



News

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NEW CEO CHOSEN FOR SCENIC RIM REGIONAL COUNCIL



Former CEO of Mount Isa City Council, Mr David Keenan, has been appointed CEO of Scenic Rim Regional Council. More than 70 job submissions were considered, after the role was vacated in August. Story page 3



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Property of the week

SALE 🛏️ 3 🚿 2 🚗 3 ✂️ 7.89 ha

Acreege land, solid home, great views \$2,500,000 +

83 Bateke Road, Tamborine Mountain

- Tucked away from the world is a magnificent family home
- Rainforest outlook to the Gold Coast skyline
- Separate studio with kitchenette, multiple use option
- Excellent bore, potable water & 2 water tanks

AGENTS:

Barry Chick
0418 876 191



Property of the week

SALE 🛏️ 4 🚿 3 🚗 2 ✂️ 4,390m²

Secluded sanctuary in "Olde Eagle Heights" \$1,500,000 +

51 Wongawallan Road, Tamborine Mountain

- Solidly constructed, quality craftsmanship, single level home
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- 11.15 - 11.45 25-31 Justin Avenue
- 12 - 12.30 89 Palomino Dr, Tamborine
- 12.15-12.45 5-7 Winema Drive
- 1- 1.30 185 Wongawallan Road
- 1- 1.45 168 Hartley Road
- 1.30 - 2 60-64 Benowa Street
- 2.30 - 3 20 Bateke Road

OPEN HOMES - Sun 30th

- 11 - 11.30 57 Palomino Rd, Tamborine



Buyers: 50-52 Riemore Circuit, Tamborine

We would recommend using Linda to buy or sell a property.

She was very helpful, her communication was second to none.

Thank you Linda



AGENTS:

Linda Hogan
0414 300 558



SALE 🛏️ 5 🚿 3 🚗 3 ✂️ 1,007m²

Quiet & Secluded - Tamborine Mountain

- New Holiday Let
- Large deck with BBQ, enjoy local birdlife
- Quality appliances & facilities
- Wood burner, air-con, underfloor heating

shorturl.at/ou267

AGENTS:

The Scenic Collection
0428 654 000



SALE 🛏️ 4 🚿 2 🚗 - ✂️ 2,040m²

Split-level - Tamborine Mountain

- Quality built family home
- Two separate living areas plus media room
- Large entertainment deck
- Private balcony of master bedroom

Contact agent

AGENTS:

Linda Hogan
0414 300 558



SALE 🛏️ - 🚿 - 🚗 - ✂️ 4,052m²

Inland & coastal views - Tamborine Mtn

- Land available soon
- Build your dream home
- Quick access off the mountain
- 1 minute drive to the Golf Course

Contact agent

AGENTS:

Barry Chick
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SCENIC RIM REGIONAL COUNCIL APPOINTS NEW CEO

Scenic Rim Regional Council has announced the appointment of Mr David Keenan as its new Chief Executive Officer.

David brings to the Scenic Rim a wealth of experience in local government through previous Chief Executive Officer roles with Mitchell Shire Council, Hume City Council (acting), Tweed Shire Council, Southern Downs Regional Council and, most recently, Mount Isa City Council.

In his role at Mount Isa David was involved in facilitating over \$3 billion of investment in renewable energy, as well as working closely with the mining and agriculture sectors. In his career David has managed every aspect of economic development, from planning large scale industrial estates to building business incubators/accelerators to accommodate small and micro businesses, as well as working with the peak bodies that represent the agribusiness sector.

Mr Keenan also secured more than \$10 million in funding for the Mount Isa City Council from the Queensland and Australian Governments for various projects including roads, water infrastructure and community infrastructure, as well as completing the Central Business District Masterplan, Mount Isa Library Master Plan, detailed design for the Outback at Isa tourism facility and funding for the establishment of Country University Campus.

David also has experience in successfully attracting large scale footloose industries (Darwalla, Watco, Stone and Wood), as well as supporting existing local businesses to expand. To assist with expansion, David worked proactively with businesses to secure grants, as well as simplifying town planning processes and red tape. For example, at Southern Downs Regional Council David created a partnership with John Dee Food Processing to finalise a funding application, which secured \$22 million of funding and 250 jobs, as well as funding automation in the workplace.

"I am excited by the opportunities presented by the Scenic Rim and am looking forward to working with the Council team to ensure a sustainable future for the region as it increasingly realises its social and economic potential," he said.

"Throughout my career I have been committed to delivering organisational success and creating sustainable economic, cultural and environmental outcomes for communities by bringing out the best in those around me and focussing on effective communication with the community."

Mr Keenan's qualifications include a Master of Business Management; Post Graduate Diplomas in Town Planning and Environment, Management and Government Business and

Environmental Science; a Bachelor of Arts and a Diploma of Secondary Education. David has also completed the Australian Institute of Company Director's course.

An AFL Masters player and keen Park Run participant and volunteer, David enjoys spending quality time with his family and keeping fit.

A past Vice President of the Queensland Local Government Managers Association, he has served on numerous boards and committees and was the inaugural chairman of Economic Development Australia.

"I am committed to driving improved performance through the organisational values of integrity, teamwork, respect and customer service that are already embraced by Scenic Rim Regional Council," Mr Keenan said.

I will miss the staff that I worked with at Mount Isa City Council, but I look forward to engaging with the staff at Scenic Rim Regional Council to achieve the vision and outcomes as detailed by the Mayor and Councillors.

Mayor Greg Christensen said that Council is excited to welcome Mr Keenan to the region, and is optimistic that David's extensive experience will influence continued sustainable growth for the region.

"David is a well-respected and experienced administrator who has proven success in driving prosperity across many councils," he said.

"We believe that David will deliver positive results for Council, our workforce, and most importantly, our community."

Mr Keenan will commence his appointment with Scenic Rim Regional Council on Monday 28 November 2022.



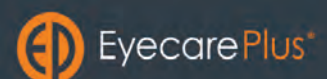
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YOU WILL BE OVER THE MOON ON TUESDAY NOVEMBER 8



Join us and celebrate the total lunar eclipse on 8 November 2022 – a special Lunar event, starting at 6 for 6.30pm at the Cauldron Distillery (corner Long and Hartley Road). Bookings via tmuniverse.com.au or the QR code below.

The TM Universe team will give a 'light' but educational presentation about the Moon between 7 and 8 pm; this is also the 5th presentation in the series "Aiming for the Stars". Because it is highly interactive, please bring your mobile phones so you can participate in the online quiz. Anyone interested in the Moon will enjoy it. You will learn about the origin of the Moon, Moon landings, the upcoming Artemis moon missions and Australia's involvement, and about the whereabouts of 'a Lunar eclipse'. Do you know what a lunar eclipse looks like if you were on the Moon?

If the weather allows, we will give the presentation outdoors, so bring a chair with you: watch the eclipse and the explanation at the same time! If it's overcast and we can't see the eclipse, then join us anyway: we will give the presentation indoors. You won't need sunglasses or a telescope, but your binoculars might be helpful, and most importantly, your camera or mobile phone. Our team will explain how to take the best photos.

The Moon will be completely covered by the Earth's shadow from 8.16pm, and gradually turns red. The eclipse will continue till much later, but the event will end around the time of the maximum eclipse, 9 pm.

Members will receive info by digital newsletter. It's many, many moons to go till the next full lunar eclipse... September 2025. So, join us and take this chance!

Numbers are limited, and the last two events attracted many more visitors; it is wise to book: tmuniverse.com.au. Entrance fee is \$ 10pp, members get a \$ 5 discount.



PENNY A WORTHY WINNER OF LIONS POSTER COMPETITION



For over three decades, Lions clubs around the globe have been sponsoring a very special art contest for young people. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity.

The Tamborine Mountain Lions Club's 2022 Peace Poster Competition has been won by St Bernard State School's Penny Sacco (*above, centre*), chosen from a very strong field. Penny's winning poster, together with those of the five finalists (Jasper Hieronymus, Elle Sawdon, Lily Blomfield, Miranda Olen and Lois Sacco), is currently on display in the Tamborine Mountain Library.

The 2022 competition theme is "Leadership with Compassion". Penny's moving poster met the brief

beautifully in every way. Penny's work will go on to compete at district level and perhaps eventually at international level.

Barbara Hams from the Lions Club (*above right*), who oversaw the local competition, said the creativity, symbolism and thought that went into creating the school's peace posters was enormous, and all entrants should be congratulated on the high standard of their work. The posters were included in the school's art curriculum, supported by the reading of a book, and teacher/student interactions on the subject. The Club would like to congratulate principal Scott Johnstone and teacher Kelly Moon-Watton for their enthusiastic support.

Janis Bailey

TMCCA DELIVERS LOCALLY

Tamborine Mountain Community Care Ass'n Inc. (TMCCA) was established in 1993 to provide care for residents on Tamborine Mountain so that they can remain living independently in their homes. TMCCA receives funds to provide services from the Commonwealth Government to deliver services under the Commonwealth Home Support Program (CHSP). In addition, TMCCA accepts donations and raises money through fundraising, which is used to support training programs for staff and volunteers, ensuring the latest information and most up-to-date practices are employed in delivering the services.

Services funded by Government and delivered by TMCCA under specific guidelines include:

- Social Support Individual – helping with paperwork, shopping, banking or to attend an appointment.
- Social Support Group – structured group activities to develop, maintain or support the capacity for independent living and social interaction.
- Transport – assistance provided so that the client may attend medical appointments.
- Home Maintenance (garden care) – basic maintenance to make safe the immediate area around the home environment.
- Domestic Assistance – domestic chores including cleaning, washing and ironing.
- Allied Health – Podiatry

In addition to these funded services, TMCCA also have for hire, independent living aids such as wheelchairs, walkers, crutches, shower chairs, toilet seats etc; all at very reasonable rates.



As a local employer and community contributor, we rely on the goodwill of community members to ensure our aged community can remain living in their own homes. Volunteers enhance the delivery of those much-needed services and assist in a number of varied roles which are rewarding and fun. If you have some free time and would like to make a difference in people's lives, please contact our Volunteer Co-ordinator, Patricia Arora, for further information.

Residents of the Mountain seeking any of the services highlighted are encouraged to contact the office at 42 Southport Avenue, Tamborine Mountain, or call 5545 4968 for further information. Alternatively, you can call My Aged Care on 1800 200 422 to request an assessment to receive services.

We also have a website www.tmcca.com.au which provides an overview of services available.

Geoff Marshall
Manager, TMCCA

TM BRIDGE TEAMS CHAMPIONSHIP A WET WEATHER HIT

Tamborine Mountain Bridge Club held their Teams Championship event on Thursday 20th October.

Usually held over two weeks, this year it was decided to hold the event in one day, so we started at 10 am, played 50 boards, finishing at 4.40 pm. Due to the pouring rain outside, most people were happy to be inside, keeping dry and playing cards!

The winners of the event were Eddie Heinemeyer, Jenny Strachan and David and Gayle Donaldson. Congratulations to the successful team!



Photo: L to R Jenny Strachan, Eddie Heinemeyer, Gayle Donaldson, David Donaldson



TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (17-OCT-22)

1. 64.58% LINDY WILLIAMS – EDDIE HEINEMEYER
2. 56.25% HEIKE EDRICH – DAVID DONALDSON
3. 54.17% CHRISTINE YOUNGMAN – JULIE GUTHRIE

WEDNESDAY (19-OCT-22)

1. 64.58% SUSAN STEWART – ROGER BELL
1. 64.58% EDDIE HEINEMEYER – LINDY WILLIAMS
3. 53.47% ANN ZAREMBA – PETER ZAREMBA

TEAMS CHAMPIONSHIP (20-OCT-2022)

1. EDDIE HEINEMEYER – JENNY STRACHAN – DAVID DONALDSON – GAYLE DONALDSON
2. KEVIN HAMILTON-REEN – MARY SIMON – SHEENA POLLOCK – HEIKE EDRICH
3. PETER ZAREMBA – ANN ZAREMBA – KEITH BOWMAN – GILLIAN WHYMAN

We have sessions Mon, Wed, Thu, Fri at TM Bridge Club Sports Grounds, 400 Long Road. Contact Sheila 0407 451 973 for info else come to Friday Social Session 1.15pm. Beginners and Visitors are welcome. tmbridgeclub.org.au

MORE SHADE EQUALS LESS RISK OF SKIN CANCER FOR OUR QUEENSLAND KIDS

Parents of Central West and South West Queensland are rejoicing today as it is announced that the Queensland Government is again funding permanent shade, granting kids the ability to be sun safe as they do what kids do best - play!

The SunSmart Shade Creation Initiative is led by the Queensland Government and Cancer Council Queensland and provides funding, up to a maximum of \$25,000, for permanent, fixed (hard roof) shade, for not-for-profit organisations that cater to children 0-18 years.

Funding for the area has been made a priority for this round as recently released data demonstrates that children in these areas are recording higher than average sunburn rates compared to other parts of Queensland.

Aramac State School received funding in the 2020-2021 round of the SunSmart Shade Creation Initiative. Business Services Manager Mrs Emma Hay shared that the school was driven to apply when they noticed the sun damaged playground equipment and thought of the impact this same amount of sun could be having on their students.

“The playground equipment does not last. With the extreme heat and windy weather, our playground shade sail and fort were showing damage after less than a year.” said Mrs Hay.

“On hot summer days our teachers would close the playground because students would burn their hands.

“We also had our past staff member diagnosed with melanoma in 2017,” Mrs Hay recalled.

Faced with proof of the sun’s damage, Aramac State School Principal Tanya Bambling applied for the SunSmart Shade Creation Initiative in 2020, and on receiving the grant, was able to install a hard roof shade structure over the playground.

“As informed practitioners, we owe it to our kids to protect them from the harsh elements of the Queensland sun,” Mrs Bambling said.

“We now have permanent shade over our playground, and I see the benefits of this structure every day, as our students and teachers enjoy their time outdoors, and in the shade,” Mrs Bambling concluded.

Cancer Council Queensland Chief Executive Officer Andrew Donne urges eligible schools, junior sporting clubs and childcare centres to apply for the SunSmart Shade Creation Initiative.

“We’re proud to partner with Queensland Government to help improve the sun safety of Queensland kids,” Mr Donne said.

“Skin cancer is one of the most preventable cancers, with sun exposure being the cause of around 99% of non-melanoma skin cancers and 95% of melanomas in Australia.”

“We also know that skin damage can occur in as little as 10 minutes, without sun protection, which is why creating more shady spaces for young Queenslanders is vital to help reduce their exposure and skin cancer risk.”

Applications for this round of the 2022-2023 SunSmart Shade Creation Initiative close at 12pm on 21 November 2022. To apply, complete the online application form on the Cancer Council Queensland website – QR code at right.

More information about Cancer Council Queensland is available at cancerqld.org.au or via Cancer Council’s 13 11 20 Support and Information line.



RAINBOW LORIKEET

RAINBOW LORIKEET *Trichoglossus haematodus moluccanus*, garden, Eagle Heights.



A dominant bird which has seen off its rival, the scaly-breasted lorikeet. The video frame combines a close-up side view of the head with the bird’s less commonly seen, under-side. The species occurs widely throughout the eastern seaboard of Australia, with populations in Tasmania and southwestern West Australia. The red-collared lorikeet, which is found in north-eastern West Australia, the Northern Territory and far north-western Queensland is a separate species, more closely related to lorikeets in Indonesia than to the rainbow lorikeet, which it somewhat resembles.

Peter Kuttner

Sunrise Holistic Counselling Amanda Dobbie



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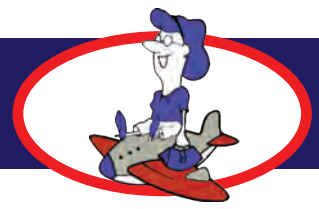
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TRAVELLING PLACES *with Gina*

I sit here on a very 'mountainous' day, with rain pattering on the roof and the mist rolling in, the fire glowing in the hearth... anyone would think I was in Britain on a late October weekend. To the contrary, my cousin is celebrating a significant birthday, and the photos are flowing in from the banks of the Upper Thames River at Cliveden House, where they are for the weekend. The sun is shining, the Indian summer is lingering longer than usual and in late October, in typical British style, they are mucking around in boats, a la *Wind in the Willows*.

It reminds me of a trip I took about five years ago when I flew into Scotland in mid-April, anticipating cold wet weather when in fact the sun was shining, and I had to go out to purchase more suitable clothes than the winter woollies I had in my case. I boarded the delightful *Caledonian Sky*, a small expedition ship that cruised around the top of Scotland, calling into various islands, along the west coast of the Hebrides, through the Irish Sea, berthing in both Ireland and Wales before continuing on to the Scillies, and finally into Portsmouth on the south coast of England. Portsmouth was once home to the great naval ships of Henry VIII and Elizabeth I. It was a remarkable fortnight exploring the coastline of Great Britain, hopping on Zodiacs and meandering up remote rivers or between windswept islands. To experience these islands from the sea, to escape to the remote areas of this land was a treat, and not a side that many of us have the opportunity to experience.

If this appeals to you, then I recommend smaller ships, ideally around 200 passengers, so that you can reach smaller ports and communities that have lived there for millennia. Australian expedition company Aurora are taking the *Greg Mortimer* into these waters in May next year. Silversea are taking two expedition ships and a small cruise ship into these waters, often combining the British Isles with the Shetlands, the Faroes and onto Iceland. Luxury cruise company Regent Seven Seas and adults-only cruise line Viking are also exploring the region.

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SYSTEM 1 AND SYSTEM 2 THINKING



One of the brightest minds in modern psychology is the Nobel Laureate, Daniel Kahneman. His highly regarded book *'Thinking Fast and Slow'* is concerned with the analysis of rational and non-rational human motivations.

He argues that there is a contradiction between two types of thinking. These, he calls System 1 (S1) and System 2 (S2). S1 produces quick mental responses; it is automatic, it forms stereotypes based on previous experiences, has a fast reflex, and is emotionally driven. S2 on the other hand is gentler, more resolute. It often needs cognitive effort to retrieve information. It is both focused and more rational.

What interests me about Kahneman's research is how the defaults we, as humans lean toward within S1 or S2 thinking, could be enhanced within crafted spatial environments.

In a recent project on Tamborine Mountain, I was discussing this with my client. He related the following story: As a publican and an owner of hospitality venues, he created a circumstance where the staff would deliberately pump the smell of freshly-baked bread into the areas of patronage. Even though they weren't a bakery as such, the scent would evoke strong associations in the clientele. The emotive response would result in a quantifiable difference in their bottom line.

When considering Kahneman's breakdown of what constitutes S1 and S2, how would one design for intended outcomes that draw positively from both defaults of human thinking?

An S1 response to design might provide for a recognisable routine. For example, bathroom stop to kitchen, kitchen to coffee-machine, coffee-machine to

SYSTEM 1
95%

Intuition & Instinct

Fast
Automatic
Associative
Unconscious
Error prone

Source : Daniel Kahneman, 2011



SYSTEM 2
5%

Rational thinking

Slow
Effortful
Logical
Conscious
Reliable

pantry, pantry to toaster, and toaster to eastern patio and morning sun.

Sequences like this are juxtaposed with the unexpected challenges that might surface during the day. They provide steadiness and foundation without too much thinking - S1.

Conversely, an S2 response to space might allow for the anticipation of human connection. This could manifest as a firepit in the backyard around which memories are made. It's not something that is part of daily routine, but rather is used when human interaction is the focus - S2.

It would be nice to think that to cater for both in design could provide a safe place for conscious and subconscious thinking and action to thrive.

Anthony Rigg
Bleuscape Design





JON KRAUSE MP

State Member for Scenic Rim

QUEENSLANDERS LOCKED OUT OF HOMES

In 2020 and 2021, the Palaszczuk Labor Government was locking Queenslanders out of Queensland arbitrarily, but now the LNP has revealed how the Palaszczuk Labor Government's failure to unlock land for new housing is locking a generation of Queenslanders out of a home.

The Government's own figures show that approval of new housing blocks has fallen dramatically. In South-East Queensland residential lot approvals have plummeted from 20,700 annually (2015) to 14,700 annually (2021). That is a huge decrease of 29%. At the same time, residential building approvals across the state have fallen 27% year-on-year since the Palaszczuk Government came to power, falling from 25,300 in 2015 to 18,300 in 2021. These disastrous failures by Labor over almost 8 years in office leave me concerned Labor will make impulsive, knee-jerk decisions to hastily approve huge developments – like Anna Bligh and Labor did with Yarrabilba and Flagstone back in 2010. Both of these developments have caused huge planning problems.

These numbers tell a story of failure. They are a key reason why we now have a Queensland Housing Crisis, with families that have full-time jobs and unblemished rental histories unable to find a place to call home with a roof over their head.

At the heart of the housing crisis is the Government's failure to plan. Changes to rental laws, and a now-abandoned new tax on investors building new homes, has scared off people who would otherwise invest in new homes. All of this before we even start talking about their failures in the public housing space!

Queensland's population historically increases each year due to interstate migration, and so it is a damning failure of the Government to see such a sharp drop in housing supply. The Palaszczuk Government cannot be trusted to fix the Queensland Housing Crisis – because they created it! Queenslanders deserve so much better.

DANCING WITH CELEBRITIES – WELL DONE!

On Saturday 15 October, I supported the *Dancing with Celebrities* event hosted by Mountain Mates/Tamborine Mountain Lions at the Vonda Youngman Community Centre.



Well done to all involved in the dancing, organising and sponsoring this event which was a great night for all. It was terrific to see a good crowd, with community spirit overflowing!

BREASTSCREEN QLD IN BEAUDESERT

The BreastScreen Queensland mobile unit is offering free breast screening at the Beaudesert Hospital until early December 2022. BreastScreen Queensland specifically targets women aged between 50 and 74 years and invites them for a free screening mammogram every two years. Bookings can be made online www.breastscreen.qld.gov.au or by phoning 13 20 50.

SOMETHING I NEED TO KNOW ABOUT?

To let me know about an issue you think needs fixing, or if I can be of assistance in any matter (especially those related to the Queensland Government – major roads, state schools, police, our public hospitals, National Parks), please don't hesitate to let me know by email on scenicrim@parliament.qld.gov.au or phone on 5515 1100.



Letters to the Editor

GROWTH MANAGEMENT STRATEGY – GENERAL VIEW OF MOUNTAIN RESIDENTS IGNORED

On Tuesday 25 October, Council considered the proposed new draft of the Growth Management Strategy and the Consultant's report. Thanks to Cr Swanborough's motion of 11 October, a final decision will not be made until the Council meeting on Tuesday 22 November, and the community has a further opportunity to provide comment to their Councillor or Council staff.

Will it make any difference? I do not think so, but you still need to provide your thoughts to Cr Swanborough, Cr McConnell and to Council through mail@scenicrim.qld.gov.au.

During the consultation period in January, Tamborine Mountain residents submitted 445 submissions. The next highest was 29 from Beaudesert. Tamborine Mountain residents, in the majority, rejected any further sub-division on the Mountain. The Council report of 25 October to Councillors made no mention of this feeling.

The Consultant's report also was dismissive of this feeling. Their report stated and I quote: "submitters were responding to their concerns about an interpretation of the draft GMS as represented in the advertisement in the Tamborine Times and Scenic News, rather than their review and understanding of the proposed growth strategies in the consultation document" – end quote.

Both Council planners and the Consultants are recommending that subdivision in the Rural Residential Zone including the A Precinct, be supported with a minimum lot size of 1 hectare.

In my submission, I said that no further population growth should be considered until the current population growth through occupation of vacant land, cabins, dual occupancy and secondary dwellings is determined. The Consultants stated in their report that this has been done. If this is the case, then what is the answer? This has not been declared as far as I can see.

Please read the report in the Council agenda of 25 October (it is only about 400 pages, in terrible colour and print) and make your feelings known prior to 22 November.

Nigel Waistell
Div. 1 Councillor
2012 – 2020

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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.

MORE RESPECT DUE

It seems to me that the Scenic Rim Regional Council blatantly uses ratepayers' funds to persecute ratepayers. Recent history, at least with regard to Tamborine Mountain, shows that when ratepayers have genuine concerns about how development, which they claim is highly inappropriate, is handled by Council: instead of sitting down with those residents and their representatives to discuss the reasons for the objections, Council usually ignores any community input.

Council then usually approves the development application, sometimes with conditions that are never proactively policed by Council. Should the objecting residents, at great cost, dare to oppose the approval in the Planning and Environment Court because the development is against the planning scheme tenets, Council hires expensive lawyers and vigorously opposes those residents, effectively using the residents' own rates-generated funds to win the case. A classic example of getting as much justice as you can afford.

A tactic used by Council is to delay and delay any final decision concerning contentious development applications until the applicant files a "deemed refusal" lawsuit against Council in the Planning and Environment Court. Council then either offers a weak defence or "rolls over", leaving any ratepayers who have become co-respondents out on a limb on their own. In this way, Council seems to think that it can then claim to have done its best on behalf of the ratepayers, which is exactly opposite to the truth. Ratepayers who go down this path have to find large amounts of money to be represented in court. So, they are paying twice! Once with their rates for Council's expenditure, and then again to appear in court on their own behalf. Again, getting as much justice as they can afford.

On many occasions on Tamborine Mountain, stressed residents whose lifestyle and ambience are under threat from the avarice of some developer, have gone to the Tamborine Mountain Progress Association (TMPA) for a sympathetic hearing of their grievances and advice on how best to act in the defence of their claims. TMPA, a 107-year-old environmentally conscious organisation, never summarily turns anyone away. Currently the TMPA

honorary president and the secretary, Jeanette Lockey and Amanda Hay respectively, have been engaged in court representing people who, through age, infirmity, financial constraints, or other unavailability could not do so themselves. I have nominated both these courageous women for an Australia Day Award, and should Council try to punish them financially (which would mean each of them has paid, not twice, but three times for the privilege of appearing in court for other people) it would show the whole Shire that not only is it incompetent, but it is vindictive and perfidious as well.

Ms Lockey and Ms Hay are in the plus 65-year-old category of the Australia Day Awards and are deserving of some recognition for their years of dedicated servitude in the cause of community well-being. They are inspirational role models for all who know them, putting the welfare of others before their own ease and comfort. They could sit back and enjoy retirement, but choose to be involved in local community affairs in an endeavour to help people enjoy their environment and lifestyle. Each of them has a history of selfless community involvement, sometimes at great expense and/or inconvenience to themselves. In the face of challenges that are quite daunting at times they have shown great compassion, fortitude and strength of character second to none. They are slaves to their consciences and to the mores of integrity and honesty. If anyone in the Scenic Rim is deserving of Australia Day honours it is Jeanette Lockey and Amanda Hay.

Roland Lindenmayer

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FASTING AND YOGA

Intermittent fasting has become a very popular way of managing weight, inflammation and insulin resistance in the Western world.

Long periods of time without eating (12 to 16 hours) allows the digestive system to rest

and the process whereby the body focusses on using old material for fuel instead of food is called autophagy. From the Latin word that means “self-eating,” autophagy is a natural process that involves breaking down unneeded or damaged components within a cell and reusing them as the building blocks for cellular repair or the formation of new cells. Fasting induces autophagy by stressing your cells and sending them into survival mode. Some studies have found autophagy can assist the body to fight infectious disease, regulate inflammation, and bolster the immune system. When you fast, your insulin levels drop and your human growth hormone (HGH) increases. Studies show that intermittent fasting can also improve numerous risk factors for heart disease and fasting may have important benefits for brain health as it is thought that fasting may increase growth of new neurons and protect the brain from damage.

Fasting is probably the oldest known healing method known to man. Physicians such as Hippocrates, Paracelsus and Galen prescribed it. Ayurveda, the medical side of yoga, promotes fasting to metabolise toxic waste (ama) in the body and allow your digestive fire (agni) to regenerate. When we fast, the body is focused on the removal of toxins and the regeneration of damaged tissue and the eliminative systems (skin, lungs, kidneys, bowels, and liver) become more active. Because the body is not spending energy digesting and eliminating new toxins, it is able to direct all its energy toward the elimination of accumulated toxins and waste products. Fasting has a normalizing effect on the biochemical and mineral balance in the tissues, and tones the nervous system, encouraging an overall state of well-being.

In yoga class, the fasting student can explore yoga postures that aren't as accessible when the gut is full. And on a more subtle level, fasting can increase flexibility and improve energy flow. With the body not focussed on digesting food and the mind not obsessing about the next meal, the yoga student can access stillness more easily. Fasting can be seen as a spiritual practice as well. All the world's major religions feature some form of fasting. Christians have Lent, Muslims have Ramadan and in the Tantra Yoga lineage, one of the Niyamas is directly related to food consumption. In the world of yoga, we believe that spiritual fasting allows us to let go of that which binds us to the material world (food) in order to receive sustenance from the more subtle, spiritual world.

The Persian poet Rumi was a fan of fasting. In his words: “Fasting blinds the body in order to open the eyes of your soul.”

Margot Wagner
Yoga Under the Bodhi Tree

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

The yoga studio is closed for maintenance from the 6/11/22 – 13/11/22.

Relationships



SYNERGISE

Habit Six of *The 7 Habits of Highly Effective Families* is synergise. Synergy is something that happens when two or more agents co-operate to produce a combined effect that is greater than the sum of their parts. Think of how our body functions. Two legs working together take us much further than the effort of two legs doing their own thing. Two eyes working together see with greater clarity and depth perception than two eyes working separately. The whole body can do far more than all the individual parts could do on their own.

Synergy is built on diversity rather than uniformity. Sometimes living with differences and appreciating other people's uniqueness is hard. We tend to want to mould those close to us into our own image. When we get our security from our opinions, to hear a different option threatens our security. We want others to go along with our ideas. Winston Churchill once said, “If two people agree on everything, one of them is unnecessary”. To quote Walter Lippmann, drafter of the covenant of the League of Nations, “When all think alike, no-one thinks very much.”

Synergy works well in business and politics and is also very relevant in the family environment because wherever you have more than one individual, you have potential for divided opinions. Let's consider a clash of parenting approaches. Mum values the importance of routine and set bedtimes. However, Dad's job requires that he works most evenings, arriving home after the designated bedtime. This causes contention between them as Dad wants to interact with his kids and Mum wants them settled into bed so that they are not grumpy the next day. The key to a solution is found in the previous two habits: *seek first to understand* and *think win-win*. Within a dialogue honouring what is important to each parent, creative solutions around more flexible bedtimes emerge.

Synergy is not just about teamwork. Synergy gives birth to new ideas. The key is to learn to blend the best of ideas together in a way that creates something entirely new. This new and better way forward cannot be created without embracing our differences. Our togetherness is much better *because* of our differences rather than *in spite* of our differences. When we synergise, we celebrate our differences and recognise that they are parts of a greater whole. We recognise that we're better together than we are alone. The fact that our family members see things differently becomes a strength, not a weakness. We count on each other's different perspectives to increase our judgement and help us make better decisions.

Synergy will help you successfully deal with any family challenge you might face. When you get blindsided by a totally unexpected physical, financial or social challenge, your family won't get overwhelmed by it. As you establish the pattern of creative family cooperation, your capacity increases, bonding deepens, and positive experiences put you in a new position to deal with whatever presents. The fruit of true synergy is priceless.

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

Physio Talk



PRACTISE WHAT YOU PREACH

They say chefs have the worst dinners. Builders have unfinished houses.

Doctors are the worst patients. We all have a terrible habit of not listening to the same advice we give people every single day. It's an age-old conundrum that many have faced, and between you and me, I have been a terrible culprit myself. I spend a large majority of my day explaining the benefits of exercise, yet wasn't doing a great job in partaking in enough myself. I had all sorts of really (at least in my mind) convincing excuses as to why I couldn't but in reality, I was a little fearful and hesitant about exercising.

A common complaint I hear in the clinic is that people have been advised to walk/run/swim/gym/cycle for their health, however they are struggling to do it. They know it's good for them, and know it's the right thing to do, yet when push comes to shove, the couch presents a better argument and wins every time. I get it. The same thing was happening to me! I could logically reason that going for a run would be a great idea, but against all logic would find myself imprinting my bottom into the couch. The problem? I don't enjoy running very much. I wish I did but I just don't really like it. I have great admiration for people who run, and marvel at the feats people achieve while running, but it's just not for me. Sound familiar?

I have recently upped my exercise hours per week dramatically. I've joined the mighty Tamborine Mountain Bushrats Cricket Club. I've got back into squash weekly. I've been doing extra training every other day with things I enjoy. What an incredible difference this has made to my life! My mental and physical health is improving every week – it's truly wonderful. When we exercise, our body becomes flooded with feel-good hormones called endorphins such as dopamine, serotonin and oxytocin which help to reduce stress, relieve pain and improve your sense of wellbeing. These molecules created by our body (primarily

in the brain) actually act via the same pathways as pain medications like morphine.

Exercise is vitally important to our health – in fact there is a humongous body of research that means we can confidently say there are direct links between the amount we exercise and all-cause mortality. It's just as important as sleeping, resting and eating. But I think you already know that. My exercise physiology lecturer told me that if I could make "exercise" into a pill and sell it I would be the wealthiest person on the planet – I think he's right. Everyone knows the benefits, yet most of us don't do enough.

I'd like to encourage everyone reading this to find some more time for exercise in your week. Make sure it's something you enjoy – be it a walk, round of golf, gym session or simply extra time in the garden. If you're a bit stuck and looking for help, give us a call at Physique. We will find a suitable solution for you – because we all understand that one size does not fit all, and everyone needs something a little different.



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NETFLIX ISN'T THE ONLY THING I BINGE ON

Hi readers, it's Rebecca again from *Naturally COS...* today to talk about bingeing. And not the Netflix kind. Although I will confess, I do love a good binge of ad-free TV series. And not unlike Netflix, the bingeing I'm going to talk about can be addictive, create unpleasant mood swings and fatigue.

I'm talking about bingeing on highly processed foods and beverages. Not the white breads of the world or a caramel latte to face a Monday – I'm talking about the ultra-refined foods and beverages like soft drinks, fruit loops, potato chips and energy drinks.

And the bingeing often occurs on those comfort days, or "I'm too busy days" when we almost inhale whatever is easiest and most convenient. What we choose to eat out of habit and convenience are loaded with refined sodium and sugar. I'm not telling you anything new: many of us learnt about the food pyramid at school, it was very much a staple in home economics.

Thankfully, we get back into a better routine, eating the vegetables, high-pigmented fruit, drinking the water and laying off the chocolate after 7pm. But we're noticing a breakout, clogged pores, sagging skin, bloating, inflammation – the list goes on and on. And it's your skin's way of asking for help.

I'm not going to tell you that these foods or beverages are forbidden or that your skin will never recover from another binge because you may not listen – and it's also not true. It's merely your skin's way of whispering for help. And like I've said before, every problem has a solution.

So, if you're notorious for the odd binge or trying to break the habit, this might help in the short term. When you feel

BEAUTY & WELLNESS

like your skin is reacting, try these suggestions.

Remember, they may not work for you, and my suggestions do not replace your medical practitioner's guidance should you need it.



with Rebecca Mander

- **Drink water.** Add some fresh or frozen fruit to it for a boost in nutrients.
- **Double cleanse** your face with a cream-based cleanser. One cleanse shifts the excess oils, the second will remove them.
- **Gently steam** your face like when you're congested. A bowl of warm water will do the job nicely. This is an oldie but mostly certainly a goodie, and a great way to push the garbage out of your pores and an added instant refresh.
- A weekly **clay detoxifying masque.** Sip on water while it sets, and you get the double benefit of boosting hydration and detoxifying as well.

I look forward to hearing if these suggestions have helped.

As always, enjoy and always spread kindness like jam on toast!



Photo: Bill Prendergast


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SPICY SPINACH AND THREE CHEESE PUFFS

These *petit* pockets of punchy flavour have the perfect blend of creamy feta, melty soft cheese, a little pop of umami from the parmesan and a lovely little bite of spice, all wrapped up in flakey buttery pastry. What more could you ask for!?

An elegant morsel of deliciousness, these make for the perfect canapé for parties, as they can be easily eaten in two bites and held in one hand, leaving the other hand free for a beverage. What's more, they can be cooked hours in advance and simply warmed up when needed, making you look like you just whipped up some magic in minutes. If you don't like the spice or the kids can't handle it, no biggie: simply remove it or if you do like spice and don't want to miss out, then just sprinkle a little Creole seasoning on top of the filling before you wrap them and keep them on a separate tray: that way, it's a win-win for everyone. You can also make these as giant versions and serve it sliced as part of a buffet style for a vegetarian dish.

Don't bother going to the trouble of making your own puff pastry for this dish: simply head to the freezer aisle of your favourite supermarket. Once you give this a go and see just how easy they are to make, you will never buy a cheese and spinach roll from the bakery again. You can also start to get really creative with the fillings to use up things in the fridge to stop them going to waste; try adding some pepperoni for pizza cheese puffs or add a little fried mince or shredded cooked chicken and they can become Mexican-inspired. Just experiment, have fun and let your imagination run wild.

Did you know? This recipe is inspired by the iconic Greek dish Spanakopita. A mouthwatering pie made with *phyllo* (filo) pastry, eggs and lots of spinach. The Greeks have been eating baked pies from way back in antiquity. One of the earliest references to one comes from the poet Philoxenos in the fifth century B.C. Philoxenos writes that at the end of a banquet, the hosts served a cheesecake made with milk and honey that was baked like a pie. Before the arrival of the paper-thin *phyllo* pastry in the Byzantine, Greeks originally ate cheese pies wrapped in fig leaves, which is why they called the new pastry *phyllo*. The literal translation for *phyllo* is leaf. Spinach originated in the Middle East and merchants brought it to Spain. From there during the Byzantine Empire, it spread to the rest of Europe. Farmers in the area of present-day Greece discovered that they could cultivate this leafy green very easily and it thrived in the Mediterranean climate and consequently was

used in their cuisine.

Chef Dylan tips: 1. The main thing to watch is to make sure you wring out as much water from the spinach as possible. 2. Leave the pastry on their plastic sheets while slicing, this stops the pastry sticking to your work surface and makes it easier to fold over the filling. 3. Don't put too much filling in each square or let any juices get on the edges or the pastry will be harder to seal and will stick to the fork.

Memory Lane, Campbelltown Sydney 1999

"Dylaaaaaan!" Comes the shrill voice of my mother from the kitchen, waking me from my slumber. "Dylaaaaaan!" It comes again like an alarm clock without a snooze option. "Coming!" I shout back. I sit up and fling off the blankets and swing my legs to the edge of the bed and shiver as my feet touch the cold wooden floor. I quickly pull up the blankets to make my bed and head down the hallway towards our kitchen.

It's 9.30 am on a Monday and it's my one day off from my chef apprenticeship that I have just started. I'm bleary eyed, as I'm still getting used to the late finishes; because the restaurant is two hours away means I don't get home until sometime around 1 am each night. All my four siblings have long left for school, except for Seth my three-year-old brother who now runs toward me, arms outstretched with spinach all over his mouth. I bend down to pick him up just in time to hear another ear piercing "Dylaaaaaaaan!"

"I'm here for God's sake" I mutter as I make my way into the kitchen to see my disheveled haired Mum still in her PJ's, slightly bent over the counter. "Put him up here on the counter" she turns and says, "I need you to help me make these spinach and feta triangles for Nana's dinner party tonight". So much for day off, I think to myself as I head to the kitchen sink to run some warm water and lather up my hands with soap.

Ingredients

- 1 1/2 cups baby spinach, 210 g fresh and cooked or frozen and thawed
- 1/4 block or 60g Greek crumbly style feta cheese
- 3/4 cup shredded tasty cheese, or



- mozzarella cheese
- 1/3 cup fresh parmesan cheese, grated
- 2 frozen puff pastry sheets
- 1 egg
- 1tbs milk
- 2 tbs sesame seeds
- 1 tbs Creole seasoning*

*Chef Dylan's Gourmet Food Co. Creole

Method

1. Cook your spinach by either gently frying it or wilting it in the microwave for ~1 min.
2. Squeeze out any excess water by wrapping it up in a tea towel and wringing it out.
3. In a large bowl add the spinach and crumble feta over the top and gently stir it through.
4. Sprinkle in the shredded cheeses and Creole. Mix well to combine.
5. Slice puff pastry sheets into even quarters by slicing down the centre vertically and horizontally to make 4 smaller squares.
6. Place around 2 tbsp of spinach and cheese mix into the centre of each square, being sure you leave enough space around the edges to seal the triangles.
7. Fold one corner over the spinach mix to the opposite diagonal corner to make a triangle shape.
8. Using the tip of a fork, press the edges together to seal. This will also give a nice decorative effect to the edges.
9. Repeat until all spinach mix is used.
10. You can cook them now or freeze to eat later.
11. Preheat the oven to 180°C.
12. Place the triangles onto a tray lined with baking paper.
13. Whisk the egg and milk then brush some on each triangle. Sprinkle with sesame seeds.
14. Bake the triangles for around 30 minutes or until puffy and golden brown (Note: you can also cook them in an air fryer at the same temperature and time).

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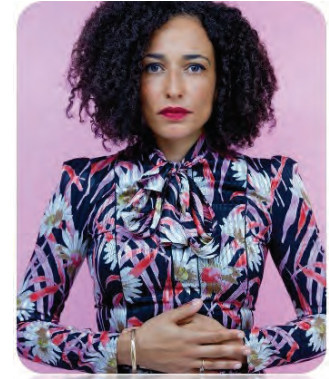


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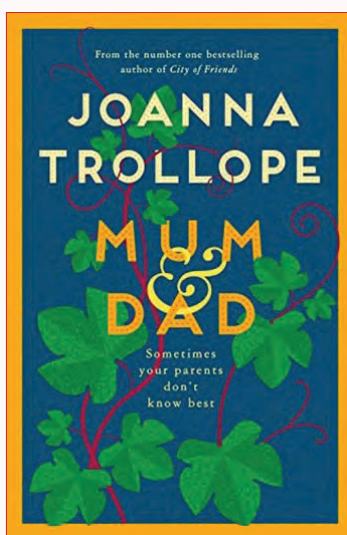
AUTHOR BIRTHDAY 25th October: Zadie Smith



Zadie Smith is a wordsmith. Her stories are brilliant. She is known for writing about race, and cultural identity. Each of her novels have unique, some-what eccentric characters. Her work is known for being numerous, yet with a dark underlying of the realities of her characters. Her stories are rich, with quick and witty dialogue. Her books are a must read from the characters in *White Teeth* to the story of *Swing Time*. If you pick up any of her books, you will be in for a treat.



Our Book Choice: *Mum & Dad* by Joanna Trollope



Sunday Times number one bestseller Joanna Trollope explores the issues at the heart of a modern family with her trademark wit and warmth, in *Mum & Dad*.

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TRIVIA

True or False?



1. No bird can fly backwards.
2. Winston Churchill died in 1963.
3. The Wright Brothers' first flight was made in the 'Flyer'.
4. The Royal Scottish National Orchestra is based in Glasgow.
5. The series of terrorist attacks which came to be known as 9/11, occurred in the year 2000.
6. Mount Teide is a dormant volcano in the Canary Islands.
7. Vinegar is an essential ingredient in bread-making.
8. The central-heating radiator was invented in Russia.
9. Portugal is the world's largest producer of cork.
10. The Scilly Isles are further west than the Outer Hebrides.
11. Britain invaded Iceland in World War II.
12. Manchester stands on the River Irwell.
13. Copper is extracted from bauxite.
14. The Sun is not perfectly spherical.
15. Mars has one moon.

Answers p26

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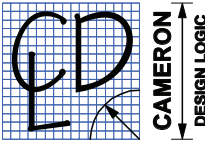
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TRIVIA - ANSWERS FROM PAGE 19

1 False, 2 False, 3 True, 4 True,
5 False, 6 True, 7 False, 8 True,
9 True, 10 False, 11 True, 12
True, 13 False, 14 True, 15 False

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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, The School of Arts, 3 Pine Street, Canungra. 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 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 tmtnants@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

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 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 INC. meets third Wednesday each month at 9.15 for 9.30 start The TM Combined Probus Club invites semi-retired and retired men and women to join our social club for fun, fellowship, and friendship. Meetings are at the Bridge Club, Sports Centre, 400 Long Road Mt Tamborine. President: Pauline 0414 349 264

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

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

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

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

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

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

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

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

ZUMBA GOLD: Zumba Gold: dance fitness classes for deconditioned participants and active older adults. Mondays and Thursdays 9.30am at the Zamia. Petra Hunter 0414 505 014 – TamborineMountainZumba@gmail.com



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