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Scenic

News

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

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A LAST LOOK, AND...



Gone... The Treehouse is treeless... Disbelieving onlookers watched in dismay last Monday as the chainsaws moved in to remove the landmark "Jacaranda Corner" main piece at the southern end of Gallery Walk. The Treehouse Café is relocating, but it's a little difficult to imagine the corner opposite Rhoda Rushbrook Park regaining the affections of locals who welcomed the shade in summer, and branch-filtered sunlight in the winter months. Photos page 19



Eagle Heights
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07 5545 2522



Property of the week

SALE 🛏️ 4 🛁 3 🚗 2 ✂️ 1,002m²

Exceptional home, stunning views
20 Paradise Drive, Tamborine Mountain

- Views from Brisbane to Bryon Bay
- Tri-level home, master & 2 bedrooms on top level with views
- Glassed enclosed verandas for year round use
- Basement with internal & external access
- Easy care gardens, enclosed private BBQ courtyard

Contact Agent



AGENTS:

Ton Wolf 0424 591 012
Heleen Van Daalen 0424 591 011



Property of the week

SALE 🛏️ 4 🛁 2 🚗 - ✂️ 2,040m²

Forest Park - great location

\$1,199,000

5-7 Boise Court, Tamborine Mountain

- Split-level home with a great layout for a busy family
- Hidden from street view in a quiet cul-se-sac
- Two separate living areas, one with slow combustion woodburner
- The whole family will enjoy the pool and deck area
- Garden shed, fenced yard, great growing soil

AGENTS:

Linda Hogan
0414 300 558



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- 11 - 11.30 33 Corypha Court
- 11 - 11.30 20 Paradise Drive
- 11 - 11.45 51 Wongawallan Road
- 11.15 - 11.45 60-64 Benowa Street
- 12 - 12.30 5-7 Boise Court
- 12.30 - 1 15 Tolima Drive
- 1 - 1.30 16 Capo Lane

SUMMER CAN BE THE PERFECT TIME TO SELL



LEASE

New Rental available - Tamborine Mtn

Elevated to capture the breeze and stunning views, this huge family home is freshly painted with new carpet and blinds. 2 bedrooms upstairs with potential bed or office downstairs. See Professionals website for more information

CONTACT OUR RENTAL TEAM
Karan Keinert 0429 004 840
Mountain 5545 4000
Tamborine 5543 6444



SALE 🛏️ 4 🛁 2 🚗 6 ✂️ 2.41 acres

17-19 Curio Court, Tamborine

- Embrace the rural lifestyle but live only 10 minutes from restaurants, shops and more
- Open plan, modern kitchen, covered deck
- Fully fenced, green house and plenty of vehicle parking

\$895,000 - \$995,000

AGENTS:

Charmaine Wigglesworth
0460 444 100



SALE 🛏️ 3 🛁 2 🚗 - ✂️ 1,339m²

164c Wongawallan Road, Tamborine Mtn

- Private on a quiet no-through road
- Dine whilst listening to natur, filtered views
- Sun-filled rooms, spacious open plan
- Two levels with bedrooms on both
- Dual living options available

\$799,000

AGENTS:

Ton Wolf 0424 591 012
Heleen 0424 591 011



COMING SOON

SALE 🛏️ 4 🛁 2 🚗 2 ✂️ 4,093m²

Show-stopping residence on acreage

- Multiple living areas, spacious bedrooms and a modern stylish kitchen
- This home has all the mod cons, built-in vac system, solar hotwater, ducted air-con
- Large shed with 3 phase, fully fenced.....

Contact Linda

AGENTS:

Linda Hogan
0414 300 558



ProfessionalsTamborine.com.au

2205 Beaudesert-Beenleigh Rd, Tamborine 4270

ProfessionalsTamborineMountain.com.au

10 - 12 Main Street, North Tamborine 4272



PUBLIC HEALTH SERVICES ON THE GOLD COAST

The real story – a story of pride

by Ian Langdon
Gold Coast Hospital and Health Service Board Chair

We've heard so much recently about the challenges facing the health system. Ramping and emergency department (ED) wait times continue to be hot topics of discussion. While the challenges in healthcare are real, politically motivated news stories do not always paint an accurate picture of the world-class care offered by Gold Coast Hospital and Health Service (GCHHS).

I am concerned that the unrelenting media negativity on public health not only misleads the public, but it can also be demoralising for staff who are absolutely giving of their best and it is this concern that motivates me to write this article. As Chair of GCHHS, I am incredibly proud of our staff, their skills, compassion and dedication and I'm appreciative of the government support we have received.



Ian Langdon

As a Mount Tamborine resident and Chair of GCHHS since 2012, I believe it is important to put the negative media commentary into context. I will only comment on the public health system on the Gold Coast, which encompasses Gold Coast University Hospital (GCUH), Robina Hospital plus a range of community-based centres. Mt Tamborine is inside the catchment area of Gold Coast Health.

Current media focus is on the need for more health funding. While there is not a major health service

in Australia that would not appreciate additional funding, the increase in investment into the health service since my appointment as Chair of the Board has been extraordinary and should be recognised. The following are the facts:

Between 2012-13 to the current 2022-23 year:

- Total annual revenue has increased from \$863 million to about \$2 billion. That's an average of well over \$100

million per year.

- The total number of inpatient beds has increased from 861 to 1,169
- Staff numbers have increased from 5,100 to 8,900 (full-time equivalent).

In the process, the health service moved from the former Southport location to a \$1.7 billion new hospital, opened a \$200 million Allied Health community facility at Robina, benefitted from a \$275 million Robina Hospital expansion, as well as a day surgery hospital at Varsity Lakes.

Over the next five years, more than 600 beds are scheduled to be added, at an approximate cost to the taxpayer of \$2 billion. This is made up of:

Additional beds to be added between 2022 and end of 2024:

- 72 beds at GCUH
- 40 mental health beds at GCUH
- 114 beds at Robina
- A further 400 beds at Coomera by 2027 in a new \$1.3 billion hospital.

No one could legitimately argue that the Gold Coast has been neglected in relation to government funding support for public health services.

Alongside this very considerable investment and expansion over the past 10 years, a range of clinical services have been added that previously required public patients to travel to Brisbane. Some of these include:

- Radiation Oncology
- Level 6 Cardiac Surgery
- Neonatal Intensive Care
- Nuclear medicine
- Stem Cell Transplants
- Maternal Foetal Medicine Service
- Children's Critical Care Service
- Children's Cardiology Specialist Services
- Children's Hospital in the Home services.

Population growth, declining participation in private health insurance, difficulty in accessing a General Practitioner (GP), and the increased range of clinical services available for Gold Coast public health patients have led to a rapid increase in demand.

Despite the rapid expansion of the health service bed numbers, we still see about 95% bed occupancy rate, and not surprisingly, this leads to delays in admissions. Overwhelmingly, the new services provided are for non-

continued page 5



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BREAK-INS AT COUNCIL DEPOT ARE SET TO IMPACT SERVICE DELIVERY

The theft of thousands of dollars of equipment and damage to machinery during repeated break-ins at Council's Helen Street Depot in Beaudesert will severely impact Council's operations in coming weeks.

The break-ins have left Council, and ultimately ratepayers, with what is expected to be a hefty bill following the two brazen attacks.

Extra security is now in place at the depot and Council is working hard to mitigate the impact on the community and its ability to provide the highest levels of service delivery to the community.

Council is working with the Queensland Police Service to investigate these matters and urges any member of the community who has information relating to the break-ins to contact **Policelink on 131 444**.

Council is obviously very disappointed by the audacious strikes on the depot, and the impact of the perpetrators' actions on the community.

More information will be provided when it comes to hand.



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40 Christie Street, Canungra

HUGE CARPARK SALE

**Saturday 27th
& Sunday 28th
November**

9am - 4pm

PUBLIC HEALTH SERVICES ON THE GOLD COAST – continued from page 3

elective surgery, thus putting pressure on elective surgery wait times.

This is why 600 beds are being added over the next five years.

On average, 160 ambulances arrive at GCUH and Robina Hospital EDs every day. For every patient arriving by ambulance, another two (on average) arrive by private means; in total, an average of 520 presentations per day. It is well known that GCUH has the busiest ED in Australia. Every patient who attends our ED goes through a triage process. Regardless of the method of transport by which a patient arrives, we treat the sickest patients first.

In the past financial year, the health service had more than 190,000 presentations to our EDs. All of the Category 1 (i.e., the sickest) patients were seen within the clinically recommended two-minute time. Our ED staff work hard to ensure that anyone having a medical emergency is provided life-saving treatment and support, and they do a wonderful job.

Media stories often misinterpret what ramping looks like, and as a result, the public assumes it means that patients are forced to wait in the back of an ambulance for care. At Gold Coast Health hospitals, all patients are brought into the hospital, immediately triaged, and kept under the watchful eye of a nurse.

Skilled paramedics stay with the patient until they can be transferred to an appropriate hospital bed or chair for treatment. When you see photos of ambulances “ramped” outside a hospital, please know there are not people languishing in the back of those ambulances at Gold Coast Health hospitals.

Recent media has focused on lengthy waits of patients on stretchers. At times, our EDs experience surges in ambulance arrivals and there can be short delays in transferring patients

from the ambulance stretcher on to a bed. By way of example, over the past 10 weeks, the average ambulance handover time was 39 minutes. This is just nine minutes longer than the 30-minute target. Reports of patients waiting on stretchers for five or seven hours are simply not accurate and are usually the result of data errors due to hard-working ambulance staff prioritising their next patient pick-up over the paperwork.

Adding pressure to the hospital system is the diminishing availability of GPs and GPs who bulk bill. In previous decades, more than 40% of medical graduates became GPs; today, only about 14% of medical graduates pursue this as a career choice. Many of those patients who can't get a timely GP appointment end up seeking treatment from a hospital ED.

There is also diminishing private health insurance coverage in our community. Each year, a smaller percentage of people choose to pay for private health insurance, and often, even those who do pay prefer to attend our public hospitals to avoid the gap fee.

As the Board Chair of GCHHS, I'm reminded daily of the crucial role public health services play in caring for the most vulnerable members of our community. Our workforce of nearly 9,000 has shown agility and resilience, on the frontline and behind the scenes, to keep our community informed and safe in one of the most difficult times in living history to be a healthcare worker. Throughout the COVID-19 pandemic, we have stood up extra services and continued to adapt the care we provide in a rapidly changing environment. Babies have continued to be born, people have continued to sustain traumatic injuries in all sorts of accidents, and patients have still required treatment for the usual array of illnesses and medical emergencies we treat every day.

Each weekday, our clinicians deliver more than 3,280 outpatient appointments. In the past financial year, clinicians

continued page 10

Mount Tamborine flat-fare taxi changes

We've added new trips to Helensvale station.

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

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

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

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



Queensland Government

Job Vacancy: Tamborine Mountain Distillery

Tamborine Mountain Distillery is seeking a Marketing Coordinator to create and manage Marketing content and write copy to align with the company's brand strategy. The ideal candidate will possess the following skills:

- Proven work experience as a Marketing Coordinator.
- Proficient in MS Office and WordPress or other Content Management Software.
- Expertise in social media platforms.
- Photography and video basic skills
- Graphic design basic skills
- Hands-on experience with SEO and web traffic metrics.
- Project management skills and attention to detail.
- Excellent communication and writing skills.

If this sounds like you, we would love to hear from you. To apply, please send a copy of your resumé, outlining your experience to info@tamborinemountaindistillery.com

**Only successful applicants will be contacted

Proposed Development

Make a submission from
**25 November to
16 December 2022**

Short-Term Accommodation and Function Facility

Where: 84-86 Eagle Heights Road,
Tamborine Mountain Qld 4272

On: Lot 2 on RP131356 and Lot 21 on SP159255

Approval sought: Development Permit for
Material Change of Use

Application ref: MCU22/088

**You may obtain a copy of the application and
make a submission to:**

Scenic Rim Regional Council
PO Box 25 Beaudesert Qld 4285
mail@scenicrim.qld.gov.au
07 5540 5111
www.scenicrim.qld.gov.au

Written submissions may be made electronically. Electronic submissions are to be sent to mail@scenicrim.qld.gov.au

All submissions, including individual submitter's particulars, will be published on Council's website (PD Online) and therefore will be accessible to internet search engines.

Public notification requirements are in accordance
with the *Planning Act 2016*



one small place on earth

PLANTHOPPER

– *Aneipo Ceres*, The Knoll National Park



The insect was first identified in 1949. It is found in south-eastern Queensland and northern New South Wales. At first, I thought it was a moth. There is scant online general information about this species. The Wikipedia entry is in Swedish.

My book, *One small place on earth*, makes a **unique and beautiful Christmas present from Tamborine Mountain** - with over 300 images of its **flora and fauna**, \$39.95 hard cover. Stocked by Under the Greenwood Tree, The Piccabeen Bookshop, the TM Skywalk, The North Tamborine and Eagle Heights Post Offices and Canungra Books & Art.

Peter Kuttner

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (14-NOV-22)

1. 59.38% DAVID DONALDSON - HEIKE EDRICH
2. 58.33% SHEENA POLLOCK - SHEILA IRVINE-BROWN
3. 55.21% LINDY WILLIAMS - EDDIE HEINEMEYER

WEDNESDAY (16-NOV-22)

1. 73.61% EDDIE HEINEMEYER - LINDY WILLIAMS
2. 59.72% PETER ZAREMBA - ANN ZAREMBA
3. 56.25% CHRIS PENDER - ERNIE ANDREWS

THURSDAY (17-NOV-22)

- NS 1. 60.00% SHEILA IRVINE-BROWN - HEIKE EDRICH
- NS 2. 58.75% BILL LARCOMBE - DI LARCOMBE
- NS 3. 55.00% WILHELM NATROP - COL BURNES
- EW 1. 58.93% MARY SIMON - KEVIN HAMILTON-REEN
- EW 2. 58.21% JENNY STRACHAN - EDDIE HEINEMEYER
- EW 3. 52.50% PETER MORRIS - TONY HALL

We have Lessons for beginners every Thursday Morning 10am. Contact Sheila 0407 451 973. Also sessions Mon, Wed, Thu and Fri Social at TM Bridge Club, Sports Ground, 400 Long Road. tmbridgeclub.org.au

TAMBORINE MOUNTAIN COLLEGE AWARDS AND GRADUATION CEREMONY 2022



HOTA on the Gold Coast held the prestigious Awards Day for Tamborine Mountain College (TMC) where Prep to Yr 12, with family and friends, enjoyed the celebration of another successful year. Awards Day acknowledges achievements at every year level and celebrates the graduation of Yr 12, Yr 6.

Victory & Valour recognised:

- Yr 12 success educationally highlighted by early entry offers into university and TAFE before ATAR release.
- Debating Teams and Public Speakers competed successfully right through to the Finals.
- Opti-Minds teams went onto State level competition.
- TMC is part of the Independent Sporting Association for the major carnivals of swimming, cross-country and athletics. TMC Melbourne Cup celebrates House competition and was won by Nicholls for Swimming and Nicholls for Cross-Country and Kyle for Athletics. Our sporting achievement in Equestrian this year has again been significant with State and National Championships.
- TMC Artsfest was a huge success with the community enjoying artworks by students on display, including drama and music performances.
- The HIA (Hinterland Independent Alliance) with Hills and Kooralbyn Schools continues.
- Leo Club and SRC have been busy raising funds and serving the community.
- The Duke of Edinburgh Award has several students completing Bronze Awards.
- Kokoda Challenge
- Camps and excursions to experience learning outside of the College classrooms.
- Certificate levels achieved in many fields of interest.
- TMC Pre-Prep Graduation on campus – a very sweet event welcoming these little ones into Prep classes next year on the Primary Campus.
- Scarecrow Festival – TMC Early Learning Centre received Highly Commended.
- TMC graduating Yr 6 class – a wonderful dinner event to celebrate.
- TMC graduating Yr 12 class – the Formal at the Sanctuary Cove Country Club.

All Award information can be found on the website:

www.tmc.qld.edu.au/newsletters/college-awards

2023 Leaders were also announced:

Secondary:

- **Captains** – Cy De Freitas, Molly Smith

- **Cultural Captain** – Elijah Fern
- **Prefects** – Annais Bradley, Chloe Cross, Annia Regi
- **House Captains** – Deegan Alderson (Nicholls), Charlotte Flynn-Grant (Kyle), Ashlee Hildebrandt (Walton)

Primary:

- **Captains** - Scarlett Harris, Riley Brown
- **Cultural Captain** - Isabelle Richards
- **Prefects** - Maelle Raillard, Eli Mudupalli, Nicholas Parker
- **House Captains** - Willow Laidlaw (Nicholls), Joshua Boulton (Kyle), Abel Erasmus (Walton)

Mrs June Melbourne officially announced her retirement at the end of this year – 21 years as College Principal.

She has been involved in education for over 40 years, graduating from the University of Sydney in 1978 and having taught across many states and educational systems – Sydney, Melbourne, Perth, Brisbane, Gold Coast and regional QLD.

June Melbourne was first employed by TMC Founding Principal Mr Rob Nicholls back in 1998 as the English Teacher – and he entrusted her with the important position of Principal in 2002. Mrs Melbourne said, “It has been an amazing journey and I thank everyone at TMC for the honour and the privilege. I will always love you TMC.” She also acknowledged her husband Ric Melbourne for his constant support.

When Mrs Melbourne started at TMC there were less than 100 students at secondary level and today there are over 500 from Kindy to Yr 12. Great things have been accomplished – the addition of Primary and the Early Learning Centre, new buildings, property acquisition, successes in academic, sports, co-curricular achievements and a spirit that is fundamental to the very being of TMC. The College motto “Victory & Valour” does indeed sum it up!

Mrs Melbourne will always have a connection with TMC – the Board has honoured her by making her a Member of the TMC Company.

Mrs Fiona Stevens is the new College Principal next year – the College continues in good hands.





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(Sundays are Telehealth only)

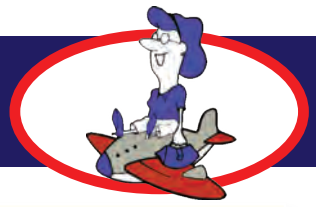
Dr Ann Bennett
Dr Leeann Carr-Brown
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Dr Sanne Kreijkamp-Kaspers
Dr Henri Coombs
Dr Cobie Powell
Dr Hok-Yee Siu
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TRAVELLING PLACES with Gina

I don't know about you, but I have been busy soaking fruit and cooking Christmas cake and pudding. Making lists of all that is needed and making sure when Christmas Day arrives it will be fun for all, and mostly stress-free! In true Australian style, we have prawns and mango, then the inner Brit comes out and we indulge in roast turkey, ham, roast vegetables, salads and silly hats, with even sillier jokes! The kids all hop in and out of the pool and play cricket on the lawn.



I've been thinking about how very different our Christmas is to many around the world. At this time of year in Europe, the Christmas markets are on, the air smells of gluhwein (mulled wine), there is a buzz in the air with the anticipation of what is to come. You stand around roasting chestnuts in open fires, and cook up a feast. North America too, is focused on keeping warm and indoors. Everyone is dressed in jumpers, hats, scarves and gloves – there may be a sprinkling of snow outside. The traditions have been passed down through the generations for hundreds of years. The last cold Christmas I had was in Brittany, France... True to form, the days were short, the wind was blowing, the fires were alight in the hearth and we all ate and drank far too much! Such a time for indulgence.

A cold Christmas is certainly different to our Aussie barbeque and the beach. With our wonderful multi-cultural diversity, many of us don't celebrate Christmas but rather enjoy a mid-summer break. Whatever our feelings about the festive season we seem to have fun and exchange gifts of joy and love. I particularly enjoy the rituals my family have embraced over the years – mainly down time with friends, opening our house and playing a few games. What do you do for Christmas?

A number of people head away for a holiday – some to catch up with friends and family and others to escape to new places. Giving the gift of travel is also popular and we have a number of clients who purchase travel gift vouchers and others who book a surprise trip for loved ones.

Talking about rituals and celebrations, this week is Black Friday... What's that I hear a lot of you ask? Another US tradition is Thanksgiving (their annual equivalent to Australia Day), which is always held on the last Thursday in November. The Friday after Thanksgiving has become Black Friday, and this is when all the traders have their busiest sales, and shoppers can find amazing offers. Australia seems to have adopted this – any excuse for a special offer! So, if you are looking for an amazing holiday special, this is the week to lock something in for travel next year or beyond. I just booked some people on a two-for-one special to Antarctica!

Contact Travelling Places for information

P: 07 5545 1600

E: travel@travellingplaces.com.au

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- 2.00pm Regent Seven Seas – luxury all-inclusive small ship cruises
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- 3.00pm Aurora Expeditions – Australia's own expedition company specialising in the polar regions
- 3.30pm Collette – travel the globe with this established touring company
- 4.00pm Uniworld – luxury all-inclusive river cruises

RSVP to Travelling Places

A BIG "THANK YOU" FROM ALBERT RIVER WINES



Albert River Wines staff and associates would like to say a big THANK YOU to all our loyal restaurant customers, brides and grooms, bridal parties, parents and wedding guests, vendors and suppliers, and all our wine tasters and tour groups! What a spectacular year 2022 has been, and well deserved after the past few years.

We wish you all a safe and prosperous holiday season... and from us to you, MERRY CHRISTMAS!"



☎ 5543 6622

✉ restaurant@albertriverwines.com.au

📍 869 Mundoolun Connection Road
Tamborine QLD4270



www.albertriverwines.com.au

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Functions

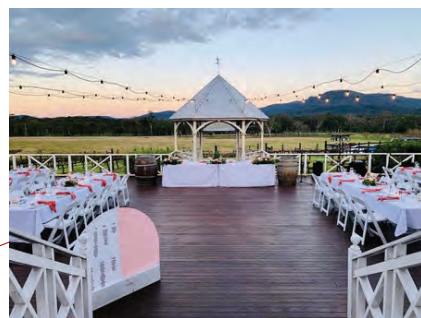
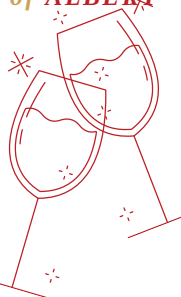
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Merlot
Shiraz
Cabernet Sauvignon



ALBERT RIVER WINES
5543 6622
restaurant@albertriverwines.com.au



JON KRAUSE MP

State Member for Scenic Rim

CONFLICTS OF INTEREST ARGUMENTS IN LOCAL GOVERNMENT

I was concerned to see reports of a council resolution not being debated recently because a majority vote of Council (with one councillor absent) put it aside on the basis that all councillors had a conflict of interest on the matter. That conflict, apparently, stemmed from the fact that matters to be debated had been reported on in the media, and some locals had advocated to councillors in a particular way. It seems to me that almost every issue of contention – perhaps even every issue whatsoever – could give rise to such a “conflict”. Media write reports. Voters lobby their representatives. That’s democracy.

The laws that enabled this “conflict of interest” to stop debate are State laws. Having received correspondence from a number of residents, I will be asking the Minister for Local Government to fix this system.

SHOP SCENIC RIM GIFT CARDS

Support local businesses and families in your area this Christmas by partaking in the Shop Scenic Rim community gift card program. A great gift idea, Shop Scenic Rim operates region-wide and works to promote local businesses and boost the local economy via \$10-\$1000 gift cards which can be bought online or at selected stores and redeemed at participating Scenic Rim businesses. There are more than 60 businesses participating in this initiative. Gift cards can be purchased at:

- My Country Escape, Canungra
- Amcal Pharmacy, Beaudesert
- Oppy’s Fruit & Veg, Boonah
- Infinity Pharmacy, Canungra
- Curtis Falls Café, Tamborine Mountain
- Or online at www.scenicrim.qld.gov.au/shopsenicrim

TIPS ON HOW TO PREPARE FOR SUMMER FLOODS AND BUSHFIRES

Summer is just around the corner, meaning that now is the time to start preparing for the worst-case scenario this disaster season. As the saying goes, ‘hope for the best, but prepare for the worst.’

Our summer can bring storms, floods and bushfires – this past week has been a timely reminder of how hot and dry conditions can lead to perfect conditions for fires in our local environment. Some handy tips for the season include:

- Keep important personal documents such as birth certificates, passports and other legal documents in a handy folder in case you need to evacuate quickly. Scenic Rim Council has in the past provided handy document folders for this purpose.
- Download emergency alert and news apps such as BOM and ABC News and enable push notification services so that you are alerted with weather changes, road closures, and local updates.
- Keep an eye on the weather and changing conditions.
- Back up your data and important information such as contact details and personal photos via the cloud or online services.
- Save emergency phone numbers such as your local Police, Fire, SES teams, friends, and family on your phone and somewhere safe.
- Consider buying a phone charger that is not dependent on a power outlet.
- Enable Wi-Fi calling and Wi-Fi SMS (if this works on your phone) so that you can send and receive messages and calls if your mobile network signal is down.
- Make sure your phone is charged.
- If your mobile network is displaying SOS instead of signal bars, you can still call 000 and receive emergency assistance.

SOMETHING I NEED TO KNOW ABOUT?

Please don’t hesitate to let me know by email on scenicrim@parliament.qld.gov.au or phone on 5515 1100.

PUBLIC HEALTH SERVICES ON THE GOLD COAST – continued from page 5

provided more than 892,000 specialist and non-specialist appointments. More than 200,000 inpatient stays were recorded at our facilities.

Additionally, on an annual basis, the health service provides about 200,000 clinical visits to patients in their own homes, rather than having such patients occupy hospital beds.

More than 5,300 babies were born last year at GCUH; an average of 15 births every day. Our Waijungbah Jarjums service is an Australian first, co-designed with the First Nations community to give Aboriginal and Torres Strait Islander mums and bubs equity in access to culturally safe, high-quality care during pregnancy. Our Midwifery Group Practice provides continuity of care for mums, from the start of pregnancy through to postnatal care, and recently expanded to include a service specifically for Culturally and Linguistically Diverse families. We are one of only three hospitals in Australia offering Maternal Foetal Medicine screening in the first trimester for the early detection of issues for mother and baby.

Our Interventional Neuroradiology service is known across the globe for its life-saving work with patients who have severe and life-threatening brain aneurysms, stroke, and other serious disorders of the brain and spine. It’s one of many innovative services that the health service offers, which has contributed to your local hospitals being recognised for world-class care.

GCUH and Robina Hospital were recently named in Newsweek’s 2022 World’s Best Hospitals in the World list. Recently, GCUH was named in Newsweek’s 2023 World’s Best Smart Hospitals – 218 in the world and the fourth best in Australia.

While the challenges ahead in health care are many, I hope this has reminded you of what a world-class health service we do have, and I hope you are as proud as I am of the excellent care Team Gold Coast Health provides to residents every day.

ST GEORGE’S CHRISTMAS MARKETS

see page 18 for details



ADVERTISEMENT



Jon KRAUSE MP
Member for **Scenic Rim**

Fighting for our fair share

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



Letters to the Editor

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

BEAUDESERT SALEYARDS DOOMED

The SRRC's legal team has won an appeal against the community action to protect the Beaudesert saleyards from destruction, under the protection of the Qld Heritage Council.

This is at unknown legal cost to the ratepayers, but is at the ratepayer's expense.

This Listing was approved on four points that were relevant for a Heritage building in Australia. And which the judge has now overturned.

One of those points was that it was in continual use, and still in use today.

The Council bowled that one out by not renewing the lease to the auctioneer who conducted the sales.

Another point was its rarity. It is now even more so.

The connection a place has with community is not something an outsider can claim to understand or adjudicate on.

There has been no logical reason given for the removal of the saleyards.

It has been a much-loved, traditional meeting place for locals for over a century.

The fortnightly sales were attended by generations of people, many elderly, who saw this as social event, to catch up with old friends and an opportunity to exchange news.

It has brought business to the town.

More than that, it has given young farm stock a second chance at being adopted and raised in a caring environment, possibly by a kid wanting to learn about farm animals or a family starting a hobby farm.

The importance of these cultural outcomes was not considered.

Saving the Saleyard was the subject of many petitions and appeals to the Mayor, which were ignored, prior to the successful attempt to list it with the Heritage Council.

This was met with jubilation. The Council's decision to appeal was met with disappointment and even disdain.

Yet, a city judge can overturn the Heritage Council's decision.

Just as this judge can overturn our planning scheme and allow 10 cabins to be built on land that occupied core koala habitat trees, or land that is zoned rural residential into a licensed function and tourist attraction.

I trust the SRRC Mayor, Greg Christensen is very pleased with himself.

Julie Wilkinson

ALARMING BEHAVIOUR IS UNBECOMING

I read with alarm the letters to the editor in the 17th November *Scenic News* which recounted the proceedings of a meeting of the SRRC of 8th November. Ms Hay is a person I admire for her work for the residents of Tamborine Mountain over many years. She did not deserve the treatment she received at the hands of the Mayor.

Before the election of the current mayor, the first time I attended a meeting of the TMPA at which he had been invited to speak, I was not impressed. I actually asked the question as to how he would implement the measures he had talked about. His answer did not satisfy me. I decided there and then not to vote for him.

Former Cr Waistell and current Cr Swanborough do not deserve the treatment meted out to them by this mayor.

As Cr Chalk indicated in the meeting, it would seem that democracy has disappeared from the SRRC under the present mayor. How long can this be tolerated?

Norelle Lino



The saleyards have been a place for social connection in the rural community since the early 1900s.

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BINNA BURRA MARKS MILESTONE ON ROAD TO RECOVERY

One of Queensland's most loved tourist destinations has been given a new lease of life, with the completion of new facilities at Binna Burra Lodge, co-funded by the Australian and Queensland governments.

In September 2019, a bushfire ripped through the UNESCO World Heritage-listed Lamington National Park in the Scenic Rim, razing the iconic lodge. It destroyed the main lodge, kitchen, dining room, library, reception and retail areas, along with 42 of its 43 cabins.

\$500,000 was provided to the Scenic Rim Regional Council through the jointly funded State and Commonwealth government Local Economic Recovery Program for the extension of Binna Burra's Tea House deck and construction of showers, toilets, a first aid room and storage areas.

Four safari tents have also been built at the camping ground and a new amenities block – at the base of Mount Roberts.

In addition to the funding awarded to the Scenic Rim Regional Council, an initial \$900,000 was provided to Binna Burra Lodge Ltd as part of a \$2 million Black Summer Bushfire Recovery Grant. The grant will be used to build a welcome/reception/admin building and construction of dedicated back-of-house facilities for housekeeping and maintenance.

Federal Minister for Emergency Management Murray Watt (pictured below right with SRRC Mayor Christensen) said he was pleased to see the historic lodge, which has been on the map since 1933, now back on its feet and welcoming guests.

"Binna Burra Lodge is an iconic destination for visitors and locals alike, and it was devastating to see the fire rip through.

"I've stayed at Binna Burra with my own family and I know

how distressing it was for people to see this ecotourism jewel's natural environment destroyed.

"This investment in tourism plays a key role in supporting regional recovery from natural disasters and we will continue to stand with communities as they recover from the devastating 2019-20 bushfire season."

Minister for Environment and the Great Barrier Reef Meaghan Scanlon said last Saturday's milestone achievement is thanks to the efforts of everyone from the Binna Burra Taskforce, Scenic Rim Regional Council and the Queensland Reconstruction Authority.

"The hard work put in to fast-track Binna Burra Lodge's recovery has paid off and I'm sure it will quickly return to one of Queensland's most iconic tourist attractions," Minister Scanlon said.

"To get to this point, Binna Burra Lodge has undertaken master planning to inform its recovery and restoration needs.

"I am pleased the DRFA funding has allowed for the rebuilding of Binna Burra so it can once again shine as a leading visitor destination for the Scenic Rim, bringing with it all the economic benefits and job opportunities a world class ecotourism destination has to offer.

"I'd like to thank Scenic Rim Regional Council and the Binna Burra Lodge for their ongoing commitment to building a new future for this iconic Queensland tourism destination."



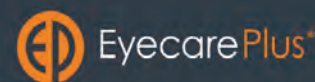
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HUMANS AND TREES

I spent some time recently mountain biking in the forests of Derby, Tasmania. Derby is an ex-tin mining town which is now centred on mountain biking. And mountain biking is like an adrenaline fuelled version of yoga. It's yoga on speed:

one pointed focus, great use of core strength and good flexibility is an added bonus. So many things make Tasmania breathtaking: the coastline, the flowers, the sandstone buildings, and the wildlife and of course the trees. Trees of such grandeur and such reverence, these ancient, old growth forests were like stepping into a cathedral filled with wisdom, peace and timelessness.

So why do humans love trees so much, and love being in the presence of trees? Forest bathing, known in Japan as *shinrin yoku*, has made popular the calming effects of being amongst the trees and observing nature. A wonderful way to de-stress and boost health, a big part of the benefits of forest bathing are the phytoncides, volatile organic compounds (VOCs) or "essential oils" given off by trees. These chemicals have natural antimicrobial and insecticidal qualities that protect the tree from germs and parasites. These same chemicals like α -pinene or d-limonene to name a few, encourage natural killer (NK) cell activity in the human body. NK cells are cancer-fighting proteins in our bodies.

The 1984 Biophilia hypothesis explains mankind's desire to interact with nature and our inherent love for trees and green spaces. This theory has its roots in evolutionary psychology and proposes that environmental pressures have shaped humans to evolve with biological predispositions that draws them to be around natural stimuli. Like forest bathing, the biophilia hypothesis showcases how positive exposure to nature can bring about an abundance of desirable benefits for mankind, such as improved self-esteem, better cardiovascular health and reduction of stress levels.

The opposite also holds true. A lack of interaction between man and nature can negatively impact physical health, mental wellbeing and social wellbeing. Called the nature deficit disorder, a lack of time spent in nature, especially for children, results in a wide spectrum of behavioural problems.

Urban planners use trees to reduce crime in suburban areas. Using the city of Chicago, researchers found that for every 10% increase in tree canopy cover, crime rates went down on average by 10% for assaults, narcotics crimes, robbery and battery. These findings held after controlling for factors like the socioeconomic status, poverty, unemployment, and education of the residents. Why would this be? Well, more trees and more exposure to nature reduces the stress hormone cortisol. Time in nature also enhances oxytocin levels and dopamine. Anxiety decreases and happiness increases. Little wonder humans adore trees and tree-filled spaces and we should all be motivated to protect and revere these giants of the world. For now, and for future generations.

Margot Wagner
Yoga Under the Bodhi Tree

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

Relationships



HANDLING THE TRUTH

If you have watched the movie *A Few Good Men*, you will no doubt recall the iconic court room scene where, under cross examination by Tom Cruise, Jack Nicholson shouts out "You can't handle the truth!" Underlying this statement is an assumption that covering up the ugliness of reality is the honourable thing to do. While it enhances the drama of the movie, when it comes to real life, this assumption creates unwanted drama in relationships.

There are various reasons why people withhold information from those in their inner circle. Parents justifiably need to filter the information they give their kids. Children do not have the cognitive maturity to process adult themes. They do not filter information through the prism of education, socialisation, and life experience as we do. Often times, they blame themselves because they have no other point of reference of why these events occur. Their brains go into emotional overdrive or even shutdown when exposed to the 'uglier' aspects of reality. That's why it's important to protect our children when it comes to what they view on media and the internet.

Exposure to trauma in childhood leads to significant changes in the developing brain. Structural changes alter the size of specific brain regions. A proven structural change that trauma produces is the enlargement of the amygdala, the alarm centre of the brain. This means the brain is constantly alert, wired for danger. Into adulthood it continues to anticipate and be sensitive to any hint of physical or emotional danger, including perceived criticism or rejection. Functional changes in the developing brain alter activity of certain brain regions. These include overproduction of stress hormones in childhood that leads to depletion in adulthood of hormones necessary to tolerate and recover from stressful situations encountered in daily life.

Within adult relationships, sensitivity to a perceived attack combined with a reduced capacity to tolerate a stressful situation is a recipe for unhealthy conflict. It creates an environment where others don't feel free to share their perspective for fear of how it will be received. They believe that the honourable thing to do is to withhold their truth and avoid any drama. This prevents authenticity and creates a barrier that can leave us feeling isolated and alone in our struggles.

If you experienced a traumatic childhood that has left you struggling in your adult relationships, the good news is that change is possible. Previously presumed to represent irreversible damage, neuro-scientific research is discovering that changes to the brain caused by exposure to trauma can be reversed. Trauma-based therapy can support you to create new neural pathways that increase your brain's resilience to threat.

The journey to healthier relationships begins with awareness and understanding of how we are all impacted by our past experiences. Emotions that arise are frequently not about what is happening in our present. Realising your triggers opens opportunity to respond to another's truth in a way that grows understanding and brings a new closeness.

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

Physio Talk



with Jess Stinson

INFORMATION OVERPOWERS DISTRESS



A few weeks ago, I participated in the annual women's health research update for physiotherapists. Every year that I participate, I am blown away. It's a lot of time spent sitting at a computer, a lot of concentration and a lot of brand new information to digest and ready to implement at the clinic.

The passion and dedication of the physios working in the women's health field is amazing and it is awesome to know that around the country hundreds of other physios are sitting at home, tuning in and also saying... wow. I always finish these updates exhausted but inspired and feeling eager to pass on all the new information I have just received. This year's research update focused on childbearing and post-partum years. This is an area of women's health that I love, and have been blessed to assist many women with over the past few years.

One research article from this year's update caught my eye as it covered the topic of antenatal education, another one of my favourite things. Maybe surprisingly to some, antenatal education can be a controversial topic in women's health. Historically, there is fear that talking about pelvic floor trauma antenatally can cause undue anxiety, distress or discomfort to a woman who is about to experience childbirth. This fear has led to avoidance and minimising discussion around the potential of injury in childbirth. If pelvic floor injury is to occur this can result in lack of planned and practised coping strategies, deepen distress, belief that significant pelvic floor injury is 'normal', as well as confusion - "why did no one tell me?"

Unfortunately, recent research has found that the rates of significant pelvic floor trauma are actually higher than what is reported and it is now termed a 'hidden epidemic'. When you add that women can also feel blindsided by their injuries or symptoms, to the fact that this is an extremely vulnerable period of their life, it is not surprising that distress may be amplified. Women who reported high levels of difference between their expected and actual birth experience had the strongest associations between pelvic floor and mental health symptoms (you may remember

Bec's recent article on birth trauma).

Gladly though, it's not all doom and gloom. This study showed that while not all pelvic floor injuries can be completely avoided, antenatal pelvic floor education is key, and significant in reducing risk and mitigating distress if it does occur. This is great news and counters the approach that information begets fear. If we can provide information focused on the pelvic floor during pregnancy and discuss potential for birth-related injury we can improve overall well-being of those affected across the fourth trimester.

Women's health physiotherapists like Bec and myself can provide individualised education and advice to women regarding pregnancy, labour, delivery and reducing the risk of pelvic floor trauma. Having the information and knowledge to make an informed decision is a critical aspect of having a positive birth experience and receiving this information with the absence of alarm is crucial. Even postnatally there are many options to reduce symptoms, manage injury, prevent long-term issues and even just chat through the birth. We would love to chat further if you need help with anything ante- or postnatal. Please give us a call at the clinic.



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REPAIR CAFE

"If it can't be reused, repaired, reduced, rebuilt, refurbished, refinished, resold, recycled, composted, then it should be restricted, redesigned or removed from production." – Pete Seeger

The Repair Café Tamborine Mountain which operates in the TMCCA Shed down the driveway at 42 Southport Avenue, Eagle Heights is fully functioning, and can assist you repair, rebuild, refinish, refurbish your favourite piece of furniture/wooden object, handbag, bicycle, clothing/textile/beads, even sharpen your knives/secateurs...

The concept of the Repair Café was initiated in the Netherlands in 2009 by Martine Postma, an Amsterdam-based journalist/publicist. She hit on the idea of setting up low-key meeting places nationwide where neighbours could repair their broken items themselves, supported by specialists and in a relaxed atmosphere.

Funding to start this initiative was provided by successful grant applications through the Gambling Community Benefit Fund which funded a new shed/workshop to operate from, and the Federal Government Stronger Communities Program which has funded fit out of the shed with workbenches and storage facilities. We happily accept hand tools in working condition to enable volunteers to carry out repairs, and would be pleased to accept your donations of any surplus or unused tools in your shed.

The Repair Café Foundation has the following goals:

- a) to bring back repairing into local society in a modern way;
- b) to maintain repair expertise and to spread this knowledge;
- c) to promote social cohesion in the local community by connecting neighbours from very different backgrounds and with different motives with each other through an inspiring and low-key creative and constructive event.

Repair Café Tamborine Mountain is always looking out for local residents with different skills who may wish to volunteer as 'repair experts' when it's open on a Wednesday or a Friday from 9:30am to 12:30 pm. Want to sign up as a Tamborine Mountain Repair Café volunteer? Send an email to volunteerscoordinator@tmcca.com.au or call 5545 4968 and speak with Patricia Arora or Geoff Marshall.

Want to repair something? Bring it along to the Repair Café on a Wednesday or Friday morning, and get it repaired for a donation.

'Lamps with a flicker; your clock's dodgy ticker? Chains with no clips; tools needing grips?' The Repair Café tackles them all whether the job's big or small...

TMCCA

CHRISTMAS IN TAMBORINE VILLAGE

Tamborine Village Lions Annual Christmas in the Village – Community Christmas Carols and Twilight Markets held on Friday, 2 December 2022 from 5pm to 8:30pm @ the Tamborine Village Memorial Hall Grounds, Waterford-Tamborine Road, Tamborine Qld.

This end of the year annual event is organised by the Tamborine Village Lions Club to give back to the community and this year marks 12 years.

Entertainment Live Music- Satin Sounds featuring Val, Coral and Dane Jones – they have provided the equipment and music for the past 11 years to date; local talent vocalist Jess Holbrook will be singing this year, and Sharon Smith will be on the piano from 5pm -6pm.

There will be free face painting at the Fairy Stall, free Ice Blocks, Popcorn Bags, Glow Sticks, Bubble Wands from the Lions Community Stall and Santa arriving around 7pm in our local Fire Truck.

Kids are welcome to dress-ups as Elves to bring the Christmas Spirit and Magic to the Village.

**Twilight Markets @ 5pm
Christmas Carols @ 6pm**

**Lions Christmas Raffle
theme: 12 Hams of Christmas
12 Prizes each, includes
(1 Ham + Lions Christmas Cake + Bottle of Bubbly)**

\$10 book for a book of 5 tickets or \$2 per ticket, to purchase Christmas Raffle tickets please call 0401 217 347 or at the Lions November Market @ the Lions Stall...

tickets also can be purchased on the day.

Raffles will be drawn from 6:30pm throughout the night.

Lions Christmas Cakes & Puddings available @ Lions Stall for sale.

1.5 kg Christmas Cake \$17
1kg Christmas Cake \$13
Christmas pudding \$13

Please bring a chair or blanket.

Meet our Scenic Rim Regional Town Crier Mr. Syd Norman.

Food and Drinks available for sale @ the Hall Canteen by the Lions.

Twilight Markets Stalls – Stall cost \$15.

Bring your own lighting.

Please call **0487 770 114** or email: tamborinevillagemarkets@live.com.au to book your Stall, as limited spots available...

We are ordinary people doing amazing things – come join us to celebrate the Christmas celebrations. See you at the Christmas Carols and Twilight Markets: your attendance makes a difference.

Together we build a stronger tomorrow - all proceeds to community projects by the Tamborine Village Lions Club.

**Kindness Matters,
Lion Shirlene Pott**



ST GEORGE'S CHRISTMAS MARKETS



Have you got that special Christmas gift yet?

Are you looking for something unique? Folk often say, "I can't find that special gift." Members of St George's have been working hard to create some special gifts this year. Gifts that are handmade and unique.

In the planning of this special Christmas Market and in recognising we have been living in difficult times, St George's wants to spread the spirit of Christmas among all the people of Tamborine Mountain. We invite you to join in the spirit of Christmas singing some of the traditional Christmas Carols with our strolling Carollers.

Maybe you will find your special gift at St George's Christmas Market.

There will be lots of stalls with cakes, jams, chutney, preserves, Christmas: crafts, sweets, pre-loved wares and clothing, books, plants, face painting, raffle, devonshire tea, sausage sizzle, as well as some community group stalls.

**SATURDAY, DECEMBER 3
8AM TO 1PM**



The southern end of Gallery Walk is this week a very different place, following the removal of a much-loved local landmark. Photo at top centre: Merrin Baker.

MOUNTAIN LIONS IS ON THE MONEY

Weekly with the raffles ... monthly at the Country Markets with the burger van ... and around town before Christmas. While TM Lions Club busies itself with local projects (breast cushions, wildlife care, its young adults' inclusion program, collecting spectacles and stamps), it's also a fundraising machine.

But what happens to the money Lions raises? Good question! It's your money, so here's the answer.

A large part of funds raised this past year went to flood relief, particularly in hard-hit northern New South Wales. The Club also donated to national and state charities such as Rosie's (homelessness), eye health via a national Lions program, and other health-oriented programs such as leukodystrophy, leukaemia, childhood cancer and TAC-Q (a Gold Coast based adventure camp program for teens with life-threatening illnesses). The environment is not forgotten, with a donation this year to the Australian Museum's frog project.

Locally, our money has gone to the local police's defensive driving program for Year 12s, St George's Anglican Church to assist people doing it tough, and a regional project to assist a young man with vision impairment buy a new computer. Lions also supported, monetarily and in-kind, the local Phil Rogers memorial golf day, which raises money for motor neurone disease, and helping

refurbish the Scout hut on Hartley Road. Lions' leadership and community service awards at local schools are a vital part of recognising the work our younger generation do amongst their peers.

What percentage goes to administration? There are NO – yes, read that again, ZERO – overheads with Lions funds. Every penny raised from YOUR money goes towards good causes. Occasionally the Club caters for an event for a local business or organisation or the Council, and that income (and members' fees)

pays the Club's administration expenses.

If you want to be part of this fundraising machine, do engaging, hands-on work for your local community, and have a little time on your hands, ring Membership Officer Vanessa Bull on 0412 649 301.



It being the Christmas season, note that Lions Christmas cakes and puddings are available at the weekly raffle (outside IGA, Saturday mornings), the December van (Country Markets, 11 Dec, but all year round for fruit cake lovers), and local businesses North Tamborine Newsagents, Chempro (North Tamborine), Eagle Heights Pharmacy and TM Optometrists. Or ring Sue Kirkpatrick on 0429 833 083. \$19 for large cakes and puddings; \$15 smaller cakes; \$2 small, wrapped cakes. Great value, as Lions nationally has huge buying power. This activity makes a significant amount for the Club's many causes: and these delicious goodies are 50% fruit – guaranteed!

Photos: 1. Lion Sue Kirkpatrick with Lions Xmas goodies 2. (at left) Mountain visitor Di McAtee buys raffle tickets from Lion Effie Anderson 3. Lions Graeme Hunter, Jenny Strachan and Bryce Kassulke enjoy the convivial atmosphere of the Lions burger van



DON'T HATE, EXFOLIATE

I love this saying so much, it's printed on my uniforms. I love it because hate is unnecessary. I have strong feelings against pickles, but it's still not hate. And then there is exfoliating. The single most important weekly tradition for your face and body.

Everyday I meet new people, and everyday those people will share with me their skin care routine or lack thereof. And 99% will say either "what's exfoliating?" or "no, I don't need to".

As an advocate for always removing what is unnecessary in life, dead skin cells and excess sebum is one of those things you absolutely don't need to hold onto. Dead skin cells stop cell rejuvenation and turnover, and excess sebum is that little critter that produces acne as well as that shiny film on your face and the really unpleasant greasy feeling.

The greatest benefit I have found from formulating different varieties of exfoliant is the after effect. Boosting cell turnover, the lighter feeling and the deep and gentle cleanse into your pores. Again, I will always be pro Organic. I cannot comment on chemical-based varieties. That's not my speciality.

So, if you haven't tried or found an exfoliant for your face or your body that has worked satisfactorily for you, below are some ingredient suggestions:



Face ingredients that are beneficial will be Bamboo Powder, ground Rosehip Seeds, Shea Butter, Vitamin E and Spearmint.

For your Body, I'm a fan of a dual-purpose body wash and exfoliant. I prefer to save time and effort

BEAUTY & WELLNESS

wherever possible. So, a Coconut or Olive base for the gentle cleanse, Lemon Myrtle, ground Rice, Kale and Citrus Peel.

I would only ever recommend once weekly facial exfoliating, we don't want to strip your natural oils, merely remove the excess. And with bodywash, your body has thicker layers of skin, so trial this for yourself, as a guide perhaps twice a week.

Some tips for the newcomers:

- Start with a gentle and fine exfoliant.
- Avoid harsh sandpaper type textures
- If it stings on application, don't grin and bear it, rinse off immediately.
- Start off once weekly for your face
- Apply a pea sized amount on your face and gently massage with your wedding finger. *(Fun fact, this is your weakest finger, so I've learnt)*
- Twice weekly for your body
- If it makes you feel refreshed and confident, love it hard!

Now, if the thought of looking for these ingredients or any organic ingredients feels overwhelming, I am always here to help. Visit my website where you can contact me with any questions or check out our range.

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

Rebecca



with Rebecca Mander




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BEST HUMMUS EVER

This dreamy, creamy hummus is lusciously light, with bright zingy lemon, a little bite of garlic, cracked pepper, finished with fluffy nutty tahini and extra virgin olive oil.

My hummus is silky smooth, and pairs perfectly, smeared generously over warm pitta bread, toasted Turkish bread, or use it as a dip, with fresh raw carrot sticks or as a snack with some sea-salted crackers. However you use it, rest assured this is the only hummus recipe you will ever need.

Did you know? Hummus is the Arabic word for chickpea. Chickpeas have been around for thousands of years due to being one of the earliest crops grown in Mesopotamia and which was commonly eaten on the streets of Ancient Rome. Greek philosophers Plato and Socrates even made reference in their writings to hummus and how nutritious it is. Modern nutritionists tend to agree, and have found them to be low in fat and yet high in protein, and chickpeas have huge amounts of dietary fibre. They are also rich in minerals, vitamins, B vitamins especially, and amino acids as well as manganese.

Chef Dylan tips. 1. The chef secret is to 'overcook' the canned chick peas until super tender but not too mushy though. 2. Baking soda raises the pH of the water which helps break down the chickpeas for a delightfully smooth purée. 3. Rinsing the chickpeas after cooking removes the baking soda flavour and stops your hummus getting a film on top. 4. Use ice cold water. 5. Allow the lemon and garlic to sit for 10 minutes, as this takes the sharp heat out of the raw garlic. 6. Buy good quality tahini.

Memory Lane – Surfeit Café – Cronulla, Sydney 2003

I pull the docket from the rail and place it next to the plate of the last order for the morning and ring the little bell which lets the waiters know food is ready to leave the kitchen. It's 11am, which means I have 3 hours to start getting the prep done for the next day. I pick up my clipboard and glance at my long list. The first cab off the rank is my version of hummus. The kitchen door swings open, and the owner Megan comes swanning in – she is in a good mood, and is wearing a beautiful smile.

She picks up the plate, and as she spikes the docket, she turns to me and says "The customers have really been enjoying your food since you took over, Dylan". "Thanks Megan" I say, cheeks blushing red. "Can I have a quick chat in the office once you deliver those plates please?" I say softly. "Sure" she says, now with the smile gone "You'd better not be leaving me." she adds half-jokingly, but her eyes say she is serious. She returns and opens up the office and waves me in. As I sit down, I can

feel my heart racing and my palms are sweaty. I try to wipe them on my pants, but they clam straight back up again.

Megan takes a seat. She can tell I'm nervous. "Ok, don't just sit there like a church mouse. Spit it out. What do you need to talk to me about, Dylan?" I clear my throat and try to speak, but nothing comes out; looking down at the floor I cough again "Well umm, I've ahhhh, as you know, I've been working here as the head chef for the last 3 months". "Yes, go on" says Megan. "Well ah, it has gotten a lot busier and ummm, well you see I'm still on a 3rd year apprentice wage". "Yes, that's right". "Well I was thinking that since I have a bit more responsibility now and people seem to like the few tweaks I've made to the recipes". "Uh huh".

My heart is pounding it feels like it's about to explode... "I was thinking I could get a pay rise". "A pay rise!" she says surprised. "Well, I don't know about that, it's a pretty tight ship at the moment. What sort of a rise are you thinking?" I take a deep breath, this is it. The moment I have been dreading. "Say, 50 dollars a week?" I mutter. "50 more a week!" she says raising her eyebrows. "Ok well, let me talk to my sister, I should be able to let you know tomorrow. Is there anything else?". "No that's it" I say rising to leave. "Ok then, I'll let you know tomorrow". "Thanks Megan". As I close the office door I feel relieved, like the world has just been lifted off my shoulders. I go to the store room to get the food processor out to start making the hummus.

Makes 2 cups

Prep time 5 min, Cook time 20 mins

Ingredients

- 1x 400g can chickpeas, rinsed and drained,
 - 1/2 tsp baking soda
 - lemon juice from 1 1/2 to 2 lemons,
 - 1 medium clove garlic, roughly chopped
 - 1 tsp Spartan*
 - 1/2 cup good quality tahini
 - 2 to 4 tablespoons ice water, more as needed
 - 1/2 teaspoon ground cumin
 - 4 tbs tablespoon extra-virgin olive oil
- *Chef Dylan's Gourmet Food Co. Spartan

Method

1. Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several cms of water then bring the mixture to a boil over high heat.
2. Reduce to low and continue gently boiling for 20 minutes (or until the chickpeas look bloated, their skins are falling off, and



they're quite soft).

3. Drain the chickpeas in a strainer and run cold water over them for about 30 secs to a minute then set aside to drain excess water.
4. Meanwhile, in a food processor whack in the lemon juice, garlic and Spartan.
5. Process until the garlic is very finely chopped then let the mixture rest so the garlic flavour can mellow, at least 10 minutes.
6. Add the tahini in next and blitz up on high until the mixture is thick and creamy, stopping every now and then to scrape down any tahini stuck to the sides and bottom of the processor.
7. Keep the food processor running and carefully drizzle in 2 tbs ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with you might need to add 1-2 tablespoons more ice water.)
8. Add the cumin and the drained, cooled extra soft chickpeas and blitz till smooth.
9. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary ~2 minutes. Add more ice water by the tablespoon if necessary to achieve a super-rich and ultra-creamy texture.
10. Taste, and adjust as necessary - I always add another 1/4 teaspoon of Spartan for more overall flavour (because us chefs love seasoning) and another tablespoon of lemon juice for extra zing.
11. Scrape the hummus into a serving bowl or platter and use a spoon to create nice swooshes on top.
12. Top with garnishes of your choice and serve. Any leftover hummus keeps well in the fridge in an airtight container for up to 1 week.

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Our Book Choice: *Set My Heart to Five* by Simon Stephenson

A delightfully entertaining, deceptively poignant debut novel about a humanlike bot named Jared, whose emotional awakening leads him on an unforgettable quest for connection, belonging and possibly even true love.

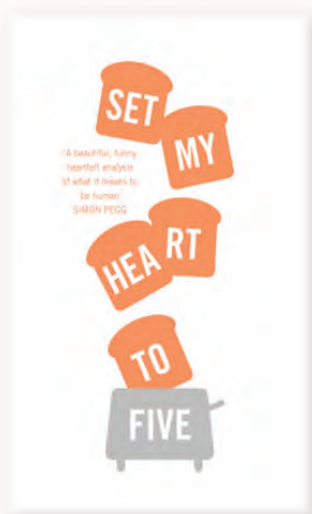
Jared works as a dentist in small-town Michigan. His life is totally normal, except for one thing. He is a bot engineered with human DNA to look and act like a real person.

One day at a screening of a classic movie, Jared feels a strange sensation around his eyes. Everyone knows that bots can't feel emotions, but as the theatre lights come on, Jared is almost certain he's crying. Confused, he decides to watch more old movies to figure out what's happening. The process leads to an emotional awakening that upends his existence. Jared, it turns out, can feel.

Overcome with a full range of emotions, and facing an imminent reset, Jared heads west, determined to forge real connections. He yearns to find his mother, the programmer who created him. He dreams of writing a screenplay that will change the world. Along the way, he might even fall in love. But a bot with feelings is a dangerous proposition, and Jared's new life could come to an end before it truly begins.

Delectably entertaining and deceptively moving, *Set My Heart to Five* is a profound exploration of what makes us human and a love letter to outsiders everywhere.

Genre: Science Fiction - Humour - Romance



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TRIVIA

Mixed Bag



1. What is the name of the South American rabbit-sized rodent which is trapped for its highly prized fur?
2. In foods and drinks what is the ingredient, aspartame, a substitute for?
3. Sea Symphony, London Symphony and Antarctic Symphony are all works by which composer?
4. Former leader of the Liberal Democrats, Paddy Ashdown, was once a member of which military service?
5. What is the name for the green coating which occurs naturally on the surface of copper?
6. The European Space Agency's probe to Saturn is named after which Dutch astronomer?
7. The Modern Prometheus is the alternative title of which well-known horror novel?
8. Which battle of the Crimean war could be associated with the word 'printer'?
9. How many years of marriage is celebrated at the Platinum anniversary?
10. Who wrote the music to Rule Britannia?
11. King Gustavus Adolphus, nicknamed 'Lion of the North' was the king of which country during the 17th century?
12. Complete the famous WC Fields quotation: "It's a funny old world; a man's lucky if he ..."
13. In which country is Hamelin, the town known for its Pied Piper tale?
14. The name of Sikorsky is associated with which type of aircraft?
15. Which English king was the last one to die in battle?
16. Which famous toy shop, on London's Regent Street, is probably the world's largest?

Answers p30

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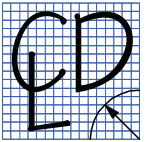
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TRIVIA - ANSWERS FROM PAGE 23

1 Chinchilla, 2 Sugar, 3 Ralph Vaughan Williams, 4 The Royal Marines, 5 Verdigris, 6 Huygens, 7 Frankenstein, 8 Inkerman, 9 Seventy, 10 Thomas Arne, 11 Sweden, 12 " .. gets out alive", 13 Germany, 14 Helicopters, 15 Richard III, 16 Hamley's.

THE PEOPLE HAVE VOTED... "THE FAIRIES ARE HERE TO STAY"

If you have heard a whisper in the wind, laughter in the leaves, seen a ripple on the water or a shimmer of light twinkling in the sky, know that the Fairies are near. It's rare that fairies show themselves to human beings, even though they live amongst the Nature on our Magical Tamborine Mountain.

During the 2022 Scarecrow Festival, The Magnificent Flower Fairy received the prestigious honour of receiving two awards: a Highly Commended for 1st Time in the Field, with a prize from Angela's Pantry, and the People's Choice Award. The Fairies want to say a big "Thank you to all the Beautiful People who voted for The Flower Fairy!"

If you would like to visit her; she can still be seen spreading her fairy sparkle at Number 96 Main Western Road, at the Objects D'Art Fairy Studio.

The Studio, which was manifested from the divine inspiration of holding Fairy Picnics in Rhoda's Park, and many discussions about the history of Fairies on Tamborine, which included Mabel Forrest (1872-1935), Jo Morgan and Janis Bailey. Mabel Forrest; an infamous Australian author of poetry and other stories which included fairies, elected to choose the Mountain to gain respite from Brisbane; her cottage is still standing today. Local resident Janis Bailey wrote a splendiferous play in her honour entitled "M for Mabel", which was performed at the Zamia in 2021.

From Mabel to Jo Morgan, who created The Mountain's original fairy shop; 'Flights of Fancy', on Gallery Walk. Jo's shop is remembered as a favourite for patrons of all things 'fairy'. Kristy Starbright was blessed to have worked and trained under Jo, in Wing and Wand Making. This magic is now displayed at Objects D'Art, which we must say... "Only opens up on Fairy Time."

If our open sign is out the front, we welcome you to explore our range of local fairy-inspired handmade creations, bush flower remedies, angel readings and Marijka's Objects D'Art, or book an appointment by following the details posted on our studio doors.

Upcoming events, Workshops and New Creations will be posted on the FB business: *The Wing Maker* and on Tamborine Mountain Community pages.

Our Beautiful Flower Fairy has a message for you: "Please plant more flower seeds for our beautiful Butterflies and Bees to flourish." This makes the fairies very happy when everyone takes care of our precious Mama Earth.



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Tamborine Mountain Arts Collective calls all artists and venues interested in being part of an Open Studios Trail on Tamborine Mountain in 2023 to participate in our Open Studios Gathering on Tuesday November 29!

The Open Studios Gathering will be a fun, informative, interactive event with a presentation by Scenic Rim Cultural officers and experienced artists, and time for networking, sector discussion and group action planning to shape future Open Studios on the Mountain.

Sector discussion panel:

- Bronwyn Davies, Facilitator
- Irene Girsch-Danby, Cultural Officer: Exhibitions, Events & Programming, Scenic Rim Regional Council
- Nicci Parry-Jones, PJ Pottery, Social media officer TMAC
- Bec Andersen, Textile Artist

Be you an artist of any kind, a venue, a local business or supporter; all are welcome to attend. Please bring a plate for

a shared dinner. Please RSVP to tmtnarts@gmail.com

The Open Studios Gathering will kick off a whole year of Tmac monthly gathering events for creatives in 2023 on a range of interesting topics for our members and all creatives in the region. These events are based on Tamborine Mountain Arts Collective's (TMAC's) recent visioning sessions and surveys of the arts community and will form a year long strategic planning program to cultivate the Arts on Tamborine Mountain.

TMAC aims to support all types of artists, wherever they are in their creative journey, through connection, collaboration, events and professional development, including offering mentoring and pathways for young and emerging artists. The collective is a voice for the creative community and will advocate to support and promote the arts and artists of this region. TMAC welcomes new members anytime!

To book or for further information about TMAC go to www.tamborinemountain.art



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