

bringing back the sunflowers for next season. We'd love to hear your creative ideas to enhance Tamborine Mountain as a drawcard. More photos, page 10





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IT'S HERE: USE IT OR LOSE IT



Members of the Rotary steering committee (from left): Dr Jan Zomerdijk, Wolfgang Klein, Jaap Vogel, Richard Pratt, Dave Power, Zoe Ross, Nigel Waistell, John Clem, and Neil Smith. Not present, Geoff Marshall and Chris Erickson.

While the new trial public transport service between Tamborine Mountain and Helensvale railway station has been widely welcomed by the local community, its introduction has also come with a warning.

'Use it or lose it', says Tamborine Mountain Rotary Club, the organisation which campaigned tirelessly for its introduction for more than two years.

The new Monday-to-Friday 18-month trial service which began on November 21 is a partnership between Translink and 13cabs.

"We need our community to use this flat-fare taxi service as our public transport," says Rotary spokesperson, Neil Smith.

Cheaper than a conventional taxi, a one-way fare between Tamborine Mountain and Helensvale is \$10 for adults and \$5 for concessions, each way.

There are four trips a day off the mountain and four return trips.

"The partnership between **Translink** and **13cabs** stipulates that a maxi taxi will be used to provide the service; if one fills, another will be allocated. If not a maxi taxi, then a standard taxi will fulfil the role. There is never a reason for the taxi company to say they are full," says Mr Smith.

Anyone from across Tamborine Mountain can use the new service, by simply phoning **5545 1577**. Bookings must be made by 6pm the day before travel. You will be picked up from your home address. After picking up pre-booked passengers, the taxi travels directly to Helensvale railway station.

Collection point for passengers at Helensvale is the taxi rank at the railway station; it is clearly marked by a distinctive sign.

The Helensvale transport hub offers convenient connection with other Translink services including high frequency train, tram and bus services.

CONTINUED page 4



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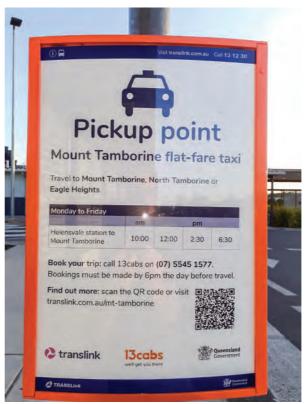
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CONTINUED from page 3

The new service will be a great benefit for students, shoppers, Gold Coast and Brisbane workers, medical and hospital patients, and those pursuing recreational and holiday pursuits.

For more information, scan the accompanying QR code or visit **translink.com.au/mt-tamborine**

The trial Helensvale service will complement the existing transport service from the mountain to Beenleigh.



Visit translink.com.au to view train timetables for services to and from Helensvale and Beenleigh railway stations.

If you encounter any problems with the new service, or wish to leave feedback, you can do so on Rotary's public transport feedback line – 0493 638 437. You can also provide comment to Translink on 13 12 30 or email: translink.com.au/contactus/feedback







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LAWYER

5545 4303



Mount Tamborine flat fare taxi service timetable (effective 21 November)

From Mount Tamborine

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

To Mount Tamborine

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

A BIG THANK YOU TO ROTARY

Tamborine Mountain residents owe a big debt of gratitude to the hard-working members of its local Rotary Club following the introduction of the trial public transport service between the mountain and Helensvale.

After the re-launch of the then dormant club in March 2020, it initiated a campaign to get a shamefully overdue public transport service for the mountain.

What followed was a mammoth team effort that in just six months produced a 57-page submission to the Premier and Transport Minister, outlining the dire and unjust public transport situation with respect to Tamborine Mountain.

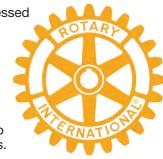
The road ahead was not an easy one.

After 12 months of communications with the Department of Transport and Translink, the initial response from the Minister was less than encouraging.

However, when Rotary continued to pursue the issue, supporting its case with clearly outlined facts, the Minister requested Translink to meet with its steering committee.

One of the initial responses from Translink was along the lines of "You already have five buses per day". Some of the officers at Translink, astonishingly, appeared to think Tamborine Mountain and Tamborine (village) were the same place.

The Rotary Club has expressed its generous appreciation for the new service which it sees as stage one in an overall plan that it will continue to promote – one that will include a full, around-the-mountain and off-the-mountain service to be provided by a small bus.





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SCARLET GINGER LILY

Hedychium coccineum - roadside, Eagle Heights



The plant is native to southern China, the Himalayas, India and Indochina. It belongs to the same genus as the wild ginger featured in the last but one issue and was growing just round the corner. I don't recall having seen this beguiling lily before. The genus comprises some 100 species. Its native range extends from Madagascar through southern China and tropical Asia. Ginger lilies have been widely introduced to Central and South America, South Africa and eastern Australia.

Peter Kuttner



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TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (6-MAR-23)

NS 1, 70,24% EDDIE HEINEMEYER - LAWRENCE BEUTEL

NS 2. 45.83% MAX IRVINE-BROWN - TONY HALL

NS 3. 42.86% GAYLE DONALDSON - SHEILA IRVINE-BROWN

EW 1.64.88% HEIKE EDRICH - DAVID DONALDSON

EW 2.51.79% CHRISTINE YOUNGMAN - JULIE GUTHRIE

EW 3. 41.67% BETTY BULL - RICHARD BULL

EW 3. 41.67% MARIAN GIBBONS - LEWIS ADAMS

WEDNESDAY (8-MAR-23)

NS 1. 58.33% LINDY WILLIAMS - EDDIE HEINEMEYER

NS 2. 58.13% WENDY CHRISTIE - ERNIE ANDREWS

NS 3. 42.26% HAYDEN RIDDLE - MARGARET GOLDSMITH

EW 1. 64.68% LAURENE HASSARD - KATE HEAD

EW 2. 50.60% MARY SIMON - KEVIN HAMILTON-REEN

EW 3. 43.45% SUE STEVENS - KAREN SCOTT

THURSDAY (9-MAR-23)

NS 1. 58.00% KEVIN HAMILTON-REEN - MARY SIMON

NS 2. 55.00% KATE HEAD - SHEILA IRVINE-BROWN

NS 3. 49.00% WENDY CHRISTIE - ERNIE ANDREWS

EW 1.64.00% DAVID DONALDSON - GAYLE DONALDSON

EW 2. 60.67% EDDIE HEINEMEYER - JENNY STRACHAN

EW 3. 51.33% TONY HALL - JOHN YOUNGMAN

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Sweet Mountain cottage

5 Katmai Court, Tamborine Mountain

- Two levels, upstairs is light filled loft bedroom
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- · Located in a quiet cul-de-sac

AGENTS:

SALE

Elizabeth Stirling 0400 449 978



OPEN HOMES Sat 18th

10 - 10.30 8 Picnic Pl, Canungra

10 - 10.30 10-12 Cayambe Court

11 - 11.30 12/27-29 Capo Lane

11 - 11.30 5 Katmai Court

11.15 - 11.45 90 Hazel Road, Tamborine

12.30 - 1 33 Justin Ave





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\$1,997,000 price guide

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TRAVELLING PLACES with Gina

Dreaming of the world's best gelato? Head to San Gimignano and Gelateria Dondoli – my pick was mandarin and hazelnut! What a wonderful small town to wander around, sweeping views of the rolling Tuscan countryside, towers rising to dizzying heights built pre-Renaissance by the wealthiest families of the region. This village is once again alive and thriving.

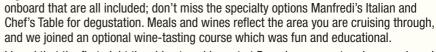
I am writing while in Helsinki airport waiting for my flight returning home. Finnair has been a good airline to fly to Europe with, combining with Qantas over Singapore and connecting through Helsinki onto their vast network of shorter flights. We arrived a week ago to snow and ice, we hopped on the train to the centre of Helsinki and wandered around this welcoming city.

This past week, I have cruised from Barcelona along the Mediterranean coast to Rome. What a fabulous part of the world, and we struck surprisingly good weather for this time

of the year. The only day I wore my coat was in Helsinki, while the rest of the time a light jacket was fine. It surprised me to see the spring flowers so early in the year. It's quieter now than in the season, so the queues for entering museums aren't so daunting.

We sailed on Viking Sky. The ship was at full capacity however there was always a sense of space and relaxed style. Her Scandinavian heritage is reflected throughout, with clean light lines, elegant décor, and saunas and plunge pools to invigorate! Each stateroom has a balcony which I loved opening for fresh air. The cabins were comfortable with a full sized shower and a sitting area. Each day we were in port, Viking ran a complementary tour and a constant shuttle bus into town. There are also optional excursions and the ones I paid for were excellent.

There were port talks and guest lecturers who provided insights into the region. There are several restaurants



I loved that the first night the ship stayed in port at ${\tt Barcelona-most\ cruises\ you\ board\ }$



and you are straight out! From Spain we visited the French Mediterranean. From Sete I visited Montpellier, a vibrant town full of university students, cobbled ancient streets and cafes; close by we wandered the grounds of a delightful chateau with the owner as our guide; this was not a museum but a property handed down through the ages and still lived in today. From Marseilles, we headed inland to a small village perched on the hilltop of this wine growing region. Early one morning we dropped anchor in the deep waters off Villefranche-sur-Mer, surrounded by the glorious blue of the of Cote d'Azur, we tendered into Nice and drove the dramatic coastal road to Monte Carlo...

Our two days in Tuscany were fabulous. A lovely day exploring San Gimignano, with lunch in a local

farmhouse. The other day, returning to Florence — one of my all-time favourite cities of the world. What a way to explore the world: no dragging suitcases around, just taking our time to thoroughly enjoy this wonderful part of the world, beautifully choregraphed by the team at Viking.

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Top left: Jacobs Well locals Kym and Ivy with some splendid sunflowers harvested from Justin Huth's glorious crop at Norwell, top right: Tamborine Mountain local Katy Hewitt embracing the moment, bottom left and right: photo opportunities abounded for locals.

GCBF ROUND 115 SUCCESS FOR SCENIC RIM

In Round 115, community groups in the Scenic Rim Electorate will share in over \$170,000 of grant funding awarded through the Gambling Community Benefit Fund (GCBF).

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

Seven groups in the Scenic Rim will share in \$173,541.63 in funding and Mr Krause said the money would make a huge difference to the successful local groups.

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

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

There are four funding rounds each year, three rounds have funds available up to \$35,000 and one super round with up to \$100,000.

The Round 116 super round is now closed. Round 117 (\$35,000 standard grant round) will open mid-April and close 31 May 2023.

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

Local organisations to receive funding in Round 115:

	Reason	Amount
Beaudesert Region		
Beaudesert & District Little Athletics	Purchase mower	\$35,000.00
Beaudesert Bowls Club	Solar system	\$15,000.00
Fassifern/lpswich Region		
Fassifern Men's Shed	Purchase equipment	\$4,900.00
Rosevale Rural Fire Brigade	Lay concrete slab	\$27,076.00
Warrill View Rural Fire Brigade	Upgrade facility	\$31,880.00
Tamborine Mountain/Beechmont/Canung	ra Region	
Tamborine Mountain Eagles Soccer Club	Purchase portable shade and soccer goals	\$27,780.18
QCWA Wonglepong Branch	Paint exterior and restump facility	\$31,905.45
		\$173,541.63



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FOR SALE | \$1,289,000 - \$1,369,000 33 Corypha Court, Tamborine Mountain



FOR SALE | Offers Over \$1,549,000 17 Lombok Court, Tamborine Mountain



SOLD | \$1,530,000 570-576 Main Western Rd, Tamborine Mountain



SOLD | \$820,000 8 Kidd Street, Tamborine Mountain



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TMO PRESENTS A MUSICAL COCKTAIL

Come join the TMO on Sunday 26 March for a tasty musical cocktail as we launch our 2023 season. We've got some Handel and Honegger, *Mikado* and *West Side Story,* and even some Duke Ellington.

Our 2023 season looks to be one of our best yet, the highlight being a combined concert with some TMSHS students and members from The Queensland Symphony Orchestra in June. A big thank you to the SRRC and their Regional Arts Fund for making this wonderful event possible.

The TMO greatly appreciates: the assistance of TMSHS, and the principal Mrs Brose, for the use of their wonderful auditorium for our concerts and rehearsals; the SRRC for their support; our local sponsors Oxbridge, Harcourts Solutions and Eagle Heights Dental Care; and the Tamborine Mountain community for both the membership and audience for our orchestra.

A Musical Cocktail will be performed at Tamborine Mountain State High School (TMSHS) Holt Road @ **2.30pm on 26th March 2023.** Tickets available **www.ticketebo.com.au/tmo** or at the door. \$12 adults, children free.

Sean Donnelly





Letters to

A COUNCIL ALL AT SEA

There is no sense, reason nor logic in the way the Scenic Rim Regional Council has treated our Tamborine Mountain Plateau Community. For seven years, our highly qualified Division 1 Councillors have been subjected to a totally unjustified and unethical (possibly much worse) program of harassment. This seems intended to dilute and divert their ability to properly represent the interests of the residents. The favoured tactic is to lodge streams of complaints with the State **Government Office of the Independent Assessor** (OIA). It seems most originate anonymously within the Council organisation and only a miniscule proportion are ever upheld. However, the penalties can be severe and the targeted Councillor must spend a large proportion of time researching and organising their defence. This special treatment seems reserved for Division 1 Councillors.

Add exclusion from debates on the basis of 'suspected' Conflicts of Interest and interruption with Points of Order. The situation becomes dire. That tactic has miraculously disappeared since the advent of the State Advisor.

What makes the whole SRRC attitude unbelievable is that the locality, as well as accommodating about 20% of the SRRC residents, is a major tourism and residential resource for the region. It has been expertly managed with a high level of local input for over 100 years. This has sustained the essential balance between the various demands on our very limited area. Under the present regime, residents are ignored and a Planning Scheme is something to be evaded. Transparency has been replaced by a black wall of threat and confidentiality.

No wonder Nigel Waistell refused to renominate and Derek Swanborough has resigned a year early, publicly stating he can no longer adequately represent his constituents under these toxic conditions. But a special bit of nastiness probably triggered the decision. Councillors resolved to pursue the payment of Council costs recently awarded in the Planning and Environment Court against the Tamborine Mountain Progress Association's Jeanette Lockey and private citizen, Amanda Hay.

For 107 years of continuous operation, the TMPA has played a large role in the management and sustainability of our vulnerable Island in the Sky. During my thirty years on the Mountain, including several as a Beaudesert Shire Councillor, I have been very impressed by the TMPA's consistency. It encourages and assists all residents to become involved in the development of Planning Schemes. It then becomes the Scheme's fierce defender. Those costs, if enforced, will mean the end of a long, proud history of community service. Why do this?

In the years I have known Amanda Hay, I have been awed by her massive, voluntary workload assisting residents concerned about flawed Development Application Approval processes. Her dedicated research often finds where the nasties are buried. Again, what would be the benefit of causing her severe financial hardship?

the Editor

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

What are the circumstances underlying such damage? On a steep slope in Eagle Heights, in an area of compatible residences and small-scale tourism development, an application was made to permit earth works and tree removal to construct, of all things, a tennis court. The Council approved and, with those pesky trees removed, the application morphed into one for 'disability cabins'. The concept further expanded but the Council failed to make a decision. The Developer appealed against a deemed refusal. Prodded into action, the Council lodged a defence and acquired Co-Respondents in support. Jeanette Lockey and Amanda Hay represented the other Co-Respondents in Court.

Then the Council switch sides and no longer opposed the Application, leaving the Co-Respondents without legal support. When they didn't come immediately to heel, the Council successfully claimed costs arising from any delay to the process. The Developer joined the party, doing the same. The cost estimates are eyewatering. This is a very disturbing outcome for us all. It is a convention that costs are not awarded in the Planning and Environment Court to allow impacted parties to put their case without fear of financial disaster. With this awful precedent, who will put their hand up to be an active Co-Respondent?

We are faced with a by-election, and must rework the future before it is too late.

Phil Giffard

LOCAL SUPPORT IS INVALUABLE

I refer to the Court Costs Update letter in the *Scenic News*, 2nd March, from Amanda Hay. Her request for assistance in paying horrendous costs from the 1-11 Eagles Retreat Place failed appeal in the Planning & Environment court is receiving a good flow of support from many Tamborine Mountain residents.

Amanda spends much of her time helping residents with their problems. Currently she is helping residents who have land valuation concerns. Her volunteer work in many associations is well known. She is typical of the type of caring person the mountain has always attracted.

As secretary of Tamborine Mountain Progress Association (TMPA) she responded to the alarm raised by residents of Witherby Crescent and the community. A development application for a residential site here was of such gross scale and intensity it threatened residents' chosen lifestyle in an extremely quiet cul-desac. Fears were raised in the broad community that this would set an unwelcome precedent for destruction of the mountain's famous environmental/semi-rural character.

What to do? Residents did what they have been doing for more than a century. They contacted TMPA for help from volunteers having extensive experience in Council and appeal matters. Amanda elected to front a group of 43 highly concerned residents as Co-Respondents in an appeal by the developer to run in tandem with TMPA itself.

Her court input relied on the submissions of TMPA's highly recommended town planner and also the formal town planning submissions paid for by two of the neighbours. Council's refusal of the DA (after the required date, hence the "deemed refusal") cited similar points in the planning scheme and added that this proposal could not be conditioned. Amanda, TMPA, the residents and Council ran on the same track for fifty three weeks of the appeal.

Then two to three weeks prior to the end of the appeal, Council decided that due to a Minor Change (which made hardly any difference to the proposal) it would abandon the residents and do a complete about-face to side with the developer. No adjournment was sought by either Council or the Appellant to allow Amanda and the TMPA to possibly engage a court approved town planner. It is this short period which attracted the horrendous costs. Council paid no attention to recover its costs in the two month wastage of court time (opinion of a third judge) when the developer attempted to wipe out the TMPA town planning submission at the start of the appeal.

Two hundred and forty-three residents had initially put in objection submissions to Council. In his judgement the presiding judge dismissed them all as worthless. Whilst many were on pro formas, they included many extensive submissions

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Letters to the Editor continued from p13

painstakingly compiled by alarmed neighbours, formal town planning submissions from two neighbours and one from a local who happens to be a senior State government town planner.

This judge also stated that the judgment would cause no harm. As a result of this decision two neighbouring businesses are set to close, with the probability of a third. Since the massive construction site activities began neighbours, fearful of repercussions from the developer have channelled their complaints to Council through Amanda.

Council's court town planning expert stated that resident input into the appeal should have weight. Sadly, the court decision showed that residents and communities are not welcome in the Planning and Environment Court and that Justice can be bought.

Donations to Amanda's court costs funding can be made direct to Amanda's bank - A. Hay. BSB 814-282, acc't 30063911.

Jeanette Lockey
Tamborine Mtn Progress Association

LET'S ALL CHIP IN

It's no secret Amanda Hay, the Tamborine Mountain Progress Association and myself are not on each other's Christmas card list. In fact their efforts to stimulate community to pressure Council to close my family's business cnr Holt and Hartley Rds in 2014, won't be forgotten easily by us.

However without people like Amanda Hay and the Progress Association, I fear the mountain will be much the poorer. Council failed in its attempts to close us down, so changed tack to use the experience to set benchmarks for similar enterprises. Sadly it's been a frustration to my family since then that many of these benchmarks have not been applied over the years to other operations, a double standard so to speak.

So my point is, if the Amanda Hays are silenced, and grass root community associations that are not cashed up or lawyered up are silenced, and Council just do what they feel on the day, then where are we? Yes, the paper is full of TMPA members each week voicing their concerns; yes the TMPA appears to be almost impossible to please, but at least they are having a crack at doing the right thing by the community. I was once largely against them as I favoured progress, or favoured community-driven progress similar to a document called 'the Blueprint' that was created by the community. This document was literally binned by Council the day it was presented, and we received the *Council's* version of community consultation and planning.

So in my time of having lived here for just on four years now, I can see merit in what the Progress Association is trying to protect. Yes, I can find plenty to complain about living here, but I'd have more to complain about if it became anything like where I come from, Brisbane.

We have around 8000 people living up here: I ask every one of you to drop \$25 into Amanda's bank account **BSB No 814-282, Account No 30063911 Name A Hay**. It's a small amount for such an active voice for the community and place we live in. Otherwise I fear the silent majority may just have a whole lot more to be concerned about in the future. Note that in *the Weekend Australian*, Bernard Salt has voted Tamborine Mountain the best place to live in Queensland, let's keep it that way.

Jason Watson

FAMILY FUN WITH TM UNIVERSE ON EASTER SUNDAY

Tamborine Mountain Universe is excited to be hosting the very first event on its land at 389 Long Road, Tamborine Mountain on Easter Sunday, 9 April 2023, starting at 11am.

And everyone is invited!

The three hours of fun-filled activities will include kite flying, Easter egg hunting, bonnet decorating and face painting.

We will have food and refreshments available for sale.

There will be kites available on the day to purchase, decorate and fly.

We will also be awarding a prize for the best home-made, space-themed kite to be brought along on the day.

Start building all those weird and wonderful kites. Go crazy and let's all have some fun... you have about three weeks to make and decorate your masterpiece!

The block of land where the event will be held was purchased by TM Universe and now has Council approval to proceed to the next stage of constructing a state-of-the-art, immersive, 360-degree Cosmic Sphere, including a Science and Education Facility, on Tamborine Mountain.

This will be the only one of its kind in the Southern Hemisphere, and the largest in the World.



FURTHER COSTS APPEAL UPDATE

Again, "thank you" to those (48) who have contributed, many anonymously, to the \$22,001 donations received to date.

Council is yet to table my offer to settle – made on 16 February 2023 - at a Council meeting, to be put to a vote of Councillors.

The appellant/developer has miraculously revised its costs sought downwards to approx. \$65,000 which is a reduction of \$19,000 from the amount originally demanded. Both I, personally, and TMPA are required to separately pay this amount. Had this significant reduction (greater than 15%) been the result of an assessment by a Costs Assessor, which is where it was heading, there may have been implications for the appellant/developer under the Uniform Civil Procedures Rules 1999 (Regulation 75). There may yet be a complaint to the Qld Law Society.

For those who may wish to make a donation towards my costs my donations bank account is in my name: **BSB 814-282 Account no. 30063911.**

Amanda Hay



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4

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Brad C. - The Fork

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8

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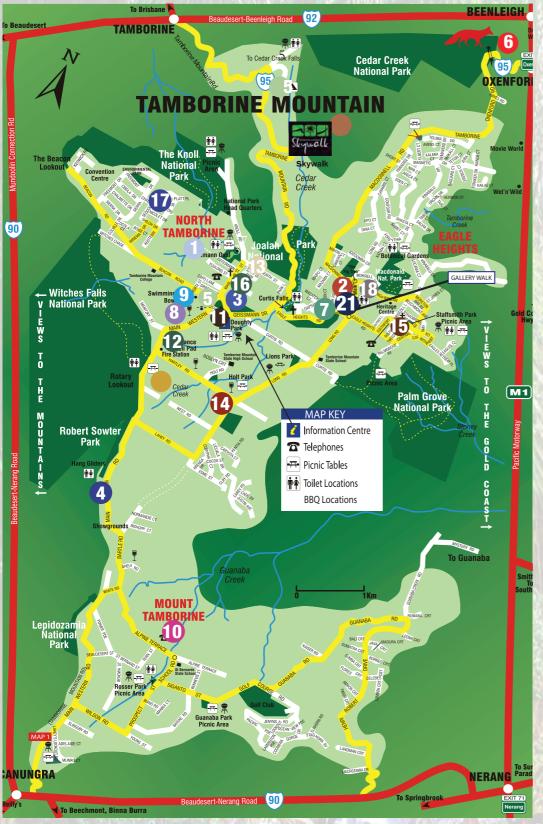
Small batch, authentic artisan gelato, using local ingredients where possible. Everything is made in-house, right down to the jams and sauces in the gelato. Wed/Thurs 10am-6pm, Fri/Sat/Sun 10am-9pm 4/15-17 Main Street, Tamborine Mtn hello@thegelatoco.com.au







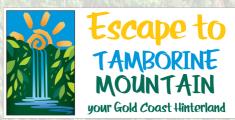
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LOCAL DESIGN PRACTICE RECEIVES PLANNING AWARD

Mountain-based design practice Clark+Granger have been awarded the 2022 Planning Institute's Northern Territories Award for Planning Excellence for their design for Cullen Bay Marina in Darwin. The project, which won the 'Great Place' category, will now go through to the national finals in Adelaide later this year.

Clark+Granger was commissioned by the Cullen Bay Marina Management Corporation to undertake a design for the proposed upgrade to the Marina Boulevard, the commercial and retail centre of Cullen Bay. Clark+Granger worked closely with the Body Corporate to retrofit the existing poor urban design to successfully create a place which brings people together to eat, drink, work and play.

Clark+Granger's vision for the project was to create a liveable modern space, where the streetscape reflected Darwin's laid back, tropical vibe; with landscaping used to enhance the walkability of the spaces and enhance its tropical character. Jez Clark elaborates:

"We wanted to design for people, to make them feel comfortable and welcome, creating spaces that were vibrant and made people feel safe, to make places that are enjoyable and easy to walk and cycle around. We set out to create a modern, stylish, and relaxed streetscape enhanced by additional shade trees, vine arbours, and casual seating areas, with colourful tropical plants to enliven the streetscape and enhance the sense of place. We are thrilled to have had our work recognised by the Planning Institute."

The judges were impressed by the "ability of the design team to create a strong connection between the commercial







district and the beachfront, which was previously lacking". The design was particularly commended for how it responded to the extreme climate of Darwin, including the replacement of hot bitumen surfaces with light coloured brick pavers to reduce heat absorption and ambient temperatures; and the introduction of vine arbours and new trees to provide much needed shade and encourage pedestrian movement across the site.

"We designed large arbours to span the road to provide a safe and shaded pedestrian path to and from the Marina and the Beachfront. We used state of the art lighting to enhance the space at night with lush tropical plantings and casual seating to soften the streetscape.

"The area was already a popular spot to enjoy the fabulous sunsets on the bay, so we extended the lawns and added a small amphitheatre for outdoor entertainment. Large crowds now flock to the area to admire the view and enjoy the music.

"We are a small design practice, so it is great to receive this award. We're currently working on a range of projects including some local garden renovations and building projects up here on the mountain, and a master plan for Hope Vale Shire Council in FNQ. We like the mix of residential and small public projects, It makes our job more



interesting. At the end of the day, we just strive to get the very best results for our clients."

Visit Clark+Granger at www.cplusg.com.au or phone 0456 111 120 to find out more.



ARENA & STAGE PROGRAM

ON STAGE

10.00 am Dark Rich Fruit Cake COMPETITION

10.30 am Junior Pet COMPETITION

11.30 am Tamborine's Got Talent - QUEST

12.30 pm Opera Eagles Nest - MUSIC FROM HAIR

1.00 pm Opening CEREMONY

2.00 pm Eating COMPETITION

2.30 pm All 4 Dancers - DANCERS ON STAGE

2.45 pm Opera Eagles Nest - ROCKY HORROR PICTURE SHOW

3.00 pm Costume COMPETITION

3.30 pm All 4 Dancers - DANCERS ON STAGE

4.00 pm Entertainment - THE ACCIDENTS

6.00 pm Spectacular FIRE WORKS

IN THE ARENA

12.00 pm Hola Hoop & STILT WALKING DISPLAY

1.30 pm Stilt Walking DISPLAY

2.00 pm Elegant Friesian Horse DISPLAY

2.30 & 4.00 pm Maree Fields VIP DOG TRAINING DISPLAY

ALL DAY

Photo BOOTH

Amusement RIDES

Petting Farm ANIMALS

Showcasing & Judging PRODUCE 1/2

Showcasing & Judging ARTS & CRAFT

Market Stalls & FOOD VANS

Combies & Vintage Car DISPLAY

FREE Face Painting for the Kids





COUNTRY SHOW

March 18th



TAMBORINE MOUNTAIN SHOW 2023

Saturday 18th March 2023 Gates open at 10.00 am till Late

We will have a fun-filled day with the Hippy Flower Power Theme.

Thank you to all our wonderful sponsors listed below:

- We will have the Fun "Junior Pet show" at 10.30 am on stage - sponsored by Pet Food Dude, Dog Groom, TM Veterinary Surgery, Tamborine Traders, Skywalk, Thunderbird Park, Glow Worm Caves, Tamborine Pet Farmstay, Subway, The Chamber and Tourist Information Centre.
- The "Tamborine's Got Talent Quest" Competition

 Winners will receive \$100.00 cash and \$50.00 for Second, and an Encouragement award Prize.
 Trophies and Cash prizes donated by Professionals Serendipity Real Estate.
- The fun Hippy Flower Power-themed Costume Competition, sponsored by Thunderbird Park, St Bernards Hotel and Thunderbird Park.
- The fun Eating Competition at 2.00 pm entry on the day – great prizes: Pineapple Tours and Skywalk vouchers.
- Lots of stage entertainment, including Dancers from
 All 4 Dance group.
- The Fabulous Fireworks, Sponsored by Hinterland Toyota. Fun show rides, sideshow alley, and fun show food.
- We will have a spectacular display of "Show and Shine Cars" and the Car competitions. Prizes from Pethers Rainforest Retreat, Albert River Winery, Fox & Hounds, Hampton Estate St Bernards & Pineapple Tours – all donating wonderful Prizes & Vouchers. Gates open – Back gate at 6.00 am for Car Show & Shine cars.
- We also have lots of Kombis coming this will be a great display and competition. We will also have lots of arena entertainment and displays, with Maree Field; a Dog Agility display and other displays. Fun kids' competition and activities on the arena. Goat competitions.
- The opening ceremony (1.00 pm) includes a Prize Giveaway – drawn on stage - entry forms on Show Day near the main office. These include a Balloon ride by Gold Coast Hot Air Balloons, Australian Outback Opals gift, Mountain Brew coffee shop voucher, Senegence Vouchers, and many more prizes.
- Lots of free activities for the kids and all the wonderful pavilion and flowers, container plants etc. Fruit & Veg competitions. Entries taken from 2.00 pm to 6.00 pm Friday 17th March in the Pavilion. We will have lots of wonderful cash prizes – for example:
- \$200 donated by Lakeside Accounting for first prize in a class in the Paintings section, and lots of other wonderful prizes donated by local business.
- Cooking competitions, preserves & sweets, paintings, photography, home brew, Needlework, Art and craft etc. Schedules will be available from the Tourist Information Centre, Newsagent, Library,



and other areas around the mountain as well as online – www.tamborinemountainshowgrounds.com

Thank you to all our wonderful Sponsors:

Tamborine Mountain Nursery, MITRE 10, Yates, TM Garden Club, Hartley Road Landscaping, Terra Firma Fertilizers, Birchgrove Nursery, Cuckoo Clock Nest, Jasmin Organics, Fabric Frenzy, McLaren Vale Alpacas, TMCA, Viking Framing, Capan Art Gallery, Musgrave Art, Lakehouse Accounting, Witches Falls Winery, Olive Branch Health Food Shop, Mountain Brew coffee shop, Granny Macs Fudge Store, The Manor, RED Line Driving School, Harvey Norman, Travelling Places, Beaudesert Camera Club, Hilary Hudson Photography, Beaudesert Trophies, Fortitude Brewery, Tam. Mt Golf Club, MOP Topps on the Mountain Hairdresser, Tamborine Mountain Newsagency, the Escarpment, Eagle Heights Pharmacy, Under the Greenwood Tree, Cedar Creek Winery, Thunderbird Park – Fun Fair, Laser Skirmish, Mini golf & Thunderegg & Crystal Mine, Main Fitness Gym, H₂O Tank Doctor, Spice of Life, Tam Mt Bakery, CLANDULLA COTTAGES, Cauldron Distillery, The Polish Place, The Manor, TMAC, PROFESSIONALS SERENDIPITY, Stroud Homes, Suncorp, Australian Outback Opals, Gold Coast Hot Air Balloon Rides, Bunnings Oxenford, The Artist Tree, Musicorum, Pethers Rainforest Retreat, Albert River Winery, Fox & Hounds, Pineapple Tours, Tamborine Trader, TM Pet Food Dude, TM Dog Groom, The Chamber, TM Visitor Information Centre, TM Tourism, TM Vet, Skywalk, Glow Worm Caves, St Bernards Hotel.

- We have the show rides, food vans Hot dogs, fairy floss
- An animal farm
- Goat competitions and displays
- VIP dog activities and displays
- Stilt walkers and Hula hoop displays etc.
- Scouts doing kids' competitions
- Sack race, egg and spoon races etc. Fundraising BBQ
- Free activities for the kids workshops
- Kombi car competition 10.00 am
- Car show and Shine competitions 10.30 am

Photos from last year's show over the page...

TAMBORINE MOUNTAIN SHOW - MARCH 18

GATES OPEN: 10.00 am till Late













MARKETING 101 FOR THE MODERN WORLD

Marketing a business in today's modern world requires a comprehensive and diverse approach that combines both digital and traditional marketing methods. Today, we'll share some essential items needed to market a business in the modern world:

- A professional website: A website is a digital representation of a business, and it's often the first point of contact with potential customers. A professional website that's optimised for search engines and user experience is essential for modern businesses. A website must load quickly and its content and products resonate with its target audience.
- 2. Social media presence: Social media platforms like Facebook, Twitter, and Instagram provide businesses with an opportunity to connect with their target audience, share content, and promote their products or services.
- 3. Search engine optimization (SEO): SEO is the process of optimising a website's content to rank higher in search engine results pages (SERPs). It involves using relevant keywords, meta descriptions, and other tactics to improve a website's visibility on search engines.
- 4. Pay-per-click advertising (PPC): PPC advertising is a digital advertising model where businesses pay each time a user clicks on their ad. PPC advertising can help businesses target specific audiences, generate leads, and increase sales. PPC advertising ensures your business is seen, while you're working on other marketing activities like SEO, content marketing and PR.
- 5. Email marketing: Email marketing involves sending promotional emails to a list of subscribers. It's an effective and cost effective way to nurture leads, build customer relationships, and increase sales.
- Content marketing: Content marketing involves creating and sharing valuable content like blog posts, videos, and infographics to attract and engage a target audience.
- 7. Public relations (PR): PR involves building and maintaining relationships with the media, influencers, and other stakeholders to promote a business's products or services.

While this summary list isn't exhaustive, it can put most small to mid-sized businesses in a pretty good position with their brand growth. Other little things to consider that still have a place in modern marketing include direct marketing through print, print advertising, outdoor media, radio and on-demand TV. Though these options should generally be considered after consolidating the top 7 items first.

Keep in mind, great marketing also needs relevant and considered creative. Take time to design your ads so your business image matches what you're selling. Next edition we'll talk more to the art (and science) of great design.

Written by Steven Vawdrey from VAUX and his ChatGPT sidekick.

INFORMATION SESSION PUTS POTENTIAL CANDIDATES IN THE KNOW



Potential candidates for the upcoming Scenic Rim Regional Council by-election for Division 1 have an opportunity to learn more about a Councillor's roles and responsibilities at an information session next week.

The 'So you want to be a Councillor?' information evening, hosted by the Scenic Rim Regional Council and supported by the Local Government Association of Queensland, will be held at Tamborine Mountain Library on Monday 20 March from 5.30pm to 7.30pm.

The session will cover the responsibilities of Councillors under the Local Government Act 2009 with potential candidates receiving an information package which includes the Councillor Code of Conduct, Scenic Rim Regional Council's 2021-2022 Annual Report, Corporate Plan and 2022-23 Community Budget.

This session aims to offer potential candidates with the support and clarity they may require to successfully complete their nomination ahead of the by-election.

Smash your competition.

Rank higher in Google. Increase your social advertising conversion rate with stunning creative. Start seriously measuring how your customers purchase through you. **Grow with VAUX.**





YOUR GUT BACTERIA DON'T LIKE JUNK - EVEN IF YOU DO

I've been immersed in the world of the Biome and the vagus nerve for the last

couple of months. Researching and designing a fabulous yoga retreat which is on at the end of this month. And these trillions of bacteria, viruses and fungi that live in the warm cavities of our bodies rule us with an interconnected wisdom. Our health, our mental health and happiness is dependent on their robustness and diversity. We are the product of a bottom up intelligence (gut to brain), not just a top down (brain to gut) intelligence.

And a big part of the health of your microbiome is what you eat. If you've ever watched the movie *Supersize Me*, Morgan Spurlock spent a month eating large portions of McDonalds for the purposes of his documentary. During this period he gained weight, damaged his liver and suffered addictive withdrawal symptoms. What was interesting for me, a yogi and always a big plant eater, was that he said he was momentarily satisfied for about 30 minutes on this horrible non-food, and then he was ravenously hungry, all over again. The real Morgan, his biome bacteria, were not happy or nourished on this junk diet.

More recently a researcher, studying the effect of junk food on the microbiome, persuaded his son Tom to eat all his meals at the local McDonald's for 10 days. Tom was able to eat either a Big Mac or chicken nuggets, plus fries and Coke and have beer and crisps in the evening. Tom collected stool samples before, during and after his diet and 3 different labs analysed his gut microbes. Tom stated that: "I felt good for 3 days and then I became more lethargic, and by the end I had gone a strange grey colour. I felt really sick and when I finished, I rushed to the shops to get some salad and fruit."

Before Tom started the fast food diet, there were about 3500 bacterial species in his gut. On the diet, Tom rapidly lost 1,300 species of bacteria and he changed his microbiome ratios. Loss of diversity is a universal signal of ill health in the guts of obese and diabetic people. Tom's junk diet wiped out 40% of his good bacteria and replaced it with obese-inducing bacteria and his gut was still not balanced two weeks later, on real food.

So how do we nourish our ruling bacteria? Well, cut the junk, eat organic, eat plants, eat fermented foods, add anti-inflammatory spices and join us in yoga! Yoga massages our guts with twists, we calm our vagus nerve with breathwork, we happy-drug our biomes with laughter yoga and community and we connect to the biome of Mother Earth through our meditations. Happy guts equate to a happy life.

Margot Wagner Yoga Under the Bodhi Tree

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

Relationships



A certain grocery chain has capitalised on its reputation for not being the same as other supermarkets through a marketing campaign called "good different". The silliness of their ads pokes good natured fun at their reputation, with the underlying message that difference holds a legitimate space in the marketplace.

When it comes to relationships, difference can often lead to friction and drive people apart. We may find it easier to accept personality differences when it comes to friendships but when it comes to partners, we often fall into the trap of trying to change them to be more like us. Before you go down that road, it's important to know that personality tends to stay stable over time. Trying to change one another expends wasted time and energy. If you and your partner are struggling with personality differences, here are some tips that could make your journey smoother.

Remember when you were first dating, and you saw your partner's personality in the best light? When you focus on what you appreciate about each other's personality, you put those rose-colored glasses back on. Instead of fixating on negative aspects, try flipping your perspective to see the positive side of your partner's traits. Be intentional about expressing your appreciation for unique aspects of each other's personality. You'll be sure to notice a positive effect on your interactions.

Having different personalities usually means you'll have different needs when it comes to feeling balanced, energised, motivated, fulfilled and recharged. Don't assume that your partner should know what you need. Clearly communicating your needs puts you both in the position to be able to support each other in the best possible way. Learning how to accommodate one another's personality-related needs will make both of you feel loved and understood.

Keep in mind that while you may find some traits of your partner irritating, you also have traits capable of irritating them. It comes with the territory of knowing each other well. Don't take yourselves too seriously. Maintaining a sense of humour can help you keep things in perspective and smooth over unnecessary conflict.

Be flexible and willing to stretch outside your comfort zone every now and then to meet your spouse where they're at. This might mean going to a social event you wouldn't normally go to because it means a lot to your extroverted spouse. Or perhaps you're normally not the most punctual person, but you make it a point to be early for an appointment your spouse is anxious about. Your personality may be set, but that doesn't mean you have to be stuck in your ways. The ability to be flexible will help you manage the challenges of difference.

The unique combination of your personalities makes you a one-of-a-kind couple. Develop a strengths-based mindset. Negotiating difference grows you as a person way more than a cloned partner ever would. Celebrate your unique qualities and remember difference isn't all that bad - it's "good-different"!

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

Physio Talk



DETECTION

IS KEY

It's been just over a year since I visited Sydney to complete my extension training into Lymphoedema care. I was lucky to make it there with the unpredictability of COVID and also an airport closure due to the massive rain bomb that drenched the south-east corner at the time. These kinds of memories always give rise to an opportunity to reflect on how some things have changed and how some things have stayed the same across the year.

A reminder that life can turn on its heels and throw you anything at any time, really. This is something I am constantly reminded of each time I treat my beautiful patients who have been on the cancer journey and have come for help with their Lymphoedema which they have unfortunately suffered as a result.

I think we have all been touched in some way by cancer, whether it be a friend, colleague or family member who has been affected. When my amazing friend Sam was diagnosed with breast cancer at the age of 40, the same age as I was at the time, it really got me thinking. We all assume it will be someone else's story and really don't appreciate what they have been through, or are currently going through. She had no symptoms, and it was randomly picked up when a BreastScreen van visited her workplace. Her diagnosis created a snowball effect of chemo, surgery and ongoing treatment. Thankfully with a good outcome. I was prompted to start getting screened myself, as it felt all a bit too close to home. But it wasn't until recently that I found myself with just a little glimpse into the possibility of a different outcome after being sent for further testing following an ultrasound. Although my relief was huge with clear results, I couldn't help but feel for all those people who have not been so lucky. To have to walk, or crawl, through the cancer journey takes so much vulnerability and courage. Especially when you have

no idea where the journey will take you.

Really all we have is early detection. The earlier it is detected, the better the chance we have in managing the outcome.



with Rebecca Bell

The same goes for the management of Lymphoedema. Around 20 percent of people having surgery involving lymph node removal under the armpit will develop Lymphoedema within two years. However, the risk is lifelong. There is a similar outcome for other types of surgery, chemotherapy and radiotherapy treatments for cancer. Learning what to watch out for is very important in the prevention and early detection of this condition and is a big part of where Physiotherapy fits into the management.

So, I encourage you. If there is a health check, or a symptom you have been putting off seeing someone about. Please take action. Sooner rather than later. Even if it is nothing, there is no harm in checking. But there may be harm in leaving it go for too long.



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



Living OGS

THE BEAGLE DOG

Snoopy from the Peanuts cartoons is a Beagle. They were bred to hunt in packs, so they enjoy company and most even do well with cats. Both the Beagle and Basset hound descend from the Saint Hubert hound or Bloodhound. But Beagles are also crossed with the Talbot and other smaller hounds for scenting out the hare (known as beagling) and foxes. The Hunting Act of 2004 has banned hare and fox hunting in England and Wales because of their rapidly declining populations. It is quite a brutal sport - the hares are chased and ripped apart by packs of dogs.

The modern Beagle breed was developed in Great Britain in the 1930s, it is a medium sized hound dog. They can make wonderful family pets when understood. Possessing a gentle, loving nature the Beagle is quite popular as a pet. Owners of the breed are attracted to their cute smiling faces, big eyes and long floppy ears. The tail is upright and white tipped. Active and attentive they require moderate exercise and walking. As a pack-dog they do like company and may suffer from loneliness and boredom when left to themselves. They instinctively bay, bark and howl which can become a problem. Their water-resistant coats have a moderate to high rate of shedding and it needs regular grooming. The long ears also require regular inspection and cleaning.

Beagles are notoriously difficult to train and command. Training needs to be fun and interesting for the dog to pay attention, especially when they are 'locked-on-to' an interesting scent. Food and positive reinforcements work well. As with all dogs, understanding the individual's character and building a strong connection and bond is the ideal cornerstone of dog

management and training. This breed loves its food, and many Beagles are fat, they love to raid food sources. They are often used for work at airports to scent out illegal agricultural products.

It is unfortunate for these dogs that they are the most commonly used breed for laboratory experimentation. Beagles have been used for this purpose for a long time, hundreds of years. Mainly because of their size, their easy going and gentle nature. They are docile and submissive dogs that tend to give birth easily and they often have good sized litters. Typical longevity of the Beagle is 12-15 years. In 2021 Human Research Australia estimates that more than 7,200 dogs were being used for research and testing in Australia in one year. There is no need for cruel and expensive animal testing and experimentation in the 21st century, we have simulators, computers and we can grow human tissue and organoids.

Pam Brandis, Dip. Canine Prac.

TOP TOWNS IN EACH AUSTRALIAN STATE REVEALED

NSW's Kiama and Queensland's Tamborine Mountain take top spot.

The best Australian towns to live in have been revealed. A total of 752 towns that had between 1,000 and 50,000 residents were analysed, based on data collected from four million Australians in the 2021 Census.

The extensive criteria used to judge the best town in each state and territory included measuring up the area's prosperity, skills, diversity and wellness.

Tamborine Mountain was the top spot in Queensland, with a population of just over 8,000 people, of whom 27 per cent were born overseas.

Twenty one per cent of local residents volunteer in some capacity, while the population has overall grown by 8 per cent between 2016 and 2021.

Specifically, residents needed to have more than \$1,282 in their household weekly income and the town required an unemployment rate less than 5.1 per cent.

The results, collated by *The Australian*'s columnist Bernard Salt, also included towns that had at least 14 per cent of residents born overseas, and more than half living without long-term illnesses.



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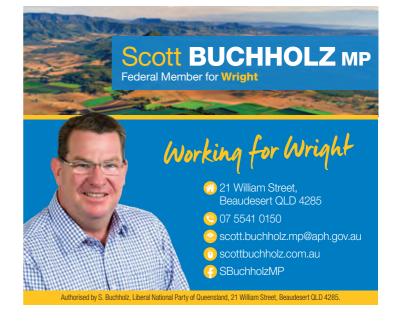
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Councillor's Comment VIRGINIA WEST DIVISION 3

INTERSECTION UPGRADE

I know many residents will welcome the recent announcement by the Minister for Transport and Main Roads of funding to support a safety upgrade to the intersection of Beaudesert Beenleigh Rd and Mundoolun Connection Rd. The \$5.6 million expenditure is for an upgrade to traffic signals, speed reduction and associated signage on intersection approaches, installation of warning signage and an upgrade to school bus connectivity to ensure improved safety at this interchange. Planning is currently underway and construction is to commence by 2024.

GET THE FACTS

This easily accessible page on the Council website - www. scenicrim.qld.gov.au/get-the-facts provides residents with the real story behind issues impacting our region, for example flood restoration works progress and court judgements. It is easy to view various social media platforms, but comments do not always reflect the facts.

LET'S TALK SCENIC RIM COMMUNITY ENGAGEMENT PORTAL

Don't forget to register on this online community consultation portal so you are kept updated on upcoming consultation topics. The next one is the Draft Budget 2023-24, which will be made available from April 5 for viewing and comment. Let's Talk can be accessed via https://letstalk.scenicrim.qld.gov.au

DRAFT BUDGET COMMUNITY CONSULTATION

Let's Talk Scenic Rim is only one of the consultation modes available to residents and, for those who prefer, there will be three community consultation sessions. These will be at Boonah Cultural Centre on Thursday 20 April from 5.30pm to 7pm, The Centre Beaudesert on Wednesday 26 April from 5.30pm to 7pm and Tamborine Mountain State School on Thursday 27 April from 5.30pm to 7pm. Your views are important so that we can work together for a prosperous and

sustainable future for the Scenic Rim.

CONGRATULATIONS TO TOMMERUP'S DAIRY FARM



Kay and Dave Tommerup recently won the Coles Australian Farmer of the Year Award for Innovation, out of 18 nominees and three finalists. This award is so well-deserved for a local farming family, and highlights the agricultural industry within the Scenic Rim.

Don't forget the final Future Ag Queensland agricultural workshop will be hosted at Kerry Memorial Hall on Tuesday 18 April from 10am to 2pm. This covers potential new income streams for farmers and landholders, carbon potential, biodiversity and environmental credits, agritourism and the circular economy. You will need to book by phoning 5540 5111 or emailing mail@scenicrim.qld.gov.au

CONTACT ME

I am always available to talk with residents on ph 5540 5403 or **0407 630 052** or email **virginia.w@scenicrim.qld.gov.au.**

I am at the Canungra Library on the second Saturday of the month from 9am until 11am, the next date being Saturday April 8th.

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HAD A GUT FULL OF YOUR SKIN?

Hello *Scenic News* readers! Welcome to Autumn. This season might be a welcome relief from humidity and the above 35-degree days, but the unfortunate news is that with the temperature drop, your skin needs to adjust and may start acting up – not all is lost. I am here to help.

Luckily for me, I have a Naturopath who has next-level knowledge and experience in the field of gut and skin health. And I often approach her if I second guess myself or I'm not getting results I think I should be.

Where am I going with this, you may ask?! Autumn is notorious for dermatitis flair ups, skin cracking and hair becoming more brittle. The cooler and adjusting weather affects your skin's ability to retain moisture. As a result, it becomes dry, cracked, sore and brittle. I've said before, there is no magic cure, no silver bullet. It takes time and effort. But if you look after yourself and identify the warning signs early, there is less of that time and effort and more results and happy skin.

Now, treating skin is as much an external requirement as it is internal. And that's where Evie Ryan Naturopath comes to the rescue. I saw her post about gut gummies on her Instagram page. Reading about them had me hooked. I asked Evie to explain why they were so beneficial. "I make Gut Gummies as a nutritional snack or dessert to keep in the fridge and for the kids on the go. The Gummies you're asking about contain Maca root which is a superfood loaded with nutrients and nourishing the nervous system. Helpful for stress, energy production and antioxidants for cell repair" Evie said.

Now I know better than to say something is incredible without trying myself first. So here is my feedback — if you're chasing some deliciously rich chocolate gummie like the chemists have — this isn't it. It's not filled with sugar, fillers or taste enhancers. Be prepared. And I adjusted mine to add more cacao and more honey.

Want to try for yourself?

Ingredients:

- 2 tsn cacan
- 1-2 tsp honey and 1 tsp vanilla

BEAUTY & WELLNESS

- 1 cup of nut milk
- 2 tsp of @bushtuckerblends gut blend (code: Evie10)
- 1 tsp of maca root powder
- 1/4 cup of organic gelatin
- 250mls of nut milk

Method:

. Blend gelatin - by stirring it with 250ml

liquid/nut milk I used @ nutraorganics; stir until combined then sit.

- 2. Mix the rest of the ingredients in small pot or mug (blending as you would make a hot cacao) then heat on the stove.
- Mix hot mixture into gelatin jug until gelatin is dissolved - taste and add more honey/cacao as needed.
- 4. Pour into moulds of choice and place in fridge to set and enjoy!

If you'd like to learn about Evie Ryan and this recipe, head to www.evieryannaturopathy.com.au

As always, spread kindness like it's Jam on Toast...

Rebecca

PHOTO: Evie Ryan Naturopath



with Rebecca Mander



















FOOD FOR THOUGHT

with Chef Dylan Gittoes

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SPINACH AND RICOTTA BAKED CANNELLONI

My creamy ricotta and wilted spinach, wrapped in fresh pasta, swimming in a rich tomato sauce and generously topped with golden baked mozzarella and parmesan cheese, ticks all the boxes for a quick weeknight whip up.

This classic dish is not just for vegetarians, and is an easy way to get the kids to eat some veg. This recipe also uses fresh lasagna sheets that you roll up to speed up the process, which means this can be assembled in less than 20 minutes. Serve it with a tomato and avocado salad and some garlic bread to get the whole family excited.

Did you know? Cannelloni in Italian translates to 'large reeds'. The origin of Cannelloni is relatively new and the version we know today dates back to around 1907, when Nicola Federico, a well-known chef from Naples, while working at the *La Favoria*, a posh restaurant in Sorrento, Italy, started to play around with a new way to present a stuffed entrée. Instead of using a traditional thin pancake or crepe, his idea was to use thin lasagna sheets, and thus invented this iconic dish.

Chef Dylan's tips. 1. If you can't find fresh pasta sheets you can par-cook dried pasta sheets; just make sure you cool them down and completely dry them which will make them easier to roll. 2. When rolling the pasta, leave a 2cm gap at the end so the filling doesn't fall out when you pick them up. 3. Don't over fill them and make the log too big. 4. You want the spinach just wilted not completely mushy when wilting in the microwave.

Memory Lane, Florence Italy 2023

I reach down to press the upside-down triangle button to summon the tiny three person elevator. I'm here with my wife and father-in-law, staying in an Airbnb penthouse apartment in the centre of Florence with breathtaking views across the rooftops towards the Duomo. As I wait, I admire the elegant art deco interior design, with its Italian marble floors, artistic angular use of golden triangles and plush, handcrafted seats. I hear the door close, and my companions arrive just as the bell rings, signalling the arrival of the lift. As we descend, I turn to Dad: "I'm super impressed that you managed to walk 15 kilometres today! My legs are tired and I'm not 79 years old" I say, with a bit of tongue in cheek. "Maybe that has more to do with the amount of Chianti and cannelloni pasta you ate for lunch!" he guips whilst poking my

belly playfully, causing me to belly laugh. The doors open and we file out into the grand foyer, head down a few stairs and exit through a set of giant glass doors.

The cold Florentine winter air sends a shiver down my spine, and I pull up my hood. "The good news is we won't be walking far tonight – the restaurant is only 200 metres down the road" I say. "And the reviews on Google

are outstanding". As we arrive we see a young smartly dressed couple having the last few puffs of their cigarettes. "Buona sera" says the ruggedly handsome young man, and gestures politely for us to enter before them into the well-lit restaurant. We climb a small set of marble stairs and are greeted by the maître d'. "Buona sera. Avete una prenotazione?" he says. By the confused look on my face, he quickly shifts to perfect English: "Good evening sir, do you have a reservation? "I'm afraid not" I reply. He furrows his brow and looks down and runs his finger down his large old-school reservation book. Raising his head, he says "I can squeeze you in, but you may have to leave in two hours okay?" "Grazie signore, two hours is plenty of time for us" jumps in Dad. "Va bene, follow me please" as we follow, we pass the pizza station where the chef is expertly shaping a pizza. Noticing me looking, he flings the pizza dough into the air for a bit of theatre. "This is why I love Italy." says Dad, "It's hard to compare their hospitality and cuisine. We've so many happy memories of our family holidays to Italy, I'm so happy to be here with you two" Dad continues. "Now, where is the wine list?".

Serves 6/8 Prep 20 mins Cook 30 mins. Ingredients

Sauce

- 2 x 400g tinned chopped tomato
- 2 tbs tomato paste
- 1/2 medium onion, diced
- 2 garlic cloves, minced
- 3 tbs Gaucho
 - * Chef Dylan's Gourmet Food Co. Gaucho seasoning

Filling

- · 8 fresh lasagna sheets cut in half
- 500g ricotta cheese
- 1 tsp cracked pepper



- 1 tbp salt
- 1/2 cup shaved parmesan
- 10 basil leaves roughly torn up
- 240g baby spinach leaves

Topping

250 g grated pizza cheese mix

Method

- Place spinach in a large microwave-proof bowl and wilt in microwave for 1 or 2 mins, depending on the strength of your microwave. Transfer the spinach to a plate and chill in the fridge while you make the sauce.
- Heat a medium sized fry pan and fry the onion on medium high heat stirring for 2 mins
- 3. Add garlic and Gaucho and cook for 1 min
- 4. Add tomato paste and cook stirring for 1 min.
- 5. Add chopped tomato bring to a simmer and turn down low.
- 6. Remove the spinach from the fridge and place into a large mixing bowl with the ricotta, basil, salt, pepper and parmesan and gently mix to combine.
- 7. Lightly grease a 20cm x 28cm x 4cm-high ovenproof dish.
- 8. Pour in roughly half the tomato sauce and spread evenly to cover the base.
- Place 1/4 cup of ricotta mix along the base of a lasagna sheet then roll up and line it up in the baking dish. Repeat until all the ricotta mix is used.
- 10. Spoon on the remaining tomato sauce on the top to coat.
- Cover with the pizza cheese and bake for about 30 mins or until golden and bubbling.

For more Quick & Easy gourmet recipes visit www.gourmetfoodco.com.au/recipes



SCENIC RIM LIBRARIES



Tamborine Mountain Historial Society is a group of volunteers that are committed to preserving the history of Tamborine Mountain & surrounds.

Check out the touchscreen in the library offering a wealth of very interesting knowledge. It includes photographs, natural history, Tamborine Mountain writers & local nature information. The touchscreen is easy to navigate and located in our local history section.

Visit us & check it out.

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OUR STAFF BOOK CHOICE: A TERRIBLE KINDNESS by Jo Browning Wroe



When we go through something impossible, someone, or something, will help us, if we let them . . .

It is October 1966 and William Lavery is having the night of his life at his first black-tie do. But, as the evening unfolds, news hits of a landslide at a coal mine. It has buried a school: Aberfan.

William decides he must act, so he stands and volunteers to attend. It will be his first job as an embalmer, and it will be one he never forgets.

His work that night will force him to think about the little boy he was, and the losses he has worked so hard to forget. But compassion can have surprising consequences, because - as William discovers - giving so much to others can sometimes help us heal ourselves.

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TRIVIA

Art & Artists

- 1. Which Dutch painter is famous for his use of light and shadow in his portraits and landscapes?
- Which French impressionist painter is known for his series of water lilies?
- 3. Who sculpted the famous statue of David?
- 4. Which Spanish artist is known for his surrealist paintings, including The Persistence of Memory?
- 5. Who painted the Sistine Chapel ceiling in the Vatican?
- Which Dutch painter is famous for his still life paintings of flowers?
- 7. Which American artist is known for his pop art paintings, including Campbell's Soup Cans?
- Which Dutch painter is known for his landscape paintings featuring windmills and canals?
- 9. Which Spanish artist is known for his cubist paintings, including Les Demoiselles d'Avignon?
- 10. Who painted the famous portrait of Henry VIII?
- 11. Which Italian artist is known for his frescoes in the Vatican, including The School of Athens?
- 12. Which French artist is known for his paintings of ballerinas and dancers?

Answers p37

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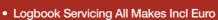
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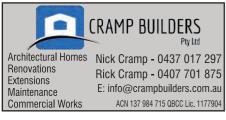
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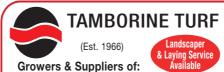
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- 3. Michelangelo
- Salvador Dali
- Michelangelo
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- 10. Hans Holbein the Younger
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COMMUNITY ENCOURAGED TO HAVE ITS TWO CENTS' WORTH ON SRRC COUNCIL'S BUDGET

Scenic Rim community members are being invited to have their say in Council's financial planning for the coming year by providing feedback on the Draft 2023-2024 Annual Budget.

The draft Budget documents will be made available from Wednesday 5 April for viewing and comment on Council's online community engagement platform, Let's Talk Scenic Rim. Residents and business operators will also be able to share their views at community consultation sessions to be held in April at Boonah, Beaudesert and Tamborine Mountain.

Scenic Rim Mayor Greg Christensen encouraged community members to get behind the Budget planning process that will see all submissions received being tabled at its Ordinary Meeting on Tuesday 9 May before the Budget is presented for adoption in June.

"During the development of our Scenic Rim Community Plan 2011-2026, one of the key priorities identified by residents was the efficient and equitable delivery of affordable services that provide best value for money," he said.

"This current community consultation is a golden opportunity for residents to contribute to the Budget process.'

The Draft 2023-2024 Annual Budget documents will include statements of cash flow, income and expenditure and

Council's financial position, as well as the proposed capital works budget for the coming financial year and the 2023-2024 register of fees and charges.

Community consultation will commence on 5 April 2023 and will close on 3 May 2023.

Community members can provide their feedback online by registering on the letstalk.scenicrim.qld.gov.au/ platform or by attending one of the three community consultation sessions.

These will be held on the following dates at these locations:

- Thursday 20 April at Boonah Cultural Centre from 5.30pm to 7pm
- Wednesday 26 April at The Centre Beaudesert from 5.30pm to 7pm, and
- Thursday 27 April at Tamborine Mountain State School from 5.30pm to 7pm.

Once all feedback has been considered, the final 2023-2024 Annual Budget will be prepared and will be tabled for adoption at a Special Meeting of Council scheduled for 14 June.

"Council values all feedback and is committed to continuing to work with the community to deliver a sustainable future for our region," Mayor Christensen said.

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Welcome to the team

Please join us in welcoming our newest team member, Ghalib!

We're thrilled to have him on-board. He's passionate about helping people find their perfect homes and has a keen eye for spotting great deals in the market. Another of Ghalib's passions is Bollywood Dancing, and we are encouraging him to hold classes for locals, a little bit of fun is a perfect way to end the day.

Ghalib loves living in Tamborine with his family. For all your local property needs in the area, get in touch with Ghalib.

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