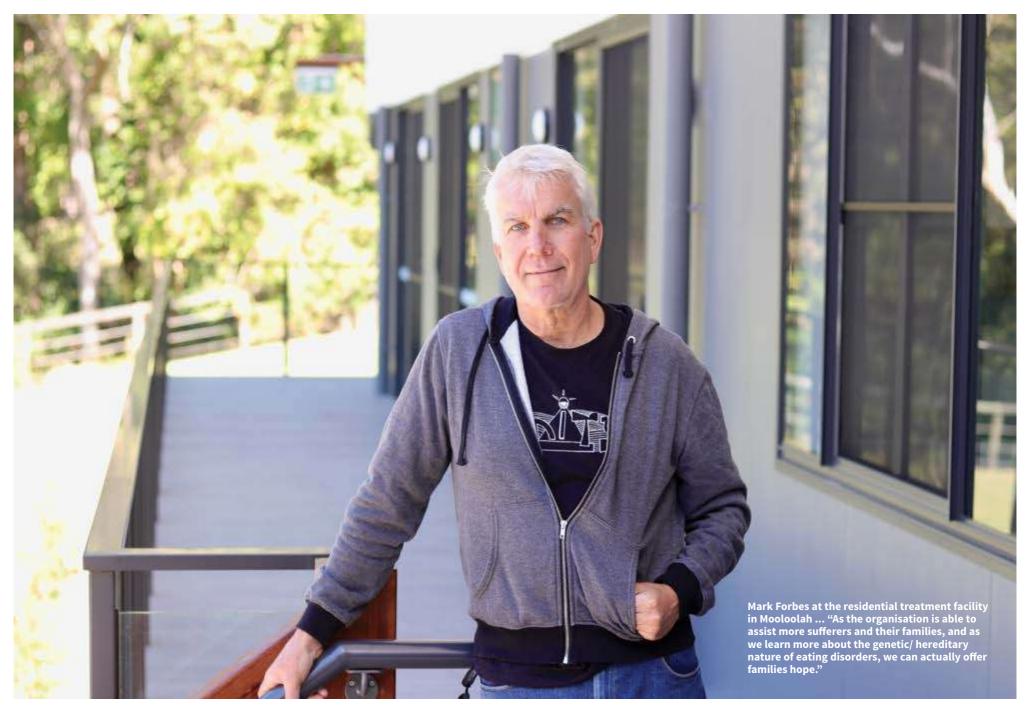
Sunshine Palley Gazette

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Editorial: editor@sunshinevalleygazette.com.au 0409 424 487 Advertising: tanya@sunshinevalleygazette.com.au 0400 069 711



Beating eating disorders

by **Tanya Outridge**

A VERY personal family battle with eating disorders was the catalyst for Mark Forbes and his wife Gay to establish their organisation endED (end Eating Disorders), and leading edge residential treatment facility,

endED Butterfly House, in Mooloolah

"endED was born five and a half years ago, after we had been through a heartbreaking struggle with our two daughters who both suffered with eating disorders," Mark said. "At the time, we met so many parents in a similar boat that we opened up our home every second Wednesday night to support families who were going through the same situation. What we all found was that the current healthcare system was letting sufferers, par-

ents and carers down in a big way."

"There was (and still is), a tendency

to lump a whole range of mental health issues together, instead of recognising the particular characteristics and challenges that come with eating disorders.

"So there remains a great deal of misunderstanding of both the diseases and the sufferers and I think the ongoing stigma around eating disorders is the result."

Mark and Gay eventually looked to the US for answers because the approach taken there is far more specialised, and residential facilities

To Page 12



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Sunshine Valley Gazette

Your fortnightly antidote to mainstream media

Editor's Letter by Cameron Outridge editor@sunshinevalleygazette.com.au

Right now we are surrounded by alarming headlines that are worrying and frightening, and in many cases are causing uncertainty and division. The mainstream media has become increasingly adept at triggering angst. And social media only amplifies the

We can't isolate ourselves from the world, but it pays to visit any little town in the hinterland to get a sense that things are not quite as dire as the mainstream media

We'd like to think the Gazette, in it's coverage of local life and local stories offers different headlines to the ones you may be used to on mainstream and social media.

We don't seek to ignore the bad news, but we do aim to seek out the good news. And it's not hard to find in our wonderful little part of the world.

This edition is packed with uplifting stories that demonstrate the courage, independence, strength, capability, love and general goodness of local people and small

Tanya and I have been inspired & moved

by this week's stories. From Burnside High, leading the way in education to provide world first learning and career opportunities, to a pioneering facility for eating disorders in the Mooloolah Valley, to a mother's courage in the face of her teenage son's stroke, the best characteristics of human beings are represented.

We hope you enjoy reading this edition as much as we have enjoyed writing it for you.



Lorraine Taylor and Keith Robb of Northcoast Locksmiths who says the emus mural on his shop in Howard Street has been great for business because everyone recognises it.

Mural Month to give Nambour, businesses and artists a boost

LORRAINE Taylor wanted to do something to know this personally, having started my career as a support local artists and give Nambour a well

So a couple of years ago she kicked-off Street Art Nambour, a murals initiative to add colour and great art to various walls around town. It's coming around again and Lorraine has proclaimed September 'Mural Month' for Nambour.

"The philosophy behind is to add a positive vibe to our town and encourage street artists to step up and create a mural, which will hopefully lead to a career for them," Lorraine said. "We also want to give exposure to the businesses in Nambour. We have a diverse community and a lot of talented people who are dedicated to the town."

Each mural is paid for, either with a donation from a business or a resident. That money goes direct to the artist. No mural is painted without permission from the property owner and agree-

"Every artist struggles to get exposure and I

signwriter over 45 years ago," said Lorraine.

Since the initial Street Art Festival in 2018, the not-for-profit Street Art Nambour have created 18 murals, some in the CBD, some at local schools and one at Nambour Crushers. The standard of the art created was recognised in the Australian Street Art Awards last September with Nambour accepted as a major mural town.

"It helps give Nambour a positive image, creates a destination and eventually will be the hub of a Street Art Trail that will incorporate all the Hinterland towns, vital in these days of COVID and the subsequent loss of trade," said Lorraine.

"We are also adding to our map, local micro breweries and distilleries in the aim to link the art of brewing with the art of street art. We encourage everyone to get behind this project and donate either a wall or a donation to pay an artist." · Email Lorraine at streetartnambour@gmail.

com for more information.

as they try to trace her movements. Police to speak

anyone who saw, had contact with, or knows about Aysha's movements and or whereabouts over the past seven days. Detectives are also keen to speak with anyone

Police probe alleged

murder of 'Loving,

beautiful girl'

Coast detectives

investigating the

alleged murder

Avsha

early

appealing

public assistance

31-year-old Buddina woman

Nambour

Saturday

Batv

who has background information regarding Aysha's relationship with friends and associates. Police were called to Matthew Street, Nambour around 1.30am on Saturday, August 22 following reports a woman had been seriously assaulted. Aysha was found lying on the road side in Nambour, early on Saturday morning. She had head and chest injuries and was

declared deceased at the scene. Detective Senior Sergeant Daren Edwards said on Monday Police would allege Ms Baty was assaulted with a cricket bat and stabbed multiple times. It is believed she had been living on the streets in the previous few days.

Dylan Alexander Wilson, 34, of Burnside, who was found nearby and arrested, has since been charged with her murder after appearing in the Maroochydore Magistrates Court on Monday (August 24). He was remanded in custody and was to be assessed by a psychiatrist.

The matter was adjourned until October Detectives appealed for anyone who was in the Nambour CBD, particularly Currie Street on the Bridge, near the Nambour RSL who observed any suspicious behaviour between 12.30am and 2am Saturday, August 22 to contact

From left, pilot Jamie Veivers (in red cap), aviation experts John Butler and Victor Craig, principal Kerri Dunn and teacher Adrian Casten with students and a wing from a duplicate plane the

Reach for the sky at Burnside High

FOR many people, high school represents a time where much of the information learned seems to have very little relevance to the real world. But at Burnside High, a vision to make the school a centre of excellence for Aviation is changing that.

The school is one of only 4 schools in Australia participating in the Sports Aircraft Association of Australia's Youth Aircraft Build and

The year 11 ISK (Aviation) class will be building the kit plane, which arrived earlier this month. This is the first time this program has been undertaken by SAAA.

What is perhaps even more impressive is that the Year 12 ISK (Aviation) class is also currently building a Zenith 701 completely from scratch, which means they are actually making the components on site in the school workshop using specialized software to create patterns for each component and lasers to cut them out.

"As far as I am aware, we are the only school in the world doing a from scratch build," said Technology teacher and former Engineer, Adrian Casten "There is a plan for the kids to follow, and

they are using pieces of an old crashed plane as a reference throughout the build, as it helps the students to visualise the components and how they fit together.

"All of the information is being put into a CAD program and the students are working from that. We are also fortunate to have garnered support from Sebastien Heintz, the owner of Zenith aircrafts based in the US who has sup-

ported us with technical support and plans." Burnside Principal Kerri Dunn says it has been inspiring to watch the students engage

such incredible determination, discipline and motivation," she said.

"This program is not only about academic and manual skills, but also making connections within the aviation community and thinking outside the box in terms of future careers in

"We are so proud of the work they are doing and the spirit in which they are doing it. We have also introduced Drone courses which are approved by CASA so that students can fly drones legally. This is another option for young people to investigate as a career," she said.

"I am gobsmacked by what these students are doing. It is just fantastic:" John Butler

The leading edge technology program has attracted support and mentors from unexpected quarters.

Jamie Veivers is a qualified pilot and member of the Sunshine Coast Aero Club, and he has become involved with the students during the build. "I believe that this experience will encourage some of them to go on and seek out a career in flying," he said.

John Butler and Victor Craig are members of the Sports Aircraft Association who have become involved with the projects, and both are currently building planes of their own.

"I am gobsmacked by what these students are doing," said Mr Butler. "They have demonstrated such confidence and they have only got a finite amount of time to get the project done, but they show up every lesson with enthusiasm

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COVID sparks interest in Jiu Jitsu

NAMBOUR'S Garra Brazilian Jiu Jitsu head coach Michael Pegg knows how to get out of a tight spot. But the black belt needed all the fighting spirit he could muster after twin setbacks. Firstly, his previous premises were flooded last year. Then, this year, his relocated business was shut down because of COVID. Despite it all, Michael said the forced reloca-

tion from Price to Currie Street turned out to be a blessing in disguise.

"I'm really happy with how everything turned out," he said. "Now that the restrictions have lifted its been boom-town. We've experienced the highest level of intake since I started. I think it's something to do with the new location. But more so, I think COVID has made individuals reassess their priorities. There's nothing like having personal choice taken away for you to have a good hard look at what you should do, in terms of work-life balance."

Michael described Brazilian Jiu Jitsu as "problem solving under duress". "It's about the application of structures and levers and doesn't rely on strength and power. We attract lifestyle practitioners rather than people who are wanting to compete. "The beauty of Brazilian Jiu Jitsu is you don't have to have a particular physical attribute to be able to participate. "I also think it's unique to other martial arts because you're not getting repetitive trauma from punches and kicks to the head."

He said the discipline was popular with women because it focused on neutralising strength or size advantages. "It's great for women because it's a great leveller. It's not about brute strength, with the crucial element being the ability to navigate around your oppo-



nent on the ground."

Michael said they also cater for children too 'We've got equal boys to girls in the kids class. The girls love it just as much as the boys. And I think parents are keen to see their kids doing something that is active and meaningful."

Michael said moving from Brisbane to Nambour a year ago with his young family was a wise move. "I've had nothing but support from the community. I feel like Nambour sometimes gets a bad rap but moving here with my wife and son was the best decision we've ever made."

About Jiu Jitsu

Jiu Jitsu, originally a sport for the elite, became increasingly popular and now has a large following.

Rio de Janeiro is currently the Brazilian Jiu-Jitsu capital of the world with the most number of schools and practitioners.

Garra Brazilian Jiu Jitsu in Currie Street offers

multiple Adults and Kids classes each week. The Gym caters for beginners through to advanced practitioners, with gi and no gi classes available. Phone Michael on 0405 230 933.



rom left, Cr Winston Johnston with council staff Julian Homewood, Yasmin Beavis, James Travis and Mitch Murphy.

McGilchrist upgrade done

COUNCIL staff and contractors completed the first bitumen seal on the second and final stage of the McGilchrist Road upgrade (south of the Dales Road intersection) at Chevallum.

The upgrade from a gravel road to a sealed road provides formalised traffic lanes and increased visibility for motorists. The upgrade will also reduce dust and maintenance costs. · See more in Cr Johnston's column Page21.

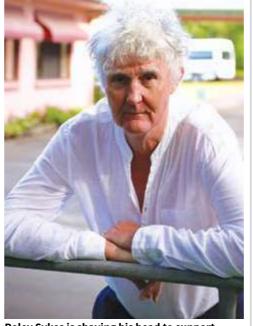
Children turning to mental health counselling

KIDS Helpline's latest data confirms that COVID-19 lockdown and containment measures, along with other impacts of the COVID-19 pandemic, has impacted on the mental health of Australian children and young people.

Kids Helpline reported mental health & wellbeing counselling experienced an overall increase of 24% nationally since the pandemic hit. Nationally, the increased use of technology has seen demand for WebChat counselling increase by 62% over the same period, March to July 2019.

Mental health issues weigh heavily on the minds of young people connecting to Kids Help-line. The service has revealed the top 5 national concerns across the pandemic as: 1. Mental health concerns, 2. Emotional wellbeing, 3. Family relationship issues, 4. Suicide-related concerns, 5. Friend/peer relationships.

If young people want to talk to someone they can call Kids Helpline on 1800 55 1800, e-mail or web counselling www.kidshelpline.com.au - Facebook: @kidshelpline, Insta @kidshelplineau, Twitter @KidsHelplineAU.



Roley Sykes is shaving his head to support

Roley shaves head in touching tribute to colleague

RANGECARE'S beloved accountant Linda Harrocks is bravely undertaking treatment for Pancreatic Cancer.

Linda's diagnosis went undetected until she was rushed to the SCUH emergency room with skyrocketing blood pressure and a suspected

"I was diagnosed with Ischaemic Stroke in the left side of my brain, causing speech and language issues as well as some paralysis on the right side of my body," said Linda.

"The following morning I suffered another serious stroke event - a type of thrombotic storm causing numerous small strokes to break out throughout both sides of my brain. It was one incredible neurologist who had a hunch that there was something more sinister and after 2-3 days of testing it was confirmed that I had Stage 4 Pancreatic Cancer that had metastasized to my liver. A grim diagnosis, with an expected life expectancy of 3-6 months if left untreated - and at best up to 12 months with treatment."

Despite the news, Linda remains positive "I am 56 years old and three months down the track from my diagnosis. I'm still here, and I'm still smiling.

"My challenges ahead of me are real and sometimes a little scary, but the one thing I've learnt through all of this is that I'm not alone."

In a touching tribute, RangeCare's Financial Controller Roley Sykes is pledging to shave his head and fundraise for the Pancare Foundation. Pancare Foundation is Australia's not-forprofit Pancreatic Cancer organisation.

Their purpose is to increase outcomes and provide support to people affected by Pancreatic Cancer and other upper gastrointestinal cancer.

"I am doing this to provide moral support for Linda and prove that we still care and think about her. I also thought this would be a great opportunity to provide support for research into this horrible cancer," said Roley.

If you would like to make a donation please visit, https://specialoccasion.gofundraise.com. au/page/Jess-6743735



IN a move that will strengthen the local dairy industry Kenilworth Dairies has started bottling milk for the first time.

The news is a shot in the arm for Queensland dairy farmers who have seen their numbers drop from 1500 to less than 300 since deregulation in July 2000.

The initiative will add to Kenilworth Dairies' wide range of Queensland-made products.
Formerly Kenilworth Country Foods, the historic cheese factory was purchased in 2017 from Kraft by sixth generation dairy farmers,

Quick

Ouestions

John Cochrane

· Birth date and/or star

sign: December 11 1954 -

Rugby league, cricket and

• Favourite colour: Blue

• Favourite Sports:

• Favourite Movie:

'Rose against the Odds"

Favourite make of

You, by Wayne Bennet

meeting people

(life story of Lionel Rose)

• Nickname as a kid: Cocko (in the typical

Aussie way, shorten your surname and add an

• Where did you grow up: Kin Kin Qld

• First job you ever had & what was it like:

Butcher – Great! Was a mix of Skill, Sales and

• Favourite hinterland food and why: Avo-

cado's, pineapples, steak and dairy products.

Such great flavour and so natural!

• Last book read: Don't Die with the Music in

The factory has been manufacturing cheese for over 60 years. In addition to being supplied by three of his

family's farms John Cochrane said Kenilworth Dairies would source milk from two ex-dairy farmers at Kenilworth and Skyring Creek and enable them to re-enter the industry. They plan to begin milking again within three months.

Independent processors such as Maleny Dairies, Cooloola Milk and now Kenilworth Dairies are helping the struggling local industry by strengthening the local market and providing sustainable milk prices.





· Best thing about Kenilworth: It's such a Friendly Country Town.

• Most important thing you ever learned: Put it back, don't go anywhere empty-handed, do it once, do it right

• Favourite Saying: Have a good one.

· Happiest moment in life that wasn't related to family matters: My first cattle sale I auctioned in 2008 at Cedar Pocket.

• What are you passionate about: Achieving my life long goals to get my own milk into bottles and process great dairy product for



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Residents hopeful but sceptical about rail noise promises

gave themselves two months to get back to residents with possible light and noise mitigation measures.

Residents James Kasmer and Mike Melzer are doubtful, given their long history of wrestling with the cumber-

some bureaucracy.
It didn't help, they say, that noise from the yard mysteriously stopped just days before the meeting with QR, and began again just after they headed back to Brisbane.

"Apart from the couple of days of complete silence up until the end of the community meeting, noise continues at varying levels from the one train stabled during the weekdays," Mr Melzer said last

"The sunnier and warmer the day, the louder the noise. On weekends, because there are four trains stabled the noise is louder and, again mysteriously, louder on a Sunday than a Saturday."

Mr Melzer said, since the meeting with QR July 18, he had noticed patchy improve-

"But on weekends and other occasions it remains intrusive and annoving. I

"On Thursday night the 20th of August at about 8pm the noise was extremely loud. James contacted me to confirm we were hearing the same

Member for Nicklin Marty Hunt called on any residents concerned about noise and

people out there that are just resigned to the fact that they lost the battle, and they have to put up with it," Mr Hunt said. "So I want to tell people that

I'm in there fighting for them. "We need this issue resolved because it is an issue that

shouldn't exist."

appears to come from airconditioning units left running in "service mode" while the trains are stabled.

Generation Rolling Stock.

helps prevent a build-up of

Letters to the Editor Page 20.

by noise and light from with the Senior Advisor Woombye's Queensland Rail (Communications and Stake-Stabling Facility are keen to holder Engagement) - New keep the State Government to Generation Rollingstock account over assurances made about this and he has stated several times they have no understanding of what is causing the varying levels.

light to contact his office.

"I think there might be some

you don't have to put up with it.

The main source of noise

This is because of a mould and odour problem with the near new \$4.4 billion Next

Keeping the units running

· See more on this issue in



Strawbfest spirit lives on

Chevallum Strawbfest is excited to kick off a new project as a solution to the hurdles our community is facing in

This year, over a four-week period, Chevallum State School launches The Great Strawberry Bonanza.

The event consists of a series of raffles with exciting weekly cash prizes valued at \$1500.

Sponsored by Your First Home Co. and Queensland Strawberries, raffle tickets, strawberries and strawberry-based products will be sold online and in various locations around the Sunshine Coast, including Sunshine Plaza every Saturday until 12 Sep-

"The Great Strawberry Bonanza is our way of giving back to the community which has supported the school for

IN these challenging times, the last 33 years," said Kirsten Bowman, President of the Chevallum State School P&C Association

"We want The Great Strawberry Bonanza to ignite that sense of togetherness that Strawbfest gives us, reconnecting our wonderful community and giving people something to look forward

Culminating in a live streamed event each Saturday, lucky prize recipients will be announced through the Strawbfest website and Facebook Go to strawbfest.com.au

to find out how you can get behind Chevallum State School in 2020 and support The Great Strawberry Bonanza! For all enquiries, please

contact Kirsten Bowman on strawbfest@gmail.com or 0422

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and the wishes of the owners (having had a long association with both) and quickly picked up on what was important to us and helped manage





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- 3. CARAMELISED ONION & CHEESE PIZZA READY MADE (COOK AT HOME)
- 4. CHICKEN BRIE & PROSCIUTTO PIZZA
- Café Mapleton Menu \$12.00 Each
- 11. VEGETARIAN FRIED RICE WITH EGG (VEG) 16. STIR FRY MIXED VEGETABLES IN SOY SAUCE 12. VEGETARIAN FRIED NOODLES (VEG)
- 13. BACON FRIED RICE (GF)
- WITH RICE NOODLES (GF)
- 15. VEGETABLE OMELETTE

14. MINCED CHICKEN IN TOMATO SAUCE

- The Barn on Flaxton Menu \$10.00 Each 19. CHUNKY CHICKEN, BACON
- AND MUSHROOM SOUP (GF)
- 21. BEEF LASAGNE & SALAD
- 22. VEGETABLE QUICHE & SALAD (GF, VEG)
- 23. CURRIED SAUSAGES AND RICE (GF, DF)

SERVED WITH RICE

SERVED WITH RICE

SERVED WITH RICE

- 24. VEGETABLE COCONUT CURRY (GF, DF, V) 20. CREAMY POTATO & LEEK SOUP (GF, VEG)
 - 25. BRAISED BEEF AND ONION STEW (GF, DF)
 - **26. PENNE BOLOGNESE**
 - 27. PENNE CHICKEN CARBONARA

32. CONFIT DUCK WITH ORANGE SAUCE

34. CREAM OF SWEET POTATO SOUP - also available to purchase for \$8.00

Le Relais Bressan Menu - \$25.00 Each (portion size for 2 people)

All Le Relais Bressan meals are available to be purchased Wednesday – Friday Meals include a side of baked potatoes, except the fish. All meals, except the fish option can be frozen.

- 28. COQ AU VIN (CHICKEN IN RED WINE)
- 29. BEEF BURGANDY (BEEF IN RED WINE)
- **30.** CHICKEN IN CREAM SAUCE

35. CHICKEN CURRY AND RICE (GF)

36. CURRY SAUSAGES AND RICE (GF)

38. SWEET AND SOUR CHICKEN

37. LASAGNE

AND RICE (GF)

- 31. BEEF TOURTE WITH TOMATO & CREAM

- The Cottage Meals Menu \$9.90 Each

33. FISH ROULADE WITH LEMON RESULING SAUCE AND RICE

- **51.** SWEET AND SOUR VEGETABLES AND RICE (GF, VEG)
- **52.** MIXED BEAN CURRY AND RICE (GF, VEG)

- 39. RISSOLES AND VEGETABLES (GF) **40.** BUTTER CHICKEN AND RICE
- 41. ROAST BEEF AND VEGETABLES (GF)
- 42. ROAST CHICKEN AND VEGETABLES (GF) **43.** PORK POT ROAST WITH APPLE
- AND VEGETABLES (GF) 44. HONEY CHICKEN AND RICE (GF)
- **45.** SHEPHERD'S PIE AND VEGETABLES (GF) **46.** SAUSAGES WITH TOMATO/ONION
- GRAVY AND VEGETABLES (GF) 47. MOROCCAN BEEF, RICE
- AND VEGETABLES (GF)
- 48. CORN BEEF, WHITE SAUCE AND VEGETABLES (GF)
- 49. THAI VEGETABLE CURRY AND RICE (GF, VEG)

- **50. VEGETABLE LASAGNE (VEG)**

- 53. MOUSSAKA (VEG)

- 54. CREAMY PUMPKIN
- 55. CAULIFLOWER AND CHEESE
- **56.** CREAMY TOMATO 57 PFA AND HAM
- **58.** VEGETABLE
- **59.** POTATO BACON AND LEEK
- **60.** CHICKEN AND VEGETABLE

NEW MEAL OPTIONS

- 61. BRAISED STEAK & MUSHROOM (GF)
- 62. SAVOURY MINCE WITH MASH & VEGES (GF) 63. TOMATO & VEGETABLE GOULASH (GF)
- 64. MIXED VEGETABLE COCONUT & GINGER CURRY (GF)
- **65. SPAGHETTI BOLOGNESE**
- 66. CREAMY CHICKEN MUSHROOM, MASH & VEGES (GF) GF = Gluten Free | DF = Dairy Free | VEG = Vegetarian | V = Vegan

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2. Place an online order: www.rangecare.com.au/frozen-meals

*Order before 10am for a next day delivery.

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Palmwoods Tennis Club, by **Angela Norval**

AS families look for healthy and safe ways to enjoy the great outdoors, tennis continues to stand out as a fun sport that suits a variety of

Palmwoods Tennis Club provides a picturesque setting with six synthetic grass floodlit courts and refurbished original clubhouse

There's plenty of seating areas for visitors, families and friends, and the courts are available to hire by the general public as well as five social tennis sessions

President Robyn Combes said the club continues to follow hygiene and social distancing measures as per Tennis Queensland, council and government recommendations while also being in the process of making online and mobile bookings easier. "I love tennis, it's a great feeling to be out

under the open sky running around hitting a ball and having a good rally," she said. "When I started playing social tennis 20 years ago I had only played a bit of tennis in high

school; thankfully everyone was helpful and supportive and I improved with time. "The really nice thing that I appreciate so much from playing tennis is the friends I have

made, especially given all age groups are able to

FROM TIMBER TO SCREWS

TO FINISHES AND

EVERYTHING IN BETWEEN

As always, you can take

BEFORE

can hold a racquet.

opportunities to catch up, chat and have a laugh.'

ering students as young as five and instilling a love of tennis into future generations. Palmwoods Tennis Club has been pleased to

peted in state championships before beginning coaching in 1996, completing extensive training

rewarding, achieving great success with both children and adults, working with competitive players as well as helping students with down syndrome and underprivileged children and also working with competitive players.

helping people to improve their lives."

• For more information check out the website play.tennis.com.au/palmwoodstennisclub.

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play at Palmwoods Tennis Club as long as you

"Tennis is a great physical activity for any age and it is a very social game too, with plenty of

Coaching is an integral part of the club, cov-

welcome coach Wesley while regular coach Neil Heyme is away. Wesley's passion for tennis is clear, having played since he was six years old and com-

Wesley said his career as a coach was very

"Success is achieving my life goals," he said. "For me it is about being faithful to what I believe and to my values and respecting everyone. Doing what I love every day and

Reunion marks 50 years since first race

DRIVERS from the first Yandina Speedway race meeting, some aged in their 80s, gathered with younger generations to celebrate a 50-Year Reunion on Sunday August 16.

Organiser Debbie Collier said all involved enjoyed the experience and the reunion at the School of Arts Hall was very successful. "The memories flowed of driving skills,

antics, friendships, triumphs, stories of the days past and tales of the 50 years since the first race meeting," Debbie said. Debbie said people enjoyed video footage

from the early race days. "It was absolutely wonderful for me to witness the animated responses of people as they watched the

People were greeted by the welcoming voice of Val McIntyre on footage of racing from 1970. "Val was heavily involved in club activities, from fund raising to lap recording and time keeping," said Debbie.

Memorabilia of photos and Eileen Diefenback's poetry about drivers and speedway life adorned the walls. Old programs and Videos of early Yandina Speedway footage featured.

The Commemorative lap around the old track watched by spectators was a fitting end to the day.

The videos can be viewed at Yandina Historic House.



Barry Potter's blue and yellow FX Holden. This saloon car still has Yandina speedway dirt on it. It's last race was at the Yandina track - from



1970 Yandina Speedway track drivers, from left, Gary Tynan, Noel Morgan, Ray Austin, Rod Collins, Maureen McIntyre, Col Sheather and Jim Humphreys.



Dave Pickering watching video with his car on the TV screen.



Maureen McIntyre raced in the First Queensland Ladies Championships meeting which was held



Ian Shepard holds his brother-in-law Des Atkinson's Customline Saloon Car Number N8. It was taped to lan's car for the commemorative lan. Des raced his Customline at the first race meeting. Ian used his backhoe when the track was changed from a kidney shape to an oval 400 metre track by Des Atkinson.

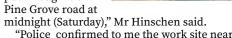
Vandals smash van in case of mistaken identity

NEWS 9

VANDALS left a trail of destruction through Woombye

on the weekend. Resident Dave Hinschen said the peaceful Pine Grove Road neigh bourhood was targeted as well as a work site near Woombve Primarv School.

"My work car had a Besser brick put through it on Pine Grove road at



primary school also vandalised." "It's pretty sad. What kind of people do this in a quiet street? After discussions with neighbours we believe the car was targeted because it looks like a police speed camera van."





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Palmwoods Community Branch is a joint venture between the Palmwoods Community and Heritage Bank. By doing your banking with the Palmwoods Community Branch you can assist with generating the funds to support your local community groups through grants and sponsorships.

Palmwoods Community Branch, Margaret Street, Palmwoods QLD 4555 07 5457 3344 or visit palmwoodsbranch@heritage.com.au



NEWS 11



for energy efficiency

NAMBOUR'S Vinnies has been awarded \$12,500 Energy Efficient Communities grants to reduce electricity costs and redirect the savings to help others. Member for Fairfax Ted O'Brien announced the federal funding recently.

"We know that community groups struggle under the weight of high power prices, and now in the country. Buying books from an exchange the Coronavirus has also affected their ability to fundraise," Mr O'Brien said. "So I'm delighted the Morrison Government is providing this type of practical support which allows these wonderful organisations to reduce their energy use without reducing productivity."

Northern Central Diocesan President John Harrison said he hoped the installation of solar panels would make their power bill cost neutral. "The funding will be used for purchasing and installing solar panels on the roof of our warehouse at Nambour and that will mean that we will save substantial amounts on our electricity bill for now and in the future." Mr Harrison said.

"The money we save from that will be used to support those that are less well off in our com-

AUST. CROWNS 1937



Funding switched on Nambour's book haven

reading with family.

We are fortunate that right in the centre of Nambour is one of the largest book exchanges is one of the most cost effective ways to enjoy reading and expand your library.

The Nambour Book Exchange has been owned and operated by two generations of the Bailey family, for 35 years.

'My parents started the exchange right here in this same location, and operated it until their retirement in 2007," said current owner, Darren

"It is hard to say exactly how many books we have, but it is well in the order of hundreds of thousands. We have customers who come from as far as Gympie and Brisbane to exchange books, which is really gratifying," he said.

During the recent COVID situation Darren continued to trade, and while numbers were definitely down, people continued to steadily visit the

\$30 EACH

shop to exchange books or search for new ones. "It has been a time when people have tidied RECENT months have seen people returning to simpler pleasures like games, puzzles and was a great opportunity to sort through their books and have a bit of a clean up," he said.

"All kinds of people have used our exchange over the years and we basically have every category or genre you can imagine," Darren said. "I personally love to read and I have a pretty

good handle on the books we have here in the shop. I am quite particular about taking on books that I think will be well received and that are in good condition.

"Browsing through our books is actually a really nice way to spend time. You never know what you might find.

"We have met many wonderful people over the years and it has been a great family business," said Darren. "It is exciting to see new businesses coming into town, bringing new ideas and fresh energy to the place. I think our business has quite a simple, nostalgic feel to it that has been a good fit for the town as well."

• Nambour Book Exchange is down the stairs at 103 Currie Street. Phone 5441 3255.

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Maxwell Cray received a well-earned visit from

Max reaches 100

ON Sunday Blue Care Erowal resident Maxwell Cray turned 100 and received a well-earned visit from Member for Glass House Andrew Powell.

Mr Cray played third grade league for the South Sydney Rabbitohs, was the first electrical engineer appointed to the Snowy Mountains Hydro Scheme and was sent in to help Darwin recover after Cyclone Tracy.
• See Mr Powell's column, Page 21, for more.

Tragedy on our roads

A 50-year-old Palmwoods man died when his car came off the Bruce Highway on Thursday

Police believe a medical incident caused the car to veer off the highway at Tanawha and land down an embankment.

Emergency services attended the scene south of the Ilkley Road overpass about 9am Thursday after the Mitsubishi Challenger was seen going

The man was treated for critical injuries but died at the scene. He is being lovingly remembered by those close to him.

· Meanwhile, a woman in her 30s was flown to hospital in a serious condition last Thursday after a truck and car collided on Blackall Range Road, Woombye.

A rescue chopper landed at the Woombye Snakes Soccer Club and flew the woman to puncture to physiotherapy to a medical assistive device known as the MOllii Suit. the Royal Brisbane and Women's Hospital in a serious condition with a head, chest and leg MOllii is a functional garment that consists injuries. The truck driver, in his 50s, was taken of a jacket and a pair of pants with a computer to Hospital with a leg injury. control unit that sends electrical signals to

the targeted areas of the body via electrodes. MOllii uses assistive technology with a unique application for people with spasticity, motor mpairment, increased or decreased muscular

Jack recovers from stroke

with help from Mum

AMONG the ways a brain can fail - tumour, aneurysm, Alzheimer's, Parkinson's - stroke is

one of the most common. An innocuous word -

stroke - you stroke a cat, or a baby's cheek. But

A stroke is what impacted then 16-year-old

Jack Fenton, from Mapleton, while undergoing heart surgery just over a year ago. Three bub-

bles of oxygen from the heart and lung machine

he was connected to travelled through to lodge

in his brain, causing a stroke that left him

without movement in his left arm and the left

side of his face completely numb. The doctors

knew what had happened and were quick to act.

Problematically though, as Jack's mother Mar-

ianne explained, the therapy staff spoke as if

were saying, 'we'll find another way for you

to do things. Find another school. You know

you've had a brain injury. You know you won't

be going back to normal school," Marianne said

In true lioness mode, Marianne refused to see

Jack's immobility and numbness as a perma-

nent part of his life, seeking out services closer

to their home in the Sunshine Coast hinterland -

determined that Tack would recover completely.

At the time of the stroke, Marianne saw the

need to find therapies to assist in Jack's recovery

as a matter of urgency. The success of her deter-

mination is evidenced in his remarkable pro-

Marianne began researching and discovered

systems

australia

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a number of therapeutic approaches to help

Jack, now 17, regain mobility and movement in

his left arm - drawing on therapies from acu-

gress a mere 15 months on.

"We were in tears when we left Brisbane. Staff

Jack wouldn't recover.

of the experience.

stroke in medical terminology can be lethal.

tension, mobility issues and muscular pain. It can be used by people for a number of muscular and neurological conditions in adults and children alike. MÖllii can be rented or purchased under the NDIS plan.

Accessing MOllii locally through Suncoast Integrated Therapies on the Sunshine Coast, Marianne soon discovered that MOllii helped restore movement and mobility for Jack. Being able to utilise the suit on a daily basis for a month was invaluable to Jack's full recovery she

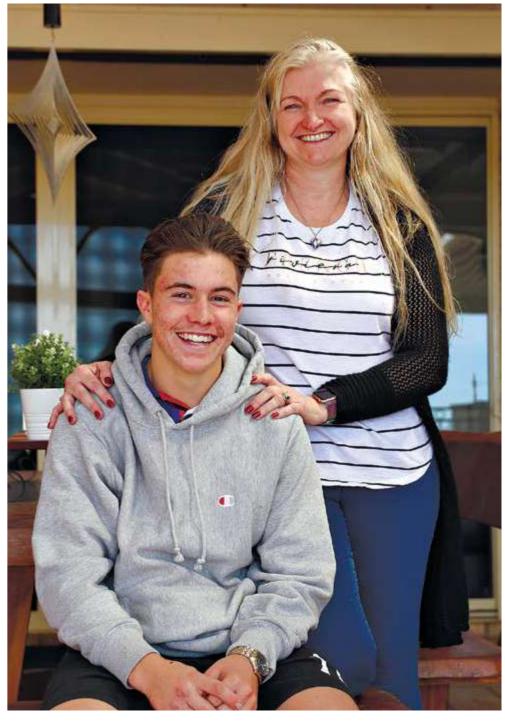
Over the last 15 months, Jack has focussed intensely on his rehabilitation. It is this fierce determination, alongside his mother's strong will, that has reaped extraordinary results. Regaining full use of his arm with only a small amount of tingling in his fingertips remaining, Jack has returned to his old school, is working part-time at the local IGA store and getting ready to sit for his manual driving licence. The touch footy field also welcomed him back to his first game recently, with Jack mucking it up in the mud with his team-mates.

Jack acknowledges that if it weren't for his mother's stubborn streak and dogged determination that motivated him to adhere to the rig-orous therapy schedules, the future might have When you meet Jack, the first thing that strikes you is the absence of any signs of a looked very different for him.

Each year, an estimated 50,000 Australians will suffer a stroke at a cost of \$54bn to the economy, resulting in physical and mental disabilities. There are an estimated 500,000 stroke survivors in Australia.

• Stroke Awareness Week is held from 31 August - 7 September 2020.

Jack Fenton acknowledges that if it weren't for his Mum Marianne's stubborn streak and dogged determination that motivated him to adhere to the rigorous therapy schedules, the future might have looked very different.





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Treatment facility leads the Nation

have been established specifically to treat and support sufferers.

"One of our lived experience recovery coaches, Millie Thomas, travelled to the States and visited a number of residential treatment facilities where far better results were witnessed," Mark said. "Upon Millie's return to Australia we sat down with our architects (Blackburn Jackson) critiqued the residential design and set out to find a property that could

"I think I looked at about a dozen properties around the Coast and none of them were suitable," Mark said. "Then I found our current property in Mooloolah Valley and I was only halfway down the driveway when I knew it was right for us. I hadn't even seen the house, but the feel of the place was so peaceful and healing, I knew it was where we were meant to

So Mark approached the owner and made an offer with provision for a 6 month settlement period. "The owner accepted on the condition that it was an unconditional contract," said Mark. "The slight problem was that I had no money to buy the property.

All I had was an unwavering conviction that it was meant to be and that I would raise the funds somehow.

"I am a great believer in the way the Universe provides." And provide it did.

Mark started knocking on doors and contacting local MPs about accessing funding for the project. "I contacted Andrew Wallace who has become our patron and one of our greatest supporters as he personally knows the pain of coping with children with eating disorders," said Mark. I was invited to a networking breakfast by Mayor Mark Jameison who introduced me to long time Maroochydore business people, Roy and Nola Thompson. "As it turns out, Roy and Nola had also been through the terrible family trauma related to an eating disorder," said Mark.

"The breakfast took place on a Thursday morning, and at the end of it, Roy invited me to their home the following Monday, because they wanted to support what I was doing. When I arrived at their home, Roy took an endED business card, turned to Nola and said "Nola, we iust bought this guy's business card for \$1 million". He handed me a cheque for \$1 million and

settled. I was absolutely blown away. He had not even seen the property, or the contract.

Andrew Wallace and Jason O'Pray proceeded to put Mark in front of every politician they could in order to secure the funding to develop and run the treatment

"I travelled to Canberra and met Malcolm Turnbull, Greg Hunt, Tony Abbott and Scott Morrison,' said Mark. "The Federal Government promised \$2 million to allow construction to go ahead and 4 million to help run the facility over its first four years.

"With this funding not only could the building be finished, but endED and the Butterfly Foundation could make treatment available for vulnerable families who do not have the means to cover the full cost," he said. "As well, 40 incredible local companies stepped up to support us, which is just phenomenal and it will help change the lives of so many sufferers and their families."

endED now employs three experienced recovery coaches and has attracted art, yoga, pottery and dance teachers who contribute their time to participants on a voluntary basis. "We are in the process of employing more recovery coaches as we find that ongoing connection brings sufferers out of the terrible isolation they experience," Mark said.

endED is now participating in an international genetic study into eating disorders and some of the findings are not only fascinating. but will help change the way eating disorders are treated. This will also alleviate the generalised guilt, shame and suffering that entire families of sufferers experi-

ence, because it turns out, eating disorders are "As the organisation is able to assist more suf-

ferers and their families, and as we learn more about the genetic/ hereditary nature of eating disorders, we can actually offer families hope,"

Inspired by endED Butterfly House's example, the Federal Government is now investing another \$64 million to set up a specialist resi-



Mark Forbes at the Mooloolah retreat. Soon, sufferers all over the country will benefit from endED and Butterfly's vision

dential treatment facility for eating disorders in every State in Australia. Soon, sufferers all over the country will benefit from endED and Butterfly's vision.

Right now, Mark is working tirelessly to establish continuing support for the recovery coaching programme via the '150 Club'. "Basically, what we are doing is approaching local businesses or individuals to become members of the 150 Club, which helps fund our lived experience recovery coaches," Mark said. "The

this contributes to the employment expenses of each coach. What we have seen is that this ongoing support for ED sufferers gives them hope that they can learn to manage their disorder. You cannot underestimate the power of hope," he said.

"With the recent months of COVID related lockdown, isolation and social distancing, there has been a dramatic, heartbreaking upswing in eating disorders. The kind of connection that is provided by a recovery coach is going to be even more important than ever

•If you or your business would like to learn more, or become members of the 150 Club, go to https://www.ended.org.au/

Six more centres to be built in Australia

Message from Member for Fisher Andrew Wallace

"endED Butterfly House is going to be the first ever specialist residential treatment facility for eating disorders in the country and will mean that vulnerable people will have the option to be treated in the best possible homelike environ-

"It will make the Sunshine Coast Hinterland truly a national leader in the treatment of these insidious

"The Federal Government has provided \$6 million to support the construction of the house, and to pay for its operation during the first four vears.

"However, without the passion and commitment of Mark and Gayle Forbes, and the generous support of dozens of local busi-

nesses on the Coast who have made pledges and donations toward construction, this project could never have happened. Ultimately, Mark and Gayle's vision is going to benefit people all over Australia thanks to a further Federal Government commitment of \$70.2 million.

"This will now establish six more residential eating disorders centres across the country, bringing endED's model to people with an eating disorder all over Australia."

New over-50s lifestyle resort coming soon to Palmwoods

woods, will soon be home to a new over-50s lifestyle resort, GemLife Palmwoods.

Surrounded by the scenic beauty of the Blackall Range and flanked by Paynter Creek, GemLife Palmwoods will offer the best of over-50s living with stylish, modern and an extensive array of premium facilities for active, social lifestyles.

GemLife Director & CEO Adrian Puliich said the new resort would feature about 150 homes, in a peaceful enclave designed to capitalise on the natural beauty of its surroundings.

"GemLife Palmwoods will be an idyllic oasis located in the charming, quintessential hinterland town of Palmwoods, an area known for its local arts and crafts and great local produce, in addition to being central to the region's most popular tourist destinations," he said

character, relaxed lifestyle, and mild, subtropical climate - we anticipate strong demand and are looking forward to seeing GemLife Palmwoods coming together.'

In addition to high quality homes, the resort will feature a luxurious country club accommodating first-class recreational and leisure facilities such as a gym, ten-pin bowling alley, magnesium-therapy indoor pool and spa, cinema, bar and coffee lounge, as well as a separate outdoor pool recreation precinct complete with sundeck, barbecue and dining area.

Civil works and construction are expected to commence by the end of the year with the first homes move-in-ready by late 2021.

· GemLife Palmwoods is located at 38 Landershute Road, Palmwoods.



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COVID-19 cases sparks warning for residents

NEW directions are in place for gatherings on the Sunshine Coast in line with measures introduced across Queensland following an increase in COVID-19 cases.

Sunshine Coast Council Mayor Mark Jamieson called on residents to comply with the public health directions and limit gatherings in private homes or public spaces to a maximum of 30 people, continue to maintain hand hygiene and physical distancing and get tested if you experience flu-like symptoms. Limitations on gatherings do not apply to

businesses operating with a COVID Safe plan. Over the weekend, Queensland's Chief Health Officer announced a range of measures to manage the situation resulting from additional

positive COVID-19 cases in south east Queens-

"Do not become complacent. Doing the right thing is very simple," Mayor Jamieson said. "Oueensland Health is asking for you to stay home if you are sick and be sure to get tested in you have any symptoms of COVID-19 including fever, cough, sore throat, shortness of breath,

runny nose or fatigue. "Testing is essential, no matter how mild your symptoms are.

"The Chief Health Officer has made it very clear - there have been very low incidences of the cold and flu this season, so if you have any symptoms, it is absolutely critical that you get

Mayor Jamieson said Sunshine Coast residents needed to support each other's efforts to | display in Buderim and also the publishing of comply with public health directions.

"We all have a role to play in slowing the spread and I urge everyone to act responsibly." If you have COVID-19 symptoms, no matter how mild, call your doctor or 13HEALTH (13 43

25 84) and get tested.

Buderim-Palmwoods Heritage Tramway



Buderim-Palmwoods Heritage Tramway office bearers, from left, Vice-President Noel Williams, Secretary Kay Sinclair, President Helene Cronin OAM and Treasurer Bruce Horton.

BUDERIM-PALMWOODS Heritage Tramway Inc. held its annual general meeting on 14th August and re-elected Helene Cronin OAM, Noel Williams and Bruce Horton as President, Vice-President and Treasurer respectively. Kay Sinclair was appointed Secretary.

In her President's report Helene said that the Tramway Inc. to celebrate the launch by Chair big highlights of the year were the painting of the Krauss loco, thanks to Cr Christian Dickson, the building of our new shed at Wises Farm to at 2pm at Buderim Memorial Hall. You can meet protect the loco while it awaits its permanent our book Timber Trains Turmoil which will be launched on 29 August and which was made possible by a significant grant from Buderim Foundation.

had participated in during the year including

the launch of Sunshine Coast Council's Heritage Calendar; and St. Marks Church "Christmas Trees within the Church".

BOOK LAUNCH

Join the Buderim Palmwoods Heritage of the Buderim Foundation Dr Russell Stitz of "Timber Trains Turmoil" on Saturday August 29 autĥor Helene Cronin OAM, a Buderim local who while on an inspired quest to chronicle Buderim's forgotten Tramway heritage, has collated the untold stories of the region's history, into a fascinating new publication.

RSVP via email to tram@buderim.com. Come Helene also outlined the main events we prepared for a great time with afternoon tea, entertainment and lucky door prizes.

Little Book Nook celebrates birthday



Nook, celebrated its first birthday recently Owner Manager Kay Nixon said guests enjoyed a lovely evening in the courtyard and the garden "We are so grateful to all our faithful followers and look forward to the new regular customers

that discover us," she said. "It is such a lovely setting here and gradually my previous customers from Books of Buderim

are finding us." Kay said the business had adapted when COVID struck and was proud to be providing wholesome offerings for people in isolation.

"It hasn't been an easy year with COVID but providing deliveries and having the space around us for people to safely relax has allowed us to keep going and provide a haven during this difficult time," she said.

"Plus books and games have been a great source of entertainment, escape and inspiration for all ages." The Little Book Nook is behind Home Grown

Cafe at 4-6 Little Main St, Palmwoods. Phone

0431 750 033.





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MORE THAN JUST YOUR LOCAL AGENT

Leigh Martinuzzi is your award-winning Palmwoods real estate specialist. Leigh has personally sold over 50 properties valued over \$20 million, with an average of fewer than 40 days on the market.

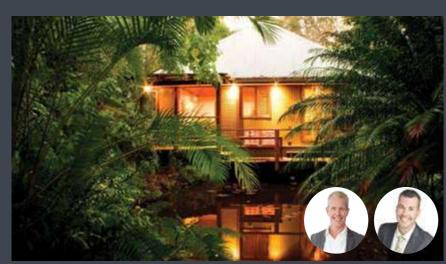
"I love property, but more importantly I enjoy helping people. For me, real estate is less about property and more about relationships and results. There is nothing that comes close to the joy of exceeding owners' expectations, and matching buyers with properties they absolutely love."

"I have previously lived and worked overseas, but I have chosen to raise my family in Palmwoods. I think being heavily involved in the community has given me insights into the area which are valuable to my vendors when it comes to marketing their property for sale, and buyers who want to come and live in this beautiful part of the Coast."

Leigh's clients appreciate his exceptional levels of customer service, professionalism, marketing expertise and negotiation skills. His achievements have been further validated by being named the 2020 'Rate My Agent' Awards Winner for Palmwoods.



SELLING

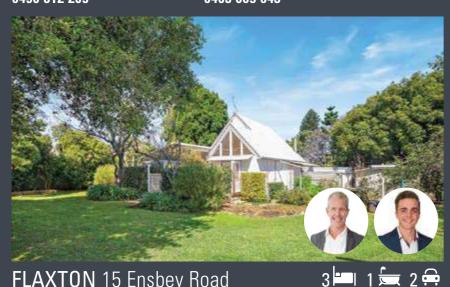


MONTVILLE 609 Hunchy Road

This is a unique opportunity for a home plus income in this boutique estate in the Sunshine Coast Hinterland. With eight bedrooms and seven bathrooms altogether, this property consists of five separate self contained cottages and a large manager's residence. Situated in an idyllic rainforest setting, this isn't just a home, it is a lifestyle with income that most of us can only dream about!

LEIGH MARTINUZZI 0490 812 205

TRISTAN BROWN 0403 665 643

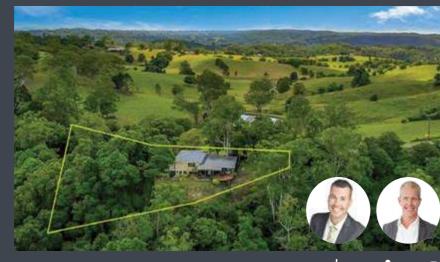


FLAXTON 15 Ensbey Road

This charming Hamptons style home is tucked away in a dress circle pocket of the stunning Blackall Range hinterland, on a flat 875m² block with delightful cottage gardens, just five minutes to the historic villages of Montville or Mapleton. Full of character and warmth, an A-frame design; comprising three bedrooms, modern bathroom and kitchen, separate living and dining, sun-room and expansive north-facing decking.

LEIGH MARTINUZZI 0490 812 205

NICHOLAS HOLLYOAK 0455 554 325



PERWILLOWEN 27-37 Dulong Road 5 1 3 5 4 9

The owners have shown strong commitment to having this property sold and having recently purchased elsewhere are motivated to move forward with their plans. You simply won't find a property with better views and yet still so much potential for capital improvement. Without doubt this is an incredible opportunity for the astute buyer! This home offers exceptional privacy, and is a savvy purchase for buyers looking for future capital gain.

LEIGH MARTINUZZI



PALMWOODS 180 Lower Landershute Road

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394 Mountain View Road, Maleny

Picturesque Mountain View Road is the setting for this beautifully presented family home. Tucked privately away, this easy care one acre block offers so many options; a family home, the perfect weekender or explore the potential of Airbnb with the vibrant township of Maleny just a five minute drive away. Boasting the perfect blend of classic character features with contemporary conveniences, this fully refurbished and freshly painted home offers the quintessential country life.



For Sale Price Reduced - Contact Agent

Inspect By Appointment Only

Rodney Millett 0477 702 073 rodney@malenyrealestate.com



When attention to detail, tranquil rural views and open plan living is everything you want in your next home, this unique property delivers. Offering an incredibly special feel, the current owners are reluctant sellers and have loved every minute of living in this home. You'll be just minutes to the vibrant township of Maleny on a very generous 2313m² block with town water and sewerage. Curlew Court is whisper quiet and highly sought after by discerning buyers seeking



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37 Balmoral Road, Montville

This very special property is perfectly nestled to capture the views of the Sunshine Coast and over the Hinterland. With incredible floor to ceiling windows and glass sliding doors leading to an entertainer's deck, there is endless opportunity to watch the seasons change and gather with family and friends. Balmoral Road is perfectly positioned to take advantage of the very best hospitality, shopping and dining of both Maleny and Montville

3 🛌 2 🐔 2 🚖

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Elaman Creek

Perfectly located to capture the views over the valley below and up to the Reesville ridge to the south; this property is the pinnacle of tranquillity. Entering this very private property the vista unfolds as you wind along your all-weather gravel driveway with the circa 1912 Queenslander home emerging to stand proudly surveying the undulating 41-acre Hinterland property. The property continues to deliver on character in the handcrafted Top House which has been lovingly built using hardwood recycled timbers from the old Dicky Beach Surf Club built in the 1920's and poles and bridge timbers

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5 **⊨** 3 € 8 **≘**



3/4 Sunnyside Court, Maleny

Just a ten-minute walk to the vibrant township of Maleny is this modern townhouse. Set in an elevated position, this practical and welcoming property captures the best of Maleny views and breezes. With two large bedrooms and en suite to the master bedroom, it offers comfortable, low maintenance living. Boasting a covered timber deck, it's the perfect weekender to escape with family and friends, a potential investment or the opportunity to downsize.

2 🛌 2 🐔 1 🚖

For Sale Must Sell - Contact Agent Inspect

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11 Miva Street, **Maleny**

Situated on a very generous 800m2 block, this home is packed with opportunity and is located in highly sought-after Miva Street. Unique to this home, is the large bright studio space with gorgeous pitched roof; just perfect for the home office, artist or yoga studio, guest space and more! Easy care gardens are on offer, with room for chickens and the development of your herb and vegetable gardens utilising the Hinterland's rich volcanic soil.

By Principal

Rodney Millett

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Martinuzzi Property Group Pty Ltd & Nick Hollyoak Investments Pty Ltd & Tristan M Brown Investments Pty Ltd working in conjunction with Amber Werchon Property

16 NEWS SunshineValleyGazette.com.au | August 26, 2020.

MALENY is a strong, enterprising and sustainable town. But now it's even stronger thanks to the Love Maleny Gift Card initiative driven by the Chamber of Commerce.

Chamber president Nicole Hilton said she had received calls from other chambers following the project's recent launch which had seen 104 cards loaded with \$20,450 in value and \$7,700 redeemed across 21 stores after 15 days.

"What I find absolutely amazing is that the businesses benefitting most are your everyday business such as the tax agent, the vet, the tyre place, the mower place and the fuel station. And, of course, we had Maleny IGA fully supportive and leading the way from the start. So, for me, this showed that people are using the card to keep money circulating locally and to buy every-day necessities and not necessarily to

Ms Hilton said she was eagerly awaiting the next report due the beginning of September. "For now we just want to keep the initiative top of people's minds," she said. "It's amazing that many people living in Maleny still are not aware of it. So that represents an opportunity for us and it's a matter of spreading the word as much as we can. I was guest speaker at the Montville Chamber last week and I'm speaking at the Young CEO's lunch in Maleny in October so that

With Father's Day approaching Ms Hilton said now was the perfect time to purchase a gift card for Dad.

The cards can be loaded with any amount you wish and can be purchased from: Maleny Cheese, Maleny Food Co Cafe, Maleny Food Co Newsroom, Maleny IGA Supermarket, Natural Fibre Maleny, On Obi Maleny, Purple Palate and The Maleny Bookshop.



Magpies make great parents and can remember your face

MAGPIES breeding season has begun and it's important to remain tolerant of the protected native animal as we walk or ride near nests.

"Magpies are pretty amazing birds and in fact only 10 per cent of breeding males will actually swoop," said Natural Areas Conservation Officer Tyron de Kauwe.

"Magpies will often stay in one area for up to 20 years and can identify individuals by their facial features, even recognising all the people in their neighbourhood.

"When they walk around with their head LOCAL Sunshine Coast author Christine J his book published and it's quite emotional for tilted, they are actually listening for prey and Bourne has fulfilled a promise made over ten me that the book is finally published. I think are capable of hearing earthworms and larvae years ago to her father, Rod Coomber, to have Dad will be pleased with the way it's turned moving underground

"Unlike other members of the Artamidae family, magpies walk along the ground, they do not hop. They are also extraordinary parents, looking after their young for up to two years."

Mr de Kauwe offered the following tips for living with magpies. "Swooping begins once the eggs are hatched

and ends once the chicks have left the nest, which is about six to eight weeks," he said.

"When you see male magpies defending their territory, they are merely defending their young. Don't act aggressively towards them as they have a very long memory and this will just encourage further defensive behaviour in the future.

"Move quickly through the area but do not run, wear a wide brimmed hat, sunglasses or use an umbrella, dismount and walk your bike and where possible, walk in groups - or avoid the area altogether if possible.

appreciate the complex carolling of one of Aus- | able life, full of adventure, drama and love. tralia's most iconic birds—the humble magpie."

Young Mums program sets Tabitha on career path

RECEIVING a USC Nursing Science degree this year was a crowning moment for Tabitha Kidd, whose academic journey involved overcoming many challenges, including having to leave school before finishing senior to support her-

Now working at Nambour General Hospital as a graduate nurse, Tabitha, 32, believes she would not have gained the degree without support from a program offered through USC that helps young mothers re-engage with learning

As part of the Support Teenagers with Education, Mothering and Mentoring (STEMM) program, pregnant teenagers and young mothers can complete subjects from USC's Tertiary Preparation Pathway (TPP) at Burnside State High School to gain entry to the university.

"I discovered there was no limit if you put your heart into something. You can do anything really with the right support and dedication, said the Nambour resident, who had two children under three years old when she joined the STEMM program in 2010.

"I received good grades at school and had always wanted to go to university, but I had to suddenly leave home when I was 14," she said. "With the support of others, I worked really hard to stay at school for as long as possible, but it became impossible financially and I left before completing Year 11 to work full-time.

"I had always promised myself I would go back to studying but did not think that it would be possible with young children. Then I heard about STEMM."

USC's Tertiary Preparation Pathway Course Coordinator Emma Kill said the goal of the University's partnership with STEMM was to empower women to engage in higher education while supporting them through any additional challenges of being a young mother.

"USC is committed to helping create equitable access pathways to tertiary education for



Tabitha Kidd of Nambour wanted to study but did not think that it would be possible with young children. "Then I heard about STEMM."

opportunity, equipping and supporting them through their academic journey," Ms Kill said. Tabitha completed the Bachelor of Nursing Science part-time while she and her partner raised their children on a single income.

"It was a big sacrifice to decide whether to get a job or go to university, especially when it became very difficult half-way through my degree when we had our third child, however USC supported me along the way to continue my studies," she said.

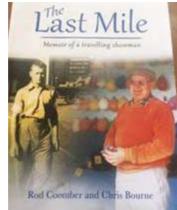
"What started out as a support program really became a bit of a lifeline. When I wasn't sure about something, it was my backup. And if I ever doubted myself, USC's STEMM support staff never did. I tried to do it on my own," she said. "But it was a big life lesson to know it is okay to reach out and let someone else help."

She said the highlight of completing her degree recently was seeing how proud her children were of her achievements.

For more information about studying at USC, go to www.usc.edu.au/study. For details about those who would not have otherwise had the STEMM, phone (07) 5459 7333



The travelling showman, Rod Coomber, with his daughter and author Christine Bourne.



Author keeps promise to publish father's memoir

his Memoir "The Last Mile" published.

Rod and his wife Thelma were local residents of Wakefield Street, Woombye. They joined Woombye Bowls, competing in many tournaments locally and were regular parishioners at St Margaret's Anglican Church.

What people don't know about Rod will all be revealed at the upcoming book launch at the Woombye Bowls Club on Monday 31 August at he's been, the characters he met, are all there 10.30am. There will be excerpts from the book. several poetry readings by Earl Taylor plus, the "Song of Anzac" written by Rod's father Matt while at Gallipoli, will be played. The song has been recorded by the Aroona Crooners, a local group on the Sunshine Coast and is now avail-

able on CD. The Last Mile was a collaboration of Rod and his daughter Christine and the project started in 2017. "Dad was wanting to write his story down before he got too sick or old. He was worried "Most importantly though, take a moment to he'd lose the memories of what was a remark-

"I made a promise to him that I would have

out," Christine said.

of adventure on the road, either performing in vaudeville and variety shows, or in the post war years, as a travelling showman working at agricultural country shows and capital cities, like the Ekka. The stories he tells, the places in a story about a lifestyle that is unique, told against the background of a changing Australia and so much more.

"Dad was, is, a great storyteller. The Last Mile is his story, told in his words, the way he wanted to tell it," said Christine. "People will just love the book, particularly those of older generations who can relate to many of the places he went and the things he did."

The Last Mile is a cracking good read and will be available after the 31 August by contacting Christine Bourne on 0428 176 557 or visiting the website: christineibourneauthor.com; or by email christinejbourneauthor@gmail.com

Dogs in Business



This week's Dog in Business is Arthur from Nambour Feed and Horse Gear, pictured with Jenny and Syd Carpenter. Arthur, a Rottweiler of the very friendly variety, is the perfect model for the pet care products stocked at the newly opened Nambour store. He is also chief



Maleny Visitors Info Centre

VOLUNTEERS from the Maleny Visitors Information Centre gathered for their AGM at King Ludwig's German Restaurant On August 18.

A wonderful morning tea was provided and enjoyed with coffee prior to the meeting. The AGM, which included voting for the committee, was completed and then we all appreciated an informative address by Nicole Hilton, the Maleny Commerce President.

Nicole provided us with information regarding the roll of The Maleny Commerce within the community and discussed the Maleny Gift Card which then led to questions from our volunteers. Thank you Nicole and King Ludwig's for an enjoyable AGM morning.



New accommodation offering ... Montville House launches at Spicers Clovelly Estate.

Montville House launches at Spicers

The Last Mile is the story of Rod Coomber's | THE hinterland's newest luxury accommodalife from his birth in Cooroy in 1920, to a life tion is officially open for business, with the launch of the Montville House guesthouse at Spicers Clovelly Estate.

> The standalone guesthouse reflects Clovelly Estate's signature French provincial style and adds to the prestigious list of luxury Spicers Retreats. Located by 22 acres of lush, landscaped

> grounds Montville House offers six self-contained suites each with its own distinctive character and a marble-tiled ensuite including freestanding limestone bath. Montville House guests have access to an exclusive stylish lounge/library with open fire-

> place, private covered veranda and tranquil gardens to offer the ultimate in relaxation and Bed & breakfast rates for a suite in Mont-

ville House start from \$589 per night per room, including a la carte breakfast for two at The Long Apron Restaurant.



COVID prompts well-earned focus on creature comforts

by Tanya Outridge

LINDA Bebbington of Urban Hen in Nambour describes her first week in the business as "definitely an interesting time", having taken over just four days before lockdown.

"I was open for four days, and then I had to shut the doors for a month," said Linda. "Luckily this is a well established business in town, so I knew I had to be patient and wait things out. It also gave me the opportunity to put my own stamp on the place."

Formerly Gifts of Love, the business has been trading for 25 years. "I have previously worked in Pharmacy, and then spent ten years at home raising my kids, but I always dreamed of having a business of my own like this," she said. "I had held back because I thought that it may be too risky, but I couldn't believe it when this business came up for sale. I decided to just go for it." Since the early stages of COVID, Linda has

found that she has been incredibly well supported by locals. "But Nambour is just like that. People really look out for and support each other here," she said. "Actually, I think that in these times, people are even more inclined to support small, locally owned businesses. It also helps to stock products that are unusual, unique and well priced."

Renamed Urban Hen, the shop is packed with beautiful gifts and homewares that reflect Linda's love of country, decorating and home

"Even as a little girl, I loved rearranging and decorating my room," Linda said. "I would describe my style of products as 'modern

"In a funny way, COVID seems to have encouraged people to reassess their homes and living spaces. So many of my customers are redecorating and making their homes a haven. I think that people are generally appreciating their living spaces and the importance of home and family. I also noticed that many of my customers have done wonderfully kind things, like putting together little care packages to send to family and friends in Melbourne. I guess that is

the silver lining to the whole situation." · Urban Hen is in Nambour Plaza, Ann Street. Phone 5441 7575.

Sunshine Coast, COUNCIL

PUBLIC NOTICE

Community Wild Dog Baiting Program Spring 2020

Sunshine Coast Council in partnership with Biosecurity Queensland is supporting a community-based coordinated Wild Dog Baiting Program. Failure to control wild dogs can result in livestock losses, attacks on domestic pets and the loss of native fauna. Landholders have a legislative responsibility to control declared pests on their land and participation in this program is an effective way to help meet this responsibility. The Wild Dog Baiting Program will be held throughout

Bald Knob, Beerburrum, Beerwah, Belli Park, Cambroon, Conondale, Coochin Creek, Crohamhurst, Curramore, Elaman Creek, Gheerulla, Glass House Mountains Kenilworth, Kidaman Creek, Landsborough, Obi Obi, Peachester, Reesville, Witta and Wootha areas from 31 Aug-25 Sept. For more information please contact:

Sunshine Coast Council

T 07 5475 7272 F 07 5475 7277 E mail@sunshinecoast.qld.gov.au



Valdora Hall celebrates 80th anniversary with historic tea

brated its 80th anniversary with afternoon tea at the hall on August 9.

Secretary Karen Ryan said it was a good day with just under 100 people attending. Many long time friends met up again and shared stories.

Graham and Ian McLucas, grandsons of the first Chairman of the Hall Association, Joe McLucas, 1930-1945 and then vice chairman for several years, came from Bundaberg and Brisbane respectively to share their memories.

Pam Thomson was farewelled after her long association with the Hall having been Treasurer from 2001 to 2015 as well as Secretary from 2007 to 2013. Pam also regularly cleaned the Hall and made sure it was well stocked with the necessities of life.

Many of the Valdora Villains, the ballroom lance group who kept the Hall financially viable for many years and organised many events, were in attendance sharing their memories and catching up with long time friends. The members of the Maroochy Vehicle

Owners Club Inc who organised the event, had their cars on display and were very gratified by the comments from everyone that is was a wonderful afternoon and well worth the effort.

This is what Community Halls are all about, bringing communities together and forging long time friendships. "10 August was the official opening day of

VALDORA Community Hall Association cele- the Hall in 1940, almost 12 months after WWII started," said Secretary Karen Ryan. "Imagine the mood of the people at this time. It must have been trying times for them all but a community has come together to build a Hall and to support each other.

"There were lots of ideas and fundraising during the previous 10 years but the decision was made to borrow the money and build the Hall and get on with things. When I talk to anybody about the history of the Hall the overwhelming fact that gets repeated many times is some good times were had at the Hall and wonderful friendships forged. That is what a Community Hall is all about.

"There are many names prominent of the Committee List inside. Joe McLucas was our first Chairman/President from 1930-1945 and then Vice President for a few years after that. Other names such as George and Edgar Thorogood are prominent and of course I think it was Edgar who donated the land we stand on.

"Then you see Fay Chant and Helen Standage and the Benfer Family. Frank Benfer appears to have been a real go getter and I think, instigated the modernisation of the Hall.

'Then we have our very own Pam Thomson who was Treasurer for 15 years from 2001-2015 and at the same time Secretary for 6 years from 2007-2013. Pam has more than done her bit to keep the Hall viable and we sincerely thank her."

Non-Executive Chairs and Members

Contribute to your local community to deliver exceptional healthcare

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- · Diverse skills and experience required

The Queensland Government delivers free universal healthcare to five million Queenslanders through Queensland Health. As published in the Queensland Health Service Delivery Statement 2019-20, the Queensland Government invested more than \$18.45 billion in healthcare which represents one third of the State's budget.

Queensland's 16 Hospital and Health Boards provide governance to their respective Hospital and Health Service (HHS) and are responsible for the delivery of healthcare in their region. The Boards are accountable to the Minister and must perform the functions in accordance with the Hospital and Health Boards Act 2011.

Board members are leaders in their local communities and have the ability to shape the future of health care in their region, whilst enhancing the efficient, effective and sustainable delivery of health services.

The Queensland Government is seeking applications from community members to fill a range of Board vacancies across the State. To be successful in this role, you:

- are ready and able to add value to the Board through your skills, knowledge and experience are able to analyse, critically assess and drive performance
- have the confidence and connections to strengthen community engagement
- and collaborative partnerships • are a leader who thinks strategically, embodies personal integrity, has political astuteness,

commercial acumen, resilience and are a team player. Applications are to be submitted online. For instructions on how to submit your application and to obtain an information pack please visit hhb.uandu.com

These opportunities are remunerated in accordance with Queensland Government guidelines. We strongly encourage First Nations people, women, people with expertise in multiculturalism, young people and people with disabilities to apply. A range of probity checks will be undertaken

for persons being considered for appointment. Applications close midnight, Monday 14 September 2020.

Should you wish to receive assistance on submitting your expression of interest please contact Directors Australia and u&u Recruitment Partners who are facilitating



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Maleny Library ribbon cutting, from left, Community Portfolio Councillor David Law, Maleny Library Supervisor Amanda Kennedy and Division 5 Councillor Winston Johnston

Library unveils new look

A SPECIAL ribbon cutting event at Maleny landmarks - the design truly brings the space Library on 12 August unveiled the venue's contemporary and vibrant new look.

Division 5 Councillor Winston Johnston said Maleny Library now had more attractive and diverse spaces for people to enjoy while reading their favourite book or researching their latest

"It's wonderful to see Maleny Library looking so fresh. The library is an integral part of our local community," Cr Johnston said.

"The refreshed library celebrates our local landscape and hinterland lifestyle through the colour scheme and eye-catching images of local

"Other features include new carpet, shelving, signage, paint throughout and furniture. There are more spaces available to bring your own devices so you can be immersed in a good book.

"The new layout is designed to maximise space, functionality and flow throughout the library, while drawing people in and encouraging them to explore the collections.

'We've adopted a similar approach for our upgrades to Coolum, Beerwah and Maroochydore libraries in recent years, creating a better



Library customer Joie enjoying the refurbished

Community Portfolio Councillor David Law said the refreshed library provided an engaging and flexible environment for the community.

"Sunshine Coast Council's Libraries are places of imagination, growth and learning - and we hope that this refurbishment will provide customers with a renewed sense of inspiration," Cr

"Through the Sunshine Coast Community Strategy council wants to see a strong community that is connected, engaged and inclusive a place where we can thrive together. Our Sunshine Coast Libraries tick those boxes.

"The Maleny Library refurbishment demon strates council's continued commitment to investing in library operations and infrastructure to ensure they remain relevant and responsive to new and existing audiences, and continue to have a positive, ongoing influence on

Stay-up-to-date on library news and information, subscribe to the library eNewsletter or follow Sunshine Coast Libraries on Facebook.

Visit council's library website for more

Morcombes push for promised Child Sex Offender Register

Bruce and Denise Morcombe are still pushing for a publicly accessible sex offender register in Australia. This is 17 years after their son was abducted and murdered by twice-convicted

The Department of Home Affairs commenced consultations for the National Child Sex Offender register in January 2019. The 2019 - 2020 Federal Budget provided \$7.8 million to establish a National Child Sex Offenders Register.

Now the Palmwoods-based Daniel Morcombe Foundation wants to know: Where is the Register? The Foundation completed an opinion paper on Australia's Publicly Accessible Sex Offender Register, which it hopes will reignite the conversation and see some action take place.

"We have our priorities in the wrong order," said Bruce Morcombe. "Inaction is not an option. The time is here and now to see some progress on the National Register. We cannot sit on our hands any longer. Courageous decisions are required by our State and Federal leaders." In December 2003, 13-year-old Daniel

Morcombe was abducted and murdered by twice-convicted paedophile Brett Cowan. Since 2014, the Morcombe family have publicly supported and advocated for the develop-

ment of a publicly accessible sex offender register in Australia - referred to as Daniel's Law in honour of the Morcombe's son Daniel. Daniel's Law would ensure the register is

freely accessible to the community, federally funded, and understood more broadly as an educational tool. The register can aid in the



Daniel Morcombe Foundation co-founders Bruce and Denise Morcombe.

safety of children by allowing people "in the privacy of their own home" to be educated about the geographical whereabouts of high risk, convicted offenders.

Bruce said the register would particularly assist single mothers who are most at risk when looking for a relationship online.

"Just relate to our personal story, Brett [Cowan] was married and his wife had no idea about his previous offending - he was convicted twice - and went to jail for very violent crimes against kids."

A register would focus on protecting and informing the community. It would also act as a deterrent to sex criminals. Paedophiles would remain on the register for a minimum of 10 vears and a maximum of 25 years.

Those against the sex offender register have noted the risk of vigilante behaviour towards

Zonta presents \$1500 scholarship award ZONTA Blackall Range was proud to present a Scholarship certificate to the first of

this year's awards for women pursuing degrees in higher education Talia Rosa-Denham was

announced the winner of the \$1500 Humanities Award at a dinner meeting recently.

"Talia is in third year of a Bachelor of Laws at the University of the Sunshine Coast (USC), who had been awarded the scholarship in the area of Humanities. And Georgia Siddals who will Denham. also speak to the club when

she receives her award, is a science student also at USC," said Chair of the club's Scholarship committee Linda McElrea.

"This year, for the first time, we have awarded an encouragement award, to Eve Jorgensen who is at Griffith Queensland College of Art pursuing a degree in Fine Arts, with a major in ceramics and jewellery."

Talia, in her talk to the club, reflected this as she outlined her goals for a possible future career, following her Law degree, in the area of human rights or an international security related field.

"I had always thought I would go into a career involving science. So I went to the University of Queensland and began a degree in exercise and nutrition science hoping later to undertake postgraduate studies in medicine.

"I decided to volunteer to work in a small hospital in Tanzania as a medical assistant and although it was one of the most amazing expe-



Zonta Scholarship committee Lyndel Grant, Mary Donohue and Chair Linda McElrea with Humanities scholarship winner Talia Rosa-

riences I have ever had, it was not going to be through the path of medicine that I would follow my passion for helping people," said Talia.

Talia subsequently, 'in a leap of faith', joined the Faculty of Law at USC and as she says, "I realised that I can't imagine studying anything

In presenting her with her award, President of Zonta Blackall Range Ann Koenig said how impressed she was with Talia's presentation and her goals. "Now I understand why our Scholarship committee awarded Talia this scholarship that embodies so much of the mission of Zonta

International," she said. Ann also appointed board member Stephanie Sutherns as Zonta's representative, with Judi Ross-Smith, on the committee of the 'Speak up Now' committee of the new combined service clubs' partnership initiating a community approach to the prevention of domestic and family violence on the Range.

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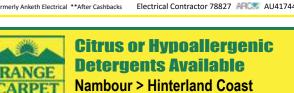


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The final business

All Your Eggs in One Basket

AVOIDING three big mistakes was in my last

article: Not meeting the client's expectations,

Mishandling a client crisis, and Taking on more

than you can handle. The two remaining big

business killing mistakes are: Having All Your Eggs in One Basket, and Running out of Cash.

Without knowing it you can allow your

company to become dependent on any one

client, or a number of similar clients. Even-

tually or for certain periods there is going to

be a slowing down period with that client – as

we have seen with recent events e.g. tourism

agencies. In order to stay in the game you need

Having all or the majority of your sales to the one or one type of client presents many risks.

killing mistakes

COLUMNS 21

Business Advice

Letters to the Editor

The beat goes on in Woombye, to the thrum of aircon noise

READERS of the SVG would be aware that on Saturday 18th July 2020, the Woombye Community and Business Association (WCBA) committee met with senior representatives of Queensland Rail specifically to discuss and address ongoing noise coming from stabled Next Generation Rollingstock (NGR) Trains in Woombye. Mr Scott Riedel, Queensland Rail Head South East Queensland, was in attendance including other senior members from Queensland Rail.

The WCBA committee thanked Queensland Rail for the concessions already made in relation light and klaxon noise, as per Mr Nick Easy CEO's Press Release dated June 22, 2020.

The issue, however, in relation to air-conditioning noise has not been satisfactorily addressed and continues unabated. Queensland Rail admitted to the WCBA on the July 18, that trains were deliberately not being stored at Woombye in "Stabling Mode", with air-conditioning systems left to run at capacity to try and eliminate the mould issues found in a number of NGR Trains. (See previous issues of the SVG with mould in NGR Trains reported as far back as March 2020 by Channel 9 News)

In summary, there are times when there are slight improvements in the level and extent over people as aircon units can clearly be heard of air-conditioning noise coming from the at all hours. To go one step further, the com-Woombye facility, however periods of respite are sporadic and there is no pattern in terms of volume and intensity.

The one consistent point is that air-conditioning noise continues and can be loudly heard ference, given Queensland Rail's reluctance to at all hours of the day. Queensland Rail at the store trains in Woombye with air-conditioning 18th July 2020 meeting chaired by the WCBA, gave themselves a self-imposed timeframe of 2 months within which to find a mould solution. Fixing the mould means air-conditioning units can be turned off.

Right now, we are 1 month into their own operational in February 2020. self-imposed deadline, during which of course

Rail Duplication and the 80/20 funding split **Jeffrey Addison**

nshine Coast Commuter Advocate

CRE than two years of back and forth between the state and federal governments has failed to fix a shortfall in vital rail funding.

We've borne the brunt of rail stagnation since 2009, while over the same time 50,000 people were imposed upon our southern doorstep, without supporting transport infra-

May 2007 saw us promised a rail line from Beerwah to Caloundra by 2015 and to Maroochydore by 2020.' Today that rail corridor lies vacant.

On 11 December 2014, the Federal Coalition announced they had changed the funding model for roads and rail to allow 80/20 funding splits (80% federal/20% state).

"The Australian Government has re-introduced the traditional 80:20 funding split for new road and rail projects on the national network outside of metropolitan areas." This document identified 69 projects

across the nation, of which one was a (Road over) Rail project.

If a project is located in a 'non-metro-

Mode" really entails as Queensland Rail have

run at no less than 100 percent capacity or close

to? We have as yet no benchmark to gauge what

is a fair thing, when it comes to noise from

NGR air-conditioning, given it has been run at

capacity since Stabling in Woombye became

If would be terrific if Mr Nick Easy,

How do we know if this will at all make a dif-

not clearly defined such.

Queensland Rail continues to prioritise trains Queensland Rail's CEO, made the call to store these NGR with obvious maintenance issues around air-conditioning units somewhere else munity cannot even vouch what NGR "Stabling away from residential communities.

politan' area AND is a part of the National

eligible for 80% federal funding.

rail campaign in 2010.

and it's part of the NLTN.

also a part of the NLTN.

freight and passengers.

years ago.

Land Transport Network (NLTN), it would be

I have always maintained a 50/50 funding

Why? Because the 1668km Qld North Coast

split was fair, since I launched my #2tracks

Line is shared by freight (federal responsi-

bility) and passengers (state responsibility),

funding model and reduced contributions to

ment stance in this funding battle hypocritical

- in light of their federal counterpart's actions.

The irony is that the rail line from Bris-

bane to Nambour is classified as a 'Metropol-

itan system' by Queensland Rail, and yet it's

excuse by the State who refuse to pay 50% of

our rail line duplication, only offer 20%, yet

Historically it's the first time that this line

were willing to pay 100% for it, when they

stopped it short – at Beerburrum, over 11

has ever received Federal funding, of \$390

It's state owned infrastructure on state

owned land with state received income from

million (50%). Queensland's contribution:

\$160.8 million (20%) for a \$780 million

This incongruity paved the way for an

Federal Labor had changed the 80/20

50/50, thus making the Palaszczuk Govern-

Woombye is being lead along the well-worn garden path of "to and fro" emails between residents and Queensland Rail, when QR Management knows there is an issue.

All I can say is we'll be waiting for the next month to pass on Queensland Rail's self-imposed deadline regarding finding a solution to the mould issue, and what the next hoop might be in this ongoing story residents are expected to jump through. Queensland Rail remain very tight-lipped at present.

James Kasmer, Woombye

Queensland Rail treating us like fools

I was part of the WARS group and the major issues we raised when the stabling facility was first proposed were light, noise and flooding.

I was at the meeting with QR and the WCBA in early July this year to discuss the light and noise. Amazingly the trains were quiet when QR inspected the rail yard. They said they were 'baffled' by what could be causing the noise.

Really? We all know it's the HVAC (Heating/ Ventilation/Airconditioning).

A couple at the meeting told of how they had been unable to sleep for the past 5 months or so. My personal opinion of QR is that they really don't care. They chuckled when they talked about the lack of noise at the yard that day.

It annoys me when people do the right thing in life, work hard, pay taxes, pay for a beautiful home in a quiet town — and get played for

QR had made room in the budget for a sound absorbing wall but only built a couple of small sections. I'm assuming to save money. Also, when A/C units are on, the harder they

work the louder they are. So what's the sound going to be like in summer when they will be working even

As for the lights, well it's simple. Put light shields on all lights. No need to light the sky when the workers are on the ground.

If they need the light to spread on the ground then install more lights with shields on them.

Basically the inferior NGR trains should not be stabled there and or simply turned off. Not used, like they have been the last few years while they got made safe and usable.

When the facility was proposed they said the yard would not be used for 'maintenance'. To me, having to run HVAC to remedy the mould and smell is 'maintenance'.

I do know when the next stages are built we will more than likely have new people in government and new people at QR to deal with. Just like when Peter Wellington told the WARS group that any problems and QR would be held accountable right before he rode off into the sunset.

Dave Hinschen, Woombye

Public Notices

Beerburrum to Nambour Rail Upgrade - Stage 1

The Queensland and Australian governments have committed \$550.8 million to deliver the initial stage of the Beerburrum to Nambour Rail Upgrade (B2N) project.

Making tracks on Stage 1

The Australian and Queensland governments are committed to improving the safety, efficiency and reliability of the North Coast Line to provide better rail connectivity between Brisbane and

The Beerburrum to Nambour Rail Upgrade project will duplicate a section of track

on the North Coast Line and deliver a range of other improvements.

The Department of Transport and Main Roads (TMR) will deliver the project in two stages, with construction of Stage 1 to provide some immediate community benefits while investigating funding options for Stage 2.

The Australian and Queensland governments have committed \$550.8 million towards Stage 1 of the B2N project, with \$390 million of Australian Government funding and \$160.8 million of Queensland Government funding.

TMR has started the tender process for Stage 1 and is on track to begin early works

in early 2021. Proposals are being sought from the construction industry to work with TMR to finalise the detailed design and commence major construction in mid-2022.

Key design features for Stage 1

• Expanding the park 'n' ride facilities at Beerburrum and Nambour

- Duplicating the track between Beerburrum and Beerwah and straightening the Beerburrum to Glass House Mountains section
- Realigning a one-kilometre section of Steve Irwin Way
- Building three new road-over-rail bridges at Beerburrum Road, Barrs Road and Burgess Street
- Creating a new park 'n' ride facility on the eastern side of Landsborough station

Have your say!

A range of activities and opportunities to get involved with the project will be made available in the coming months, these will be widely promoted and published on the project web page.

Contact the project team

Feedback is always welcome and can be provided directly to the project team.

Phone: 1800 517 177* (Monday to Friday, 8.30am – 5pm) Visit: www.tmr.qld.gov.au/b2n

Post: B2N project, Reply Paid 88117, Cotton Tree QLD 4558

*Free call from anywhere in Australia, call charges apply for mobile phones and payphones. Check with your service provider for call costs.









Well done to St Joseph's Primary

From David Law

Division 10 Councillor david.law@sunshinecoast.qld.gov.au

WELL done to St Joseph's Primary School Nambour who are the winners of the 2020 Sunshine Coast Get Ready Schools competition! What a tremendous achievement and I'm very proud to see a local school take out the award.

As part of council's Get Ready School's program, primary students from across the region were invited to enter the competition, which saw prep to grade six children from across the Coast produce a 30-second video encouraging the community to have an emergency "WHAT-IF PLAN".

All entries were assessed by representatives from our key emergency services, with three finalists chosen. The finalists' entries then went to a community voting process that saw more than 400 votes received.

A group of very talented grade five students from St Joseph's put together their Home Among the Gumtrees - "WHAT-IF PLAN"

If you have a moment, please take a look at their entry at https://haveyoursay.sunshinecoast.qld.gov.au/sc-get-ready-schools-competition20.

Students from St Joseph's will now be mentored by council staff and a local media/marketing company to work behind the scenes and in front of the camera to deliver a commercial for council's 2020 Get Ready disaster preparedness television, radio and social media campaign.

Reimagine Nambour

If you're passionate about the future of Nambour then why not consider lending a helping hand to the Reimagine Nambour community association who are currently looking for volunteers. The group works with council and other community organisations in Nambour to ensure it continues to be a thriving regional

Despite the COVID-19 pandemic, Nambour has still retained its unique character hosting many events including Retro Rocks, Changing Perceptions on Homelessness photo exhibition and Airwaves - the drive-in music festival.

LAST week the Glasshouse Country Chamber

of Commerce joined my #SupportSunshine-Coast campaign at a local launch at the Vianta

Although many local businesses were very

busy over the long weekend that alone will not

get our local employers through this COVID

visitors businesses in the Sunshine Coast Hin-

terland are doing it tough and they need our

to step up, enjoy the magic of this fantastic

region for ourselves and help boost the eco-

nomic recovery for all of us on the Sunshine

Coast. So please, get out there, shop local, stay

local and play local, and post about your expe-

riences online with the campaign's hashtag

Thank you to everyone who came out to

meet me at a listening post on my recent Tour

I spoke to dozens of local residents across

the week and I can tell you that our community

In other areas of policy there are many

However, what was clear in every conver-

sation I had is that Sunshine Coast locals are

this crisis, and they are quietly optimistic that

we can build a better Sunshine Coast on the

I have seen how much people want to sup-

this incredibly difficult time. I am committed

so I will be out doing Listening Posts again in

the months to come and every year I will con-

tinue to get on my bike for the Tour de Fisher.

community's #SupportSunshineCoast cam-

port Sunshine Coast businesses, get behind our

resilient, they are determined to get through

This is a golden opportunity for all us locally

crisis. Without interstate and international

Espresso and Wine Bar in Beerwah.

For more information and to volunteer, please visit www.reimaginenambour.com.au

Support Sunshine

Coast

Andrew Wallace

Federal Member for Fisher andrew.wallace.mp@aph.gov.au

support every day.

#SupportSunshineCoast.

agrees on a great many things.

other side of this pandemic.

Tour de Fisher

different views.

75th VP Day Anniversary

Ted O'Brien

deral Member for Fairfax ed.obrien.mp@aph.gov.au

Investing in our

on the second and final stage of the McGilchrist

Road upgrade (south of the Dales Road intersec-

The upgrade from a gravel road to a sealed

increased visibility for motorists. The upgrade

With the first stage (Ilkley Road to Banyan

Road) completed in March 2019, I was pleased

to recently visit the site to celebrate the works

and personally acknowledge the staff who have

McGilchrist Road is a key connection

between Chevallum and Eudlo and I would

like to thank my Division 5 predecessor Cr

Jenny McKay for championing this important

Now the sealing is almost complete, you

will notice works beginning to improve the

Your patience and understanding during

construction is appreciated and thank you for

supporting council to deliver these vital infra-

drainage structures (such as the pipes and

New look Maleny Library unveiled

ribbon cutting event at council's Maleny

layout is a big improvement.

Reminder to have your say

closes on Monday 31 August.

IT WAS great to recently attend a special

Library to unveil the venue's vibrant new look.

The library is an integral part of our local

community and the refreshed space and new

I encourage you to check it out. More infor-

mation about library services in Division 5 can

be found by visiting library.sunshinecoast.qld.

COUNCIL is currently preparing to update

the Domestic Animal Management (Cats

and Dogs) Strategy for the next decade, and

we're seeking feedback from the community

- both pet owners and non-pet owners. Visit

haveyoursay.sunshinecoast.qld.gov.au to par-

ticipate and be sure to do so before the survey

will also reduce dust and maintenance costs.

road provides formalised traffic lanes and

valuable roads

Winston Johnston

ision 5 Councillor

delivered this project.

upgrade for many years.

culverts) along the road

ON August 15, we commemorated the 75th Anniversary of VP Day (Victory in the Pacific), the day Australia celebrated the end of WWII. Three days later we also honoured our Vietnam Veterans on the anniversary of the Battle of Long Tan. We thank all the men and women of our defence forces for their service, and it's been a pleasure to assist some of their support organisations. For example, I recently announced the Sunshine Coast Sub-Branch of the Vietnam Veterans Association of Australia had received \$6,236 in support of their advocacy services for local veterans and their families while the Nambour and District Historical Museum received

\$4,227 to refurbish the 'Remembrance Room'.

Efficiency Grant

I was delighted to award a \$12,500 Energy Efficient Communities grant to Nambour's St Vincent de Paul recently. The funding will be used to purchase and install solar panels on the roof of the Nambour Vinnies' warehouse. Local Diocesan President John Harrison told me that he expects the panels will generate enough electricity to completely counter the cost of the centre's current power bill, which means money saved can be redirected to helping people in need.

Seniors Week

We've also just celebrated Seniors Week and with input from my Fairfax Seniors Advisory Council, this year we tried something a little different. We wanted to celebrate the wonderful lives our senior citizens have lived and the contribution they've made to their families, their communities and their country.

We also wanted to encourage young people paign, and help each other in any way they can. to talk to their grandparents and hear some of their wonderful stories.

We should all be proud of our community at So, we launched the #hiddenlegends camto being a Federal Member who listens to you, paign where children showcased a special senior in their life. You can view their heartwarming submissions on my website www. tedobrien.com.au.

Remembering the Battle of Long Tan

lass.house@parliament.qld.gov.a

From Andrew Powell State Member for Glass House

CONGRATULATIONS to council staff and con-LAST Tuesday marked the 54-year anniversary tractors who completed the first bitumen seal of the battle of Long Tan.

The day has become not only a day to remember the courage of the 108 young ANZACS that fought in that engagement but also a day to thank the 60,000 Australian army, navy and air force personnel that served in Vietnam.

I had the honour of addressing some of these veterans at a service in Woodford but know commemorations were held across the electorate and the coast.

We owe these men and women our gratitude for their service. Lest we forget!

Glassies Voting

There's still another two weeks left to case your vote for your favourite Glass House small business and employee at andrewpowell.com.

Remember, the number of nominations a business or employee received doesn't count towards the voting

So it's important that you register your vote for your favourite business and/or employee during the voting period regardless of how many nominations you think they received.

You're able to vote for one business and one employee from each region, giving you eight votes in total

Come on, let's support the businesses that support us.

Happy 100th Birthday!

On Sunday, Blue Care Erowal resident Maxwell Cray turned 100.

Take a minute to soak that in ... 100! I was able to drop in on Mr Cray and wish him an early happy birthday before the big day. He said that he attributes his longevity to

keeping both his body and his brain busy. He's also lived an extraordinary life, having played third grade league for the South Sydney Rabbitohs, was the first electrical engineer appointed to the Snowy Mountains Hydro Scheme and was sent in to help Darwin recover after Cyclone Tracy.

Six ways to prevent

AFTER a number of recent dog attacks, Sun-

lence Portfolio Councillor Winston Johnston.

never predict if, or when, your dog might attack

Happy Birthday, Max!

dog attacks

their dog doesn't cause an attack.

another animal or person

can act unpredictably

responsible for an attack:

In order to keep balance and prepare for a stronger future, there are a few things you can consider. The first is to make sure your client stick with you: Stay in the loop and try to know what's going on with your client.

- Constantly reinvent yourself and stay at the top of your industry.
- Stav exclusive.
- Try to secure multi-year commitments and
- Spread your contracts out.
- Price your products/services correctly.

The second action is to work to reduce your dependency on your client or type of client. This can generally be measured in % of sales or profits. Revisit your client and marketing strategies, identify and target others to remove the high percentage of profit dependency.



Running out of Cash (Drowning in debt).

Even when business is good there's still a chance of running out of cash flow. Right now, and especially for business still on restrictions, running out of cash is more than just a chance! You may run out of cash through no fault of shine Coast Council is urging residents to take your own - other businesses that buy from a fresh look at their responsibilities to ensure you may collapse under pandemic induced pressures. You have to always be prepared for In the 2019/20 financial year, 399 dog attacks a slow in sales, a surge in expenses, and espewere reported in the Sunshine Coast Council cially now, a default on payment.

One of the keys to balancing your cash flow is to get your clients to pay on time, and most. You may even consider up front payment

"Too often we hear 'My dog would never This can seem like a nightmare, but it is absolutely essential to a successful business. hurt anyone', but a vast majority of dogs that do attack are first time offenders, so you can Here are some tips to speed up the payment

"We're asking dog owners to remember that while their beloved pet may be considered a Learn how the client processes payments member of their family, it is still an animal and on their side and find out precisely where to

Tips for minimising the risk of your dog being

1. Containment - regularly check fencing for gaps, digging activity and changes and act quickly if you notice any issues. A self-closing gate can be a great way to stop people accidentally leaving the gate open.

2. Training – train your dog to respond to your commands. When in an off-leash area your dog must be able to respond.

3. Address problem behaviour early - behaviours like nipping, jumping on people, barking menacingly at the fence, excessive barking and other issues can be an indication that your dog doesn't feel safe or is anxious and this can lead to more serious issues or attacks. See a dog trainer if you need help or guidance.

4. Muzzles - if your dog is nervous around people or animals it may be a good idea to consider a muzzle when you're in public.

5. Keep your pet healthy – regular check-ins with your vet are important for your pet.

6. Leash your dog - unless you are in a designated off-leash area, keep your dog on a leash. This is important even when other people aren't around. If your dog is found to be off-leash in an on-leash area you could receive a fine of \$266.

region, 274 on another animal and 125 on a person. "While we aren't seeing an increase in dog attacks, the fact that the figures aren't declining preferably within 7 days, or 14 days at the is a significant concern," said Service Excel-

depending on the customer risk.

Always send invoices on time and utilise reminders on aged invoices.

Find out who's in charge of processing orders and payment, so you know who to contact if

needed. • Have a follow-up procedure in place, for all overdue invoice payments.

 Rather than email – call your contact to ask questions.

Always make sure your invoices are correct before sending them out.

You also need to make sure your cash flow is protected. You can do this by:

Always know which accounts need to be paid and when (the newer accounting programs can really help with this).

Re negotiate with your suppliers for the lowest cost possible.

Have a bank contingency plan in place, e.g. a line of credit. Build your own inventory network - don't

pay excessive overheads for convenience.

I strongly recommend that all businesses right now have and maintain cash flow projections out to two years into the future, regardless of how well, or poorly your business is doing at the present time.



Maleny Golf Club Pro Wayne Perske with Adam Scott after playing 9 holes at the Maleny Golf Club

Adam Scott drives surge in Maleny searches

THE worldwide attention that accompanied Adam Scott's live broadcast of a round of golf at the picturesque Maleny Golf Club, has seen online searches for the town surge into Booking. com's fastest-growing Top 10 in Australia.

The Booking.com survey revealed the top ten searched destinations in Australia with a search-rank increase of over 100 places in July 2020, compared to the same period in 2019.

The presence of the world-famous sporting great propelled the destination's status as a rising star, with Maleny teeing off to number two in the fastest-growing Top 10.

"Completing the 18 holes in February this year, followed by the exposure from Adam's visits certainly has been a timely boon for the Maleny Golf Club," said Maleny Golf Club vice-president Max Whitten.

"It is now up to us to capitalise on this good fortune and complete side projects like decent cart paths and, of course, a Club House."

Maleny hit the headlines when the world-champion golfer and Sunshine Coast resident used some of his isolation time to play a few games of urday August 15. golf at Maleny, including one that he streamed live to his global social media audience. The unheralded club has never been busier.

"The fact that the Sunshine Coast has been able to create so much interest for two such diverse destinations highlights what makes the Sunshine Coast such a special destination," said interim CEO of Visit Sunshine Coast, Craig Davidson.

"While we have some of Australia's most exceptional beaches, we also have a lush Hinterland, with its spaciousness and stunning nat-

Area Manager for Australia at Booking.com

Luke Wilson said it was heartening to see travellers heading back to iconic destinations for

their winter holiday fix.

"Our July search trends demonstrate confidence is slowly returning," he said. "Queenslanders, conscious of not being complacent of restrictions returning are also

looking to travel to traditional coastal destinations mostly within one to two hours' north drive of Brisbane. Booking.com: Top searched destinations with

a search rank increase of over 100 places July 2020 v July 2019.

1. Kalbarri, WA, 2. Maleny, QLD, 3. Exmouth, WA, 4. Mudgee, NSW, 5. Yallingup, WA, 6. Geraldton, WA, 7. Stanthorpe, QLD, 8. Agnes Water, QLD, 9. Rainbow Beach, QLD, 10. Fraser Island,

Maleny Golf Club Championships A nett

MALENY Golf Club held their Men's 2020 Club Championships A nett competition on Sat-

A Grade:- First place Marcus Wellington 69 nett; Third place Jan Johnston 73 nett also on

B Grade: first place Jon Fairman 62 nett; runner-up went to Colin McDonald 65 nett; third place Andy McKechnie 66 nett.

C Grade: first place Billy Perske 66 nett; runner-up Peter Huddart 69 nett; third place Jamie

Eumundi Dragons match reports

U8 Match Report by Jero Mansell

The Eumundi Dragons U8's had a great game against a Swans team that was full of running. The team enjoyed themselves in the sun at Gympie with some impressive tackling from

hard hitters, Finn and Quill, ably helped by Zach, Tristan and CI. The whole team enjoyed some ball time on attack with Henry and Jack making some

excellent breaks and some notable fends put on the Swans team. Congratulations to Zach for earning player of the day on the back of a top effort throughout the game. Well done Dragons!!

U11 Match Report by Pamela Campbell-Jones

The U11 Dragons took on Brothers at Gympie a good clean game of running rugby, as both Dragons scrum was as impressive as ever with strong drives, turning the ball over.

A few too many missed tackles saw Brothers take home the win, but the Dragons can certainly be proud of their efforts.

Jett Herbert was awarded Best Team Mate for an impressive display for the entire game, and these points. The players from Eumundi did not their first representative carnival on Sunday some spectacular tackles to boot.

Reserve Grade

On Saturday 22nd August the Eumundi phins at the University fields in Chancellor Park. couple of months ago.



The game started well for the Eumundi on the weekend, in a fast-paced match. It was team with Max Moise crossing the try line for a well-deserved try. This set the Dolphins team teams scored tries and made conversions. The back on their heels and forced them to regroup the two clubs.

> As the game unfolded the depth of experience in the Noosa outfit began to show.

By the end of the game, the Dolphins ran out winners 69-5 but had to work hard for all of NAMBOUR & Districts Netball Association held strengths and areas for further development. throw in the towel and remained full of spirit

right to the full-time whistle. In a show of good sportsmanship coaching staff and officials from the Noosa club congrat-Dragons Reserve Grade Rugby Union team took ulated the Eumundi team for putting up such a coaches from Nambour, Caloundra, Noosa on the might of the top of the table Noosa Dol- good performance after only coming together a | and Pine Rivers to focus on game plans, player



Burnside volleyballers 6th in State honours

WELL done to members of our Open Girls Volleyball team who competed at the Queensland Senior Schools Cup event on the Gold Coast recently. The girls were part of the competitive Year 12 onours Division and finished 6th in the State.



A Spartans training run at Kawana last Saturday was well attended.

Want to play gridiron? New season kicks off

back at training and looking forward to the new season which starts on October 3.

"It's a great stepping stone for players that are interested in pursuing a different sport," said long time member Will Outridge. "The club has nett; Runner-up Doug Evans 71 nett on a count-back from Mike Finley and Thomas Hallam 71 on to playing in the US at high school and Division 1 college levels. Some from Queensland count-backs from Mick McCombe and Marcus | have even made it onto active NFL rosters. One has won a Super Bowl."

The Spartans will field Youth juniors, 10-13, juniors, 14-16, colts, 17-19, and A-grade teams. Women are more than welcome to play, the

SUNSHINE Coast Gridiron club the Spartans are club has a history of female players going on to state and national teams.

Training sessions are at Stockland Sports Precinct on Wednesdays at 6pm and Saturday's at 8am. Though team training kicked off at the start of June, registered players were recently given their shoulder pads and helmets. Most of the equipment is new this year, offering superior protection to players while also being easier and more comfortable to use.

This year the club is uniting forces with the Deception Bay Raptors.

With the season starting in a few weeks, it's still not too late to come along, train and play.



before a good-sized crowd of supporters from Nambour takes on Caloundra at the recent carnival. Nambour want to make it a regular fixture.

Nambour & Districts Netball hosts rep carnival

16th August showcasing their new clubhouse.

With netball teams dealing with shorter pre season preparations this year leading into Nissan State Age Championships, the format allowed combinations and to identify player and team

Nambour Netball will have 4 teams competing at the Nissan State Age Championships held in September 2020 at Sunshine Coast Netball Association.

"We are hoping to make this carnival a regular fixture in our preparation for future State Age Championships," said Rep Convener Trish







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Club. 1858

All specials available from Wednesday 19th August until Tuesday 1st September 2020. Images are for illustrative purposes only. Specials available only in the state of Queensland. Prices may vary in country and far North Queensland. Different pack sizes and variants may not be available in all stores. Bottlemart supports the responsible service of alcohol.





GLASS HOUSE CELLARS – GLASS HOUSE MOUNTAIN

MOOLOOLAH CELLARS - MOOLOOLAH

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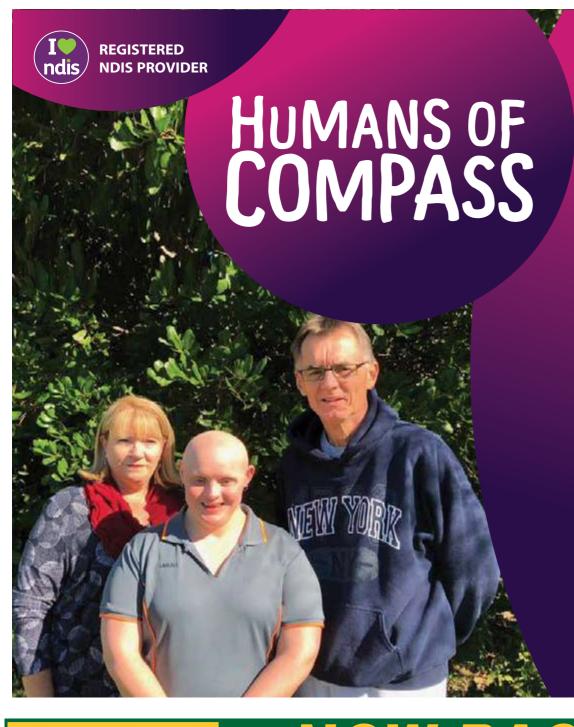
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MEET THE FITZPATRICK FAMILY — JOHN, LIBBY AND DAUGHTER SARAH

When their daughter Sarah was finishing Year 12 at Currumundi Special School, John and Libby Fitzpatrick had no idea what she would do and what was available to her post school. "We are so lucky that we found Compass and Sarah was offered a spot." That was ten years ago!

"Sarah's time at Compass has had tremendous benefits, it gives her a focus and has really helped her develop and grow as a person. Through Compass she has had greater exposure to the Sunshine Coast public by working at the Botanic Gardens Café, banking in Caloundra and helping at Coles."

Sarah also works at the local Bowls Club on a Friday. "This has given Sarah a lot of self-confidence and she is now comfortable meeting and socialising with new people. This has been very beneficial for when Sarah is away from home or when we are travelling as a family."

"All of these experiences, made possible by Compass makes Sarah a "regular bloke" which is what we are all wanting to achieve."



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