

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

MOUNTAIN MATES' 'DANCING WITH CELEBRITIES' A WINNER Celebrating 64 years of unbroken publication... www.scenicnews.com.au



TM LIONS CLUB is justifiably delighted that its Mountain Mates event 'Dancing with Celebrities' won the 'Community Event of the Year' in the Scenic Rim Regional Council's awards. Did the Mates cheer! and so did everyone else at the awards and citizenship event . The Club thanks again the businesses, the 'local celebrities' and the many others in the community who helped make the event a success. Everyone involved has a share in the award! Photo: Anna Earls

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Rare find

\$1,100,000 price guide

9 Maipu Court, Tamborine Mountain

- Very private 2 storey home surrounded by greenery and birdlife
- Timber floors, wide verandahs overlooking Joalah National Park
- Upstairs bathroom recently renovated, modern kitchen
- · UV filter, wired for generator, sauna downstairs
- · Well established beautiful gardens

AGENTS:

Barry Chick 0418 876 191



Queenslander on acreage

428-434 Tamborine Mountain Road, Tamborine

- Original characteristics VJ walls, high ceilings, timber floors
- Red cedar windows and doors open onto wrap around veranda
- Great outdoor living area with rural outlook
- 3-bay stable, tack room, 3-bay storage shed, dam
- · Fully fenced, bio-cycle, cattle loading ramp

AGENTS:

SALE

Linda Hogan 0414 300 558



🚐 4 🔪 2 🚔 5 🔀 12.33 acres

Property of the week

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- Magnificent views, bore, acreage irrigation
- Fully fenced, entrace gate

\$2,200,000 price quide

AGENTS:

Alison Rip 0419 700 428



OPEN HOMES Sat 4th

10 - 10.30 33 Justin Avenue

12.15 - 12.45 5-7 Boise Court

12.15 - 12.45 5-7 Winema Drive

12.15 - 1.00 9 Maipu Court

1.30 - 2.00 90 Hazel Road, Tamborine

1.15 - 1.45 10-12 Cayambe Court

2.15 - 2.45 4 Nipa Court







90-96 Hazel Road, Tamborine

- Flexibility 3 living areas, study nook, dining room, media room & extensive entertainment areas, block blank canvas
- Fully fenced, entrance gate, DLG + 3 carports
- 15x9 shed converted to guest accommodation

\$1,375,000 price guide

AGENTS:

Linda Hogan 0414 300 558 Diane Pihl 0424 653 316



Testimonial - 51 Wongawallan Road

It was a pleasure dealing with Elizabeth, she is very personable, punctual & has a wonderful knowledge of the Mountain. I would certainly recommend Elizabeth to anyone Selling or Purchasing a property on Tamborine Mtn

Proudly Sold by: Elizabeth Stirling 0400 449 978



4 Apo Court, Tamborine Mountain

- This property has an oversea's owner and it needs to sell
- Huge \$200,000 price drop
- · Lovely, renovated, unique multi-use home, is private at the end of a cul-de-sac

\$989,000 Huge price drop

AGENTS:

Linda Hogan 0414 300 558







COMMUNITY CHAMPIONS CELEBRATED AT SCENIC RIM AUSTRALIA DAY AWARDS

Three outstanding individuals and a local event which brought the community together in the spirit of inclusion have been celebrated at the 2023 Scenic Rim Australia Day Awards.

The awards, presented at The Centre Beaudesert before a citizenship ceremony which welcomed the Scenic Rim's 23 newest Australians, honoured the contribution of grassroots groups and quiet achievers who are at the heart of their local communities.

"Whether through local service organisations or sporting groups, or simply by being ready to lend a helping hand to others in need, their example of selfless service should be an inspiration to us all," said Mayor Greg Christensen.

"I am grateful to all those who took the time to nominate someone they felt well worthy of recognition because it is the contribution of these community champions, year-round and often over many decades, that makes our region such a great place to live and raise a family.

"Scenic Rim Regional Council is proud to present these Australia Day awards, recognising that those who give so much to their community also contribute in their own way to our uniquely Australian way of life.

"As the panel of judges reflected on the diverse nominations and the year that was 2022, they were inspired by the devotion and compassion that is affirmed through the efforts of all nominees."

Nominations for the 2023 Scenic Rim Australia Day Awards were received in three categories, Community Event of the Year, Scenic Rim Citizen of the Year (31-65 Years) and Scenic Rim Citizen of the Year (65+ years).

The Mayor's Award, chosen from all nominees, acknowledged the achievement of an exceptional individual across all categories.

"This award recognises someone who has made a significant contribution to their community over many years, without any thought of personal gain, and provides an example we should all aspire to," Mayor Christensen said.

"While all nominees have shown character and commitment to give back to their communities without any expectation of reward or recognition, this year one individual stood out for his quiet dignity and selfless service through some challenging times, inspiring community members of all ages."

The award winners in each category are as follows:

Community Event of the Year - Dancing with Celebrities



The culmination of more than six months of planning, this inaugural event at the Vonda Youngman Community Centre in October 2022 aimed to increase interaction between all community members, whatever their strengths and abilities. Since 2018, the Lions Club of Tamborine Mountain's Mountain Mates program, for young adults with a disability and their families, has focused on creating opportunities for friendship, socialising, and skills development. More than 180 people attended the first Dancing With Celebrities evening which was so successful, spreading the Mountain Mates' message of social inclusion, that it is set to become a regular event on the community calendar. Dancing With Celebrities highlighted the importance of inclusion for people with a disability, in line with the Mountain Mates' aim of creating a kinder, happier, more openhearted and accepting community.

Scenic Rim Citizen of the Year (31-65 Years) – Justin O'Leary

Since moving to Beaudesert some 17 years ago, Justin has become a role model to many through his community service and his work with people with disabilities as an National Disability Insurance Scheme (NDIS) provider. Justin was nominated for an award for his extraordinary contribution to the youth of Beaudesert and the wider Scenic Rim community. He provides training and discipline through the



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sport of boxing, and has provided shelter, support and lessons in self-respect to numerous young men and women whose lives have been at the point of unravelling. Justin has been a key figure in the promotion of a Police Citizen Youth Club for the local community and inspired others by his generosity, his capacity to reach out to others, and his ability to treat everyone with equality and respect.

Scenic Rim Citizen of the Year (65+ years) - Adrian Sandell

Adrian established the Kooralbyn Men's Shed after moving into the area some four years ago and seeing a need to help to men who were experiencing feelings of isolation and loneliness. He has since become a mainstay of the local community and, as the current President of the Kooralbyn Community Group, oversees not only the running of the Men's Shed but also the Op shop, Community Garden and a Crop Swap. He has supported numerous



local events by organising volunteers and been involved with the Kokoda Youth Foundation, hosting a group of young members at the Men's Shed. As a member of the local Men's Group, Adrian has arranged group outings and guest speakers and, although retired, spends most days of the week and at weekends working in his volunteer roles for which he is regarded as an unsung local hero.

Mayor's Award - Gary Hamblyn

As President of the Tamborine Memorial Hall Management Committee, Vice President of the Tamborine Village Lions Club, Past President of the Tamborine and District Citizens Association, and a member of the Tamborine Cenotaph Committee, Gary was nominated for his community involvement across many local groups including the Scenic Rim Regional Cadets. Gary 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. The Mayor's Award recognises Gary's quiet dignity and selfless service through some challenging times, which have inspired community members of all ages.





- Wills
- Probate
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- Enduring Power of Attorney
- Advanced Health Directives

40 Southport Ave Eagle Heights 4272

Ian MacAllan

LAWYER

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PLANS AFOOT FOR TM VILLAGE SQUARE EXTENSION

Scenic Rim Regional Council has received an application from Hao Lee Pty Ltd for a development permit for a two-building extension at the Tamborine Mountain Village Square Shopping Centre.

The extension includes a new retail pavilion on the northern boundary, and a food and drink kiosk located to the north of the carpark access. The developer, if approved, plans to:

- build a new plaza or marketplace area
- improve the pedestrian link to Main Western Road
- change the entry design to the IGA Supermarket
- redo the facade of a building on the site
- increase the number of car park spaces to 168.

The upgrade of the pedestrian link will have more seating and greenery, and a semi-transparent roof. The developer also wants to change the sewage treatment and wastewater disposal system. Council's town planning department is currently reviewing the application.

Images supplied



Steve. Strateau

Brand, search and social strategy. Steve oversees all digital development and marketing activities.



O*

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U3A OPEN DAY

Don't miss this annual event where you will be able to join a fantastic group of like-minded people, learn a new skill, broaden your knowledge or just enjoy the excellent social events we have.

When: Friday 3rd February 2023
 Time: 11.30 AM to 1.30 PM
 Where: Zamia Theatre

Join us and have some fun!



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I work with a great team and together we have a strong network, large database and local knowledge.

Linda Hogan

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PIED BUTCHERBIRD

Cracticus nigrogularis, dwelling, Eagle Heights



This slightly bedraggled individual was one of two sheltering from the rain on my balcony in early January. The species is found in much of Australia except the far south and Tasmania. It is carnivorous, feeding on insects, skinks, small birds and mice. It is also a noted songbird.

Peter Kuttner

TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

FRIDAY SUPERVISED (20-JAN-23)

- 1. 63.33% GWEN VOIGT CHRIS PENDER
- 2. 56.67% PETER ZAREMBA PAULA DAVIDSON
- 3. 50.00% MARGARET PILE JANE DOYLE MONDAY (23-JAN-23)
- 1. 68.06% LEWIS ADAMS MARIAN GIBBONS
- 2. 59.26% DAVID DONALDSON HEIKE EDRICH
- 3. 55.56% JOHN YOUNGMAN CHERYL FINLAYSON WEDNESDAY (25-JAN-23)

NS 1. 66.15% LINDY WILLIAMS - EDDIE HEINEMEYER

NS 2. 54.69% MAX IRVINE-BROWN - LAWRENCE BEUTEL

NS 3. 47.19% SHEILA IRVINE-BROWN - FRED ERICSEN-MILLER

EW 1. 63.23% CHERYL FINLAYSON - JULIE GUTHRIE

EW 2.53.23% MARGARET PILE - JANE DOYLE

EW 3. 50.42% ERNIE ANDREWS - CHRIS PENDER THURSDAY (26-JAN-23)

- 1. 56.94% WENDY CHRISTIE PETER ZAREMBA
- 2. 55.56% WILHELM NATROP COL BURNES
- 3. 54.17% EDDIE HEINEMEYER ASHLEY ANDERSSEN

Lessons every Thursday Morning 10am (Beginners Welcome). Contact Sheila 0407 451 973. Also, sessions Mon, Wed, Thu and Fri Social Supervised at TM Bridge Club Sports Ground 400 Long Road. tmbridgeclub.org.au







Serendipity Property Management

Review - Landlord

Shanelle Hadfield is a true professional. She is also honest, reliable, kind and caring. I cannot praise her enough. It's such a pleasure dealing with her.

I have also dealt with Karan Keinert on a few occasions - another great human, with the same attributes as Shanelle.

If you are looking for genuine agents to manage your property and look after your tenants - these professional women are it.

Thank you, ladies - for all that you do, and for all that you are.

CONTACT OUR RENTAL TEAM

Karan Keinert 0429 004 840 0447 660 080 Shanelle Sarah Lewis 0429 001 013 0474 315 000 Amy Gaut





50-52 Riemore Circuit, Tamborine

Congratulations to our sellers Tiffany & Craig who designed and built this beautiful home and massive shed in Riemore Circuit 5 years ago. We wish you all the best Tiffany & Craig, moving to Wynnum to be closer to work and family. Your sparkly presence will be missed in Tamborine.

A warm welcome to our buyers Greg & Julie Sullivan from Coomera who love the large open-plan living of the home, and the stunning rural views & peace and guiet of Riemore Estate.

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

AGENTS:

Linda Hogan Charmaine 0414 300 558 0460 444 100



Premium Property





CONTACT AGENT:

Linda Hogan **Barry Chick** 0414 300 558 0418 876 191 **FOR SALE:** \$1,295,000 price guide

10-12 Cayambe Court, Tamborine Mtn

This is a very unique property with 4 ensuite bedrooms, completely renovated, and located in a quiet cul-de-sac

- Beautifully renovated, styled and fully furnished
- Glass slider from each room to covered deck
- Lounge room with cathedral ceilings, exposed beams and slow combustion woodburner
- Seperate self-contained granny flat with kitchenette, bathroom, private deck & own entrance
- Potentially an income producing home with a holiday let, or long term rental
- Double garage with remote entry
- · Aggregate driveway, lush lawns, firepit area
- Endless potential only limited by your imagination





TAMBORINE MOUNTAIN MEDICAL PRACTICE

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COUNCILLOR ANNOUNCEMENT 29th January, 2023

Scenic News exclusive

These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council.

MOVE TO GCCC NOT REALISABLE FOR 2024 COUNCIL ELECTIONS

As you know, at the last election in 2020, I promised to do everything I could to move Tamborine Mountain to GCCC. My aim was to try and achieve this for the 2024 Council elections.

The first necessary step was to vote for me to win the election on this policy and give me a mandate to do this. With four strong candidates for the position however, each scoring over one thousand primary votes out of approximately 5,300 total votes, my win was not conclusive of a mandate.

To address this, a household plebiscite was conducted at my expense for all 3,300 households in postcode 4272, using the skills of Industry experts to design and deliver a survey that was statistically accurate and beyond reproach from a probity aspect.

To keep the community informed, a for and against case was presented to the community over two months prior to the vote, and presented in the Scenic News that had a weekly delivery to all households and businesses on Tamborine Mountain.

The result was that 65% of Tamborine Mountain residents indicated that it was their desire to move into GCCC, to a 99% degree of statistical confidence.

Regrettably, I have to say, there won't be a move to the Gold Coast at the

I acted in good faith to present a case to the Deputy Premier, based on facts and statistics and in accordance with legislation. (see QR code below to download the file). I feel that the decision to date, that both Councils must agree on the move, is just a political decision, and that the merits of the case have not been given weight, and the will of the people has been ignored.

A learned person at the outset said I should have spent my money on a firm of favoured political lobbyists rather that running a facts-based submission. I kept politics out of it, believing this to be the proper way of doing this, however I understand where the political pressure came from. Even when it came to the Gold Coast City considering the issue, the Councillors opted not to consider the case on its merits but to flick it back to the SRRC to consider its position first. The discussion at the Council meeting was very telling of the politics, with an election just 14 months away. Perhaps this was a decision to their own detriment. Opportunities like this may not come their way again any time soon

The issue, however, is unlikely to go away for Mountain residents, and at the next State election, I will change tactic, raise the even stronger voice of Tamborine Mountain again, in support of the move.

Residents are invited to view the submission and my correspondence with the Deputy Premier Hon Steven Miles by downloading a PDF file at right from the Scenic News

Derek Swanborough Councillor, Division 1 derek.s@scenicrim.qld.gov.au Ph 0436 351 567











Are you thinking about heading off overseas in the next year or two? There are so many options to think about and different companies to travel with. We are here to help you sort through this sometimes mindboggling range and to design a holiday especially for you, focusing on how you like to travel and what your interests and budget are. Do come along to our free information sessions, we will be having one a month this year and you might find a deal you haven't heard of and find the experience you are looking for. Great holidays are all about the planning!

We are delighted to have forged a relationship with Collette Tours, who offer wonderful journeys around the Globe. With over 100 years of experience, this North American based company has been designing quality holidays for travellers worldwide. Very few of us in Australia have heard of Collette: they simply have not marketed themselves to Australian travellers until recently.

Some of our clients have travelled with them and been delighted. They offer different styles of travel, so join us to find out more.

On a small group **Explorations** tour, dive deeper. Get to know the pulse of a destination by talking with the people who live there. With an average of 16 travellers (maximum between 14 - 24 guests), get to really know your fellow travellers, Tour Manager, and local guides. Access places you'll never forget - like venues, accommodation, and destinations that larger groups can't always reach. Stay in culturally reflective accommodation. Learn the family recipe from a local (and cook with them). Dip your toes outside the tour with built-in free time.

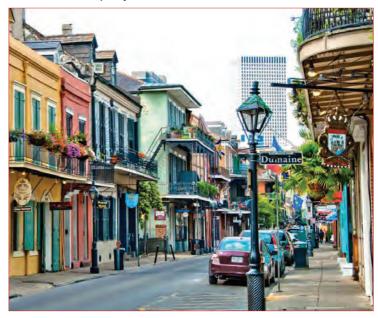
Spotlight tours - make sure to bring your walking shoes and a sense of adventure. Spotlight tours are designed to immerse you into one locale and show you what life is truly like there. These tours are specially designed to put you in the heart of cities like New Orleans, Paris, Tuscany, the French Riviera or New York City to show you every facet of these magical metropolises. You'll be able to unpack

once and settle in, but you'll still have access to a Tour Manager and planned excursions to each city's must-see destinations and hidden secrets only locals are aware of. Alongside planned excursions, built-in downtime in the itinerary allows you to explore your own way.

Classic tours are for those who want to see the sights, taste the cuisine and experience the world.

The monuments, architecture, art, and natural wonders of the world will captivate you. The cultural experiences delving into local life and cuisine, nurtures that wandering spirit within you. With guided travel, the most is made of every moment. Itineraries are designed to let you experience the magic of travel whilst we completely cover all the details. Your only job, once the tour starts, is to try and absorb it all.

We do hope you can join us to meet Sam from Collette who is coming to the Mountain to give us more insights into this wonderful company.







These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council.

Councillor's Comment

DEREK SWANBOROUGHDIVISION 1



AUSTRALIA DAY AWARDS

Congratulations to all the Australia Day winners announced on January 26th at a function in Beaudesert. I am sure the media will cover these stories in full. Congratulations also to all of our new citizens sworn in on this day. Tamborine Mountain was well represented in new citizens and award recipients.

EVEN MORE TIME SPENT ON POLITICALLY MOTIVATED COMPLAINTS

Over Christmas and new year, I spent a good part of my time answering internally generated new OIA complaints and responding to investigation reports (five were listed for the January meeting) with investigators recommending penalties of 100% of investigation costs. Based on past estimates, this could amount to nearly \$20,000 in fines if investigator recommendations are followed. As I am denied the opportunity of responding to the allegations in the Council Agenda, I am happy to tell you my description of the complaints in dot point form. You can read the allegations, all of which I dispute, on the January meeting agenda for the last Ordinary Meeting. My detailed responses were not allowed to be given to the public under Scenic Rim's adopted Investigation Policy.

The five complaints in summary were:

- Related to my asking Council Officers in a zoom meeting about enterprise bargaining. The questions were to find out if Senior management contracts were tied to enterprise bargaining pay rises proposed in a new enterprise agreement.
- 2. I commented in a public meeting that I recall the CEO commenting that how to deliver a capital works program "Kept him awake at night". It was claimed these words were "confidential to the Local government" because they may have been said in an Audit committee meeting six months earlier.
- 3. I was accused of ignoring a constituent and failing to have my photo taken at an outside function at an Ordinary meeting lunchbreak function with the Small Business Commissioner. There was no shade, and I walked to my car to see if I had a hat, found there wasn't one, so I went back inside to watch the ceremony from the window upstairs.
- 4. In 2020, consultants released a report to Councillors in a confidential briefing, on a customer survey of over 8,000 persons. It showed an extremely poor result with reasons. I applied to have parts of it released under Right to Information, because it was in the public Interest that the unsanitised content be disclosed to the public. The Council RTI decision maker agreed. The full four pages of the report were released as applied for. The complaint was that the information was confidential to the Local Government and that this confidentiality took precedence over the RTI release. I disagreed. It was the Council itself, by definition under the RTI Act, which released the Information. The Council decision maker did not even consider any Councillor obligation as a factor favouring non-disclosure.

 Similarly, I applied under Right to Information to release an excerpt from a confidential report about the

from a confidential report about the proposed renaming of the Botanical Gardens to the **Scenic Rim Botanical Gardens**. It was important that the public knew of the facts of this case. There was widespread community concern and debate on the matter. The documents were released in full "IN THE PUBLIC INTEREST." I was accused of releasing information "confidential to the Local Government", and that the RTI Act did not override the obligation of a Councillor not to release the information under any circumstances. I disagreed. It was the Council itself that released the Information under the RTI Act.

All of these complaints have now been deferred to a future meeting based on new information provided to the Council, to afford me Natural Justice.

I maintain I am not guilty of any breaches of the code of conduct, and I will let you sum up why close to 70 internally generated complaints were even made at all so far, in this term of Council.

COUNCIL MEETING - JANUARY 24TH, 2023

I had lodged three "Notice of Motions" at the meeting and Council agreed on all three.

Based on the three motions put, the following will occur.

- Because Council purchased the winery on Gallery Walk, for nearing \$6.4 million, as a priority, planning for this land's use for parking or disposal, will now include opportunities to relocate the Visitor Information Centre from Doherty Park to this site.
- Council will introduce a Right to Information disclosure log to publish information released under RTI on its website, and all released information for this term of Council will be included on the Disclosure Log, before March of this year.
- Council will now review the suitability of a Policy that allowed planning decision makers to provide draft conditions of approval to developers prior to Councillors meeting and deciding the applications. (The policy has met with much discontent in the community as it potentially can send wrong messages to developers and can make it difficult for Council or Councillors to oppose developments already pre-empted by the decision makers).

CONSULTATION

I will be opposite the Bakery in Main Street this Saturday the 4th February from 9.00 am to 12 noon for discussions with residents. No need to book, just come along and I will be pleased to take on board your comments, suggestions or give advice as required.

Derek Swanborough Councillor. Division 1 derek.s@scenicrim.qld.gov.au Ph 0436 351 567

This is my first column for 2023 and I wish everyone a great 2023!



FOR SALE | \$1,645,000 - \$1,750,000 60-64 Benowa Street, Tamborine Mountain



FOR SALE | \$1,365,000 - \$1,465,000 33 Corypha Court, Tamborine Mountain



FOR SALE | \$885,000 - \$935,000 27 Paradise Drive, Tamborine Mountain



FOR SALE | Offers Over \$799,000 8 Kidd Street, Tamborine Mountain



FOR SALE | Contact Agent 570-576 Main Western Rd, Tamborine Mountain



FOR SALE | \$775,000 - \$825,000 11 Lamington Parade, Tamborine Mountain



FOR RENT | \$780 per week 12-20 Leona Court, Tamborine Mountain



FOR RENT | \$500 per week 59A Rowe Road, Ferny Glen



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LJ Hooker Tamborine Mountain

tamborinemountain.ljhooker.com.au

JON KRAUSE MP State Member for Scenic Rim

\$100,000 GRANT "SUPER ROUND" NOW OPEN

Applications are now open for Round 116 (\$100k super round) of the Gambling Community Benefit Fund. In each round of the GCBF there are always a number of successful applicants in the Scenic Rim thanks to the many hardworking volunteers who give their time and energy to complete the grant application process.

There are four funding rounds each year, with three of the rounds offering funding up to \$35,000 and one super round (GCBF Round 116) with up to \$100,000 of funding available.

If you plan to apply in the super round, carefully consider the one-round exclusion period. If an application has been successful in previous rounds, an organisation may be ineligible to apply in the super round.

To apply for the \$100k super round visit: www.justice.qld.gov.au/grants or for more information and a letter of support, contact my office via email scenicrim@parliament.qld.gov.au or phone (07) 5515 1100.

Round 116 (\$100k super round) is now open and will close at midnight on 28 February 2023.

AUSTRALIA DAY

It was great to attend events across Scenic Rim celebrating Australia Day on January 26. I'm always grateful to be at citizenship ceremonies when (quite often long-term) residents of Australia make the pledge to be loyal, law-abiding citizens of this great nation, and in return they become part of our nation that is 'one and free'. Look around the world right now, especially to Europe where war has again brought death, destruction and suffering, and Australia clearly is in a very fortunate situation.

Our story as a country involves actions and policies of the past that were wrong. While acknowledging this, there is no doubt that our democracy, our prosperity and the opportunities for everyone to live their best lives are the envy of the world. Each of these things has been hard-won by generations past and we should build a stronger Australia for all with this legacy that has been handed down to us.

SCHOOL'S BACK

I wish children and parents the best as school returns this year (what an exciting time for kids, and parents too!), and look forward to catching up with school communities at leadership / school leader induction ceremonies in coming weeks. Remember to be mindful of the 40km/h school zone limit as we get back into the routine of school drop-offs and pick-ups. School zone speed limits have standard operating hours of 7–9am and 2–4pm. Children can be hard to see and may not be concentrating on vehicle movements before or after school, so it's important that we take extra care at these times. I hope that the first few weeks back at school are manageable for our students, parents, and teachers.

SCENIC RIM ELECTORATE OFFICE

You can contact me by phone, toll-free, on **1800 813 960**, or email **scenicrim@parliament.qld.gov.au**, so I can lobby on your behalf in Brisbane. In an electorate as large as the Scenic Rim, there are lots of issues and I appreciate your feedback that helps me do my job as well as possible.





Letters to

WE LIVE IN A FANTASTIC PLACE, DO WE NOT?

The Tamborine Mountain community is really something special. We have such a diversity of people, of age, interests, and background; supported by institutions such as our schools, day-care, community and volunteer groups, Council, a library, and local businesses. Our two local publications are not only admirable, but essential, disseminating information community-wide, reminding us we have access to advice, expertise and support in travel, physiotherapy, medical, dental, art, yoga, personal relationships, food, beverage, motor and other trades, a hardware store, legal and accounting practices, a supermarket, thrift shops and chemists.

Additionally, we have local businesses that are recognised by their peers as providing world class venues for weddings, conference, and other hospitality events. Tourists love Gallery Walk and its offerings, and others will seek out an iconic Mountain pub (with a view) or the option to learn how to make gin or spend some time in a day spa. We have glow worm caves, nature trails, a hangglider site, hidden waterfalls, and a great climate. Really, what else could anyone wish for?

My input regards the discourse between what we currently have (which we obviously wish to protect) and what we might yet have. We have arrived at the current juncture through a long-term process of adaptive, practical, and appropriate progression (that's called 'progress'). However, it's not appropriate to suggest we are at a peak and should not progress further (for that's 'stagnation'). There are those out there, visionaries in some cases, who wish to add to the level of community/tourist amenity, and I consider it's very important they should be allowed to do so, within the bounds of the local planning scheme and majority community consent. I'd also like to make the point that in my professional experience, developers are very rarely greedy developers'.

When the Mountain's beloved Polish Place was razed by fire, the community was devastated. Thankfully, it came back. And yet, when an application for a broadly similar business venture was proposed a few kilometres away, some objected the 'inappropriateness' of the proposal by 'greedy developers'. My family and I settled here nearly 20 years ago, and the population was around 7,000. Today, it's around 8,000. That's barely more than a compound 0.5% increase per year. Today we are better informed about our water resources, we have access to modern on-site sewerage systems for new homes and businesses, solar panels, and potentially, battery storage. We are not having to live with the constraints we had 20 years ago, and we can, and should, seek to progress. For decades Tamborine Mountain has been both a residential enclave and a tourist destination for day-trippers and short-term holidaymakers. Within acceptable parameters, this is a concept we should maintain, support, and pursue.

OK, I accept the roads do need some attention, however stagnation is not good for the long-term sustainability of our community. The careful pursuit

the Editor

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

of adaptive, practical, and appropriate progression is in the best interests of all of us, and for the generations who will follow us. I sense our local Council is supportive, as well as the silent majority of locals. I hope 2023 will be a year of less resistance by some, to progress, and a recognition that appropriate development should be embraced for the greater, long-term, good.

Richard Lysnar

RESPONSIBLE MEETING PROCEDURE AND EFFICIENCY IN COUNCIL

The problems we have had with SRRC have mostly come back to the Mayor's mismanagement of Council meetings, the cost in time and money in debating conflicts of interest and Cr Greg Christensen's attitude towards the rights of his constituents.

Apparently, The Mayor believes that Council decisions should not be governed by the voice of the people, but by him. Perhaps this is why all past attempts by the public to petition the council, have failed.

The Mayor's latest attempt to control the outcome of a decision was to declare all councillors had a conflict of interest, thus preventing them from voting on a notice of motion that he was against, due to the amount of public support it had received, This got him into trouble with State Government and resulted in a Government Advisor being appointed to monitor Council meetings. Local Government Division Acting Deputy Director-General Jae Lancaster

has advised that, "The allegations raised by Cr Christensen were not declarable conflicts."

"It is an essential part of making a decision in the public interest that councillors listen to all the differing views of their community members" she said

One would hope that the Advisor, at great cost to the ratepayers, will be able to further the case for democratic decision making, and consider the best interests of the people at future Council meetings.

There has already been too much time and money wasted at council meetings by the Mayor's interference in the right of Councillors to speak against topics he wants approved and controlling the outcome of decisions;

- by calling repeated points of order,
- accusing councillors of conflict of interest
- recalling meetings multiple times to review decisions,

The Mayor has lost his way.
The concept of democratic Government of the people, by the people, for the people has been completely lost, or not been understood.

This disregard for the community has cost us dearly in bad decisions, bungled public works and excessive costs of council mismanagement including excessive legal and governance costs and in employing expert consultants.

The Mayor should be removed. We are paying for this mismanagement.

Please sign this e-petition to Parliament.

Julie Wilkinson

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DRINKING IN THE DARK RAISES VITAL FUNDS FOR GUIDE DOGS QUEENSLAND



From left - Pete Myers (Pineapple Tours), Marie Laity and Julie Young (Volunteers GDQ), Zahna (Guide Dog pup in training), Kayla Higgins (Community Partnership Adviser GDQ) and Greg Dower (Cauldron Distillery)

Last Sunday some enthusiastic locals took part in a unique experience with a goal of raising vital funds and awareness for Guide Dogs Queensland. Living with vision impairment impacts every aspect of daily living, and for a just a few short minutes, guests were encouraged to step into their shoes.

The experience was described as 'Taking a sensory journey into the world of people living with low vision or blindness. *Drink in the Dark* was hosted by Cauldron Distillery in partnership with Pineapple Tours and Guide Dogs Qld'. Participants were challenged to enjoy a guided gin tasting with a blindfold on, and appreciate the challenges of completing this without the assistance of sight.

All funds raised from ticket sales, plus a percentage of take away bottle sales go directly to Guide Dogs Qld, and feedback from the event was overwhelmingly positive.

Peter Myers from Pineapple Tours is planning future events both locally and on the Gold Coast throughout the year and



we look forward to seeing you there. Please get in touch with Pineapple Tours if you'd like to take part in future events.

NEW TEACHERS FOR TMCK AS THE NEW YEAR STARTS



A WONDERFUL TEAM OF NEW AND RETURNING STAFF TO EDUCATE OUR MOUNTAIN KIDS IN 2023

Tamborine Mountain Community Kindy is thrilled to welcome Early Childhood Teacher Tamara Garvey and educator Courtney Sunderland to teach Group A in 2023. They will join our wonderful existing Teacher and Educational Leader Kirsten Pouliot and educator Haley Hanley in Group B. Caroline Cooper has stepped off the floor and in her new role as Business Manager will ensure the smooth running of the Kindy.

For all of the TMCK staff, a career in early childhood was always likely and they are all committed to caring for the kids and putting their needs first.

Caroline explains "Our aim is getting the children socially and emotionally ready, building confidence and skills so when they get to school they thrive. We are committed to always being there for the children. It is a huge step for the kids to start kindy, being away from the families sometimes for the first time - and nurturing them, being like a second family and building those relationships and confidence with the kids is so important to us."

All the teachers agree. Tamara states "As a stand-alone kindy, we are not confined by the pressures of a larger organisation. Kids are given the time to build on their learnings and continue where they left off the next day."

Kirsten shares the sentiment. "We are inspired by the children and have such a scope to be led by them. Getting to know the children and their families is so important to us also."

Both Haley and Courtney wanted to work with kids since they were at school themselves. As Courtney relates "My connection with the Kindy started as a parent. Being new to the mountain, we found TMCK so welcoming! My son cried because he didn't want to leave! I knew then it was the right fit for us. Now I'm an educator here, it's great to have the awareness of exactly what emotions parents are going through when they start their kids at kindy for the first time."

Haley's son also attended last year. As an educator she has come from a long daycare background and can see the difference. "I love that this kindy is unhurried and flexible. It's not about ticking boxes – we are led by the children who set the pace which means they are constantly engaged. Our days fly by, as it's such fun!"

Caroline agrees: "Working in a beautiful environment at Coleman Square makes such a beautiful base to provide the children for indoor/outdoor play and we are in the fortunate position of having the surroundings to provide them with opportunities for nature-based play."

TMCK feels privileged to be able to offer all children around the mountain the opportunity to be guided and nurtured in such a unique environment. TMCK are still actively enrolling! If you would like to visit the kindy please contact Caroline at staff@tmckindy.org.au

(top) L-R Mrs Caroline Cooper, Ms Courtney Sunderland, Ms Tamara Garvey, Mrs Kirsten Pouliot, Mrs Haley Hanley (photo: Penelope Gale)

(below) Tadpole finding (photo: TMCK)



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DISMISSED: MAYOR'S CONFLICT OF INTEREST ACCUSATIONS

Allegations by Mayor Greg Christensen that all council members had a conflict of interest in a conduct matter were dismissed by the Department of Local Government. At a meeting on November 8, Cr Christensen claimed that "public outrage and comments made over harsh penalties handed down to Councillor Derek Swanborough for a conduct matter influenced all councillors to a point they could not make a decision in the public interest."

The allegations prevented a vote to amend the penalties, leading the council to ask for advice from the Local Government Minister and resulted in the appointment of an Advisor by the State Government. In a letter to the council, the Local Government Division Acting Deputy Director-General, Jae Lancaster, advised that the allegations made by Christensen were not conflicts of interest. Lancaster stated, "There will be many occasions where councillors must make decisions about matters which are the subject of strong public comment and debate in the community. This of itself does not give rise to a personal interest in a matter and nor does it of itself lead to the conclusion that a councillor's participation in a decision might lead to a decision that is contrary to the public interest."

Lancaster also encouraged the council members and administrative team to work closely with the Advisor once appointed, stating "I would encourage all councillors and the council's administrative team to work closely with the Advisor once appointed, to improve understanding of, and processes for managing conflicts of interest so the focus of council can return to the service of its community."

The original decision that sparked public debate was made by the council to penalise Cr Swanborough for questioning a council executive on advice he believed was incorrect, which was deemed "misconduct" by the Office of the Independent Assessor. The council's decision resulted in a \$2,000 fine for Cr Swanborough to reimburse the council for 30% of



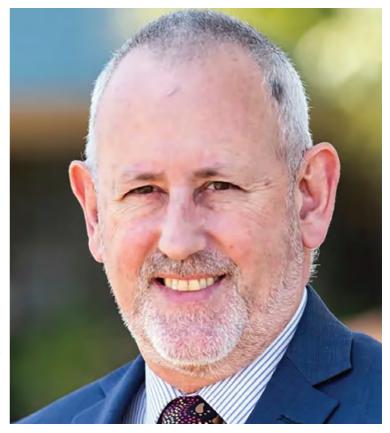
the costs of the investigation. This sparked a petition by the Scenic Rim Residents Action Group, and further actions by Cr Christensen allegedly resulted in another petition to the Queensland Parliament, signed by over 800 people and calling for his removal as Mayor.

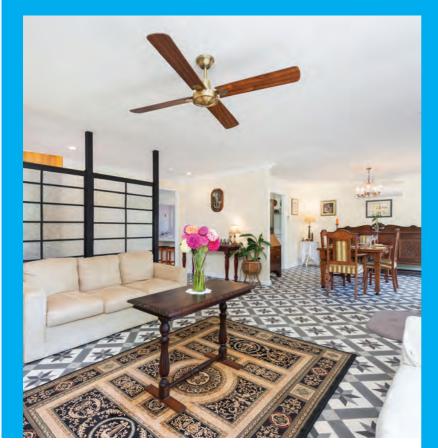
In the November 8 meeting, council members admitted they did not realise the cost of the investigation and Councillor Jeff McConnell proposed a motion to repeal the decision. Following the advice from the Local Government Department, Cr McConnell's motion was back on the agenda at a recent meeting.

ADVISOR BILL TO BE PICKED UP BY RATEPAYERS

Scenic Rim Regional Council ratepayers will have to pay an estimated \$100,000 for a part-time advisor over the next four months. The state government has appointed Gold Coast-based local government consultant Gary Stevenson to help the council navigate new conflict of interest laws. The advisor will be employed from January 9 to May 5, with the possibility of extension, according to a Local Government Department spokeswoman. The council has been at a standstill on dealing with councillor conduct complaints and internal divisions, such as the CEO's position, since late 2021. The majority of the accusations against councillors have come from Mayor Greg Christensen, who argues that as chairman of meetings, he has a duty to report suspected conflicts.

Ipswich City Council also received an advisor in 2020 to help the newly elected council transition back to elected representation after the entire council was dismissed by the state government. The Local Government Department said that Mr. Stevenson's role as an advisor "will help the council and councillors in relation to governance areas, particularly relating to conflicts of interest, inappropriate conduct matters, and meeting procedure." Mr. Stevenson has more than 40 years of experience in local government across three states and was awarded the Public Service Medal in 2008 for his leadership. In a statement, Scenic Rim Regional Council welcomed the appointment, saying that they "look forward to the implementation of reforms that will ensure best practice in local government are achieved."





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COMMUNITY HELPS SHAPE PLANNING FOR MOUNTAIN'S GALLERY WALK PRECINCT

Feedback from the Scenic Rim community has helped to finalise concept designs for a range of improvements proposed for Tamborine Mountain's popular Gallery Walk precinct.

Scenic Rim Regional Council's final round of community engagement for the development of a business case for a pedestrian boulevard at Gallery Walk focused on designs for a car park to alleviate current traffic issues and improve pedestrian safety.

Concluding in October 2022, the community consultation received a total of 75 responses following more than 1,500 visits to Council's Let's Talk Scenic Rim website, the downloading of more than 700 concept design documents and 49 visits to Council's Open House session where residents could view the concept designs in person and talk to members of the design team.

Scenic Rim Mayor Greg Christensen said the final round of community consultation had posed two key questions.

"We asked the community what elements of the concept designs they liked and what changes they would like to see or suggest how to improve the concept designs," he said.

"The responses told us that an off-street car park was positively received, along with improvements to the safety and amenities of the Gallery Walk precinct, including more landscaping, shade, seating, artistic elements, and improved footpaths, pedestrian crossings and parking.

"We believe that the final concept design which has been settled on, with the help from our community, will provide greater convenience to motorists, residents and visitors to Tamborine Mountain."

Key components of the final concept design, which have been shaped by community feedback, are the:

- off-street car park entry and exit, which will include a median island to separate incoming and outgoing traffic to provide enhanced safety for pedestrians and motorists
- relocation of a pedestrian crossing in the middle of Gallery Walk, from the southern to the northern side of the car park, also improving pedestrian safety
- construction of a fence around the car park in the first stages of construction, to increase privacy, reduce noise impacts to residents, and the potential for trespassing
- inclusion of space within the footprint of the offstreet car park to provide for gatherings and pop-up exhibitions by local artists and craftspeople, and
- management of overland water flows within the proposed car park, as well as the consideration of water re-use within the existing landscaping and public amenities facilities.

Mayor Christensen said the need to preserve the beauty of Gallery Walk had been highlighted in previous feedback received by Council.

"We know that our community places great significance and pride, particularly in this area of Tamborine Mountain, and it's great to see the level of interest and feedback in this last round of consultation which has influenced the final concept design plans for the Gallery Walk precinct," he said.

In 2020, Council was allocated \$150,100 under the Queensland Government's Building our Regions program to develop its Tamborine Mountain Gallery Walk Pedestrian Boulevard Business Case and Council is also contributing \$75,100 towards the project.

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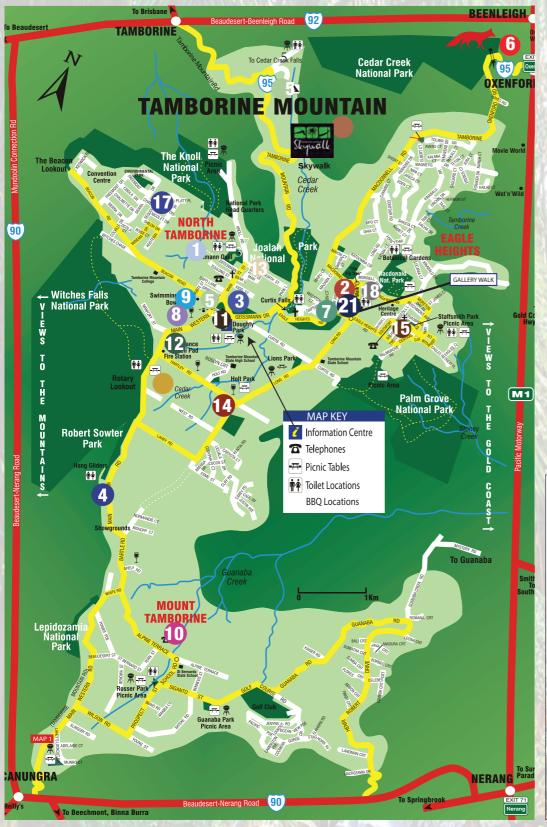
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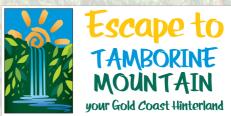
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LIVING AN AUTHENTIC LIFE

We've been back in the yoga studio for two weeks, and how wonderful to step on the mats and practice yoga with my gorgeous students. And one of the themes we will pursue in yoga class this year is that of authenticity

and living an authentic life. I was inspired by a book on famous artists and their creativity and how their creativity and eventually their fame stemmed from their authentic, unique vision of how they wanted to paint Life. And despite the fact that many of them only gained fame and fortune after their deaths, their authentic message shone through in their art, and ordinary people, who craved the energy of these "real" pieces were willing to pay small fortunes for them. O'Keeffe and her landscapes, Picasso and his dismembered bodies, Seurat and the light play from his pointillism, just a few artists who were unashamedly authentic in their message.

It got me thinking of how much we, ordinary people, love to be in the presence of authentic others. We've all experienced it. In the presence of insecure, inauthentic people, the personal exchange is quite hollow. They are constantly checking their phones, they don't listen, their eyes often slide past you looking for a more sparkly conquest and they ooze insecurity and a desperate need to fit in and conform to whatever the current societal standards are. And then you drop into the presence of an authentic person. Often not very glamorous, but always real, and always unapologetic in their realness. There is an energy and groundedness about them, a sort of calmness and truth that charges anyone in their presence. Carl Jung defined authenticity as "the unconscious influence of one being on another." What Jung speaks to is the fact that the energy of being real has more power than outright persuasion, debate, or force of will. He suggests that being who we are always releases an extraordinary power that, without intent or design, affects the people who come in contact with such realness.

In yoga we talk of energy as prana and in Tantra yoga we compare that prana or life force to light. How much light does your body hold, how much light does your heart shine forth? Prana is the extraordinary power residing in a person or an object, a sort of spiritual truth or realness. When we strive to live our authentic lives we glow with this energy, this prana. Without any intent to shape others, we simply have to be authentic, and a sense of prana will emanate from our very souls. Our authenticity allows others to grow, not towards us, but towards the light that moves through us. In being authentic, in staying devoted to this energy of realness, we help each other grow toward the one vital light.

Margot Wagner Yoga Under the Bodhi Tree

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

Relationships



ADAPTABILITY

In 1845 British explorer Sir John Franklin set off from England to find the Northwest passage that would give shipping routes quicker access to the Pacific Ocean. The journey was doomed and for many years the expedition's fate remained a mystery. The ships were eventually discovered frozen solid in the arctic waters. The men had abandoned ship and attempted to cross land in search of a British outpost. The fate of the Franklin expedition was pieced together through the discovery of their frozen bodies and the journals they kept. They had succumbed to the harsh conditions.

Franklin's ships had been equipped with every luxury: a library of 1,200 books, hand carved backgammon boards; fine bone china; monogrammed silverware; an organ with programmed music. They had an



abundance of luxuries onboard but they neglected to pay attention to those things that would ensure their survival. Their coal supply was sufficient for a meagre twelve days and there was only one lifeboat per ship. The frozen bodies wore clothes suited to a dinner party, totally inappropriate for the Arctic's harsh conditions. Franklin failed to take into account what was needed to survive conditions that were very different to what he was used to. In order to survive, the expedition needed to leave behind the British lifestyle and adapt to the challenges of a different environment. Instead, the ships were cluttered with what was familiar and little space was left for what was essential for survival and success.

While we might not be pioneer explorers, our life's journey transitions us through ever changing environments. We struggle most with those transitions when carrying our former mentality on board. Whether the transition is from a single life to a partnership, a childless life to parenting, a married life to suddenly being single again. We can hold on to those things that served us well in the past, failing to realise that they are not serving us well in the new environment. A couple came for counselling who had four young children. They both worked in demanding roles. She was responsible for the bulk of parenting and housework. She had been through some health concerns and was feeling unsupported. She asked for help with the hectic morning routine. His response was that he told her prior to getting married that his gym time was a nonnegotiable. He failed to realise that while gym may have been an essential element of his single life it was time to adapt his cargo to fit the needs of his family.

What cargo do you have on board that doesn't suit your new environment? Routines that no longer fit; habits that undermine your wellbeing; activities that no longer serve your relationship; or outside relationships that compete with quality time your loved ones deserve? Take stock of what is necessary to not only survive but to thrive in your new environment. Adaptability is a key quality not just for pioneers, we all need it to successfully navigate the changes in life.

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

Physio Talk



WE THOUGHT 2022 WAS A BIG YEAR ...

Hayden and I have exciting news to kick off 2023. We are delighted to be expecting in July not just one, but two Baby Buckmans! We are filled

with excitement, hope and joy. I spend most days talking to expectant mothers and now experiencing pregnancy myself, I have realised how it feels to be on the other side, and the sense of surrealism, worry and doubt that comes along with it. I will be relying heavily on the experts around me, other women, mothers, fathers and health professionals and I feel very lucky to be surrounded by a lot of support. Working as a women's health physio you understand that you have in-depth knowledge about a specific area of pregnancy. Every day I talk to expectant mothers about how to manage their pregnancy and best prepare for labour, and here are my top tips as a women's health physio about how to approach pregnancy. If I see you over the next few months, be prepared to be asked about your experience and what your top tips are: Hayden and I can't get enough!

1. Understand how your pelvic floor functions The pelvic floor plays an essential role in both bladder and bowel control but also during labour and delivery. In fact, the baseline resting tone and ability of the muscles to relax under strain has a direct correlation to time spent in second stage labour and risk of tearing. It is important to understand the pelvic floor muscle function exists on a spectrum, from weakness and poor coordination to overactive, tight and difficult to relax. It can be difficult to know where our own pelvic floor sits and even though it would be easier to advise a general pelvic floor exercise program for pregnancy, what is appropriate for one person can aggravate the next. A pelvic floor assessment in the second trimester allows you to understand your pelvic floor and how to best

prepare for both labour and recovery.

 Create an exercise program that works for you.
 Pregnancy changes the way our body feels, especially true



with JESS STINSON

while exercising with changes through our centre of balance, joints and breathing. The guidelines for exercise during pregnancy are 150 minutes of moderate intensity exercises per week (about the same as when you're not pregnant). There are a lot of old wives' tales, myths and outdated information circulating around about exercise in pregnancy, which can make it daunting or scary to approach. It is important to do what works and what you are comfortable with – my favourite so far has been Pilates, swimming and walking.

3. Learn strategies to minimise pelvic girdle pain. Pelvic pain is the biggest reason I will see women in clinic during their pregnancies and that is because it can be awfully debilitating. Hormonal changes soften ligaments around the pelvis for a very good reason, to allow it to expand and open during labour. However, some women can be adversely affected by these changes, even early in their pregnancies. The softening of the ligaments can make simple things like rolling over in bed, standing and walking very painful. There are many strategies we can use to minimise and manage pelvic pain including taping, braces, hands-on therapy and specific strengthening exercises.

If you have any questions please come check in with Bec or myself at Physique. We love treating pregnancy and post-natal. (Plus the front desk girls can't get enough baby cuddles).

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Living OGS

DETECTION AND CUSTOMS DOGS

Australian Border Force trains dogs to find prohibited and restricted goods. Other law enforcement agencies such as the Department of Agriculture, state and territory police, Correction Services, the Defence Force and international agencies use dogs which Border Force have trained. Border Force have a purpose-built facility in Victoria on eight semi-rural acres which manages operations, breeding and training. The agency seeks out families and individuals in Melbourne to foster the puppies from nine weeks to one year old, as do assistance dogs, however Border Force like their dogs to be raised outside and foster carers are required to not spoil them with too much attention,

yet provide a safe and caring home, with exercise and some socialising with people and other dogs. All food, equipment and veterinary costs are covered.

The mature dogs and their handlers need at least seven months of training together before graduating, they are trained to search goods. people and areas. Searching for tobacco, illicit drugs, firearms, explosives and currency. The program began in Sydney, 1968, with two black Labradors. Then, German Shepherd dogs were used; they were so successful that soon, only German Shepherds were used. But ten years later, a review found that German Shepherds were too expensive to source and they matured slower. Then, abandoned dogs from pounds and shelters were used with some success, and only if those dogs showed the desired characteristics. In 1992, searching people for contraband was introduced, and Labradors were found the most suitable, being non-intimidating, with a good sense of smell, and Labradors are fast learners.

> Still, it became difficult to find enough suitable dogs - that is when the breeding program began in Melbourne in 1993. The facility now houses 200 dogs, and manages regular litters. Only Labradors are bred and used currently by Border Force; the breeding pairs are chosen carefully to reduce the risk of hereditary and medical conditions, and to promote desirable character traits. Some of these traits include a bold, outgoing personality with a strong drive to hunt. Between 60-70% of dogs that commence training go on to work successfully. The remaining dogs are sold to the general public. The

dogs that are used for breeding are highly driven, with a steadfast temperament. They need to be adaptable to changing environments and be totally non-threatening in character and appearance.

Pam Brandis, Dip. Canine Prac.

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WHO CARES FOR THE CARER?

Carers provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, or who are frail and aged.

Anyone can become a Carer if the need arises. Carers make an enormous contribution to our communities and hence to our state and national economies. We need to appreciate them for their dedicated and selfless service towards those who need it.

So, who cares for the Carer?

Some ways to support a Carer are:

• BE PRESENT AND REAL

Be proactive and invite them for a 'cuppa' and let them know you have the time and that you're there to listen to them. Remember, it's your wholehearted *presence* which helps the Carer feel "heard" and get access to some respite from their caring routine.

- CHANGE THE TOPIC/SCENE
 Sometimes offer to talk about
 something different if they need a break
 from the topic of Caring, or just get out
 of the house for a short walk together.
 Change is always refreshing.
- GENTLY DIRECT CARER TO CONSOLIDATE THEIR SENSE OF SELF

Mention to the Carer that the role that they play is valuable. One has to first be in good overall health in order to look after someone else. Regular exercise, meals and sleep are essential, as is taking part in enjoyable activities/hobbies, and spending time with friends.

 ADVISE CARER OF CARER GATEWAY FOR SUPPORT CARER GATEWAY is a national online and phone service providing practical information and resources to support



Carers. www.carergateway.gov.au

Carer Gateway Counselling 1800 422 737 (8 am to 6 pm). 13 11 14 (Lifeline 24-hour support)

TMCCA hosts a Carers Morning on the last Wednesday of each month from 10 am till 12 pm. Carers bring a plate to share and a gold coin donation. Morning tea is followed by a one-hour activity. Enquiries - TMCCA 5545 4968 or info@tmcca.com.au.

Patricia Arora, TMCCA

(below) Carers enjoying a morning tea and friendship at TMCCA, 25.1.2023



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THE POWERHOUSE OF GREEN TEA

Hello wonderful readers, it's Rebecca from Naturally COS. Congratulations – we've made it halfway through Summer. I'm definitely a fan of the warmer weather, but that doesn't mean my skin is.

Back in my teens (so long ago in a land far away) I was introduced to Green Tea when I would eat Sushi. I had no idea what it was. The curiosity got me, and I asked a friend. "What's the big deal with Green Tea?". The question would become an eye-opener.

For the inside it's known to prevent type 2 diabetes, prevent cardiovascular disease and is loaded with antioxidants. And if you've been following my columns, you might have seen that I talk a lot about them. Why? Because they're a powerhouse that singlehandedly goes in to help fight free radicals. Internally and externally. Free radicals can cause cancer and a host of health issues. It's also been known to improve brain function and reduce brain fog and premature ageing. Yes folks, the brain can age prematurely.

For the skin, I use Green Tea daily in my face mist. I include it in my

day serum, and my aftersun spray. Why? Because it's incredible for hydration, instantly calms red and inflamed skin, actively works to soothe and prevent sun damage. Oh yes, and did I mention the free radicals, which is incredible for reducing and treating acne and smoothing wrinkles?

Now, don't get me wrong, Green Tea is not the magic bullet to solve all the problems. But it's a great start. And here are some



BEAUTY & WELLNESS

super simple ways to incorporate it into your everyday schedules :

- A cup of Green Tea first thing in the morning (warm or iced)
- Use a Face Mist with Green Tea as an ingredient.
- Opt for a lunchtime Green Tea Smoothie



• Use brewed tea bags and pop them under your eyes at night. I have a favourite smoothie which is absolute skin food. And great for the metabolism. Check out the recipe below:

- 3 ice cubes
- 1 cup green tea
 - 2 x 5.5-ounce containers (11 ounces) non-fat Greek Yoghurt
- 2 cups stemmed and chopped spinach (or kale)
- 1 medium Granny Smith apple—unpeeled, cored, and chopped.
- 1/2 cup 100% juice, (like 100% pomegranate juice) OR ¾ cup frozen pineapple tidbits
- 1/4 avocado, chopped.
- 1/4 cup frozen pineapple tidbits
- 1/2-inch fresh ginger, peeled (optional)

I'm a big fan of simplicity, so pop all ingredients in a blender, and drink. That's it. Just enjoy the skin and gut goodness.

Have you had any results from reading my column? I'd love to hear about them so feel free to contact Scenic News with your progress.

And remember, spread kindness like it's Jam on Toast.

Rebecca





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Welcome





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with Chef Dylan Gittoes

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CRISPY SPICED CHICKPEA AND WHIPPED FETA DIP

These crunchy, crispy, slightly spicy pops of flavour on a bed of lusciously light whipped feta, are the perfect sharing plate for when you want to impress your guests.

You will be astounded by the flavour these deceptively simple ingredients can produce. Included in a variety of dishes, from vegetarian curries to my famous best ever hummus. Whip this out the next time people pop around for a casual dinner or BBQ to quell the hunger pangs before the mains. Alternatively, dish them up as a healthy switch-up to chips and dip. These little flavour sensations are also an excellent way to add pops of flavour to salads, or a spicy treat for anyone wanting to snack a little more healthily.

Did you know? Chickpeas are a wonderful source of protein and fibre and are also called garbanzo beans. These tasty legumes originated in the Mediterranean and the Middle East, but are now a common feature in dishes all over the globe. Tinned chickpeas are a wonderfully easy way to boost your diet with extra protein and iron, containing a whopping 9g of protein in every 100g; cooked, tinned chickpeas are a very valuable addition for those who choose a meat-free diet. Chickpeas are also packed full of iron and are especially prized by our ancestors for their high vitamin and mineral content. Eating enough iron is essential in keeping our blood healthy and creating healthy red blood cells. Chickpeas are rich in Vitamin B, a form of folic acid; as vitamin B or folate plays a key role in forming new cells in the body, it makes it absolutely essential for pregnant women. Not having enough folate before or during pregnancy has been linked to birth defects in unborn babies. Just one tin of chickpeas will provide you with most of your recommended daily allowance of this vital nutrient

Chef Dylan's tips: The art of cooking roasted chickpeas at home is getting chickpeas that stay crispy. If you don't bake them long enough, you'll end up with soggy chickpeas a day later. The other thing to ensure is to remove some of the chickpea outer skins before baking. This is because the skin can retain moisture. Different brands have different moisture content so you may have to experiment with this. Don't fret though — once you nail the time, you will have a spicy, crispy snack on hand for a week. Make sure to use Danish feta, as this style blends up beautifully smooth.

Memory Lane – Vilcabamba, Lost city of the Incas, Peru

"Dylan, are you awake?". For a moment I lay stunned, dazed from my lack of sleep. I think I'm dreaming. "Dylan?" Comes the singsong voice again, and I realise it's the kind voice of our guide Louis. "Si, buenos dias Luisitto" I croak in reply. "Ahh you live! Bueno! Good

morning! Desayuno will be ready in 10 minutos mi amigo". "Si, Gracias" I say, as I rub my hands vigorously together and cup them to blow warm air into them in a vain attempt to heat them up. "I love how he speaks in Spanglish to us" says my darling, sitting upright in the tent. Her breath plumes upward in a cloud as if she's just exhaled a long drag from a cigarette. I reach over and unzip the tent. "Hurry up and close the tent, it's freezing" she says. I wiggle through the small opening and a glacial, icy wind whips past, instantly causing me to wince and squeeze my eyes shut as my ears tingle with pain. I bung on my beanie and sigh with relief. I stretch my arms high towards the vast Peruvian sky in a vain attempt to relieve the pain in the back one gets from a sleepless night on a flimsy yoga mat rolled out on hard rock. "That climb up here yesterday was brutal, Luisitto" I say, as he adjusts the small flame on his gas burner that's heating up some snow in a small pot. A cheeky smile sweeps across his weather ravaged face. "And my legs feel like jelly" I say, whilst giving them a quick rub "We climb a little more this morning" he replies. "This will help" he say,s handing me an ancient looking metal cup steaming with freshly brewed coca leaves. The warm amber coloured liquid slips down my throat like nectar from the gods. "Day one of our trek to Machu Picchu is done amigo, only 9 days more" he giggles. "Today we go over the pass and then down to the valley. Only 35 kilometros today amigo". "35 kilometres!" I spurt, spraying the tea from my mouth, instantly becoming a huge plume of steam. "Now is frio: 1°C I'd say, and by end of day, we will be in valley about 35°C" he continues. "No, you're joking" I protest weakly. "Lo siento señor it's the only way" he says, shrugging his huge shoulders. "Nowhere to camp until the valley amigo, come, come breakfast is ready you will need your strength." We sit on a makeshift mat and try to chew the day-old bread, generously lathered in strawberry jam, both watching in amazement as our local horseman begins leading our now laden pack mules up the steep mountain trail. What have I gotten myself into? I think, as I take the last gulp of tea.

Prep time 10 mins Cook time 45/60 mins Serves 6/8

Ingredients

Crispy chickpeas

- · 2x tinned chickpeas
- 2x tbs Creole*
- 3x tbs olive oil
- Whipped feta
- 200g Danish feta
- 1 clove garlic110g sour cream
- Olive oil for drizzle garnish



*Chef Dylan's Gourmet Food Co Creole

Method

- Preheat fan forced oven to 190°C.
- Rinse and drain the tinned chickpeas, shaking off as much water as possible. Place them on a tea towel and pat gently to dry. Place another towel on top, then use your hands to gently rub the chickpeas and remove as many of the chickpea skins as possible. Do this once or twice; it should only take a few minutes and it's not necessary to remove all of the skins.
- In a medium bowl, mix Creole and oil together.
- 4. Add in the chickpeas to the bowl and gently stir to coat.
- Place chickpeas onto a baking paper-lined oven tray and use your hands spread them into a single layer making sure none are touching.
- 6. Bake for about 45 to 60 minutes until crispy and dry, shaking the pan every 15 minutes. The exact bake time depends on the chickpea brand and your oven, so watch closely in the final minutes, taste test, and remove when the chickpeas are browned but before they become very dark and hard. Allow to cool for at least 30 minutes before storing; the chickpeas will crisp up even more as they cool.
- 7. While the chickpeas are cooking, pull out the food processor and add the Danish feta, garlic and sour cream.
- 8. Blitz until smooth making sure to stop and scrape down the sides to ensure perfect blending.
- 9. To assemble, spoon out the whipped feta, making a cool swoosh with the back of the spoon, sprinkle on the crispy chickpeas and garnish with a drizzle of olive oil.
- You can store any leftover chickpeas in an airtight container in the pantry for up to 1 week.



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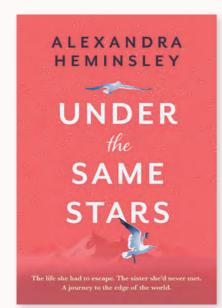
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OUR STAFF BOOK CHOICE: Under the Same Stars by Alexandra Heminsley



Find escape with the beautiful, moving literary debut from Sunday Times-bestselling author Alexandra Heminsley, a stunning story of sisterhood and wilderness.

Clara Seymour is trying to find her feet in London, living away from home for the first time. Brought up by her domineering mother, treasuring time any time with her adoring father, Clara's world is brought to a standstill when her dad abruptly dies.

Then, a mystery comes to light in a letter from him.

'I am sure you are aware that before I met your mother I had a previous marriage. But what we never discussed is that we had a daughter.'

So begins a journey of discovery that takes Clara to remote Norway and a landscape as brutal as it is bewitching, a voyage fraught with personal and emotional danger to reveal who her father really was - and find the sister she's never met.

Genre: : Domestic Fiction - Contemporary Fiction

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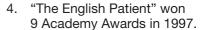


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TRIVIA True or False?

ACADEMY AWARD WINNERS

- "The Godfather" won the Academy Award for Best Picture in 1972.
- "The Silence of the Lambs" won 5 Academy Awards in 1991.
- 3. "Forrest Gump" won the Academy Award for Best Actor for Tom Hanks in 1994.



- "The Artist" won the Academy Award for Best Picture without a single word of dialogue.
- "The Lord of the Rings: The Return of the King" won all 11 Academy Awards it was nominated for in 2003.
- "The King's Speech" won 4 Academy Awards in 2011.
- "Moonlight" won the Academy Award for Best Picture in 2017 despite being a low-budget indie film.
- "Titanic" won 11 Academy Awards in 1997, tying the record for the most wins.
- 10. "The Shape of Water" won 4 Academy Awards in 2018, including Best Picture.
- 11. "La La Land" won the Academy Award for Best Picture in 2016.
- 12. "The Dark Knight" won the Academy Award for Best Picture in 2008.
- 13. "Saving Private Ryan" won 6 Academy Awards in 1999.

Answers p30

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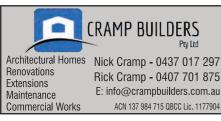
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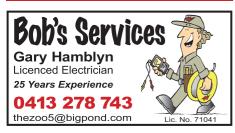
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TRIVIA ANSWERS

FROM PAGE 23

1. T 2. T 3.T 4. T 5. T 6. T

7. T 8. T 9. T 10. T

11. False, "Moonlight" won

12. False, "Slumdog Millionaire" won 13. False, it won 5

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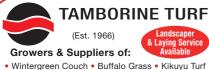
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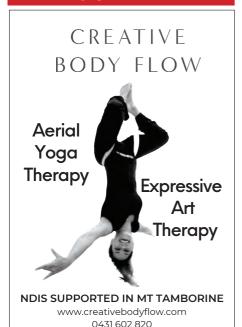
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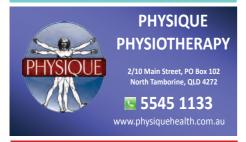
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NEXT ISSUE: FEBRUARY 16, 2023

> Next DEADLINE: *FEBRUARY 10*

REGULAR MOUNTAIN ACTIVITIES

BADMINTON Social players, all levels. Mon 6.00pm to 7.30pm at the Vonda Youngman Community Centre (except Public Holidays).

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

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

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

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

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

MAKERS' MARKET ON THE MOUNTAIN (Tamborine Mountain Arts Collective initiative) 1st Sunday each month (except January). Stallholder, Busker or general enquiries phone Margy Rose 0419 805 456 or email makersmarket. tmac@gmail.com

MARTIAL ARTS: Kyokushin Karate and Brazilian Jiu-Jitsu. Bully Busters, Self Defence, Discipline. Tamborine Mountain Showgrounds Tues & Friday 5.00pm and Saturday 9.30am Contact Cameron: 0433 633 775

MEDITATION: Tuesdays 7pm — New Thought, New Life Centre 5545 3700.

MEDITATION: Tuesdays 9.30am. St Georges Anglican Church, cnr Dapsang Dr & Eagle Heights Rd. VAII faiths welcome. Contact Barbara 0497 016 178.

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

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

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

SCENIC RIM TOASTMASTERS meet on the 1st and 3rd Thursday of each month, The School of Arts, 3 Pine Street, Canungra. 6:45pm for a 7:00pm start time till 8:30pm. Contact Julia Schafer on 0410 585 425

SINGING 4-part Acappella singing for women of all ages. If you love singing, come and join us. 1st and 3rd Thursdays of the month. Knoll Road, North Tamborine. Ph Dianne 0413 339 821 or email bellaacapellatamborine@gmail.com

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

TAMBORINE MOUNTAIN COMMUNITY CARE

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

TAMBORINE MOUNTAIN COMMUNITY KINDERGARTENFREE FRIDAY NATURE PLAYGROUP from 9-11am
23 Coleman Square North Tamborine

TAMBORINE SUSTAINABLE GARDENERS SOC (TSGS),

a group of enthusiastic gardeners, meets on the last Saturday of each month. Mrs Sue Morris 5545 0102.

TANGO CLASSES: Tango and salsa classes: every Monday night at the Zamia theatre. Salsa for beginners from 6.30-7.30pm and tango for experienced from 7.30-8.30pm. Cost

is \$30 per couple or \$20 pp. Contact Alejandro at 0413 595 275.

TM ARTS COLLECTIVE: Artists, Musicians, Performers, Artisans, Patrons - Meetings and Pot Luck Dinners held monthly. All welcome. For details contact: Guy Ritani 0477 795 734 or email **tmtnarts@gmail.com**

TM 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 information call 5545 0995. **TM BUSHWALKERS,** find out about us on the TM Natural History Association website. New members welcome. Enquiries: 0439 869 125 or 0478 414 892. www.naturalhistory.org.au.

TM NETBALL CLUB. Visit our website: www.tamborine-mountain-netball.square.site

TM ORCHESTRA rehearses from 7pm to 9 pm every Wednesday during school term time. The venue is Tamborine Mountain State High School at Holt Rd. New players always welcome. For more information, phone Danielle on 0423 210 949. Check us out on our website www.tmo.org.au; or find us on Facebook.

TM PRESBYTERIAN CHURCH 34 Main St, North Tamborine www.tmpcq.org.au Sunday Morning Service 9am (including kids church) and Evening Service 5pm (including kids church). Playgroup: Tuesdays 9.30am for 0-5 years. Youth Group: Fridays 4-6 pm for Years 7 – 12. Enquiries: dave.mugridge@tmpcq.org.au I www.tmpcq.org.au BARGAIN CENTRE: Tuesday to Saturday opens 8am – 12 noon (rear of the Presbyterian Church.

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

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

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

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

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

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

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

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

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

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







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