With a primary vote of a little less than 47%, Mayor-elect Tom Sharp wasted little time last week in meeting with local business owners on Tamborine Mountain – in line with his declared aims of increased community consultation in the upcoming term of council. Story, page 3

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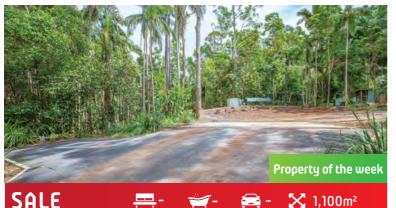


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## **NEW MAYOR OUTLINES STEPS TOWARDS REFORM**

#### LISTENING, TRANSPARENCY, ACCOUNTABILITY - NEW MAYOR'S PLANS FOR CHANGE

The Electoral Commission has yet to formally declare the outcome of the election, but Beechmont resident Tom Sharp – with a little under 47% of the primary vote – is expected to become the new Mayor of the Scenic Rim. He has outlined clear plans for his approach to the new role.

One of Mr Sharp's first actions will be to meet with the newly-elected councillors to gather their insights from the election campaign, their aspirations, and their goals for this term.



He plans to share his policies and commitments made during the election with the councillors, and seek their feedback.

Meeting with the administration, staff, workers, and the Scenic Rim Regional Council CEO is a high priority.
Mr Sharp aims to establish a foundation of respect, trust, and cooperation, emphasising the

importance of listening to their aspirations and goals.

He emphasised the importance of teamwork and communication within the council.

Following the election declaration, he expects the new council to promptly begin budget discussions, focusing on budget reform and discipline, for which he strongly advocated during his campaign.

Addressing the council's past toxic culture and discussing this with the administration is another critical goal for Mr Sharp. He intends to actively foster a collaborative environment for moving forward.

He is committed to ensuring the council operates with transparency and accountability, regularly providing information to the community, and aims to eliminate waste and to introduce efficiencies, signalling a new direction for the council.

Recognising that change is a gradual process, Mr Sharp is prepared to implement these changes step by step.

Wherever possible, he plans to remain engaged with the community, listening to the concerns of all residents, regardless of their vote.

#### From Mr Sharp:

"To the People of the Scenic Rim...

I am overwhelmed and humbled by the support and vote of confidence resulting in this election victory. We will now have to wait for the formal declaration by the ECQ but there is no doubt as to the end result.

During the recent election campaign I have been meeting with as many electors as possible and listening to their issues.

The people of this region left me in no doubt that they wanted change and were not interested in more of the same.

This desire for change was clearly reinforced in the election result leaving no doubts or questions.

It is now my commitment to the people of this region to deliver on that change.

I acknowledge the concession by outgoing Mayor Greg Christensen, and I wish Greg, Denise and family all the very best in their next chapter.

Moving forward, it is now time to action that change, and for council to engage with the people and start listening.

I am committed to serving the people of this region and will give my all to delivering on the commitments that I have made."

In Division 1, incumbent Amanda Hay has been declared the winner, with nearly 55% of the primary vote, whilst in Division 2, publisher Kerri Cryer was comfortably elected, with more than 75% of the vote. It will be Kerri's first term as councillor, while Ms Hay aims to continue her efforts of the past year, when she was victorious in a by-election to replace ousted councillor Derek Swanborough, who resigned after a long campaign of council-instigated complaints.

For the good of the region, let us all hope that this term rejects the waywardness and toxicity evident in recent years in favour of genuine cooperation and community consultation to the benefit of all Scenic Rim residents.

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# **EIGHT YEARS, 264 EDITIONS - THE BATON IS PASSED ON**

Andrew Nagy - departing editor/producer

April 2016 - the first Tamborine Mountain News that I put together with editor Gary Stubbs, had as its cover photo the newly elected trio of Councillors Nigel Waistell, Nadia O'Carroll and Greg Christensen.

It is fitting that a full two local government election cycles later, my final edition of Scenic News should feature newly elected mayor Tom Sharp, and a feeling of a fresh start for the

As far as the paper goes, coming editions will be produced by Keer Moriarty and her team - well known in the region as the publisher of the Canungra Times and Beaudesert Bulletin. Keer brings her own experience and style to the paper, and her ambition is - as was mine - to bring the people of Tamborine Mountain and surrounds the best and most interesting paper, reflecting the lives and interests of locals and the businesses they support and run.

In the time I have produced the paper, six years were spent working with Gary - a true "old school" journo, and from whom I learned a lot. We didn't always see eye to eye on every issue, but the paper was always the better for it, and I think our readers appreciated the outcome.

I thank all our supportive advertisers over the years, and our columnists, whose contributions made the paper worth keeping in hand, re-reading and sharing. A local community paper such as the News should always have as a primary function to connect locals to their businesses, news and events - and it's reassuring that the paper will continue its 65+ years of unbroken publication in fine hands.

#### A few words from Keer:

"Scenic Rim Media has the Canungra Times and Beaudesert Bulletin newspapers.

"Owned and operated by business partners Keer Moriarty, Kate Cahill and Susie Cunningham and their staff are committed to producing hyper-local news for the communities we represent.

"Susie, Kate and I are Scenic Rim locals and have strong



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#### TAMBORINE MOUNTAIN DENTAL

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

connections on Tamborine Mountain, and we are looking forward to telling the stories of local people, and helping to promote local businesses, community groups and events.

"We love the history of this newspaper, which is why we have also made the decision to return to the newspaper's original name, Tamborine Mountain News.

"By chance, just outside our new office in Main Street, is the old mailbox for the Tamborine Mountain Progress Association where people used to drop their letters to the editor and news

"We are very grateful for the opportunity to be part of the Tamborine Mountain community and look forward to hearing from local residents.3



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Grand Chameleon is the perfect venue to host your special celebration, wedding, group gathering, or just a great café for breakfast and lunch. Our spaces include a traditional Australian Church, a modern flexible Reception Centre, Memory Lane Antiques & Old Wares, along with onsite accommodation. With beautiful internal spaces, manicured gardens, hidden gems, children's playground and fairy garden and with an abundance of natural beauty our Venue certainly provides a unique experience. Grand Chameleon is a licensed Café from Thursday to Sunday, offering seasonal breakfast and lunch menus with live music on weekends. We also host a variety of dinner shows to add diversity and colour to the mountain. An excellent venue for large group gatherings. Weddings are delivered to a very high standard providing couples multiple choices and price points.



For weddings, services can be held in The Old Church, which stands as a proud member of architecturally significant estates on Tamborine Mountain or our breathtaking gardens, which offer excellent opportunity for garden ceremonies. We also offer boutique spaces

for smaller weddings along with budget-minded elopements in our quaint spaces. The church is also available for family gatherings, community activities and end of life celebrations. Our Reception Centre offers flexible spaces and layouts which are all fitted with an in-built mixing station, projector and RGB lighting. We are licensed and



provide very high standards of service to ensure you and your guests have a simply perfect Wedding reception. We are here to help make your dreams come true.

Chameleon means ever-changing and Grand means everything we do is to a high standard. We offer full table service at our café and restaurant. Call in and look around, we have stunning gardens to wander, patio dining, abundant water features, Memory Lane Vintage and Antiques for some retail therapy, children's playground, hidden nooks and crannies to explore, this is certainly a 'must-stop' on your visit to Tamborine Mountain.

### **UPCOMING EVENTS IN 2024**



# EASTER SATURDAY & SUNDAY March 30th & 31st

Patio Cafe open, book your table prior to the day to receive an entry in the draw to win an Easter Hamper

INTERNATIONAL JAZZ DAY LUNCH & SHOW **Tuesday, 30th April** Bookings Essential



THE ANDREWS SISTERS TRIBUTE DINNER & SHOW Saturday, 11th May

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#### CELEBRATE MOTHERS DAY AT GRAND CHAMELEON Sunday 12th May

Book your table prior to the day and your mum receives a complimentary hand massage and desert plus go in the draw to win Mum a 3 hour Spa Package for up to 4 people to the value of \$240

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# **ANNE HOITINK – APRIL 2, 1945 – MARCH 15, 2024**

Johanna Bernadette (nee VanAalst) Hoitink, born 2nd April 1945, passed away surrounded by family, on 15 March 2024 at 78 years. Born in Rotterdam, youngest of six with siblings Mieta, Friedus, Pieter, Toos, and Gonnie.

Migrated to Australia on 29 November 1952, aged 7 years. Going directly to the suburb of Reid in Canberra, later moving to Caladenia Street in O'Connor.

Mum attended St Patrick's Primary School and later attended Catholic Girls High school in Braddon. After high school, mum attended a business college which provided her with invaluable skills for the rest of her life.

Mum has always been a highly capable person. When she went for her driver's licence, the policeman looked at her and said, "what are you doing here, you've had your licence for years". That is because mum had been driving Opa's car around for years doing errands.

Mum and dad were married on 28 August 1965, at 20 years old. Initially living in the flat at 8 Hawdon street, Ainslie and then moving to 8 Brady Place, Garran which become the family home. Mum knew how to make a house a home and lots of good times were had there.

Mum was a proud mother to Ben, Greg and Joanne, mother-in-law to Karen and Tracey. Oma to Damon, Nathan, Tara, Amy, Chloe, Sam, Max and Jay and Big Oma to Cohen, Logan, Charlie, Tommy and Luca.

Looking through old photos there were lots of parties and entertaining whether it was the Aunties from Holland or Mum and Dad's brothers, our home was always very busy with people coming to gather and mum and dad catering without anyone ever going hungry.

Mum's memory of things was always spot on. We were sitting with Gerry and lpke and the conversation was around a Dutch guy they all knew back in Canberra. Pap, Gerry and lpke were all trying to remember where he used to live going back and forwards in their Dutch accents saying, "it was Reid, it was O'Connor, no it was Turner. Back and forwards it went, with mum talking softly saying "no, it was Ainslie". The others continued on going back and forwards, eventually exclaiming — "no it was Ainslie!" Mum then says — "what are they going to do without me!"

Gonnie would take Frank to work then come over and have a cuppa with mum, she would always have a cup of tea in the morning and we remember well the teapot with the cosy on it and the endless collecting of coupons with the Lan-Choo tea for prizes. When this stopped she stopped drinking the Lan-Choo tea, replacing her preference with the Nescafe Caramel coffee sachets.

We look back and realise she was so patient with us. We had our dog Blackie and she had 8 puppies that commandeered the laundry but she never complained about anything and just got on with it. She was a straightforward but generous person.

Mum along with Pap were a great couple who created a loving family along with a successful business in Canberra and here on Tamborine Mountain. Mum was also a committee member and the President of the Tambourine Mountain AH&I Society for a total of over 30 years, being the president for 22 years, right till the end.

Mum really was magical. If anyone came over unexpectedly or dropped by at Happy Hour she always made them welcome, being the perfect host, feeding them and there was always enough for everybody.

My mum was mum to a lot of people, and throughout her life in Canberra and Mt Tambourine mum cared for and treated as family many of our friends who also called her mum, sending us all of too school together.

Mum could easily have been a travel agent for all of the holidays that she organised with no hiccups ever. Trips to Fiji over Easter being a family favourite, trips back to Holland to see her brother Om Friedus and Dads family in Holland as well as Wimbledon. Mum and Pap were very fortunate to have travelled extensively and seen lots of the world on tours, cruises and self-planned holidays, together and with friends and family. Some of the places include Bali, China, Thailand, Philippines, Malaysia, Europe, South America, and North America.

A funny incident occurred a few nights before mum passed which showed the help that us boys could manage compared to the

wonderful help Jo provided mum. It was roughly midnight and Pap called out, Ben and I raced down the stairs to her room. Picture this, three strapping men in their undies standing at the foot of her bed trying to interpret what she needed. We finally worked out she wanted some moisturiser. Three males searching for cream was a bit of a circus but we finally found the moisturiser. Pap squirted a heap in his palm and started to rub it on her face ever so awkwardly. She finds her voice and says not my face you idiots, my feet! It was foot cream for her bed sores.

Over the past 2 years mum has had one constant in her life, our sister Joanne. Jo was with mum in the morning and at night every day looking after her. Best friends who shared lots of laughs together. The first person mum asked for was Joanne, "is Joanne here when is she coming?" Us boys, Leo, Greg and I truly appreciate the love and dedication towards mum that she showed. We will forever be grateful.

We would also like to thank Karen, Tracey, Amy, Chloe and Gonnie for all of their help and assistance getting today organised, all the while thinking what would Oma want and how would she do it. A special thanks to the show society for organising the wake for mum happening after the funeral. Thank you to all those that have travelled here today, it means so much to us, we really appreciate the efforts of so many.

#### **Ben Hoitink**

Anne and Leo moved to the Mountain in 1991, they purchased their house in Kidd Street, and the North Tamborine Bakery. The Bakery was sold at the end of last year (2023).



Anne with Grandson Max

#### **ANNE'S SERVICE RECOGNISED**

A fitting send-off was held on Thursday 21st for well known, long term local resident Anne Hoitink. The service at the Catholic Church on Beacon Road was followed by the wake at the Tamborine Mountain Show Grounds, Anne's second home.

Anne was a member of the Tamborine Mountain A.H. & I. Society (Show Society) for 32 years. During that time, she was the Treasurer for 10 years then President for 12 years; more than 1/3 of her life was given over to the Show Committee. She led the organisation through good times and bad. The COVID period was an especially challenging time, with no income but expenses still occurring regularly, Anne's great ability to prioritise and budget was the Society's saving grace. Anne will be sorely missed, not only by the Show Society but by all who had the pleasure of knowing her.

The committee would like to name the Showground's Memorial Hall, the Anne Hoitink Memorial Hall in her honour as recognition for her many years of dedicated service.

#### Vanessa Bull

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ART AWARD

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#### **ENTRIES NOW OPEN**

For Artists living in the Tweed, Ballina, Byron, Kyogle and Scenic Rim Shires, Richmond Valley, Lismore and Gold Coast City.

Entries close 5 pm, Monday 3 June 2024.

To enter visit gallery.tweed.nsw.gov.au or use QR code.









#### **GALLERY'S \$30,000 MAJOR ART AWARD RETURNS**

**Tweed Regional Gallery & Margaret Olley** Art Centre's coveted biennial Wollumbin Art Award (WAA) is now open for entries.

The award, named after the sacred mountain which the Gallery overlooks, is open to artists living across the Northern Rivers in the local government areas of Tweed, Byron, Ballina, Kyogle, Scenic Rim Shires, Lismore and Gold Coast City.

For the first time, artists from the Richmond Valley will also be eligible.

Artists can submit up to 2 entries of any subject matter and medium. WAA 2024 award categories include a first prize of \$15,000 and a 2-week residency in the Gallery's Nancy Fairfax Artist in Residence Studio; a \$10,000 WAA Bundjalung Award for First Nations artists and a solo exhibition in the Gallery. There is also a \$5,000 Emerging Artist Award.

Guest judge for the WAA is recently appointed Director of Hazelhurst Arts Centre, Sebastian Goldspink. A proud descendant of the Burramattagal people of Western Sydney, Goldspink is an accomplished independent curator with extensive experience locally and abroad.

Goldspink was the curator of the 2022 Adelaide Biennial of Australian Art and has held professional appointments at the Museum of Contemporary Art, Art Month Sydney, National Art School and dLux Media Arts.

Aunty Joyce Summers will also be returning to the award's pre-selection panel.

To celebrate the artistic talent and creativity of young people living in the region, artists aged between 5-18 years can enter the Wollumbin Youth Art Award (WYAA).

The Gallery is honoured to have Children's Gallery Coordinator at HOTA, Home of the Arts Jodi Ferrari as guest judge of the youth award.

The WAA and WYAA finalist exhibitions will be on display at Tweed Regional Gallery from Friday 6 September until Sunday 24 November 2024, with award announcements on Saturday 7 September.

The WAA Bundjalung Award for First Nations artists is sponsored by Tweed Regional Gallery Foundation Ltd, and the Emerging Artist Award is supported by Leanne and Greg Tong-Lyon. The Wollumbin Youth Award is sponsored by the Friends of the Gallery.

Entries open 5 pm Monday 25 March and close 5 pm, Monday 3 June 2024. The WAA is \$35 per entry. Entries for the WYAA are free.

For more information, visit gallery.tweed.nsw.gov.au/prizes-awards

Photos: (above left) 2022 WAA winner Amber Wallis receives flowers from then Gallery Director Susi Muddiman OAM, after the official announcement from guest judge Alison Kubler. Photo: Jaka Adamic. and (bottom left) The 2022 Wollumbin Art Award exhibition. Photo: David Toyer.

# **DO HOP IN FOR A NEW MONTE LUPO EXHIBITION**

Perfectly timed for the Easter Holidays, Monte Lupo has an exhibition of sculpture, "Run Rabbit Run" on show at Under the Greenwood Tree, Bookshop & Contemporary Art Gallery from March 31st - May 3rd.

Monte Lupo was established by Multicap in 1991 to provide meaningful employment to people living with disability, with a focus on producing beautiful and unique pottery.

Their bold, bright and whimsical sculptures have been enchanting people for over 30 years. Many of the artists have received national and international recognition for their work, and Monte Lupo is regularly featured in major exhibitions including the Swell Sculpture Festival and Sculpture on the Edge.

Embodying the spirit of teamwork and creativity 18 Monte Lupo artists and six iob coaches have worked tirelessly to bring this exhibition to fruition. With lots of playful charm, the studio has buzzed with excitement as the pieces took shape.

Rabbit-inspired garden dwellers sculptures, wall sculptures, garden stakes and paintings by Chris Chan and Peter Hughes: this is an exhibition not to be missed.

Under the Greenwood Tree is open 10 - 4 every day except Tuesday and Thursday, at 92 Main Western Road North Tamborine.





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Please join the Monte Lupo artists for light refreshments at their exhibition opening on Sunday March 31st at 11am

Exhibition continues until May 3rd 2024 - Catalogue available upon request.

Under the Greenwood Tree - Independent Bookshop and Contemporary Art Gallery 92 MAIN WESTERN ROAD NORTH TAMBORINE QLD M.0424586066 . Open 10-4 every day except Tuesday & Thursday. janenegardner@gmail.com

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THURSDAY 25 APRIL 2024 @ 11.30AM

RETURNED SERVICE PERSONNEL **REGISTRATION & PARADE ASSEMBLY 11.15am** 

- Remembering our service personnel past and present
- Beechmont State School students tribute, choir and art display
- Honouring Beechmont World War Two Veterans: Corporal Gordon Rankin Major Ray Rankin Corporal Albert Stone
- Display Kokoda Campaign 1942









## JON KRAUSE MP

**State Member for Scenic Rim** 

# **LOCAL ELECTIONS**

I congratulate Tom Sharp on being elected Mayor of Scenic Rim, Amanda Hay's re-election in Division 1 and Kerri Cryer on her election in Division 2. It is an enormous honour to be elected as a local representative (Steve Moriarty was elected unopposed in Division 3!) I look forward to working together with these local representatives as we advocate for improvements in our areas of responsibility (State/Local). I acknowledge the 8 years as Mayor on the part of Greg Christensen, and the hard work that entailed. Thank you to retiring Councillors Michael Enright and Virginia West for your service – 20 years on the part of Virginia! I also pay a tribute to outgoing Division 2 Councillor, Jeff McConnell, who gave up the opportunity of another run as Councillor to run for Mayor. Thank you for your service. No doubt the community will see you in another role before too long.

#### **CRIME UP, POLICE NUMBERS DOWN**

Making your community safer is a priority for the LNP. Unfortunately, with the youth crime crisis continuing to affect Queenslanders everywhere, the "thin blue line" of police is getting ever thinner. LNP questioning in Parliament has shown the number of police officers **dropped by 322** in the 18 months until December 2023 (including 120 leaving in five months). This makes it much harder for crime to be investigated, whether it's a break-in at your home, an online scam, domestic and family violence or drug supply in our community. Despite all the big talk from this Labor Government, police are voting with their feet and leaving. And who could blame them? Our justice system under Labor creates a revolving door for criminals, especially young offenders who face few if any consequences for continued offending.

If elected in October, the LNP has committed to passing the Making Queenslanders Safer laws by the end of 2024. We will put victims first, ensure strong laws that impose consequences for actions on offenders, that threats to the community are removed through detention, to get more police in the community and to ensure there are early intervention initiatives on young offenders that are effective.

#### **CANUNGRA PLANNING**

In Parliament last week, I once again highlighted how Canungra has suffered from poor planning from the State.

"Canungra has borne the brunt of bad planning from this government, with development in the region seeing huge amounts of traffic going through Canungra each day, with no upgrades to the road network. For locals around Canungra, for businesses in Canungra, for families dropping kids off at school in Canungra and for visitors to Canungra, this is a safety and congestion problem that will not go to away. Main Roads and the government have simply buried their beds in the sand and wished the problem away. For years, together with council, I have fought to get Main Roads on the job to deal with these issues because fixing the traffic issues around Canungra must be put back on the agenda, along with making sure that housing and future planning for the region does not make the problem worse. It is clear that the current government will not do it, given their track record, but that is my commitment to the people of the region into the future. Water security for the area needs to be dealt with as well. I welcome the fact that Seqwater is looking at options now after many years of asking them to do that.

If I can assist in any way, please email or call the office (07 5515 1100) or SMS me on 0401 63 44 88.







Australian Red Cross Lifeblood is back at 30-32 Main Street (car park) Tamborine Mountain on Monday 8 & Tuesday 9 April 2024.

Let's make a genuine difference together as we know our community has the biggest hearts.

Lifeblood: be a life-saver today, donate blood and more – ring 13 14 95 to book an appointment. Let's help make moments matter together!

To register as a new blood donor, please scan the QR code:



# GALLERY WALK CALLED OUT FOR ATTENTION FROM MAIN ROADS



## Member for Scenic Rim Jon Krause has called on Main Roads to fix a damaged traffic island on Gallery Walk.

The damaged traffic island, just south of the Macdonnell Road roundabout, poses a safety issue for pedestrians who cross the road at that point. This week there was a pedestrian involved in an accident in that area which required an ambulance to treat the person involved.

Mr Krause said that he understood the damaged traffic island, and the potential danger it posed, had been the subject of complaints to Main Roads on several occasions by locals before he took it up with Main Roads.

"Gallery Walk is one of the top places people come to when they visit Tamborine Mountain," he said.

"Anybody can see the risk posed by this crumbling infrastructure. It was pointed out to me personally late in January, and I immediately sent it to Main Roads for their attention."

"I was informed on 13 March 2024 that Main Roads was aware of the situation, and contractors would be undertaking repairs "in the coming weeks". I understand we've now seen an incident happen there, so let's see Main Roads get their contractors on the job as soon as possible."

"My thoughts are with the person injured. I hope they will have a full and fast recovery."

Mr Krause pointed out that the Queensland Government has overseen a blowout in the maintenance and repair backlog for State-controlled roads, like Gallery Walk, and there was now over \$5 billion in repairs and maintenance that has not been carried out.

"Labor's mismanagement of our State-controlled road network is off the chart. Scenic Rim residents see it every day. The backlog makes it extremely hard to get even the most urgent repairs carried out. Queensland deserves better."



#### **Proposed Development**

Make a submission from 2 April to 23 April 2024

#### **Dual Occupancy**

Where: 59-63 Benowa Street,

Tamborine Mountain Qld 4272

On: Lot 194 on RP14287

**Approval sought:** Development Permit

- Material Change of Use (Dual Occupancy)

**Application ref:** MCU23/188

# You may obtain a copy of the application and make a submission to:

Scenic Rim Regional Council PO Box 25 Beaudesert Qld 4285 mail@scenicrim.qld.gov.au 07 5540 5111

www.scenicrim.qld.gov.au

Written submissions may be made electronically. Electronic submissions are to be sent to mail@scenicrim.qld.gov.au

All submissions, including individual submitter's particulars, will be published on Council's website (PD Online) and therefore will be accessible to internet search engines.

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# Letters to the Editor

#### **KEEP IT OPEN FOR EASTER**

#### Calls to council for extended swimming season and long-requested pool upgrade

Local swimming pools in Australia serve as fitness spaces, well-being centres and social hubs for their locals. The benefit for individuals from regular swimming, water exercise and socialising within their community is unquestionably beneficial. Here on the mountain we Southeast Queenslanders, should be enjoying this easily accessible activity, and enjoying the positive health and well-being benefits it brings. But with our very small, overcrowded pool, heated tempers and the short swimming season, locals don't always find it as beneficial as they could or as it should be.

There are two main factors affecting the Tamborine Mountain Swimming Pool functionality: it is opened for a very short annual swimming season, and secondly, its limited facilities cause overcrowded swimming conditions. Locals are challenged daily to simply just enjoy a swim. "We love this little pool and it's all we've got. But there's a few people who make it unpleasant." says local resident Judy.

Whether you're there primarily for fitness, (swimming laps), or as a family sharing a relaxing swim after school, the lack of infrastructure and future planning by our local council is clearly evident. "Every swim at the pool, I see disgruntled people, at least one every time." shares one local resident. The issues lie within sharing one very, very small and, at times, a very, very overcrowded pool for an array of multipurpose activities. It's time for change, and information about future upgrade plans to our local pool on Tamborine Mountain.

Back in 2021 it was estimated the pool had over 100,000 visitors. Admission fee to the Tamborine Mountain swimming pool facility is - full paying adult \$5.00, child and concession \$4.00, (and \$2 to sit inside the complex). We question what has and is being invested back into our local pool facility at Tamborine Mountain? Aqua aerobics and swimming schools also generate income and compete for limited pool space. Will the upgrade ever happen? Our mountain population has more than doubled since its opening and in comparison with the pool's facilities throughout the Scenic Rim, our one shared pool is inadequate.

When you compare the pool entry prices on the mountain to Southport Aquatic Centre – an adult is \$6.80, and child / student / concession is \$5.00, it doesn't add up. Looking outside of our region, you see very different attitudes towards councils and community wellbeing and connection. Members of Brisbane council currently are calling for free entry to all Brisbane council community swimming complexes, as a part of current election promises. A very different attitude to that held by these councillors.

Nationally, there are around 1,300 public pools and it's estimated around 330 million visitors annually, by the RLSA, Royal Life Saving Australia. RLSA General Manager RJ Houston has been quoted also saying councils are finding themselves faced with the choice of closing a pool, replacing the facilities, or finding someone else to foot the bill. Most pools have a life expectancy of 50 years.

Our local public pool is over 40 years old. RLSA in 2022, found 500 pools across Australia would need replacing, or require "significant repairs" to the pool shell, within the next 10 years — at a cost of \$8 billion. How does our local pool compare? Has any future thinking or planning been dedicated to address such issues that face our residents?

The present mountain pool dates back to 1981. It measures only 9.15m by 25m, allowing just six lanes for lap swimming, if all lanes are in use. Three lanes are generally left free and allocated to families, children and light exercise, as a shared swimming area. With water aerobics scheduled 3 times a week by council, this leaves just 3x4m for the community of 7500 people to enjoy; smaller than your average backyard pool, possibly spa. And with 15 or more people, this is a pretty close distance for pool patrons.

Local swimming pools don't only serve a small niche population in our communities, but are for all. A local community swimming pool, or aquatic centre, is a basic community service that isn't being addressed by current council, say locals. With its \$1.1billion dollar in assets, why were plans to develop the complex at Sports Grounds ceased by local council? (And doesn't it make you question what other public access spaces in our region require maintenance, funding and attention?) "A redistribution of funds are required. A million-dollar purchase of new library land, railings and paths on Alpine Terrace, the Gallery Walk Carpark debacle and another gallery. What happens in these committee meetings?" asks local swimmer, Andy Carter.

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

Swimming health benefits cannot be denied. Health professions throughout the world concur that swimming has many benefits and can used as a safe exercise option for most people including those suffering with arthritis, injury, rehabilitation, disability or any conditions that make high impact exercise difficult. As it's a whole-body workout, swimming and water fitness activities are credited with also building endurance, muscle strength and cardiovascular fitness. Swimming regularly helps you maintain a healthy weight, heart and lungs. It tones muscles and builds strength. And some professionals also believe it assists with overall issues of body aches and pain.

It's undeniable: swimming promotes health and wellbeing. Local pools create social connection too. I personally have very fond memories of swimming as a child at the local pools with my family, and now as a parent attempting to create and share this with my daughter. Swimming is a basic life skill, and something we can all enjoy. And isn't it nice just to float and relax in a pool sometimes?

Swimming needs to be accessible to all in our community, and in short, our pool needs upgrading to facilitate this comfortably for all of its patrons, including nursing mothers, toddlers, our less able community members and our elders. Increasing the pool's swimming season would benefit our community's overall health, wellbeing and connection. It's time for transparency of future planning and upgrades. Perhaps with a change in leadership in the next local elections, these requests maybe answered and possibly actioned?

**Christey Joh** 

#### REPLY FROM TOM SHARP

Thank you for your query, and it is a very important one, as a number of people have raised the same issue.

The key to my campaign and policies is to restore the council to the people, and for council to genuinely engage with those they serve and start listening.

I also intend to restore the authority to the elected councillor for each division, making the most important person to you, as far as local government is concerned, your divisional representative, not the mayor.

Transparency is the best way forward in starting to address the swimming pool and opening times during the year.

A statement relating to cost of running needs to be evidence based i.e. what are the numbers and what would be the shortfall.

Additionally, what is the tendering process, and what financial model does the successful tenderer work under.

Also, is there a user pays rule? Are there avenues via Queensland Health to have a subsidy offered given the health benefits.

From your side of things, we also need to properly quantify the demand: how many is "a lot", always apply the use it or lose it rule as well as acknowledging Kevin Costner — "if you build it they will come".

Having lived in Sydney for a number of years, the Bondi Icebergs was the biggest thing going around the Eastern Suburbs during winter, and I would love nothing more than to see the Mt Tamborine Icebergs established.

For what it is worth, I am also getting the exact same enquiries from Canungra residents with regards to the pool at Moriarty Park, and from Beaudesert residents regarding the Beaudesert Pool. The latter in fewer numbers.

It is time for the "tail to stop wagging the dog" and let's see what can be done with some proper analysis, transparency and engagement with the people in the hope of genuine outcomes for the people where practical.

Addressing a larger and new facility for Tamborine Mountain needs to be addressed in the same manner. Proper analysis of demand, location, costs, funding etc.

Putting this on the council chambers table for proper consideration would be your elected councillor.

I hope this is of some assistance.

**Tom Sharp** 

more letters on page 14

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# SATIN BOWERBIRD BOWER

Ptilonorhynchus violaceus, property, North Tamborine.



The bower was in an isolated location, out of the way of human contact. Bowers are predominantly decorated with blue bits. The decoration is always interesting, though, in the absence on site of a bowerbird, the beauty and ingenuity of the bower's construction will fully reward any observer.

This collection is exceptional. It includes a staggering number of milk bottle tops and straws. Yellow is also favoured, but as a subsidiary colour, here seen in the leaves.

Until now, my focus has been on showing what a species looks like, hence my use of zoom images. I am seeking to add an Animal Builders album to my website. For this, I will rely on the best shots I have, either showing the complete structure, or a revealing detail, which is also true of this series of articles.

**Peter Kuttner** 



# Letters to the Editor (continued from p13)

#### **ELECTION RESULTS**

The election results should now be decided. We in Divisions 1, 2 & 3 are sure of who we have, as declared by the ECQ. Amanda Hay in Div. 1 with over 50% of the primary vote, Kerri Cryer in Div. 2 with around 75% and Steve Moriarty in Div. 3 elected unopposed.

Jennifer Sanders is also declared in Div. 4 Beaudesert. Jennifer was on council previously in 2012-2016.

That leaves only two of the original councillors hanging on.
Marshall Chalk in Div 5 is holding onto a small lead from Leanne
Bartrim and Duncan McInnes in Div 6 has a comfortable lead.

The former Mayor and Deputy Mayor Greg Christensen and Jeff McConnell have been ousted. We were sure to lose one of them, both vying for the same job.

The other fresh face on council will be the man from Beechmont, Mayor-elect Tom Sharp, who campaigned on a promise of bringing council back to the people, with transparency and integrity.

His background in financial management and ancestral connection with the rural community was the complete package.

This bodes well for the geographically Higher side of the Rim with its higher land values, higher rates and in danger of being developed to death.

Greg Christensen, as Mayor for the past eight years, trusted his performance would get him past the post with reference to his legacy.

Jeff McConnell with his lack of credentials, lack of policies and a past four-year term of disunity and unpopular decisions, chose a military style campaign, aimed at blasting his opposition out of the race.

The initial attack of publicly targeting the opposition ran out of ammunition when FB groups across the Rim started blocking the few enlisted supporters from posting, due to unsupported innuendo, and the blanks fell short of the target.

Damaging accusations against a political opponent, during an election, is considered criminal in Australia and can result in reports to the CCC.

The camouflage had completely broken down when Jeff's military style tactic of aggression became unwelcome with some voters and opposing supporters at the polling booths.

We dodged a bullet there.

**Julie Wilkinson** 

## **COMMUNITY CAMERA ALLIANCE – YOUR CHANCE TO HELP**

**Working Together To Solve Crime:** After the carnage of the storms over the Christmas/New Year period, 2024 has shown a noted increase in burglary incidents and thefts from vehicles within the North Tamborine Police Division.

It's essential for community members to remain vigilant and take steps to safeguard their properties and vehicles from potential crime. Simple measures like ensuring your windows and doors of your home and vehicles are locked, even when you are at home, can significantly reduce the risk of becoming a victim. Remember, crime prevention and community safety are collective responsibilities.

An innovative and effective crime prevention approach is the Community Camera Alliance Program. This initiative fosters collaboration between the community and the Queensland Police Service (QPS) by encouraging residents to register their CCTV systems. While CCTV systems were traditionally associated with businesses, advancements in technology

have made them more accessible for residential use. CCTV footage has become an invaluable tool for law enforcement in investigating and resolving various crimes.

Registering your CCTV system aids investigators by streamlining the process of locating potential evidence during investigations. When registered, your voluntary participation will be securely stored in the QPS's database, QPRIME, accessible only to authorised personnel.

Should you observe suspicious behaviour, promptly contact Police for a timely response. Always call 000 in emergencies. For non-urgent matters, consider reaching out to Police Link at 131444, or provide anonymous tips to Crime Stoppers at 1800 333 000. Office hours of North Tamborine Police Station are limited, but officers still patrol outside of those times. Local contact is 5545 3473 or a message can be passed on via Police Link.



# **TRAVELLING PLACES**

with Gina

This morning we disembark at Eden for a wander around this small township enroute from Sydney to Melbourne on the wonderful Crystal Serenity. You may have sailed on Crystal Cruises? They have been around for many years however during the lockdown, Abercrombie & Kent purchased these two gracious and spacious ships and refurbished them. They knocked two cabins into one spacious suite so the majority of guest suites on board have a separate living room, walk in wardrobe, spacious bathroom with walk in shower, bedroom with twin or Queen bed and a veranda, allowing you to have fresh air and your own area to sit outside. Very comfortable! Solo travellers are catered for with smaller (et still comfortable at 20sqm) cabins – the solo traveller price is very competitive.

There is lots of space on these ships to relax and enjoy. They are beautifully appointed and have different theatre spaces for lectures, shows and movies. There are several restaurants including Umi Uma, a Nobu restaurant at Sea. This is a world renowned Japanese Chilean fusion restaurant, delicious! Perhaps you have visited Nobu in Sydney or Melbourne or overseas? Osteria D'Ovidio is the gourmet Italian restaurant. During the day be sure to enjoy dining on deck or a coffee at Bistro. The staff everywhere are a delight, relaxed, charming and welcoming.

This cruise line has loyal clients, I was chatting to an Australian traveller onboard and this is his 90th cruise with Crystal .... They must be doing a lot of things right! All meals, beverages and gratuities are included; in most ports there is a shuttle bus to town provided and for those wishing to explore in more depth a range of options shore excursions are offered.

Crystal Serenity (maximum 740 passengers) and sister ship



Symphony (maximum 606 guests) are small enough to feel at home and yet large enough to have space and comfort. Join one of these ships around the globe. Imagine sailing the Mediterranean, Japan, South America, Africa, the Pacific, the Caribbean or Alaska. Cruises can be as short as 5 nights through the Greek Islands, two weeks through the Panama Canal, a 6-week Grand Adventure exploring the Pacific, North America or Europe. Gaining popularity are World Cruises where you and fellow travellers venture far and wide exploring and immersing yourselves in amazing ports. I am happy to encourage you to travel on these delightful ships and would be delighted to chat to you about which itinerary would suit you.

Travelling Places
24 Main Street, Tamborine Mountain
P: 07 55451600 or E: travel@travellingplaces.com.au

# **KERRI: AN HONOUR TO FILL THE ROLE FOR DIVISION 2**

Having been declared for Councillor for Division 2 last week, I am extremely honoured to be able to take the role. Outgoing Cr Jeff McConnell very graciously completed a handover with me, the extensiveness of the division made clear as well what the what the 'job' will entail - and let me say, I am very excited to get started! I am ready for it and knew I would win due to my involvement within the community for over 28 years.

During the pre-poll part of the campaign, I was very grateful for the opportunity to be able to meet and greet or catch up with so many of the residents in Division 2. As the pre-poll booths also serviced other divisions, I was able to talk to residents from outside of Division 2 which allowed further insight into the issues and concerns (as well as the good things) of the region.

On Election Day I had planned to travel from my one official voting booth in

Tamborine to the five absentee voting booths in the region to meet more of the electorate, but upon arriving at the Tamborine booth, found it was completely inundated with voters in the unrelenting extensive queues, so much so that I remained there for the whole day talking to people.

I was very pleased to be able to ensure potential voters in the queue that I would advocate for issues close to their hearts including environmental and other areas of concern. I want to ensure all residents in my electorate and in the Scenic Rim region that I will be accessible for them and advocate for them. I will listen to what they think will help improve their lives while working on ways to achieve outcomes which are of benefit to all in the Scenic Rim.

I would like to thank the residents of Division 2 for placing their trust in me, and to Jeff for the handover and the legacy he has left. I am very honoured to be able to take the role as the representative for Division 2 and look



forward to talking further and working with everyone as part of the team for the Scenic Rim as a whole.

An interesting 'job interview' indeed, but a position I will undertake to the best of my abilities. Thank you everyone for your time.

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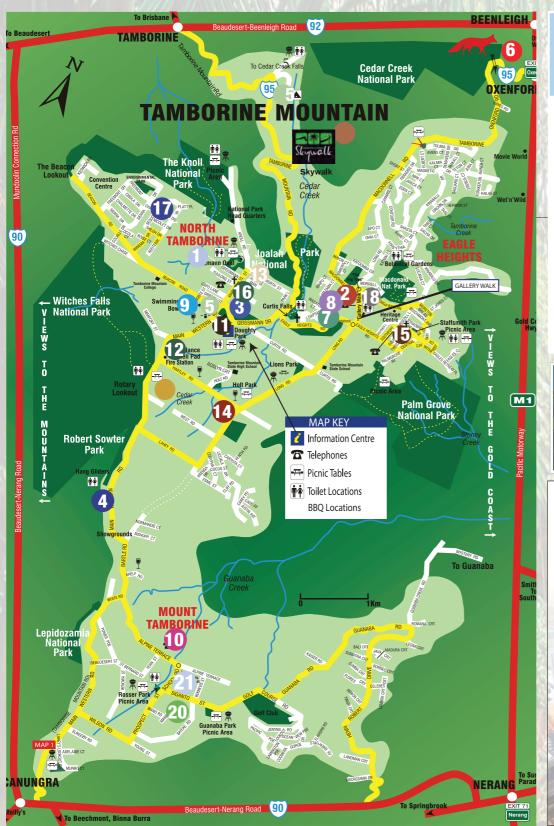
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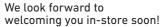




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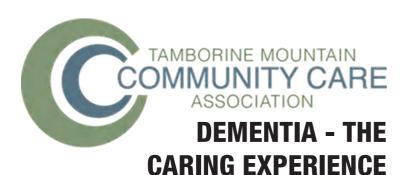


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Dementia, the broad term used to define the symptoms of a large group of brain diseases that are progressive and terminal, destroys a person's cognition, memory, intellect, their ability to socialise and affects their behaviour and personality. These 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 symptoms of Dementia, and each has its own cause. Alzheimer's Disease is the most common cause of Dementia; some others are Vascular Dementia and Lewy Body Disease.

Remember - Dementia is NOT a normal part of ageing. It is a disease.

If you are caring for someone with dementia, it is important to take regular breaks to relax/recharge, in order to keep up your health and morale.

#### 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*.

Carers Gateway - 1800 422 737 (assists identify respite care available for Carers).

#### National Dementia Helpline – 1800 100 500 Dementia Behaviour Management Advisory Service – 1800 699 799

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, your decision is respected.

#### **TMCCA**

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

Patricia Arora TMCCA

# MEALS ON WHEELS ROSTER APRIL 2024

**Friday** 

April 5th: Keith ATTWOOD

**Jodi MEYNELL** 

12th: Glenys KELLY

Athol & James MCDONALD

19th: Harry O'NEILL

Mark & Narelle BONSALL

Mon 29th: Sue WILSON

**Helen STAFFSMITH** 

# A NEW CHAPTER FOR WOLVES BASKETBALL



## A Farewell Message from President / Club Founder Adam Chanter

As the sun sets on an incredible experience, it's time for me, Adam Chanter, to say farewell as the President of Wolves Basketball. The journey we've embarked on together over the past 5 years has been nothing short of extraordinary, filled with growth, challenges, and countless successes.

A lot of people may not be aware the early vision for this program was designed off what I personally was not afforded growing up in small town rural Victoria through the 90's. This in large was to remove the barriers to representative pathways whilst matching player effort and dedication.

My personal ethos has been designed from a lived experience, to utilise basketball as the language we share with our youth to inspire and motivate greatness. I stand firm in my belief that greatness cannot be achieved without first understanding humility, the positive and negative attachments to ego, minimising self-limiting belief systems, whilst practicing patience and compassion through lateral leadership with our peers. We then sprinkle this with a small amount of tough love then add two parts sugar to taste. I have witnessed this firsthand by the support and commitment demonstrated by our Wolves coaches as we help mould better humans. I know in my heart we are on the right path with this.

From our first under-9s team taking the court to winning our first division 1 championship with our under-17s boys, each moment has been a testament to our community's spirit, dedication, and passion for basketball. I found much enjoyment in advocating for the implementation of the schools excellence program, along with watching female participation grow within our junior program as our girls' team begin to compete in higher divisions against the much larger and established clubs.

Across the five years we have put over 200 junior players on court (and a few older over 30s teams) and birthed and supported over 40+ juniors on the pathway to state league representative opportunities. We have truly solidified basketball as a cornerstone to our ever changing and vibrant community. But this is only the beginning.

It has been the utmost of privileges to grow the game I love for our town. My personal reward has been witnessing the enjoyment basketball brings to so many whilst creating a community within a community. We've built this from the ground up with no prior basketball culture on Tamborine Mountain, and in the absence of any historical strings to a time before that allow us to define

## **GREAT SUCCESS FOR LITTLE ATHLETES**

Well done to all 11 athletes who competed over the weekend at the Little Athletics Queensland McDonald's State Championships!

Ruby, Lily, Talia, Torah, Hugo, Leiawyn, Aric, Dean, Mitchell, Harvey and Noa; you all should be so proud of your efforts! Your fantastic determination and effort have made our centre and your families so proud!

A big thank you to our Team Managers, Coaches and parent helpers who supported all these athletes. Many PBs were achieved, and Dean and Mitchell even achieved podium finishes!

Dean - 100m Dean - 200m Mitchell - Discus







more photos page 22

identity. But we did it with no shortcuts.

#### I extend my deepest gratitude to:

Our incredible current and past sponsors: Tamborine Mountain Coffee Plantation, Physique Physiotherapy, Green Earth Building, NSJ Transport, Watup Transport, Traffic Engineering Australia, The Manor and Tamborine Mountain Nursery. Your unwavering support has fuelled our journey and empowered our vision.

Our community partners: Tracey Brose and the Tamborine Mountain High School staff, Jason Smith and the Tamborine Mountain State School team, and Joseph the Greengrocer. Your collaboration and support have been pillars of our success.

Our volunteers, coaches, team managers, and every family that has contributed to making Wolves Basketball what it is today. Your commitment has not only helped us grow but has also made a significant impact on our community.

A special shoutout to our dedicated committee members: Jessica Fern, Jason Hayes, Megan Dawe, Forbes McKail, Leila McKail, Denise Hayes, Tash Miller, Kirstie Parker, Lisa Watson and Levi Mahony. It is also important that the past committee members that have helped shape our journey from day one are also acknowledged. To Natalie Chanter, Farid Shahidinejad, Michael Bunney, Aylissa Canning, Celicia McHarg and Alex Patten, your tireless efforts were the early backbone of our club.

As I step down, my heart is filled with pride for what we've accomplished and excitement for the future of Wolves Basketball. The foundation we've built together is strong, and I have every confidence in the club's continued success and growth under new leadership.

While I may be saying goodbye to my role as President, I am not leaving our wonderful basketball community. I'll stay involved to ensure a smooth transition and to support our club in reaching new heights in a specialised role which highlights my skill set working in Stakeholder Engagement, but more importantly I now am able to focus more time on

my amazing and energetic children Arlo and Sloane. I will also be actively lobbying for the development of a purpose-built three court sports stadium at 400 Long Rd. Community support will be needed to achieve this.

On this note, it is with great enthusiasm that I announce our 2024 Executive and General Committee, following our AGM, which was held online on Tuesday night.

As I conclude my tenure, it is my privilege to announce Jessica Fern's appointment as the Interim President of the Tamborine Mountain Basketball Association, with Ben Norling stepping into the role of Vice President. Jessica and I have worked side by side for the last 18 months and I have witnessed first-hand her commitment to excellence and operational best practices. She brings a wealth of energy, inspiration and expertise to steer the Wolves forward and ensure a seamless transition for Ben to assume the Presidency next season. Jessica's strategic approach and dedication to our community's values promise a dynamic and prosperous era for our team. Her detailed vision and mission for her interim presidency can be found in here. I'm looking forward to supporting her and Ben as we embark on this new chapter together.

I want to extend a heartfelt thank you to all our committee members and club wide volunteers whose dedication, energy, and passion have been pivotal in steering Tamborine Mountain Basketball both on the court and behind the scenes. Our families are indeed fortunate to have such a dedicated group of individuals devoting their time and expertise to our club.

Here's to new beginnings, continued success, and the unwavering spirit of Wolves Basketball. Thank you all for an unforgettable journey.

I look forward to seeing you all around the courts.

Regards
Adam Chanter
Outgoing President
Tamborine Mountain Basketball



# BURNING THE SEEDS OF KARMA

We are on Yoga Retreat this weekend. A Silent Yoga Meditation Retreat: 2 days of glorious movement, breathwork and meditation, in Silence. And on the

Sunday, I traditionally do a huge Tantra workshop and one of our goals in this workshop is to burn the seeds of Karma.

In yoga, we believe the universe runs on a system of called karma so that no good or bad deed is ever overlooked. Life is cyclical. When you are born, you are destined to die. And when you die, you will be born again. A human life shouldn't be seen as a reference point to anything; it's simply too short. Instead, the evolution of your soul should be your reference point. Like a change of clothes, when your body dies, your soul picks up another one that is suitable to your state of consciousness and continues its journey. When you view life through this lens, each decision and action you take will affect future generations and your future incarnated self. If the idea of reincarnation is not acceptable to you, most other spiritual traditions do view life through the lens of sowing good deeds on this earth so that they can enjoy a wonderful afterlife.

According to the Padma Purana, there are 8.4 million species of life on earth. They are separated into six groups: aquatics, trees, insects, birds, animals and humans and you take birth as one of these, according to the qualities of your consciousness. Of all these types of births, a human birth is the most prized. A human is not bound by the laws of nature and has the freedom of choice. The way that this freedom of choice is used, determines your future births and your karma.

The 3 stages of Karma are: intention, action, and consequence. Like the analogy of a tree: your actions begin with an intention or a seed. The intention leads you to perform the action (the tree) and the action produces consequences (fruit) that then go on to plant the seeds for future action. You experience this phenomenon constantly.

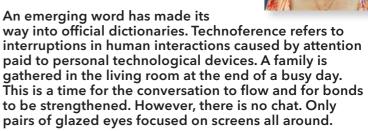
Your karma can be changed and cleansed in this lifetime. Seva, selfless service, is one way to change your karma. We've been conditioned to not want to give back selflessly but the more we practice seva, the more we'll be able to break free from the hold of the ego and give back to the good of society. Yoga is also seen to change your karma. Yoga works directly with your life force energy. Blocked life force energy is seen as an energetic manifestation of your past deeds. Through yoga as we release, change and forgive, the layers of your existence can be cleansed of impurities. The ultimate goal is that of liberation in this, and future lifetimes.

Margot Wagner Yoga Under the Bodhi Tree

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

# Relationships

#### TECHNOFERENCE



Social media plays an important role in society. When used correctly in a balanced way it is a phenomenal communications tool. Used incorrectly, this good thing becomes a bad thing. In the past decade there have been numerous studies conducted on the impact of mobile technology on family relationships, with parent-child relationships coming under particular scrutiny.

While we might think that today's teens are the highest users of social media, researchers found that parental social media use was the most problematic factor in family dynamics. The amount of technoference in a parent-child relationship correlated with the child's behaviour. The more time parents spent on their smartphone, the more the child displayed disruptive and challenging behaviour as the child works harder to draw the parent's attention from the screen. Children's development was also impacted by their parent's screen time habits. More concerning, research found a higher rate of depression in teens whose parents reported high levels of personal social media use. These teens also experienced maladaptive technological behaviours such as cyber-bullying and vulnerability to predators.

With such high stakes for the mental health of teens, there's never been a better time for parents to be aware of the impact of media habits. Dr Sarah Coyne suggests four things parents can do to create healthy media use patterns for their families.

- 1. Model healthy media use. Parents set the tone for the media climate in the home. It's easy to be so focused on a child's media use that we forget to turn the mirror to ourselves. Being mindful of how and when you use social media helps create healthy media environments at home.
- 2. Build relationships by limiting technoference. Children value strong connections with parents. Your undivided attention conveys to your child 'you are important to me'.
- 3. Help children think critically about their media use. Research found that parents talking to teens about how to evaluate media habits helped protect teens' mental health. Parents can be proactive in having natural conversations such as 'What do you like about this social-media platform?' and being interested in your child's answer. Such questions can lead to a discussion about media use while reinforcing love for the child.
- 4. Create balanced guidelines. Research discovered that strict rules around media-use tended to backfire. The highest rates of teen depression were reported by those whose parents had imposed the toughest rules and restrictions. This suggests that parents and children should try to understand each other and implement guidelines that are appropriate for each child and situation.

We all share the responsibility of keeping technoference out of our relationships.

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

# PHYSIOTALK

## WHY EXERCISING IN A GROUP IS BETTER

We are incredibly proud to open our new Pilates and exercise studio located at 4/18 Main St (behind Mountain Brew Cafe). We have moved our existing Pilates studio to a bigger and better space – and we couldn't be more excited!

We are planning on expanding our already incredible service to be able to help and service our community by having larger classes, new class offerings and more equipment for you to be able to reach your fitness goals.

In 2021, the Australian Physiotherapy Association conducted a survey of the general public which told us that one of the main expectations is to be encouraged to exercise and be given ample opportunity to increase physical activity. We are aiming to make this easier for our clients and provide a top-class service to promote as much strength and fitness on Tamborine Mountain as possible.

Exercise is obviously an insanely effective tool we can all use to manage our own health; however, is something that we know most of us don't do enough of. So how can we exercise more?

One of the best ways to improve your motivation and enjoyment of exercise is to not do it alone! Group exercise has so many benefits – not limited to the coffee catch ups afterwards. In Japan, a recent study was completed that compared the outcomes of exercise individually and within

a group. The findings were very interesting in that the physiological change after exercise seemed to be larger and better than when done alone.

Why? The authors presumed that the social connection, our innate competitiveness to be better when others are motivating you and the

with Hayden Buckman

improved compliance were behind the impressive results.

More than likely – this seems to be why team sport is so hugely important in so many of our lives.

Physique offers 11 Pilates classes throughout the week – all individualised and expertly led by our wonderful physiotherapists. Pilates is a core component of physiotherapy management these days and has a huge amount of evidence to support its effectiveness. We also have two Fit for Life classes running per week which are hugely beneficial general exercise classes to improve balance, strength and cardiovascular fitness.

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# TRIVIA FOLK REMEDIES



- Honey's Healing: In traditional medicine, what is honey commonly used to treat due to its antibacterial properties?
- 2. Garlic's Power: Besides its culinary uses, what common ailment is garlic traditionally believed to combat?
- 3. Ginger's Gastro Relief: Ginger is a well-known folk remedy for what type of digestive discomfort?
- 4. Aloe Vera's Application: What skin condition is aloe vera most famously used to soothe?
- 5. Chamomile Tea: Chamomile tea is commonly used in folk medicine to help alleviate what condition?
- 6. Apple Cider Vinegar: What is a traditional folk use for apple cider vinegar related to digestion?
- 7. Turmeric's Benefit: In Ayurvedic medicine, turmeric is often used to help treat what type of inflammatory conditions?
- 8. Willow Bark's Pain Relief: Before the advent of synthetic aspirin, what was willow bark primarily used for?
- 9. Peppermint Oil: Peppermint oil is a traditional remedy for what kind of gastrointestinal issue?
- 10. Lavender's Calming Effect: Lavender is often used in folk medicine for its supposed benefits in addressing what emotional state?
- 11. Echinacea's Immune Support: Echinacea is commonly used in folk medicine to prevent or treat what?
- 12. Cranberry's Urinary Benefit: Cranberries are traditionally used to prevent what kind of infections?
- 13. St. John's Wort: This herb is traditionally used to treat what mental health condition?
- 14. Cinnamon's Circulatory Claims: In traditional medicine, cinnamon is believed to help with what aspect of circulatory health?
- 15. Licorice Root's Respiratory Relief: Licorice root is commonly used in folk medicine to treat what type of respiratory conditions?
- 16. Castor Oil's Use: Castor oil has been traditionally used to treat what common gastrointestinal issue?

**ANSWERS: PAGE 24** 

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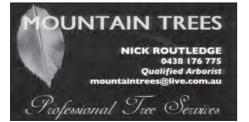


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#### **TRIVIA Answers FROM PAGE 23**

- 1. Wounds and burns
- 2. Colds and flu
- 3. Nausea and vomiting
- 4. Sunburn
- 5. Insomnia or anxiety
- 6. Heartburn or acid reflux
- 7. Joint and muscle pain
- 8. Pain relief
- 9. Indigestion or IBS
- 10. Anxiety or stress
- 11.Colds or flu
- 12. Urinary tract infections
- 13. Depression
- 14.Blood sugar control

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16. Constipation (castor oil below)



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# clark granger creating a formal garden

By Jez Clark Principal - Clark+Granger LDI Residential Landscape Designer of the Year

Formal Gardens date back as far as ancient Egypt and begin to spread across Europe during the 16th Century. While garden styles have come and gone formal gardens have remained a popular garden type. Formal garden design is all about order and balance. Symmetrical plantings, well-defined paths, and pruned plants are all key elements of the formal garden style.

A traditional formal garden design features geometric shape, usually right angles. Pathways in a formal garden design must be well-defined. If space allows create a main axis and branch paths from this to define a hierarchy of garden spaces. Use garden ornaments such as urns, water features or rotundas at the termination of paths to create focal points and encourage movement through the garden.

One of the easiest ways to create a formal garden is to rely on symmetrical plantings. Create a central line or axis that runs through your garden area, starting from a focal point at your house and arrange plantings on either side of that axis that are mirror images of one

another. Traditionally these beds are edged with a low box hedge to better define the geometry and hold the shape of the planting within.

Formal garden designs usually include trees with specifically pruned shapes. Gardeners often use techniques such as pleaching or espalier to craft trees into a more orderly form. If you are considering pleaching some trees to create a formal





garden room, use Manchurian Pear (*Pyrus ussuriensis*) or Ficus Hillii var. 'Flash'. You can avoid some pruning chores in a formal garden design by selecting trees that offer a tidy look, such as Ornamental pear (*Pyrus calleryana*), *Pyrus Capital* for smaller spaces, *Juniperus 'Spartan'* or *Acer x freemanii* 'Armstrong' for larger avenue planting.

Hedges are a key feature of any formal garden. Japanese box (Buxus microphylla) is a slow-growing shrub with dense foliage, perfect for shaping into classic low hedges, parterres, or small topiaries. If you have the space and want to create distinct garden rooms, then chose a Camellia sasanqua or a robust Lilly Pilly such as Syzygium 'Resilience to sculpt these garden dividers. For smaller hedges us Syzygium 'Straight and Narrow' planted at 70cm centres or Michellia Coco. This will also provide you with a beautiful perfume.

If you want some formal elements to give more structure to your garden, then consider using native shrubs that are happy to be topiarised. Acmena 'Allyn Magic will produce a very neat dome or shape if pruned hard. Westringia 'Blue Moon' will make a great 1m ball when regularly clipped and can be used to add a formal aspect to a more relaxed garden working well with vertical accents such as Lomandra 'Tropic Cascade' or Dietes 'White Tiger'. For larger shapes try Westringia 'Zena' or 'Wyanabbie Gem' as these can be shaped to form a larger dense mound of about 1200-1500mm. Repeating these shapes across your garden can give structure and establish a pleasing and relaxing rhythm though the garden.

As far as colour is concerned formal gardens tend to use a very restrained colour palette. Green should be the dominant shade in a formal garden. Select a range of plants and repeat these across the garden. Consider the full range of leaf shape and texture to provide interest. Don't be afraid to use mass planting a single species. This can be extremely effective when used to accentuate an avenue of trees or axis of a path.

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