

Coinciding with (and very much in the spirit of) the lighthearted weekend of the Scarecrow Festival just passed, a floral decoration highlighting a persistent pothole (to aid the unwary) in Main Street was deemed enough of an affront that it required careful painting over. And the pothole itself? Untouched...





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AGENTS:

Charmaine Wigglesworth 0460 444 100



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AGENTS:

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- Enjoy sunsets on the deck at the end of a long day
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AGENTS: Barry Chick 0418 876 191



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10 - 10.45 3 Howard Creek Place 10-10.30 5-7 Winema Drive 11 - 11.30 33 Corypha Court 11 - 11.30 20 Bateke Road 11 - 11.45 51 Wongawallan Road 60-64 Benowa Street 12 - 12.30 164c Wongawallan Road 12 - 12.30 1 - 1.30 185 Wongawallan Road 15 Tolima Drive 1 - 1.30 16 Capo Lane 1 - 1.30 168-170 Hartley Road 1 - 1.45







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AGENTS: Barry Chick 0418 876 191





REVIEW: Beacon Road rental

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\$750,000 price guide

AGENTS: Diane Pihl









EXTREME WEATHER RECORDS SMASHED ON EVERY CONTINENT: REPORT SHOWS AHEAD OF COP27 GLOBAL CLIMATE SUMMIT

EXTREME weather records have been broken on every continent on Earth in the 12 months since the last United Nations global climate summit, according to a new report from the Climate Council.

As the urgency of the climate crisis escalates, the Climate Council is on the ground at the latest UN Conference of the Parties – COP27 – in Egypt this week, where world leaders will try to find consensus for accelerating global climate action.

Dr Simon Bradshaw, Climate Council Senior Researcher and report author, who has attended multiple COPs and is attending COP27 in Egypt, said: "From Lismore to Lahore, the last 12 months has seen extreme weather records tumbling on every continent on the planet. The costs of climate change are being measured in rising hunger, in families forced from their homes and in lives lost.

"Europe sweltered through its hottest summer on record. Parts of East Africa endured unrelenting drought while other parts of the continent suffered deadly floods. Many parts of Asia suffered record heat waves, and Pakistan has suffered one of the world's worst ever flooding disasters. Sadly, the list goes on. Here in Australia, we are still in the midst of our costliest ever flood disaster, as affected communities anxiously look ahead to predictions of a wet summer.

"Last year I attended COP26 in Glasgow where Australia was widely condemned as a climate laggard and was ranked dead last on climate of all developed countries. Australia is now back in the race to net zero but starting well behind. We have a long way to go, especially if the Albanese Government wants to co –host a COP at home in partnership with Pacific Island countries.

"Australia's target of reducing emissions by 43 percent by 2030 is a starting point. It's time for all countries to set an end date for fossil fuels, for Australia to dump all finance for coal, oil and gas, and get serious about transforming our country into a clean energy superpower."

Nicki Hutley, Climate Councillor and leading economist, who is at the summit in Egypt, said: "Australia, along with the rest of the world, is living through a new era of severe climate consequences.

"The reality is that global commitments are dangerously off track to prevent a climate catastrophe. The UN, just last week, concluded that existing targets would result in catastrophic levels of global warming of between 2.1 –2.9°C.

"COP27 is a chance for world leaders to demonstrate their



words are being backed up with concrete actions. If we move fast, Australia can secure huge advantages for its economic interests as well as our national security.

"The global race to net zero has already sparked a clean energy race between the United States and China. This year Washington approved the biggest climate spend in US history, while China built nearly half of the world's new renewable energy infrastructure. Europe is also accelerating its shift away from fossil fuels, which is happening faster than planned as the region tries to end its reliance on Russian gas.

"Australia needs to do more at home, and we also need to do more in looking after our region and neighbours. As a first step, the federal government should increase our international climate finance contribution to at least \$3 billion, and support efforts to set up a global loss and damage fund.

"The race is on, but world leaders need to pick up the pace. COP27 is a chance to go further and faster to meet the climate crisis with the urgency it demands."

Some of the report key findings:

- As we enter the age of climate consequences, decisive action on climate change, and greater international collaboration, has never been more important.
- The world has already warmed by around 1.2°C, putting us at risk of triggering abrupt and irreversible changes that would be catastrophic for human societies. Every increment of warming raises those risks.
- The pressure for countries to do more to tackle the root cause of climate change – the burning of coal, oil and gas – has never been greater.

continued page 4



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- This year saw record growth in renewable electricity generation around the world with new installations helping the world avoid more than 600 million tonnes of CO₂ emissions – significantly more than what Australia emits in a year.
- Australia returns to this year's UN climate conference with an improved 2030 emissions reduction target of 43% below 2005 levels by 2030 but, even so, it remains one of the weakest in the developed world. This must become a floor, not a ceiling, on our action.
- Restoring our international climate reputation, and righting past wrongs, is clearly in our national interests.

"Australia has a critical role to play in ending the world's dependence on fossil fuels," Dr Bradshaw added.

"As one of the world's biggest polluters, but also one of the sunniest and windiest places on the planet, Australia could turn the tables by exporting its clean energy to the world. In doing so, we could cut global emissions by around eight percent, equivalent to cutting all the emissions of Europe and the UK."

Based on Australia's high emissions, economic strength and vast untapped opportunities for renewable energy, Australia should be aiming to reduce its emissions to 75% below 2005 levels by 2030. Here's 10 climate game – changers to get us started – QR code at right.



ST GEORGE'S CHRISTMAS MARKET

Preparations are well underway for the Christmas Market at St George's, Dapsang Drive for Saturday 3 December (8.00am-1.00pm). This Christmas Market has been inspired by the traditional European Christmas Markets.

The spirit of Christmas will be enhanced by the decor and the Christmas Carollers who will be wandering through the venue singing



some of the traditional favourite Carols. As they move around folk will be invited to join them in singing.

Likewise, lots of work (and fun and laughter) are going on in the preparation of those unique Christmas crafts, gifts and goods for the sale stalls on the day *(above right)*.

KD's Antiques & Collectables

CLEARANCE SALE

27th & 28th November 9am – 4pm

40 Christie Street Canungra

MOUNTAIN RESIDENTS UNITE AGAINST 'COUNCIL BULLYING'

Local residents have expressed their dissatisfaction with Scenic Rim Councillors for the harsh penalty handed to Div. 1 Councillor Derek Swanborough for 'inappropriate conduct', and launched a petition, describing the complaints as bullying and harassment.

Scenic Rim Residents Action Group set up a petition last week: "Support Cr Swanborough's fight against Bullying at Scenic Rim Regional Council", aiming to persuade Council to repeal its decision. Cr Swanborough was fined around \$1,900 for questioning a Council officer whom he believed gave inaccurate advice to Councillors during a public meeting.

It is amongst the highest fines handed down for "inappropriate conduct". Division 2 Councillor Jeff McConnell had described the complaint as a "minor infraction".

Despite this, Councillor Marshall Chalk was the only councillor to vote against the harsh penalty and against the decision to find him guilty of "inappropriate conduct".

Councillors Virginia West and Michael Enright both advocated a penalty double that amount, referencing that Cr Swanborough had been found guilty once before of 'inappropriate conduct'.

The online petition alleges that the "many frivolous and vexatious complaints" made against Cr Swanborough to the Office of Independent Assessor (OIA) were politically motivated.

Of the more than 65 complaints levelled against him since he was sworn in as Div. 1 Councillor two and a half years ago, only three complaints against Cr Swanborough have been upheld by the OIA. "We believe that these complaints are malicious and intended to damage his reputation, undermine his credibility and interfere with his performance as a councillor by spending his time defending himself

instead of on his Council duties," the group states in the petition. "These actions, intended to discredit Cr Swanborough, are considered an [alleged] act of bullying and harassment, and are in contravention of the principles of the *Local Government Act 2009 (Section 4).*"

The group alleges that Council has been targeting Cr Swanborough for speaking out on issues such as secret meetings and the need for greater transparency in Council decisions.

"We believe that Cr Swanborough has always acted with integrity and tried to represent the best interests of the community in the strongest possible way.

"He has been vocal in calling for more transparency and accountability of the actions and decisions of the Council. He has supported a *Stop the Rot* petition of over 3,000 residents against Council's secret meetings."

Scenic Rim Regional Council has issued a statement to media calling the petition "misleading".

Acting CEO Caroline McMahon said that Councillors and the CEO had a legislative obligation to report all matters relating to Councillor conduct appropriately, "regardless of which Councillor it is".

"I absolutely respect the whole agenda around democratic voice and I'm certainly a supporter of transparency," she said.

"But I'm disappointed about misleading or inaccurate information being placed in the public arena, as the community passes judgement on the basis of that information."

"Once a matter is referred, Council has no influence over the decision of the OIA.

"It was a decision of unconflicted councillors, excluding the Mayor, to require Cr Swanborough to reimburse part of the cost of the investigations pertaining to his matters. This is not a fine, but rather recognises the interests of ratepayers by recovering some of the costs which were incurred."

Ms McMahon disagreed that Cr Swanborough was being singled out in the complaints process.

"Council does not have visibility of the number of complaints made about any Councillor, nor about the complainant (until matters are individually closed out)," she said.

"A complaint may be dismissed for a number of reasons, including that it is not in the public interest to invest resources in investigating the matter; or the matter is deemed unfounded; or the complaint is found by the OIA to be vexatious."

Cr Swanborough said he had spent hundreds of hours defending the complaints made against him to the OIA, forcing him to resign from three committees because he could not contribute his time and expertise to other things while also defending against the complaints.

Cr Swanborough will be in New Zealand for the next few weeks. "When I come back, I'll be lodging all those appeals, so we won't see a result on this for a long time."

Mount Tamborine flat-fare taxi changes

We're adding new trips to Helensvale station from Monday 21 November.

At Helensvale you can connect with other Translink services to travel toward the Gold Coast or Brisbane. Anyone from **Mount Tamborine**, **North Tamborine** or **Eagle Heights** can use the service.

Monday to Friday (from Mount Tamborine)					
	am			pm	
Mount Tamborine	6:00	6:30	8:30	12:00	4:00
Beenleigh station	-	7:30	-	-	-
Helensvale station	7:00	-	9:30	1:00	5:00

		Helensvale	Beenleigh	
One-way fares	Adult	\$10	\$12	
	Concession	\$5	\$6	

Monday to Friday (to Mount Tamborine)					
	am	pm			
Helensvale station	10:00	12:00	2:30	-	6:30
Beenleigh station	-	-	-	6:20	-
Mount Tamborine	11:00	1:00	3:30	7:30	7:30

Book your trip: call 13cabs on (07) 5545 1577. Bookings must be made by 6pm the day before you travel.

Find out more: visit translink.com.au/mt-tamborine







AWARD-WINNING HIKING PROGRAM WALKS THE TALK

Walking the talk! The positive impact of Scenic Rim Regional Council's hiking program on participants and the outdoor recreation sector has been recognised with a second major award.

EmpowHER, which offered more than 900 outdoor recreational opportunities to encourage participation in hiking by women and girls in the spectacular Scenic Rim, has added the Government Achievement Award presented at Friday night's Outdoors Queensland Awards to its accolades. This award follows EmpowHER's win in the Programs and Activities Category at the 2022 Australian Sport, Recreation and Play Innovation Awards in Melbourne in July.



Scenic Rim Mayor Greg Christensen said the awards highlighted the EmpowHER Hiking Program's value in creating opportunities for positive outdoor experiences for participants of all ages and abilities.

"I am most proud of the recognition of a program that has been transformational in its impact for women and girls, mothers and daughters," he said. "We know from the results of their participation in this program that it has given them greater confidence, not only in hiking in our spectacular region but also in wider aspects of life."

Celebrating excellence in the outdoor recreation community, the Outdoors Queensland Awards recognise the importance of the outdoors, outdoor activity and the environment to Queenslanders' lifestyle.

Funded by the Queensland Government's ActiveKIT program, in partnership with Health and Wellbeing Queensland and Scenic Rim Regional Council, EmpowHER achieved its aim of increasing the physical activity of women and girls by reducing barriers of participation in hiking.

The innovative program offered guided hikes at a subsidised price of just \$15, providing 78 guided walks catering for a range of abilities, from February to July 2022.

It capitalised on current trends in sports participation, offering women and girls the flexibility to participate in unstructured activity at a time and location that suited them and responded to changes within the active recreation industry as the impacts of the COVID-19 pandemic increased the demand for nature-based activities.

"Scenic Rim Regional Council is proud to share EmpowHER's success with our partners - ParkTours, O'Reilly's Rainforest Retreat and Mt Barney Lodge - who delivered the program to the highest standards," Mayor Christensen said.

Program lead, Council's Principal Specialist Community Development Kathy Forrest, who accepted the award on behalf of Council on Friday night, said that she was very proud of the hard work that the project team had committed over the past 18 months to designing, planning and implementing the EmpowHER program.

"The response to EmpowHER and its outcomes far exceeded Council's expectations, with 87 per cent of the tickets selling before the program commenced in February and participation by some 408 individuals, most of whom booked more than one hike."

"Participants ranged in age from 10 to 76, enjoying a variety of graded hikes that catered for all ability levels, from those who had never taken part in in hiking to more experienced enthusiasts.

"We hope the legacy of EmpowHER will be in encouraging more people to experience the outdoors in spectacular settings across the Scenic Rim," Kathy said.

"My thanks to Outdoors Queensland for hosting the awards, which have highlighted the great work that is being achieved in the outdoor recreation industry."

QUIET DAY TO CONTEMPLATE AT ST GEORGE'S

Do you perhaps need to take some time to draw breath in the busy lead up to Christmas? It is good to get away from everyday routines and rest in silence and stillness. St George's Meditation Group is inviting anyone of faith or no faith to a Quiet Day of reflection and prayerful silence. We welcome all to come and just BE... be yourself, the person God meant you to be.

Stillness brings peace and perhaps a new direction in life. Barbara A will lead us in thinking about the individual characters in the story told by Jesus of the Prodigal Son, against a backdrop of Rembrandt's famous painting of this story.

There will be times of listening, reflecting and silent prayer. It will be your personal time to use as it best suits you.

Often, our busy-ness robs us of time to consider the deeper things of life. A Quiet Day allows us to let go in the silence and know God's love. The Psalmist says, 'Be still and know that I am God'. There will be times for you to sit or walk in the church's peaceful grounds or nearby rainforest, in quietness and contemplation.

The Quiet Day will be held at St George's Anglican Church, 2 Dapsang Drive, on **Saturday November 26th from 9am to 2:30pm.** We ask you to please bring your own lunch. Tea and coffee will be provided. RSVP Barbara F. mobile 0497 016178 or email **barbara.fulcher@bigpond.com** for catering purposes.

SOCIAL SUPPORT GROUP CELEBRATES SCARECROW FESTIVAL AT TMCCA



On Friday 28th October, sixteen members of the Friday Friendship Group, a social support gathering at TMCCA demonstrated their enthusiasm and craft skills in creating, composing and donning unique scarecrow ensembles and props and turning themselves into 'walking-talking scarecrows'. A veritable celebration of Tamborine Mountain's much-loved, iconic Scarecrow Festival that began in 2008 as a community endeavour to collaborate local imagination, creative arts'n'crafts and fun!

When the Friday Friendship group was asked to dress up as scarecrows instead of making a scarecrow, they ran with the idea right until the grand celebration of the festival.

Members assembled in the backyard at TMCCA and posed for photos, showing off their creative costumes. A refreshing

and delightful moment for the whole group, checking out the array of costumes and discussing materials used to compose the entire outfit.

From witches to vampires, pirates to artistic and fashionable scarecrows, they came in a variety of dress-ups! There was definitely a sense of Halloween in the air as well.

Thank you to all the members (and their families) who made the time and effort to create such elaborate costumes. Members of the group invested their 'art and soul' and made the day a great success!

Patricia Arora TMCCA

ABOVE AVERAGE RAINFALL AND WARMER THAN AVERAGE NIGHTS: QUEENSLAND IN OCTOBER 2022

Rainfall for October was above average across most of the state, and very much above average for large areas of southern and central districts, and parts of the northern tropics. Daytime temperatures were warmer than average across the tropical north, and record warm in pockets of Cape York Peninsula. Days were cooler than average across southern districts. Night-time temperatures were warmer than average for most of the state, with nights across the northern half of Queensland being amongst the ten warmest on record for October compared with all Octobers since 1900.

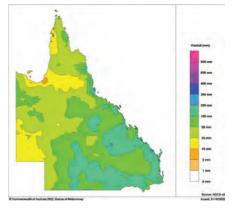
Very much above average rainfall for much of the state:

- October's rainfall total for Tamborine Mountain was 149.4mm (over 13 days of rain falling)
- Rainfall for Queensland was 158% of the 1961-1990 average. It was the wettest October since 2017, and the eighth-wettest October on record for Queensland as a whole since 1900.

 Rainfall was above average across most of the state tending to very much above average across southern

and central parts of the state with large areas in decile 10 (the wettest 10% of records) for October.

Some southern and central districts recorded more than 4 times their October monthly average rainfall with many locations reporting



their highest total October rainfall on record or their highest total October rainfall for at least 20 years.



TAMBORINE MOUNTAIN MEDICAL PRACTICE

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TRAVELLING PLACES with Gina

Train travel seems to be on everyone's list of favourite ways to explore the world. The Ghan and the Indian Pacific have been fully booked out for the last two years. The tilt train that heads to Cairns and the train to Longreach have all been wonderfully popular.

Now we are all thinking of spreading our wings, we are booking overseas train journeys. There are different ways to do this. There are point to point services between towns in Europe which are popular with locals as well as visitors - make sure you book in advance, because I have come across quite a few services recently where the trains are sold out in Europe! Equally there are the trains in North America which stretch the length and breadth of that vast continent. Canada, of course, has the beautiful Rocky Mountaineer, and then there is the Alaskan Railway - both traversing breathtakingly beautiful countryside.

Travelling through Switzerland by train is glorious; their rail network is extensive and operated to precision. I was recently booking people on a wonderful package which includes the picturesque Bernina Express and the Glacier Express, combined with quaint hotels in towns and villages to explore the region. Independent packages to explore Switzerland are anything from a few days to a couple of weeks.



There is something romantic about travelling across countries by rail, so we can help you design your own holiday, linking train journeys with accommodation just about anywhere in the world. At the moment, there are some sales on - book and deposit by 18th November for travel up until the end of 2023 and save up to \$500 per couple. The discount varies depending on the duration of your trip so ask us for details.

There are also the wonderful train journeys where you sleep onboard these tend to be luxurious and you can count on being pampered. Think Venice Simplon Orient Express, which recommenced trips between Paris and Istanbul. Or the Royal Scotsman that explores the Highlands. One I took was the Andean Express - oddly enough, these carriages were designed to travel along the Queensland coast and were built in Ipswich, however when that venture wasn't successful, it was transported across the Pacific to distant Peru!

Flying from Australia all the way to Arequipa Peru was a feat – it's a long way with several changes of aircraft. Having said that the trip was well worthwhile, this delightful town reflected its Inca and Spanish Conquistador heritage and was a wonderful place for our family to rendezvous. Arequipa was the starting point for a marvellous train journey along the shore of Lake Titicaca, through the remote and beautiful Andean valleys and on to Cuzco. The Andean Express is a fabulous train operated by Orient Express; this luxury train stops enroute to meet the local farmers; to take a boat ride to the reed islands, where bowler hat-wearing Bolivian women bring up their children. The other regional train is the Hiram Bingham named after the discoverer of the lost Incan city, Machu Picchu – a fabulous trip through the valley from Cuzco.

Contact Travelling Places

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



one small place on earth

ORANGE BLOSSOM ORCHID

- Sarcochillus falcatus, EAGLE HEIGHTS



The orchid was growing on a tree a metre or so from the ground. A friend I was chatting to, pointed it out to me from her car window, when I was on my morning walk last week. It is endemic to eastern Australia from part of coastal Far North Queensland, part of central coastal Queensland, with the major distribution being in south-eastern coastal Queensland, the entire coastal New South Wales plus the adjacent inland. It is a rare occurrence in the far north-eastern corner of Victoria.

Peter Kuttner

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (31-0CT-22)

- 1. 59.38% DAVID DONALDSON HEIKE EDRICH
- 2. 55.21% LINDY WILLIAMS EDDIE HEINEMEYER
- 3. 53.12% ALEX HOOD ASHLEY ANDERSSEN

WEDNESDAY (2-NOV-22)

- 1. 60.12% CHERYL FINLAYSON JULIE GUTHRIE
- 2. 59.72% ERNIE ANDREWS CHRIS PENDER
- 3. 55.16% LINDY WILLIAMS EDDIE HEINEMEYER

THURSDAY (3-NOV-22)

- 1. 70.14% JENNY STRACHAN EDDIE HEINEMEYER
- 2. 63.19% MARY SIMON KEVIN HAMILTON-REEN
- 3. 54.17% MAX IRVINE-BROWN TONY HALL

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





* Qualifying transaction excludes purchases on Prescription Only Medicine, Pharmacist Only Medicine and Pharmacy Medicine. The competition commences on 10/11/2022 and concludes on 24/12/2022. For full conditions of entry, visit www.pharmacistadvice.com.au for details. Use of the BP Gift Card is subject to the terms and conditions stated on the BP Gift Cards or on the BP Australia website www.bp.com.au/giftcardterms All BP Gift Cards are not exchangeable, transferable or redeemable for cash

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JON KRAUSE MP

State Member for Scenic Rim

REMEMBRANCE DAY

On 11 November, at services across the Scenic Rim, communities will honour the sacrifices people who served in our armed forces made for our country. This year, I will be laying a wreath at Peak Crossing in the west of Scenic Rim region. As we pay our respects, we remember not only those that have gone before us, but those men and women recently returned or who are still serving around the world. We are reminded how blessed we are to live in a free country – a privilege we should be thankful to our veterans for all year round.

CEDAR CREEK FALLS PARKING ISSUES

For years now, together with community members, I have been requesting National Parks to come up with a workable solution to address concerns of locals about dangerous and, in some cases, anti-social behaviour at Cedar Creek Falls. This is not an easy issue to resolve, but I will continue to put forward suggestions to authorities – both state and local have a stake in this matter – that balance residents' concerns and the continued ability to visit this National Park.

LABOR FAILS TO FIGHT FOR 50:50 FUNDING

The LNP will continue to fight for 50:50 health funding from the Labor Federal Government despite the Palaszczuk Government walking away from its promise.

The Premier and senior Ministers injected themselves into the federal election campaign on dozens of occasions earlier this year, promising a change in government would secure funding for Queensland. Since the election we've barely heard a whisper. It's almost as though health funding no longer matters now their mates are in power in Canberra.

For the Palaszczuk Government this was never about securing 50:50 funding, it was about Labor securing the keys to the Lodge. Now that they are in Government, the Federal Budget papers show the Albanese Government has cut \$20 million in funding from Queensland hospitals this financial year. So we have a Queensland Labor Government completely mismanaging the system, and a Federal Labor Government adding to the woes. Life won't be easy under Albanese.

The Palaszczuk Government's failure to secure – or in fact, even to lobby for - the funding Queensland so desperately needs and not call out the failure of Albanese and Labor in Canberra shows the Palaszczuk Government can no longer be trusted to fight for Queenslanders on the issues that matter. David Crisafulli and the LNP team stood up and made the case for 50/50 funding from Canberra. Queensland deserves so much better from the Palaszczuk Government.

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 PERSPECTIVE

Further to Nigel Waistell's letter in the October 27 issue of *Scenic News*, I would like to encourage readers to let Council know your views regarding further subdivision on Tamborine Mountain.

State government has allocated regional growth plans for the South East Queensland shires. Scenic Rim has been allocated 11,000 additional dwellings.

Council and its consultants are recommending that subdivision in the Rural Residential Zone including the A Precinct be supported with a minimum lot size of 1 hectare. On Council's track record this is unlikely to stop there. All this means that a finite mountain plateau is being crammed with further unnecessary development, thus incrementally destroying its unique character on which residents and the one to two million visitors per year rely.

This Growth Management Strategy illustrates the effects Council's one-size-fits-all policy is having by not recognising that Tamborine Mountain's character is different from Beaudesert, Boonah or any of its other communities.

The shire has vast open spaces and no doubt Beaudesert, Boonah etc. would love to enlarge and strengthen their areas. Tamborine Mountain has limited infrastructure, not to mention no reticulated water or sewerage. Its only apparent value to Scenic Rim Regional Council is its rate base – 22% of its income – which it wastes on ever-increasing numbers of consultants.

This latest consultant has issued an astonishing report (gobbledegook) to Council that the 445 submitters (nearly all objectors) misunderstood an ad in *both* our local papers and didn't understand the proposed growth strategies in the consultation document. Consultants such as these have no obligation to residents, thus ignoring the many concerns residents raise. Local government down the drain?

Residents have till 22nd November to re-state their views about subdivision here. Write or email the CEO, Scenic Rim Regional Council at **mail@scenicrim. qld.gov.au** and make your thoughts known. You might like to mention that you are able to read and understand what subdivision means.

Jeanette Lockey President, TMPA

LOCAL SUPPORT

Thank you to those good people who have signed the online change.org petition titled,

"Support Cr Swanborough's Fight Against Bullying in Scenic Rim Regional Council".

You are making a difference.

The Agenda for the next SRRC meeting, 8 November, includes two amendments to rescind or alter actions imposed on our beleaguered councillor, Derek Swanborough.

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

Cr Enright is seeking to rescind the action calling on Cr Swanborough to admit that he had harmed third parties, which was denied.

Cr McConnell has requested that no cost penalty be applied to the alleged improper conduct of Cr Swanborough, for informing a council bureaucrat that information provided to a council meeting was incorrect.

This petition, letters and coverage by major newspapers in the region has managed to find their mark.

Cr Swanborough has had over sixtyfive vexatious and frivolous complaints made against him in his two and a half years on Council, this term. Only three have been upheld.

We, as a community on Tamborine Mountain are not getting the representation we need due to all these complaints coming from the Mayor and Council Bureaucrats.

The petition is offering support to oppose the decision made by Council, which Cr Swanborough will be defending.

The article in the *Tamborine Times* on 22nd November 2022 was heavily focussed on comments by Acting CEO, Caroline McMahon, defending the Council's action.

Statements she made, that information in the petition was false and misleading, without reference, have been the subject of a formal complaint to Council, by me.

In fact, the accusations and attacks made on those commenting on the petition could also be considered bullying.

Ms McMahon claimed that the petition, and comments, could affect council staff:

"I have a real concern about the impact that this will have on our people who are highly qualified, committed to delivering service to our community and are subjected to this vilification online." (Beaudesert Times 2.11.22).

I called on her to consider the effect that these constant complaints could be having on Cr Swanborough and his family, and who is more highly qualified and committed to delivering service to our community, and who is subjected to this vilification.

Let us, in this community, stand by our Councillor against this inept SRRC and its alleged bullying.

Julie Wilkinson



ATT'N: ACTING CEO AND COUNCILLORS

Interesting times ahead! I'm sure the media outlets will be hanging on every word spoken at the next meeting on 08 November 2022.

- 1. Firstly, 'thank you' to Cr McConnell for his motion to set the record straight in his notice of motion to repeal the order that 'That Councillor Swanborough reimburse the local government for 30% of the costs of the investigation arising from this councillor's inappropriate conduct.'
- If any further evidence of bias, retribution and a culture of bullying and harassment was needed, Cr Enright has provided this single-handedly. He should now be declared to have a conflict of interest in considering any future complaints made against Cr Swanborough.

It is simply not enough for Cr Enright to move that his previous motions on 11 October 2022 re items 11.2 and 11.3 be amended as follows: "That such an admission must include, but not be limited to, a statement that is to be read at the next available Ordinary Meeting acknowledging that the Councillor behaved inappropriately;" thus omitting the untrue, damaging and potentially vote-influencing words "causing harm to third parties".

As these words were blatantly incorrect, his behaviour constitutes – at the very least – inappropriate meeting behaviour.

Given that he made these comments publicly not only once but twice in his attempts to discredit and have Cr Swanborough "punished" for his allegedly inappropriate conduct, does this constitute slander? And given that the words "causing harm to third parties" have been very promptly published on SRRC's Councillor Conduct Register for all to see, does this constitute libel?

I call on Cr Enright to publicly apologise to Cr Swanborough, Council and ratepayers for his misleading and extraordinarily inappropriate and biased comments. Perhaps he should contribute an amount equivalent to the penalty currently imposed against Cr Swanborough for the harm he has

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SCENIC RIM ORGANISATIONS TO SHARE IN OVER \$1 MILLION IN ROUND 114 OF GAMBLING COMMUNITY BENEFIT FUND

In Round 114, community groups in the Scenic Rim Electorate will share in over \$1million of grant funding awarded through the Gambling Community Benefit Fund (GCBF).

Over 25 million dollars has now been allocated to community groups in the Scenic Rim Electorate through various grants since State Member, Jon Krause, was elected in 2012.

Twenty-three groups in the Scenic Rim will share in \$1,096,576.95 in funding and Mr Krause said the money would make a huge difference to the successful local groups.

"This terrific outcome would not have occurred without many hardworking volunteers giving their time and energy to complete the grant application process. It is wonderful to see that these community groups will be able to install and upgrade facilities to help them maintain their services."

"I commend these groups for the wonderful work they do and encourage other community groups to apply for the next round of the GCBF," Mr Krause said.

There are now 4 funding rounds each year, with 3 of these rounds having funding available up to \$35,000 and 1 super round with up to \$100,000 of funding available. An additional \$100,000 super round opened this year for Disaster Recovery.



Queensland Government

The next \$100k super round will open mid-January 2023 and close at midnight on 28 February 2023. If your organisation plans to apply in the super round, you should carefully consider the 1-round exclusion period.

To apply for the program visit: www.justice.qld.gov.au/grants or for more information contact Jon Krause's office via email scenicrim@parliament.qld.gov.au or phone (07) 5515 1100.

Local organisations to receive funding in Round 114 were:

Organisation	Reason	Amount
Beaudesert Region		
Beaudesert & District Tennis	Upgrade tennis courts	\$35,000.00
Beaudesert Community Kindergarten	Upgrade guttering and drainage	\$100,000.00
Beaudesert Golf Club	Upgrade facility	\$100,000.00
Beaudesert Rifle Club	Upgrade road	\$82,139.20
Beaudesert Scouts	Upgrade facility and purchase equipment	\$20,644.0
Hillview Memorial Hall	Upgrade hall wiring and electrics	\$27,000.00
Kerry Memorial Hall	Upgrade facility	\$76,424.20
Tamrookum Memorial Hall	Refurbish kitchen	\$35,000.00
Fassifern/lpswich Region		
Boonah Activity Shed	Install dust extraction system and three phase power	\$30,490.00
Boonah Rodeo Association	Upgrade toilet facilities	\$100,000.00
Boonah Golf Club	Construct concrete paths	\$96,800.00
Boonah Progress Inc	Purchase mobile catering kitchen	\$35,000.00
Boonah State High School P&C	Upgrade covered seating	\$35,000.00
lpswich Rugby League Old Boys	Install historic memorabilia cabinets	\$35,000.00
Kalbar Show Society	Construct bitumen road	\$32,049.60
Moogerah Guides	Install NBN internet and purchase tablets	\$6,700.00
Peak Crossing Public Hall	Install hand dryers, projector and purchase laptop	\$14,102.03
Tamborine Mountain/Beechmont/Canungra Region	on	
Beechmont Progress Association	Upgrade facility and purchase equipment	\$34,995.02
Beechmont Tennis Club	Upgrade facility and purchase equipment	\$16,991.5
Canungra State School P&C	Upgrade facility and purchase equipment	\$19,239.00
Gummies Bush Camp	Repair causeway, construct all weather access and shed	\$97,080.00
Tamborine Mountain Botanic Gardens	Construct service area	\$33,996.6
Tamborine Mountain Community Kindergarten	Install water tank and purchase equipment	\$32,925.72
		\$1,096,576.9



Letters to the Editor

CONTINUED FROM PAGE 11

caused Cr Swanborough, his family, and the impacts this has had on Division 1 ratepayers, if not across the entire Scenic Rim.

I also call on Cr Enright to self-refer to the OIA, as I believe his conduct constitutes not inappropriate conduct, but misconduct. Perhaps the acting CEO or mayor could do their duty and refer Cr Enright to the OIA, given council's zeal in reporting the most trivial issues concerning Cr Swanborough to that august body.

Amanda Hay Resident and Ratepayer

GROWTH STRATEGY CONFUSION

The adoption of the Growth Management Strategy (GMS) due to be considered by Council on 22 November remains a potential stumbling block for Tamborine Mountain. I continue to commend Council's Strategic Planning group for its sensitive recognition of the locality centered on Tamborine Mountain township, as a regional residential and tourism resource. The vulnerability to over-development and with very limited capability to accommodate significant population growth is also understood.

The Strategies proposed remain a matter of personal opinion, but my main criticism related to inadequacies of the sole Map, with its limited A4 size. Discussions with the Planning group confirmed that there was more to that aspect than I had understood and that some of my criticism was unjustified. However, I still have some reservations.

It seems we are in a time of transition, with the large standalone maps to which we have been accustomed no longer affordable. Also, the size of associated documentation presents problems. Distribution online is the preferred outcome and the GMS is a step in that direction. The Map is basically suitable for viewing on a touch screen with zooming capabilities. However, not everyone always has that facility and this should be taken into account. However, there is a further related circumstance in which my old-fashioned approach fell down.

We have been accustomed to our nice big maps with sufficient information on board to make them stand alone for understanding. With the limited space now available, there is a tendency to transfer some of that information back into the body of the associated document, which must be read for proper understanding. I hadn't, and fell into a hole.

The Map in the Draft GMS has large dotted areas and I misinterpreted their significance. Elsewhere, it is explained that these are areas where one or more constraints exist which should prevent further subdivision. These can include such things as slope, land stability, water courses, conservation areas, zoning etc. Really rather important! It is also unfortunate that the overlay does not indicate which constraints apply.

Unfortunately, there is another source of confusion in this particular case. Some of the colour rendering appeared to be faulty. Some large areas are so weakly coloured that there is doubt as to whether it was really intended. In my own case, whether or not a tint was there depended on the lighting.

incidentally, it seems possible that some background necessary to properly interpret the strategies may also be scattered around and need exhaustive reading to locate. Thinking back, I may also have encountered that problem.

There is another important resource that many may have missed. Anyone wishing clarifications is at liberty to call Council to request contact from an expert. I have used this and it works really well with clear, balanced clarifications being available. Call 5540 5111 or email mail@scenicrim.qld. gov.au and explain your need.

Phil Giffard

LANGUAGE GUIDE LAUNCHED TO COMBAT AGEISM

Anti-ageism advocacy campaign EveryAGE Counts has launched a new language guide aimed at ending ageism in aged care.

The guide contains simple tools and practical advice for all people who work in aged care, from nurses to managers and administrative staff. It has been developed in collaboration with Brisbane North PHN and the healthy@home consortium, and is funded by the Australian Government Department of Health and Aged Care.

Ageism is harmful and impacts on the mental and physical health of aged care clients, but also us. Research from the World Health Organisation has stated that holding ageist attitudes can shorten our lifespan.

The language guide follows the Aged Care Royal Commission's recommendation for a new human rights-based *Aged Care Act*, which puts older people at the centre of the discussion.

EveryAGE Counts advocacy campaigner Joel Pringle said the launch of the guide is vital to empower older Australians broadly, not just people receiving aged care services.

"The way we talk and interact with older people really matters for their health and quality of life," said Mr Pringle.

"Despite good intentions, unfortunately many people of all ages still equate older age with negativity.

"Being aware of our language can undermine ageism, instead of reinforcing it.

"That's how we can end ageism."

Brisbane North PHN CEO Libby Dunstan said coming up to Christmas when people will be interacting with family members of all ages, it's important to keep the message of the language guide front of mind.

"It's easy to use ageist language unknowingly because often it is learnt behaviour. We might not realise how disempowering and patronising our words are.

"This language guide shows how societal change can start at home as simply as changing the language we use to address each other.

"The language guide is an important resource that Brisbane North PHN and our healthy@home consortium members have worked diligently to develop with EveryAGE Counts.

"The language guide's message is that it is kinder and better for everyone's health to stop and think before we speak."

The guide (PDF) can be found here, using the QR code:



WE ARE ALL BORN ARTISTS - DESIGN SENSE

This year will culminate in my 18th year of private practice in the residential design sector. Along the way, one gains industry knowledge, construction understanding, and the ability to communicate ideas. However, with time comes a degree of institutional baggage.

Recently, I have been running 'design nights' with my daughter Eden (13yrs) and one of her school friends Aleria (12yrs). Both girls are interested in architecture and interiors. These evenings are about setting small design tasks and responding creatively to space, form, and aesthetics.

I must say, when I embarked on sharing what I knew about design with these young ones, I wasn't prepared for the level of creativity that would emerge from them.

On one of our recent evenings, we considered the design brief set by a prospective client located on Main Western Road. I asked them to look at the site and interpret their ideas of space, view, light, and airflow.

Each floor plan sketch resulted in three vastly different outcomes that were all individual and relevant. Please see the three drawings below.

If I'm completely honest, it isn't easy to decipher who did what.

In an American paper for the space agency NASA, Dr. George Land and Beth Jarman looked at a longitudinal study assessing the creative potential of 1,600 people beginning at ages 5 to 31. They found that 98 percent of 5-year-olds tested at the "genius" level.



By the time their subjects got to 31 years of age, only 2 percent were still able to retain their ability to think imaginatively for problem-solving.

As adults, it's easy to box in our young ones, seeing their contribution to be limited based on their age. My experience of spending time with Eden and Aleria has made me see things very differently.

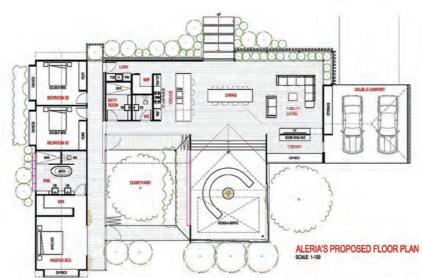
I believe there is relevance in slowing down to invest in the creative potential of our children. If we drew more from the purity of sight that they ALL have within them maybe our built landscape would be less dreary and make more sense.

Picasso once said, 'Every child is born an artist; the trouble is remaining one.'

Words: Anthony Rigg - BLEUSCAPE DESIGN







SCENIC RIM SHINES AT FOOD TOURISM EXCELLENCE AWARDS

The Scenic Rim's reputation as a leading destination for food tourism was reaffirmed at the 2022 Queensland Tourism Awards on the Gold Coast last week.

Winning a silver award for Excellence in Food Tourism, the region has added to this year's accolades after being named as Best in Travel 2022 by the Lonely Planet guide and the Scenic Rim's Tamborine Mountain taking the title of Top Tourism Town in Queensland in June.

As another coup for the region, the win follows the Scenic Rim's Gold Award in Destination Marketing at the 2021 Queensland Tourism Awards for its Richest Place on Earth, in Australia campaign.

Scenic Rim Mayor Greg Christensen said the latest award recognised the strong partnership between Council and local tourism operators, whose efforts have made the region one of Australia's premier food bowls.

"The region is home to many generational farming families as well as a host of passionate entrepreneurs who have chosen the Scenic Rim to pursue their enthusiasm for food tourism and agritourism," he said.

"Some have set up organic farms, established wineries and craft breweries, launched innovative food products, or embraced agritourism concepts delivering unique experiences for visitors.

"The cornucopia of produce includes everything from camel milk cheese to indigenous finger limes, olives, macadamia nuts, award-winning dairy products and organic coffee."

A key driver of the region's food tourism success has been Scenic Rim Eat Local Week, which has grown from a small food festival in 2012 to become an annual 10-day celebration of locally produced food and wine, with more than 100 events catering for all tastes and budgets.

Culminating in the signature Winter Harvest Festival at Aratula, featuring more than 60 local producers, Scenic Rim Eat Local Week attracts some 40,000 visitors and injects more than \$2 million into the local economy.



A collaborative quarterly event, the Scenic Rim Farm Gate Trail, delivered by member-based local tourism organisation Destination Scenic Rim, sees as many as 30 local producers and makers across the region throwing open their gates to self-drive tourists, with thousands of visitors touring the Scenic Rim and shopping directly from the source.

Renowned for its friendly, relaxed country lifestyle, spectacular natural beauty and award-winning local produce, the Scenic Rim attracts some 1.7 million visitors who contribute more than \$215 million to the local economy annually pre-COVID.

"The region's natural resources management, environmental protection frameworks and enviable food safety standards underpin its reputation for premium food tourism," Mayor Christensen said.

"The Scenic Rim has something for everyone, from artisan produce to paddock-to-plate culinary offerings and immersive hands-on agritourism experiences.

"It offers many experiences visitors won't find anywhere else - sipping local sparkling wine in the basket of a hot air balloon, picnicking with alpacas, visiting a working camel, sheep or dairy farm, enjoying a local tipple at breweries, wineries and distilleries or learning about bush tucker on a mountain hike.

"I am proud of the innovation which has contributed to our region's recognition and its enviable reputation for excellence in food tourism."

DISASTER MANAGEMENT POLICY UPDATE AIMS TO SUPPORT SAFER AND MORE RESILIENT COMMUNITY

Scenic Rim Regional Council has updated its Disaster Management Policy to ensure its disaster management arrangements continue to support a safer, more secure and resilient local community and meet the region's changing needs.

The Policy, which was previously reviewed in November 2018, has been revised to incorporate the roles and responsibilities of all groups and individuals involved in the region's disaster management, particularly the Scenic Rim Local Disaster Management Group.

Scenic Rim Mayor Greg Christensen, who chairs the Local Disaster Management Group, said the updated Policy provided an effective and integrated approach to enable an appropriate and coordinated response to a range of significant disaster events that may arise.

"The policy update is timely, given that this year our region is facing its third consecutive La Nina weather event that could again bring flooding to the Scenic Rim, and reinforces our preparedness for any eventuality", he said.

"It takes an all-agency approach to the prevention, preparation, response and recovery from a range of emergency and disaster events, whether these are the result of forces of nature or human activity."

Scenic Rim Deputy Mayor Jeff McConnell, who is also

Deputy Chair of the Local Disaster Management Group, said in reviewing its Disaster Management Policy, which was endorsed at this week's Ordinary Meeting, Council compared policies of neighbouring south east Queensland Councils such as Gold Coast City, Logan City, Ipswich City, Somerset Regional, Lockyer Valley and Southern Downs.

In line with the *Disaster Management Act 2003* and the Disaster Management Regulation 2014, the revised Policy identifies Council's responsibilities and activities for managing emergency or disaster events in the Scenic Rim region.

"Emergency services and other organisations play a leading role in managing specific emergency or disaster events in line with the relevant legislation and their area of expertise", Deputy Mayor McConnell said.

"Through the Local Disaster Management Group, Council supports these services in emergency or disaster situations and in the response and recovery phase following such events.

"As a Council, we are committed to continuing to build a more resilient region that understands the importance of prevention, preparedness, response and recovery in the event of an emergency or disaster, with a focus on the needs of the most vulnerable members of our community."

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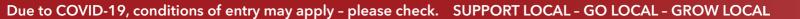
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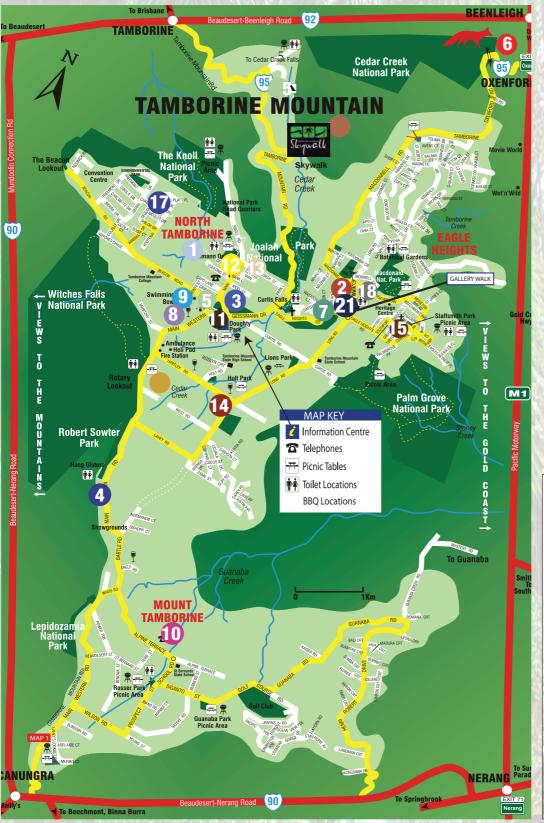








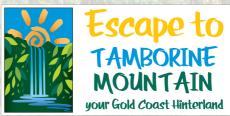
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YOUR GUT ON STRESS

Unless you've been living under a rock for the last five years, you would know that stress has a profound effect on the happiness and workings of your gut. And

when we say the word gut we actually mean your biome, the trillions of bacteria, fungi, single organisms and viruses that make up the engine of your body. Your biome is your identity and contributes to your mental stability and immunity. Your stress response is a survival mechanism which, in the short term, is a highly efficient way of running away from the stressor. Where the stress response is not conducive to good health is when it becomes the default state of the body and you are left in a constant state of fight-orflight (FORF). So how does your stress response go wrong, and how does this affect your biome?

Our automatic stress response fight-or-flight (FORF) served an important purpose. In caveman days, the FORF response helped our ancestors to avoid being a lion's dinner. And the FORF response occurs during all sorts of current day to day stress: the traffic jam on the Pacific Motorway, the work presentation, the deluge of bad news pushed out by the media moguls – your unconscious body deems it threatening and ramps up its production of cortisol, which induces numerous changes throughout the body, including the gut.

These stress signals travel along the gut-brain axis, instructing the gut to direct energy elsewhere in the body; if you need to flee from a ravenous predator, digestion is a waste of energy. Blood is diverted away from the intestines towards your limbs, slowing digestion and potentially causing sudden evacuation (diarrhoea).

Increased cortisol production can decrease the number of prostaglandins, a compound which reduces acidity in the stomach, and stress also causes the gut to produce less mucus, a protective layer which coats the bowel wall. You now have an acidic system with a thinner mucous lining on your bowel wall, and if this stress is ongoing (chronic) you will likely develop increased intestinal permeability, commonly known as "leaky gut". Bacteria and toxins can then pass through your intestinal wall into the bloodstream, causing inflammation in the body.

Yoga is a great movement modality used to combat stress and nourish the gut. The bending and twisting poses are wonderful for your digestive system and detoxification pathways. The breathwork calms the body and supports your parasympathetic system. Core work builds up the corset of muscles in your mid-section supporting the lower back and supports the peristalsis function. All aspects of yoga are good for the health and diversity of your biome. And a healthy biome means boosted immunity, better regulation of blood sugar, less inflammation and a calm, happy disposition. The ancient science of yoga is a very useful tool to combat modern day stress.

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



PERSONAL POWER

Last weekend we attended a family celebration in a park. The weather was perfect and consequently, it was very busy, and finding a parking spot was a challenge. We came across a gravel section of parallel parked cars. We decided we could squeeze in at the end, however, we had to park on an angle, nosing into the bush in order to fit. Three hours later we returned to the car. The original cars had vacated and, to our surprise, every car that now filled the car park perfectly matched the angle of our car. Unwittingly, we had influenced how every other driver chose to park their car.

Knowingly or unknowingly, all of us hold a degree of personal power at our disposal. Most people do not like to be told that they are powerful. We are inherently suspicious of power because it has overtones of domination or having an advantage over another. It suggests coercion or intimidation, which forces others into doing what they might not otherwise do. However, a more accurate understanding of power is to see it as a capacity to influence. It enables us to make things happen.

There are different types of power. We all carry sources of personal power. They include our gender, age, size, physical attractiveness, personality, charisma, experience, reputation, language skills, financial resources, knowledge, competence. Positional power is imparted through our roles, exemplified in positions such as manager, police officer, teacher. This power is enhanced by others' perception, admiration and respect. Their decision to follow our example gives us referent power.

Everyone has a measure of power but we do not all have it to the same degree. Too often we presume an equality of power that is not really there. There is an imbalance of power in almost every interaction. Since we cannot avoid imbalances of power we need to know how to handle the inequality. An imbalance does not necessitate exploitation.

One of the most important self-examinations we can do is acknowledge our power, for we are most at risk of misusing our influence when we minimise or ignore it. In her book *At Personal Risk*, Marilyn Peterson documented professionals who refused to accept the intrinsic authority in their role and were unclear about the extent of their personal power. They tended to misuse their role and abuse their power in ways that violated the boundaries of those they worked with. Peterson says that even when the less powerful person in the relationship tries to manipulate the situation, the greater burden of moral responsibility lies with the person with the greater power. This person is obliged to ensure that proper boundaries are maintained because he/she has the power and resources to do so.

We cannot divest our power, but we can acknowledge it and use it in ways that benefit and empower others. Rather than "power over", our personal influence can be directed toward liberating others to live life with less limitations, supporting them to find their own power.

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

Physio Talk



I SEE IT EVERY DAY

Last weekend I had my 22-year physiotherapy reunion. It was supposed to be our 20-year reunion, but, like everything these days, COVID meant it was delayed.

Even though me attending an event that marks 22 years since I graduated from my physio degree meant that it has almost been 30 years since I was at high school and, therefore, officially no longer young, it was an absolute blast.

It really was one of those nights that had nothing but good memories and fun times. A few of us had less hair and some were a little "rounder", but all my classmates were essentially the same. The same personalities we had at uni, and the same love of life.

It was fascinating to see what everyone was doing. Some were owners of multiple businesses, some were CEOs of international companies, some owned their own clinics, some were NRL physios, some were highly specialised physios and leaders in their fields, some had become doctors, and some were senior physios who had been doing the same job for the past 17 years at the same hospital.

But the unmistakable thing that everyone was doing, was helping people. In fact, when we were catching up, almost every person I spoke to during the evening said, "Well, you know I got into physio to help people." This then led onto the story of whatever they had been doing for the past 22 years.

It got me thinking.

I know it isn't unique to physiotherapists, but what they all said is true. We all just want to help people. The profession, as a whole, is made up of people who willingly give, every day, a part of themselves to other people. And all with the noblest of intentions.

And it made me realise that what we do at Physique is remarkable. The physios that serve our community at Physique just want to help people. I see it every day.

I see it in the way Bec comes home late for dinner because she stays back late to finish helping out one of her clients. I see it in the way Steve is so incredibly gentle and caring with every person that comes



with NEIL BELL

through his door. I see it in the passion that Jacqui has for leading her patients to have less pain. I see it in the way that Caitlin will literally do anything to make sure the people who are asking her for help get the best that she can give. I see it in the way Hayden never gives in and pursues a good outcome for his patients, even when he is incredibly busy. I see it in the way Jess shows love and compassion to some of the most vulnerable in our community. I see it in the way Robyn gently leads her patients with empathy and a real desire to see the best for them. I see it in the way Matt puts the needs of his patients way above his own. And I see it in the way that Ingrid, Kylee, Janina and Sarra make our patients feel loved as soon as they walk in the door.

I love Physique, I love the impact it has on our community and I love the fact that the only reason Physique exists is to make a difference. It is quite a beautiful thing to be a part of, and I feel incredibly blessed to be able to say I work with these people. If you need a little bit of help, please give us a call and allow us to make a difference to you as well.



Physique Health Call on 5545 1133 10 Years Of Making A Difference



HELLO, ALOE!

Can you believe we're nearing the end of spring and welcoming summer? And with that, we welcome more heat, more dry wind and navigating how to support dry skin and hair.

And that's where Aloe Vera comes in. Aloe is a marvellous and powerful natural plant. It's not a cure by any means, but it's a rock-solid way to support your skin, body and hair even more so with sun exposure.

Did you know that this beautiful country we live in, Australia has one of the highest UV indexes in the world. This means that Aussies are at greatly increased risk of sun damage and potentially, sun cancers.



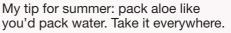
Sounds intense, but it's worth understanding the risks in being exposed to the sun. But also to enjoy it. And don't let that deter you from amazing summer adventures, and fun in the sun.

So, let's talk about Aloe Vera. What makes it so incredible? The Aloe leaf stores water and gel and is loaded with vitamins, minerals, amino acids and antioxidants. This easily grown and easy to manage plant also has the capability to Inhibit the growth of certain bacteria that can cause infections in people. Most commonly we can apply the gel straight to our skin to instantly calm and cool damaged skin. Apply to hair to replenish lost moisture. Or pop it in a smoothie if you're feeling the need for extra hydration.

It is important to understand that Aloe in its organic and

BEAUTY & WELLNESS

natural form is brilliant and is highly productive in repairing skin cells and replenishing lost moisture. Mass-produced aloe however, may not have the same effect because it's often diluted and processed to a degree that its natural benefits can be lost.





with Rebecca Mander

Now for the best bit. If you're a fan of Aloe Vera, and more so, love applying it after a day in the sun for that instant repair and cooling of the skin, try a smoothie. Here's how:

Collect these ingredients:

- 1/2 each Aloe Vera large leaf, cleaned
- 1 cup coconut water from a young coconut
- 1 small cucumber
- 1/2 each lemon fresh, juiced
- 1/2 each pineapple cleaned and cored

Follow these instructions:

- I. Prepare all ingredients ready to juice.
- To prepare Aloe Vera, slit one of the edges with a sharp knife and open up the outer layer. Scoop out the gel and discard the outer layer.
- 3. Put all ingredients though a juicer or a blender.
- 4. Drink straight away.

Now you're all set.

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



Rebecca















FOOD FOR THOUGHT

with Chef Dylan Gittoes

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QUICK CHICKEN PHO MY WAY

This steaming bowl of nourishing flavour guarantees to tick all the boxes, with tender crispy chicken, slippery noodles swimming in a Pho-flavoured beef broth bath, topped with fresh herbs. Then just add my secret ingredient to meld it all together with umami and balanced acidity, my Luck Dragon Asian sauce.

Vietnamese food is my absolute favourite cuisine and if you have never had 'pho' pronounced 'fur' which is undisputedly their most famous dish, then this recipe is going to directly teleport you to the heavenly realm. Every mouthful will be savoured, and the table will fall silent of chatter only to be replaced by the sounds of slurping mouths and moans of pleasure.

This iconic dish can be whipped up in under 20 minutes, and not only is it packed with nutrition and serious flavour, it will leave you contentedly fed whilst still feeling light and refreshed. Cook it for a leisurely lunch or as a weeknight wonder. This meal will impress even the most fussy of eaters. To make it vegetarian simply swap out the chicken for tofu, or for a more traditional version, add very thinly sliced beef eye fillet right at the end.

Did you know? Vietnamese food is some of the healthiest in the world. The wide array of dishes is always filling, yet light, because most Vietnamese cooking is low in fat, is immune system-boosting, packed with protein, vitamins and minerals, and is mostly glutenfree. For much of its history, Vietnam had been occupied by two countries that just happen to boast arguably the greatest cuisines in the world: France and China. Add to that a mild influence from India, and you have a melting pot of influences that combine to guarantee the evolution of exceptional food.

Boasting highly skilled cooks, they also have access to some of the best food resources on the planet thanks to the fact that the Mekong Delta is incredibly fertile, allowing for the farming of abundant varieties of fruit, vegetables, and healing herbs which can be grown all throughout the year. This also gives rise to the rearing of healthy protein in the form of cows, pigs and chickens. And because of Vietnam's proximity to both fresh water and the ocean, they also have access to a huge variety of seafood. In fact it's difficult to think of any country more uniquely positioned to produce a more remarkable fusion of ingredients and cultural cuisine.

Chef Dylan's Tips. 1. Head to the supermarket and grab a litre of 'Campbell's Real Stock' Vietnamese Beef Pho base. It's the best \$4.50 you will spend. 2. When cooking the Chicken pieces make sure the pan is nice and hot and 3. don't overcrowd the pan. 4. Leave them alone to let them crisp up nicely before you turn

them. 5. Buy your chicken from a good butcher. Some supermarket chicken can be 'water infused' – you will know if it is, because water will be released from the meat when cooking, which will cause the meat to stew instead of frying. 6. Ask the butcher to slice and dice the thigh into 1cm cubes.

Memory Lane: Richmond, Melbourne 2015

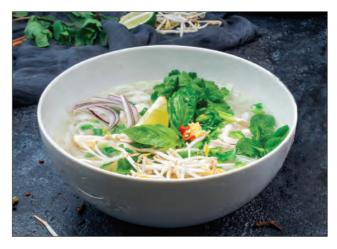
"Thanks for agreeing to have that meeting with Duy's family," says

Andrew, my longtime friend from the Gold Coast, as we exit the café. "Ever since they decided to open the four restaurants, they have been super stressed, and your advice went down a treat. The whole family finally agrees for once!" he says in relief. "Not a problem at all, glad I could help. They seem like really nice people." I add. "Well, I've known them for a few more years than you, but yes they are nice in their own unique way" he gibes, rubbing his chin with his hand whilst gazing upwards as he stoops down to get into the car. "Besides, I'm starving! Let me thank you by taking you to my favourite pho restaurant — my shout". "Sounds epic!" I chime in, as we enter a thick line of traffic.

As we grind our way through the city streets, I start to notice that the signs of the shopfronts begin to transform into Vietnamese characters. "We're here!" says Andy triumphantly, as he pulls into a carpark. When we exit the vehicle, a light rain begins to fall. "Don't worry it's just a few metres down the street." says Andy, pulling up his trench coat collar, setting off. I have to hurry to keep up with his long legs striding ahead. Soon, we turn to head down a laneway and arrive at a small restaurant bustling with activity. "All good" says Andy with a wink noticing my concern — "I've already booked a table for us."

We are led to our table by a long-haired Vietnamese looking youth of barely sixteen with black eyeliner around his slender eyes. As we sit, he expertly flings us a couple of menus, with his long fingers adorned with black varnish, and then he promptly turns to leave without saying a word. I inhale a long deep breath savouring the distinctly delightful aroma of beef stock. Andre, with the menu hiding his mouth, whispers cheekily "No one speaks English here - just point to the number next to the Pho you want when the goth returns". "What's Pho Ga?" I ask, pointing to number 8. "Ah, that means chicken, and it's sensational" he answers with such conviction that I instantly start to salivate on cue like one of Pavlov's dogs.

Serves 4 Prep time 5 mins Cook time 15 mins



Ingredients

- 200g rice noodles (fresh or vermicelli)
- 1 Ltr 'Campbells real stock' Vietnamese Beef Pho base
- 3 garlic cloves, minced
- 600g chicken thigh, 1cm cubes
- 100 ml Luck Dragon*
- 2 tbs cooking oil

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

Garnish

- 1/2 lemon, cut into 4 wedges
- 1/4 red onion, sliced thin
- Thai Basil or Italian
- Mint or Vietnamese mint
- Coriander
- Bean shoots
- Mild long red chilli, sliced

Method

- 1. Arrange garnish ingredients in separate piles on a large plate.
- 2. In a large pot add stock and bring to a simmer.
- 3. While stock is coming to temp heat a large fry pan on medium high heat.
- 4. Add oil and then place in the chicken pieces and cook for 5-7 mins until nice and crisp on one side (cook in batches if you have to).
- 5. Add in garlic and stir for 1 min until fragrant.
- 6. Add Luck dragon Asian sauce and simmer then turn off the heat.
- 7. Gently spoon the mix into the stock, be sure to get all that flavour in there! Then bring back to a simmer.
- 8. Add noodles and bring back to simmer until cooked.
- 9. Ladle into 4 warm bowls.
- 10. At the table allow guests to add garnish on top of broth.
- 1. Tell guests to add a squeeze of lemon to finish.

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Interesting Facts About Bookish Things

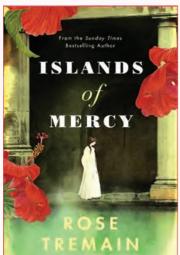
Can you judge a book by its... smell?

Vanilla, fresh fruit, or rotten socks - what do you smell when you open up an old book? In 2017, researchers came up with something called *The Historic Book Odor Wheel*. What they found was that smell can tell you a lot about a book: where it came from, how it was made, and what materials it's made of. If you smell farms and old-clothing, the paper is probably releasing a chemical called "Hexanol" as it decays - particularly common among the quickly and cheaply printed books of the mid-19th century. So don't just judge a book by its cover, give it a sniff, too.

The most expensive book

It looks like a really old notebook - but this is the most expensive book in the world. And perhaps it's no surprise who wrote it, considering that his "Mona Lisa" is the most expensive painting in the world. The "Codex Leicester" contains sketches, diagrams, and ideas from Leonardo DaVinci. So, who would buy the world's most expensive book? None other than one of the richest men in the world: Bill Gates. Gates bought the book for \$30.8 million in 1994, which is \$54.4 million today. But look at the book a bit closer, and you will see that the writing goes from right to left, meaning that if you want to read the Codex Leicester, you'll have to use a mirror. Some suggest that DaVinci was trying to prevent the ink from smudging since he was left-handed, but the truth is, it's still a mystery.

Our Book Choice: Islands of Mercy by Rose Tremain



She was 'The Angel of the Baths', the one woman whose touch everybody yearned for. Yet she would do more. She was certain of that.

In the city of Bath, in the year 1865, an extraordinary young woman renowned for her nursing skills is convinced that some other destiny will one day show itself to her. But when she finds herself torn between a dangerous affair with a female lover and the promise of a conventional marriage to an apparently respectable doctor, her desires begin to lead her towards a future she had never imagined.

Meanwhile, on the wild island of Borneo, an eccentric British 'rajah', Sir Ralph Savage, overflowing with philanthropy but compromised by his passions, sees his schemes relentlessly undermined by his own fragility, by man's innate greed and by the invasive power of the forest itself.

Jane's quest for an altered life and Sir Ralph's endeavours become locked together as the story journeys across the globe – from the confines of an English tearoom to the rainforests of a tropical island via the slums of Dublin and the transgressive fancy-dress boutiques of Paris.

Islands of Mercy is a novel that ignites the senses, and is a bold exploration of the human urge to seek places of sanctuary in a pitiless world.

Genre: Historical Fiction - LGBT

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TRIVIA

Marine Life

- 1. How deep is the euphotic zone, the top layer of the surface of the oceans, where the majority of marine life exists?
- 2. Between 1873 and 1876, which ship sailed 70,000 miles around the world, collecting over 13,000 samples of marine, animal and plant
- 3. Which brightly coloured fish is the most common in saltwater aquaria, made more so since appearing as Nemo in Finding Nemo?
- 4. Approximately what percentage of marine life is to some extent dependent on coral reefs?
- 5. By what means can dolphins locate their prey in total darkness?
- Which sea creature is known as a white pointer in Australia?
- 7. In which part of its body is a shrimp's heart?
- What periodic phenomenon turns the waters of the Red Sea to red?
- What is the common name of the
- 10. 'Common' and 'bottlenose' are both types of which creature?
- 11. Which member of the whale family is the largest to be found in British waters?
- 12. Around the coasts of which country do the majority of grey seals live?
- 13. Which member of the whale family is distinguished by its two-metre long tusk?
- 14. Which creature is seal-like, about 4 metres in length, and lives in river estuaries off the warmer parts of the Atlantic Ocean?
- 15. What are the shrimp-like creatures which are an important part of the diet of whales?
- 16. Which wax-like substance is found in the intestines of sperm whales and has been used as a fixative in the perfume industry?

Answers p30

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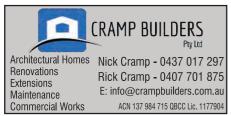
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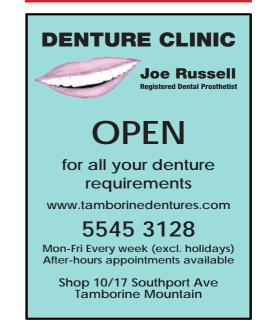
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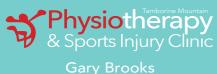


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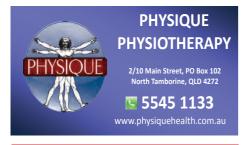
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1 200 metres, 2 HMS Challenger, 3 Clownfish, 4 25%, 5 Echo-location, 6 Great white shark, 7 Its head, 8 Dying algae, 9 The Killer Whale, 10 Dolphin, 11 The fin whale, 12 Scotland, 13 The Narwhal, 14 The Manatee, 15 Krill, 16 Ambergris.

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REGULAR MOUNTAIN ACTIVITIES

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

BOTANIC GARDENS Forsythia Dr, Eagle Hts - Volunteers' working bee every Thurs morning 8-12. 0409 263 666

FILM CLUB AT THE ZAMIA. Meets every third Sunday at 5.30pm for 6pm screening. Only \$10 annual fee to join which gives automatic membership to the Tamborine Mt Little Theatre group. All movies are free with membership. Films shown range from the classics to foreign and Australian made. Cabaret seating and the old sling back chairs make it a great evening of entertainment where you can bring along your own refreshments or a take away to enjoy during the film.

FRIENDS OF TAMBORINE NATIONAL PARK: meet on the first Saturday of the month (except Jan.) To find out where we will be working contact Len on 3355 7288 or 0428 335 572.

FRIENDS OF TM LIBRARY Quarterly booksales held, other volunteering opportunities available. Contact the library for further information 5540 5473.

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. VAII faiths welcome. Contact Barbara 0497 016 178.

MOVIES ON THE MOUNTAIN: Regular screenings of latest releases at the Zamia Theatre. Ph 5545 3517.

RELAXED MIND TAI CHI: Mindfulness in motion, Mondays & Fridays 9.30am, Botanic Gardens. Bookings essential. Phone 0420 349 744.

ROTARY ON TAMBORINE MOUNTAIN meets every Wednesday night at 6.30pm for 7.00pm start at the Eagle Heights Hotel. New members and visitors welcome. For information, call David on 0419 743 275

SCENIC RIM TOASTMASTERS meet on the 1st and 3rd Thursday of each month, 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 bellaacapellatamborine@gmail.com

TAI CHI Tues mornings, Thurs evenings 110 Eagle Hts Rd, Eagle Hts. Phone Gai Wanless 5545 2409.

TAMBORINE MOUNTAIN COMMUNITY CARE

ASSOCIATION: Service Provider for first - level aged care. Transport to medical appointments, Domestic Assistance, Home Maintenance, Social Support Individual & Group, Podiatry and Computer classes. Open: Mon – Fri 8:30 am – 4:30 pm. Volunteers welcome. Contact – 5545 4968 Address: 42, Southport Avenue, Tamborine Mountain, Qld.

TAMBORINE 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 **tmtnarts@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 . Eng. 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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