



Scenic News

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

NEW YEAR ACCIDENTS SOUND A SOMBRE NOTE



January 2 began with a patient being transported to the Gold Coast University Hospital in a stable condition with a suspected back injury after a paragliding incident shortly before 10.30am.

Sadly, last weekend saw a motorcycle fatality on Tamborine Mountain Road down from Thunderbird Park, and another (single vehicle crash) a day later on Williamson Road north of Tamborine Village.

With a wet summer expected, please take extreme care on our already challenging mountain roads.



Main photo: Björn Schmal Aerial courtesy of Channel 9

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Property of the week

SALE 🛏️ 3 🛁 1 🚗 2 ✂️ 780m²

Tranquility is calling \$699,000 price guide

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- Tastefully renovated, gorgeous gardens and located in a quiet cul-de-sac make this a home to relax in, and enjoy
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- Come and be enchanted by the Mountain lifestyle

AGENTS:

Linda Hogan 0414 300 558
Diane Pihl 0424 653 316



Property of the week

SALE 🛏️ 4 🛁 4 🚗 2 ✂️ 1,461m²

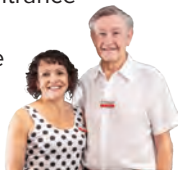
Hilltop home \$1,295,000

10-12 Cayambe Court, Tamborine Mountain

- Every bedroom has an ensuite, lot of natural light with glass doors from each bedroom to the veranda
- Self-contained studio, kitchenette, bathroom, own entrance
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AGENTS:

Linda Hogan 0414 300 558
Barry Chick 0418 876 191



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- 12 - 12.30 164c Wongawallan Road
- 12.15 - 12.45 60-64 Benowa Street
- 12.15 - 12.45 5-7 Boise Court
- 1.15 - 1.45 10-12 Cayambe Court
- 1.15 - 1.45 25 Foraker Drive
- 2.15 - 2.45 4 Nipa Court

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SALE 🛏️ 4 🛁 2 🚗 3 ✂️ 1,012m²

4 Nipa Court, Tamborine Mountain

- Spread over 3 levels, master on upper, 2 bedrooms mid-level, 1 bed downstairs
- Living mid-level, covered decks
- Downstairs large games room
- Dual living potential

\$940,000 price guide

AGENTS:

Linda Hogan
0414 300 558



SALE 🛏️ 4 🛁 3 🚗 2 ✂️ 1,002m²

20 Paradise Drive, Tamborine Mountain

- If it's views you want, then this is the home for you, offering glorious views
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New Price \$1,395,000

AGENTS:

Ton Wolf 0424 591 012
Heleen 0424 591 011



SALE 🛏️ 4 🛁 2 🚗 5 ✂️ 12.33 acre

428-434 Tamborine Mountain Road

- Tucked away is this gem!
- VJ walls, timber floors, high ceilings
- Property on flat acreage
- 3-bay stable, tack room, 3-bay equipment store and room for an arena & round yard

\$1,449,000 new price

AGENTS:

Linda Hogan
0414 300 558



A NEW CHAPTER BEGINS FOR TAMBORINE MOUNTAIN LIBRARY



Works under way on the refurbishment of Tamboorine Mountain Library will see it more than double in size to create a vibrant community hub.

More than \$2.14 million in funding from the Australian and Queensland Governments through the Local Economic Recovery (LER) Program to support areas impacted by the 2019 bushfires has contributed to the \$4.03 million project taking shape on the site of the former IGA building, which was purchased by Scenic Rim Regional Council.

Mayor Greg Christensen said Council's vision for the library on Main Street was a vibrant community hub that not only held an increased range of books and electronic resources but also offered more meeting rooms, quiet study spaces, areas for children and young people, improved technology hubs with free internet and gathering places.

"This is a landmark project which we are excited to see progressing," he said.

"The need for additional space to meet the requirements of the Tamboorine Mountain community was identified in a 2016 review of Scenic Rim libraries and, when completed, the upgraded facility will provide a modernised and larger space that will meet community needs now and for the next 20 years."

Planning for the new library space has been shaped by community feedback through a 'have your say' process completed in 2021.

The works now in progress are expected to take five months, weather and industry supply issues permitting, with April 2023 the expected completion date.

Most of the work will be carried out on the interior of the building, although there may be some noise impact to nearby residents and businesses, and parking in the area may be temporarily disrupted by construction vehicles at the site.

"Council is proud to deliver this project for our community and grateful for the funding assistance that has contributed to the library's refurbishment," Mayor Christensen said.

"The library upgrade reflects our commitment to maintaining and improving the Scenic Rim's infrastructure in line with the shared vision of the Community Plan for an accessible and serviced region."

LER assistance has been provided through the jointly funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).

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Linda Hogan
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linda.hogan@professionals.com.au



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ProfessionalsTamborine.com.au
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CHANGES IN 2023 WITH THE SCENIC NEWS

Welcome to the new year!

We have been publishing the Scenic News as a weekly since April 2020 – shortly after the start of major COVID-19 impact on Australia. We felt it important to keep supporting and promoting local businesses, as for nearly 6 months, we were the only regular Tamborine Mountain newspaper.

Nearly three years later, with feedback from our readers and advertisers, we have decided to return in 2023 as a fortnightly publication, coming out every second Thursday. We feel this schedule will give us a better chance to put out a more comprehensive and interesting paper, and will help local businesses to plan their advertising.

We will be introducing new columns and writers, with more local community content and involvement – an even better read each issue! Our distribution will continue at ~7100 copies per edition – half on the Mountain, and the rest in Tamborine, Canungra, and as far as Beaudesert.

Facing greatly increased production costs over the past three years, we have factored in a small (less than 5% on average) increase for advertising – the first time in five years we have done so. The Scenic News still represents by far the best value in the region, given our reach and wide readership.

You can download our Media Pack (with all our rates and dimensions) by using the QR code at right



Our dates for the first half of 2023 will be:

- January 19
- February 2 and February 16
- March 2, March 16 and March 30
- April 13 and April 27
- May 11 and May 25
- June 8 and June 22

We look forward to an exciting year ahead! Should the need arise, we will revisit coming out weekly.

Stay safe...

The team at Scenic News

To find out more, please contact Judy Hopkins on 0417 238 238 or email us: advertising@scenicnews.com.au.

SOME QUICK STATS FROM THE ABS 2021 CENSUS

Tamborine Mountain's population: 8001

Female: 51.8% Male: 48.2%

Median age: 50

Number of private dwellings: 3463 Average ppl per household: 2.5

Average number of motor vehicles per dwelling: 2



Ian MacAllan

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PAPER EXHIBITION DRAWS INSPIRATION FROM FLOOD AND FIRE

The spirit of resilience and reimagining a better future have been captured in works by two artists in Scenic Rim Regional Council's first exhibition of 2023, *Paper*.

Opened on 9 January and running until 11 March at The Centre Beaudesert, *Paper* combines contemporary artworks by Heather Matthew and Zela Bissett, sharing their personal journeys of home, resilience, hope and recovery through the medium of handmade paper.

For Heather Matthew, paper is an often overlooked and undervalued material which can be embedded with meaning.

"As an artist, I use the fragility and strength of paper as a metaphor for new ways to consider our capacity for resilience," she said.

"Many of the works in this exhibition were created as my artistic responses to an artist residency at the Curtin Springs Station in Central Australia in 2019, together with new artworks created as a response to the floods in February 2022.

"In the papermaking studio in Central Australia, I created papers of native grasses infused with red desert clay and black clay from under the salt pans, which were then rusted with obsolete farm and domestic objects.

"Many of these artworks explore what it means to reside in a place for generations, to build stories of occupancy wrought by time and the elements."

Just as Heather has incorporated in her handmade paper hessian fibres from the sandbags used to protect her home from floodwater, Zela Bissett has used burnt bark and charcoal from the 2020 bushfire



that devastated K'gari, also known as Fraser Island, in her artworks.

As a high school student in the 1970s, Zela knew John Sinclair, a man who shared the traditional Butchulla people's love of K'gari and devoted much of his life to campaigning against sand-mining, logging and the island's overuse.

"After K'gari was given World Heritage listing, beautiful photos of her tall forests, cool creeks, shining sands, her deep crystal-clear lakes were circulated all around the world and current figures suggest almost half a

million people visit K'gari every year," she said.

"In 2020, a fire lit by campers burned for six weeks until one-third of K'gari's vegetation had turned to smoke and cinders. For many weeks, I could not overcome feelings of sadness."

It was during this period that Zela created her Firestorm series of artworks before the temperature dropped, gusty winds blew and healing rain began to fall.

"For the following months, I worked to create artworks that celebrated the return to life of the post fire-world," Zela said.

"I felt that in doing so, I was adding my life forces to the effort to repair K'gari - joining the residents building water tanks, the volunteers collecting seed and germinating it, the rangers planting new trees, the birds building new nests and the wily mares giving birth to forbidden foals in the thickets.

"This body of work tells a story of loss and the rebirth of hope."

Scenic Rim Arts Reference Group Chair Cr Michael Enright encouraged members of the community to join in the free exhibition launch at 10.30am on Saturday 4 February to meet the artists and learn more about the inspiration behind their works and their contemporary papermaking practices.

"This is the first exhibition of our 2023 under the theme of Reimagine: explore the possibilities, and I am tremendously excited about the rich cultural program Scenic Rim Regional Council has planned for the year ahead," he said.

Although this is a free event open to all, RSVPs are required for catering and can be made online via the liveatthecentre.com.au/ website or by telephoning The Centre box office on 07 5540 5050.

The free exhibition is open at The Centre Beaudesert from Tuesday to Friday, 10am to 4pm, and Saturday from 10am to 2pm, with the exception of public holidays.

Photos:

Heather Matthew's *Scorcher* (at left) draws on the fragility and strength of paper as a metaphor for new ways to consider individuals' capacity for resilience


Wetlands Flamingo (at right) is just one of Zela Bissett's works celebrating the beauty of the natural world.



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TAMBORINE MOUNTAIN DENTAL

EAGLE HEIGHTS SHOPPING VILLAGE (above FOODWORKS) 14/17 SOUTHPORT AVE, EAGLE HEIGHTS

TAMBORINE MOUNTAIN REGIONAL BOTANIC GARDENS EMBRACES QR CODE TECHNOLOGY FOR DONATIONS

Visitors to Tamborine Mountain Regional Botanic Gardens now have a high tech way of donating funds to assist the volunteer team in development of the Gardens.

Denby Browning, President of Tamborine Mountain Botanic Gardens Inc said: "Donations are a vital source of income for the Gardens organisation as we continue the development and maintenance of the 11-hectare property."

The volunteers have added QR code technology to allow willing visitors to use their smart phones to make online donations. The code is a major part of new signs beside the four bright yellow donation boxes around the Gardens lake.

"Visitors can open the camera on their phone, direct it at the QR code and then click on the web link," said Denby. "It is simple, quick and secure. Of course, we continue to offer visitors the chance to donate cash through the donation boxes."



"We all became used to QR codes during the early days of COVID. Now we use them to buy products and services as we carry less and less cash."

The code technology has been provided by the not-for-profit

division of ANZ Bank.

The new signs also continue the roll-out of high quality and more informative signage throughout the Gardens. The new design was first implemented along the Upper Hillside Walk and has now replaced most of the signs in Sooty Owl's Creekside Trail. They have been developed and built by local designer Corey Davison.



This new technology continues the Gardens' 21st century focus. In 2021 the volunteers added card payment facilities for visitors wishing to purchase plants. In the same year a high technology irrigation system with internet connection to monitor and respond to weather was deployed throughout the Gardens.

ABOVE: Designer Corey Davison (left) with Gardens President Denby Browning and (LEFT) the new QR code donation sign.




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one small place on earth

VELVET ANT – *Mutillidae* species,
metal railing, Driscoll Lane Eagle Heights



If you think the insect in the photo I took in the first week of January doesn't look like an ant, you are correct. This is a wingless female of a species of wasp in the family *Mutillidae*, which is carried by the male in order to procreate. I first saw her moving at great speed on the top rail and just managed to get a serviceable wide shot. I took the close up after she had descended to the bottom rail and was contemplating her next move. It is reckoned that just under 200 Australian species in the family have been described, but the total fauna is probably at least twice this size. Wishing you good and safe times in 2023.

Peter Kuttner



TRAVELLING PLACES *with Gina*

The onset of a New Year can mark the rise of many things – stomach aches (a leftover legacy from the indulgences of Christmas), fresh resolutions and for many of us – the desire to shed our well-trodden routines and forge new memories. The call to adventure is a temptation I have always found impossible to ignore and with an entire year lying before us... the possibilities are endless.

Whether it's the rolling Tuscan hills that call to you, the lure of South American art and culture or the desire to explore your own backyard more deeply – Insight Vacations, Trafalgar and Luxury Gold have a plethora of handcrafted trips that can take you wherever you want to go, and whatever style you want to go in.

Their range of coach touring itineraries have been carefully crafted to allow you to immerse yourself in the culture, history and landscape of your destinations. They handle all the details, so that you can focus on exploring. Relax and allow yourself to be led through ancient cities by local guides and through bustling markets where your only struggle is what flavour of gelato to choose.

These tours ensure you don't miss out on the bucket list experiences, but have also built in tailored and exclusive stops along the way. Think candlelit dinners in the grounds of a grand estate, afterhours access to historical sites, pasta making classes with Italian nonnas – the kind of experiences you dream of but can only have when travelling with these brands.

What's more, coach touring is one of the most cost-effective ways to travel – your accommodation, transport, touring and many meals are included. You can skip the often-exhausting process of hauling luggage, madly

searching for routes and trying to navigate the sometimes chaotic roads and public transport networks of foreign cities – and still end up saving money! Leave it all in the hands of your very capable tour directors, and settle back to relax in style and comfort. And if you want to learn more about the benefits and experience of coach touring: we have an announcement for you!

Travel Evening!

We are delighted to announce that we will be hosting a very special representative from Insight, Trafalgar and Luxury Gold on the 31st of January! Come along to whet your appetite for travel, learn about these incredible brands and get inspired!

Where: Travelling Places Meeting Room

When: 5pm on the 31st of January

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CALANTHE: NEW YEAR, NEW NAME



Calanthe Poetry's first event for 2023 is tomorrow, Friday 20 January at the Zamia Theatre, so get onto calanthecollective@gmail.com, or ring Secretary Geoff Cartwright on 0416 217 005. Doors open at 6.30 for a 7.00 pm start, and you can bring your own drinks, nibbles, pizzas etc. Table seating. These are always convivial nights, you'll make new friends, and if your mind says 'poetry's not for me', come along; your heart and your ears may be pleasantly surprised.

We're very pleased to welcome our Guest Poet, Rose Hunter (pictured above). Rose is the author of six books of poetry, including *glass* (Five Islands Press, 2017), *Anchorage* (Haverthorn Press, UK, 2020), and *Body Shell Girl* (Spinifex Press, 2022). Her poetry has appeared widely in literary journals in Australia, the USA, and Canada, and she has been awarded an Australia Council for the Arts grant. Rose has always drawn on her own experiences in her poetry, but in the last few years she has become interested in writing in a clearer way about her history. She is a survivor of the sex industry and intimate partner violence, and an alcoholic and addict in recovery. Her most recent book, *Body Shell Girl*, tells the story of the first two years she spent in the sex industry in Canada. Born in Armidale, NSW, and raised all over the place, Rose went on to live in Canada for ten years, then Mexico for ten more. She currently lives on the Gold Coast and is enrolled in a PhD in Creative Writing at Griffith University.



Susannah Lathlean of 'Free Voice' (at left) – a performer, singer and teacher – will be singing for us on the night, always a treat. And you can bring a poem to read as part of the 'blackboard poets' section. Entry is a suggested \$10 at the door (which pays expenses, and the rest goes to the poet).

'Calanthe Collective' has recently rebadged as 'Calanthe Poetry' to describe more accurately what it does. But the group's still organising events, poetry bombing in Main St, and publishing poetry via Calanthe Press.



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JON KRAUSE MP

State Member for Scenic Rim

HAPPY NEW YEAR!

I hope you were able to enjoy the Christmas season, perhaps catching up with family and friends or taking some time out from the day-to-day. Thank you to everybody who worked across the festive season to keep our essential services running – especially in our health system and our police. A new year is often time to ‘clear the decks’ and also to re-focus on goals. Reflecting over the past couple of weeks, I have (again) come to the conclusion that we are all very lucky to live in Australia, particularly considering the challenges facing many other parts of the world. As a nation and here in Queensland, it's important to get the balance right to ensure our ongoing security and prosperity, while also adapting to changes – some changes that we choose, and some changes that are unavoidable in the world we live in.

It's an honour and privilege every day to be your representative in Queensland Parliament. I do my best to be your advocate – on issues affecting individuals and those affecting the whole community. I try to be someone who goes out and fixes problems and lobbies the government to improve and increase resources in our local areas. It helps that there are many local people who love this community, and who are willing to work with me and others in representative roles, in fighting for our region – when we lobby for things together, and have a united front, we can achieve more.

To all in the Scenic Rim Electorate – thank you, and here's to a happy and prosperous 2023.

YOUTH JUSTICE AND HEALTH

I have written in this column many times about how the LNP is holding the Government to account for its failures in the health system and offering alternatives – I will continue to do so. The Government's failures in the youth justice system, sadly, have provided all of Queensland with tragic examples over the Christmas period, with the tragic death of Emma Lovell in North Lakes. It is not the first example though, and the LNP will continue to make its case for changes to the youth system to ensure there are consequence for youth offenders and community safety is put first. Right now, neither occurs.

DV SAFE PHONE DROP BOX LOCATION

My office is now a Domestic Violence Phone Drop location. DV Safe Phone is an Australia-wide network of organisations helping victims of domestic violence. The program works to connect donated mobile phones to those who need them most. This program also helps to reduce e-waste by recycling and repurposing unwanted phones. Any phones are accepted, including ones with broken screens or other impairments. If your phone is an iPhone, be sure to remove iCloud before donating.

If you have a phone to donate, you can now drop it off at my office: 91 Brisbane Street, Beaudesert QLD 4285. For more information and to find the nearest drop box location to you visit: dvsafephone.org/donate-phones

ADVERTISEMENT



Jon KRAUSE MP
Member for **Scenic Rim**

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

MICHELANGELO AND MORE from U3A in 2023



Michelangelo, Leonardo da Vinci and other artists of The Renaissance will kick off Tamborine Mountain U3A's exciting program for 2023 – and you can learn all about it on Open Day, Friday February 3 in the Zamia Theatre, 11.30 am – 2pm.

Dale Attree will continue last year's popular series of lectures on art from Wednesday, February 15 – April 19, in the Zamia and this will be followed immediately by a return of Gretel Butler's The World of Ballet. This program has run for several years now, to good audiences, and consists of an eight week series of lectures and films on aspects of ballet dancing, given by a true expert on the subject.

In the second half of the year, Jaap Vogel will present a second course on Astronomy, and other U3A courses under consideration for 2023 include mediation, Meso-American history, music theory and ukulele/guitar playing. Iain MacPhail is preparing another series on Human Evolution, while Laurence Manitzky will conduct a four-week songwriting course mid-year.

Planned one-off presentations include Early Australian Settlers by David McCathie in March.

To learn more about these courses as well as the regular ongoing program of senior ballet, pickleball, line dancing and other activities, please make time to visit the Zamia on February 3 and talk to the tutors.

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (9-JAN-23)

- NS 1. 52.92% LAWRENCE BEUTEL - EDDIE HEINEMEYER
- NS 2. 52.08% PETER ZAREMBA - ANN ZAREMBA
- NS 3. 50.42% SHEENA POLLOCK - SHEILA IRVINE-BROWN
- EW 1. 58.33% GAYLE DONALDSON - PAM WARRELL
- EW 2. 54.17% DAVID DONALDSON - HEIKE EDRICH
- EW 3. 48.33% CHRISTINE YOUNGMAN - JULIE GUTHRIE

WEDNESDAY (11-JAN-23)

- 1. 57.29% SUSAN STEWART - ROGER BELL
- 2. 55.73% KATE HEAD - LAURENE HASSARD
- 3. 53.12% LAWRENCE BEUTEL - EDDIE HEINEMEYER

THURSDAY (12-JAN-23)

- 1. 63.43% DAVID DONALDSON - GAYLE DONALDSON
- 2. 61.11% PATRICK RASMUSSEN - PETER MORRIS
- 3. 56.94% PETER ZAREMBA - WENDY CHRISTIE

Lessons every Thursday Morning 10am (Beginners Welcome). Contact Sheila 0407 451973. Also, sessions Mon, Wed, Thu and Fri Social Supervised at TM Bridge Club Sports Ground 400 Long Road. tmbridgeclub.org.au



Letters to the Editor

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

‘PROGRESS’ AT WHAT COST?

Residents of Beechmont will be following the saga of Tamborine Mountain and Canungra and the residents’ desperate attempts at keeping some semblance of what the essence of their communities has always been.

Tamborine Mountain is what countless tribal elders have revered for thousands of years, poets and musicians have celebrated since white settlement and scientists have lauded and studied. The staggeringly beautiful forests and wildlife still existing, albeit in remnant pockets, are clinging precariously, still attracting thousands who come to restore and renew their city-stressed lives. Canungra’s newly transitioned township is so welcoming for visitors to their country style hospitality that its one Main Street is pushed for space to park and take the time to explore. The underlying pressures on infrastructure like water, roads, rubbish removal and inappropriate developments approved by our Council, even in the face of disapproval by local residents, will reduce the quality of life for people already settled and for those hoping to find an equally perfect place to make a home.

And yet Scenic Rim Council pushes on, approving, despite petitions and appeals, and despite what should be obvious. The destruction of an entire way of life in the name of ‘progress’.

Beechmont will shortly have a first class road from the Gold Coast, from Brisbane, to the top of the mountain. Three bridges that really did not need replacing are incapable of taking heavy duty trucks and machinery. And while the amateurish road making has cast doubt on the Council’s capabilities in that department, the road will eventually be ready.

I propose that Beechmont will not be ready for the type of development that this Council sees as ‘progress’. There is a great need for people to be aware and ready to defend the integrity of Beechmont. Public discussion on what would be acceptable in the way of amenities could be weighed against the intrusion of inappropriate development and lack of infrastructure. Maybe the majority of people wouldn’t mind a Tamborine Mountain-like outcome, but I suspect that people come here because of what it is now. Sure, we could use a doctor’s surgery and a corner shop, but do we want another 5,000 people? Selfish or not, we came to Beechmont for what it is, not for what it could be if Scenic Rim Council had its way.

It’s a while before the next elections (2024), but I urge everyone to pay attention to candidates’ policies, their promises and their philosophy, AND their track record if any; vote accordingly and keep them to it!

**Marie Robb
Beechmont**

TANKS ENSURE WATER'S ALWAYS ON TAP FOR FIREFIGHTERS

The installation of a series of bores and tanks at strategic locations across the Scenic Rim will ensure water is always on tap for fighting bushfires.

Funded through the Bushfire Recovery Exceptional Assistance Program, the bores at Boyland, Kerry, Christmas Creek, Frazerview, and Rathdowney will each feed four 20,000-litre water tanks that will automatically be topped up, ensuring a ready supply of water to meet firefighters’ needs.

The new assets have been welcomed by Rural Fire Service Area Director Corey Bock, who has experienced firsthand the difficulties of accessing water to fight bushfires in the Scenic Rim during 2018 and 2019, which he said were the two worst fire seasons in 50 years.

"For us, it's absolutely brilliant as it helps us to help the community and protect lives and property," he said.

"Often we've just about put a fire out and then had to drive off to get more water and by the time we've come back the fire has taken hold again, adding hours and hours to trying to suppress it.

"A ready water supply means we can keep a small fire small, particularly on those days when the wind is up, and the humidity is down."

Scenic Rim Mayor and Chair of the Local Disaster Management Group Greg Christensen said the 2019 bushfires had highlighted the need for water storage at strategic locations across the region.

"The bores and water tanks represent a significant investment in the resilience of our region and our ability to respond to the threat of bushfires," he said.

"A secondary benefit is that Council now has water available at various points for road repair and construction, which reduces the cost of trucking in water from a depot."

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AWARDS NOMINATIONS A SHOUT-OUT FOR O

The outstanding contribution of local events and individuals to communities across the region has been recognised with 17 nominations for the Scenic Rim's 2023 Australia Day Awards.

Mayor Greg Christensen said the awards, to be announced in conjunction with a Citizenship Ceremony on Australia Day, acknowledged some of the quiet achievers and local organisations which are at the heart of community life.

"The awards nominations remind us of the richness of community life in the Scenic Rim," he said.

"It is heart-warming to know that we live in communities in which people are still willing to give of themselves and their time without any expectation of reward and are ready to reach out to others when they see a need.

"Everyone who has been nominated for an award should be proud of the recognition they have received and the high regard in which they are clearly held.

"I am grateful to everyone who has taken the time to submit a nomination to honour an individual or organisation making a difference in our community."

The awards will be presented in the categories of Community Event of the Year, Citizen of the Year (31 to 65 years) and Citizen of the Year (65+ years).

"I am sure everyone will be as inspired as I have been by the level of commitment shown by many of our community champions, often over many decades, and by the example they have provided to others," Mayor Christensen said.

The awards nominations are as follows:

Community Event of the Year, which is awarded to the individuals or organisations for the most outstanding community event held in the Scenic Rim between 30 November 2021 and 30 November 2022.

Kalbar Show

The annual Kalbar Show not only brings the local community together but also provides a boost for the local economy by attracting visitors from around Southeast Queensland, many of whom return throughout the year. The show's stalls showcase the work of the local community and include needlework, cooking, horticulture, photography, woodwork, children's art, fruit and vegetables, farm produce and a range of livestock such as stud and beef cattle, horses, miniature goats and dogs. Feedback received by the organising committee indicates the show is a keenly anticipated event on the community and regional calendar.

RSL Beaudesert Sub-Branch's Anzac Commemorations

While honouring all service personnel, the RSL Beaudesert Sub-Branch's Anzac Day commemorations on and around 25 April bring the wider community together, forging new bonds and friendships. Many veterans appreciate the commemorations as an occasion to pause, reflect, continue healing and be acknowledged. Strong community involvement in the event continues to grow, with younger people respectful of the service and sacrifice of others and more aware of the world they have inherited from those who gave their tomorrow for our today.

Dancing With Celebrities

The Dancing with Celebrities dinner/dance involving Mountain Mates was staged for the first time on 15 October 2022 at the Vonda Youngman Community Centre, Tamborine Mountain. It highlighted the importance of inclusion for people with a disability, in line with the aim of Mountain Mates to create a kinder, happier, more openhearted and accepting community by increasing interaction between people whatever their strengths and abilities. More than 180 people attended the event which was the culmination of more than six months of planning, including seven dance workshops, a make-up workshop, and numerous other activities.

Rockin' the Rainforest

This memorable eight-hour concert held on Easter Sunday 2022, featured eight bands, providing an opportunity for local talent to shine and culminated in a closing performance by Australian rock legend, Paul Kelly. Initiated by Tamborine Mountain State School's P&C, Rockin' in the Rainforest drew a capacity crowd of 2000, including interstate visitors, and raised more than \$68,000 for the school. Organisers sourced as many local suppliers as possible to deliver the event, from staging elements to printing concert merchandise and catering, and AUSLAN interpreters were engaged to support members of the hearing-impaired community.

Tamrookum Hall 70th Anniversary

The Tamrookum Hall 70th Anniversary was held of the weekend of 2

to 3 April 2022 and celebrated 70 years since the hall was officially opened on 5 April 1952. The weekend, which drew more than 350 to the hall, included an anniversary ball on the Saturday evening, and high tea with a dance on the Sunday, providing an opportunity to reminisce on all the many events held at the hall during its history. Many older citizens who attended the official opening as teenagers in 1952 joined in the celebrations, which brought families from far and wide, including 94-year-old Mr Ray Drynan and 92-year Mrs Nell Sykes, to recognise the significant role the hall had played in their lives.

Citizen of the Year (31-65 years), which is awarded to an inspirational member of the Scenic Rim community who has shown outstanding service over a number of years.

Barry Gill

Barry Gill was nominated for his contribution to the Tamborine Mountain and Canungra communities and his commitment, dedication, care and hard work that have contributed to the operations of the Long Road sports complex on Tamborine Mountain. Over the past 10 years, Barry has been responsible primarily for the maintenance and pitch preparation of the Chris Wills oval, which is recognised as a first-class facility and one of the most aesthetically pleasing cricket grounds in South East Queensland. The Tamborine Mountain and Canungra cricket club has continued to contribute to the health and social wellbeing of the region, and Barry has played a pivotal role in the club's success.

Gary Hamblyn

Gary Hamblyn has been involved actively with numerous local groups since 1995, either as a member or executive officer, and is a respected community member known for his readiness to lend a hand or offer advice. As President of the Tamborine Memorial Hall Management Committee, Vice President of the Tamborine Village Lions Club, Past President of the Tamborine & District Citizens Association, and a member of the Tamborine Cenotaph Committee, Gary was nominated for his community involvement and youth mentoring across many local groups including the Scenic Rim Regional Cadets.

Justin O'Leary

Since founding the Beaudesert Boxing Club some 16 years ago, Justin O'Leary has taught the skills of boxing to hundreds of young men and women, improving their self-esteem, fitness and self-discipline, and was nominated for his extraordinary contribution to the youth of Beaudesert and the wider Scenic Rim community. He has supported numerous young Indigenous men and women, whose lives had threatened to unravel, and has been a key figure in the promotion of a PCYC for the local community. Justin's work through the NDIS has earned him the respect of community members who have been inspired by his generosity, his capacity to reach out to others, and his ability to treat everyone with equality and respect.

Mina Ibrahim

Mina Ibrahim has operated the St Mary's Pharmacy at Kooralbyn since 2008 and has become a beloved member of the community, who goes above and beyond to help others whom he always treats with kindness and respect. Nominated for an Australia Day Award for his exemplary character and for being an inspirational role model to members of the local community of all ages, Mina is known for delivering medicines on his days off, during holidays and after hours. Mina supports local businesses and community groups including the Men's Shed, the Op Shop, the local Sunday School and Community Centre and is respected by others for his example of Christian service to others.

Sue Ludwig

Beginning with a pencil, a blank sheet of paper and a dream, Sue Ludwig has put the Scenic Rim on the map through her breeding of knee-high miniature goats as pets and companion animals, rather than for livestock production. After breeding these tiny animals for years, Sue's efforts were rewarded when the Australian Miniature Goat was officially recognised as a breed in February 2000. In January 2009, Sue was devastated by the loss of her husband Andrew in a car accident. With three young children, she turned to study, completing a bachelor of nursing, starting a new career in mental health with a public hospital, where she continues to work as clinical nurse and is considered an inspiration to others.

Citizen of the Year (65+ years), which is awarded to someone who proudly gives back to the community and presents a positive image of ageing.

Adrian Sandell

After moving to Kooralbyn some four years ago, Adrian Sandell saw a need to provide help to men who were experiencing feelings of isolation and loneliness, establishing the Kooralbyn Men's Shed which now has

OUR QUIET ACHIEVERS

up to 15 regular attendees. The Men's Shed provides the community with bagged firewood during winter and also works on projects which include the making of bird feeders and possum boxes as well as furniture restoration. Adrian's community involvement goes beyond the Men's Shed and, through his role as President of the Kooralbyn Community Group, has supported many local events by providing volunteers to assist the Mountain Bike Group, the annual Scarecrow Competition, Christmas Lights Competition, publication of a yearly calendar and staging of a community Christmas event.

Cecil Miles

Better known as Cec, Cecil Miles has lived and operated a business, CF and JE Miles Building Contractors in the Harrisville area since 1976 in partnership with his wife, Jan, and has been an active member of the Boonah Rotary Club, in which he has held numerous positions, since 1977. At 71, he is still actively involved with his business, Rotary and the Fassifern Rugby League Football Club and has become the face of the local gym, inspiring older members of the community to maintain their fitness. Cec and Jan's business, which began with two apprentices 46 years ago, now employs more than 25 people and some of his former apprentices have gone on to establish their own successful enterprises. Cec takes on work experience students from local schools and he is known for his willingness to provide opportunities to young people.

Geoff Mills

Geoff Mills has been the principal of the Kooralbyn International School for almost 20 years, during which time he has seen hundreds of children pass through the school and become outstanding young adults. Nominated for his leadership through many difficult years, including the COVID-19 pandemic, Geoff has led the school through tough times without seeking recognition and has worked tirelessly, always putting the school, its students and the wider school community first. In the face of challenges presented by the pandemic, Geoff provided computers and offered mobile internet to all families to ensure students could continue to learn from home.

Michael Luke

A familiar face in the Canungra community, Michael Luke has combined his fondness for fitness with his concern for the environment by picking up rubbish along the streets and roadsides while out exercising. Mike can be seen most days running along roadsides outside Canungra and along the streets in the town carrying a large shopping bag full of the rubbish he has collected. Described as an inspiration to all, Mike demonstrates the importance of fitness at every stage of life and an appreciation of the environment, and has shown others that doing even the smallest things can make a difference.

Gwen Tyson

Gwen Tyson was nominated for a Scenic Rim Australia Day Award for the warmth of the welcome she provides to new residents at Kooralbyn and her concern for the local wildlife. Gwen has produced an informative booklet for new residents to help them settle in and has become known for her generosity, willingness to help others and her contribution to community events in Beaudesert and Kooralbyn. She also supports her husband, who is an active member of the Kooralbyn community.

Amanda Hay

Honorary Secretary of the Tamborine Mountain Progress Association, Amanda Hay was nominated for an award as a dedicated defender of Tamborine Mountain's fauna, flora and lifestyle. Amanda is a past treasurer of the Tamborine Mountain Garden Club Inc and co-convenor of the Springtime on the Mountain festival. Prior to moving to Tamborine Mountain from Logan City, Amanda was a management committee member of Neighbourhood Watch and the Ethnic Communities Council and was an in-home tutor teaching English as a Second Language to women unable to attend classes.

Jeanette Lockey

Jeanette Lockey's nomination for a Scenic Rim Australia Day Award recognises her more than 20 years in the role of Honorary President of the 107-year-old Tamborine Mountain Progress Association and her efforts to protect the Mountain's village atmosphere, which is loved by the residents, and the unique flora and fauna of the plateau. She is a member of the local tennis club, the Tamborine Mountain Garden Club, and has served on a number of community committees including the local SEQ Development Forum. Jeanette is respected in her community for her strength of character and willingness to help others.



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HAPPY 2023!

A new year, full of promise! And I hope that all my readers and students had a beautiful Christmas celebration filled with love, connection, divine food and lots of fun. For me, one of the loveliest things about the Christmas break is the lack

of a rigid routine. Unstructured time gives one time to breathe, reflect, plan and think out the box, and it opens up creative thinking. I use this time to reflect on new habits for 2023 and also to pull together all the inspiration for our upcoming Yoga Retreat (29/3 – 2/4/23). The retreat is about your microbiome, and I design the yoga classes, the breathwork, the meditative practices, and humanistic practices like EFT and acupressure massage to shift blocks in our physical, mental and emotional bodies. It's fun, it's huge and you will leave quite changed.

Your biggest microbiome is in your gut and this unique population of bacteria, fungi and viruses works synergistically to keep you healthy. And one of the emotional characteristics of a healthy biome, is that of resilience. It makes sense. Your gut is your engine and your immunity. This is where you take something like an apple and by the miracle of digestion turn parts of this apple into skin cells, eye cells, new neurons and blood platelets. The efficiency and effectiveness of this transformation depends on how robust and diverse your biome is. A healthy biome fights disease and makes sure you extract everything nourishing from that apple and via the vagus nerve (your gut talking to your brain) and lets your endocrine system and your nervous system know how you need to respond to life. A happy gut equates to resilience, nourishment, calmness and joy.

Resilience is a worthy NY resolution for 2023. If we can recover from difficult experiences: adapt, move forward and even experience growth, then we are resilient. An individual's resilience is dictated by a combination of genetics, personal history and environment. In all the studies over the last 50 years, the most significant determinant of resilience is the quality of our early attachments to parents and caregivers. How loved you felt as a child is a crucial predictor of how you manage all kinds of difficult situations later in life. In a loving, stable environment, if you were allowed to fail and try again, you would grow into a resilient adult.

Other characteristics common to resilient people are realistic optimism and cognitive and emotional flexibility. Resilient people often have a moral compass and are not afraid to speak up against injustice. Connection to something greater than themselves through religious or spiritual beliefs is a common characteristic of resilient people and of course, resilience requires social connection. Supportive relationships help us navigate life. Wishing everyone a happy new year, and classes resume on the 16/1/2023.

Margot Wagner
Yoga Under the Bodhi Tree

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

Relationships



NEW YEAR'S REVOLUTION

Welcome to 2023! Some of us are working hard to offset our over-indulgence over the Christmas season; parents are hanging out for the start of the school term; new year's resolutions are fading fast. This year has the potential to be just another year or it could be a year when you make significant change. What would you do if anything was possible? It may not be possible to fulfil your ultimate dream but perhaps there are steps you can take in a direction that will provide you with pleasure and satisfaction.

When it comes to hopes and dreams, we are all diverse. Thankfully, we are not products of a factory production line. Each and every one of us is a unique being. Evidence of our uniqueness can be seen at an early age. It doesn't take long for parents to notice demonstrations of their child's personality and preferences. What can seem like a toddler's meaningless activity can hold subtle hints of lifelong strengths. Childhood is a time of unfiltered aspirations. Young children believe that anything is possible. It might be unrealistic to dream of being an astronaut, a princess or captain of Australia's cricket team, although Andy Thomas, Princess Mary and Pat Cummins would disagree. However, contained within every child's dream are elements of what makes them tick.

Somewhere between child belief and adult realities, we lose the wonder that our dreams are possible. Circumstances can rob our opportunities, undermine our hope and leave us feeling skeptical. Sometimes life beats us up and people tend to put us in our place and, as a result, we settle for mediocrity. We work in a job that provides us with money but doesn't offer real satisfaction. We put minimal effort into our relationships and wonder why we don't have close connection. But what if you could have a life that was more than 'ordinary'?

A common mistake is spreading ourselves too thin. We try to be all things to all people instead of operating out of our strengths and passions. What did you dream of as a child? What did you enjoy doing? Looking back over your life, what have you done consistently well? At the intersection of your affections and successes you will find your uniqueness. Here you'll find things that you can do in a manner that no-one else can. Finding those will bring you a sense of purpose and fulfilment.

Make 2023 an opportunity to get reacquainted with yourself. Reflect on past longings and dreams that may have been extinguished by the demands of life. Unearth your inner optimistic child who believed that all things are possible. If you've lost touch with your buried dreams there are many available tools to help you become familiar with your personality, your passions, your strengths. Ask a trusted friend what they notice in you.

Whether it's career, relationships, health, volunteering, recreation, personal growth- this year is an opportunity to move from mediocre to deeply satisfying. Time to recognise your uniqueness and run in your lane.

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

Physio Talk



with Rebecca Bell

RESPECTING THE EFFECTS OF TIME

I am not sure about you, but generally the new year starts me thinking about the fact I am getting a little older and makes me recall all

the things from the past, as well as consider the future. Some things that I did when I was younger, I never really gave a thought to at the time and did not realise they may have an impact physically or emotionally long term. Mostly, I feel that is a good thing, otherwise there are probably experiences we would never attempt when we were young due to our older, slightly more mature, brain making us err on the side of caution. However, there are some things that perhaps it would have been nice to be a little more aware of and the impact they could have long term.

Before you get too excited and think I am going to divulge all the things I did in my youth, I will stop you right there. However, the one thing that I wish I knew more about, and think that all young things should know about, is bone health and the impact that our choices from our teens and twenties can have when we reach a more 'mature' age... shall we call it.

You see, our bone density (the amount of bone mineral in bone tissue) peaks at around the age of 24 years, and that's it. Reasonably set for life. So, what we do in our teens and early twenties can greatly impact our bone density long term, especially once we start to lose bone after the age of 40.

Two of the conditions that can impact bone health for our teens are RED-S (Relative Energy Deficiency in Sport) and Anorexia Nervosa. Both lead to a relative lack of energy input versus energy output, producing excess weight loss, a reduction in available energy to maintain optimal health and a range of body functions being affected.

I was certainly not an athlete as a teenager,

but I did exercise a lot and succumbed to the effects of peer pressure when it came to body image. Before I knew it, I was 14, anorexic, with a skewed perception of body image and then a whole set of health issues starting to develop. Menstruation stopped, my skin broke out badly, I was permanently fatigued, and mood changes set in.

However, I was stuck in a cycle. I was compelled to exercise in the fear of becoming fat, or not being fit. I couldn't see the wood for the trees. As well as bone loss, the weight loss can lead to other health concerns like heart issues, bone stress fractures, delayed or impaired growth and recurrent illness (colds and flus). Not a great picture to be setting yourself up for at a young age.

I am very thankful that I was able to set myself back on track as a teen, but I can't help but wonder the impact it has had on my bones. Coupled with a family history of osteoporosis, it does put me in a higher risk bracket once the years tick by. However, the good news is that there is plenty that can be done to prevent bone loss. If you are unsure or need any guidance on how to help your bone health, please get in touch with us at Physique. And please keep an eye on your youngsters.



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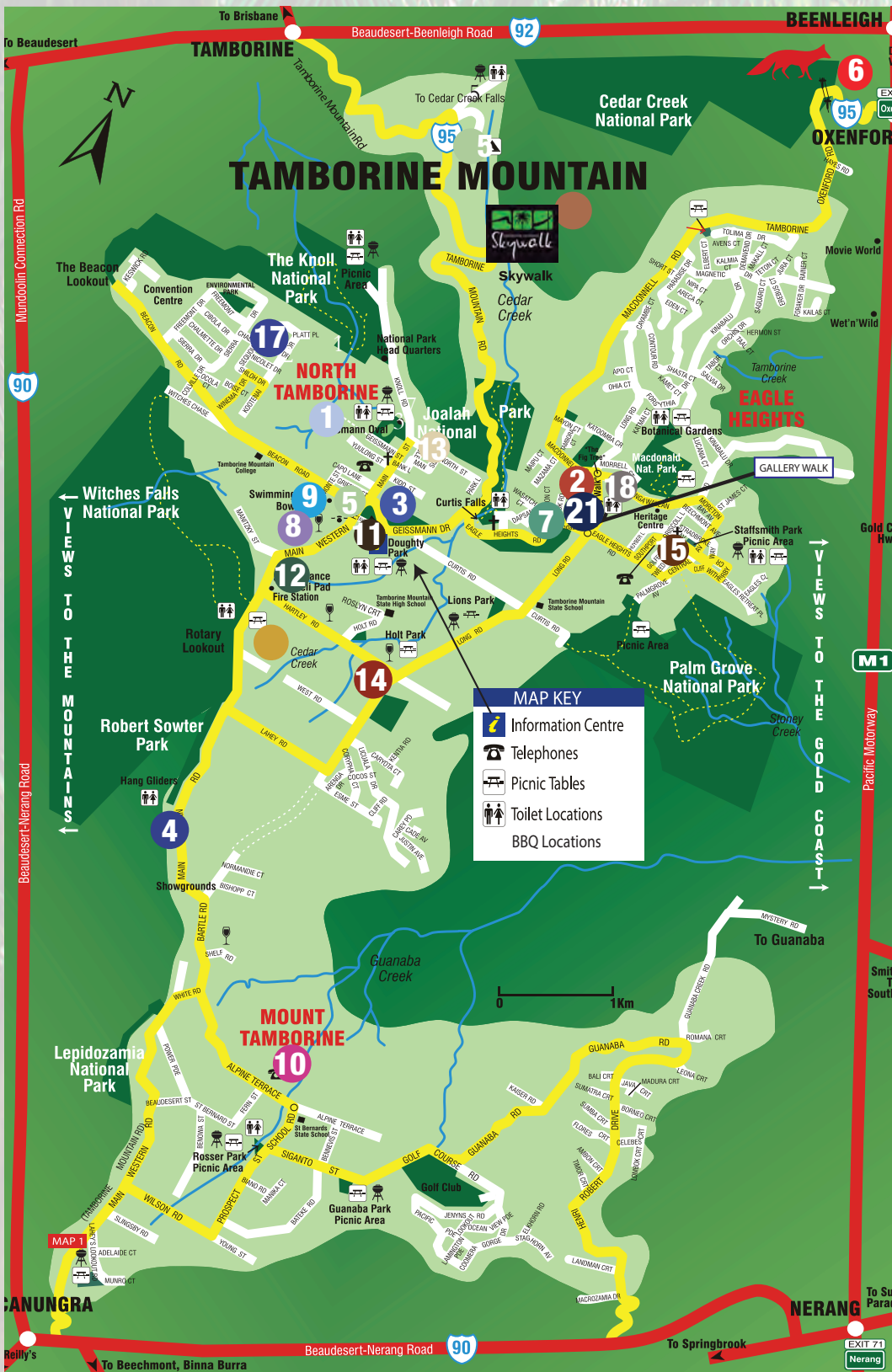
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CEDAR CREEK LODGES TAKES OUT COVETED WEDDING INDUSTRY AWARD

The Scenic Rim has cemented its position as a sought-after wedding destination, with Cedar Creek Lodges and several other local businesses taking out top gongs in the highly competitive and coveted 2022 Wedding Industry Awards.

something we're incredibly passionate about is a huge honour and we're truly humbled by all the support.

"We've got a breathtaking venue that is perfect for exchanging vows, coupled with scenery that is the

ideal backdrop for wedding photography, and an accolade of this calibre means we'll be able to help more couples enjoy a wonderful experience on their wedding day."

The Scenic Rim is on a wedding-winning streak of late with several other local businesses including Cedar Creek Estate Winery, St. Bernard's Mount Tamborine, Eagle Heights Mountain Resort and Cake It 4 U taking out top spots in the annual awards.

"I'm very excited to congratulate our fellow local businesses who won Wedding Industry Awards alongside us," said Judi.

"With its abundant rainforests, rolling green hills and pockets of beautiful wilderness, the Scenic Rim is such a picturesque location, particularly for a wedding, so it's no wonder we've got a few winners in our ranks.



Nestled alongside lush greenery and cascading creeks within the Gold Coast Hinterland, Cedar Creek Lodges' stunning rainforest venue was crowned the winning Wedding Venue Eco Award.

Cedar Creek Lodges Managing Director Judi Minnikin says they are thrilled to win such a prestigious industry award as well as to be recognised nationally.

"We've been part of so many stunning weddings over the years and being recognised within the industry for

"I'm confident Tamborine Mountain and its surrounds are on the map for couples planning to tie the knot and I'm sure the entire area has some exciting opportunities in store."

Surrounded by subtropical rainforest and palm groves, Cedar Creek Lodges offers the ideal location to plan a celebration or elopement with the ceremony, wedding reception and guest accommodation all in one unique and stunning wedding location.

Cedar Creek Lodges captures the essence of a rainforest getaway, with a range of stylish, architecturally designed self-contained lodges and holidays cabins that feature chic décor, spas, and log fires.

Held annually, the Wedding Industry Awards are dedicated to recognising, supporting and rewarding businesses that operate in regional areas of Australia across 50 award categories.

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Authorised by S. Buchholz, Liberal National Party of Queensland, 21 William Street, Beaudesert QLD 4285.

THE POODLE DOG

Their distinctive and much desired feature is that they have hair – a dense coat of curly hair. They do lose some hair, but it gets tangled in the curls. The reason they do not shed like the average dog is because of a set of complicated ‘no shedding mutations.’ Yet, all breeds of domestic dogs have their own particular set of congenital defects which basically differentiate them from their original ancestor – the wolf. Fur and hair are primarily made of keratin and are chemically indistinguishable. The main difference is in the growth cycle. Humans have only one hair to each follicle which keeps growing, whereas dogs have clumps in each follicle; it is coarser and does not grow in length continuously, unless in a breed like the poodle.



The downside to their hypoallergenic hair is that it needs trimming every four to eight weeks, but no dog is 100% hypoallergenic. Neglected clipping of a dog's hair makes it matted over time; it is painful for the dog, causing bruising, sores and rips to the skin, also air flow to the skin becomes poor, it leads to a smelly breeding-ground for fleas and parasites. The overgrowth often affects the eyes and ears as well.

The poodle is one of the most intelligent breeds of dog, very trainable, and they make great family pets; they are not suited to being in kennels and may be moderate barkers – they are considered moderate to high maintenance. The standard (large poodle) lifespan is from 12-15 years. They were bred from various water Spaniel breeds. Ancient Greek and Roman coins have depictions of them, so they have been around for at least a few thousand years. Today we have a range of colours and sizes. Poodles are the national dog of France, but they originated in Germany. The name comes from ‘pudel’- a German word meaning to splash about. Some Poodles are still used for waterfowl hunting today.

The traditional haircut was not so much for fashion, but function, less hair made the dog a more efficient swimmer, yet more vulnerable to cold water. So, Poodle owners left tufts of hair around the joints and upper torso. For the show ring, there are specific rules about where the tufts or pompoms of hair should be and how long they can be. Competitors must have one of three styles; 1. The continental clip 2. The modified continental 3. The English saddle. Puppies just have puppy clips, which is an even length all over the body.

Pam Brandis,
Dip. Canine Prac.



THE GIFT OF VOLUNTEERING



Tamborine Mountain Community Care Association Incorporated, a not-for-profit organisation has been delivering aged care services to the aged members of our community for the past thirty years.

Services are delivered by both paid staff and volunteers. Services delivered are funded by the Commonwealth Home Support Program and are provided to assist our clients to remain living independently in their homes. Our paid staff are a dedicated group of people; most current staff have been with the organisation for several years, and one has just achieved a milestone of 19 years' continuous service. The remaining members of staff have been in continuous employment of between 5 and 13 years. The longevity of service provides the organisation with consistency, while providing confidence that we are an employer of choice which looks after its staff.

A team of dedicated volunteers assists with the delivery of programs and services. The number of volunteers has reduced of late, mainly due to the effects of COVID-19. Support from volunteers is greatly appreciated and needed to ensure delivery of services to the aged members of the Tamborine Mountain Community. As of 30th December 2022, there were 44 registered volunteers who give generously of their time. The Management Committee are also volunteers. Their skills, knowledge and advice are greatly appreciated and needed to ensure that the organisation meets its obligations as an incorporated association.

Volunteers assist in a number of different roles including admin, program delivery, social support, driving clients to medical appointments to name a few. In addition to the clients benefiting from receiving services, our volunteers also benefit from the knowledge that they are contributing to the community by helping in some small way assisting members of our community to live a good life independently. To quote feedback received from one of our newest volunteers: “Thank you for welcoming me on board as a volunteer, I have so enjoyed these past few months of friendship and being part of a team.”

If you have some free time and would like to contribute to the community by volunteering please get in touch.

Geoff Marshall
Manager

AVOID SUMMER SKIN SINS

Happy New Year, *Scenic News* readers! I hope you had an incredible Christmas and New Year. For me, it was spent doing absolutely nothing, and it was divine. My body and mind needed to stop. So I did.

Now, for many of us, summer holidays are coming to an end but the summer heat is just kicking in, and so are the effects on our skin.

On a daily basis during warmer and more humid days, the heat naturally encourages our skin to produce more sebum, creating oil and more than usual. And, if you happen to be a pool lover, that chlorine also sucks the moisture right out of your skin and more. It's a harsh chemical, not designed to be kind or nourishing, it has a job and it does it. And let's not forget the most common: UV rays! It's damaging on a whole new level and the only thing that benefits from baking in it is a sundried tomato.



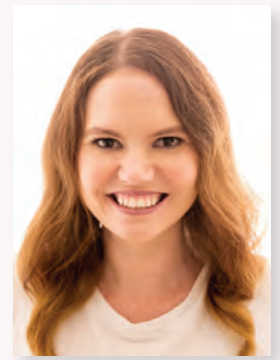
Key signs your skin needs some R'n'R could be:

- Normally oily skin will become more challenging, and breakouts will occur.
- Dry skin may feel really tight and uncomfortable.
- You may develop heat rash. Horrible, uncomfortable, painful – a sign your skin is screaming for moisture and hurting. And this may require professional medical advice.

Some basic sins to avoid if you can:

- Not drinking water

BEAUTY & WELLNESS



with *Rebecca Mander*

- Not applying sunscreen
- Not washing your hair after chlorine
- Not applying moisturiser to oily skin – sounds silly but true
- Applying Aloe Vera products with alcohol and chemicals in it
- Not washing your face

If you've been reading my columns for a while, you will know I don't advocate giving things up that make you happy. For example, pool days, picnics in the park, or a solid walk with the dogs are all things to continue doing.

And some basic adjustments to your activities like the ones below may very well avoid the "skin sins" and help you discover what your skin needs to glow.

Try these Skin Helpers:

- Carry a 2L water bottle with you, everywhere. All day, every day. And actually drink it, please.
- Apply Aloe Vera in the morning and then pop on your moisturiser.
- Wash your hair, condition your hair and even pop on a deep conditioning hair masque after a pool day
- Your lips are exposed to so much – a lip treatment will be their best friend

My grandmother taught me when I was a kid that if I pinch the skin on the back of my hand and it doesn't bounce back, I'm dehydrated and need some water stat. That woman was bossy, but she knew what she was talking about.

It's great to be back, and till next time, spread that kindness like it's jam on toast.

Rebecca




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FOOD FOR THOUGHT

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SPICY BEEF TEX MEX RISsoles

These super easy to make, juicy morsels of goodness deliver an explosion of flavour influenced by the Deep South.

Crispy on the outside and full of fresh vegetables and tender Tex-Mex spiced beef on the inside, my rissoles pair perfectly with a simple garden salad, some steamed rice and vegetables or roasted potatoes. Feel free to get creative and bake them in the oven or air fryer, grill them on the BBQ, and you can even adapt their shape to turn them into burgers. For those who like a little heat and the smokey spiced flavours of Louisiana, put this recipe on the roster and it's sure to be a winner.

Did you know? Tex-Mex is a fusion of Mexican and Southern Rancher American cuisine, born largely from the culinary creations of the Tejano people (Texans of Mexican heritage). It first came into existence when European settlers began moving into what is now Texas and encountered Mexican culture. As the decades passed, more Americans settled in the area, and traditional Mexican food became increasingly popular; they began adding their own twists and the food scene flourished. Tex-Mex is what you mostly get when you eat at a Mexican-style restaurant here in Australia. If you cast your mind back to the last time you dined at one, if it had cheddar and/or mozzarella on it then it's classified as Tex-Mex. The use of cumin is also not a thing in traditional Mexican cuisine. I for one am grateful for this culinary blend of cultures, as I love Tex-Mex flavours.

Chef Dylan's tips: Because this recipe is so simple it's important to start with great ingredients. 1. Do your best to buy the highest quality beef mince. Some butchers will even grind up a steak for you. 2. Be sure to head to the greengrocer for the freshest vegetables. 3. When mixing be very careful to ensure all the vegetables are evenly mixed into the beef.

Memory Lane, Temecula USA 2019

I hear the faint click as the door gently locks behind me and pat my pocket instinctively, relieved to feel the outline of my room key. Striding across the large concrete driveway, I head to my first port of call: the Mexican supermarket conveniently located a few kms on the other side of town. Enjoying the mid-morning sun as it warms my face, I pass by a collection of large, gated multi-family-style living units mushrooming off to the left, and acres of woodland to my right. Soon, the burnt sooty scent of combustion engines fills my nostrils and I come to a large 10-lane freeway with a huge concrete serpent arching over the fast moving traffic leading me, according to

Google Maps, to my destination.

As I continue to spiral down the snake's tail I arrive at a parking lot and see a row of tired looking single-storey buildings at the far end. I begin to weave my way past the few scattered parked cars and suddenly the sweet smell of caramelising onions wafts past. My eyelids drop and I slightly raise my nose to the air, slowly savouring the delight. I take another long deep sniff, and as I open my eyes I can see a small group of people about 300 metres away standing around what looks like a red food cart. My stomach instantly grumbles and before I know it, my feet are taking me to see what they are selling.

Arriving, I see a large hand-drawn sign that reads *'Hot sloppy Joes \$8'*. I notice a small queue and take my spot in line behind a giant 6'6" farmer-looking chap, his red and black lumberjack checkered shirt perfectly matching the dark denim of his overalls. "Sir? Sir?" What can I get for you?" I hear and look up to see a delicate looking teenage girl waving her arm to get my attention, her dark eyes pleased as I approach the cart. "What are the options? I ask as her face slightly contorts in slight confusion. "You're not from round here, are you? she says with way more confidence in her voice than her slight build affords. "Well" she jumps in before I can reply "We got chilli beef or plain beef" "How spicy is the chilli beef?". "Well it ain't for no wimps" pipes in the giant. "I've been coming here for years." "Oh ok, thanks" I say "I like a bit of spice... I guess I'll have the chilli beef, please." "You got it" says the girl, her arm outreached expectantly.

I pull a ten dollar note from my pocket and hand it over. She gives me ticket number 68 and my change, simultaneously turning her head to the next in line. "Sir. Yes? What can I get for you?" I turn to see this cave bear of a man looking down at me with a slight grin "You went with the chilli huh? Good choice it's the best!". "Steven! Steven!" says the girl: "Your order is ready." His huge frame turns and gently takes the bag of sandwiches. "Thanks, Amy" "See you next month!" he waves as he heads toward a large removalist's van. "Number 68" comes the cry from the teen. I swap my ticket for a warm foil-wrapped bun topped with a few white napkins.

I head to a nearby bench and slowly begin to peel back the layers of foil, revealing a soft white bun lightly toasted. I take a sniff, my mouth instantly salivates; it smells heavenly. Eyes closed I lean in and chomp off a large bite; immediately there's a dance of flavours in my mouth. It tastes rich and tomato-ey with



soft gooey cheese, then a wonderful warming heat begins to coat my mouth – it's not spicy but just a hum, in fact exactly the right amount.

**Serves 4 Cook time 10 mins
Prep time 10 mins**

Ingredients

- 500g beef mince
- 1/2 medium onion finely chopped or grated
- 2 cloves garlic minced
- 1/2 medium carrot, grated
- 1/2 medium zucchini, grated
- 1/2 red capsicum finely diced
- 1 egg
- 2 tbs Creole*
- 1 tsp salt
- About 1/4 cup dried breadcrumbs, enough to just bind

*Chef Dylan's Gourmet Food Co. Creole marinade

Method

1. Combine all ingredients in a bowl.
2. Mix well with your hands, adding enough breadcrumbs so that the mixture comes together without being too sloppy.
3. Roll into rissoles.
4. Heat a large frypan on medium high heat and add 2 tbs cooking oil.
5. Add rissoles to the pan and sear on one side until golden brown about 4 mins.
6. Flip rissole over and finish cooking the other side until cooked through.

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OUR STAFF BOOK CHOICE: *The Making of Martin Sparrow* by Peter Cochrane



A devastating flood on the Hawkesbury almost wipes out the young colony, bringing to the surface many secrets and desires in this masterpiece of historical fiction.

Colonies are built on dreams, but some dreams threaten ruin.

Set against the awe-inspiring immensity of the hinterland west of the Hawkesbury River, this epic of chance and endurance is an immersion into another time, a masterpiece of language and atmosphere.

Ex-convict Martin Sparrow is already a lazy, lovelorn and deep-in-debt failure when his farm is wrecked by the great flood of March 1806.

In the aftermath he is confronted with a choice. He can buckle down and set about his agricultural recovery, or he can heed the whispers of an earthly paradise on the far side of the mountains – a place where men are truly free – and strike out for a new life. But what chance does a ditherer such as Sparrow have of renewal, either in the brutal colony or in the forbidding wilderness?

The decision he makes triggers a harrowing chain of events and draws in a cast of extraordinary characters, including Alister Mackie, the chief constable on the river; his deputy, Thaddeus Cuff; the vicious hunter, Griffin Pinney; the Romany girl, Bea Faa; and the young Aboriginal men, Caleb and Moowut'tin, caught between war and peace.

Rich, raw, strangely beautiful and utterly convincing, *The Making of Martin Sparrow* reveals Peter Cochrane – already one of our leading historians – as one of our most compelling novelists.

Genre: Adult Fiction - Historical - Australia

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TRIVIA

True or False?



1. The distance from the Earth to the Moon is four hundred thousand miles.
2. Sri Lanka is to the south-east of India.
3. Albatrosses only inhabit the Southern Hemisphere.
4. On a dartboard, the number 11 section is at the 'nine o'clock' position.
5. Spiders are true members of the insect family.
6. Sound travels at 650 miles an hour at sea level.
7. Tony Curtis once played 'The Saint'.
8. The colour 'eau de nil' is a pale blue.
9. The city of Hyderabad is in India.
10. *Good Vibrations* was the first UK hit for the Beach Boys.
11. *Inter alia* in Latin means 'amongst other things'.
12. Tchaikovsky composed six numbered symphonies.
13. Venus is larger than Earth.
14. *Pied a terre* in French means 'cave'.
15. In 2006, no commercial passenger-carrying currently operating aircraft can exceed the speed of sound.
16. The atom is the smallest possible object.

Answers p27

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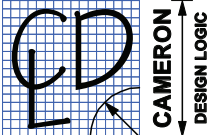
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 JANUARY 27**

TRIVIA ANSWERS FROM PAGE 23

1 False, 2 True, 3 True, 4 True,
 5 False, 6 False, 7 False,
 8 False, 9 True, 10 False,
 11 True, 12 True, 13 False,
 14 False, 15 True, 16 False.

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Next DEADLINE:
JANUARY 27

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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. VAll faiths welcome. Contact Barbara 0497 016 178.

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

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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

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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

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TM BOWLS CLUB: 6-12 Beacon Rd: Wednesday and Friday Social Bowls from 2pm, meet bowling members in a relaxed setting. Saturday competition Bowls at 1pm. New members welcome at the Club or email: tambowls@bigpond.net.au

TM BRIDGE CLUB Beginner Lessons every Thursday Morning 10am. Contact Sheila 0407 451973. Also sessions Mon 6pm, Wed 1.30pm, Thu 1pm, Fri Social 1pm at TM Bridge Club Sports Ground 400 Long Road. tmbridgeclub.org.au

TM CHAMBER OF COMMERCE: 2nd Wed. of month. Phone 5545 0944 Email: info@tamborinemountainchamber.com.au

TM COMMUNITY KINDERGARTEN ASSOC meets 2nd Wednesday of the month at the kindergarten 23 Coleman Square, North Tamborine at 7.15pm.

TM CREATIVE ARTS: Schedule of Activities **MONDAY** 9.00am-12.00 noon Patchwork, Quilting, Mahjong. 1.00pm-4.00pm Painting (Tutor fee) 1.15pm-4.15pm Creative Writing (1st,3rd,5th Monday of Month) 6.00pm-9.00pm Mens' Group 7.00pm-9.00pm Sculpture & Pottery **TUESDAY** 9.00am-12.00 noon General Craft, Sculpture & Pottery 9.30am-12.30pm Life Drawing (Model fee) **WEDNESDAY** 9.00am-12.00 noon General Craft, Bridge – 12.30pm - 4.30pm, Sculpture & Pottery, Spinning & Weaving, Embroidery (1st Wed of Month), Machine Sewing (last Wed of Month). **THURSDAY** 9.00am-12.00 noon Sculpture & Pottery, Botanical Drawing 9.00am-1.00pm Weaving (1st & 5th Thursday of month) 1.00pm-4.00pm Wearable Art, (Felting Dyeing etc) **FRIDAY** 9.00am-12.00 noon Wood Artisans, Sculpture & Pottery, 1.00pm-4.00pm Mahjong **SATURDAY** 1.00pm-4.00pm Yarners

TM CROQUET CLUB: Monday and Thursday mornings 8.30 on our green at Club Tamborine. Free coaching, new members always welcome to join us. Ph: Heidi 0488 440 296

TM FAMILY HISTORY GROUP Meetings held 1st Sunday each month (excl. January) at TM Historical Soc, Wongawallan Rd, Eagle Heights, 3–5 pm approx. Please contact Sharon on 0401 830 358

TM GARDEN CLUB: Vonda Youngman Community Centre, Main Street, North Tamborine. Feb - Nov, 2nd Tuesday 9.30. BYO morning tea. Enjoy: Guest speaker, plant sales, borrowing library books, raffle, plant problem solving and meeting fellow gardeners. New members and visitors most welcome. email: tamborinemtngc@gmail.com mobile: 0417 623 023

TM GOLF CLUB is open 7 days a week for golf. Ladies play on Tuesdays, Veterans play on Wednesdays and the main competition is on Saturday. Happy hour social event on Friday evenings from 5 pm. Coaching is available by Andrew Revie the club professional. Contact 5545 1788. Happy golfing!

TM HISTORICAL SOCIETY – Member working bee & morning tea every Tuesday mornings. New members always welcome. Please contact Phil Paley 5545 4962 or Muriel Shephard 5545 0481 for further details.

TM LANDCARE: Volunteering opportunities: Forest Regeneration Work: Judith Roland - 0429 808 206 for details; Helping at the Piccabeen Bookshop - 0403 783 757 during office hours

TMLETS: Join at Community Exchange System www.ces.org.za . Enq. 5545 3776.

TM LIONS CLUB Admin meeting held on the 2nd Tuesday and dinner meeting on the 4th Tuesday of the month. For more information please phone 5545 2120 or visit website tamborinemountain.qld.lions.org.au/

TM LITTLE THEATRE: Meetings held 1st Tuesday of month at 7.30pm at the Zamia Theatre. Regular plays, play

readings & social events, movie club events. New members welcome. Cath Buckley President www.tmlt.com.au.

TM LOCAL PRODUCERS ASSOC. (The Green Shed) sells local produce, plants & flowers every Sunday, 6.30–11am at 378 Main Western Rd (next to TM Showgrounds)

TM MEN'S SHED: Our workshop at 88 Beacon Rd (behind the tennis courts) is open each Tuesday, Thursday, and Saturday from 8:30 am to 12:30 pm. New members welcome. To find out more, drop in for morning tea and a chat or call our President on 5606 8367 or check out our web page at www.tmmensshed.com

TM NATURAL HISTORY ASSOCIATION: Birdwatchers – For further info 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



Serendipity Property Management

We are thrilled to announce Amy's return from maternity leave. She has been an integral part of our Property Management team.

Please join us in welcoming her back and wishing her all the best as she balances her new role as a mother and her career. We are confident that she will continue to make valuable contributions to our organisation and the team are looking forward to working with her again.

Amy 0474 315 000

CONTACT OUR RENTAL TEAM

Karan Keinert 0429 004 840
 Ashleigh 0428 654 000
 Shanelle 0447 660 080
 Sarah Lewis 0429 001 013



SOLD



2-6 Morell Street, Tamborine Mountain

Congratulations Glenn and Natalie,

we are thrilled you are now able to build the house you have always dreamed of having, and calling home.

Loving wildlife as you do, this is certainly the perfect block. Many wishes for your project and we do hope that you enjoy your new, peaceful lifestyle.

*Interested in a current market report & value of your property?
 Call for a complimentary appraisal*

AGENTS:

Team Ton and Heleen
 0424 591 012 / 0424 591 011



Premium Property

92-94 Riemore Circuit, Tamborine

Leave the rat race behind and enjoy the lifestyle this spacious family home in the very popular Riemore Estate can offer you

- Open plan living with well thought out design
- Neutral colours with clean lines
- Entertain friends and family outside with the large covered patio with entry from living areas
- Built-in vacuum system, ducted air-con & fans
- Study, modern kitchen with butlers' pantry
- Fully fenced property with a large shed at the rear of property with side access & 3 phase power
- This home was built by Stroud Homes only 6 years ago so still has that new feel and look but all the ground work has been done, that's a bonus!





CONTACT AGENT:

Linda Hogan Diane Pihl
 0414 300 558 0424 653 316

FOR SALE:

\$1,149,000
 price guide



07 5543 6444

ProfessionalsTamborine.com.au
 2205 Beaudesert-Beenleigh Rd, Tamborine 4270



07 5545 5000

ProfessionalsTamborineMountain.com.au
 10 - 12 Main Street, North Tamborine 4272