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News

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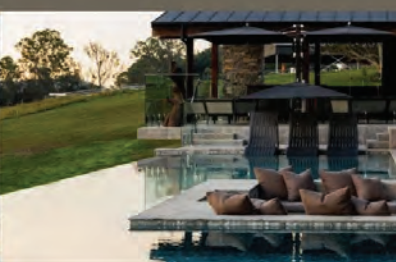


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More photos on pages 6 & 10

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Property of the week

SALE 🛏️ 3 🛁 2 🚗 2 ✂️ 5.18 acre

Paradise in the rainforest \$897,000

45-51 Vonda Youngman, Tamborine

- Two distinct living zones to this lovely home with covered entertainment area connecting the two spaces
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- Studio and office at far end of property
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AGENTS:

Linda Hogan
0414 300 558



Property of the week

SALE 🛏️ 3 🛁 2 🚗 2 ✂️ 2,847m²

Hinterland hideaway Guide \$849,000

84 Kinabalu Drive, Tamborine Mountain

- Established surrounds, private and quiet
- Multiple living areas, modern kitchen with dining area opening out to covered deck
- Timber exposed beams, lots of natural light
- Titan shed, carport storage area

AGENTS:

Linda Hogan
0414 300 558



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AGENTS:

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SALE 🛏️ 4 🛁 2 🚗 6 ✂️ 3 acres

269-281 Palomino Road, Tamborine

- Do you seek privacy?, room for the kids to explore? this property has all of that and more. Freshly painted, new flooring & kitchen
- Fully fenced, fruit trees, workshop, pool

\$1,049,000 Make an offer

AGENTS:

Linda Hogan
0414 300 558



SALE 🛏️ 4 🛁 3 🚗 2 ✂️ 3.31 acres

35-47 Bartle Road, Tamborine Mountain

- This amazing land comes with a 4 bedroom home, large sheds/workshop
- Separate studio downstairs, own entrance
- Fully fenced boundaries, irrigation system
- Bore and established avocado orchard

\$1,600,000 guide

AGENTS:

Ton Wolf 0424 591 012
Heleen 0424 591 011



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COMMUNITY FEEDBACK PROVES VALUABLE IN SHAPING COUNCIL'S LANDMARK BUDGET



Scenic Rim Regional Councillors (from left) Duncan McInnes, Michael Enright, Amanda Hay, Mayor Greg Christensen, Virginia West and Marshall Chalk following the adoption of Council's 2023-2024 Budget today. Deputy Mayor Jeff McConnell joined the meeting via audio link.

Feedback from the Scenic Rim community has contributed to the development of Council's landmark \$112.17 million 2023-2024 Budget.

Adopted at today's Special Meeting, the budget represents a milestone in Council's ongoing journey towards becoming a more customer-focused organisation that values and responds to community feedback.

Scenic Rim Mayor Greg Christensen said the budget was Scenic Rim's first to be developed with direct input from the community, identifying ratepayers' priorities that have informed Council's planning for 2023-2024 and into the future.

"Council's 2023-2024 Budget has been framed in the context of a number of challenges for our region," he said.

"Most notably, these are reductions in the level of funding from the Australian and Queensland governments, rising costs, and the need to balance long-term financial sustainability against increasing community expectations in our delivery of services and facilities," he said.

"We are facing challenging economic conditions, with increasing cost pressures for both our organisation and our community, against

the backdrop of the region's recovery from the financial impacts of the COVID-19 pandemic and a series of extreme weather events in recent years."

Aware of the current economic impacts on businesses and households, Council has worked to minimise its increases in the General Rates and Community Infrastructure Charge.

Although the overall rates revenue increase will be 7.9 per cent, rates for 65 per cent of residential principal places of residence will see an increase, in line with the current Consumer Price Index, of 7.4 per cent or less.

Rates for typical residential principal place of residence properties on the minimum general rate, with a valuation of less than \$228,845, will increase by \$81 in 2023-2024 to \$1244. Combined with the \$50 rise in the community infrastructure charge, the total increase will be \$131, to \$1794, equating to a \$2.52 a week increase.

Rates for typical rural principal place of residence properties, on the minimum general rate, and which have a valuation of less than \$314,222, will increase by \$91 in 2023-2024 to \$1381. With the \$50 rise in the community infrastructure charge, the total increase will be \$141, to \$1931, equating to a \$2.71 a week increase.

continued page 4

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continued from page 3

"In the face of current economic headwinds, we are continuing to focus on building a strong future for the region and providing the best possible value to ratepayers," Mayor Christensen said.

"Recognising the importance of key infrastructure in driving the region's local economy, Council will continue to invest in the Scenic Rim's network of roads and bridges as well as community facilities."

Capital expenditure in the 2023-2024 Budget includes \$13.04 million for roads, \$9.74 million for bridges and \$1.16 million for community facilities in addition to the maintenance budget of \$11.7 million allocated for roads, \$6.6 million for facilities and \$4 million for parks and landscaping.

Of the more than 50 individual submissions received by Council during the budget community engagement process, 15 sought consideration for capital investment in new or upgraded sporting and recreational infrastructure.

The development of a Sports and Recreation Plan and a Sports Infrastructure Review, which will provide an audit of facilities and their use, will help Council to ensure facilities are maintained and meet the region's growing sporting and recreational needs.

"In response to calls from the community for an extension to the swimming season at Council's public pools, a report will be prepared outlining what will need to be taken into account in considering any changes to the current arrangements," Mayor Christensen said.

Improved transport infrastructure and Council's Vibrant and Active Towns and Villages programs were the focus of 10 submissions during the budget community consultation.

Improvements to the business centres and streetscapes of Canungra and Kalbar, which are becoming popular destinations for visitors, have been supported in Council's 2023-2024 Budget with funding of \$225,000 for the planning of revitalisation projects .

Concept designs for a range of improvements proposed for Tamborine Mountain's Gallery Walk are also set to progress in 2023-2024, along with additional stages of the Beaudesert Town Centre Revitalisation Project.

"All of these projects will contribute to economic outcomes as well as creating a sense of place in our communities," Mayor Christensen said.

Calls for increased levels of service to address environmental issues have prompted the creation of two new positions in Council's workforce, a Biosecurity Officer and a Biodiversity Officer.

"In response to community feedback, Council has also allocated \$35,000 towards progressing the development of a business case for the Water for Warrill irrigation project, which aims to provide Scenic Rim producers with more secure and reliable sources of water," Mayor Christensen said.

The need for Council's ongoing investment in tourism and economic development was also identified as a priority during the budget community consultation.

"Council has continued its commitment to the local tourism organisations by including a direct contribution of \$95,000 in this year's budget," Mayor Christensen said.

Quotes from Scenic Rim Councillors regarding Council's 2023-2024 Budget on page 8



- Wills
- Probate
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TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

MONDAY (12-JUN-23)

1. 59.72% WENDY CHRISTIE - PETER ZAREMBA
1. 59.72% LAWRENCE BEUTEL - EDDIE HEINEMEYER
3. 57.64% DAVID DONALDSON - HEIKE EDRICH

WEDNESDAY (14-JUN-23)

1. 60.94% LINDY WILLIAMS - EDDIE HEINEMEYER
2. 59.38% GWEN VOIGT - ASHLEY ANDERSSEN
3. 57.81% DI LARCOMBE - BILL LARCOMBE

TEAMS - ORIGIN (15-JUN-2023)

1. BETTY BULL - PAM WARRELL - ROBYN HESSE - RON SKEATES
2. EDDIE HEINEMEYER - JENNY STRACHAN - BILL LARCOMBE - JANE DOYLE
3. SHEENA POLLOCK - DI LARCOMBE - PETER ZAREMBA - WENDY CHRISTIE

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Scenic Rim Councillors' comments regarding Council's 2023-2024 Budget



2023 - 2024 Budget

Division 1 Councillor Amanda Hay

"Our 2023-24 budget provision of ongoing capital support for the Tamborine Mountain Regional Botanic Gardens in the Scenic Rim is welcomed as these gardens provide a relaxing and peaceful destination for not only tourists but also residents.

"The Gallery Walk funding for a detailed design for the pedestrian boulevard redevelopment with off-street car parking and public amenities will be the start of works to eventually alleviate traffic issues and improve the safety of Gallery Walk for both pedestrians and motorists."

Division 2 Councillor Jeff McConnell

"The 2023-2024 Budget consultation identified ongoing investment in tourism and economic development as a key priority.

"Having listened to the community, Council has continued its commitment to supporting the region's local tourism organisations by including a direct contribution of \$95,000 in this year's budget."

Division 3 Councillor Virginia West

"As Chair of the Scenic Valleys Regional Road Group and a member of the LGAQ Roads and Transport Advisory Group, I am pleased to see Council's budget allocation of more than \$11.75 million for road maintenance.

"This includes \$7.62 million for general maintenance of roads and footpaths for safety and accessibility, and \$2.47 million for re-sheeting of gravel roads and shoulders.

"This year's budget funding for the revitalisation of Canungra will add value to our community by creating a stronger sense of place for our residents as well as improving the business centre and streetscape."

Division 4 Councillor Michael Enright

"As the revitalisation of Beaudesert continues in 2023-2024, I am looking forward to seeing our Indigenous heritage and local stories celebrated in the town centre gateway precinct.

"I look forward to successful grant co-funding from the Bridge Renewal Program to enable the replacement of the Hinchcliffe Bridge in Kooralbyn."

Division 5 Councillor Marshall Chalk

"As a fourth-generation farmer, I know Council's budget allocation of \$35,000 to progress the development of a business case for the Water for Warrill irrigation project will be welcomed by many as it aims to provide Scenic Rim producers with more secure and reliable water resources.

"This is particularly important as our agricultural industries underpin our regional economy."

Division 6 Councillor Duncan McInnes

"The addition of two new positions, a Senior Biodiversity Officer and a Biosecurity Officer, to Council's workforce recognises the need to preserve and enhance our unique environment and reduce the economic impacts of invasive weeds and pest animals.

"Funding for the revitalisation of Kalbar, which is increasingly becoming a destination for visitors, will be welcomed by the community and local businesses as the unique character of the township is considered in the development of a master plan."

EXHIBITION SHOWS HOW PEOPLE POWER CAN MOVE MOUNTAINS

The story of the David and Goliath battle between community members and a mining company that finally put paid to coal and coal seam gas extraction in the Scenic Rim will be told in a powerful and moving exhibition at The Centre Beaudesert.

Moving Mountains - people power in action - opens to the public on Saturday 17 June marking the first anniversary this month of Arrow Energy's withdrawal of its lease tenements over the Scenic Rim following a concerted 11-year campaign to preserve valuable farmland and the region's natural beauty.

Mayor Greg Christensen said Council's free exhibition, by the Keep the Scenic Rim Scenic and Boonah Organisation for a Sustainable Shire community groups, showed that people power could literally move mountains.

"The Scenic Rim is one of only a handful of regions across Australia where coal and coal seam gas will stay in the ground thanks to the efforts of those who stood up and said 'no' to mining and literally locked the gate," he said.

"Through its rich tapestry of artworks, images, authentic memorabilia and accounts by those who fought for our region's future, *Moving Mountains* documents a watershed moment in our community's history.

"In 2021, the Scenic Rim was listed in the Lonely Planet guide's Top 10 Regions to Visit in 2022, something which would not have been possible without the efforts of those who campaigned to preserve our region's natural values and agricultural land."

Major displays in the exhibition include world-premiere presentations of the song inspired by the Kerry Blockade by singer-songwriter Dana Lyons, best known for the 1996 hit *Cows With Guns*, as well as screenings of a new documentary about the threat to the Scenic Rim from coal and gas extraction and footage from the Kerry Blockade.

A landmark event, the Kerry Blockade in January 2012 involved 10 days of protest by local business owners and members of the community that resulted in nine arrests and the 'hats down' action in which Arrow Energy's drill rig drove over farmers' hats that had been placed on the ground.

The exhibition includes an account by businessman Rod Andersen who suggested the 'hats down' show of defiance.

"For me, the hats represented people, so essentially I felt they were driving over people just like they were driving over our dreams and our community," he said.

Linda Weston, who was horrified to discover not only that her property was just 280 metres from the proposed Mintovale open-cut coal mine but also that it was covered by a coal seam gas exploration permit, joined the Kerry Blockade protestors.

Having never received so much as a parking ticket in her life, Linda became only the second person ever, after environmentalist Drew Hutton, to be arrested and charged under the Petroleum and Gas Act, which carries a maximum \$50,000 penalty.

Escorted from the protest line to a police vehicle, Linda spent time in a chilly cell in the Ipswich Watchhouse. When she finally faced court, and the case was dismissed due to insufficient evidence, the courtroom erupted into cheers and applause.

"No matter how small a part any of us thinks we are playing, we can all contribute in our own small way," Linda said.

With banners from the 2011 Protestors on Peaks action, *Moving Mountains* tells of the 1000 people who climbed mountains, dropped banners and spelt out messages in paddocks to spread the word about the threat of coal and coal seam gas in the Scenic Rim.

Keep the Scenic Rim Scenic spokesman Innes Larkin said he would be forever grateful to everyone who acted to ensure the region remained free of coal and gas mining.

"It is a legacy that cannot be taken away and we should all be proud," he said.

The free *Moving Mountains - people power in action* exhibition runs at The Centre Beaudesert until 2 September 2023 from 10am to 4pm Tuesday to Friday and 10am to 2pm Saturday except public holidays.



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Councillor's Comment



These are my own personal views. I do not purport to speak on behalf of Council. Decisions of Council are made only by majority vote, legislative authority or under authority delegated by Council. Please note my comments are written several days prior to the printing of this paper.

Recently lodged Development Applications (DAs): the new tourist attraction at Thunderbird Park is to be a Wellness Day Spa - Total Use Area 200m²; a house on Coomera Gorge Drive; sealing of plans for 122-128 Long Road - Council-owned property on Gallery Walk - refer ECM_12172548_v1_ Email S: Plan of Survey Application (4518) (t1cloud.com); a boundary realignment on Wongawallan Rd, and a reduced setback application for a shed on Bateke Rd.

Out and About: Qld Tourism Town Awards – it would have been a big ask for Tamborine Mtn to win two years in succession – particularly as we are in the category “population over 5,000” and we were up against cities such as Townsville, Bundaberg, Rockhampton etc - considered “towns” in these awards. That criterion needs a revision methinks. Congratulations to this year’s winner, Caloundra (pop. >40,000). Good to see a new category – Top Tour Guide. More info: [Top Tourism Town Awards · QTIC](#)

Inaugural Friends of Parks Qld Inc meeting at Vonda Youngman Ctr, botanical bushwalk (Knoll), trivia (“my” team won – thanks to the other 3 cluey members), followed by spotlighting. Further info: www.friendsofparksqld.org

... and a special mention: the launch of the “*Moving Mountains – People Power in Action*” exhibition at the Centre, Beaudesert on 17 June. Guest speakers included five people heavily involved in the 10-day blockade at Kerry in 2011 in a bid to Keep the Scenic Rim Scenic and stop coal seam gas exploration and mining in the Scenic Rim. This also included the Lock the Gate campaign. Two of the speakers were arrested and spent many months in and out of court before changes were dropped. What a great example of what can be achieved when “someone should do something” morphs into real action. A history about the time titled “*Mongrel Dogs of the Scenic Rim*” has been written by Heidi Ross and is available at the Centre for \$25.

Local Government Association of Qld – I attended New Councillor induction training together with three other councillors from across Qld who were appointed following Expressions of Interest rather than a by-election.

The upgraded entry to the tip looks good. The library completion date is expected to be 30 June 2023. I will not be commenting on the recent library incidents as Council has these issues in hand.

Tree clearing: If you have concerns re tree clearing in your area, please contact Council or myself BEFORE the trees are gone. Thanks to those who raised concerns re the removal of every tree on a property in the Tamborine Mtn Precinct. This clearing was found to be exempt clearing (no permit required) however contact with the impacted neighbours could have saved a considerable amount of angst. If you submit an enquiry or a complaint to Council, please ensure

that you request a call-back re the outcome/progress of your issue.

Council Ordinary Meeting agenda 20 June 2023: Item 10.10. The Office of the Independent Assessor has referred an inappropriate conduct matter in respect of Cr Greg Christensen to Council for determination by resolution on how this matter is to be investigated (at Late Item 10.10).

Budget: At the time of writing, SRRC’s Budget was due to be adopted on 19 June 2023. More on this in my next column.

Community feedback: Thank you to those who responded re the handrail on Alpine Terrace (no surprises there re how people felt!). There were no positive comments. I have requested Council check the Australian Standards re the handrail in conjunction with the narrower than usual footpath and the compatibility of these 2 components.

Comments on whether there should be a night limit on Air B’n’Bs: All but one person was in favour of a limit on the number of nights per annum an Air B’n’B can operate in view of the rental housing shortage. The one dissenting view was in the form of a lengthy and very well written and argued perspective from someone who has decided to convert their rental property to an Air B’n’B as a result of the very high holding costs of property not a principal place of residence. Food for thought.

Topics of concern raised recently: graffiti on the bus shelter on Beacon Rd, damaged concrete kerbing at both ends of Gallery Walk, toilet blocks.

What are your thoughts on the Council expenditure of \$225,000 on legal costs to have the heritage listing of the Beaudesert Pig & Calf Saleyards overturned? This information has been made public in the Agenda for the Ordinary Meeting of 20 June - refer page 138 of [Agenda of Ordinary Meeting - Tuesday, 20 June 2023 \(infocouncil.biz\)](#). Council now intends to “engage with the community to achieve an amicable compromise based around building a Beaudesert Pig and Calf Saleyards heritage display” and has allocated \$100K for this site in the budget under Beaudesert Town Centre Revitalisation. If it wasn’t worth protecting, is it worth memorialising? Please email me with your thoughts.

This week’s reading: Budget Agenda 19 June: 80 pages; Agenda 20 June: 207 pages; Cr & Executive Workshop 21 June Agenda: 391 pages, making a total of 678. I guess *Mongrel Dogs* might have to wait!

I can be contacted on 0448 376 650 or via e-mail at amanda.h@scenicrim.qld.gov.au

“Do No Harm”

Amanda Hay



Far left: Norman, at 11 weeks, already knows to stop and smell the flowers.

Centre: with St Bernards Hotel manager Vicky,

and left: being the cute baby brother is just part of the deal at the Hotel.

INTRODUCING THE BENEFITS OF EDIBLE GARDENS: A FEAST FOR SENSES AND HEALTH

There is something truly magical about growing your own food. The joy of tending to a garden, nurturing plants from seed to harvest, and finally savouring the fruits of your labour is an experience like no other. Edible gardens not only offer the pleasure of fresh, flavourful produce but also bring a host of other benefits to our lives and communities.

First and foremost, edible gardens promote a healthier lifestyle. When you have access to a bountiful supply of fresh fruits, vegetables, and herbs just steps away from your kitchen, it becomes easier to make nutritious choices. By incorporating a variety of crops, you can create a diverse and balanced diet, rich in vitamins, minerals, and antioxidants. The act of gardening itself also provides exercise and stress relief, enhancing overall well-being.

Beyond personal health, edible gardens contribute to the well-being of the environment. By growing your own food, you reduce your carbon footprint and reliance on industrial agriculture. There are no long-distance shipments or excessive packaging involved, resulting in less energy consumption and waste. Additionally, organic gardening practices help preserve soil quality, promote biodiversity, and protect pollinators, creating a more sustainable and resilient ecosystem.

But the magic doesn't end there! Edible gardens foster a sense of togetherness, connecting families and communities in shared activities. Engage your loved ones in tending the garden, sowing seeds of memories and growth. Watch as children marvel at the wonders of nature, learning about plants, and developing a profound connection with the Earth. Through joint activities, you not only cultivate a deeper bond but also instil valuable life skills and a love for sustainable living.

Moreover, edible gardens empower individuals with food security and self-sufficiency. In times of uncertainty, having

the skills and resources to grow your own food provides a sense of stability.

As we could see, the benefits of edible gardens go beyond the mere pleasure of homegrown meals. They promote health, sustainability, community engagement, and self-reliance. So, let's dig in and sow the seeds of a greener, healthier future by embracing the wonders of edible gardening.



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JON KRAUSE MP

State Member for Scenic Rim

LABOR'S BUDGET FAILS QUEENSLANDERS

The Queensland Labor government's performance has been nothing short of disastrous, and this budget reflects that. Despite an abundance of revenue, including a windfall \$10 billion "sugar hit" from coal royalties this year, our essential services have been left to deteriorate. Hospitals like Gold Coast, Ipswich and Logan are plagued by ambulance ramping, leaving patients stranded and in desperate need of care. The government's promises have proven empty, and their arrogance and complacency have reached new heights.

Even with all the money pouring in, the budget fails to adequately fund crucial projects, pushing them further into the distant future. The Treasurer's vow of no new or increased taxes has turned out to be nothing but a sham, as we now face the burden of five new taxes. The state debt projection is mind-boggling, set to reach a staggering \$147 billion—that's a \$50 billion increase in just four years. Meanwhile, housing remains a dire issue, with long waitlists for public housing and a sluggish pace of home construction. It's clear that the government's priorities are completely out of touch with the needs of Queenslanders.

The government's mismanagement of the energy sector also has far-reaching consequences. We need affordable, reliable energy. Despite all their promises of affordability, prices are surging. The government's failure to maintain power plants like the Callide C generator (which will be offline for at least 3 years), and invest in reliable infrastructure, has directly contributed to this problem. While the Government will provide one-off power bill relief this year, it comes with an enormous price tag to taxpayers - \$1.4 billion – that will only grow in the coming years as prices continue to rise. Subsidising bills is not the answer longer term – fixing the underlying costs that make electricity so expensive is. Farmers and businesses get almost zero support from this budget, which will ultimately lead to increased prices for essential goods.

There is no end to the number of local road issues this government has failed to address for years, but this \$10 billion sugar hit from coal royalties will not help either. There's nothing new despite these rivers of gold flowing to government. There is, it seems, even a cut of \$127,000 from safety works on Henry Robert Drive on Tamborine Mountain. Canungra needs road investment to deal with the growth there and in other parts of Scenic Rim and Logan. The budget delivers nothing but the cold shoulder for Canungra.

Through the council there is a proposal in relation to upgrading Gallery Walk on Tamborine Mountain, otherwise known as Tamborine-Oxenford Road. Tamborine Mountain is the jewel in the tourism crown of Scenic Rim, and this project deserves attention from the government.

When it comes to police, we are 72 police officers down across Queensland since the last election. This is something that all parts of the electorate suffer from.

Biosecurity funding has also been reduced, putting our livestock, residents, and natural environment at risk. Their handling of the fire ant eradication program is a prime example of their ineffective approach to protecting our natural flora and fauna in Queensland.

Queensland deserves better.

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Member for **Scenic Rim**

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Letters to

THANK YOU...

As most in our community will know, Gavin and Jan, owners of our local newsagency, are about to move on to new adventures.

Although the loss to us all is still sinking in, I'd like to personally thank them for the wonderful service they have provided over the last decade and a half. From their original shop where Gina now runs her travel agency, and latterly from the shop next to the IGA, they have always served with a smile and good humour. I don't doubt Gavin won't miss the early starts delivering newspapers, but we'll sure miss him. Their role, supported by great staff, has not only been an important part of our community, it has tangibly enhanced our community.

Richard Lysnar

HAS TO BE SAID

When it comes to whingeing about some of the careless ways the environment on Tamborine Mountain has been mistreated or ignored by developers, the Council and planners, I have tended to keep my head down and accepted it all as "progress", as other correspondents have suggested in past letters to the editor.

Well, in the case of the new galvanised pipe railing along Alpine Terrace, keeping one's head down could prove dangerous. The inward-angled top rail encroaches on the footpath at child's head and disability scooter height, and should a bike rider, adult or child get caught up in it, there could be serious injuries sustained. Apart from the eyesore along what was a pleasant street frontage, I wonder how the residents will be able to safely maintain the nature strip, which has always looked so neat. OK, so I whinged.



Stan Rosenberg

HEADSHAKING IN RESPONSE

Just when you think governments, Federal, State and local can't waste our money on infrastructure any more than they are, along comes the "visual assault" footpath. I certainly agree that the footpath is a plus, but am frustrated "no end" with the following:

- The months of activity (slow at best) and traffic disruptions could have been achieved by private contractors in a quarter of the time (and at half the price!). Ever notice how with any type of roadworks there are workers, lollipop people, earthmoving equipment and trucks, however little is being achieved? If you want to know where our taxes, vehicle registrations and rates go, just observe the 5, 6, 7 or 8 workers standing around, with possibly one working.
- The handrail looks like the perimeter of a prison (when does the razor wire get installed?). The mountain prides itself on beautiful rainforests, gardens and a peaceful ambience, but the government officials are determined to bring in the ugly stuff (perhaps the rally motorbikes will be using it?).

One must wonder who designs such ghastly structures. Now, everytime I go past this "THING" I shake my head and ask "Why?"

Marty Haynes

SEQ WATER PLANS TO BE REVISED

The Queensland Government Department of Regional Development, Manufacturing and Water (DRDMW) is reviewing and replacing two water plans covering the Gold Coast and Logan areas, and submissions are now open to have your say. Both water plans are due to expire in December 2026 and need to be replaced with plans that address current and emerging issues.

The new plans will be based on the best available science including new hydrologic (including climate change), socioeconomic, environmental, and cultural assessments and underpinned by advice from the community. The Department has opened a preliminary consultation seeking initial feedback to develop the first draft of the plans. These will then be released for further consultation prior to finalisation.

Tamborine Mountain sits astride both the Logan and Gold Coast catchment areas. You are invited to make a submission about your observations, concerns etc. about personal water use as well as any concerns for the plateau. The new Plans hopefully will also place the current annual water moratorium on a permanent basis. Submissions close on 21st July. For the Tamborine Mountain water plan refer to the following link (QR code at right):



On June 2nd Amanda Hay and I attended a briefing by Department representatives where Dr Lucy Reading also outlined the progress her PhD student was making with the extended QUT study of our aquifer. This is nearly finished and there are preliminary plans for TMPA to arrange a public presentation which will include the Department's progress with the Water Plans as well as the results of the QUT study. This looks to be about August.

Jeanette Lockey
President,
Tamborine Mt. Progress Association

PACKED HOUSE FOR TM ORCHESTRA AND QSO ENSEMBLE



It wasn't just a full house, but a full stage too, that saw over fifty musicians from the Queensland Symphony Orchestra, TMO and students from TMSHS combine to delight the audience in our sold-out concert on Saturday third of June.

The first half was a performance with the 14 members of the QSO connect ensemble, who delighted the audience with seven diverse pieces. Starting with some upbeat Bizet's *Carmen*, to the atmospheric Satie, and some toe-tapping Gershwin.

The stage was reset during interval to accommodate the TMO and QSO musicians, and, under the baton of Sean Butler, we marched ahead with some Sousa, swung into a reimagined *Farandole* (arranged by our very own Andrew Heading-Knight), and took a tour of *Willy Wonka's Chocolate Factory*.

QSO conductor Stephanie Smith then took over the conductor's baton and TMSHS students joined in for the final three pieces, unleashing perhaps the biggest sound heard at the TMSHS theatre. After playing *The Funeral March of the Marionette* and Saint Saens' *Bacchanale*, the world premiere of Andrew Heading-Knight's especially commissioned piece began with the soothing sound of a Tibetan healing bowl and finished with a frisky stroll along Gallery Walk.

The positive feedback indicates that the audience enjoyed this concert as much as we enjoyed playing it. A big thank you to the SRRC and their regional grants program for enabling the QSO to perform with us. Thanks to our sponsors, Eagle Heights Dental Care and Harcourts Realty, and to Tracey Brose and TMSHS for the use of their facilities. Lastly, to the Tamborine Mountain community for producing the musicians, audience and the behind-the-scenes personnel that enabled such a wonderful event.

Sean Donnelly

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POETRY PEOPLE FLOCK TO MOUNTAIN



The recent launch at Under the Greenwood Tree bookshop of Jane Frank's poetry volume *'Ghosts Struggle to Swim'* drew a good crowd. Is it 'a swarm of poets'? Maybe 'a stanza of poets'? We're not sure. In any case, a plethora of poetry people attended, including eight of SEQ's and northern NSW's finest poets.

Janene Gardner, owner of the bookshop, was a genial host. Distinguished poet Damen O'Brien launched the book, and Calanthe Press Managing Editor Jock Macleod was in conversation with Jane about the inspiration for her moving, eclectic work. Topics as diverse as bringing up teenage boys, and the death and life of her beloved father, are given lyrical treatment in this beautiful volume.

Jane's book is the seventh published by Calanthe Press, housed here on the Mountain. Calanthe Poetry, as the wider group is known, holds bi-monthly poetry meets. Sunday 18 June, featured world-famous literary figure (and poet) David Malouf, and award-winning poems from Calanthe's 2023 international poetry competition. David graced this event for the third year in a row. Look out for details on Facebook, or email us (see below).

Calanthe Poetry also 'poetry bombs' on Main St (check out the



median strip shelters), hosts ad hoc poetry-related events, lobbied for the poetry sculptures around the Mountain, and generally flies the flag for verse. It was also the main mover in the project *'Along the Red Road: TM Storytellers and Writers'*, which can be viewed online at the Library and the Heritage Centre.

It's eight years since Calanthe emerged following the play about Judith Wright, *'Hearts Ablaze'*, seven years since it ran its first poetry evening, and six years since it helped our 'Mountain bard', the late and very much missed Raymond Curtis, publish *'The View Westward'*. So there's some staying power there. The group calls Tamborine Mountain 'the poetry capital of Australia'. A title which remains unchallenged by other locations!

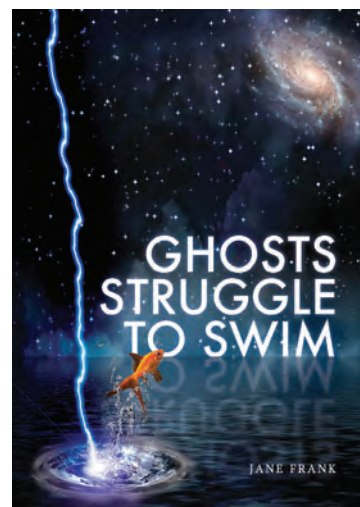
While many adults claim to have been scarred by encounters with poetry at school, poetry re-discovered in later life is a fulfilling and wondrous thing: whether to listen to, write, or both. Give it a go! An email to calanthecollective@gmail.com will put you on Calanthe Poetry's mailing list (no obligation).

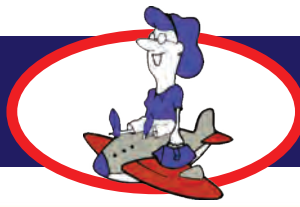
A feature of being on the group's mailing list is the eloquent prose of Calanthe's Secretary, Geoff Cartwright. We guarantee you will love his emails, even if you never attend a poetry event. Geoff also writes occasional poetry, some in the genre 'hilarious', which he presents at Calanthe events, and is director of the upcoming play at the Zamia, *'Under Milk Wood'* by Welsh writer and poet Dylan Thomas.

Top: (left to right): Poets Maddi Dale, Anna Jacobson, Olivia de Silva, Sean West, Rosanna Licari, Damen O'Brien, Jane Frank, Nathan Shepherdson and Matt Hetherington

Left: (left to right): Janene Gardner, Jane Frank, Damen O'Brien, Jock Macleod

Right: 'Ghosts' book cover





TRAVELLING PLACES *with Gina*

Our next expert company to join us here on the Mountain is Viva Holidays. This long-established Australian company has been a partner of Travelling Places in providing excellent holiday arrangements for us to design independent holiday itineraries globally. Over the past couple of years, they have redesigned some of their travel offerings to include small group journeys both overseas and within Australia. Join us to find out more about these unique short breaks near and far!

Direct from the West End and Broadway, *Miss Saigon* is currently playing in Sydney – this package offer from Ultimate Journeys can be as short as a couple of nights, or perhaps you would like to extend and immerse yourself in one of the world's most beautiful cities.

Head to the red centre for a unique Uluru experience over a long weekend, enjoying exclusive dinners under the stars and interactions with locals. Flavours of South Australia is a 5-day trip handcrafted to show case iconic food and wine venues for which SA has become world renowned. There's more to Canberra than you can imagine, which you will discover on the 4-day Australia's National Treasures journey. Savour the boutique food and wine scene on a 5-day luxury journey to Hobart and Tasmania.

Further afield, combine Uluru with Darwin and a cruise along the fascinating Kimberley Coast. Enjoy a white Christmas in Lapland or search for polar bears on a tundra buggy near Churchill in the northern reaches of Canada. Or perhaps a small group tour of Ireland staying in fabulous manor house hotels and enjoying the warm hospitality of the Emerald Isle.

Apart from these wonderful explorations, Viva Holidays offers independent travel arrangements to enjoy alongside. Tag these short journeys onto a trip visiting



family and friends or combine one of these exclusive trips with an independent adventure of your own. We are here to help you design your next adventure.

Do join us when Viva Holidays comes to the Mountain to share their journeys.

Domestically, Ultimate Journeys offer anything from a wonderful couple of days in Sydney to see *Miss Saigon*.

You're Invited to a free information session:

When: Wednesday 5th July at 5.30pm

Where: Travelling Places, 24 Main Street

RSVP: P: 55451600 or
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KEY INFRASTRUCTURE PROJECTS ACCOUNT FOR \$23.94 MILLION IN COUNCIL'S BUDGET

A total of \$23.94 million has been allocated to improving roads, bridges, footpaths and drainage across the Scenic Rim from a total of \$34.754 million of capital expenditure in Council's 2023-2024 Budget.

Capital expenditure of \$13.045 million on roads will include \$4.8 million to commence the first stage of works at Veresdale Road to improve drainage and widen and strengthen the road in line with the culvert crossing on Mount Lindesay Highway.

Works scheduled for Kerry Road, to complete works near the recently installed Spring Creek Bridge, have been allocated \$1.05 million.

Mayor Greg Christensen said Council's continuing investment in the region's 1800-kilometre local road network reflected community expectations.

"Our network of roads and bridges not only connects our communities but also plays a key role in driving our regional economy," he said.

More than \$9.74 million will be invested in bridges across the Scenic Rim in 2023-2024.

Subject to successful funding under the Australian Government's Bridges Renewal Program, Council will replace Hinchcliffe and Kengoon Bridges, both of which were earmarked for replacement in previous years' budgets but were deferred due to cost increases.

Council has allocated \$1.13 million in its 2023-2024 Budget to maintaining and rehabilitating more than 60 timber bridges to ensure they continue to meet required standards of safety and serviceability.

"The renewal of our bridges will be welcomed, not only by Scenic Rim residents but also the growing number of visitors to our region who are vital to our local economy," Mayor Christensen said.

"Well maintained transport infrastructure offers improved safety for road users and increased productivity for



one small place on earth

BRUSH MISTLETOE – *Amylotheca dictyophleba*, garden, Eagle Heights.



Mistletoes in Australia are closely associated with the eponymous and widely distributed bird, which excretes the seeds, or wipes its beak on a host plant after eating the fruit. Its European counterpart is the Mistle Thrush. Although the vine in the photo was growing on a camellia tree in a garden, Brush Mistletoe is regarded as a rainforest species and is found in coastal regions of Queensland and New South Wales, with isolated occurrences in the Northern Territory. It is also found in Papua New Guinea and neighbouring islands. There are up to five species in the genus.

Peter Kuttner

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industry, particularly our agricultural and tourism industries."

Tamborine Mountain residents and visitors to the Scenic Rim will benefit from the construction of a 600-metre section of footpath linking Gallery Walk on Long Road to the Tamborine Mountain Heritage Centre in Wongawallan Road.

This key connection has been allocated \$500,000 in the 2023-2024 Budget, along with an additional \$72,189 for minor works as needed across the region to maintain the condition of footpaths and ensure the safety of pedestrians.

"As well as encouraging a healthier and more active lifestyle, footpath improvements also bring an added social dimension by encouraging people to get out and about on foot and connect with others in the community," Mayor Christensen said.

Improvements to the Scenic Rim's drainage network, which includes 243 major culverts and 263 floodways, have been allocated capital funding of \$370,000 in 2023-2024.

In addition to the \$316,200 provided in the 2022-2023 Budget for stormwater drainage at Wiss Street, Kalbar, \$225,000 has been allocated in 2023-2024 to upgrading infrastructure to alleviate historical drainage issues.

Following a review of Council's stormwater drainage, \$204,579 has been allocated to replacing some sections of network drainage that have been identified as needing replacement and \$150,000 has been provided for minor drainage improvements.

Against the backdrop of labour and materials shortages, Council is investing heavily in pre-construction activities for major transport projects.

More than \$1.09 million has been allocated for activities ranging from land acquisitions to survey and design works, the relocation of underground services and pre-ordering of materials which can be difficult to source.

"We are committed to ensuring the best value to our ratepayers through our investment in infrastructure that provides the catalyst for ongoing growth and economic development and will stand the test of time," Mayor Christensen said.





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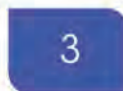


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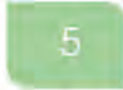
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DOGS ON TAMBORINE MOUNTAIN LOSE MORE GROUND

It is understandable, that with so many people and their dogs living on the mountain, we have become more restricted where we can walk them. There are about six of these 'no dogs' signs stencilled on the ground and I assume they come from Parks and Wildlife. Dogs are also banned, quite recently, from walking through the school paddock on Holt Street to Curtis Rd. So, what sparked the bans? Or were there a few cumulative factors? It's ironic because my dogs, over the years were more interested in smelling and finding human food waste and garbage in those same restricted areas. The other issue is that dogs can scare, attack or injure our wildlife.

It seems the biggest risk to our wildlife is road traffic, not a day passes without at least one dead animal. Wildlife was never as balanced and abundant as when dingos lived here. Some older farmers were quite fond of them and they lived well off the avocado farms. What could the original Aborigine owners tell us? Feral dogs helped to cause the dingo demise, yet another human waste, negligence issue.

I have talked to a few people that have more than one dog as company for their other dog. However, some are realising it means double trouble, work and cost. Dogs are social, but their preferred companions are humans, and it is mainly for that reason that they were able to be domesticated.

The Sportsground has welcomed well behaved handlers and dogs, but with signs as reminders to do the right thing – the main one being - pick up your dog's faeces and have control of your dog. But it's those few non-compliant dog owners that ruin it for others. Besides, there is usually so much rubbish around, like coffee cups that can serve as great 'pooper



scoopers' with lids. Some of those little walks we have lost mean not being able to enjoy our still beautiful environment as fully as we did. I personally know people that are frustrated and tired of cleaning up and carrying the mess someone else's dog left, we need to watch what our dogs are doing. Residential expansion on this small plateau has to stop, it is a constant cycle of ruined roads from heavy trucks and traffic that are constantly being repaired. The standard of lifestyle has already become just a suburb of the Gold Coast.

Pam Brandis
Dip. Canine.Prac.

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LIONS CLUB FOSTERS OUR FROGGY FRIENDS

While most Lions Club donations go to human-focused causes such as cancer research, vision, poverty, diabetes and youth welfare, 'environment' is one of the pillars of club activities worldwide. As it should be.

Thus, the Tamborine Mountain Club recently contributed funds to a major Australian scientific research project, the Australian Museum's Frog ID project. Commencing in 2017 and ongoing, this is one of the largest 'citizen science' projects in Australia. The 2020-21 year, for example, saw ordinary people upload more than half a million frog calls into a special app. The data allows scientists to track the distribution, spread and decline of different species.

It's not just about the frogs themselves. They are a so-called 'sentinel species', a barometer of environmental health and food for other native animals. In fact, thirty-five of Australia's 242 species are under threat of extinction. Tamborine Mountain is home to two endangered frogs, Pearson's Stream Frog and the Tusked Frog. Because of its large number of frog species, Tamborine Mountain is a wonderful place for 'herpers' (herpetologists being people who study amphibians and reptiles), who regularly come up for night visits, armed with head torches and cameras.

Brett Malcolm, administrator of the Queensland Frogs Facebook group, describes the Frog ID project's leader, Dr Jodi Rowley, as a 'super science nerd'. As Brett says, 'Jodi combines the enthusiasm and naivete of a frog enthusiast, with visionary leadership skills and an ecological understanding that enables her to bring together scientists and ordinary citizens' under the banner of the Frog ID project. Hence its outstanding success.

'Frog populations have bounced back in the last three La Nina years,' Brett says, 'after nine years of El Nino. However, a dry summer in SE Qld means 2023 hasn't started out such a good year.'

Nevertheless, we're at least not seeing the mysterious crop of dead frogs we saw a couple of years ago, partly due to a fungal disease called chytrid, but also other causes that are not fully understood yet.

As someone who tries to encourage native frogs in their garden, I asked Brett for his three top tips. His response: (1) roaming domestic cats are by far frogs' greatest predator; (2) provide water sources; (3) have a healthy habitat garden, avoiding pesticides, as frogs are very susceptible. No need for expensive ponds; any regularly replenished water source assists breeding. Many frogs live in pot plants, mulch, under logs and even in trees, and only use water to breed. They particularly like native sedges, low bushes and groundcovers, and exotics like bromeliads where they can take shelter.

Frogs are all over the Mountain. Spring to Autumn is when you typically hear the 'tok-tok' call of the Striped Marsh Frog, the distinctive 'bonk' call of the Pobblebonk, and many others. Whirring Tree Frogs appear to live in my camellias (I've never seen one, but I've heard them) and Peron's Tree Frogs in my big peace lily pots. And others in the deep bark mulch in the garden.

There are lots of resources online. There's the **Frog ID** app if you want to become a 'citizen scientist' yourself; Brett's '**Queensland Frogs**' Facebook group; and information about the legalities of keeping frogs as pets, and RSPCA-approved ways of disposing of cane toads. Removing cane toads (whose living range is expanding by 50 km a year) is essential. Tamborine Mountain Skywalk accepts captured toads; the toad's toxins are extracted and used to lure cane toad tadpoles by the thousands into traps.

Brett also instagrams under the banner of **brett_finds_frogs**. Wildlife biologist Hunter McCall has produced a beautiful full-colour poster of Mountain frogs – obtainable from Landcare's Piccabeen bookshop – which is great for ID'ing. It has an accompanying brochure which you can download from his mccallwildlifephotography.com website.

So, when you buy your raffle tickets or burgers from Lions, know that this is one of the many causes your dollar supports. The Club has a range of charity fundraising initiatives and practical, community-based projects. If you'd like to find out more about what Lions membership entails (in three words: Service, Fun, Fellowship), ring Membership Co-ordinator Barbara Hams on 0411 758 514.

Left: Herpers, led by Brett Malcolm, toad-busting and frog-hunting at Mt Barney Lodge, organised by Watergum and Land for Wildlife Scenic Rim Regional Council. Tamborine Mountain Skywalk recently hosted a similar exercise. (photo: Catherine Madden)

Bottom left: Often frogs and humans live harmoniously; Lions Treasurer Gail Molson tolerates her bathroom companion. (photo: Gail Molson)

Below The cute and uncommon Fletcher's Frog, found on the Mountain. (photo: Judy Leitch)





FLOW STATES IN YOGA

Flow is a concept of psychology, emphasising concentration, full immersion in an activity, and a transformation in one's sense of time

while so doing. If we think about nature, flow is everywhere. Water, possibly more than anything else, is associated with flow. Any movement like wind, the movement of the sun across the sky and the seasons can be associated with flow on a micro or macro level. Some additional corollaries of flow are harmony, enjoyment, and productivity. We could think of ancient cultures, tied to the rhythms of life, as living largely in the flow.

It's pretty easy to access a flow state in a good yoga class, particularly if you are familiar with the style of the teacher. There will be parts of the class that are familiar and you can switch off your mind and just flow. Parts of the class will be challenging, and all the time you will be encouraged to go inward, turn off the monkey mind and just enjoy this dedication of time to your yoga and yourself, staying in the flow.

A person is in a state of flow when they are totally immersed in a task. When a person is "in flow," they may not notice time passing, think about why they are doing the task, or judge their efforts. Instead, they remain completely focused.

A flow state can be reached in even of the most mundane of activities and many of the Buddhist philosophies have talked about living in a flow state for millennia. They call it mindfulness.

Flow states are highly desired by top performers, athletes, musicians, artists and think tanks. When people and groups are in a flow state, innovation and invention emerge. So how do we access a flow state quickly? Well, start by avoiding anti-flow activities like social media and the noise on your phone. Distracted by other peoples' thoughts, actions, and responses to what you say or do, you give away your focus and your power.

Set your intentions and narrow down your goals to just a few to achieve that task. Flow doesn't just happen by accident. It's often quite intentional and something that we seek out again and again. If you hit a roadblock for one goal, flow into the other task. See the goal setting as a process, not a destination. Keep an eye on the time without worrying about it. Flow will always change our perception of time to some degree. But it's important to continuously ground yourself and set approximate goals and keep track of how much time you're willing to spend on each task.

And accessing flow states gets better with practice. The more you learn to drop into the flow, be it in yoga, gardening, or painting, the more this state will become your way of 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



COMPETING NEEDS

Inevitably, most relationships settle into a routine. Predictability can be a comfort, especially if you grew up in a chaotic environment. However, if a relationship is continually predictable it inevitably leads to boredom. The power of newness and novelty reinvigorates a relationship. When you venture into uncharted territory as a team, you experience the thrill of shared adventure. Feelings of excitement send adrenaline pumping and your brain gets high on dopamine. Tapping into the "happy place" in your brain will reignite loving feelings as you experience adventure together. The memory you create becomes a story you retell with warm sentiment and fondness.

Although research supports the benefits of novelty in relationship, the probability is that one partner is more comfortable with change than the other. One partner seeks spontaneity while the other finds security in a planned schedule. A perennial struggle ensues. Novelty can be stimulating but can also be destabilising.

I often joke that in our marriage I'm the accelerator, and my husband is the brakes. Both are important for a successful journey. I appreciate how extremely important the brakes are for keeping us safe and avoiding calamity. As you probably guessed, I'm the partner who embraces newness and adventure. Over the years, however, I've learnt that my husband's comfort with the familiar also needs to be honoured. I value his contribution of stability and wisdom. This ensures that we don't take risks that come at too great a cost. He also honours my desire for adventure and courageously stretches the boundaries of his comfort zone to join me in fresh experiences. As a team we have been able to navigate life with a healthy balance of novelty and routine.

Partners who resist compromise end up following individual pursuits. The risk-seeking partner engages in new experiences alone. This can result in feelings of disconnect and two separate lives that become "me" and "you" without the "us". When a couple reaches this point, they may begin to reconsider whether they are truly right for one another. The words "irreconcilable differences" sneak into the narrative. However, it's not differences that cause a chasm between partners, it's inflexibility.

Inflexibility is one of the biggest impediments to a fulfilling relationship. The inability to adapt and accommodate a partner's needs is typically a sign of insecurity, fear or self-doubts. If you notice inflexibility in yourself, you may benefit from seeking support to help uncover what is hindering you.

Rather than seeing the contrasting needs of your partner as a threat to the relationship, see your differences as a strength that will make your partnership stronger. The most incompatible pairings make for the strongest relationships when there is a willingness to be influenced by the other person. Experiencing the world from another's perspective opens your eyes to new possibilities. Predictability and novelty is just one example of competing needs experienced in relationship. It's a great starting point to practice flexibility and compromise. In doing so, you challenge yourself and build a closer relationship.

Linda Gray
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0401 517 243

Physio Talk



with NEIL BELL

THE PUSH

"Oh man", I thought to myself as I rolled over in bed and smacked off the alarm, "I reckon I could just stay in bed." It's the middle of winter on a cold and wet

Mountain Monday morning. Bec is sound asleep beside me and Molly, my beautiful pup, is curled up on my feet, making it difficult for me to get out of bed. It's warm under the blankets. Outside, I hear that cold, strong wind blowing through the trees. I should just stay in bed.

And yet, to my brain's horror, I get out of bed. "What are you doing"? I hear it scream. "I said I'm going," I reply, "and I'm not gonna let The Boys down." You see, I've got a commitment. Twice a week, I get up. Early. In the dark. Even in winter. And I head to the sports ground. What for? Well, a while ago, a few men started getting together to do some fitness work and light boxing. A few other men joined in and now it's regular. It's just a thing we do - every Monday and Thursday.

Sometimes, you can't make it. It doesn't matter. Whoever is there is welcomed, encouraged and then we try to get fit. As one of us in our WhatsApp group put it this morning: "Looking forward to all you amazing blokes punching the heck out of me with love and compassion (except he didn't use the word heck)." We love it. We've even given each other cool boxing names. There's The Hurricane, Knuckles, Buster, Sweet Pea, Handsy, The Fiddler, The Accountant, Bam Bam, Bone Crusher, S.O.B and the rest of us.

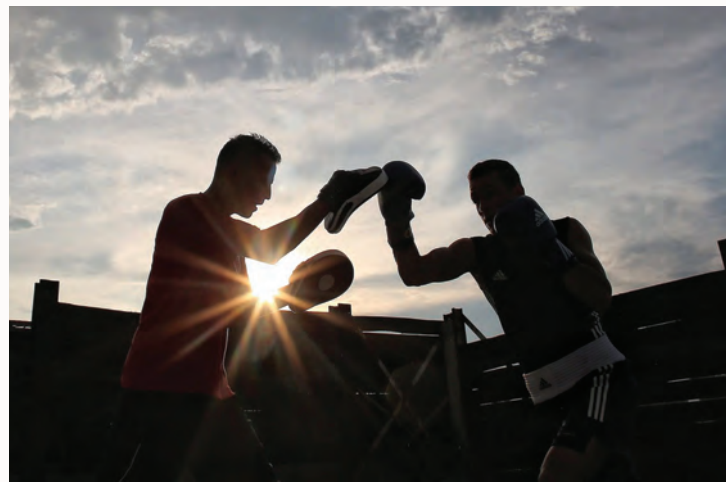
Sometimes, some of us just turn up at the end to just go for the coffee afterwards. Sometimes we talk, sometimes we don't. Again, it doesn't matter. But we always box. There's nothing quite like being pushed physically to do things you couldn't do before. I've always found regularly doing fitness work a challenge. It's not something I like to do on my own. But "The Push", as we call ourselves in jest, gets all of us there. Some of us have lost a heap of weight, some of us have started to actually get muscles and be stronger, some of us are the fittest we have been in a decade.

For me? Well, it has been a

catalyst to become the lightest I have been since I played grade footy when I was 19, to increase my regular exercise and to even start running again. I am grateful. Very grateful to this group of men. We're not all best mates. It doesn't matter. We look after each other and we push each other. That's what matters. We are safe, but we know we are going to have to work hard.

Every bit of research shows that when you exercise with a buddy or a group you are more successful: you are 50% more likely to complete a weight loss program and twice as likely to maintain any weight loss, you are less likely to be injured, less likely to stop exercising and more likely to continue to exercise even after you reach your goals.

And we all know that exercise is key to a healthy life. So, get out there and find a group that works for you. Not all of us love to get the "heck" hit out of us, but all of us have some sort of exercise that we can do with a group or a buddy. Get moving, get healthier and get into life.



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BREATHING OUTSIDE THE BOX

Hello Scenic News readers. I hope you're well and thriving.

I'm incredibly fortunate to be surrounded by incredible women who teach me every day new and important health and wellbeing skills. One of which is the **Box Breathing** technique.

Whether you find yourself feeling anxious often or perhaps anxiety sneaks up on you occasionally, this could be a helpful addition to your day.

It's important to know my wonderful friend Jess Ngaheu from Maternal Grounding is a qualified massage therapist too, holding a Certificate IV in Massage Therapy and a qualified Breathwork Practitioner, being professionally trained, and mentored by Michael Bijker.

Before we take a look at the step-by-step guide of **Box Breathing**, I'd like to share with you what it actually is and what it's designed to accomplish. After all, it may not be your cup of tea.

Box breathing is a powerful but simple relaxation technique that aims to return breathing to its normal rhythm after a stressful experience. It may help clear the mind, relax the body, and improve focus. Research has shown that it may significantly reduce the production of hormones associated with stress, including cortisol.

The basic idea **Box Breathing** is to learn how to even out your breath so that it is slightly longer and more consistent than your typical breathing pattern.

The aim is to be consistent with the length of each of the 4 parts of your breath:

1. Inhalation
2. Pause after Inhalation
3. Exhalation
4. Pause after Exhalation.

As you begin to breathe in longer, more even



BEAUTY & WELLNESS



with Rebecca Mander

cycles, you immediately begin to relax the mind, improve the flow of oxygen to the brain, and spark more intuitive, clear, and productive thoughts. The great thing I find about the **Box Breathing** technique is that it takes minutes to achieve. And for me at least, it forces me to stop, take in those amazing deep breaths of oxygen and focus.

So, let's look at the steps – and don't worry if you prefer to watch a video you can search for the **Box Breathing** technique online.

To begin, simply exhale all of the air from your body. I like to add a couple of long, full inhalations followed by loud exhalations (a strong "sighing" feel) before beginning the exercise.

This helps to clear the space and prepare you for the practice.

Then, when you are ready to begin, follow these 4 simple steps:

1. Inhale slowly for 4 seconds.
2. Hold the breath in for 4 seconds.
3. Exhale slowly for 4 seconds.
4. Rest with the breath out for 4 seconds.

Before I leave you, here are some tips to optimise the results of the technique:

- Practice with good posture
- Create a habit of stepping back during your day
- Always practice in a comfortable, clear and safe space
- If you struggle lengthening your breaths, don't force it. Do what you can.

And like always, *please share kindness like it's jam on toast.*

Rebecca – Naturally COS




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ARGENTINIAN LEEK AND POTATO SOUP

Silky smooth, slowly poached potatoes, infused with my South American Gaucho-inspired seasoning, combined with buttery sweet leeks, a drizzle of cream and finished with a generous sprinkle of crispy bacon, chives and freshly cracked pepper, will have your taste buds singing and dancing like Gene Kelly.

My next instalment in the wonderful world of homemade soup is my super simple spin on the classic leek and potato soup. Perfect to warm the soul on a cold winter's night, this delightfully simple soup is very easy to prepare, yet is a testament to the artistry of simplicity. Kids and oldies alike love it for its flavour and ease of eating. It's packed with nutrition and is a deceptively easy way to add more vegetables into their diet.

Did you Know? Leeks are highly revered by the Welsh. Deep within the ancient mist-filled mountains of Wales, where myths and legends intertwine, a tale is told of the humble leek and its rise as a national emblem. Centuries ago, during a fierce battle with invading Saxons, Celtic soldiers led by the heroic St David adorned their helmets with leeks to distinguish themselves from the enemy. As the sun rose, the leeks' vibrant green leaves caught the light, creating a stunning spectacle. Inspired by this glorious sight, the soldiers charged into battle and triumphed over the invaders in a decisive victory, forever linking the leek to Welsh pride. Since then, the leek has flourished as a cherished symbol, celebrated on St. David's Day, the national day of Wales, and serves as a stark reminder of Welsh independence, valour and unity.

Chef Dylan's Tips 1. Be sure to slice the leek lengthways and peel back the layers to wash away any dirt and grit that is hiding in there. 2. Take your time when sautéing the leeks to really bring out the sweetness, this also adds depth of flavour to the soup. 3. Use a high-quality stock: the stock forms the base of the soup and greatly influences its flavour. 4. To get nice crispy bacon, use streaky bacon and place the bacon strips in a cold skillet or frying pan. This allows the fat to render slowly and evenly, resulting in crispier bacon. 5. Use Sebago potatoes (the ones with dirt on them) 6. Cook the potatoes until nice and soft and don't over-blend the soup, as this will activate the starch and can make the texture gluey.

Memory Lane, Paris, France 2005

The train doors exhale with a hiss; I now stand within the bustling underground confines of the Metro station bearing the name of the

renowned microbiologist, Louis Pasteur. The air hangs heavy and humid, saturated with a mélange of the aroma of screeching brakes, wafts of tobacco, French perfume, and a hint of urban sewage. Navigating the labyrinthine tunnels alongside the bustling throng of commuters, we emerge to the surface, dispersing like ants from a rain-soaked nest. The gridlocked streets echo with honking cars, interwoven with the harmonious melodies of a talented nearby busker. Carefully unfolding my small map, I locate the restaurant, a mere two blocks away. As I stroll, vibrant open bars line the sidewalks, alive with stylish connoisseurs and fashionistas, their glasses brimming with blood red wine, enveloped in a haze of smoke and conversation. I turn into a narrow alley, and there, in the distance I spy the name of the restaurant adorned with golden gilded lettering. A tingle dances across my skin, my heartbeat quickens. This is the moment I have yearned for, six months on a waitlist. One of Paris' most secret establishments, renowned for their culinary prowess, mastery of ingredients, and the formidable art of transforming complexity into simplicity, chefs who have long established a reputation that transcends the ordinary. An obsessional dedication to their craft, wizards creating magic in the kitchen, infusing each dish with a touch of gastronomic sorcery. Exceptional cooking techniques transform the simplest of ingredients to new heights, orchestrating delightfully delicate flavours that dance across the palate. With discerning eyes for quality, they meticulously source the finest ingredients, ensuring that each component contributes to a symphony to savour. From the precision of their knife work to the delicate balance of flavours, these culinary alchemists possess a rare gift that leaves diners in awe and longing for more. As I arrive, my eyes fixate upon a small, elegant chalkboard, meticulously inscribed with tonight's offerings. With the aid of my pocket translator, I decipher the menu: Leek and potato soup as the entrée, followed by fillet of 90-day aged beef, accompanied by white asparagus, French beans, duchess potatoes and beef jus. And for dessert, the quintessential Crème brûlée. The cost, 99 Euros, or with matched wine, 149. My mouth salivating, I take a deep breath, steeling myself, as I gently push open the ancient door, ready to embark on this epicurean adventure of a lifetime.

Serves 4-6, Prep 10 mins, Cook 35 mins



Ingredients

- 4 leeks, white and light green parts only, thinly sliced
- 1kg Sebago potatoes, peeled and diced 3cm chunks
- 4 rashers of streaky bacon
- 1 onion, diced
- 3 cloves of garlic, minced
- 1.5 litres vegetable or chicken stock
- 3/4 cup heavy cream
- 2 Tablespoons Gaucho*
- 2 Tablespoons butter
- Cracked pepper to taste
- Chopped fresh chives for garnish

Method

1. In a large pot or Dutch oven, melt the butter over medium heat. Add the leeks, onion, and garlic, and cook stirring until fragrant then turn down low and cook until nicely softened, about 5-7 minutes. Then add Gaucho and stir through.
2. Add the diced potatoes to the pot and pour in the vegetable or chicken stock. Bring the mixture to a boil, then reduce the heat and simmer until the potatoes are very tender, about 15-20 minutes.
3. In a cold fry pan place in the bacon then turn on to med/low heat, slowly crisp up one side then flip to finish. Remove and place on a paper towel to absorb some fat.
4. Using an immersion/hand blender or a countertop blender, puree the soup in the pot until just smooth and creamy. If using a countertop blender, be sure to blend in batches and allow the soup to cool slightly before blending.
5. Stir in the heavy cream. Taste and season with a little more salt to your taste. Heat the soup over low heat until warmed through, be sure to avoid boiling.
6. Place into bowls and sprinkle on the broken-up bacon bits, chives and crack some pepper on top. Serve with buttered toast.

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OUR STAFF BOOK CHOICE: *Becoming Mrs Mulberry* by Jackie French



NSW, 1924. The once impoverished medical student Agnes Glock is now the fabulously wealthy Mrs Mulberry. Her estate in the mountains is magnificent, a haven for those too ravaged by the Great War to cope with the society that first condemned them to battle and which now shuns them.

The War has, however, stolen Agnes's chance to graduate as a doctor, as well as the fiancé she adored. Her husband, Douglas Mulberry, remains shellshocked and unable to speak. Their scandalous marriage is a farce, an act of kindness to keep Douglas's fortune from his uncle's grasp. A chance visit to a circus brings about a mystery in the form of a fairylike child whose guardians claim was brought up by dingoes. The child cannot speak and seems deformed. But Agnes is inexplicably drawn to her and believes she can be cured.

The decision to save the child will bring Agnes's lost fiancé into her life again, as well as awaken the love of her husband who finds his voice as the three try to solve the mystery of the 'dingo girl'. Agnes has put aside her own life and the dreams she once had. But now she has choices, with the main question the hardest: *Who is Mrs Agnes Mulberry?*

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1. What Apple product, a precursor to today's tablets, was seen as a failure upon its launch?
2. Which vehicle model by General Motors, discontinued due to market doubts, was the first mass-produced electric vehicle?
3. Which failed invention by Thomas Edison was meant to mechanically duplicate handwriting?
4. Which attempted gaming console by Mattel failed to achieve significant market success?
5. What technology was created by Sony and often regarded as superior to VHS, but lost the videotape format war due to higher price and limited technical impact?
6. Which flying car concept developed from a Ford Pinto did not succeed due to safety and regulatory issues?
7. What digital media technology, developed by Sony, failed to dominate the market due to the rising popularity of CDs and MP3s?
8. Which innovative but unpractical device was created by Franz Reichelt and led to his fatal demonstration?
9. What vehicle concept was developed as a military scooter by Vespa but failed due to its impractical design?
10. What invention was meant to help pets stay hydrated with flavor but was not welcomed by pet owners?
11. What invention by AOL was an early internet browser, but it couldn't maintain dominance in the browser market and was eventually acquired by AOL?
12. What console by Nintendo aimed to provide an immersive 3D gaming experience, but was widely criticized for causing discomfort and headaches?
13. Which failed invention was meant to provide readers with a convenient way to read during rush hours but failed due to its impractical design?
14. What product was a failed attempt by Facebook at creating a smartphone and ended up selling poorly?
15. What invention attempted to create a mechanized surfboard, but failed to capture public interest and market success?
16. Which invention was designed to scan barcodes from magazines and newspapers, directing users to related web content, but was a commercial failure due to privacy and practicality concerns?

Answers p35

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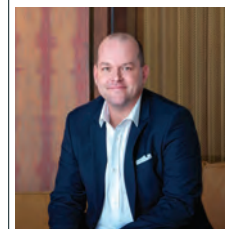


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TRIVIA

Answers from page 27

Inventions that didn't quite make it



1. Apple Newton
2. General Motors' EV-1
3. Thomas Edison's Electric Pen
4. Mattel's Intellivision
5. Sony's Betamax
6. The AVE Mizar, or Flying Ford Pinto
7. Digital Audio Tape (DAT)
8. Franz Reichelt's Wearable Parachute
9. Vespa 150 TAP Military Scooter (pictured above)
10. Thirsty Dog! and Thirsty Cat! Flavored Water for Pets
11. Netscape
12. Nintendo's Virtual Boy
13. Rush Hour Reading Glasses
14. Facebook's Fire Phone
15. The Motorized Surfboard
16. The CueCat Barcode Scanner

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