue
11.30 - 12.30	125 Eagle Heights Road
12 - 12.30	89 Palomino Rd, Tamborine
12 - 12.30	164c Wongawallan Road
12.15 - 12.45	5-7 Winema Drive
1 - 1.30	11 Forsythia Drive
1 - 1.45	168-170 Hartley Road
1.30 - 2	49 Landman Court
2 - 2.30	11-15 Romana Court
2.30 - 3	20 Bateke Road



## REVIEW: 12 Magnetic Drive

"Professional, friendly, knowledgeable and helpful!"  
These may be a few words of testimony from the buyer, but these words speak volumes about how we want to be known as agents at Professionals Serendipity, Thank you Eleanor Alfred



### Agents:

Barry Chick  
0418 876 191



**SALE** 🛏️ 4 🛁 2 🚗 2 🏠 2,023m<sup>2</sup>

168 Hartley Road, Tamborine Mountain

- A hint of the beauty that lies within
- Spacious living areas, extending outside via bi-fold doors to your bbq patio
- Separate study, powder room, media room
- Garaging for the caravan

**\$1,497,000**

### AGENTS:

Elizabeth Stirling  
0400 449 978



**SALE** 🛏️ 4 🛁 2 🚗 4 🏠 2,291m<sup>2</sup>

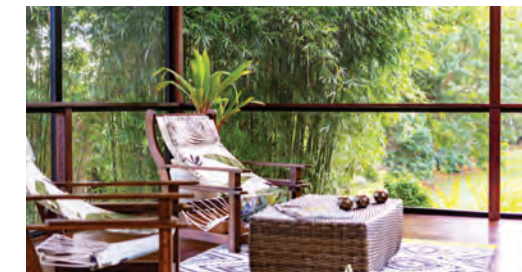
40 Sierra Drive, Tamborine Mountain

- There is so much about this home to love, inside and out.
- Pretty mature gardens with waterfall
- Good sized rooms, two patios with different outlooks.

**\$1,200,000+**

### AGENTS:

Barry Chick  
0418 876 191



**SALE** 🛏️ 3 🛁 2 🚗 2 🏠 4,944m<sup>2</sup>

20 Bateke Road, Tamborine Mountain

- If this doesn't ooze serenity then nothing does. This home is modern, light filled with a great flow from inside to out
- High ceilings, timber flooring, air-con and wood burner, garage/workshop

**\$1,575,000+**

### AGENTS:

Diane Pihl 0424 653 316  
Linda Hogan 0414 300 558



# COST OF COUNCIL'S WINERY AND VINEYARD PURCHASE REVEALED



**It's official: Council has purchased the Mt Tamborine Vineyard and Winery for a figure of \$6.24 million.**

The property is a 6.17ha block at 122-128 Long Road – Gallery Walk – and had been on the market since 2021.

Council plans to use a portion of the property as a carpark, to alleviate parking problems which have long plagued the shopping precinct.

Council borrowed \$3.075 million over a two-year term, utilised nearly \$3 million from a \$15 million 'unspecified projects' borrowing from 2021, and the balance from the Strategic Land Purchases fund.

Councillors last July voted to keep the council officer's report and supporting documents regarding the land purchase confidential and not to be released to the public.

At the time of the Council decision, Tamborine Mountain Councillor Derek Swanborough affirmed his general support for the decision to purchase the land, but expressed concern that the purchase was "high risk" to ratepayers in the Scenic Rim, and voted against it.

"I just want to say that the intent of the recommendation overall is good, but to me, the risks are too high, and I have to think of the impact for all ratepayers across the whole of the region, and that's the only reason why I'm voting against it," Cr Swanborough said.

After the meeting, Cr Swanborough also cast some doubt on justification of the purchase price.

As it turns out, Council has bought essentially at the top of the Covid-inflated market, and a relatively quick two-year attempted sell-off of the Gallery Walk street-front buildings into an uncertain and difficult market may well be problematic.

As far as we know, no designs or estimates of the construction costs of the project have been considered by Council. There had also been no community consultation canvassing the property purchase.

It is not yet known whether Council has effected any arrangements with the vendor for a temporary lease-back of the property.

The location of the winery property leaves open to question any solution to the likely problematic flow of traffic in and out of the area, and it's not clear why Council could not have resumed any required land for the purpose, nor why it did not seem to seriously consider the possibility of purchasing a cheaper, more effectively placed property bordering on an existing carpark.



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## OBSERVE THE MOON: 1 OCTOBER



The annual NASA TM Universe 'Observe the Moon' events welcomes a very special guest. Dr Bob Gough spent seven years with The European Space Agency, developing communication systems for satellites. He also is Head of Business Development at Goonhilly Earth Station in the UK (pictured below) and is responsible for establishing Australia's first and only deep space ground station in Western Australia.

Dr. Gough will describe the planned Artemis-1 mission to the Moon and the way this mission will find the Moon's poles for future landings. Bob Gough is also involved in upcoming Mars missions, and is happy to answer any questions you have.

Before his presentation, you will participate in an online quiz about the Moon (bring your mobile phone!) and after the presentations, you are invited to have a look at the Moon; you are also welcome to bring your own binoculars or telescopes. In case the weather is not in our favour, the TM Universe team will present an extensive one-hour presentation about the Moon, as part of the lecture-series 'Aiming for the Stars'.

**Observe the Moon:** Saturday 1 October from 7pm at the Cauldron Distillery, 89-123 Hartley Rd. This is a members only event, \$5 per person (Max 100 People). Bookings via the TM Universe website [tmuniverse.com.au](http://tmuniverse.com.au) or the QR code.

**Book now.**



# AFTER THE STORM, A CELEBRATION



*After massive downpours on the previous day, it looked like this year's Springtime 2022 Open Gardens weekend was in peril, but Saturday provided a glorious showcase for the combined efforts of Mountain gardeners and creators of all kinds. Marj Simonsen hosted visitors in one of five gardens (pictured) open to the public. More photos on page 6.*



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BEDTIME  
STORIES



*Neil Smith (Rotary) handed over \$1000 to North Tamborine Police (Sergeant Mark Shields), and also to help with the restarting of the Blue Light Disco on Tamborine Mountain. This is part of a second round of community donations which come from the recent Car Show on Tamborine Mountain run by Tamborine Mountain Rotary Club.*



## **SPRINGTIME COLOUR AFTER THE STORM**

*Visitors were able to not only admire any or all of the five open gardens, but could purchase plants, gardening books and various crafts on offer.*

*Griffith Street textile artist and rugmaker Bec Andersen (at left, centre) also hosted a studio Open Day on the Saturday, and enjoyed a laugh with guest Madelon Bakker, and Tilly, the studio mascot.*



# AWARD RECOGNITION FOR A FINE YEAR



*Congratulations to Tamborine Mountain Bushrats' Lewis Brimelow (above) who took out the DMC Player of the Year at last week's Gold Coast Rugby League Awards night. This award is decided by the referees for the 'best on ground' for each round of footy. This caps off a brilliant year for Lewis, who was also awarded the Ron Tildesley Jersey for Most Consistent Player of the Year at the Senior Bushrats presentation dinner.*

## TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

### WEDNESDAY (21-SEP-22)

1. 62.50% SHEENA POLLOCK - PETER MORRIS
2. 61.98% CHRIS PENDER - EDDIE HEINEMEYER
3. 52.60% GAIL LAYER - SHIRLEY GREGORY

### THURSDAY (22-SEP-22)

1. 60.42% KEVIN HAMILTON-REEN - MARY SIMON

2. 55.21% SHEENA POLLOCK - KEITH BOWMAN
3. 54.69% SUE STEVENS - KAREN SCOTT

*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](http://tmbridgeclub.org.au)*



## TAMBORINE MOUNTAIN MEDICAL PRACTICE

14 Main Western Road  
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and  
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[www.tamborinemountainmedical.com.au](http://www.tamborinemountainmedical.com.au)  
online booking service available on this website

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Sat 8.30 am – 12 noon  
Sun 8.30 am – 10.30 am  
*(Sundays are Telehealth only)*

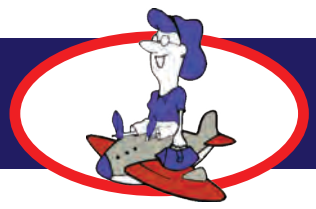
**Dr Ann Bennett**  
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**Dr Jan Zomerdijk**  
**Dr Sanne Kreijkamp-Kaspers**  
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## TRAVELLING PLACES with Gina

### WHICH OF OUR CLIENTS HAS THE BEST TRAVEL PHOTOGRAPHS?

**Do you have an eye for a  
wonderful travel photo?**

We are delighted to announce that the Travelling Places Calendar will be produced for 2023 and delivered to every household free of charge! As many of you will recall, that means it's time to prepare yourselves for a little friendly competition...

If you have snapped a photo while travelling on a journey organised by your local travel agency, Travelling Places, then you may well win our exciting new competition!

The team at Travelling Places invites all our clients to submit a photograph from anywhere in the world – it could be a four-wheel-drive adventure in the Kimberley; tasting smelly cheese in a local market in France; walking the trail to Machu Picchu; doing the hula in Hawaii; on safari in Africa; Sailing on a junk in Halong Bay or lying on a beach in Fiji. The possibilities are endless!

Over the years I have seen many wonderful photographs that bring back fantastic memories of travels far and wide. Now is your opportunity to share yours with us all.

We are looking for 12 winners to feature in our 2023 calendar.

#### WHAT TO DO:

- Select one or two photos in landscape orientation.
- Send your photo as a jpeg attachment to [travel@travellingplaces.com.au](mailto:travel@travellingplaces.com.au) or drop it in to us, saved on a USB stick.
- Provide your name and contact details.
- Let us know where and when the photograph was taken, and what the subject matter is.

#### Deadline is Friday 21st October

Judging the competition will be renowned artist and adjunct professor at the Queensland College of Art, Dr Donna Marcus.

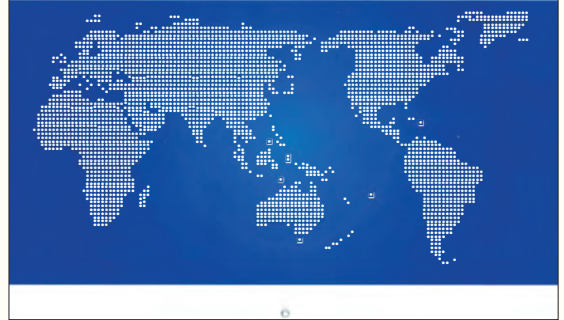
1. Winners will be announced in November and will receive publication in our beautiful quality travel calendar.
2. Your photo will be mounted and exhibited in the Travelling Places office
3. And, of course, you will receive an invitation to our launch party!

Send your holiday snaps and fabulous photos in now!

For further information, contact Gina Storey, Travelling Places, 24 Main Street, Tamborine Mountain.

**Phone (07) 5545 1600**  
**E: [travel@travellingplaces.com](mailto:travel@travellingplaces.com)**

2023 Calendar





# GOLD COAST MUM WINS GOLD AT 2022 AUSMUMPRENEUR AWARDS

Rebecca Castano-Mander, from Coomera Waters, who founded Naturally COS has taken out Gold for Disabled Business Excellence (Australia and QLD) and Overcoming the Odds Award winner. Rebecca also walked away as finalist in Sustainable Product and Sustainable Business Categories in Australia for her exceptional research and development into sustainable and organic skincare.



The awards were held in Sydney, where hundreds of talented mums in business from all over the country came together to celebrate the achievements of the best and brightest in the Australian mumpreneur industry.

Rebecca said she was overcome with emotion and gratitude to win gold in her categories in the 2022 AusMumpreneur Awards.

Rebecca says: "I threw my phone at my friend accidentally out of complete shock. I wanted this so much. I cried out of happiness. And relief. These awards not only cemented the work and commitment I put in every single day and the reminder to not give up. It felt like a big high five."

"I watched the awards livestreamed and was in awe of the countless mums accepting awards and sharing their stories of triumph, perseverance and unconditional determination to succeed while raising a family. I cried. That's special. I've never experienced that before."

The AusMumpreneur Awards are presented by The Women's Business School, and were created to inspire, celebrate and provide a community for Australian entrepreneurs, like Rebecca Castano-Mander. Now more than ever Australian women need inspirational role models and an inclusive and supportive space to connect online, Peace Mitchell, cofounder of The Women's Business School said.

"These awards are all about recognising the growing number of mums who are achieving outstanding business success while balancing motherhood", states Mitchell.

"Each year these awards uncover incredible women and we were blown away by the courage, resilience and entrepreneurial spirit of this year's award winners and I know that they will provide great inspiration for other women thinking about starting their own business."

The Women's Business School co-founder Katy Garner adds: "The awards show the passion of women who want to fulfil their entrepreneurial dreams as well as be great mums. The number of women starting businesses has continued to grow in 2022! Of the 670,000 women currently operating a small business in Australia, around 50 per cent are mums with children at home. We are proud to be the number one community for mumpreneurs and showcasing the best and the brightest each year through these awards."

"We are delighted that Rebecca has been acknowledged with these awards, she has created an outstanding business and is an inspirational role model and ambassador for mums in business everywhere. We wish her and all our amazing AusMumpreneur Award winners every success."

The complete list of winners can be found at: [www.ausmumpreneur.com/2022-ausmumpreneur-awards-winners/](http://www.ausmumpreneur.com/2022-ausmumpreneur-awards-winners/)

For more information on the AusMumpreneur Awards visit: [www.ausmumpreneur.com](http://www.ausmumpreneur.com)

And the Women's Business School: [www.thewomensbusinessschool.com](http://www.thewomensbusinessschool.com)



## MEET THE AUTHOR BOOK SIGNING with Cate Storey

Saturday 1 October – 11am to 2pm  
Bookshop Courtyard

*Cate's books are our most popular children's books and a perfect Christmas present. Come along and meet Cate – books for sale and signing on the day!*

## Saturday 8 October: Love Your Bookshop Day!



Celebrate with us: local authors, raffles, and surprises!

Follow facebook for more information.



6 KIDSTON ST, CANUNGRA



Rebecca's first column in the Scenic News appears on page 16



## JON KRAUSE MP

State Member for Scenic Rim

# 8 HOUR WAIT – AMBULANCE RAMPING CRISIS UNCOVERED

**Patients across South-East Queensland are being forced to wait up to eight hours in the back of an ambulance before getting a hospital bed, in another damning sign the Government isn't fixing the Queensland Health crisis.**

Alarming new health figures have exposed the shocking state of ambulance ramping wait times, with major hospitals in Brisbane and the Gold Coast among the worst in the state.

The health figures revealed patients experienced:

- 8 hour wait at the PA Hospital in February 2022
- 7:59 hour wait at the Mater Public in April 2022 and Logan Hospital in June 2022
- 7:56 hour wait at Gold Coast University Hospital in June 2022
- 7:54 hour wait at Gold Coast University Hospital in February 2022
- 7:53 hour wait at Redcliffe Hospital in June 2022
- 7:51 hour wait at Mater Public in March 2022

This is further proof the Queensland Health crisis is real. It's a dire situation, and Queenslanders' lives are on the line.

The consequences of ramping are affecting Queenslanders who desperately need help. Paramedics didn't sign up to sit at an ambulance ramp for an entire shift, while other triple-zero calls go unanswered. The lack of urgency, compassion and understanding from the Premier and Health Minister shows how out of touch they have become.

The LNP has put solutions on the table including more beds, better triaging, releasing data in real-time and giving power back to the frontline staff to make better decisions to improve patient care.

Queensland has the worst ambulance ramping in the country. Hospital bypass is back and that should concern us all. The LNP will continue to shine a light on this mess and hold the Government to account for its inaction.

## CANUNGRA TURNS PINK

The month of October is when Canungra Turns Pink! It's always great to see the community come together to raise funds and awareness for the battle against cancer. I thank the hardworking committee for their amazing vision, I'm looking forward to being involved in some of the many events happening next month.

## CALL 13 HOON

I know that hooning is a big issue in some areas of the Scenic Rim, I have discussed the issue with local police in the past and relayed concerns from locals. There are penalties for hoons, including the confiscation of vehicles. Dangerous drivers are not just a danger to themselves, but also others on the road, pedestrians, and entire neighbourhoods for the disruption they cause to people's lives.

It is important that if you notice hooning in your area to call 13 HOON (13 4666), Policelink (131 444) or fill out the online form at [police.qld.gov.au/reporting](https://www.police.qld.gov.au/reporting) and report the incident with the make and model of car and registration number if you can see it. When complaints are made like this it can be recorded, and can help our police to be allocated the correct resources (like more police vehicles, police personnel, or noise cameras) to deal with problems.

## SCENIC RIM ELECTORATE OFFICE

You can contact me by phone, toll-free, on **1800 813 960**, or email [scenicrim@parliament.qld.gov.au](mailto: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.

## ZERO TOLERANCE: ENERGEX APPEAL TO ABUSIVE CUSTOMERS

**Fed up with the shocking amount of verbal abuse, physical assaults and threats of violence against its field crews, meter readers and call centre operators, Energex is reminding Queenslanders that everyone deserves to feel safe at work and personal attacks will not be tolerated.**

Energex's Paul Jordon said crews working on the electricity network had enough hazards to focus on without having to worry about abusive customers.

"It is completely unacceptable that people who are just doing their job have been threatened with weapons, assaulted, spat at, had vicious dogs released on them or been verbally abused by members of the community. There is no excuse for abuse.

"Our crews strive to keep their communities safe during storms, floods, fires, vehicle accidents and business as usual when they are maintaining and upgrading the network.

"It's not much to ask for some common courtesy from customers instead of being yelled at or having things thrown at you from passing vehicles when you are doing high-risk work," Mr Jordon said.

Since 2019 there have been 302 incidents reported by Energex employees and contractors, including assaults, attempted assaults and threatening behaviour from customers, including death threats.

"In the worst-case scenarios, we've had to get police involved and these types of incidents can have a lasting effect on the victims. Even when the threat of violence does not lead to physical injuries, it can have a serious impact on their mental health.

"We have identified 783 sites that our crews are unable to attend without a police escort because of the customer's previous behaviour or threats," Mr Jordon said.

Abusive customers were also taking their toll on call centre staff.

"We have a dedicated team who answer the phones 24/7 and provide lifesaving advice to customers when there are serious electrical faults, like fallen powerlines or shocks and tingles. While most people are courteous and reasonable, some of the callers they encounter are incredibly threatening and downright abusive. "We understand that people can get stressed and frustrated at times, and we are always willing to listen to their concerns and complaints, but there is no excuse for abuse."

Customers with concerns are encouraged to use the online feedback form rather than attack individuals. (use the QR code at right)



"We teach our kids not to resort to verbal or physical attacks when they are dealing with problems in the playground and the same applies in the community and the workplace.

"Whether you're a power worker, a paramedic or a pharmacy assistant, you deserve to feel safe at work and, as customers, we all have a role to play in ensuring the people who are delivering a whole range of services in our communities feel safe and supported," he said.



# Letters to the Editor

## DOESN'T ADD UP

Further to Phil Giffard's letters about renewable energy, hydrogen is now being widely advertised as "the fuel for the future". However, what is usually omitted from the publicity is that hydrogen gas does not occur naturally, like methane, but has to be produced from its various compounds, such as from water, H<sub>2</sub>O, by electrolysis.

Siemens is promoting their manufacture of electrolyzers for this purpose, and reference to their website [www.siemens-energy.com/electrolyzer](http://www.siemens-energy.com/electrolyzer) reveals the following:

**Go to FAQ's - Electrolysis - Q.7** which asks "How much energy is necessary to produce 1kg of hydrogen with electrolysis? Answer "On average, 50KWh."

Using Wikipedia, it is worth looking to find out much energy can be produced by burning gases? Per kilo, hydrogen produces far more heat (using the lower value) than any other gas, nearly 2.5 times as much as methane.

For hydrogen, Wikipedia gives a figure of 120Mj/kg, equivalent to 33KWh/kg. (This number can also be found in the Siemens website)

So, the strange situation arises that to produce 1kg hydrogen requires 17KWh more than it will give by burning it. So how does this make it the fuel for the future? One can only assume that hydrogen production has to be heavily subsidised from somewhere, i.e., the government or the ultimate consumer, and this is probably one of the many hidden subsidies which are used to promote renewable energy.

John Noble

## WELL SAID, PHIL GIFFARD

**I would like to add a couple of extra points to Phil's letter last week. Going down the renewable pathway is not only horrendously expensive, financially and environmentally, but also, when we will always need such enormous back up, forever unreliable.**

When science is unable to supply any measurable evidence of human-caused global warming other than assumed data that is fed into their models which then produces their required answers, we are most likely trying to solve a non-problem.

Would you believe that climate science uses water vapour, clouds, etc. as a positive feedback (in other words, a heating factor, not a cooling factor) to achieve their warming claims? This is based on assumption because they are unable to physically measure the chaotic details, not the laws of physics.

Could this be why their models are always wrong? To give you some idea of the facts, the latest mean sea level for the Pacific is 44 mm LOWER than the first mean sea level recording taken in May 1914, 108 years ago.

This is supported by the fact that in recent surveys, 80% of Pacific atolls are increasing in area.

If the world's biggest ocean has not risen in the last century, then any climate change we have experienced in that time is very small and very likely the result of natural climate variability, not anything extreme that requires us to destroy our standard of living with unreliable, expensive energy.

After many centuries of the coldest extended period in civilisation (the little ice age) it is not unreasonable to expect the small amount of warming we have enjoyed.

Scientifically, the real climate change heading our way is the next ice age, so let's welcome any small warming in the meantime.

Jim Inglis

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Jon **KRAUSE** MP  
Member for **Scenic Rim**  
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Authorised by J.Krause, 91 Brisbane Street, Beaudesert QLD 4285.

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# THE AYURVEDIC SEASON OF THE LIVER

Springtime is the time of the liver in both Ayurvedic and Chinese (TCM) medicine. It's a time for renewal and detoxing of every layer of the body. And the organs

**that need the most nourishment this time of year are your liver and gallbladder. One of the main roles of the liver in both Ayurvedic and TCM traditions is to facilitate the smooth flow of prana or qi throughout our bodies.**

Spring is a time for new beginnings, and as the days get longer and warmer, this is a time of expansion rather than contraction. Physically and mentally, we are encouraged to move and grow outward into the world after the hibernation of winter. Anything that prevents this natural pull to expand and detox could show up as liver issues in your body.

Physical symptoms like a tight neck and shoulders, menstrual problems, skin problems and digestive issues often point to issues with the liver. The emotion associated with an imbalanced liver is that of anger. When we are not aligned with what we're doing, and not growing and expanding in our lives, we feel stuck, and the liver energy in our bodies stagnates.

Emotionally, congested liver energy can also show up as depression, irritability and resistance to change. When these emotional states become chronic, we become emotionally toxic, and the liver's normal capacity to process toxins starts to decline.

So, in the world of yoga, your liver plays a vital role in emotional wellness. So how do we nourish and support our livers during the season of spring? Start with a good yoga class and a lovely long stretch. In Ayurveda and TCM, the liver controls the tendons. According to TCM, the liver stores blood during periods of rest and then releases it to the tendons in times of activity, maintaining tendon health and flexibility.

Eat plants and lots of greens. The bitter ones are the best, like dandelion and rocket. Add sour and fermented foods like sauerkraut and pickles to your mealtimes. Sour tastes are thought to stimulate the liver's qi.

Practice radical honesty. You can only lie to yourself for so long until buried emotions start to affect your organs and overall health. Your emotional pain is energetic pain and it is your soul whispering to notify you that either you haven't dealt with your emotional pain or you are lying about the life you truly crave and desire.

Radical honesty will set you and your loved ones free. In the world of yoga, spring gives us a chance to embody the ascending and expansive quality of this season and it's a perfect time to start thinking about what you'd like to embody more of, and where you want to grow and expand on a physical, mental, and soul level.

**Margot Wagner**  
**Yoga Under the Bodhi Tree**

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

# Relationships



## BEGIN WITH THE END IN MIND

This week we consider the second habit in Stephen Covey's *The Seven Habits of Highly Effective Families*. Habit Two is 'Begin with the end in mind'.

Every successful organisation has a mission statement – its purpose, where it is heading and how to get there. The family is the most important fundamental organisation in the world, yet few families have an explicit vision for what they want to achieve. Imagine constructing a building without any plans. Without a family blueprint, we are swept along by whatever life throws at us, managing day-to-day, dictated by emotions and mood, without any sense of purpose or destination in mind.

Covey suggests creating a family mission statement through deciding what kind of family you really want to be and identifying the principles that will help you get there. This important decision will give context to all the other decisions you make along the way. It becomes your objective, acting like a powerful magnet that draws you toward it, while assisting you to keep on track with what is important to you.

A useful question in developing a family mission statement is: What kind of strength and abilities will our children need to have in order to be successful adults? When we were new parents, my husband and I discussed what was important to sow into our children. We wanted our children to grow into compassionate, confident and capable adults. This goal became the lens through which we viewed our parenting. It guided our decisions on the activities we would be involved in, our daily habits, our family discussions and the opportunities we gave our children.

Creating a family mission statement of how you want your family to be, is a bonding activity you can do with your partner and, if you are a parent, your children. Have a family meeting and brainstorm ideas. Questions that generate discussion could include:

- What kind of family do we really want to be?
- What kind of home would you like to invite your friends to?
- How do you think we could be better parents?
- What embarrasses you about our family?
- What makes you feel comfortable here?
- What do we want to be remembered for?

If your children can write, encourage them to make a list of what is important to them. Schedule a meeting to share everyone's ideas and discuss together why these are important. Getting every family member involved creates mutual ownership of the vision for your family. From your discussions, come up with a mission statement that honours everyone's contribution. Putting your mission statement on display in your home provides not only a destination but a compass to guide your family's direction. Keep yourselves accountable by regularly asking – "how well are we living up to what we decided to be and do?" Your destination and manner of travelling are interwoven. When the destination represents quality of family life and relationships, there is no separation between the destination and how we get there. Begin with the end in mind.

**Linda Gray**  
**[linda@relationshipsanctuary.com.au](mailto:linda@relationshipsanctuary.com.au)**  
**0401 517 243**

# Physio Talk



with Jess Stinson

## THE LONGER TERM

**Two years later and we are still grappling with what COVID is, its long-term effects and the way it has changed the way we live, socialise and communicate. Generally, or at least locally, it feels we are living in a calmer, safer**

**and more stable environment. As we start to emerge from a chaotic and unpredictable period reflecting on 'pre-COVID' times has been interesting.**

Last week I was reading an article in the Australian Physiotherapy Association monthly publication discussing Long-COVID. It sparked my interest, as anecdotally we are seeing many of our clients who have experienced COVID symptoms at some point, report long term effects with similarities to chronic fatigue, fibromyalgia, tick-borne illnesses and other autoimmune conditions. When they reflect back on a 'pre-COVID' time they were living, socialising and functioning differently. The world they are living in now is not calmer, safer or more stable.

Like any broad chronic condition, Long-COVID is difficult to pinpoint, frustrating to live with and challenging to treat. The most confusing thing is that currently we have no idea what causes it. Early on in the pandemic many health professionals and patients noticed that some people were left with lingering symptoms long after the infection had passed. Many of these people weren't the ones who were severely or critically ill either. Even among Long-COVID patients there is a large difference in symptoms. The most common seem to be disproportionate levels of fatigue, shortness of breath, heart rate fluctuations and cognitive issues or 'brain fog'. Statistics also aren't super clear either with estimates of prevalence ranging from two to thirty percent.

Basically, it is confusing and has a lot of people stumped. There are similarities to Long-COVID and other conditions in the autoimmune/chronic pain/chronic fatigue syndrome basket, and for the purposes of this article I am going to lump them together. The health system as a whole has a history of stigmatising things it does not understand. It makes sense why this happens. As humans we like to be able to fix things, and fix them quickly. We don't know what to do with things that don't fit neatly in a box or things that don't respond that way we want them to. Often with

these complex conditions, the larger responsibility of following up treatment falls onto the person who is already struggling. This is unfair, as often what is needed is someone who will listen and believe their story.

As physios, there are many ways in which we can assist in managing and rehabilitating these complex conditions. Physio can include advice around pacing and gradual exercise progression, guided pulmonary and autonomic (nervous system) rehabilitation, management of musculoskeletal pain and management of dysfunctional breathing. In fact, early studies regarding physio intervention in Long-COVID are looking promising and the good news is that many of the symptoms of Long-COVID seem to improve over time. There is hope with the broader complex conditions that the emergence of Long-COVID will help shine a light on a neglected area of health research and funding.

Most importantly though, as physios we aim to care effectively. We will listen, we believe you and we will do our best to help you recover and thrive.



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# HELLO SPRING SKIN AND HELLO REBECCA!

It's that time of year to pack away the winter woollies, open up those windows and enjoy the light breeze and warm glow hitting our skin.

We often start changing our daily routines to welcome the longer days and warmer nights. We enjoy the burst of colours from flowers and the extra early wake up calls from the birds. And, speaking of changes, I would love to say a very big hello to you. *Scenic News* has invited me to share my skincare knowledge, ideas and general skin and hair information with you.

**Who am I?** My name is Rebecca Castano-Mander. Professionally, I am an organic chemist and formulate my own range of skincare. Personally, I'm a mum, wife, aunty, friend, fan of adrenaline sports, chocolate and plants. Originally from country Victoria, 17 years ago I moved to the Gold Coast, met my husband and built my life with my family here. And yes, I've heard all the jokes. There isn't a "Southerner" joke I haven't heard. You're welcome to have a go...

My career as an organic chemist is to analyse organic materials and discover ways that they will work with our skin and hair. And then based on that information, create formulations, which if I do my job right, will lead to nourishing and beneficial organic skin, hair and body care.

I am incredibly fortunate because my husband has allowed me to renovate our home to fit in a lab. And now we grow most of my extracts from my back yard. We also undertake soil rejuvenation, so the extracts are always grown in healthy, thriving and optimum soil conditions.

It's important to me that every aspect of what I do and how I do them meets and exceeds sustainable, safety and

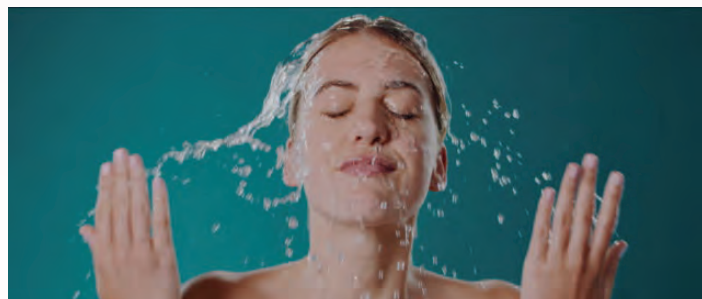
# BEAUTY & WELLNESS

ethical standards. And on top of that, producing products that nourish and benefit you, and in more than just one way.

And with the introduction of spring, those of us who are familiar with the effects of pollen, sleepy or dry skin from winter, and skin that doesn't cope well with the onset of humidity, will probably understand how important is getting on top of those things.

So, before I leave you today, I want to give you some ideas to help you combat 'spring skin':

1. Drink more water. Even add some fruit into it. Frozen berries, or cucumber. Anything. It will give your skin something to sing about.
2. If your skin is struggling, give it a reset. A quick exfoliation if you're time-poor will be fine.
3. Wash your face if your eyes are itchy or if you feel congested. There is a good chance that washing your face will help to remove any pollen.



  
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# FOOD FOR THOUGHT

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## SPICY CAULIFLOWER 'BUFFALO WINGS'

**This super delicious spin on the traditional recipe is made with crispy roasted cauliflower and coated in a buttery cayenne sauce full of flavour using my Peri Peri sauce to create a unique homemade buffalo sauce you're going to love.**

These are the perfect snack for watching the footy or add them to the buffet table to excite the vegetarian and meat eaters alike. Indeed, with my flavour bomb buffalo sauce, they are sure to be gobbled up by anyone who likes the classic style buffalo wings. If you want to cool them down a bit, simply make a peri peri mayonnaise or serve with a ranch style dipping sauce.

If you wanted to turn them into a vegetarian meal, you can add some green beans, or garden peas on top of some creamy mash or for a lighter lunch, toss them through a salad with snow peas, baby spinach, toasted walnuts, thinly sliced red onion and top it off with some crumbled Persian feta.

**Did you know?** Buffalo wings are named after the New York city they were invented in. Legend has it they were invented in 1964 at the famous 'Anchor Bar' in downtown Buffalo. One night, Dominic Bellissimo pleaded with his mother Teresa to cook something for a group of ravenous friends who had been out partying and turned up late at night. Without much on hand, she deep-fried a batch of chicken wings and tossed them in hot sauce, butter, and a few 'secret' ingredients. They were an instant hit. Dominic's friends devoured the wings and couldn't stop licking the sauce from their fingers. Word spread like wildfire, and soon people started flooding to the bar, begging for a taste of the wings. Thus, the famous Buffalo wing tradition was born.

**Chef Dylan tips:** Make sure that you cut the cauliflower into similar sized pieces. This will ensure even cooking. Create lots of flat edges. Instead of pulling the florets apart to look like the tops of round trees, slice the florets in half or quarters, which creates a flat side. When you arrange the cauliflower on the baking tray, place the flatter edge down. As the cauliflower roasts, the flat edge will get nice and brown. Don't overcrowd the baking tray. Arranging the cauliflower too close together causes them to steam instead of roast. Roast the cauliflower at a high temperature. To get the crispy brown tips and caramelised stems, cook them at 220°C.

### Woodfordia, December 2008

The long line of snaking hippies look hungry eyed as they eagerly await their third meal of the day, dinner. This mob never miss a

beat when it comes to free food, and the line has been growing steadily the past few days as hundreds more volunteers flock to rural Queensland to help with the festival build. It's not a bad deal really, in exchange for their time on one of the building, fencing, arts or bar set up crews, they can camp for free, get 3 meals a day and receive a free wristband for the 5-day festival.

My kitchen crew have come and gone the past 3 years and this year I've roped in two of my brothers to join me once again. We've been travelling the East Coast together in a van and as far as their talents go in and out of the kitchen it's a refreshing change to socialise with another group of humans. It's talent night and before we 'the three brothers' hit the stage we need to ensure the assembly line for dinner is a success. "Hey Middy, how's the veg looking?" I ask. "Yeah, sweet bro. the cauliflower is looking sweet as. The vollies are going to froth when they see the menu for tonight".

Every night has a theme, and tonight's theme is 'Aussie barbecue with an American twist'. The buffet is laden with sizzling hot snags, pork, veg and vegan, crispy chicken wings, potato salad, a quinoa roasted pumpkin and sweet potato salad and my latest culinary whip up the pièce de résistance: crispy cauliflower 'buffalo wings', because if I've learned anything from assuming the role of head chef of the catering team for the past 3 years running, it's that it pays to look after the carnivores and herbivores alike.

"We ready, Middy? We're waiting on that first tray of cauliflower" I command. "Sure, just a minute. I'm getting blasted over here with hot air. How come there's no AC in this part of the kitchen" Mitchell protests as he saunters towards me, casually slipping the bain marie tray into the last slot. "We're good to go, bro. You know that's all good vibes in there. They're going to love this spread tonight" Mitchell says confidently. "Well, you can take the credit for many of the happy faces tonight brother. They've crisped up perfectly" I say. "That American guy, Owen, is going to flip his lid when he tries them with that buffalo sauce. They're next level bro," Mitchell chimes, flicking the Shaka as he grabs a plate to save a serve for himself.

Add this dish to your next buffet table and give these tasty morsels a try.



### FOR CAULIFLOWER

- 1 small head cauliflower
- 2 tablespoons olive oil
- 2 Tbs Gaucho\*

### FOR BUFFALO SAUCE

- 100g unsalted butter
- 100 mls Shaka zulu peri peri sauce\*

\* Chef Dylan's Gourmet Food Co. range

### ROAST CAULIFLOWER

1. Heat the oven to 220°C. Line a baking tray with baking paper.
2. Cut cauliflower into florets. Add the florets to a large bowl. the baking sheet
3. Add the oil, and Gaucho and toss to coat.
4. Spread out cauliflower on the baking tray facing as many of the flatter edges down onto the baking tray so that they brown nicely.
5. Oven roast, turning after 15 minutes. Continue to roast until the edges are crisp and brown and the stems are tender ~ 20 to 25 minutes.

### BUFFALO SAUCE

1. When the cauliflower is almost done, make the buffalo sauce.
2. Melt the butter in a small saucepan (or use a microwave).
3. Take the pan off the heat, and then whisk in the peri peri sauce.

### TO FINISH

In a large bowl, coat roasted cauliflower with your buffalo sauce and then place back into the oven to glaze for 5 minutes.

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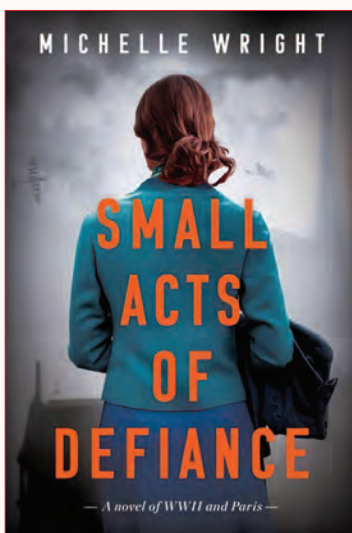


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## Our Book Choice: *Small Acts of Defiance: A Novel of WWII and Paris* by Michelle Wright



In *Small Acts of Defiance*, Michelle Wright paints a beautifully intimate portrait that celebrates the courage and resilience of the human spirit.-- Jane Harper, author of *The Survivors*

A stunning debut WWII novel from award-winning short story writer Michelle Wright, about the small but courageous acts a young woman performs against the growing anti-Jewish measures in Nazi-occupied Paris.

"Doing nothing is still a choice. A choice to stand aside and let it happen."

January 1940: After a devastating tragedy, young Australian woman Lucie and her mother Yvonne are forced to leave home and flee to France. There they seek help from the only family they have left, Lucie's uncle, Gerard.

As the Second World War engulfs Europe, the two women find themselves trapped in German-occupied Paris, sharing a cramped apartment with the authoritarian Gerard and his extremist views. Drawing upon her artistic talents, Lucie risks her own safety to engage in small acts of defiance against the occupying Nazi forces and the collaborationist French regime - illustrating pro-resistance tracts and forging identity cards.

Faced with the escalating brutality of anti-Jewish measures, and the indifference of so many of her fellow Parisians, Lucie must decide how far she will go to protect her friends and defend the rights of others before it's too late. *Genre: Historical Fiction - World War II - France - Australia*

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# TRIVIA

*True or False?*

1. The planet Uranus has no rings.
2. The maximum score in a game of snooker is 145.
3. Sound travels faster in water than it does in air.
4. The highest mountain in Australia is named after a Polish general.
5. Koala bears sleep an average twenty-two hours a day.
6. Because of its excellent insulation properties, a polar bear's fur makes the animal invisible to infrared night vision scopes.
7. On any given Saturday you are twenty times more likely to die in the bath than winning the jackpot in the National Lottery with a single ticket.
8. The Earth gets the greatest amount of sunlight in July.
9. Australia extends further south than New Zealand.
10. The Vatican's flag has the same proportions as the Union Jack.
11. Queen Elizabeth II was crowned in 1952.
12. The principal ingredient of beer is water.
13. A sneeze can reach a speed of over 120 miles an hour.
14. London has five full-time professional symphony orchestras.
15. Over one billion Beatles records, discs and tapes have been sold.
16. Women's brains are smaller than men's but women's brains have more neurons to make up the difference.

*Answers p26*

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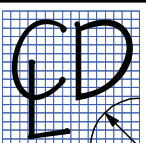
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### TRIVIA - ANSWERS FROM PAGE 19

- 1 False, 2 False,
- 3 True, 4 True,
- 5 True, 6 True, 7 True,
- 8 False, 9 False,
- 10 False, 11 True,
- 12 True, 13 False,
- 14 True, 15 True,
- 16 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](mailto: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](mailto: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 MOUNTAIN COMMUNITY KINDERGARTEN** FREE FRIDAY NATURE PLAYGROUP from 9-11am 23 Coleman Square North Tamborine Friday 2 September 2022, Friday 14 October 2022, Friday 28 October 2022, Friday 11 November 2022

**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 [tmtarts@gmail.com](mailto:tmtarts@gmail.com)

**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](mailto: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](mailto: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](http://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/](http://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](http://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 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](http://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](http://www.naturalhistory.org.au).

**TM NETBALL CLUB.** Visit our website: [www.tamborine-mountain-netball.square.site](http://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](http://www.tmo.org.au); or find us on Facebook.

**TM PRESBYTERIAN CHURCH** 34 Main St, North Tamborine [www.tmpcq.org.au](http://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](mailto:dave.mugridge@tmpcq.org.au) | [www.tmpcq.org.au](http://www.tmpcq.org.au) BARGAIN CENTRE: Tuesday to Saturday opens 8am – 12 noon (rear of the Presbyterian Church).

**TAMBORINE MOUNTAIN COMBINED PROBUS CLUB INC:** 3rd Wednesday \*9.15 for a 9.30 start. We invite semi-retired or retired women and men to join our social club for fun, fellowship and friendship! Bridge Club, Sports Centre, 400 Long Road Tamborine Mountain.

**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](http://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](mailto:TamborineMountainZumba@gmail.com)



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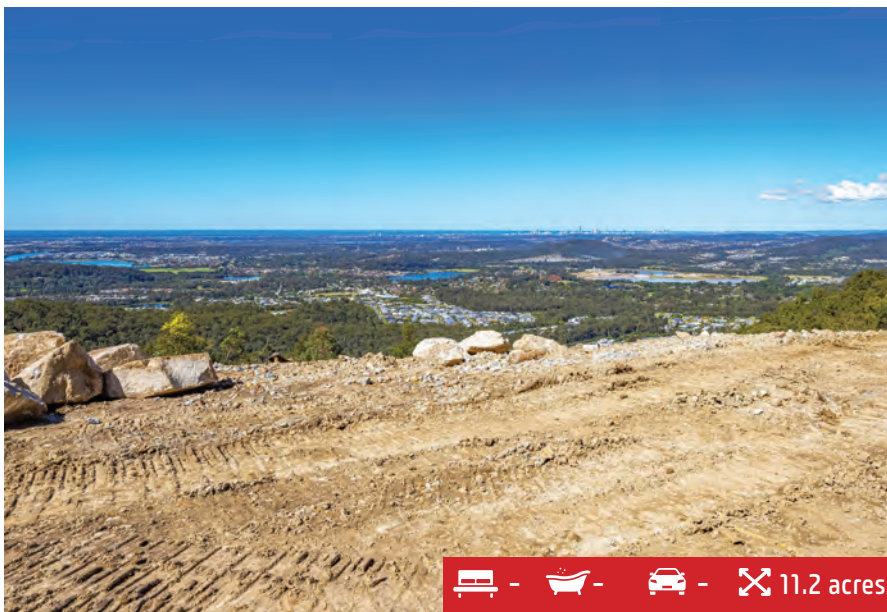
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