



# Scenic News

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

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Saturday, May 13 saw a flurry of excitement at the local Mobil service station on Tamborine Mountain when locals happily queued well back into Beacon Road in order to take advantage of Northern Brewing's 'Adventure Fuel' promotion to fill up with a view to enjoying and exploring the great outdoors. Photo: Gary Stubbs

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Property of the week

**SALE** 🛏️ 3 🚿 1 🚗 - 🏠 932m<sup>2</sup>

**What a gem!** **\$799,000 +**

**35 Ben Nevis Street, Tamborine Mountain**

- Set amongst greenery and mature trees
- Recently painted with a new kitchen, this cottage has charm
- Covered patio area, open BBQ deck
- This is a sweet cottage and ideal for that first home
- Enjoy the Mountain lifestyle in peace and quiet

**AGENTS:**

Linda Hogan  
0414 300 558



Property of the week

**SALE** 🛏️ 4 🚿 2 🚗 2 🏠 1,715m<sup>2</sup>

**Do you love to entertain?** **\$1,350,000**

**33 Corypha Court, Tamborine Mountain**

- Modern home just perfect for family gatherings, the inside/outside flow is seamless, with central kitchen you can chat whilst you cook and multiple living areas for the whole family to enjoy
- Outside firepit area with festive lights for summer
- Secure with entrance gate, pretty mature gardens

**AGENTS:**

Linda Hogan  
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10 - 10.30	33 Justin Avenue
10 - 10.30	33 Corypha Court
11 - 11.30	12 / 27-29 Capo Lane
11.15 - 11.45	8-10 Martin Pl, Tamborine
12.15 - 12.45	269 Palomino Rd, Tamborine
1 - 1.30	60 Benowa Street
1.15 - 1.45	22 Cherry Tree Ct, Boyland
2 - 2.30	94 Pacific Parade
2.30 - 3	35 Ben Nevis Street
3.30 - 4	84 Kinabalu Drive



**Seller - Wongawallan Drive**

We had a tough sale but Ton was nothing but professional throughout the entire process. Can't appreciate enough his effort and hard work. I would use Ton's services whenever possible in the future.

Great agent and guy.



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**SALE** 🛏️ 2 🚿 2 🚗 1 🏠 148m<sup>2</sup>

**12/27-29 Capo Lane, Tamborine Mountain**

- Retirement at its best! make use of the fab facilities available to the residents. Gym, library, sauna, spa, pizza oven & more
- This 2-bed open plan home with garage is all you need to enjoy life here

**\$649,000 New price**

**AGENTS:**

Ton Wolf Heleen  
0424 591 012 0424 591 011



**SALE** 🛏️ 5 🚿 2 🚗 2 🏠 2,223m<sup>2</sup>

**Coming soon..., Tamborine Mountain**

- Stroll to Gallery Walk to enjoy cafes, wineries boutique shops and restaurants
- Timber floors, cathedral ceilings, bedrooms upstairs air-conditioned
- Front & rear deck running the length of home

**\$949,000 guide**

**AGENTS:**

Linda Hogan  
0414 300 558



**SALE** 🛏️ 2 🚿 3 🚗 2 🏠 1,600m<sup>2</sup>

**33 Justin Ave, Tamborine Mountain**

- Snap up this view to call your own
- This home is large, dual living in separate chalet with own entrance
- Plus light filled art studio/hobby room
- Security system, solar

**\$1,195,000 New price**

**AGENTS:**

Diane Pihl  
0424 653 316



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10 - 12 Main Street, North Tamborine 4272



# TAMBORINE MOUNTAIN COLLEGE OPEN DAY

On Saturday, the 13th of May, staff and my fellow students at Tamborine Mountain College hosted our annual Open Day. The day's beautiful weather was the perfect backdrop for the highly anticipated official opening of the Koala and Echidna Learning Centres. Local families came to experience guided tours of the school grounds, showcases of student work such as public speaking and debating, sports and games, artwork, dancing, and the many other fun activities on offer on the day.

Throughout the day visitors had the chance to spot our two lion mascots - Vic and Val. These lions are a huge part of our school spirit, and as one of the students inside the costume on the day, I can tell you they are a super fun way to interact with everyone. Vic and Val were present for the main event of the day, the ribbon cutting ceremony. The ceremony featured an instrumental performance by TMC's Highland Strings band, a warm welcome speech from Mrs Stevens, and an address by the College's Board Chair, Mr Lance Cordingley. After the conclusion of the ceremony, the newly constructed classrooms were open for viewing and many were seen wandering around admiring the new spaces.

One of the best parts of the College's Open Day was the rides and experiences on offer. The tall climbing wall was the most popular with many children braving it to the top and ringing the bell. My personal favourite was the petting zoo, featuring some adorable baby animals. The piglet was the clear favourite. The second-best part was the food on offer; food trucks, fresh coffee and the amazing P & F bake sale with all goods kindly supplied and baked by College parents.

The event ended with a bang - or at least a "blast off" as the 3D printed rockets made by the STEM club students were launched.

Our Open Day had a great turnout and we are looking forward to welcoming all of our new students and parents in the coming year. As a school that greatly values our students, we understand that a school is made by its students and the way they feel at school. Our Open Day helped us convey the importance we place on empowering our students to achieve now and into the future.

**Rose Eggleton**  
Year 11 student



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## TMC WELCOMES NEW PRINCIPAL

At the beginning of this year, Tamborine Mountain College saw a familiar face step into the integral role of College Principal. Mrs Fiona Stevens, who previously had the positions of the Secondary History and English teacher (2002 - 2018), Assistant to the Principal (2006 - 2018), and more recently our College's Head of Secondary (2019 - 2022) has spent over 20 years dedicated to the growth and development of our school, along with the students, staff and parents within its community.

When she started teaching, Mrs Stevens' goal was not to achieve the role of Principal, rather to become the best professional version of herself, and to excel as a teacher and leader. Now as Principal, Mrs Stevens has shifted focus to building the capacity of the College staff to empower every student. This step in Mrs Stevens' professional career then comes with great excitement and we are thrilled to watch as our school progresses with her in this role.



Despite stepping into this position only a few months ago, Mrs Stevens has had the privilege to work with the College's former Principal over the past few years and so was able to form a clear understanding of what the role entails. She shared that this has already been an incredible experience and that getting to work with College families, students and staff in a different capacity has been extremely rewarding.

Mrs Stevens believes that as Principal it is important to be engaged with the school community at all levels. She says, "I see the role as one of servitude to others and the school as a whole. To continuously look for ways to strengthen and improve the educational experience for our children is imperative." For our College, Mrs Stevens hopes to grow a culture and community filled with kindness, integrity, equity and success, hence the introduction of TMC's school values. This is just one small example of the ways Mrs Stevens has shaped, formed and changed our school in such a short period of time, leading us to believe that she is capable of achieving great things for our school.

We have no doubt Mrs Stevens will continue to carry on the legacy our former Principals and founding members established for TMC, starting with reforming and "growing the connection we have with our school community as we come out of the COVID-19 pandemic". Additionally, she has engaged with students, staff and parents in the development of the College's master planning vision for the future.

From what we have then seen over the years, Mrs Stevens has been an excellent leader in her position of Head of Secondary, and so with becoming Principal this year, we are all looking forward to seeing what else she brings to the TMC Community. As students, we hope to have the opportunity to work alongside Mrs Stevens while she is in this position, in order to help maintain a safe, welcoming and productive school environment that benefits everyone, whether that be the students, staff, parents or community around us. We can't wait to see the progression in the school's next phase, and wish Mrs Stevens all the best for the journey ahead.

**Lily Parker and Will Partridge**  
Year 11 Students, Tamborine Mountain College



**Ian MacAllan**

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## LABOR BUDGET WILL PUT ADDED PRESSURE ON FAMILIES AND TRANSPORT OPERATORS IN THE SCENIC RIM



**Federal Member for Wright, Scott Buchholz says the 2023 Labor Budget will put added cost of living pressures on all residents of Scenic Rim.**

“Going into the Budget, the cost-of-living pressures for Scenic Rim families and businesses was front and centre.” Mr Buchholz said.

“This budget is a typical big-spending, big-taxing Labor Budget. After less than a year of Labor in office, government spending will increase by \$185 billion.

“I have three main takeaway points from the Budget, firstly, cost of living pressures will continue to rise under this government.

“Secondly, electricity bills will continue to skyrocket under this government.

“And we challenge anyone to present to our office an electricity bill, that for the same usage, reduces under a Labor Government.” he added.

“Thirdly, today’s unemployment rate is 3.5%, as seen on page 6 of budget paper number 1; Labors’ own forecast for years 2023 -24 is for the unemployment rate to be 4.25%.

“This is bizarre given the labour shortages in our region, it just goes to show that you will not only pay more under Labor, but you’re also more likely to lose your job.

“And for our businesses in the region, don’t think you’ve escaped Labors tax hikes, because they’ve increased the ‘Heavy Vehicle Charges’ for transport operators 18%, 6% this year, 6% next year, 6% the year after.

“All of those transport costs will be passed on to businesses, plus there’s the increase on truck registrations, that will go on top of that.

“The more the Government spends, the greater pressure on inflation, and the greater possibility the Reserve Bank will raise interest rates.

“While the budget appears to help a few in our electorate, it misses my silent majority,” Mr Buchholz said.

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## TAMPORINE MOUNTAIN MEDICAL PRACTICE

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# BOTANIC GARDENS CELEBRATES 40 YEARS WITH GIANT PLANT SALE AND SPECIAL EVENTS - SUNDAY, 28 MAY

Tamborine Mountain Regional Botanic Gardens is celebrating 40 years of history with a special event on Sunday, 28 May.

The main activity is a fantastic plant sale prepared by the Gardens' legendary Potty Potters. Head Potter Bobby White says the team has assembled a wide variety including beautiful begonias, a great collection of succulents that are certain to please avid gardeners and a special selection of orchids already mounted on logs.



Events in the gardens will include fun for children in Sooty Owl's Creekside Trail, musical entertainment including the magnificent Bella A'capella choir who will sing for about an hour from 10am as well as some of the Mountain's best jazz musicians and, of course, a succulent sausage sizzle.

Events will range across the Gardens with the Plant Sale at the newly paved service area at the southern end of the Gardens. Simply follow the signs across the stone bridge from the car park and along the main road. Cash and card services are available.

A highlight of the day will be the special art raffle of a beautiful still life painting by Barbara Briers and donated by her widower Alfred Briers specifically to help raise funds for the volunteers' ongoing work. Tickets for the raffle are \$2 on sale at the Potters pavilion in the service area every Wednesday and Thursday morning during May and on Sunday 28 May before the raffle draw at 2pm.

Everyone is welcome to celebrate with the Gardens volunteers. Bring a picnic, enjoy the wonderful environment and be involved in the activities.

## BOTANIC GARDENS ART RAFFLE OFFERS SUPERB STILL LIFE OIL PAINTING

The team at Tamborine Mountain Regional Botanic Gardens is proud to announce a superb art raffle as part of major celebration for the Gardens' 40th anniversary celebrations on Sunday, May 28.

Tickets are \$2 each or three for \$5 and will be available at the Gardens' propagation pavilion on Wednesday and Thursday mornings, from about 8.30am to 11.30am until May 25. Cash or card payment are available. The painting will be on display during these times.

The winning ticket will be drawn during celebrations in the Gardens at 2pm on Sunday, May 28.

The celebrations throughout the Gardens will also include a major plant sale, music, activities for children and a sausage sizzle.

The art raffle is a magnificent still life of flowers painted by artist Barbara Briers. While Barbara did not live on the Mountain, she loved our Botanic Gardens and drew great inspirations from them. Sadly, Barbara died a year ago. Her husband, Alfred Briers, has generously offered the work to the Gardens team to raise funds for our ongoing development.

The painting is oil on board, approximately 450mm by 600mm and elegantly framed.

To purchase tickets and to support the work of the Gardens volunteers, simply follow the "Plant Sale" signs along the main road through the Gardens to the propagation pavilion in our newly surfaced service area at the southern end of the Gardens.





# AUTHOR'S JOURNEY OF DISCOVERY SHEDS NEW LIGHT ON QUEENSLAND'S HISTORY

A family history project that became a journey of discovery has led to the release of a new book, *Wangalpong to Mount Tamborine*, offering fresh insights into the settlement of southeast Queensland.

Author Karen Rosser (below, right), a fourth-generation member of one of Tamborine Mountain's pioneering families, has brought history to life through the story of The Mountain - known by its traditional custodians the Wangerriburra as Wangalpong - from its violent birth from the Tweed Volcano millions of years ago to the birth of Queensland in 1859.



The book, in which The Mountain is personified as a central character that loomed large in the lives of the Wangerriburra people, will be launched by Under the Greenwood Tree bookshop on **Sunday 4 June at the Zamia Theatre, Tamborine Mountain.**

There, Karen will share the story of her research that sheds new light on Queensland's early history and some of its key figures, including explorer and Commandant, Captain Patrick Logan.

"I hope this text will rectify some commonly held fallacies that have been perpetuated about the settlement of the Moreton Bay District and its founding figures," she said.

"I am sure readers will enjoy discovering not only their extraordinary achievements and hardships but also the humanity behind their public persona."

"By developing a feel for each character and an insight into their personality, I gained an appreciation of the reasons behind decisions that shaped the development of the region during the 1800s."

*Wangalpong to Mount Tamborine* covers a wide territory, encompassing Moreton Bay, the Scenic Rim and the Gold Coast.

Carefully researched and referenced, it takes readers on a magic carpet ride above the Logan and Albert valleys, across Tamborine Mountain, to the Coomera and Nerang River valleys.

Where new information has challenged established history, Karen has presented the primary sources of reference supporting her conclusions. Her approach and her unique writing style have been applauded by Nola Fulwood, a former archivist from the Queensland State Archives.

"This comprehensive history of the settlement of Moreton Bay comes straight from the heart," Nola said.

"Karen's passion for her subject is clear on every page.

"She relentlessly sought the original documentary evidence to support her writing to do justice to The Mountain and its peoples, taking us on a fascinating journey of discovery that invites us to think about our history in a new and interesting way."

Karen said her initial intention had been to document her family's longstanding connection to Tamborine Mountain, beginning with the arrival of her great grandmother, Grace Rosser, in 1896.


"I just could not start our family's history until I had quelled my curiosity as to what really happened leading up to the settlement below and on The Mountain," Karen said.

"That was in January 2016 and I have been collecting, collating and analysing historical information ever since.

"My research uncovered a treasure trove of new information that not only adds to the established history of the south end of Tamborine Mountain, which holds a special place in my heart as my early home, but also challenges some existing historical knowledge of the wider region.


"I was so excited by this new information and the stories it generated that I realised it could be shared more broadly and, as my research began to evolve beyond the boundary of my family's property, my frame of reference kept expanding, springboarding me into other fields."

BOOKLAUNCH



## UNDER THE GREENWOOD TREE

**"Wangalpong to Mount Tamborine"**  
A special afternoon with author Karen Rosser



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**The book launch, including the author's talk and light refreshments, will be held at the Zamia Theatre, Main Street, Tamborine Mountain, on Sunday 4 June at 2.30pm.**

For further information, or to arrange an interview with the author, phone Under the Greenwood Tree on 0424 586 066 or Karen Rosser 0419 792 682.

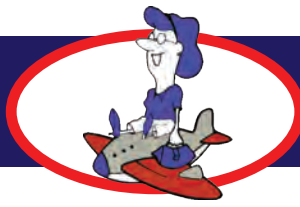
### About the Author – Karen Rosser

Karen Rosser is a fourth-generation Tamborine Mountain local who grew up on a dairy farm on the South End. Her grandfather, Stan Rosser, was just five years old when his family came to The Mountain in 1896, and her father Allan Rosser, aged 97, still lives there today. An avid historian and bush lover who has travelled extensively, Karen is a retired science and maths teacher who now lives in North Queensland with her husband Darby Monro.

For the first decade of her life, Karen viewed the world through Wangalpong's eyes. The Logan & Albert valleys and the hinterland rivers that wend their way to the Pacific Ocean lay on the other side of the Looking Glass. The wonder of this landscape and innocence of her childhood created an indelible impression, and Wangalpong, central to it all, captured Karen's heart. In all the years that Karen has lived elsewhere, her affinity with this distinctive plateau has never wavered. And so, as for many of Karen's generation who grew up there, The Mountain will always be Home.

*Below: - From left: Young Karen on horseback with Sharon Carew (nee Law), cousins Lee-Anne Schulte and Lesley Johnston (both nee Johnstone), and Robyn Law standing. Photo taken on Mount Tamborine in the mid-1960s. Photo courtesy: Robyn Law*





## TRAVELLING PLACES *with Gina*

I arrived on Tamborine Mountain in January 1991 and after a couple of whirlwind years, I opened Travelling Places. If anyone had told me 30 years ago that I would still be living on the Mountain, let alone running a retail travel agency, I would have told them they were mad. Moving from central London to Tamborine was certainly a lifestyle change! I have now lived here longer than anywhere in the world, and I love it.

Born in England, my early childhood was in Nigeria, West Africa ... I guess a bit of Africa has always stayed in my heart. When clients come in talking about a safari, the Victoria Falls, gorilla watching or visiting the Cape, I always warn them that Africa is addictive. Once you have visited there is an overwhelming desire to return time and time again to explore other regions of this vast continent. As a young child we moved to Brisbane for a few years before heading to New Zealand as a teenager. With a brief stint in Connecticut, I moved to London in my early twenties and had every intention of living my life in the heart of Europe. In those days I worked as a product development manager for British Airways, travelling the globe, researching and contracting hotels and touring companies, writing and producing holiday brochures and all of this in the time pre the internet!

Leaving corporate life behind, I wondered what to do... I opened a small office in Old Eagle Heights near the bakery, with a desk and a phone. My first client booked an around the world trip and I thought: 'this business will work'. After twelve months I moved my business to 24 Main Street – a busier area for locals to shop, in the days when there was a butcher in Main Street and our supermarket was where Wolf restaurant now is. How times have changed. The desktop computer came later. Email was something people were starting to talk about, but it was not in regular use until the mid-90's. E-commerce really didn't start until the early 2000's. It's hard to imagine now that everything was researched and booked manually.

The travel industry has changed enormously over the years and when we transitioned to e-commerce, we all thought that was to be the biggest change we would see. And then came COVID – it completely shut down the industry for over two years, in fact it was worse than that: those of us that hung on spent our days processing refunds and talking to clients and suppliers to find resolutions for everyone who had booked.

When the borders came down, the flood gates opened. We have been tremendously busy for the best part of a



year. There is enormous demand for travel – a lot of people feel they missed out on two years of exploring the world and are now trying to recoup that lost time. Travel is now busier than before COVID struck.

Travel is a great industry – we spend our days designing your holidays, your treats for all the hard work. We have wonderful clients that now spread the width of Australia and even some that live abroad. I thank the community for your support over the years. In thirty years, I have employed well over 20 locals and today there are four of us in the office, beavering away and having fun doing so. Thank you for keeping us all in jobs! Do come to celebrate with us Wednesday 31st May from 5pm to 6.30pm – we hope to welcome past, present and future clients. We would be delighted to see you!



# DISTINGUISHED RIDE BOTH CELEBRATION AND A FUNDRAISER FOR A WORTHY CAUSE

A wonderful day was had yesterday for the Distinguished Gentleman's Ride; we had a cool start but the Mountain turned on glorious weather. The Tamborine Mountain ride had 40 participants and 35 bikes; we raised \$8,388 this year which brings the accumulated total for the ride to over \$20,000 for the 3 years we've been running it on the mountain. We relished in the knowledge that we were just one local ride of the 890 rides globally, and that there were over 100,000 like-minded others who were all dressing dapper and riding around the world at the same time, raising funds and awareness for Movember, the world's largest men's health charity in supporting men's mental health programs and prostate cancer research.

We'd like to thank our local businesses that helped support the day: Gold Coast Motor Museum, Cinnamon Bun Cafe and Bearded Dragon Hotel. We also thank Ash, the original Rebel from Rebel FM for his live coverage throughout the ride and Sunstate Motorcycles who supplied Ash with a Triumph motorcycle on which to participate in the event, raising awareness and fundraising for the cause. We loved the response we had from locals and visitors all over the mountain who waved, cheered and supported us throughout the day and who were patient with our convoy of bikes. We are pleased to be playing our part in raising both awareness and funds for this important cause.

The Distinguished Gentleman's Ride has raised over \$44million since its inception in 2012 with the 2023 total so far sitting at \$6.79million US dollars. The DGR alongside Movember have played a significant role in funding not only prostate cancer research but also mental health programs that have supported men in motorcycling and also our veterans and the first responders who have given their all over the past few years. Certainly, riding together yesterday amongst wonderful camaraderie was a celebration of that.

## Tracey Harrison-Hill

*Photos, top to bottom, left to right:*

*Glenn Harrison and Rob Brown with our DGR mannequin at the Gold Coast Motor Museum*

*Left: The winners of our "Most Distinguished couple" award*

*Right: the winner of our "Most Distinguished Gentleman" award*

*Left: Vader looking highly distinguished in the sidecar*

*Right: Sharrie Hughes getting into the spirit of things*

*Below right: Liz and Rob Brown. Liz volunteered as our support vehicle driver*

*Bottom left and bottom right: Ben Meighan and Vader. Vader won the "Gentleman's best friend" award. Vader and Ben were a huge hit throughout the day. Ben is a veteran and Vader is his Assistance dog.*

*Bottom centre: the official welcome and ride briefing at the start of the day.*

*Left hand page: pitstop at the Mountain's Cinnamon Bun Café, and some of the enthusiastic participants on the ride*



# LABOR CAN'T BE SERIOUS ABOUT THEIR 'GROWING REGIONS' PROGRAM: BUCHHOLZ

Federal MP for Wright, Scott Buchholz today slammed the Federal Labor Government's new 'Growing Regions Program' as a joke, which will fund projects on the beaches of Surfers Paradise, but not in the rural regions of Wright.

Mr Buchholz said Labor can't be serious about 'Growing Regions' if some regions in Queensland can't even apply for funding.

"Under Labor's flagship regional funding program, a project in Surfers Paradise or Hope Island is ruled eligible for regional funding, however projects in regional towns like Beaudesert, Boonah or Laidley get the red pen ruled through them before they can even apply.

"I was shocked when I looked at the map, which has the regions of the Scenic Rim and Lockyer Valley almost entirely shaded in red, but cities like the Gold Coast, and the Sunshine Coast have the green light to apply. It is just a joke, and an insulting one at that.

"In a further insult to even more Regional Queenslanders, the Somerset region, covered by Labor's only regional MP in Queensland, Shayne Neumann, finds his entire electorate ineligible," he added.

"The Minister says the program is part of the Federal Government's 'commitment to investing in Australia's regions to create jobs, build opportunity and unlock economic growth and productivity', so then why are regional communities in Queensland ruled ineligible, but major cities like the Gold Coast and Sunshine Coast given the all-clear?

"Given agriculture is the single largest contributor to GDP in my regional communities, serious questions need to be asked of the Minister and the Government about why they have excluded the Scenic Rim, Lockyer Valley and Somerset regions," Mr Buchholz said.

"It was as if Labor's Regional Development Minister didn't even know where Queensland is, let alone the regions of the Scenic Rim and Lockyer Valley.

"I invite the Minister for Regional Development to visit my electorate of Wright and the neighbouring region in Blair, to understand how ridiculous these program guidelines are, which rules Broadbeach on the Gold Coast as eligible, but not Boonah, Beaudesert, or Laidley.

"I would be happy to take the Minister around to a number of worthwhile potential projects for which applications will not be accepted by this Labor Government.

"Perhaps the Minister could fly into the Gold Coast, Australia's sixth largest and a thriving metropolitan city, and see where projects are eligible, then work her way inland to the Scenic Rim and Lockyer Valley regions, where projects are not eligible, and she may just be able to understand how ludicrous this program, and its guidelines are.

"I will be raising this issue when I return to Parliament next week, because our regional communities deserve better than to be left behind by Labor." Mr Buchholz said.



## RURAL MEDICAL CONCERNS

**I am writing in support of the recent rural health concern that has been escalated to the Federal Health Minister. I am a local of 15 years on Tamborine Mountain, moving here when I was only 8 years old.**

I recently completed a Master of Medical Research in which I designed and implemented a program to provide personalised exercise and wellbeing care to women with postpartum depression via telehealth. We estimate that at least 25-50% of mothers will experience postpartum depression in their child-bearing lifetime, with the likelihood increasing with every child born. The risk factors for postpartum depression include living rurally, with reduced ability to access healthcare, financial difficulty, and family violence among others.

Unfortunately, due to the change to rural classification of MM1 (Major Cities) I was unable to secure rural research funding to bring the program to the Mountain. My project was therefore focussed on the Gold Coast, which was not the original intention at all. The change to MM1 has affected so much more than just my own research project and our access to GPs. The Mountain will now likely to fail to attract rural-focussed funding, will face more difficulty competing for allied health practitioners, nurses, stationed paramedics, and pharmacists, and may even struggle to secure teachers for our schools.

I'm in a position where I've had the opportunity to escalate this issue to my University colleagues, with hopes to present this issue to some major funding bodies. We will see what comes of it. On behalf of the Tamborine Mountain community, we strongly support TMMP and are grateful for their hard work to keep the Mountain going.

**Kind regards,  
Jemma Turner**

## EDITOR'S NOTE:

**The recent by-election seems to have triggered an outpouring of thinly-veiled hostility from some of the parties seeking to express their beliefs in this column.**

**To try and observe at least some fairness of response, these are the final letters on this topic. I take responsibility for opening up this can of worms, yet still, I am disappointed that we haven't found a more civilised tone and choice of words to pursue the discussion. Let's try for better next time... Personal attacks and allegations of this sort are unbecoming, and will please cease.**

## FUNDAMENTAL DIFFERENCES

**I was disappointed with the tone of letters from Nicole Thompson, and particularly her supporters, suggesting unfair tactics during the By-Election. To me, very questionable was Nicole joining up with the two off-Mountain candidates to deny preferences to Amanda Hay. Didn't work, since Amanda won 57% of the primary vote.**

As one of those criticised letter writers leading up to and after the election, I make my position very clear. I do my own research and draw my own conclusions. I supported Amanda Hay since she was the candidate with the necessary knowledge, experience and runs on the board. Being a Councillor is not simply a matter of thinking good thoughts. It requires deep understanding of the legislation confirming how Council as a whole and the Councillors as individuals should operate. Amanda has been deeply involved as a private citizen for years fighting battles, particularly in defence of the Planning Scheme. This has been at a level not apparent in the other candidates. I applaud Nicole's social work for the benefit



# Letters to the Editor

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

of the needy but that is a different field. I did not write one word of criticism of other candidates. I simply believed Amanda was the one we needed.

There is one area in which I differ fundamentally from Nicole and which I have avoided mentioning until she made much of it in her recent letter. I believe there is no place for political parties in a Local Government such as ours. Political parties legislate broad strategies at the State and Federal level. Local Government has to operate within that framework. However, it has to retain the flexibility to cope with the widely divergent priorities within communities. One size does NOT fit all. Our Mountain township is constrained by escarpments and has high population density plus tourism impacts. It needs a different approach to Beaudesert with its broad hectares and industrial aspirations. Planning Schemes developed with community input define what is permitted. Also, under the *Local Government Act*, Councillors are responsible to the community. Splitting this responsibility with allegiance to a political party appears highly questionable.

And then there is the probability of providing funds and election assistance to compete with independents. No, thank you.

Phil Giffard

## CONFUSION AMIDST CLAIMS

**I wish to take umbrage at the letter written to the Editor by Nicole Thompson (the Greens), regarding the Local Council election.**

In it she stated that Amanda, Julie and another supporter were on her Facebook page writing negative comments and threatening legal action. The facts are that

1. Her page is a Greens page... a page of a political party.  
I would never have even thought of going on the Greens page, but Nicole Thompson... the Greens Party put a sponsored advertisement on my Facebook page. I did state on that advert that I thought Party politics should not be a part of Council elections. When Nicole said to me after the election "what was I doing on her page?" I was quite flabbergasted. Nicole.... it is a public political party page. Open to anyone.
2. On the post she is commenting about I was informed that some people were bad mouthing Amanda Hay. So, I had a look. In fact, there were 2 people on there defaming Amanda Hay. Amanda Hay made a comment about this, and I commented to Amanda that it surprises me that people will get on Facebook and defame others... when we have seen recently litigation in the courts and heavy fines/penalties for doing so. At no point did I threaten anyone with litigation as Nicole Thompson says. I do have screenshots of all the conversations to prove this. It did surprise me that Nicole allowed those comments defaming Amanda Hay to stay on her page.
3. I never heard anyone say that Amanda Hay was the only local resident. I did hear people say they were surprised that Nicole, a local, was giving her preferences to two candidates who do not even live in the Division.

I, and others I discussed this with, wanted to vote for Amanda because she is a local, she worked tirelessly for locals in a totally voluntary role, she has worked in Local Govt and has experience in that, she is totally across all the development issues we have on the mountain, she understands how this SRCC operates, she is very smart and articulate.... and we felt would be able to handle the bias that our last 2 Councillors have had to endure in that place.

I have never met Julie Wilkinson. I have met Amanda Hay a couple of times, and she has been very helpful on a couple of issues I brought up with her.

I did not see any personal attacks on Nicole. If there were any, I am disappointed in those people.

I hope those in the Greens who feel aggrieved can put that aside and assist Amanda Hay to get the best outcome for Tamborine Mountain. After all, that is what all of us want, isn't it?

Lynette Rogers

## SETTING A RECORD STRAIGHT

**In response to Nicole Thompson's letter in the Scenic News of 11th May, many members are concerned that a person with a long exemplary track record of dedicated work for the community is accused of such unprofessional behaviour.**

Amanda Hay's background is in Commonwealth Government roles with a financial/audit/research and investigation and compliance focus. In the many years she has been closely associated with Tamborine Mountain Progress Association work, her professionalism has shone through at all times.

Her well-recognised extensive work in the community has produced a great many friends and well-wishers. From helping people landed with huge land valuations to co-convening several Springtime on the Mountain festivals, she has also acted as advocate for many people

*more Letters to the Editor over the page...*

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## Letters to the Editor — cont'd

confronted with serious issues. Then there are all the actual submissions to Council and elsewhere she has made to actually protect and improve the quality of life for residents and ratepayers here and across the shire.

Amanda made just one request of Nicole Thompson's Facebook page during the lead up to the elections and that was to provide evidence of her comments or remove the offensive post. Precisely, "Nicole, please publish ONE example of my alleged and substantiated "fake news campaign" or remove this offensive post."

Amanda's instructions to polling helpers were precise and correct. She has too much experience to do otherwise.

Tamborine Mountain is facing environmental and semi-rural extinction as per the alarms being sent out through local media by ex-councillors and experienced people. This dire local government problem is not the place for State or Federal politics.

The election results show that nearly all people here do not want the urbanisation being inflicted on us by Council. Amanda Hay carries with her knowledge of planning schemes, ability to comprehend financial reports, Corporate Plans etc. to hopefully make a difference. We wish her well.

**Jeanette Lockey,**  
President, Tamborine Mt. Progress Assn.

### LET'S BE CLEAR

**I take exception to what Nicole Thompson wrote (letters 11 May 2023) concerning the by-election pre-polling. At the polling place I was Amanda Hay's chief hander-out of how-to-vote pamphlets and I was there every day for the whole day except once.**

Nicole, I could accuse you of carelessly making an untrue statement but it suffices to say that you are mistaken. I do not like liars (I am not accusing you of being one, I hasten to add) and I took pains to be truthful. What I invariably told voters was, and I quote, "Amanda Hay is the only candidate who actually lives on the Mountain, AND WHO IS NOT ASSOCIATED WITH ANY POLITICAL PARTY". You should have been able to hear what I said, we were close enough and seemingly friendly enough. I also said that Amanda was the only candidate who regularly attended council meetings and who had the training, know-how and expertise to jump straight into the job without needing a period of education on council rules and regulations and councillor duties and responsibilities. Something I still firmly believe.

Two of the organisations on Tamborine Mountain that actually do something positive for the environment and the rights of residents and their immediate environs are Tamborine Mountain Landcare and the Tamborine Mountain Progress Association. I have never seen you at either organisation's meetings Nicole. And for the record, I am,

and I believe most people on our mountain are, very "Green". I also believe that party politics has no place in local government. Local government is too personal and close to all citizens and ratepayers for there to be conflicts of ideological philosophies within council.

Finally Nicole, I am not part of any social media like Facebook, and if I am one of the three people you claim dominate the local newspapers (I'm sure the respective editors would dispute that statement) it may not have occurred to you that perhaps we have true local knowledge that we want to share and that apart from caring about the future of Tamborine Mountain, perhaps, being retired we have the time, which most others do not have, to become involved in local affairs. I wish you well Nicole, and hope you continue to enjoy living and caring about our "Green Island in the Sky" as Jaap Vogel so eloquently wrote.

**Roland Lindenmayer**

### BEG TO DIFFER

**I have to respond to Nicole Thompson and her Green supporters' mudslinging in Scenic News of 11 May.**

It is very disturbing that a losing candidate can post such false and misleading accusations about a newly elected candidate, with such a substantial margin, accusing her and her supporters of lying.

Her claims of voters being told by the other candidate's supporters that she was the only LOCAL candidate are untrue. They were told that the candidate was the only INDEPENDENT LOCAL candidate.

Ms Thompson would be well advised to check her sources in future, and confront the accused before publicly slandering them, based on hearsay. We can hope an apology is forthcoming from Ms Thompson.

This was hardly a positive, clean and kind campaign as claimed by Ms Thompson's supporters.

Ms Thompson was called on to remove defamatory and damaging posts about another candidate on her public FB page. When called on to provide evidence or remove the post, Ms Thompson failed to do either.

I have screenshots of these malicious accusations against the winning candidate by Ms Thompson's supporters. There were some comments there by people objecting to the Greens party. Who they were supporting was unclear. I couldn't find any negative comments against Ms Thompson, anywhere on FB. I certainly didn't make any although I did object to the Greens party involvement.

Ms Thompson seems to be the perfect example of the guilty gaslighting (turning facts around to play the victim.) If Ms Thompson wants to throw accusations around then she needs to be prepared to back it up with evidence or withdraw the accusations and apologise. She has done neither.

My issue is with the Greens Party and their Federal politics being involved in local elections, as are many others. I believe that these are the only negative comments I have made. To take these as personal is not my intent.

The posting of a full-page advertisement showing only a face and a Greens Logo, but no policies, suggests to me that they were canvassing for Greens party support. Although Ms Thompson claims she was self-funded.

Using a Federal party machine to run your campaign and importing party members, even a Senator, from off the mountain to a local election, feigning support for the candidate when they were obviously, really supporting the Party...?

I found this deceptive and taking an unfair advantage against the other, independent, self-funded candidates and I stand by that claim. I will be continuing to campaign against the involvement of all political parties in local elections. If Ms Thompson is serious about representing the local community, then she should stand as an honest independent. She doesn't need to join a political party.

Ms Thompson states that my opinion of the Greens is "completely ignorant." It is only getting worse! It is hardly kind to label someone who disagrees with you as ignorant. I am entitled to my opinion.

If I believed for a moment the Greens ideology, I would be their greatest supporter. One of her claims of her Green's strong Party policies was for "more public housing being built."

(Didn't the Greens just oppose the Labor's Housing bill for more affordable and social housing?)

Ms Thompson states that not all people are paying their fair share of tax claiming that many corporations in Australia don't pay any tax at all. She is obviously not an expert on the tax tier or the difference between corporate and personal tax.

Perhaps she should talk to the 95% of small businesses in the Scenic Rim, some struggling to even make a profit while Greens are demanding they pay higher wages and more conditions that send many such businesses broke. Our local economy depends on them.

Ms Thompson also raises her objection to those who write letters to the Editor being the same few. These same few are also the most committed, volunteering their time to protect the Mountain. They include a couple of former Councillors.

Hardly a very kind or clean campaign at all when the truth is exposed. I am keen to know what 'disparaging and untrue things' Ms Thompson claims that I have written about her, as I am responding to the unkind disparaging and untrue things she has written about me.

**Julie Wilkinson**



one small place on earth

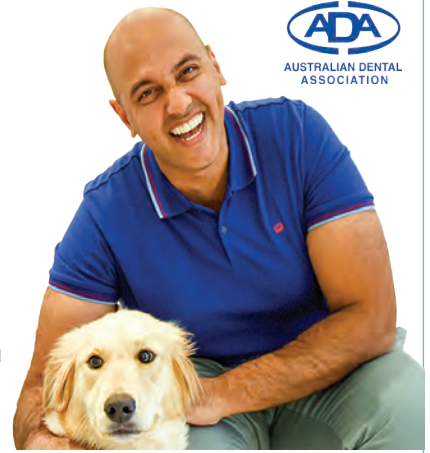
## HEXAGONIA SPECIES

*Hexagonia vesparia?*  
roadside, Eagle Heights




I noticed this tiny fungus on my morning walk two weeks ago. It was on a fallen twig about 15 or 18 cm long and required a low angle shot. The genus has 41 widely distributed species, especially in tropical regions. The expert wrote that, given the very large pores, my photo was potentially of a *Hexagonia vesparia*, which is found throughout Australia. Whatever the species, that fallen twig on the grass with its delicate accretion was a rather special find, given that it must be two or more years since I last photographed a fungus.

Peter Kuttner



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# ANTIQUUE BUYERS IN THE TAMBORINE AREA

With COVID having forced us to spend plenty of time at home, many of us have taken to sorting our drawers and cupboards. Now is a fantastic opportunity to turn those unwanted items into cash. "We are keen buyers, especially of all the items listed on our advert (see page opposite). Everyone has something we want to buy, and nothing is too small for our consideration. We are just as happy to buy one item, as we are buying 10,000!", says Mike Cornish, chief buyer for the company.

The buyers will be in a convenient location in the area very soon (see page opposite). If you are in doubt about any items you wish to sell, take them in for an instant appraisal.

Especially wanted by the buyers are any gold jewellery items, broken or not, antique jewellery, collectables such as military medals, old coins and banknotes, and mechanical watches.

## Gold and Silver still at high prices

With the gold price still at higher than traditional levels, right now would be an opportune time to go through the jewellery box and dig out those old gold chains, rings, and brooches and turn them into cash. Mike says, "Now is a great time to sell. We will buy anything made of gold – old jewellery, coins, virtually anything, even gold teeth! We also need silver in any form."



## Old coins can toss up a rarity

Check those drawers and cupboards, you may have a rarity lurking amongst your coins. "We want to see any old foreign

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Mechanical watches are needed urgently by the buyers.

"Collectors at this stage want brands such as Rolex, Omega, Tag Heuer, and Seiko, just to mention some. These brands can command good prices depending on the condition and model. However, we will buy any mechanical watch, even if it's only a few dollars for parts," says Mike. "If you are unsure, bring any watches to us at the venues to have them appraised," he said.

Whilst we have a COVID-safe environment at the venues, we also offer home visits for those unable to come to us. See our advert for home visit slots and get in touch to book yours in. For full details and all venue times and locations, see our advertisement on page 17 opposite.



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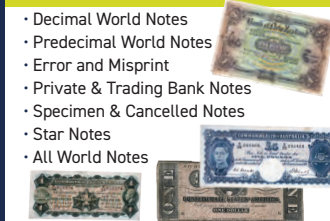
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**Home Visits  
 1:00pm - 6:00pm  
 Phone 0426 820 646  
 For a Home Visit**

**TUESDAY  
 13TH JUNE**

**Club Tamborine  
 (Main Club Area)  
 10:00am - 1:00pm  
 6-12 Beacon Road,  
 Tamborine Mountain**

**Home Visits  
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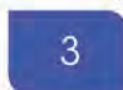


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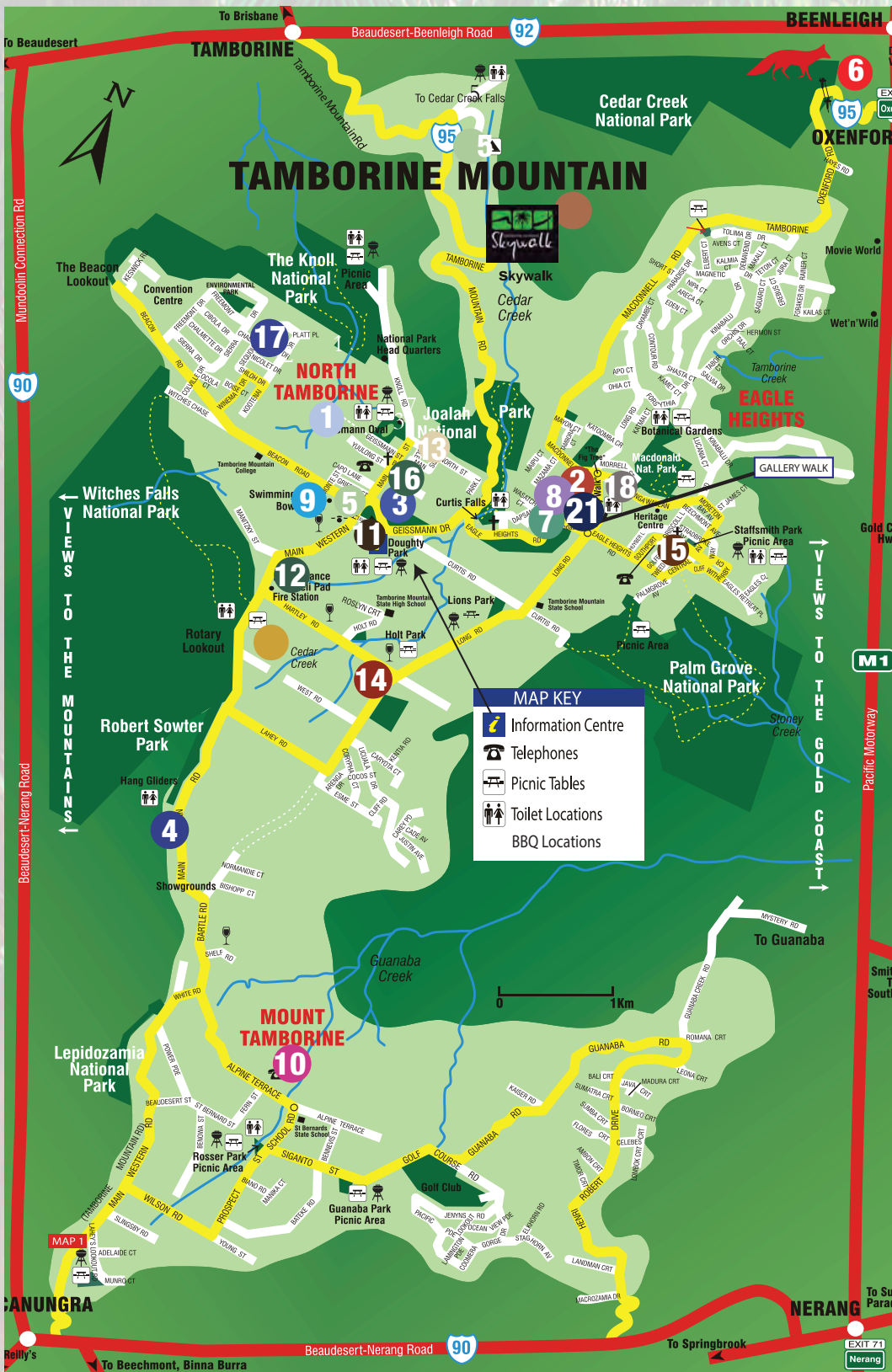


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## THE DALMATIAN DOG

It has been suggested that this breed spread all over Europe by travelling with Gypsies and Romany people. The Dalmatian has been known by many names; the English coach or carriage dog, the plum pudding dog, circus and the firehouse dog. They are an ancient breed, originating as a hunting dog and traced back to present day Croatia and the region of Dalmatia. There are two theories about its origins. One is that he is a cross with German short haired pointer and the spotted great Dane; other canine historians point to records about a 400BC breeding between a Cretan hound (the island of Crete) and the white antelope dog.

They are medium to large and muscular, with excellent stamina and endurance. A great companion for very active people that enjoy running, cycling or even horse riding as they are known for their compatibility with other animals, especially horses. Highly trainable and intelligent, they can make very good competitive sport or obedience dogs. I have seen this breed win some dog trials. The breed was perhaps most notable for their stage and circus work; performing tricks and being doggy clowns.

They are friendly and affectionate, with very high energy, suitable for households with older children. Rarely, Dals can be aggressive to unfamiliar dogs, as they do have some guarding and herding instincts. But like all dogs, early exposure and socialisation should prevent any tendency to be wary and nervous or aggressive. Sensitive to harsh words or tones of voice, which is not required with this breed because they are mostly willing and easy learners that respond best to positive reinforcement. Puppies are born completely white, developing spots from 2 – 4 weeks old. Each individual has unique spots, which come in black, brown, blue, or brindle. It is rare, but there are some long haired Dalmatians. Their life span is from 10 – 13 years of age. Drawbacks of the Dalmatian breed is that if their high energy needs are not met, they can become noisy and get into trouble. They do not cope well with long periods of isolation. Frequent shedding of coarse white hairs, but brushing a few times a week curtails this. They are susceptible



to congenital deafness, associated with the piebald gene. According to the Universities Federation of Animal Welfare, between 15-30% of Dals are deaf in one ear and 5% completely deaf. However, deaf dogs are trainable. They can also be prone to Atopic dermatitis, kidney or bladder stones, cardiomyopathy and laryngeal paralysis. Responsible breeders undertake DNA testing for possible diseases.

**Pam Brandis**  
Dip. Canine.Prac.

### TAMBORINE MOUNTAIN CREATIVE ARTS INC. BIGGEST MORNING TEA

Tamborine Mountain Creative Arts are holding their Biggest Morning Tea on Wednesday 24th May, 2023.

9.00am at 53 Wongawallan Road, Eagle Heights

As usual we have our Mystery Auction and our theme for the competition this year is :-

“Tea towels”

All proceeds donated to the Cancer Council Qld.

You do not need to be a member so come along and join us in this fun morning.

All you need is a small gift to auction, a plate of food to share and your (fancy, decorative, or unusual) tea towel.

*Cheryl Wallace – Secretary*

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# MUSIC ON THE MOUNTAIN RE-IMAGINED

The Queensland Symphony Orchestra are coming to the Mountain.

On Saturday 3rd June a group of thirteen QSO musicians will be coming to perform a concert on the Mountain with the TMO. The first half of the concert will be an exclusive performance by the QSO of seven pieces, including works by Bizet, Handel, Gershwin and more.

After interval the TMO will be joining the QSO to play three pieces, *Stars and Stripes*, *Willy Wonka*, and a re-imagining of *Farandole*, a piece we played with the QSO several years ago. This fantastic arrangement has been written by TMO's very own trombonist Andrew Heading-Knight.

The concert will finish with musicians from the TMSHS joining in to play three pieces, the highlight of which will be *Jambreen*, a piece especially commissioned for our orchestra and composed by Andrew Heading-Knight. *Jambreen* captures three aspects of the Mountain, beginning with the healing vibrations that many are

attracted to, the sounds of nature, and finishing with an outing on Gallery Walk. QSO conductor Stefanie Smith will be taking the baton for this final set.

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 continued support and their Regional Arts Development Fund for helping to make this concert happen; our local sponsors Harcourts Solutions and Eagle Heights Dental Care; and the Tamborine Mountain community for both the membership and audience for our orchestra.

The concert starts at 2.30pm, Saturday 3 June @ TMSHS, Holt Road. Tickets are likely to sell out, so get in early to [www.ticketebo.com.au/tmo](http://www.ticketebo.com.au/tmo) for yours. Only \$20 for adults and \$10 for children, don't miss out on this extraordinary concert on the Mountain.

Sean Donnelly

## TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

### MONDAY (15-MAY-23)

1. 55.00% JOHN LODGE - LEWIS ADAMS
2. 53.33% WENDY CHRISTIE - PETER ZAREMBA
3. 52.50% DAVID DONALDSON - HEIKE EDRICH

### WEDNESDAY (17-MAY-23)

1. 57.64% BILL LARCOMBE - DI LARCOMBE
2. 56.94% ANN ZAREMBA - PETER ZAREMBA
3. 56.25% CHERYL FINLAYSON - JULIE GUTHRIE

### THURSDAY (18-MAY-23)

- NS 1. 60.00% PETER ZAREMBA - WENDY CHRISTIE
- NS 2. 55.42% KEVIN HAMILTON-REEN - MARY SIMON
- NS 3. 52.50% JENNY STRACHAN - EDDIE HEINEMEYER

EW 1. 60.42% DAVID DONALDSON - GAYLE DONALDSON

EW 2. 50.83% CHERYL FINLAYSON - JULIE GUTHRIE

EW 3. 48.33% JANE DOYLE - CAROLE COOKE

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## UNRAVELLING A LEGACY OF TENSION IN THE BODY

We do YIN yoga every 4th week in my yoga classes. A fixed commitment to a YIN class all week, every class, and much to the joy of many of my students who love the

inward focus and stillness of YIN yoga. It's a great contrast to a strong, more yang yoga practice.

We talk of YIN yoga being perfect for your joints, your fascia and your connective tissue. But one of the loveliest things about a YIN class is its slowness. Holding a pose for up to 5 minutes means it's really good for stress. You have 1.5 hours of full permission to do nothing but hold that pose, propped up by bolsters and blankets, so it's challenging but not uncomfortable, listen to music and pay attention to how you feel and play witness to your thoughts.

Normal stress is part of surviving as a human. We are triggered, we get stressed, we deal with it, we might grow from the experience and then we move on. But what about unrelenting stress? Stress that is so insidious, ongoing and perhaps the type of stress that you don't have the tools to deal with. This stress and the elevated hormonal response plays out in your body in so many ways. Within the first few seconds of experiencing a negative emotion, people automatically tense the muscles in their jaw and around the eyes and mouth. The lower body gets ready to fight or flight with a shortening and tensing of the hip flexors and the psoas. And if these clenched muscles are never fully released, this lingering grasp on the hips and neck not only traps muscular tension, but emotional tension too. The longer you suppress emotion, the tighter the grasp.

Neurophysiologists explain that with repeated stress, people over time have shorter and shorter neck and shoulder muscles and tighter muscles in the hips. And if you add to this work practices like constantly looking down at papers or a computer, your neck may be angled in one position for an extended period of time without any movement, causing restricted blood flow to neck muscles. Sitting for long periods shortens your hip flexors as well.

If you work in a hostile or highly competitive environment you will hunch your shoulders to metaphorically grow that hard shell on your back to ward off the stings and attacks. And highly stressed people have chronically tight brow muscles (corrugator muscles) even when they did not think they were frowning.

I like to see yoga and YIN yoga in particular, as a slow release of these habitually clenched muscles in the body. As you learn to lengthen those short muscles and release all that unwanted emotional memory in your body, you'll start the journey of unravelling that legacy of stress.

**Margot Wagner**  
**Yoga Under the Bodhi Tree**

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

## Relationships



## THE ENERGY OF THOUGHTS

Did you know that every thought in your mind produces energy? Scientists have discovered that our thoughts give off little packets of energy called photons which are the fundamental particles of light. So, when you say "I've had a bright idea" it's quite literally true!

The energy generated by our thoughts drives our behaviour and influences our outcomes. For example, you set out to do a task you've never done before. You might start with the thought, "I can't do this". The energy produced by your thought feeds further thoughts in the same theme. When your first attempt fails, this is confirmation that your thoughts were correct. The outcome is you are quick to give up. Alternatively, you begin with the thought, "I haven't done this before but there's no reason why I can't learn how to do it." This thought also feeds similar thoughts and after several attempts you persist until you finally master it. Why? Because the energy produced by your positive thoughts spurred you on to keep trying.

Studies have shown that the energy produced by our thoughts is influential on our physical health. Most would be familiar with the placebo effect. That is, when people are given medication that they believe will improve their condition they experience a marked improvement, even when they are given a substance with no therapeutic benefit. The opposite concept, the nocebo effect, is now recognised by the medical profession. This occurs when negative expectations regarding a treatment cause the person to experience a much more adverse effect than what is considered normal.

How does this energy impact our relationships? Let's say you have a pleasant experience with someone. As a result, your thoughts are typically how friendly/reliable/trustworthy that person is. This forms an expectation that you will have a pleasant experience with them next time. The energy created by these expectations sets up the conditions for another positive interaction. Likewise, if our experience with a person is uncomfortable our thoughts generate an energy that causes us to either avoid the person or be very guarded around them.

Our energy can either repel or attract others. Imagine hanging out with someone who is angry at the world. Think about how you would feel being around them. Now think about being with someone who is happy and enthusiastic. How different do you feel in the two scenarios? Approaching life with a positive attitude emits an energy that others are drawn to. However, if we harbour predominantly negative thoughts, negative energy builds up inside of us. Without realising it, we emit negative energy that is felt by those around us, essentially draining their energy.

Our energy ultimately determines the quality of our relationships. While negative thoughts undermine our relationships, positive thoughts directed toward others causes our relationships to flourish. Our thoughts are little powerhouses so be mindful of what they generate: your behaviour, your achievements, your health and your relationships depend on it!

**Linda Gray**  
**[linda@relationshipsanctuary.com.au](mailto:linda@relationshipsanctuary.com.au)**  
**0401 517 243**

# Physio Talk



with Jess Stinson

## THE DIFFERENCE A COMMUNITY MAKES

It's clichéd to say that time is flying but that's exactly what this year feels like. It's nearly the end of

May, and I have been busy wrapping up in the clinic and preparing for the

imminent arrival of the Buckman baby twins.

I have found that heading into maternity to be a lovely period of time. Over the last few weeks, Hayden and I have been absolutely inundated with advice, well wishes and support. I have been spending time with the patients that I have seen regularly over the past few years having one 'last' catch up session, at least for now. I have thoroughly enjoyed this, but also felt twinges of sadness saying goodbye to them. The reason I feel this conflict is because of the genuine care and love I feel from our patients at Physique and the sadness that I will miss seeing them every day.

The patients and community at Physique, which extends into the greater Tamborine Mountain community is extremely special, and yes, I know saying our local community is special is another cliché. Going into new parenthood with the added uncertainty of two babies has been made that much smoother by the comfort of this community and the assurance and contentment that the community around us have got us covered - from patients who describe themselves as our 'grandparents', to those we stop to talk to at the coffee shop, to the fellow Physique team members we consider our family. The joy of interacting with these people provides a sense of calm and certainty, that on the Mountain we have a community that we can rely on in the certain challenging days ahead.

I was recently doing some reading about how rare such communities are. In the 1980's social scientists investigated social networks: they found the average person had three close friends whom they could rely on in a crisis. This study was repeated in 2004 and the average number of close friends a person had to rely on was zero. Social isolation and disconnected communities actually

becomes a significant health issue. Loneliness and social isolation are one of the most important health issues we are currently facing in Australia and is predicted to be the next public health epidemic of the 21st century. A

need for meaningful relationships and a connection to community is a need intrinsically built into our systems, just like hunger or thirst. Chronic loneliness is literally a physical stress on the body and has been linked to premature death, poor physical and mental health, the development of dementia, poor sleep, high blood pressure, poorer immune function and general dissatisfaction with life. It takes the meaning of the 'biopsychosocial' approach to healthcare to a new level.

At Physique, I am so proud we can provide a type of community and meaningful relationships for our patients. I know we have people that rely on us for their social contact, those who use our classes to get out of the house and catch up with their friends and those who use physiotherapists to hold them accountable to their health goals. Neil and Bec's vision, and the vision we have all adopted is to provide 'true wellness' to the community by providing the greatest care with enduring, client-centred health solutions to all community members. This quite clearly extends further than purely physical health. It is a community Hayden and I will be relying on heavily over the next few years and one I hope you will access when you need it as well.



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## CAN WE TALK ABOUT COLLAGEN?

Hello ! I'm Rebecca from Naturally COS and in this edition, I wanted to talk with you about collagen. And in an already saturated market, it may be hard-to-find accurate information amongst the noise. What we put into our bodies and how should matter. And if ever in doubt, ask questions. Ask the nurse with the injection about each ingredient, ask the health store about the supplement and how many grams of collagen are in each service. Ask the skincare specialist about how the collagen in the sheet mask can penetrate the dermis. Knowledge is the key.

Collagen in its original form is completely natural and naturally occurring. We all have it in our tissue. However, from the age of 30 it decreases by 1-2% daily. And the two types of naturally occurring collagen sources outside of the human body is marine and bovine. Fish and cattle. Marine peptide collagen provides a more efficient absorption than bovine, however the two are equally as beneficial. And if you've ever been curious what collagen looks like, it's a jelly like substance from cooled down broth.

Before we discuss the types of collagen, I wanted to share some myths. Here we go:

**Myth 1:** Collagen and gelatine are the same thing



## BEAUTY & WELLNESS



with Rebecca Mander

**Myth 2:** Collagen peptides are absorbed into the dermis and form native collagen

**Myth 3:** Vegan collagen is naturally occurring

Now you might be asking how you get this type of collagen into our body. There are a number of options and below I will outline some of them.

**Collagen Injections** – Quite popular. Should only be administered by a medically trained and qualified nurse. There are a number of chemicals included in many of the fillers and from the ones I researched, bovine collagen. The benefit is, its injected so it bypasses the skin layers.

**Collagen Supplements** – Collagen from wild caught fish or grass-fed cattle is great. And the less ingredients the better. Effective supplements should contain 2.5-15gm of collagen.

**Collagen in skincare** – Collagen cannot be absorbed through the dermis unless it's broken down into smaller peptides and amino acids. If your skin care offers collagen, it's an opportunity to confirm its effectiveness.

**Collagen broth** – My favourite and by far the most natural and most effective. Place fish or beef bones into a liquid base with some vegies and herbs – cook up and *voila*. Make a broth from leftover fish or beef bones. It's my pick for great absorption, nourishment and getting the best possible natural collagen intake.

Need ideas for a broth recipe? Hit up your local bookstore for some amazing and nutritious recipes.

*As always, spread kindness like it's jam on toast.*

Rebecca x

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# FOOD FOR THOUGHT

with Chef Dylan Gittoes

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## FLAKED CRAB STIR-FRIED RICE

**This iconic Asian dish, with sweet delicate flaked crab, silky scrambled egg folded through savoury fried rice is finished with an explosion of umami from my Luck Dragon sauce. It is so simple to make, but trust me, every bite will tantalise your taste buds and have everyone licking their lips.**

The beauty of fried rice is that you can make an economical, delicious and satisfying meal using almost anything you have on hand that needs using up in the fridge, from quick cooking vegetables, to leftover meat. This Crab Fried Rice recipe takes things up a notch by using succulent flaked crab meat, which adds a delightful seafood twist to this popular Asian dish.

**Did you know?** Legend has it that stir-fried rice was invented between 581 to 618 AD during the Sui Dynasty in mainland China. One starry spring evening on the eve of battle, head chef Lao Tzu was tasked with preparing a feast for the emperor's army. As he had limited ingredients, Lao Tzu decided to mix leftover rice with meat, vegetables, and special seasonings, and stir-fry them together. The dish was a huge hit with the soldiers, who named it "Yangzhou fried rice" after the city where they were stationed. From there, once the soldiers disbanded, they asked their wives to remake the dish, and stir-fried rice spread throughout China, eventually becoming a beloved staple of the masses.

**Chef Dylan's tips.** 1. Use at least 1 day-old rice: one of the secrets to making great fried rice is to use cold, day-old rice. Freshly cooked rice will turn mushy and won't hold up well during the frying process. By using cold rice that's been refrigerated for at least a day, you'll get a much better texture and flavour as each grain soaks up the deliciousness. 2. Be sure to get the frypan hot enough to really sizzle and stir-fry the ingredients quickly and evenly. 3. Use a spatula to help fold in the ingredients.

### Memory Lane, Manly - Sydney 2023

As I step out of the car, an icy westerly wind whips past, sending a shiver down my spine. "Today was the coldest day in Sydney in 54 years" says my good friend Chris with a knowing tone. "So much for global warming!" I joke. "Will you grab Ophelia for me please Dylan?" quips in Sophie, Chris's wife. "I will," replies my darling before I can answer. We make our way down the eerily quiet Manly seaside street that's usually bustling with locals and tourists. We're

booked to dine out locally, and the five of us huddle like penguins headed towards the restaurant.

"Reservation for Janson" says Chris to the smartly dressed waiter who greets us as we arrive. After a quick glance at the iPad, he nods and takes off, beckoning us to follow. We pass the open kitchen, and snake our way through the elegantly styled modern restaurant. Taking our seats, I can just hear the rhythmic crashing of waves beating the nearby shore and can smell a sweet aroma of exotic spices wafting through the salt-tinged air. Ophelia, who is only 14 months old, is seated in her highchair and happily begins to scoop water from her cup with a small teaspoon, as if sipping soup. Her innocent gentle nature, a cute little face mixed with a love of food, stirs in me a deep affection.

Our waiter appears with a charming smile and surfer bleached blond tips, notepad at the ready. "We're going to share a selection of the dumplings and we'll have the crab stir-fried rice to start please. And a bottle of Pinot Grigio as well, thanks" I say as the others all nod in approval. With a flick of his wrist and a bow of his head, he vanishes as quickly as he appeared. He soon returns with the wine, and as the last glass is filled, Sophie says "Cheers! It's been so lovely to have you guys come and visit." as the glasses clink, little Ophelia wants to join in. I sip the cool wine and delight in its ripe pear, crisp green apple, and stone fruit flavours.

Soon, our waiter returns, holding our stir-fried rice. Ophelia's eyes light up as he places it on the table. The crab meat glistening in the light like tiny diamonds. Chris places a little scoop on her plate, and the rest of us dive in. The first spoonful hits my tongue and is an explosion of flavours — the succulent sweetness of the crab meat, the nutty aroma of the jasmine rice, the subtle heat of the spices, and the delightfully unique flavour of the wok hei, Asian chefs call 'the breath of the dragon'. Ophelia must feel the same, I think smiling, as she points to the rice saying in her cute little voice "More, more".

**Prep time 20 mins Cook time 10 mins Serves 2**

### Ingredients:

- 3 tbsp oil
- 1/2 onion, finely diced
- 2 garlic cloves diced



- 1 1/2 cups cooked leftover white rice, cold
  - 2 tbsp Luck Dragon sauce\*
  - 1 tbsp oyster sauce
  - 2 eggs, lightly beaten
  - 1 cup frozen mixed vegetables or diced veggies of your choice (defrosted)
  - 250g crab meat, shell removed (canned or fresh)
  - 3 green shallot stems, sliced thinly
- \* Chef Dylan's Gourmet Food Co. Asian Luck Dragon sauce

### Method:

1. Heat 1 tablespoon of oil in a large frypan over medium high heat. Add the eggs and stir until well scrambled, then transfer to a plate and set aside.
2. Wipe out frypan with a paper towel.
3. Add another tablespoon of oil to frypan on medium high heat and add the onion and garlic. Cook until the onion is translucent, and the garlic is fragrant.
4. Add the last tablespoon of oil, turn the heat up to high and add the cold cooked rice to the frypan. Stir-fry for 1-2 minutes, breaking up any clumps of rice with a spatula.
5. Add in the defrosted mixed vegetables and mix into the rice Stir fry for 1 min
6. In a small bowl, mix together my Luck Dragon Asian sauce and the oyster sauce. Pour the sauce over the rice and stir-fry for another 2-3 minutes.
7. Add the crab meat to the frypan and stir-fry for another minute until heated through.
8. Gently add the scrambled eggs to the skillet and stir to combine.
9. To serve, garnish with the green shallots and enjoy! (Drizzle a little extra Luck Dragon on top if you like it a bit spicier.)

For more recipes by Chef Dylan visit [www.gourmetfoodco.com.au](http://www.gourmetfoodco.com.au).

# hooked on books

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## OUR STAFF BOOK CHOICE: *ONE ILLUMINED THREAD* by SALLY COLIN-JAMES



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A stunning, sweeping historical novel spanning two thousand years, *One Illumined Thread* celebrates the power and creative spirit of the female heart, as each woman finds freedom through an extraordinary connection.

**Genre: Historical: Historical Fiction : Australia**

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## TECHNOLOGY AND ASSISTED INDEPENDENT LIVING IN AGED CARE

Technology is revolutionizing industries—whether in child development, online meal orders and deliveries, remote workforces, the list rolls out to embrace *Aged Care* as well.

Enhanced care for seniors to assist them enjoy a safe, quality lifestyle independently in their own home, is available via **Apps** delivered through a smart phone / device, even robots.

Many seniors do not favour the thought of moving out of their home. Technology supports them stay at home, as long as possible. Seniors can use these Apps to monitor and record relevant information. If the daily lifestyle pattern changes, carers/ family members are alerted.

Apps help monitor heart rate, track location, movement even perform physical therapy. **'Motion Doctor'** is one such app that helps seniors stay in shape and keep injuries at bay by providing about 60 exercises and stretches to suit your lifestyle whether your play golf or enjoy gardening. Apps can track when people get out of bed, open and shut doors, even *fall* (**'Fall Detector'**). **'Pillboxie'** on App Store is a classic medication reminder app, trusted by thousands of people, which has an alarm installed on your pill box. Health monitors record vitals - blood pressure (**'iBP'**), oxygen, sleep patterns, sugar levels and even hydration.

Apps such as **Spotify** and **Netflix** provide entertainment at one's fingertips.

**FaceTime** and **WhatsApp**, connect seniors to family and friends at no cost.

Robot vacuums e.g., **iRobot Roomba** and **Ecovacs Deebot Ozmo** assist seniors with cleaning (vacuuming and mopping).

The **Moley Robotic Kitchen** is a game-changer in cooking and kitchen management. It plans and adapts menus according to your diet and lifestyle, controls calories and cooks you a complete meal. It even tells you when ingredients need replacing, suggests dishes based on the items you have left over and even cleans up surfaces after itself.

**Personalized Patient Experiences** - Cloud-based technology stores health records enabling medical professionals to be consulted remotely, from anywhere in the world, regardless of how complex the medical condition.

**There Are Obstacles** - The current healthcare industry is not quite keeping up with the escalating pace of data growth. High cost is another obstacle.

Technology steers the way we live and though it's a paradigm shift for some seniors, there's no denying that technology plays a large role in assisting them *when they choose to or have no choice but to live by themselves.*

Patricia Arora - **TMCCA**

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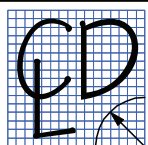
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## DONATIONS FOR LOCAL COMMUNITY BY ROTARY TAMBORINE MTN

Recently Rotary Tamborine Mountain made a \$1000 donation to the Tamborine Mountain Community Kindergarten on 23 Coleman Square, North Tamborine ([tmckindy.org.au](http://tmckindy.org.au)). Tamborine Mountain Community Kindergarten is a non-profit organisation, providing early childhood pre-prep education for children.

The funds will be used towards rebuilding the vegetable garden. Here children can be empowered how to become active agents for sustainability into the future and learn about Mother Earth and Father Sky from First Nations perspectives.

Tamborine Mountain Community Kindergarten was established in 1981, with the assistance of the Tamborine Mountain branch of Rotary, and local volunteer labour.

above: L-R: Janny Goris, TM Rotary; Stephanie MLady, President; Esther MLady; Kirsten Pouliot - Teacher and Educational Leader; Haley Hanley - Educator, Caroline Cooper - Business Manager.



Another \$1000 donation was made available to the St Bernard State School ([stbernardss.eq.edu.au](http://stbernardss.eq.edu.au)) on 1-19 School Road Tamborine Mountain. The funds will be used towards different projects.



left: L-R: Scott Johnstone, principal; Kristy Konings, P&C President; David Power, TM Rotary.

TM Rotary warmly welcomes new members. For more information about TM Rotary you can contact David Power via email: [dpo90748@bigpond.net.au](mailto:dpo90748@bigpond.net.au)

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