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Scenic News

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



VISIT SHEDS LIGHT ON A VALUABLE COMMUNITY RESOURCE

Last week, at the invitation of the Tamborine Mountain Men's Shed members, Mr Jon Krause MP, State Member for Scenic Rim, and Councillor Amanda Hay (Division 1), visited the Men's Shed for morning tea and discussion of an area earmarked for the Shed's possible expansion. Pictured above with the guests are Greg Rose, President Bernie Day and Rama Selwood. Story page 3

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AGENTS:

Ton Wolf 0424 591 012
Heleen van Daalen 0424 591 011



Property of the week

SALE 971m²

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151 Guanaba Road, Tamborine Mountain

- Do you want Gold Coast skyline views?
- It may not be an easy build, but the reward on completion will be worth it.
- If you'd like to inspect this block, the agent must attend with you, call Di to book.

AGENTS:

Diane Pihl 0424 653 316



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SALE 3 3 3 1,600m²

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AGENTS:

Diane Pihl 0424 653 316



Wishing Elizabeth a speedy recovery

Elizabeth had a nasty fall at home, and is currently residing at the Gold Coast University Hospital. She is getting excellent care and is slowly regaining her strength. She cannot take calls but text messages will cheer her up. She is missed in the office!

AGENTS:

Elizabeth Stirling 0400 449 978

SALE 2 1 1 1,133m²

22 North Street, Tamborine Mountain

- Do you enjoy a bit of DIY?
- This cottage has been partially renovated
- Enjoy the cottage or build your dream home on the rear of the block

\$575,000

AGENTS:

Barry Chick 0418 876 191



IN A MAN'S WORLD

At the invitation of the Tamborine Mountain Men's Shed Members, Councillor Amanda Hay (Division 1) and Mr Jon Krause MP, State Member for Scenic Rim, visited the Men's Shed's 88 Beacon Road premises on Tuesday 11th July, 2023 in order to allow Cr Hay to acquaint herself with the Men's Shed operations. It was Cr Hay's first Shed visit since being elected to represent the Scenic Rim Regional Council's Division 1, in which most (men's) Shed members reside.

The Men's Shed was established in its current location in 2010 with a handful (literally) of foundation members, whose numbers increased to 15 members by December 2010. During the visit, Shed President, Bernie Day, advised the visitors that based on an annual average net increase of 12.5% since inception in 2010, the Shed's useable workshop space and socialising area do not adequately meet the needs of the now 65 members. And that includes the overcrowded socialising and morning tea area. On the sound of a small air horn, all work ceased, and the members and visitors sat down to morning tea – a very important component of the Men's Shed's charter of fostering men's wellbeing by 'chewing the fat' with like-minded men in a convivial environment.

President Bernie Day welcomed the visitors during morning tea, advising them that the Shed members were a bunch of happy, rather than grumpy, old men who enjoy working together in the Shed's woodwork, leatherwork and metalwork workshops. At least twelve members have manufactured their own ukuleles, a precursor to joining and playing in the Shed's ukulele group, *The Offcuts*. And, apart from working on individual projects, the members respond to requests for assistance from community



organisations and individuals. The Shed members are renowned for their prowess in making toys and skilfully crafting writing-pens.

Accompanying Cr Hay was Jon Krause, who has visited the Shed many times. Mr Krause accepted the invitation in order to see, firsthand, the area earmarked for the Shed's possible expansion to cater for the increase in membership numbers. The members are hopeful that their (Round 116) State Government Gambling Community Benefit Fund application will be successful. If it is successful, then the proposed extension will increase the workshop area by 54 square metres and the social area by 11 square metres.

Councillor Hay was impressed with what the Tamborine Mountain Men's Shed has to offer the menfolk of Division 1.

Top: Secretary Keith Fraser with Cr Amanda Hay, middle: State Member Jon Krause, Cr Amanda Hay, President Bernie Day and Allan Meyers; Left: Allan Meyers showing off some of the members' fine woodworking output.

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MIND-BLOWING POETRY

'I'm a great believer in poetry out of the classroom, in public places, on subways, trains, on cocktail napkins. I'd rather have my poems on the subway than around the seminar table at a Masters program.'

Billy Collins

'If I feel physically as if the top of my head were taken off, I know that is poetry.' Emily Dickinson

These two – Collins, a one-time US poet laureate, and Dickinson, a nineteenth century poet, obscure during her lifetime but now one of the world's best-loved poets – have telling words to say. To fulfil both aims, Calanthe Poetry has been running poetry evenings on the Mountain for the past seven years.

The next evening is on Friday 28th July, 6.30 pm for 7.00, at the Zamia Theatre. Billed as a 'Locals' Night', Calanthe encourages everyone to come along with a couple of poems to read (or you can just listen). Penned by yourself, or your favourite poet.

Rather than our usual guest poet, we're delighted to have singer Venessa Moore singing a bracket for us. Venessa has a long singing and acting career, and if you've heard her sing at 'Morning Melodies' at Ness and Nell's Nook in Eagle Heights, you'll know just how beautiful is her voice.

Bookings essential at calanthecollective@gmail.com. BYO drinks and nibbles; suggested minimum of \$10 pp donation at the door (but if money is a problem, gold coin or pay us when your ship comes in).

So ... rid yourself of your excruciating primary-school memories of poetry; join the friendly throng and have the top of your head blown off. Metaphorically of course.

BELOW LEFT: Paul Burton presents his first poem earlier this year (written with Chat GPT – full disclosure was given)

BELOW RIGHT: Venessa Moore, who'll sing for Calanthe in July



Ian MacAllan

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ARTIST TALK SHARES THE PATH TO BEAUTY

The enjoyment a viewer gets when looking at a piece of artwork is really all that is needed, isn't it? However, sometimes a glimpse into the process and mindset of the artist can provide an added depth for the viewer.

Wayne Singleton advises us to take all artists' statements with a pinch of salt, but within his own, he goes on to describe an artistic process that brings his linocuts to another level of understanding for the viewer. Wayne, a relief printmaker, only produces 6 new artworks every year – his work is meticulous, intricate and captivating. What seems like a tiny output can be understood when knowing that before he even puts blade to block, he has spent months immersing himself in the landscape – thinking, feeling, writing down his feelings about the area and then drawing for at least 6 – 8 weeks, throwing away multiple images that do *not* capture his feelings of the location.

For this exhibition, *Girraween National Park*, the landscape and fauna have been his muse.

"I guess I would call myself a *nemophilist* – someone who is a haunter of woods, who loves the beauty and solitude of the forest".



UNDER THE GREENWOOD TREE

EXHIBITION

Wayne Singleton

Cutting the Landscape - an exhibition of hand-coloured lino cut prints



Please join us for drinks with the artist at the exhibition opening on

Saturday July 22nd at 2.30pm

Wayne will give a short talk on the inspiration for this current exhibition and the technical process of relief printing.

Exhibition continues until August 23rd 2023 - Catalogue available upon request.

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"I am fascinated by the light, the intertwining of shapes and colours. I don't attempt to copy nature, instead I represent an idea of the life of the place I'm depicting".

His dedication and skill have always been acknowledged through multiple awards, this year alone he has been a finalist in the Lethbridge and Milburn art awards and as the winner of the RQAS award.

His exhibition of linocuts opens at **Under the Greenwood Tree on July 22nd at 2.30pm**. Wayne will give a short talk about his process. Take the opportunity to meet Wayne and enjoy his very beautiful artworks.

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PLANTING TREES FOR OUR INJURED WILDLIFE

This year, our usual annual National Tree Day Planting event has a different, particularly valuable focus. We will plant species that have been selected to provide just the right food for our injured local creatures. Local wildlife carers need to find suitable plant material for the native animals in their care, to ensure they thrive and can be returned to their forest homes. The tubestock we plant this year will sustain them with a good food source for years to come.

This is a great way in which our human community can help the creatures of our native community. So please join us in this great initiative.

When: Sunday 30th July, 9am

Where: Landcare Centre, Hartley Rd East. Park in the Centre grounds.

Bring: a spade or mattock if you have one (Landcare have some tools if you have none), drinking water, gloves and closed in shoes. And perhaps bring a neighbour or friend too? Supervised children are very welcome.

Enjoy: morning tea, coffee and cake, provided by Landcare, in company with friendly locals.

Need more information?

Contact Judith Roland, 0429 808 206

Photos: Feathertail glider in care, and above, Pelican the Koala, treated for chlamydia, rehabilitated and released by local wildlife carer, Heidi Cuschieri



New vehicles, new number – same service

From **Monday 3 July**, TransitCare will be delivering your **Mount Tamborine to Helensvale and Beenleigh** demand responsive transport (DRT) service instead of 13cabs.

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To find out more about these changes or the service scan the QR code or visit translink.com.au/mt-tamborine.



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THERAPY DOGS MAKE A “PAWFECT” ADDITION TO TM MOUNTAIN PSYCHOLOGY CLINIC

Meet Alby and Honey – the hard-working furry members of our therapy team at Our Space Psychology.



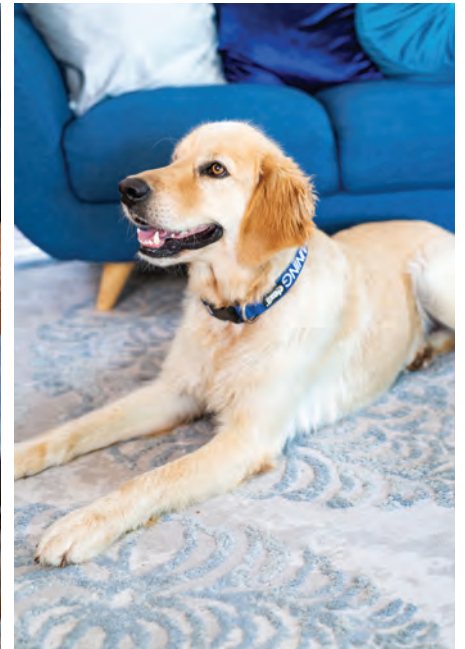
Alby, a Golden Retriever, and Honey, a miniature Border Collie, are trained therapy dogs whose job description is to help people relax, feel safe and provide comfort. Our Space Psychologist, Fergus Trevethan, said there was significant evidence about the positive effects Therapy Dogs can have on reducing anxiety and stress.

Fergus explains: “We see an instant change in people when our therapy dogs Honey or Alby are in a session, particularly if someone is in crisis, is overwhelmed or is hesitant to engage fully in the therapeutic process. Clients report feeling instantly happier when greeted by the dogs on arrival at the clinic.

“With the dogs giving their undivided attention and unconditional love, we see both adults' and children's anxiety levels decrease, and assist us to break down any barriers.

“Both dogs have wonderful temperaments and are amazing at helping people relax,” Fergus said. “Clients

might just be patting the dog as they talk, or the dog might put a paw on their leg and instantly they feel more at ease.”



Fergus said having the dog in session also removed the need for people to make eye contact with the therapist, which can be uncomfortable for some people during therapy. There is no additional cost to involve our therapy dogs in a session; it is at the client's discretion whether to invite one of the dogs into the session.

Our Space Psychology provides Psychology and Counselling services for clients from as young as three, right through to end-of-life care. Our clinic prides itself on a collaborative approach to therapy, where all key stakeholders (family members, medical practitioners, educators etc) are actively engaged to get the best outcomes for all involved.

Our Space Psychology is owned by Mountain locals Fergus Trevethan and Louisa Honan and is located upstairs at **Level 1, 96 Main Western Road, Tamborine Mountain.**

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TAMBORINE MOUNTAIN

Thank you to the Tamborine Mountain Men's Shed for inviting Cr Amanda Hay and myself to visit recently. The Shed does a lot of different types of work in their workshop, supports the community where it can and provides a great place for men to meet and have a talk. I've watched it grow over time, and heard last week about future expansion plans. The Men's Shed is another example of the great community spirit fostered by countless volunteers working hard in the Scenic Rim.



Pictured: Jon Krause MP, Cr Amanda Hay, and members of TM Men's Shed

QUEENSLANDERS DESERVE BETTER

The LNP has been taking the lead in proposing solutions for Queensland whilst the Palaszczuk Labor Government is playing catchup and creating confusion and uncertainty among industries and communities.

Up to \$20,000 could be added to the cost of a home by the Labor Government's refusal to scrap building code changes. In the middle of a housing crisis, more costs being added by Labor! The LNP called for this to be reconsidered, but the Government's response was half-baked and has created even more confusion and uncertainty.

Similarly, the LNP has been advocating for an independent inquiry into the declining health services in the Cape and Torres Strait. We listened, and acted upon, the voices we heard from the local community. Unfortunately, the Government's response did not meet the expectations of the community, as they introduced an internal review instead of a full independent inquiry.

The LNP also recently outlined plans to reform the out-of-home Residential Care system in Queensland that forms part of the child safety/child protection system. The Government's response was, again, a review of the department's work, to be undertaken by the department – raising questions about impartiality.

Now more than ever, Queenslanders need calm and stable leadership and all they are getting is Labor's chaos and crisis. The shine of Premier Palaszczuk 'side-shuffle' has well and truly worn off, if it were ever there. Under Labor all Queenslanders are getting is chaos and crisis – in our hospitals, with youth crime, with knife crime, with lack of police resources, and lack of road funding.

Queenslanders deserve better.

SCENIC RIM ELECTORATE OFFICE

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

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Letters to the Editor

FOOTPATH OVERKILL

Re:- a letter in this esteemed journal on 22 June, I commend Stan Rosenberg for stating what had to be said. Stan's self-described whinge was spot on, regarding the shiny galvanised railings along Alpine Terrace.

The installation seems a huge overkill and it has ruined the street-front aspect of the properties it passes. And for what purpose? Heading slightly south, the old footpath is closer to the road, and on a bend, but rails aren't considered important there. I feel the top third of the newly installed rails could be dispensed with, which would reduce the eyesore, remove the awkward inward-bending bits, and still provide protection (though from what, I'm unsure). If the installation of the rails was due to a health and safety initiative from a well-meaning council team brainstorm, I would ask them to reconsider the implications of their decision. If, as many of us hope, progress continues on the Mountain and we get *(TMPA members should stop reading at this point)* additional footpaths, curb and channel, and horror, streetlights, it seems a reasonable conclusion that similar footpath rails may proliferate.

I'd suggest that would not be a good look for the Mountain, and shudder to think of the nicknames and memes that may end up on *Lonely Planet* and other forums from rails that are simultaneously ugly, confronting and somewhat controlling. There must be a better way. Let's keep whingeing Stan, and maybe we, and others, can influence the outcome for the better. It's still progress, after all.

Richard Lysnar

REFLECTING ON THE VOICE

It is a pity that public discourse regarding the upcoming Referendum on the Voice to Parliament has drifted into party political "foxholes" with the conservative parties by and large identifying with the 'No' case and the progressive parties promoting a 'Yes' vote. The result is a temptation by the voter who might usually identify with either side of politics to simply take on board the position of their preferred party.

Whilst acknowledging that there are thoughtful arguments for both sides, it is important to distinguish these from the scare campaign currently being undertaken, especially by those opposed to the Voice. In this context I offer the following considerations:

1. The Uluru Statement from the Heart is an invitation to all Australians to acknowledge the prior custodianship of country of First Nations citizens (who were only acknowledged as citizens by the 1967 Referendum!).
2. It asks us to acknowledge this by an amendment to our Federal Constitution. This is not racism, but an acknowledgement of historical fact in our foundational document.
3. The Uluru Statement from the Heart further invites all Australians to undertake a journey to right "unfinished business" as regards the history of interactions between colonists and indigenous peoples, beginning with the establishment a "Voice to Parliament" whose aim is to communicate with greater effect the prioritized needs of indigenous communities to decision makers.
4. It asks that the principle of the Voice also be included as an amendment to our Constitution, because most previous attempts to address needs have been ineffective, being 'top down' (needs reflecting policy rather than policy reflecting needs). The specifics of the Voice will be determined by Parliament. (Just as Parliament determined the specific implications of the High Court's Mabo Decision by passing the Native Title Act 1992).
5. Voices to Canberra are NOT new: Farmers, Miners, Hoteliers, Casinos, Small Business, Local Government, all have their Voices in the National Capital. In all cases, Parliament is still the forum for determining policy after these Voices have made their case. The Indigenous Voice to Parliament is advisory in a similar way, with the addition that being community based and constitutionally endorsed, it will better convey grass roots needs and not be susceptible to the short-term agendas that have attended Indigenous policy positions in the past.

I recommend a thoughtful reflection on the content of the Uluru Statement from the Heart, for it invites all Australians to own a history of thousands of years, not hundreds, and to walk together, finishing a journey whose destination will be equal opportunity for all in the great Southern Land.

Peter Mulder

BUSHRATS MEET ORIGIN PLAYERS

Last week the Bushrats were given the unique opportunity to be invited to the QLD Maroons secret training session before the Game 3 clash with the NSW Blues last week. The players were very accommodating and hung around for photos and signatures afterwards, creating great memories for our juniors and seniors alike! Make sure you get down to the Showgrounds this Saturday to see our Senior Rats take on the Robina Raptors! Kick off 3pm.



**BE AT THE GAME TO CHEER FOR THE BUSHRATS
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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.

Development Applications (DAs): Setback: 10-14 Ohia Court (approved). Boundary realignment: 20 Ben Nevis & 30-32 Siganto St – survey plans – 2 into 2 lots (approved). Setback: 14 Moreton Bay Ave (approved). 122-128 Long Rd (Gallery Walk – Council-owned land) – the winery is now on a separate title.

Tuscany on Tamborine 87 Main Western Rd. Application for change of use REFUSED. Reason (in part): “The proposed development is not consistent with the Cottage Tourist Facility land use in that it has removed an integral component (dwelling house).”

Out and About: Scenic Rim Koala Forum held at Boonah – Working Together to Protect Koalas, following the uplisting of koalas as “endangered” in Qld in February 2022. Maintaining and improving koala habitat is essential for the survival of this most iconic Australian species. Koalas live all over the Scenic Rim, wherever their food trees grow. The forum covered preferred food trees, threats to koalas, breeding season and reporting koala sightings (form: [Koala Sightings Form \(scenicrim.qld.gov.au\)](https://www.scenicrim.qld.gov.au)) Threats include the fragmentation of habitat, linear infrastructure projects and invasive species including environmental weeds, all of which make life harder for koalas.

Opening of our new library: Please go along and have a look at the wonderful new library facilities and the expanded range of services available in our modern library. The official opening will take place on a date to be advised.

Tamborine Mountain Community Men's Shed (Est. 2009): Jon Krause MP and I were fortunate to be invited for a tour and morning tea on 11 July 2023. This group provides a safe environment, where men can be men, and work on both personal and collective community projects, share skills, life experiences and yarns. The social component is considered as important as the projects the members work on. There are many familiar faces in the photos on their web page at [Photos – TM Men's Shed \(tmmensshed.com\)](https://www.tmmensshed.com)
QR code at right



Other meetings attended: Tamborine Mountain Chamber of Commerce.

For information: Council has adopted a Cr Portfolio System and I am now the holder of the portfolio for Parks, Gardens and Open Space. Council Ordinary Meetings will now be live streamed via video rather than audio only from 18 July 2023. Public Question Time now forms part of each Ordinary Meeting and will be included on each Agenda. This is a far

superior process to that which held Public Question Time separately. I encourage those who have burning questions and have previously been discouraged from raising these because of the previous process to now lodge their questions in accordance with the new policy.

Council Ordinary Meeting agenda 18 July 2023: Includes an application for a subdivision in Boonah, an update on the Strategic Land Purchase (Gallery Walk), review of Council's procurement policy, and an OIA complaint against Cr McConnell. I can participate in these items however I cannot participate in the discussion and vote on 2 items as I have conflicts of interest: a development application for a function facility at Flying Fox (I was a submitter against this development application), and sale of land for overdue rates and charges (some affected landowners are personally known to me and I assisted with their Land Valuation objections).

Topics of concern raised recently: roadside stalls (read about these here: [9-3-13-roadside-stall-code \(scenicrim.qld.gov.au\)](https://www.scenicrim.qld.gov.au)); the water bore drilling rig on Gallery Walk (all OK); more graffiti; Shelf Road issues, concerns re the potential sale of Council-owned properties on steep land and the lack of Council facilities for the emptying of campervan toilet cassettes (no facilities proposed as all public facilities are currently pump-out only).

OIA Complaints... and the winner is... For those who took bets on how long it would be before a conduct complaint was lodged with the Office of the Independent Assessor against me, the answer is 65 days. In continuing the fine tradition set by my predecessors former Councillors Waistell and Swanborough, I assume that this will likely be the first of many complaints which originate from within Council. Whilst I had disclosed a declarable conflict of interest in an agenda item and left the meeting and took no part in the discussion or vote on the item, it was decided that there were “other relevant personal interests that were not disclosed” relating to the same item and which dated back to 2020. I have elected to have my name published on the SRRC Councillor Conduct Register against the decision in this matter. Had the OIA not have in place a 3-month amnesty in relation to complaints against newly elected Councillors (since the 2020 local government elections), I would have had my first upheld misconduct complaint. Good to see that my actions are being so carefully scrutinised – a shame other happenings at Council don't attract a similar level of interest.

Next Community Consultation: Meeting room, Tamborine Mountain Library: 9-11.00am Thursday 27 July 2023. If you have a Council-related issue, please come along and discuss confidentially. Otherwise, issues can be raised via email to amanda.h@scenicrim.qld.gov.au or via phone on 0448 376 650.

Vale Jeff Higgs – a wonderful neighbour and great friend.

This week's reading: Agenda Ordinary Meeting 19 July 2023: 242 pages; Cr & Executive Workshop 05 July Agenda: 190 pages.

“Do No Harm”

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

**Cr Amanda Hay
Division 1**



TRAVELLING PLACES *with Sienna*

For many, the thought of ocean cruising is accompanied by a slew of expectations – gargantuan vessels, thousands of people crammed on board, long sea days interspersed with hurried dashes on land. But while this image has long dominated the collective imagination, the truth is that ocean cruising comes in just about as many shapes, styles, and sizes as we do.

And if the above image makes you want to run for the hills – we may just have the perfect antithesis to introduce you to...

Windstar Cruises operates a fleet of six small vessels. Their two yacht styles – the iconic sailing Wind Class and all-suite Star Plus Class – have custom crafted itineraries that highlight their unique attributes: be it island hopping in Tahiti or a slow languid cruise through the Norwegian fjords.

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In fact, they actively scour the world for out of the ordinary destinations –



smaller ports and local spots where you can get a taste of the unfamiliar, then seek out the most authentic ways for guests to experience them – in small groups that are easily absorbed by local cultures rather than intruding on them. Their itineraries are port intensive, often with exclusive landfalls larger ships can't access. Frequently staying late into the evening or even overnight in places.

Rather than being overwhelmed by a jam-packed onboard schedule of activities, Windstar offer a gentler pace of sailing. Listen to live music, watch the sunset over the water, listen to expert onboard lecturers or join their chef for impromptu cooking demonstration. You may even be tempted to utilise their phenomenal watersports platform onboard: snorkelling gear, stand-up paddleboards, kayaks and even smaller sail boats that allow you to get even closer to your destination.

They also offer Complimentary Destination Discovery Events which treat you to iconic experiences that capture the essence of your locale. Guest Lecturers intrigue you with regional topics, and small group excursions take you to meet locals who are delighted to share their homes, cuisines, and cultures with you. With more than 2,000 excursions to choose from, whether you're an outdoor enthusiast, a foodie, a history buff, or someone who loves to get to know the faces behind the many places they travel – there is bound to be something for you.



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NIKOLA AIMING UP TO FULFIL RUGBY PROMISE

Nikola MacDonald grew up on Tamborine Mountain, attending St Bernard SS and starting her first year of

high school at TMSHS.

Playing with Tamborine Mountain Rugby Club under 8's, Nikola showed early promise, but once she turned 12 and could no longer play in the mixed team games, she joined Nerang Bulls. Chasing her dream to compete at International level rugby she transferred firstly to Keebra SHS and then to Marsden SHS in 2021, seeking out the best rugby excellence programs.

With a reputation for being fast and resilient, she has now played for various Gold Coast and Brisbane rugby teams in both League and Union. Last year she represented the Gold Coast in the NSW 15-a-side Championships in Sydney, where her Qld team took home the State title.

She is turning heads, also playing Rep for the Gold Coast Cyclones, competing in the QLD Schoolgirls Rugby League Championships in Gladstone and recently on the Gold Coast.

At just 16 years of age, Nikola has been chosen to play for Helensvale Hogs U18's team in the Global Youth 7's Tournament featuring teams from Australia, New Zealand, Fiji, Japan, Tonga, Canada and the USA. The series is being held later this year, with the first tournament on the Gold Coast and the second a week later in Auckland.

Every individual player brings a huge amount of talent to the field and they will be a fiercely competitive team at the tournament.

Nikola and her teammates are all working hard, organising raffles, car washes and bake-offs to help fund their trip to Auckland. On behalf of the Helensvale Hogs Rugby Union Club, they are asking local businesses, their communities



ALL ROADS LEAD TO THE TAMBORINE MOUNTAIN CAR SHOW

Tamborine Mountain's joint Rotary International Club (Rotary) and Men's Shed Car Show Committee is on track to host the 2023 Annual Car Show at the Tamborine Mountain Sports Centre (400 Long Road) on Sunday 20th August. The organisers are hoping to surpass the results of the 2022 Car Show, which attracted over 200 exhibits and more than 2500 visitors to Tamborine Mountain.

The categories include Antique, Vintage, Classic, Custom, Muscle, Electric Cars and Bikes. Exhibitors are coming from far and wide to attend what is shaping up to be one of the most popular automobile attractions in South-East Queensland. The Men's Shed/Rotary organisers have been able to increase the total prize money for this year's display cars to \$2,500.00, with awards being allocated for the following categories: People's Choice, Antique/Vintage, Custom/Muscle, Bike, and Electric.

To register display cars and bikes, simply complete a registration form online by using the QR code in the accompanying advertisement.

Display car and bike entrance fee is \$5 per vehicle, which covers the driver's, or rider's, entrance fee.

The excellent response from market stall holders will enhance the Car Show's market-like atmosphere. Food and coffee vans will be ready to cater for the public from when gates open at 8am.

Public entry is \$10 per adult with children, 16 years and younger, free. Pay cash or by EFTPOS at the entry point on the day. Ample public car parking will be available on the grounds. The car show is expected to wrap up after the award presentation ceremony, which is planned for 1pm.

Rotary, as a charity, will direct funds raised from this event directly back into the local community. The Men's Shed's funds raised will be used to enhance the Shed's machinery and equipment.

For additional information, contact Dave Power on 0419 743 275 or email dpo90748@bigpond.net.au

Pictured at left:

Tamborine Mountain Men's Shed members Keith Browning (left - in his Morgan 4/4) and Neil Smith distribute 2023 Car Show information boards in preparation for the 20th of August Car Show on Tamborine Mountain.

and families for support as well, in the form of sponsorship or donations. Her family and the Club are grateful to Michael and Odette from **Mountain Water Supply** who have already come on board, sponsoring her individual jersey number.

Sponsorship Packages available:

- Front of Jersey & Training Shirt - \$5,000
- Sleeve - \$1,500 one side or both for \$2,500
- Shorts - \$1,500 one side or both for \$2,500
- Training top back - \$750 per sponsor
- Training shorts \$1,500 one side or both for \$2,500
- Backpack - \$700
- Drink Bottle - \$600

Negotiations for sponsorship welcomed. This event is increasing international broadcast viewers and spectator attendance, so if you are able to offer your support, please contact the HHRUC team Administrator Carly on **0439 408 708** carlsy2@outlook.com

All the best to Nikola and her team!




Tamborine Mountain

Car Show







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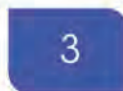
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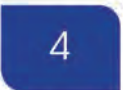
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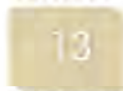
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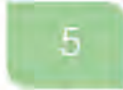
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18





AGEING

It was the news of the passing of Jane Birkin that sparked my interest in how the world views our ageing selves. That is, if you actually care what the world thinks. The media was full of pictures of this exquisite young woman, and pictures taken later in her life showing how well, or not well – it's a personal opinion – Jane had aged.

In Jane's defence, she was as vibrant, beautiful and intelligent looking at 76 as she was at 26. A few more wrinkles, a few more kilos, but living in France, she had kept her essence. Like Brigitte Bardot and Catherine Deneuve, these amazing women have just aged. And it's looked like none of them had resorted to the Hollywood knife – all the weird surgery that confuses the ordinary onlooker. If you look at the older Hollywood stars, male and female, eventually they all start to look the same. Strangely androgynous, shiny, expressionless faces, with only a hint of what the original face looked like. Jane looked like herself, only older.

I'm a big fan of the anti-ageing aspects of yoga. For me a bendy, smiley person with an easy-going nature and a calm vibration is very attractive. And this state of being is not unique to yoga. Anyone who is following their life path, has done a bit of internal work and thought hard about what they want from life and others, is generally really nice to be around and very appealing no matter what their age.

And the experts agree! You are not a victim of your gene pool (it does help a bit, those lovely cheekbones), your childhood, the longevity of your parents, your cholesterol levels or your BMI. Nope, the most well aged people have a few things in common across the globe which we can all emulate to live longer, better looking lives. They avoid smoking, keep a healthy weight, exercise regularly, have learnt to cope well with change (Buddha says, change is inevitable), maintain strong social relationships (including a stable partnership) and those in this group have a lifelong passion for pursuing knowledge and education.

And those living in the Blue Zones have a few more tips for us... Diet: eat beans and greens, every day. Eat lots and lots of plants and flesh food only twice a week. For protein add fish, eggs and nuts and cook with good fats like butter and olive oil. Sweeten your life with fruits, fill up on wholegrains like oats and barley, and all inhabitants of the Blue Zones love coffee, tea, water and wine. Drink coffee (shade-grown for maximum nutrients and to save the planet!) for breakfast, tea in the afternoon, wine at 5pm, and water all day. Never drink fizzy drinks.

Sound like a fun, good looking way to age.

Margot Wagner
Yoga Under the Bodhi Tree

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

Relationships



TRIGGERS

On these cold winters' nights, there is nothing I enjoy more than sitting beside our wood burner. With a fire going, of course! Sometimes the process of getting the fire started is easy, at other times it requires more work to fan into flame. I always start the process with a gas firelighter. Pressing the trigger sends out a small flame with the potential to keep a fire burning for hours.

Perhaps you've heard the vernacular phrase "I'm feeling triggered". What exactly is a personal trigger? Triggers are any experiences that set off an immediate emotional reaction which is excessive and lasts longer than what makes sense for the event. They are not the same as an understandably strong emotional response to a genuinely traumatic event.

Some people use the phrase "I'm feeling triggered" as an accusation against the person who has seemingly said or done the wrong thing. This reaction supposes that they have been "made to feel" a certain way. The offended person becomes the victim while blame is directed toward the one who 'pressed the trigger'. In actuality, the response is not about the trigger itself.



Consider the plastic firelighter I use to ignite my fire. The trigger is a piece of plastic that on its own is incapable of producing flame. The fire is produced by the combining of the gas inside the lighter and the wood in the firebox. The trigger simply brings the fuel together. If there is no fuel to begin with, the trigger can be pressed all day without a reaction.

When it comes to personal triggers, it's the fuel inside us that creates a response. Internal fuel can pile up through events which leave us with hurt, shame, rejection, fear. Let's say my friend made a comment "I don't think that shirt is a good colour on you". If I have no fuel associated with the comment I respond with "I wondered about that. Thanks for the feedback." But, if in my history I was teased or shamed about my clothing, I would be more likely to have a strong emotional reaction of either anger, embarrassment or humiliation.

A trigger response can be an emotion, a physical sensation or a memory. In severe triggers, such as PTSD, all three can be present. Triggers are a stimulus-response process; however, our reactions happen so fast that they erase the distance between stimulus and response, making us feel like they're the same thing.

Learning to cope with triggers you can't anticipate or avoid requires effort. Recognise your personal triggers through self-awareness, slowing down the process. Responses can be lessened by mindfulness exercises such as deep breathing, being in the present, meditations, journalling and calming activities. Exploring the fuel that ignites your responses will increase your understanding and ultimately empower you to detach from your triggers. If you regularly feel triggered and unable to cope with situations or feelings that arise, seek help. You don't have to endure this alone.

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

Physio Talk



with Jess Stinson

3 LESSONS FROM A TWIN PREGNANCY

I am writing this article a little in advance because at the time of publishing I am either very, very pregnant, or we have welcomed two new Buckman's into the world. I thought I would jot down some lessons from my pregnancy for anyone going through or planning to go through the same thing.

Lesson 1: Don't stop moving.

It has been far too easy for me to wake up feeling a bit stiff and sore and vetoing any exercise, but there is a noticeable difference to my pain and discomfort the remainder of the day on the mornings I have compelled myself to exercise compared to the ones I haven't. The intensity and type of exercise has definitely changed over the course of my pregnancy. I started in the earlier days with regular walks, swimming, strength and reformer Pilates which by the end of the third trimester has now progressed into incorporating basic, gentle stretches and gentle body weight strength exercise and rarely walking much further than a lap of Gallery Walk. The type of exercise I choose to do every day foreshadows my second lesson but ultimately, to manage mid and lower back aches and pelvic pain with fast, dramatic body changes some movement every day has been crucial.

Lesson 2: Listen to your body.

It may sound counterproductive to my point above, but it has been extremely important to learn to listen to my body during pregnancy. This has been somewhat difficult and has involved rallying against my previous and well formed 'no holds barred' attitude towards work and exercise. I truly believe working on this mindset in the early days and allowing

myself to rest without feeling 'guilty or lazy' is a part of what has gotten me far through a twin pregnancy without any major complications. Clarifying and understanding what I know my body is capable of in the moment compared to what I feel it 'should' be capable of has been a game changer and a lesson I am not forgetting going forwards.

Lesson 3: Do not compare yourself to others.

A really special part of being at this age is that there are many friends around us who are also having babies. It has been awesome to share the experience with others, however, I have been careful not to default sharing the experience into comparing the experience. Everyone's experience of pregnancy is very different. It is a time of learning and uncertainty which is why it is amazing to have friends with experience to ask questions of and ask for help from. It has been important to keep this in mind, we are simply sharing the experience. Receiving advice from older generations can be taken with the same attitude, do not compare, simply receive advice as an opportunity to learn.

I feel privileged to have gone into pregnancy with background knowledge and comfort in what to do and what not to do, especially around exercise and movement. Women's health physiotherapists like Bec, Jacqui and myself are here to help guide you if you are finding it difficult to unpick the 'should be' doing to 'can be' doing. At the end of the day - remove the expectations from yourself, pregnancy is wild and is an awesome opportunity to appreciate what our bodies can do.

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DEMENTIA – THE CARING EXPERIENCE

Dementia, the broad term used to define the symptoms of a large group of illnesses that cause a progressive decline in a person's cognition and ability to function, describes a loss of memory, intellect, rationality, social skills and what would be considered normal emotional reactions.

These changes impact the physical, social, and emotional life of not only the person with dementia, but also those who care for them namely, their families, carers and friends. There are different forms of dementia and each has its own cause. Alzheimer's disease is the most common form of dementia. **Dementia is not a normal part of ageing.**

If you are caring for someone with dementia, it is important to take regular breaks to keep up to relax/recharge.



How to take a break

One way to do this, is to arrange regular *Respite Care* for the person with dementia. *Respite* gives you a break from constant caring, which can be physically and emotionally demanding. Enjoying some 'time-out', helps you return to your caring role refreshed. Respite also benefits the person with dementia, as it introduces them to different people and activities. Family and friends may help take over the caring role from you sometimes; when this is not possible, there are services that offer *different types of Respite Care*. *Respite may be in-home, day-care, short or long-term or even a break away together with additional help.*

Commonwealth Carers Respite Centre (1800 059 059) can assist you identify respite care available for you as a Carer. For your concerns about using Respite Care you may contact the **National Dementia Behaviour Advisory Service (NDBAS - 1300 366 448)**.

Remember - though the change in environment may be initially disturbing to some persons with dementia, they usually settle in. Many families and Carers have found it beneficial to start regular respite care as *early as possible*, so that everyone has time to get used to it.

Needless to say, the final decision is yours!

TMCCA

*Source: Australian Govt. – Dept. of Health & Ageing.
A Guide for families and carers of people with dementia.*



HAVE YOUR SAY ON TOUGHER DANGEROUS DOG LAWS

The QLD Government and local Councils are working together for proposed changes to the Dangerous Dogs Laws, and they are seeking public consultation. So, I urge anyone with experience on this issue to take the survey and comment. You just need to enter the heading above (Google it) and it will take you to the ministerial page, scroll down to the 'take survey' and register. It remains open until midnight Thursday 24th August.



Proposals include jail time for serious human injury, and bans on restricted breeds. Education on dog safety, increased penalties, on the spot fines for dogs off-leash. Councils want more powers, especially with impounded dogs whose owners drag out the fate of the dog with legal processes after a destruction order has been made. Yet dogs that harm a person are euthanised almost immediately. Perhaps it would be kinder for other impounded dogs to be 'put down' rather than imprisoned for months in solitary confinement, even though I know of cases when a small dog has instigated a dog fight and the larger dog is blamed or someone has provoked a dog. Councils want to reform the fast tracking of decisions and appeals of future seized dogs. They claim they are wasting money keeping the dog alive. But there ought to be some exceptions to that rule, for justice and fairness to the animal. A seemingly good proposal is the centralised database with all sorts of relevant information – including the number of dogs euthanised so we have figures, stats on which to base further decisions.

Communities are currently seeking out guard- and protection-trained dogs following a high number of break and enter and stolen goods and cars, so one wonders how this is going to play out if someone gets bitten? Can the average 'Joe Blow' handle these dogs? We can't control 'dangerous' dogs without controlling (inspecting/monitoring/closing down) dog breeders: there are just too many. Almost any breed of dog can become aggressive to other pets and humans if not socialised and trained, especially at a critical period, when they are young. Very few dogs automatically behave the way we would like, after all they are canines and without human leadership, they take the lead.

Responsible owners are educated owners/handlers, especially those with young children. Anyone can get a dog and treat it the way they want, letting a dog/s only run in a backyard or fenced areas is not enough, they need exercise and interaction with their owner, leader, carer. Many people think a second or third dog will keep them company which is false; sure, dogs are social animals, but they do not always get along, it often means 'double trouble' and their main loyalty is still towards humans. Dogs learn to occupy themselves and sleep around 14 or more hours a day. Then there is mandatory desexing; why keep a dog breeding if you are not a breeder? They can produce up to 32 puppies a year, it shortens their life span, can increase aggression and no – dogs do not enjoy sex, it is all pheromonal.

Pam Brandis
Dip. Canine.Prac.

FOOD FOR THOUGHT

with Chef Dylan Gittoes

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INDONESIAN CHICKEN NOODLE SOUP

This succulently tender poached chicken soup with aromatic lemongrass, ginger, turmeric and delicate glass noodles finished with a soft-boiled egg, mild sambal and fresh lime will have everyone asking “Is there any more?”.

This week’s instalment of my winter warmers is an absolute cracker of a dish. This soup is very mild without the added sambal at the end, which means this recipe is for everyone. It’s packed full of nutrition, and is a flavour explosion sure to please both your little people and the young at heart. While it’s not the quickest to make, the time spent in the kitchen, trust me, will be well worth it.

Did you know? ‘Soto Ayam’ or Indonesian chicken soup has its roots far back in time. Deep in the forest in the humble kitchens of ancient Java, a remarkable aromatic dish called Soto Ayam was born. Legend has it that it was the creation of a wise old village elder who possessed a deep medicinal understanding of herbs, spices and chicken broth. Combining the fragrant lemongrass, the warming ginger, and the golden hue of turmeric, he concocted a soup that would become a symbol of comfort and nourishment. Word of this extraordinary soup spread like wildfire throughout the land, captivating the tastebuds of kings and commoners alike. As Soto Ayam made its way across borders and generations, each region added its own unique touch. Some added coconut milk, others kaffir lime, making it a culinary masterpiece in its own right. Through the passage of time, Soto Ayam became more than just a dish. It became a symbol of cultural heritage, a testament to the diverse flavours and traditions of the Indonesian archipelago.

Chef Dylan’s tips 1. Head to YouTube to see how to cut a whole chicken into 4. It’s a very easy but worthwhile skill to learn. 2. Be sure to make the paste. This ensures a layered, flavour packed soup. 3. Be careful not to over poach the chicken, this will result in dry meat. 4. Get creative with toppings to mix it up by adding bean shoots, bamboo shoots, coconut milk, fried shallots or even fresh tomato.

Memory Lane, Sandakan, Borneo 2009

As we exit our one-star ramshackle hotel, the tropical moisture laden air envelops me, instantly gluing my small rucksack to my back. Descending down the stairs into the bustling street, we merge with the throng of people heading west. Sandakan is a small seaside port on the northeast side of Borneo, and we are here to see the elusive Orangutang. Glancing around, I’m saddened to see the streets are filthy, and the architecture reflects a Soviet style functional drudgery. Five-storey concrete

blocks line the streets in all directions without a thought to make them even somewhat appealing to the eye.

Trudging on, the pungent perfume of open sewers mixed with cigarette smoke and a hint of rotting fish, wafts through the air as we look for somewhere to have breakfast. We pass a fabric shop where, out on the pavement, an elderly worker is hunched over an ancient ‘Singer’ sewing machine. He rhythmically pumps a pedal back and forth, sending the needle up and down like a piston as he masterfully manoeuvres the fabric. Continuing on, we soon stumble across a small dimly-lit establishment. Intrigued, we enter and I’m instantly glad we did as the fragrance of fresh lemongrass, garlic and ginger causes me to inhale deeply with delight. The place is bustling with locals who completely ignore us while they happily slurp on steaming bowls of some mystery noodle soup.

A young girl, no more than ten years old with long jet-black hair tied in a ponytail, intelligent deep chestnut-coloured eyes, donning an oversize white apron and wearing bright pink crocs appears and gracefully places two steaming bowls of mystery noodle soup down in front of two bespectacled well-dressed businessmen. One of them looks up, and with a warm smile encourages us to take the empty seats next to them. The girl acknowledges me with a slight blink of her delicate almond shaped eyes before a bellowing, ear piercing scream of “HUUUUUYYYYEEEEEEEEEN” reverberates through the whole place, instantly causing her to spin on her heel and rush back to the kitchen.

Startled, I look around and to my amazement no one seems to skip a beat, continuing to shovel in noodles between spoonfuls of soup. Sensing my bewilderment, the businessman turns to me and whispers in perfect English “That’s her mother, the chef and owner”. “Oh” I reply, whispering back “Will she bring back a menu?” He lets out a belly laugh. “No” he says shaking his head “There is only one thing on the menu” he points his chopsticks down to the still steaming bowl in front of him. “It smells and looks amazing” I add... “What’s it called?” “Soto Ayam” chimes in his raven-haired companion. “They are famous for it too! Best in Borneo! You’re lucky to get a seat” he adds, whilst simultaneously wiping some stray soup from his chin.

Serves 4, Prep 25 mins, Cook 40 mins

Ingredients:

- 1 whole 1.2 kg chicken, cut into 4 pieces, plus frame
- 2 lemongrass stalks, bruised



- 4 kaffir lime leaves
- Thumb size piece of ginger, peeled
- 8 cloves of garlic, chopped
- 1/2 red onion, finely chopped
- 4 tbs washed coriander stems, chopped
- 2 teaspoons turmeric powder
- 2 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 tsp black peppercorns
- 1 teaspoon salt (adjust to taste)
- 2 litres chicken stock
- 100g vermicelli rice noodles, cook according to package instructions
- 4 soft boiled eggs, halved
- 1/4 bunch fresh coriander leaves, chopped
- Lime wedges, for serving
- Sambal olek

Method

1. In a mortar and pestle, bash up the onion, garlic, ginger, coriander stems for 5 mins to form a rough paste. Add turmeric, coriander, cumin powder, peppercorns and salt. Continue to bash it up for another 5 mins to combine fully.
2. In a large pot, on medium-low heat add some oil and fry off the paste for 5 mins, stirring.
3. Add the chicken pieces and frame, lemongrass stalks and kaffir lime leaves.
4. Pour in the chicken stock and bring to a boil.
5. Reduce the heat to low, whack on the lid and let the soup simmer for about 25 to 30 mins, until the chicken is just cooked.
6. Remove the chicken from the soup and set aside to cool down for 10 mins. Once cooled, shred the chicken into bite-sized pieces and discard the bones.
7. Strain the soup to remove the solids, then return the soup to the pot. Bring the soup back to a gentle simmer.
8. To serve, divide the cooked rice noodles, and warm shredded chicken among 4 serving bowls. Ladle the hot soup over the ingredients.
9. Garnish each bowl with halved soft-boiled eggs, and chopped coriander.
10. Serve with lime wedges on the side for squeezing over the soup, and a teaspoon of Sambal olek for those who like a dash of heat.

IT'S OK TO SAY NO!

Hello *Scenic News* readers! Welcome to a very special edition of the Health and Wellness column. Many years ago, I was a 'yes' person. Not because I felt it was rewarding, or improving my life in any meaningful way, it simply became habit.

It became a part of my life: someone would ask me to pick something up, I would say 'yes'. Someone would ask me to work a shift, I would say 'yes'. And if someone asked me to volunteer, do a favour, go to an event, cook something, bring something, repair something, literally anything, I would say 'yes'. I couldn't possibly let anyone down. And the fear of missing out seemed soul crushing.

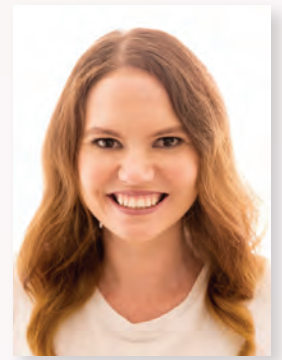
This decision became catastrophic, and I didn't even realise it. I was rushing constantly, making up excuses for why things were late or why a deadline wasn't met. I put pressure on my family to help me achieve all the 'yes' things. I became extremely fatigued, lost, overwhelmed and started putting 50% of me into everything. Nothing was all-in anymore.

Something so simple as a friend asking me to coffee on a day when I was flat out, would make my mind go crazy. Stressed looking at the time. And how much time I didn't have left to finish what I needed to. I could have said, 'thanks for the invite, today's not great what about Tuesday?' But I said 'yes' instead.

And then the moment happened, and I crashed. Exhaustion, moodiness, difficult conversations



BEAUTY & WELLNESS



with *Rebecca Mander*

people needed to have with me to understand why I just wasn't myself anymore. And I realised that saying 'no' now was a requirement. It wasn't selfish, it was responsible.

That choice to say 'no' more changed everything. Some people who were in my life, vanished, the added tasks I put on myself suddenly weren't important or required anymore. I had time to do things I enjoyed. There was less rushing. More sleeping. More relaxing. More quality.

Yes, there are still busy periods, and that's life. Those periods are unavoidable. I am incredibly selective of what I put my time into now. That time is precious, and the people you give it to are well deserving of it.

Being a 'yes' person can be incredibly challenging to shift away from. And if you believe you need to say 'no' a little more often, baby steps are the key.

Whether it's activity you agreed to, or an activity you set in your mind and has become habit, you can always choose to say 'no'. At any time. I started saying 'no' to nurture and improve my mental health. Just like saying 'no' to a marathon when you have a pinched nerve in your back. Rest, recover, reconsider if you need to. And more importantly, why do that to yourself?

Value your time, value you.

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

Rebecca – Naturally COS




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ANGLICAN NEWS

Commissioning: The Tamborine Mountain Anglican Parish, which includes St George's, Tamborine Mountain and St Luke's, Canungra, has a new priest.



Recently it was announced that the Reverend Helen Paget has been appointed by the Archbishop. She has been doing locum ministry in the Parish for the past few months.

The Reverend Helen will be commissioned as the priest-in-charge on **Saturday, 5 August at 3.00pm at St George's, Dapsang Drive**, by the Regional Bishop, The Right Reverend John Roundhill.

Everyone is most welcome at the service which will be followed by refreshments. Come along and welcome the Reverend Helen in this celebration.

Date Claimer: On Saturday 2 December, St George's will be hosting its Christmas Market. This is inspired by the famous Christmas Markets of the cities of Europe. Mark this date in your calendars as a good time to begin to move into the Christmas spirit - and what it means!

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SCENIC RIM COUNCILLORS RECEIVE PORTFOLIO RESPONSIBILITIES

Scenic Rim Regional Council has established a portfolio system which will see Councillors assigned areas of responsibility linked to the region's strategic priorities.

At its Ordinary Meeting yesterday, Council adopted the Councillor Portfolio Policy providing the framework for portfolios to be aligned to Council's corporate goals and strategies.

Scenic Rim Mayor Greg Christensen said the Councillor portfolio system was well established in Queensland local government including councils in Bundaberg, Sunshine Coast, Moreton Bay, Charters Towers and Rockhampton.

"Scenic Rim's portfolio system will enhance our ability as Councillors to meet our responsibilities under Queensland's Local Government Act and provide even more effective leadership and representation across the region," he said.

"Portfolios have been created for each term of Council and the appointment of Councillors to each of the portfolios will be reviewed annually, noting this will also occur post local government elections."

Portfolios have been assigned on the basis of a Councillor's knowledge, skill or experience in a certain area or their interest in the subject matter.

"Ultimately, it will be up to Councillors to decide the assignment of portfolios and these were determined yesterday as outlined in the policy that was adopted," Mayor Christensen said.

Portfolio	Portfolio Councillor
Community, Arts and Culture	Councillor Michael Enright
Active Transport - Roads, Bridges and Paths	Councillor Virginia West
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