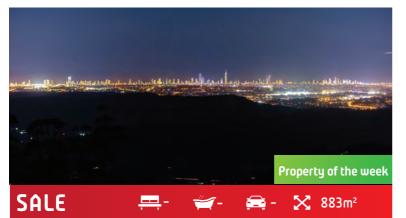






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### **AGENTS:**

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Heleen van Daalen 0424 591 011 Ton Wolf 0424 591 012



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### AFTER 40 YEARS, THE SUN SETS ON POLISH PLACE RESTAURANT

After 40 years of trading, we have made the very difficult decision to close The Polish Place Restaurant on **Tamborine Mountain from** September 4, 2023.

Our family-owned business started as a coffee shop in 1983 and quickly expanded to a Polish restaurant, with five selfcontained cottages and gallery. Over 40 years, we have met thousands of guests and employed at least 400 local staff. Everyone has a story about The Polish Place - whether they enjoyed a Polish meal and vodka, whilst taking in our views, sunsets and birdlife. More importantly, they experienced a little

bit of Poland in Australia.

Despite a fire destroying our restaurant and home in 2016, it was with the local community's support that we were able to rebuild and re-open the restaurant. We have been humbled to receive many awards over the years, including "Best Specialty Restaurant" on the Gold Coast in 2020 and "Best European Restaurant" three years running by the Restaurant & Caterer's Association.

Our proudest achievement was the opportunity to grow our business and raise our family within. Who knows what's around the corner, but we want to thank you for your patronage, your stories and repeated visits.





Phil and Ania Sowter, with Bella (left) and Kathryn

Although our restaurant will be closing, our accommodation will continue, offering guests a wonderfully unique experience as we always have.

So, for the next few days, come and enjoy what we have to offer - whether it's our famous roast duck for two, or vodka and cake. Whilst this decision was not taken lightly, we are looking forward to our next chapter.

We first opened on 3rd September 1983. It's only befitting we celebrate 40 years to the day, and close at sunset on the 3rd of September, 2023.



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# TM LIBRARY FRIENDS LAUNCH NEW VENUE FOR BOOK SALES



They say that good things come to those who wait. But I would like to add to that old homily and say, "good things come to those who wait and work hard"! Because we have! Friends of Tamborine Mountain Library (commonly known amongst ourselves as "the Friends") have been sorting books, sponsoring literary prizes, holding quarterly book sales, collaborating with other Mountain organisations to promote arts and literary events, hosting guest writers, putting on movie nights and sending books overseas to developing countries. Our fundraising goes mainly towards supporting many 'extras' in our local library – special interest and magazine purchases, furniture, a touch screen computer and miscellaneous equipment – supplementing Council expenditure for the Tamborine Mountain community.

And now we have our own little second-hand book shop – which we have christened "The Book Cabinet" – next to the Tamborine Mountain Library. We open for business on Monday 4th September, and regular opening hours will be initially Monday, Wednesday and Friday from 10 am to 4pm and Saturdays 10.00 a.m. – 12.00. Once we have our volunteer roster refined, we hope for extended opening hours. Books in "The Book Cabinet" have been sorted into categories for ease of perusal and there are some wonderful sets of fine quality titles, as well as our normal \$1.00 bargain trolleys and lots of cheap (even free) magazines. There is also a great range of CDs and DVDs at exceptionally low prices.

As we continue to take donations of books at the "Book Cabinet", we do intend to have a couple of MEGA book sales throughout the year where customers will still be able to fill a "Friends" cotton bag full of books for \$10.00! We would like to extend our thanks to the Mountain community for supporting our efforts over the last 21 years and encourage anyone who has some time to become a participating member of this very worthy not-for-profit organisation. 'Thank You', Tamborine Mountain people!

Image: Arne Lange at the new book shop



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### **TOM SHARP TO RUN FOR MAYOR OF SCENIC RIM IN 2024**



Tom Sharp has announced that he will run for Mayor of Scenic Rim in the local government elections to be held in March next year.

"I've made this decision following strong and persistent encouragement from a wide cross-section of residents who say they want a cessation of hostilities within the Council chambers, and an end to the toxic culture embedded within its bureaucracy," said Mr. Sharp.

"They have made it abundantly clear that they believe something is drastically wrong with the governance of our region during the last four years under the leadership of the current Mayor.

"Four years that have been marked by neverending, politically motivated and spurious 'conflict of interest' claims by the Mayor, which many concerned residents in our community are describing as a debilitating assault on the democratic workings of Council that nullifies their divisional councillor's capacity to properly represent them in the chamber.

"Even the State Government deemed it necessary to appoint a Governance Advisor to the Council last December to oversee its conduct."

Mr Sharp said incompetence, legal costs, inefficiencies, and never-ending 'internal navel gazing' had cost ratepayers millions in waste and wasted opportunities.

"If elected as Mayor, a major focus for me will be the elimination of waste and a concentration on productive outcomes by leading a united Council that spends and delivers on time and within budget.

"I look forward during the next six months to meeting with as many people as I can throughout Scenic Rim and discussing those issues which are important to them."

Queensland local government elections are scheduled to be held on March 16, 2024.

www.tomsharp.com.au



Merv & Carey – Testimonial vendor: 

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one small place on earth

### **BANDED-LEGGED STICK INSECT**

Candovia annulata - Witches Falls National Park



The insect was filmed in 2018, seven years after I first encountered the species in MacDonald National Park when we found two specimens. Unlike the insect in the photo, they both had pronounced banding. There is scant general online information. In 2018, the Wikipedia entry was in Dutch. When I checked this time, it was in Swedish. The species is endemic from southeastern coastal Queensland to coastal New South Wales below Sydney.

**Peter Kuttner** 

### SHARING MEMORIES FROM THE PAST WITH GRANDPARENTS' DAY

The Prep, Year One and Year Two children at St Bernard State school recently shared a special morning with their Grandparents as they celebrated Grandparents' Day. Children were immersed in stories from the past, as grandparents brought along a variety of artefacts to share, including a box brownie camera, dial phone, early mobile phones, hand drill, tape measure, toys from days gone by, coffee warmer, candle holder, lantern, school port and many other interesting items from the past.

After sharing special memories and artefacts, our visitors and their grandchildren engaged in a variety of art and craft activities and took time to view displays of children's creative work in the classrooms. The morning concluded with delicious scones, jam and cream and a lovely picnic on the grass in the glorious winter sunshine.

It was a day filled with intergenerational smiles,

conversation and sharing, and provided a special day of connection with our broader school community. Grandparents' Day is one of the many special days held at St Bernard State School to support the learning and development of our students.

As a small school with a family feel, St Bernard State School offers many opportunities for students to connect and engage to support their social emotional development. For our Prep students, our special Buddies program provides a Year 6 buddy for each prep, to help guide and support them in their allimportant first year of school. Our buddies program begins during our structured Pre-prep transition, so students are already familiar with their buddies as they take their first steps into school life, and they connect regularly throughout their first year of school, to engage in special activities to support their learning and grow their confidence. This also provides a





fantastic learning and mentoring experience for our Year 6 students as they prepare to transition into high school.

Our next Tour with the Principal is on Friday 8th September at 9am. If you are interested in enrolling in our beautiful school, please contact 07 5545 7666 or e-mail admin@stbernardss. eq.ed.au. As we operate without catchment or an enrolment management plan, we welcome students and families from all locations.





# St Bernard State School



# Pre-Prep Program

Is your child starting Prep in 2024? Come along and join us on the dates listed below, to help your child prepare for Prep in 2024





Prep age 2024 is all children born between 1st July 2018 and 30th **June 2019** 

### **Principal Tours**

Parents & Students who are Prep 2024 are invited to have a cup of tea/coffee and tour the school with the Principal.

Friday 8th September 9am - 9.30am

\*More dates possible in Term 4

Pre-Prep Program

Prep 2024 students are invited to spend time in the Prep classroom with key Prep staff. 9.00am -10.30am on each of the below dates.

- Thursday 12th October
- Thursday 19th October
- Thursday 26th October Thursday 2nd November
- Thursday 9th November



Small School Big Heart

Please contact adminestbernardss.eq.edu.au or 5545 7666 to obtain your enrolment forms and ensure your placement in the Pre-Prep Program.



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### PICKLING AND TECTONIC PLATES

Last month the tectonic plates shifted in or around Melbourne and, unusually, there was no AFL that day, so the Victorians noticed the shaking, and the event made the evening news. There were some residents who were on their honeymoons and were disappointed to find that it was mother earth making her presence felt, rather than the new grooms' strenuous efforts in the new marital beds.

Tectonically though, the Vics experienced one event. Just the one that day.

Another event, further north, more important by far for the residents of the SEQ locale. Australia and possibly the world, was that one of the Mount Tamborine residents won, in company with an ex-Mt Tamborine person, the Ladies Doubles Gold Medal in the Qld Pickleball Tournament at Morayfield.

This tournament was the biggest ever held



in the southern hemisphere and the number attending, some 540 competitors of all ages, unanimously pronounced it the ultimate tournament, reaching hitherto unscalable heights. The organisation, requiring detailed and rapid recording of events, mostly averaging under 30 minutes each was, quite seriously, superb. There are some clever people working in this sport. With more computers than NASA.

Our winners were Ms Jan Eder and Ms Sandra Hatton (pictured above), and the ruthless demolition of their opponents on the way through to gold (they didn't lose a match) brought out the spirit that we know is Mount Tamborine through and through.

The accompanying photo shows our ladies on the dais collecting and proudly displaying

All of the matches on the three tournament days were fun to watch and the exhibition of talent at Morayfield, where the MBRC has built 22x indoor courts to house this exciting new sport, was very high.

Especially interesting were the younger players who, on demanding their share (from their elders) of this fast and furious game, took the ball speed, reaction times and skills to a new level and drew substantial viewing crowds.

It may be early to predict but there is no question that this game will eventually be an Olympic event. The numbers playing it worldwide are huge and in Qld alone the club memberships have doubled over two consecutive years, year on year.

In our Mt Tamborine district, we have two courts at VYCC, under cover, and three in the open at the Sports Centre. There are a few commercial courts of limited capacity.

This low level of local catering for Pickleball means that the courts we have are well occupied and more than one concerned player, fearful of missing playing time, is fervently hoping the SRRC will notice what the Moreton Bay Council has done and build some more undercover courts. Undercover is essential as it takes the climate, changing and unchanging, out of the equation.

Congratulations again to our first Old Championships gold medal winners, Jan and Sandra. They are justifiably thrilled by their success and all the current players know they will be bringing more gold home to Mt Tamborine in future years.

### **Andrew Hamilton**



Tamborine Pickleball - the world craze has arrived on Mt Tamborine with a vengeance!! To check out how it is played and, even if no familiarity with any racket or bat game, call into the Vonda Youngman Community Centre on Wednesday mornings at 8am or Thursday evenings at 4.30pm.

To whet your appetite, do a web search of pickleball and be amazed at the low cost, the health benefits and self-energising social aspects of playing this sport. You will be so glad you did!





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Congratulations Nathan and Taryn, welcome to your new rural lifestyle. I always get great pleasure putting buyers together with their pecfect home.

Merve and Carey - wishing you all the very best with your move to Tenterfield.

Thank you all for trusting me in your life-choice decision making.

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

### **AGENTS:**

Linda Hogan 0414 300 558

### **Happy Father's Day**

### WHAT IS A DAD?

A Dad is a person Who is loving and kind, and often he knows what you have on your mind. He's someone who listens, suggests, and defends.

A dad can be one of your very best friends; He's proud of your triumphs, but when things go wrong, A dad can be patient and helpful and strong.

In all that you do, a dad's love plays a part There's always a place for him deep in your heart,

And each year that passes, you're even more glad, More grateful and proud just to call him your dad!

Thank you Dad... for listening and caring, for giving and sharing, but, especailly for just being you.

**Author Unknown** 





2205 Beaudesert-Beenleigh Rd, Tamborine 4270



### JON KRAUSE MP

**State Member for Scenic Rim** 

# LABOR OUT OF TOUCH ON YOUTH CRIME

The rate of serious repeat offenders in the youth justice system has doubled from 10 to 20% in just two years, Queensland is the car theft capital of Australia and the Labor Government has just rammed through Parliament laws that make every watchhouse in Queensland a youth detention centre. Insurance bills keep climbing – on cars and homes – fuelled in part by insurance claims for crime. We all pay for youth crime, whether as a victim or through our bills. All of this demonstrates the abject failure of this Government when it comes to youth crime.

That's why it is incredible that a senior Government MP this week reportedly came out and said that youth crime is a "media beat-up". He even tried to blame John Howard for the youth crime crisis! Talk about failing to take responsibility.

We need a youth justice system that provides consequences for offenders — not enabling them to offend one day, be arrested, released and free to offend again the next day. That's the 'catch and release' system we now have. The only beat-up when it comes to youth crime is the constant refrain from the Government, amid the chaos and crisis, that their policies are working. They aren't. Labor has failed on this. That's why the rate of repeat offending has doubled in two years. And there must be consequences for that failure too — Queenslanders must hold this Government to account. The LNP continues to do this, and we will until polling day in 2024 — as well as putting forward our alternatives including removing the idea that detention is a last resort, empowering the courts to bring consequences for action and to instate early intervention programs that are gold standard.

### THANK YOU TO TEACHER AIDES

This week is Teacher Aide appreciation week. I'm sure many of us can recall times at school when something had us 'stumped', and a teacher aide's help enabled us to work through a problem, learn something new and move on to the next challenge. Thank you to all teacher aides for the vital work they do in supporting our teachers, and guiding our children on their journey through school.

### **WELL DONE TO THE BUSHRATS!**

A magnificent victory for Tamborine Mountain Rugby League was had on the weekend when the Bushrats took home their 2023 premiership. Congratulations to the team, support crew, and to all the supporters who cheered them on. It has been terrific to see this club reinvigorated and kicking goals for the community!

### THE POLISH PLACE

For 40 years, The Polish Place has set the bar high when it comes to tourism and hospitality on the Mountain. The sad news of this restaurant closing on 3 September 2023 brings for me a sense of gratitude for the hard work and dedication to our community and its businesses by Phil, Ania and their family. I thank them for leading the way with The Polish Place and for the true grit and determination showed in the face of destructive fire some years ago – determination that fire would not beat them.

Jon Krause Member for Scenic Rim scenicrim@parliament.qld.gov.au 07 5515 1100



### LOCAL FARMERS URGED TO HELP STOP LABOR'S FRESH FOOD TAX



Federal Member for Wright, Scott Buchholz MP is urging farmers and families in the Scenic Rim to help stop Labor's fresh food tax, by registering interest to have their say online.

Consultation has now opened into Labor's Sustainable Funding to Strengthen Biosecurity | Have Your Say - Agriculture, Fisheries and Forestry

Scott Buchholz said farmers and families in the Scenic Rim would be impacted by Labor's new tax, which would push up the price of fresh food.

"In my electorate of Wright, at least 1,683 farmers are likely to be affected by this new tax, which comes into effect on July 1, 2024," Mr Buchholz said

"Farmers make up 4.6% of workers in my electorate of Wright. Farmers are critical to our region as they support rural communities and provide us with fresh, healthy, and affordable food.

"The new tax on farmers will inevitably be passed onto consumers, which means even higher grocery bills for those in the Scenic Rim.

"As the Member for Wright, I am determined to stop this new tax on our farmers and our food. I urge locals in the Scenic Rim area to register their interest, to help stop this senseless new tax."

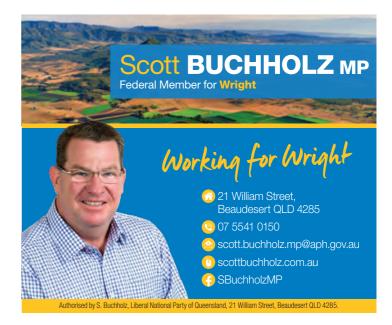
The new tax is a biosecurity levy on farmers, set at a rate equivalent of 10 per cent of the 2020-21 industry-led levies.

Leader of The Nationals and Shadow Agriculture Minister David Littleproud added it had been almost three months since the Budget and there was still no new information into the biosecurity levy.

"It is unfathomable the Labor government would ask farmers to pay for the biosecurity risks of international importers from other countries," Mr Littleproud said.

"Instead of taxing farmers, a future Coalition Government will scrap this tax. Under our plan, importers of foreign products will pay for the biosecurity risk they pose – not Australian farmers."

For more information go to www.haveyoursay.agriculture.gov.au/biosecurity-funding



# TAMBORINE MOUNTAIN CANUNGRA CRICKET CLUB REGISTRATIONS ARE NOW OPEN



The Mighty Bushrats Cricket Club has opened their registration process for the season 2023/24.

The club has been able to keep the registration fees the same for the 3rd year in a row. This is thanks to their sponsors: Springbok Foods, Canungra Hotel, St Bernards Hotel, The Manor, Physique Physiotherapy, Tamborine Mountain Dental and the Professionals Serendipity Real Estate. Without these locals putting into their own pockets the cricket club would have to raise their fees.

The cricket season kicks off in the 2nd week of October and the club says that training will start as soon as registrations come in and people are keen.

The Tamborine Mountain Canungra Cricket Club is experiencing rapid growth in both their juniors and seniors. They have members aged 5 through to 70 and this year marks the biggest season yet for this amazing local club.

They are actively seeking junior cricketers to join their burgeoning ranks and senior cricketers for their masters and grade teams. The club plays at the Long Road Sports Complex on Tamborine Mountain which has the best turf wicket facility on the Gold Coast and actively promotes a club known for sportsmanship and participation.

For Juniors, the link for registration is: www.playhq.com/cricket-australia/register/d89a72

For Seniors, the link is: www.playhq.com/cricket-australia/register/7ad902 Or you can google search Play HQ and follow the prompts.

The club is encouraging anyone with an interest in playing this season to get online and register as soon as you can. The sooner they know numbers for the year, the sooner they can work out sides and coaches.

Anyone with questions can contact club president, Neil Bell on 0403 854 699.

# PLANNING SCHEME CHANGES REFLECT SCENIC RIM'S VIBRANT COMMUNITY

Key changes to the Scenic Rim's Planning Scheme have been flagged, with Council approving the commencement of a major amendment.

Scenic Rim Mayor Greg Christensen said the proposed amendment approved at yesterday's Ordinary Meeting underscored Council's commitment to ensuring the Planning Scheme remained responsive to the emerging needs of a vibrant community.

"This will help us to continue to deliver a strong foundation for the growth of our region," he said.

The amendment will include a review of master planning requirements for new subdivisions, potential locations for additional land zoned for employment in the Canungra area and the zoning of land around Kooralbyn whose development is constrained by its slope and vegetation.

It will also support the expansion of existing residential care facilities in Beaudesert, and the possibility of incentives to encourage their further development, as well as the development of retirement and residential care facilities at suitable locations on Tamborine Mountain.

Division 3 Councillor Virginia West said that once the package of proposed amendments has been completed, and feedback has been received from the Department of State Development, Infrastructure, Local Government and Planning, it will be considered by Council before progressing to State Interest Review, which could take six to nine months.

"There will be a period of public consultation and I encourage everyone to be part of the process through our community engagement channels, including the Let's Talk Scenic Rim online platform," she said.

"I commend Council's planning team for ensuring that our Planning Scheme remains a living document and responds to contemporary issues in line with the Scenic Rim Growth Management Strategy and policy updates."

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Tauck Tours has been operating for nearly 100 years, starting in New England and continuing today under the excellent management of the Tauck family. Imagine a company that spends the time researching a trip for three years to make sure it is designed with travellers in mind, to be fabulous and to reflect the very best of the area you travelling to. Hotels are chosen to reflect the region so that you immerse yourself in the culture and history. Tauck have the philosophy that if it's worth doing, it is included; there are no optional excursions whether you are touring through small regions of the world or sailing down the rivers of Europe.

Most tours with Tauck explore a small region so that you can have an in-depth experience. I have joined a couple of Tauck trips – one travelling in California to Yosemite and Sequioa National Parks, staying in the park lodges and experiencing unique interactions with park rangers and locals – things you just can't arrange when travelling independently. Apart from trips throughout North America and Canada, Tauck explores Europe both by land and by river ship. Exotic destinations include Africa, South America and Asia. These trips are so



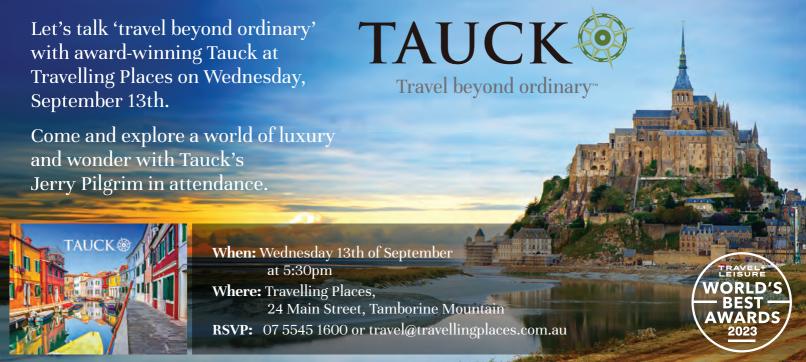
popular I suggest you book early to avoid disappointment!

Ponant have a fleet of small ships – with an average of around 200 passengers. These ships are relaxed and designed for the person well-travelled. Many of the itineraries are expedition, with a fleet of zodiacs on board you will explore areas of the world the larger ships cannot reach. If expedition cruising isn't your style, then join a Ponant cruise focused on culture and events. Cruising to all seven continents, you are sure to find a destination and style of travel to intrigue. These inclusive cruises are a joy and a learning experience with a team of lecturers and guides on every cruise to impart their knowledge.



A few years ago, I sailed to Antarctica with Ponant and loved the journey, currently I have clients sailing the Baltic, the Med and also the Kimberley. The scope of destinations is vast and just about everywhere in the world welcomes these ships. Japan is currently a hot destination and Ponant are offering a range of off the beaten track sailings to experience more remote areas. Wherever Ponant travel they are welcomed in small ports and linger longer, a wonderful experience. Tauck offer their best deals to early bookers – the closer you are to departure the more expensive the cruise fare, so book early to secure the best option.

Join us to find out more about Tauck and Ponant – they combine well together to offer the perfect immersive experience.







# CULTURAL & NATURAL TREASURES OF JAPAN BY SEA WITH SMITHSONIAN JOURNEYS

### Maizuru to Hakodate | 7 nights

Departs 21 May 2024 aboard Le Soléal

A voyage in partnership with Smithsonian Journeys, offering a superb introduction to Japan's traditions and customs through a wide variety of carefully curated shore excursions in each port of call.

An opportunity for you to sample widely among feudal castles, Buddhist temples, modern art, tea ceremonies, artisanal crafts, landscape gardens, and the wonders of nature.







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### TAMBORINE MOUNTAIN DENTAL

EAGLE HEIGHTS SHOPPING VILLAGE (above FOODWORKS) 14/17 SOUTHPORT AVE, EAGLE HEIGHTS



# PROPOSAL TO UPGRADE TELSTRA MOBILE PHONE BASE STATION AT: 438-448 Plunkett Road Tamborine QLD 4270

https://www.rfnsa.com.au/4270002/

- Remove six existing panel antennas from a height 51m,
- Install six new panel antennas each of length 2.53m at a height 51m.
- Relocate three existing AIR antennas of length 0.81m to new mounts at a height 51.9m,
- Ancillary work involves recovery and installation of three remote radio boxes, Six TMAs, Junction boxes, transceivers, amplifiers, antenna mounts, cable trays, feeders, cabling, electrical equipment, equipment shelter and other associated equipment.

The purpose of this installation is to improve 3G/4G services and to introduce 5G technology.

The proposal is to improve Telstra's mobile phone network. Telstra regards the proposed installations as Low Impact Facilities under the *Telecommunications (Low Impact Facilities) Determination 2018* ("The Determination") based on the descriptions above.

In accordance with Section 7 of C564:2020 Mobile Phone Base Station Deployment Code, we invite you to provide feedback about the proposal. Further information and/or comments should be directed to: Ash Mathulla, 0467 953 938 community.consult@downergroup.com by COB Tuesday 19th September 2023.

Telstra Limited A.C.N: 051 775 556 Downer EDI Engineering Limited A.B.N 660 575 935 03



### OUR NEW LIBRARY IS OPEN! BOOK CABINET OPENING SOON!

The new Friends' bookshop will be opening on Monday 4 September at 10am with a range of second-hand books. Come and find a bargain or a treasure at The Book Cabinet!



# **BUSY FINGERS - KNITTING GROUP**

Tuesdays 1 - 3 pm

Do you want to learn to knit? Or want to join a new group of knitters? Come and join our group to brush up your skills for winter woollies. Please note bookings are essential for health regulations. Please call 5540 5473 to

book a spot.

A Justice of the Peace is available Monday, Wednesday and Friday 10 am - 12 pm

### **MAKERSPACE**

Screen printing beginner classes have started, join one now for access to the freestyle screen printing

workshops.



'Sew a tote' beginner sewing classes have begun. Running for four consecutive sessions, it will cover basic sewing and machine familiarisation, and will allow sewers to access the 'Sewing shop' sessions for our unrestricted sewing workshops.

Our next beginner sewing classes will start after the school holidays, book a place now!

### **CANDLEMAKING**

Try something new in our Handmade session and learn the art of candle-making. Bookings required. Wednesday 6 September 10am-12



### THIS WEEK'S BOOK CHOICE IS ON PAGE 27...

**TAMBORINE MOUNTAIN LIBRARY NEWS** by Friends of Tamborine Mountain Library

Follow us





### **LIBRARY E-RESOURCES**

Link from our website or download the app, and log in with your library card

### LIBRARY OPENING TIMES

**MON-FRI** 9AM-5.30PM • **SAT** 9AM-12PM

Tamborine Mountain Library is proudly operated by Scenic Rim Regional Council.

# **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.



The "water issue" has raised its ugly head and we are still in winter: Reports have been received of lengthy waiting times for deliveries of potable (drinking) water and this is only likely to become worse. Please check your tank water levels regularly and plan ahead for a delivery. You can always book a delivery and cancel if it rains, but the chances of an emergency delivery are slim. I am advised that the delays are due to the lack of loads available to the carriers from the extractors. A shame local need isn't given priority. The QUT water study has not yet been released but contains some interesting findings. The Mountain is highly unlikely to ever have a reticulated water supply - the cost would be prohibitive and if you think your rates are high now (without water & sewerage), your rates would likely be unaffordable if those services were ever installed and connected. For those who have contacted or are considering contacting the Federal Member's office and the State Member's office, neither level of Government has responsibility for water supply on the Mountain, so plan ahead.

Be bushfire prepared: A hazard reduction burn was carried out at Tamborine National Park (Knoll section) on 24-25 August by Qld Parks & Wildlife Service. Please undertake an assessment of your own property and if you have an accumulation of dead vegetation, please take action to have it removed. Long, dry grass is also a high-risk factor. Link to Disaster Dashboard info: Disaster Preparedness – Scenic Rim Regional Council

**Out and About:** 50<sup>th</sup> anniversary of the end of the Vietnam War; Audit & Risk Committee meeting; SEQ Council of Mayors Forum (updates on the 2032 Olympic Games), new bus innovations, waste recycling; an ordinary Council meeting & an Executive and Councillor Workshop; and community consultation in the library.

Qld Local Govt Elections – 16 March 2024. There have already been some press releases declaring intentions to run for the position of Mayor and some divisional Councillor roles. Intending candidates are encouraged to read the information currently available for candidates on the ECQ website: Local government election participants | Electoral Commission of Queensland (ecq.qld.gov.au)

### Topics of concern raised recently: more

boundary/setback disputes (if the Planning Scheme states a minimum setback for front, rear or side boundaries, a private certifier CANNOT override this), more graffiti – Council is doing a great job of removing this as soon as it is reported – and private citizen-installed cameras have caught a couple of idiots in the act. Safety issue: feral deer have made their way to the Mountain. A recent sighting was on Main Western Rd near the Polish Place. Please exercise caution when driving at night.

**Award of the Week** goes to: ... "let's see if anyone notices the 2<sup>nd</sup> dwelling which miraculously appeared in our front yard". Yes, Dorothy, you do need an approval... we are not in Kansas now!

For info: Tiny Houses - Fact Sheet: Community Advice

Templates re Scenic Rim Planning Scheme 2020

Springtime on the Mountain: Five excellent and diverse gardens will be open as part of Springtime. All proceeds from admissions go to the Tamborine Mountain Garden Club Inc. This is your annual opportunity to see what others have achieved in their little patch of paradise and perhaps gain some inspiration.

Thinking of selling and using an off-Mountain real estate agent? Check that your agent comprehends that properties on the Mountain are in the Scenic Rim Council area, not the Gold Coast. It's a bit poor when the agent states in the glossy brochure that Gold Coast City Council should be contacted to ascertain bin day! It would also be good to get the local Councillor's name correct.

**Unauthorised signage:** Roadside advertising signage cannot be affixed to a tree or an Energex power pole. Be very wary of engaging a contractor who does not include their ABN on their signage. Recently removed signs contained a mobile phone number and a "trading name" – neither of which could be located on ABN Lookup or the reverse phone number look-up site at <a href="https://www.reverseaustralia.com">www.reverseaustralia.com</a>

"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

# MICHAEL DWYER Solicitor

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URGENT AFTER HOURS CONTACT 0419 026 920 • michael@mdsolicitor.com.au

# Buying Now

Mike & Nate Cornish will be travelling to the Scenic Rim and Ipswich areas for 5 days only from Monday, 18th September, to Friday, 22nd September. We want to buy your unwanted items listed below. Please visit us at one of the venues shown on the back for an on the spot appraisal.

If you live outside the area, have too many items to bring in or would like a home visit,

phone Nate on 0426 820 646 NOW to arrange a time.

These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. Don't miss this opportunity!

If you have concerns about coming due to Covid, please call for a Home Visit.

Fully Licensed Antique, Numismatic and Precious Metal Buyers with over 45 years Industry Experience. Security Supplied by Security International Limited.

Mike





Are you moving or downsizing? Are you worried about security? Unwanted coins? Damaged jewellery? Are you no longer collecting? Do they sit in a drawer or cupboard? Are the family not interested?

Would the money be more of use to you?

### Gold & Silver Jewellery

All Modern, Vintage & Antique Jewellery, Rings, Chains, Bracelets, Earrings, Brooches, & Pendants, All Worn or



### **Gold Coins**

Full and Half Sovereigns, \$200 Aust., Bullion, Nuggets, Commemorative Coins, World Gold Coins, Holed or 👍 Worn, Gold Medals & Fobs



### Silver Coins

Aust. - Crowns. Half Crowns. Florins. Shillings, Sixpences, Threepences, all coins from NZ, Great Britain, Fiji, South Africa, USA, Canada, Misc Silver Coins &



### Silver

Sterling Silver: Tea Sets, Cutlery, Trophy Cups. Travs. Baskets. Vases. Jugs. Cigarette & Card Cases.



### Australian Proof & Uncirc

Gold, Silver, Proof, Uncirculated, C-Mint. Old or Modern Coins and Sets, Collections & Accumulations. All RAM and Perth Mint



### Military Medals

- · Australian Military Medals
- All Other Military Medals
- Orders & Decorations
- Bravery & Long Service Medal · Stars & Crosses
- Groups & Accumulations
- Collections

### Bank Notes (Aust. & World)

- · Decimal World Notes
- Predecimal World Notes · Error and Misprint
- Private & Trading Bank Notes
- Specimen & Cancelled Notes
- · Star Notes
- All World Notes



All Jewellery, Rings, Diamond and other stones, Brooches, Pendants, Lockets, Bracelets & Bangles, Gold Cuff Links, Necklaces, All Broken or Worr



### Silver & Gold Bars, Pendants

- · Any size or weight, even unspecified · All brands including ABC, Perth Mint, Harrington, Engelhard, Geomin, and all other brands · Any condition
- · Also Platinum & Palladium coins/bars



### All Watches (Modern & Vintage)

Any Condition - working or not, Omega, Rolex, Tudor, Seiko, Longines, Tissot, Breitling, Tag Heuer, Cartier, Hamilton Gold, Silver, and Other Watches, and all Pocket Watches. Watchmakers parts and tools.



No Appointment necessary. No need to sort or clean coins. We'll buy 1-10,000 items. For any questions or home visit requests phone Nate on 0426 820 646.

### **BEAUDESERT**

### **MONDAY** 18TH SEPT

The Club Beaudesert (Function Room) 10:00am - 1:30pm 23-25 William St,

Beaudesert

**Home Visits** 1:30pm - 6:00pm

Phone 0426 820 646 For a Home Visit

### **TAMBORINE**

### **TUESDAY** 19TH SEPT

**Club Tamborine** 

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

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

### **JIMBOOMBA**

### **WEDNESDAY** 20TH SEPT

Jimboomba Community & District Hall 10:00am - 1:30pm

Cnr Johanna St & Honora St, Jimboomba

**Home Visits** 1:30pm - 6:00pm Phone 0426 820 646 For a Home Visit

### **IPSWICH THURSDAY**

21ST SEPT

**North Ipswich Bowls** Club (Function Hall) 10:00am - 1:30pm Cnr Pine St & Canning St, North Ipswich

**Home Visits** 1:30pm - 6:00pm Phone 0426 820 646 For a Home Visit

### **IPSWICH FRIDAY** 22ND SEPT

**Brothers Leagues Club** (Tryline Room) 10:00am - 1:30pm 20 Wildey St, Raceview

Home Visits 1:30pm - 6:00pm Phone 0426 820 646 For a Home Visit

Heritage International. www.heritageint.nz

### THE TAMBORINE MOUNTAIN ORCHESTRA PRESENTS "LET'S DANCE"

Looking to do something special on Father's Day this year? How about coming along to a fantastic concert by the Tamborine Mountain Orchestra!

The TMO will be performing an electrifying musical extravaganza, "Let's Dance" on Sunday, September 3rd, starting at 2:30 PM @ TMSHS! You'll be entertained not only by the orchestra but by a delightful array of small ensembles, including a dynamic brass quintet, a swinging big band, and captivating solo performances.

But wait, there's more! Tamborine Mountain local and famous Australian country musician Dane Sharp will be performing some original songs, as well as *Wichita Lineman* with the TMO. His soulful melodies and toe-tapping rhythms are guaranteed to leave you mesmerised and wanting more.

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

community for both the membership and audience for our orchestra.

So, pop on your dancing shoes and grab yourself some tickets @

www.ticketebo.
com.au/tmo for this
unforgettable event
where the fusion of
genres and incredible
talents promises an
afternoon of pure delight and
celebration of music. Don't
miss out on this chance to
experience the magic of "Let's Dance".

**Sean Donnelly** 



# MEALS ON WHEELS ROSTER

SEPTEMBER 2023

1st SEPT
Keith ATTWOOD
Jodie MEYNELL

8th SEPT Toni SANTIUSTE

Athol & James MCDONALD

15th SEPT
Harry O'NEILL
Mark & Narelle
BONSALL

22nd SEPT
Sue WILSON
Helen STAFFSMITH

29th SEPT Leo & Maryann GOGGINS

**Linda DUBBERLEY** 



**Harcourts** 

Eagle Heights

SCENIC RIM

### Pethers Rainforest Restaurant Intimate, romantic dining experience

Quiet, private and very intimate setting, ideal for couples. Open for dinner on Saturday nights, BOOKINGS ESSENTIAL. 28B Geissmann Street





### Tamborine Mountain Distillery Over 300 international awards

Australia's most internationallyawarded distillery and liquor brand in the New Millenium. Manufacturers of vodkas, liqueurs. schnapps, eaux-devie. 10am to 5pm - 7 days per week 10 Macdonnell Road (07) 5545 3452

The Polish Place





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Dine-in, Takeaway, Delivery

Established in 1994, enjoy our signature dough prepared daily on site topped with a variety of fresh ingredients, many locally sourced

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(07) 5545 4577

Wed - Sun 5pm - 9.30pm







Tamborine Mountain Pasta TAKEAWAY, DINE-IN, LICENSED

Wed 5 - to late Thurs - Sun 11am - 3pm 5pm - to late

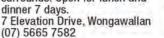
Closed Monday & Tuesday Shop 1A/15 Main Street (07) 5545 3795





### Fox and Hounds Country Inn Gold Coast's only Authentic English Pub

Share a hearty dining experience with friends and family, while soaking up the spectacular surrounds. Open for lunch and







Rainforest Restaurant & Lounge Bar Dining within a tranquil rainforest setting!

"Loved the atmosphere and the service was very warm and friendly. The food was beyond great and we would love to come back every night

if we could. Fantastic. Brad C. – The Fork

Thunderbird Park, cnr Cedar Creek Falls Rd 07 5545 7990





### St Bernards Hotel

Idyllic location with sweeping views, spectacular, fine dining for every occasion. Perfect for weddings, functions, conferences.Come and be greeted by our two St Bernards, and enjoy real country hospitality! 101 Alpine Terrace - 07 5545 1177





Club Tamborine

(07) 5545 1308

Visitors welcome Your local on the Mountain: BAR & RESTAURANT . GAMING . TAB/ KENO . BOWLS . CROQUET CLUB OPEN 7 DAYS FROM 10AM RESTAURANT OPEN - Wed to Sun -Lunch & Dinner 6-12 Beacon Road, Tamborine Mtn





### El Burro Cantina

Come for the warmth, laughter and great MEXICAN FOOD!

- · Fully licensed · Great for parties!
- · Takeaway available

Under the

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### Cauldron Estate & Distillery Distillery - Vineyard - Bar - Events

Beautiful established vineyards and lush green meadows perfect for picnics, lawn games or kicking back for an afternoon of R&R. Enjoy our locally made spirits or drinks from the Cauldron Bar, relish our mountaininspired 'Bar tucker' and picnic hampers, and even





Greenwood Tree For book and art lovers! Independent Bookshop & Contemporary Art Gallery A carefully curated collection of

new books and art by local and Old artists. Author events and regular exhibitions.

Open 10am – 4pm everyday except Tuesday and Thursday.

92 Main Western Rd, Tamborine Mtn 0424 586 066





make your own bottle of gin in our distillery to take home. 89-123 Hartley Road, Tamborine Mountain Qld 4272 CauldronDistillery.com.au

### Tamborine Mountain Gelato Co.

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

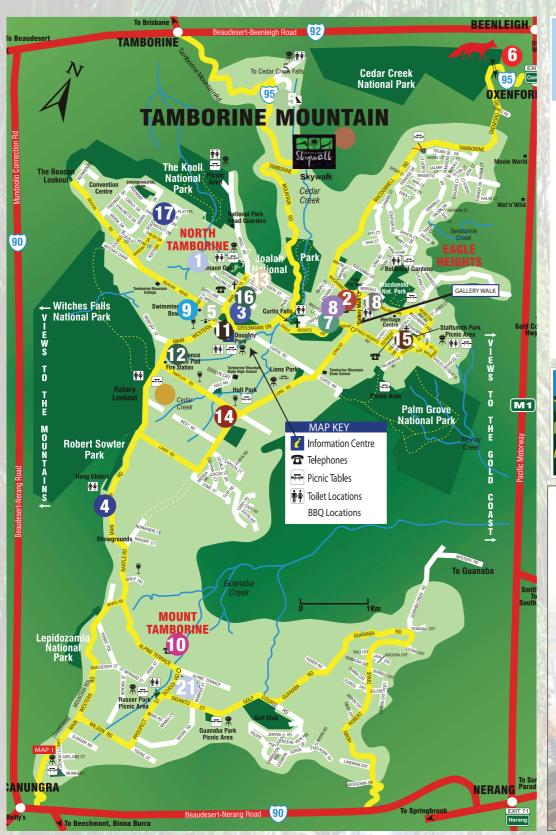








# LOCAL DINING, SHOPPING AND SERVICES

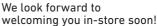




### The French Garden

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Open 7 days - 9.30-5pm (including public holidays) 18 year-old sourdough, 30 different breads & flours

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### **TAMBORINE GLASSBLOWING**



We teach you how to blow glass, Xmas Baubles, and various glass art forms like mosaics, slumping, kiln-fired Christmas

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### **OPEN DAY AT TM COMMUNITY KINDY A WONDERFUL SUCCESS**

Tamborine Mountain Community Kindergarten (TMCK) opened its doors to the wider community to host our annual Open Day on Sunday 27th August. Families and community members were welcomed to the kindergarten to meet the teachers and explore our learning environment.

A wonderful morning was had by all, with many TMCK families baking delicious treats to sell at our bake sale. Children were invited to participate in a dance class, performed by talented local dance teacher Georgi from @theJungle.aus, and engage in nature craft activities, making nature crowns and wands. Face Painting was created by the talented Jacq Cronin Artist. TMCK would like to thank all the families and staff who worked hard to make our Open Day a success.

Our annual Open Day is a great opportunity for families to come and see what makes our community kindergarten, which has been operating on Tamborine Mountain for over 42 years, so special.

"It is an invitation for children, and their families, to explore our beautiful mountain home and get a glimpse of what it is like to participate in our kindergarten program. We run a holistic, play based program, which provides children with opportunities to build confidence, explore their creativity, connect with nature, foster friendships and develop a strong sense of belonging within our local community."

Tamara Garvey - Teacher

TMCK has recently commenced an Artist in Residence program, offered to the children by local artist Helen Barnett. The children have been inspired by her techniques and are creating collaborative artworks, using silk and dyes, reflective of our natural surroundings.

TMCK has received some generous grants from the Gambling Community Benefit Fund and from the local Scenic Rim Regional Council, which have been utilised to upgrade infrastructure. These include a water tank and new equipment sheds, which will provide more open space for the children to play and explore outdoors. Both committee and staff have been working together on a strategic plan and it's wonderful to see some of our big-ticket items being crossed off the list.

TMCK has also welcomed the news that kindy will be FREE for eligible-aged children who attend our government approved program for 15 hours a week (600 hours a year) from 1 January 2024. This is a fantastic step forward, to remove the barrier of cost for all of our mountain families.

\*\* TMCK is currently enrolling children for our 2024 program and invites families to get in touch to secure a place.\*\*

If you would like further information, please check our Facebook page @tmckindy or contact staff@tmckindy.org.au















# A NEW ERA OF GARDENING: EDIBLE LANDSCAPES AND THE POWER OF HOMEGROWN FOOD

Why settle for a garden that only pleases the eyes when you can have one that delights your senses and nourishes your body

While traditional landscapes may be visually appealing with their manicured lawns and decorative plants, they lack functionality and often require excessive use of water, synthetic fertilisers, and pesticides. Edible landscapes, on the other hand, can be not only aesthetically pleasing but also multifunctional, productive and environmentally friendly.

Ditch reliance on produce contaminated with toxins. packed in plastic, and that has travelled thousands of miles, losing nutritional value and freshness, and instead, step into your own backyard to pluck fresh, organic and nutritious fruits and vegetables to serve at your family's dinner table.

From garden beds to food forests,

your outdoor space can become a movement towards a more mindful and responsible way of living. Embrace this trend and transform your landscape into a vibrant, living oasis that feeds both body and soul.





### **GREAT DAY AT THE TAMBORINE MOUNTAIN CAR SHOW**

This year's Tamborine Mountain Car Show at the Tamborine Mountain Sport's Ground was a success with over 160 registered plus 40 other show vehicles attending. The show attracted vintage, antique, classic, custom, muscle, electric and sports cars, as well as bikes. A large crowd attended on the day thanks to the great weather. Families from all areas attended and enjoyed the show vehicles, music, market stalls and food vans. Off-street parking within the grounds were co-ordinated by members of our local Scenic Rim Regional Cadet unit.

This event was sponsored by Eagle Heights Hotel (major sponsor) as well as sponsors Tamborine Mountain Auto Clinic, Skywalk, and the Scenic Rim Council.

Thanks to these sponsors we handed out prize monies in different categories. Rotary with the help of Men's Shed volunteers, made the day a success.

Rotary will direct all funds raised from this event directly back into the community supporting schools and youth development, sports clubs, and other community groups.









# TAMBORINE MOUNTAIN BRIDGE CLUB RESULTS

**MONDAY (21-AUG-23)** 

NS 1. 57.74% SHEENA POLLOCK - SHEILA IRVINE-BROWN

NS 2. 56.55% VESNA MCCATHIE - EDDIE HEINEMEYER

NS 3. 49.40% MAX IRVINE-BROWN - LAWRENCE BEUTEL

EW 1. 59.52% ANN ZAREMBA - PETER ZAREMBA

EW 2. 53.57% JANE DOYLE - LINDA BALMER

EW 3. 46.43% CHRISTINE YOUNGMAN - JOHN YOUNGMAN

### WEDNESDAY (23-AUG-23)

- 1. 61.00% LINDY WILLIAMS EDDIE HEINEMEYER
- 2. 56.67% SATISH SETTI GWEN VOIGT
- 3. 53.12% JANE DOYLE MARGARET PILE

### THURSDAY (24-AUG-23)

- 1. 63.89% SHEILA IRVINE-BROWN SHEENA POLLOCK
- 2. 61.81% MARY SIMON KEVIN HAMILTON-REEN
- 3. 57.64% VESNA MCCATHIE EDDIE HEINEMEYER

Beginners Welcome - Contact Sheila 0407 451 973. Sessions Mon, Wed, Thu at TM Bridge Club Sports Ground 400 Long Road. tmbridgeclub.org.au





### SENIOR BUSHRATS TRIUMPH IN EPIC GRAND FINAL

The Professionals Serendipity Senior Bushrats had an incredible run this year, finishing on top of the ladder at the end of the regular season to secure the minor premiership. They defeated a gutsy Nerang Roosters side in the semi-final to set-up the final showdown with the Mudgeeraba Redbacks – the Rats' most formidable opponent this season. Throughout the year, the Bushrats met the Redbacks on two occasions, with each side taking one a piece. The stage was set for the ultimate showdown of the two best teams of this year's competition. And better yet, Tamborine Mountain had the glorious privilege of hosting the Grand Final for the first time in history.

The sun was out, and the Showgrounds were heaving as people jockeyed for space to get a view of the contest. People had come from everywhere, and some spectators were seen perched on couches precariously placed on the back of work utes! The Mudgeeraba supporters took the western edge, while the Bushrats faithful swarmed upon the hill. Some say half the Mountain was there. Some were saying 3000 people! Either way, there has never been anything like it. It was time for the Big Dance.

It was a tussle to say the least, and the crowd had their hearts in their mouths on several occasions as the score swung to Mudgeeraba, then to the Bushrats, then back to Mudgeeraba, before the Rats drew level at 12-12. It was high-quality, and at times, frenetic football, with neither side willing to give an inch. Then with five minutes left on the clock, a penalty against the Bushrats! Mudgeeraba elected to take the kick to edge in front.

The home crowd was not going to let the kicker have his moment, and through some miracle, he hit the post! The ball came down and was snatched out of the air by Bushrats captain, Eddie Brimelow. The whole Mountain shook as the Rats faithful roared their approval and willed their team on! The clock was ticking, and with less than a minute left to play, the Bushrats got their opportunity. A penalty in front of goal, with 11 seconds on the clock. Goal kicker Josh Hanrahan steps up and calmly walks through his routine. A routine he has practiced hundreds of times. The Redbacks supporters tried their best to put him off, but it was the Bushrats' day. With ice in his veins, Josh Hanrahan broke the Redbacks' hearts. The siren had hardly sounded when the crowd rushed onto the field to celebrate this historic local sporting moment. Where were you when the Bushrats won the 2023 Grand Final on home soil?

**Alick Kilsby** 













# SHIFTING TOXICITY USING YOGA

For the next couple of weeks in yoga class we are using yoga and breathwork to cleanse and energise the body. And Ayurveda, the medical side of yoga, calls the waste by-product of our modern lives, Ama.

### Ama is incompletely digested metabolic substances.

A bad diet, poor lifestyle practices, a low water intake and a sluggish digestive function all contribute to the build-up of ama in the body. What is interesting, from a yoga perspective, is that different body types store this toxic waste, ama, in different parts of the body. These body types according to Ayurveda are: Vata body type- slim, long limbed, nervous tummy, prone to joint issues and insomnia and a racing mind. Pitta – fiery, hot, prone to anger, hangry when not fed on time and prone to skin issues. Kapha – slow to anger, loves sleeping late and sweet foods, with a more sluggish metabolism and prone to obesity. So, according to these different body types where would they store their ama?

When we start to build up ama the body kicks into detoxification using natural reactions like vomiting, loose stools, sweat, skin eruptions, headaches or pain. If these reactions and channels of detoxification are not effective OR we use drugs to suppress this naturally occurring cleanse of your body, ama is driven deep into the cells. When we suppress the natural cycle of ama detoxification it then can cause inflammation or allergic reactions, and without proper treatment this can lead to auto-immune diseases.

# What are the different types of ama according to your body type?

Vata Ama: Vata ama accumulates in the lower abdominal area and pelvic cavity and affects the colon and the joints. This leads to constipation, dry skin, congestion, bloating and pain. Eventually, Vata ama can lead to more serious disorders like diverticulitis, arthritis, and sciatica. Balancing Vata Ama: Keep the colon working well, also use fresh ginger, black pepper, fennel, cinnamon, mustard, and rock salt.

Pitta Ama: Pitta ama accumulates in the central abdominal region, causing stagnation in the small intestine, liver, and gall bladder. It causes heartburn, acid indigestion, nausea, diarrhoea, feverishness skin disorders, and inflammation. Pitta ama can cause ulcerations to mucus linings, serious disorders in the liver, as well as infections of the blood. Balancing Pitta Ama: Pitta ama responds well to bitter herbs, rhubarb, and bitter greens like rocket. Also use coriander, mustard, ginger, cinnamon, lime, and tamarind.

Kapha Ama: Kapha ama accumulates in the stomach, chest, lungs, and sinuses. Kapha ama often leads to mucus, colds, coughs, sinus congestion, as well as lymphatic congestion. Balancing Kapha Ama: Kapha ama responds well to expectorants, emetics and herbs and spices that are pungent, bitter, and astringent. Also use dried ginger, black pepper, cumin, garlic, mustard and rock salt.

Ancient wisdom to help us lead more energised, toxic-free lives.

### Margot Wagner Yoga Under the Bodhi Tree

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

# Relationships



# SMALL THINGS OFTEN

It might surprise you to know that it doesn't take huge effort to improve a relationship. Tiny changes can have a significant positive effect over time. Couples who build in small thoughtful acts as part of their daily routine are much more likely be happy and satisfied. The Gottman Institute suggest that 5.5 hours per week can make a big difference to the quality of your relationship. Try introducing the

following routines into your week.

Partings: Happy couples make an effort to learn what is happening in their partner's day before saying goodbye in the morning. This communicates your interest in them.



Create your own ritual for saying goodbye - a kiss, a hug, an endearing comment or at the very least a smile. Always part on good terms as this will influence your sentiment for the rest of the day. ( $2 \text{mins } \times 5 = 10 \text{mins}$ )

**Reunions:** Arriving home can be the busiest time of the day. There are so many competing demands for our attention that couples may barely acknowledge one another. If the question "How was your day?" is even brought up, it can quickly descend into whose day was worse. Research shows that genuine listening actually reduces our stress. Make time to listen, empathise, be your partner's ally and show solidarity. (20mins x = 1 hr 40mins)

Appreciation and admiration: In times of stress it's too easy to lose sight of the admirable qualities in one another. Maintaining a relationship requires action and expression. Notice your partners positive traits and gestures and verbally appreciate them. Let your positive feedback far outweigh your negative feedback. (5 mins x 7 = 35mins)

**Affection:** When you cuddle someone you care about, your body releases a hormone called oxytocin that calms you and makes you more likely to deal better with stress, boosts the immune system and helps with blocking pain. It also brings you closer together so make it part of your daily ritual. (5mins x 7 = 35mins)

"Us" Time: Claiming regular time for just the two of you is essential for a strong partnership. Parents of young children can find this particularly challenging however make it a priority. It may be as simple as a candle lit dinner after kids' bedtime or a coffee shop date while the kids are at training. Use the time to check in with one another and discuss your hopes and dreams. (2 hours)

State of the Union Meeting: Have a designated time each week to discuss any areas of concern. Unresolved disagreements can fester if not addressed but knowing that you have an opportunity to raise these keeps resentment at bay. Processing misunderstandings means to talk about an incident without getting upset about it again. Give one another the freedom to discuss fears and disappointments so you both feel truly heard rather than neglected. (30 mins)

Practising these small things regularly each week fosters positive feelings that accrue to create a more satisfying, closer relationship.

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

# Physio Talk



# SPINNING AROUND

Every time I attend some new training, there seems to be this uncanny experience I have whereby in the following weeks, multiple

people come out of the woodwork needing treatment for that very condition. Now that I know this – I get prepared. However, about 10 years ago, after I had just finished my introductory course about Vestibular issues (dizzy problems) I didn't expect that it would be me falling prey to something!

I was up, yet again, in the middle of the night to a toddler that didn't sleep a whole lot, or perhaps the 4-year-old that was just learning how to get through the night without wetting the bed, when it happened. I jumped up as usual, but then felt the whole world start spinning causing me to fall straight over onto the floor. Once I got my bearings, I could tell straight away what was happening and was very thankful I could self-diagnose immediately. I realised at the time, how scary it would be for people who experience dizziness and do not know what is causing it.

There are many different causes of dizziness or vertigo, but most often the symptoms arise from a part of your ear, called the inner ear. This is where our cochlear lives (hearing part of the ear), but also the Vestibular organ (the balance part of the ear). For something that is only around the size of a 10-cent piece, it sure can cause havoc if it is not working as it should.

Two of the most common issues we see are that of Benign Paroxysmal Positional Vertigo (BPPV) and Vestibular Neuritis (VN). BPPV, or "crystals in the ear" is what I had. This can be brought on by many things, but stress can often be a factor. Once the crystals become dislodged in the ear and start floating where they shouldn't you feel like the whole world is spinning every time you roll over, sit or stand up from the bed, and sometimes when looking up. Thankfully, if you can visit a physio who is trained in this area,

like we are Physique, it can be determined where the crystals are and generally, they can be treated in only a couple of sessions.

The second condition, VN, is often a little trickier to fix but



a physio trained in Vestibular Rehabilitation can get you back on track with a set of specific exercises to help the brain adapt to the damage of the nerve that supplies this area of the ear. In conjunction with these conditions, often people may develop neck pain and stiffness. To make the situation worse, often dizziness can also arise from stiffness in your neck! The vicious cycle continues.

Dizziness can be successfully treated, or significantly improved with physio. It can also sometimes be a serious symptom of heart or brain issues, so any sudden onset of dizziness, particularly if it does not stop and is accompanied by hearing loss, should be treated immediately by a Doctor. Once you are confident there is nothing serious going on, please reach out for help.



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# HAY FEVER REMEDY FROM THE HIVE

Hello, *Scenic News readers!* I'm Rebecca from Naturally COS – and I'm back again, with the most incredible news.

It's not often my jaw drops with discoveries — and I will be honest, this isn't my personal discovery. This is apparently well known to bee enthusiasts. And I just learned about it.



Given that spring is days away, I was researching natural hay fever options to share with you all. I know quite a bit about the power of Eucalyptus, Pine Needle and Lavandin Gross especially for allergy symptoms. However, this time around Honey came up multiple times. I knew it was a powerhouse. Great for the gut, great for antibacterial support, great to replace sugar in our diets. But it's also great for symptoms of hay fever.

It turns out local honey contains special enzymes from that region. So, eating or drinking the honey can act as a natural protection

or shield if you like, against symptoms of hay fever. Not the grass pollen hay fever symptoms though. The research was clear that this isn't the case for supermarket honey. And as many of you may know, the supermarket-style honey is often not what we believe it is. That's a story for another day.

# BEAUTY & WELLNESS

I don't take research lightly or believe what I see or hear without backing it up. So, I contacted BeeKind Local Honey, and Natalie confirmed this is indeed true. She often shares her beehives on *instagram* and educates her audience on her "beezies" and how utterly incredible these creatures are. Their GPS abilities,



with Rebecca Mander

what they like and don't like and now – how they produce golden elixir for us that now helps those sneezes and scratchy itchy eyes during spring.

It was suggested that to aid common hay fever symptoms, actions like a spoonful of honey works a treat, and for scratchy throats, some warm water with honey in it works wonders too.

Other ways to keep the symptoms under control or help ease the duration can include Eucalyptus for the sinus, pine needle and a cold compress over itchy eyes.

If you've been blowing your nose frequently from the sneezing and runny nose, try some shea butter, vitamin e or even aloe to calm that soreness and redness.

If you'd like to learn more about the wonderful world of bees, please head to Natalie at **BeeKind Local Honey.** 

Not only is it exciting to learn new things but when those things help us in our day to day lives and embrace the outdoors a little more, I am all for that.

Have a wonderful week.

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

Rebecca - Naturally COS







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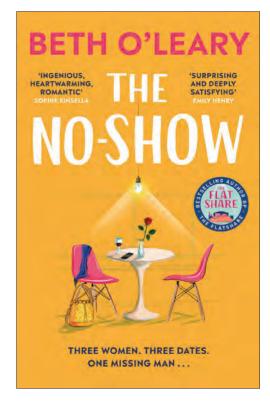
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### **OUR BOOK CHOICE**

The No-Show by Beth O'Leary



8.52 a.m. Siobhan is looking forward to her breakfast date with Joseph. She was surprised when he suggested it - she normally sees him late at night in her hotel room. Breakfast on Valentine's Day surely means something... so where is he?

2.43 p.m. Miranda's hoping that a Valentine's Day lunch with Carter will be the perfect way to celebrate her new job. It's a fresh start and a sign that her life is falling into place: she's been dating Carter for five months now and things are getting serious. But why hasn't he shown up?

6.30 p.m. Joseph Carter agreed to be Jane's fake boyfriend at an engagement party. They've not known each other long but their friendship is fast becoming the brightest part of her new life in Winchester. Joseph promised to save Jane tonight. But he's not here...

Meet Joseph Carter. That is, if you can find him. The No-Show is the brilliantly funny, heart-breaking and joyful new novel from Beth O'Leary about dating, and waiting, and the ways love can find us.

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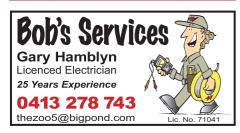
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