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The Montville Echidnas with the Full Montville calendar in which they bear almost all for charity. Calendars are available for \$10.



Sneak Peak: Denis Griggs, 79, features in May.

Going the Full Montville

Echidnas club members strip off for 2022 charity calendar shoot

THEIR club name has cheeky origins and they have just completed an even cheekier mission. The Echidnas — so called because they describe themselves as a “bunch of old pr--ks” — recently bared all in a nude calendar for charity.

The Montville mates came up with the idea to go ‘The Full Montville’ some years ago but member Brian Ashlin said it took a few years to build up the courage to go ahead with it (which is understandable when you see the photos).

Money raised from the sales of the calendar will go to The Mapleton

Men’s Shed. The Echidnas thought long and hard about where the money should go but decided on the local group because they knew every dollar would go where it was intended rather than to superfluous “admin” costs.

They have raised money for various other local causes in the past.

Nineteen members of the Echidnas meet every Thursday night at Wild Rocket Micro Brewery for friendship, fun and a few beers.

Each brings their own echidna quill to record attendance with fines handed out to anyone who forgets.

“It’s just such a great group of people and they all want to help,” said Brian. “It’s quite a loose club, there are no office holders, no memberships ... just a bunch of guys who turn up at Wild Rocket.

“The guys get together and talk about all the other stuff apart from politics. Most turn up at least once a month. A few of our members are still at work but most are retired.”

Despite the light-heartedness one member said the group had been a godsend helping him overcome his battles with depression. “It’s a lovely night sitting around laughing,” he

said. “I’ve needed a lot of help and these blokes have been amazing. They are a really good bunch.”

The Calendars are available for \$10 each and the Echidnas hope to raise \$3500.

Behind the scenes are two amazing ladies and the group wanted to thank local photographer Mel Taylor who blushes at the thought of having dozens of photos of nude men on her laptop and Tracey Malkin who did “all the stuff that us guys can’t do” like the graphics, organizing printing of the calendar and collecting payments.

The calendar pages are sponsored by local businesses including Montville Art Gallery, Mark Batchelor, Tina Cooper Glass, Mountain Bean Cafe, IGA Xpress, Your Corporate Hippy, Montville Pharmacy, Chic & Sassy Boutique, DSQ Land Surveyors, Crystal Multiverse, Greeff Property and Wild Rocket Micro Brewery.

To purchase a calendar email montart@montart.com.au or drop in at Montville Art Gallery, Montville IGA, Montville Pharmacy or Crystal Multiverse, all on Main Street, Montville.

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Distribution

10,000 copies are distributed to popular pick-up points throughout the hinterland including at Palmwoods, Woombye, Nambour, Chevallum, Eudlo, Mooloolah, Hunchy, Yandina, Maleny, Montville, Flaxton, Mapleton and Forest Glen.

Gazette Online

The Gazette is Printed Fortnightly & Online Always. A pdf form of the printed paper can be found on our website. Stories are also posted on Facebook, on our blog and via email to our subscribers

Editorial Policy

Every endeavour is made to publish submissions but we can never guarantee that any article will definitely appear. We prioritise constructive news which strengthens our community. Our broad aims are to:

- Connect the Community.
- Acknowledge Achievement.
- Back Business.

We encourage respectful & constructive debate on local issues in our letters section.

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The Gazette is completely funded by our advertisers who make community journalism possible. Without them, there would be no Gazette. Please support them and let them know you found them in the local paper.

A pathway to improved safety for pedestrians in Nambour

WALKING, riding, running and scootering to and from south Nambour is now much safer, smoother and more enjoyable after the completion of a new 1km stretch of elevated pathway alongside Nambour Connection Rd.

Division 10 Cr David Law said the project was funded by Council's Local Government Infrastructure Plan (LGIP) Program and included upgrades to the Erbacher Rd intersection, funded by the State Government.

"This project completes a missing pathway link and greatly improves safety on the route between Nambour Christian College, the Nambour town centre and residential areas," Cr Law said. "It also provides connectivity between residential populations from the western suburbs of Nambour and the Nambour town centre, schools, sports facilities and the business precinct."

The pathway itself is approximately 1km in length and varies in width between 1.8m and 2.5m. There are three sections of cantilevered walkway required by the steep slopes at the side of Nambour Connection Road.

Combinations of concrete barriers and guard-rail have been installed to protect pedestrians and cyclists using the pathway. The pathway is lit with 30 power saving LED lights, which are designed to limit light pollution beyond the pathway area.

"I'm really pleased to share that as part of this project, council is working with local street artists to produce an attractive and appropriate decoration of the concrete barriers. Street art will be applied to the outward facing side of the barriers and will provide a stylish entry into Nambour.

"This project aligns with Council's Integrated



Cr Law on site at Nambour Connection Road.

Transport Strategy which encourages the use of sustainable, safe and efficient transport modes within our region.

"One of the key targets of this strategy is to motivate people to change their travel behaviours by providing new links and infrastructure which enables safe, direct and connected walking, cycling and rolling networks, particularly for short distance trips in urban areas."



Streetscape Parking issues raised. Have your say

WOOMBYE residents have until August 13 to have their say on Council's proposed Streetscape Plans.

Engagement paper surveys can be returned to Woombye Bakery by 6 August. An online survey is open until 13 August at the web address below.

A Woombye Community and Business Association meeting last week heard residents' concerns about parking spaces being lost under the proposed plan.

A Council spokesperson told the meeting seven car parks between Frankies and Grounded Cafes would be replaced by seven new car parks opposite the Cafes, just above Park Street.

He said a proposed additional crossing in front of the School of Arts Hall will require the removal of 3 or 4 car parks in front of Woombye Rural Supplies. The online survey can be responded to at www.haveyoursay.sunshine-coast.qld.gov.au/woombye-placemaking

Alex Lloyd to play at Pineapple Country concert

PINEAPPLE Country, a live music event featuring renowned artists Alex Lloyd, Brad Butcher and Kelly Cork, will be held August 15 to celebrate The Big Pineapple's 50th Anniversary.

Dimi Limnatis from Solbar and Shelly Le Veconte from Jack Rabbit Events have teamed up to create the event from 2pm to 6pm at Diablo Oasis 76 Nambour Connection Road, Woombye.

Shelly said the event promised a fun-filled afternoon of live music, great food and "devilishly delicious ginger beer". A selection of Gourmet Food trucks with Fresh local produce, coffee & pineapple sweets & treats!

Entertainment kicks off at 2pm with Maleny's sweet singer songwriter Kelly Cork, two-time Golden Guitar winner Brad Butcher and, fresh from his Hobart gig, beloved Australian singer songwriter Alex Lloyd.

Celebrating his 20 year anniversary of 'Amazing' - Alex Lloyd won ARIAs for Best New Artist and Best Male Artist, igniting a long-lasting affair with a nation of music lovers.

Brad Butcher is a two-time Golden Guitar Award winner for New Talent (2018) & Alt Country Album of the year (2020).

Kelly Cork writes songs that make songwriter's sing. Described as a 'songwriter's songwriter' he has shared the stages with the likes of Sara Storer, Kevin Bennett, Catherine Britt and Felicity Urquhart. His first 2 award winning albums, "One of These Days" and "Dead End Street", garnered critical acclaim and a legion of loyal fans.

For tickets go to www.tickets.oztix.com.au and search "Pineapple Country".

Kenilworth Artsfest coming next month

THE Kenilworth ArtsFest will be held this year from 25 September to 4 October, Covid permitting.

The key feature of the ArtsFest is the art competition in the Kenilworth Hall from 1 to 4 October, with handsome prizes on offer.

The Kenilworth Painting Prize of \$7500 is always popular with entries now open. The Open Painting Prizes, Open 3D Prizes, Encouragement Award and People's Choice are worth nearly \$5000.

"All artists are invited to go to our KAC webpage (www.kenilwortharts.org.au) where you will find the entry forms and all the information," said Kenilworth Arts Council Secretary Adrienne Jensen.

"It's a great chance to showcase your work and all works are for sale."

Adrienne said entry forms were also available at some local information centres, art groups and galleries.

The ArtsFest itself starts with a Chinese Brush Strokes workshop by Stephen Cassettari on 25 and 26 September in the Reception Room at Kenilworth Historical Museum.

Then on Sunday, 26 September, the Sunshine Coast Symphony Orchestra will present a delightful concert of "Great Russian and German Masterpieces".

"To round off this enjoyable afternoon, Kenilworth Arts Council will provide all sorts of tasty bites at a High Tea," said Adrienne.

There is also a Poetry Competition at the



2019s Kenilworth Art Award Winner was Helen Coulter's "The Long Day".

ArtsFest with entry forms at www.kenilwortharts.org.au.

The winner of the Bush Poetry section is invited to recite the poem at the Poets' Brunch at Kenilworth Hall on Saturday morning 2 October. To add a dash of toe tapping music the Ukes on Fire from Caloundra will play their bright and breezy melodies.

"Kenilworth ArtsFest is now in its 24th year and welcomes artists and visitors from the Sunshine Coast and beyond," said Adrienne. "While in Kenilworth you can enjoy the delights of our lovely town - the rural scenery, the range of wonderful foods, fascinating boutiques, the markets in the park and above all - the friendly people."

• Artists visit www.kenilwortharts.org.au for details and entry forms.

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Tina Beard and Gary McKitterick Gillett were certainly glad to be finished.

Health worker tackles 9000m marathon climb for cure

GARY McKitterick-Gillett is based at Nambour Hospital's Acute Restorative Care ward working with Parkinson's and dementia patients.

But it's his work outside the ward that is having just as much impact on the futures of Parkinson's patients.

Last week he and offsider Tina Beard completed 42 laps ... up and down local mountains ... over 5 days, accumulating 8848 metres — the height of Mt Everest.

The "Virtual Everest Trek 2021" is all about raising money for Shake It Up Australia and Parkinson's Disease research.

Gary, 60, said while it had been challenging and tiring, the goal — to help find a cure for Parkinson's Disease — made it all worthwhile.

"Making a difference to people's lives matters," he said. "Knowing that every day 38 Australians are diagnosed with Parkinson's Disease and that over 100,000 Australians are presently diagnosed and sadly most have had Parkinson's Disease for up to 10 years by the time they are diagnosed."

Tina Beard and Gary, set out last Monday morning at 5am and completed 9 repetitions of Mt Coolum, finishing at midday. Over the next four days they went home, washed, stretched,

iced sore knees and feet, and prepared for the next gruelling session.

Tuesday morning was Mount Ngungun for another eight repetitions.

Wednesday was nine laps of Mt Coolum.

Thursday, back at Mt Mount Ngungun for another day of climbing.

"By Friday we were, footsore, leg sore, everything sore and tired. We have given out hundreds of how to donate brochures in the hope that some would convert to donations.

"What was interesting was the number of times people mentioned their connection with Parkinson's Disease, a grandparent, father, uncle, mother, every day we had the same conversations," said Gary.

"What we achieved was a growth in recognition for Parkinson's Disease, brand recognition for Shake It Up Australia, brand association for Trek Ready Himalayas. We gained some donations which was awesome, but we did fall short of our goal of \$10,000."

• Contact Gary McKitterick Gillett on 0409 573 951. Donations can still be made up to October via www.our-fundraisers.raisely.com/gary-mckitterick-gillett



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What's On

Local Sport, Events and Entertainment coming up. Preference given to local events of widespread interest. email editor@sunshinevalleygazette.com.au. All listings pending Covid restrictions. Please check with organisers for rescheduled events.

August 8: 6:40pm Nambour Blue Demons Div 1 Women's hockey v Caloundra.

Friday August 13: Retro Rocks Nambour D-Day Friday - Nambour CBD and Stalwart Alehouse - 13th August from 6pm.

Saturday August 14: Retro Rocks Nambour - Council Chambers forecourt - 14th August 9am-3pm.

August 14: Retro Rocks Nambour High School Hop with the Lincolns - Nambour State College - 6-10pm - sold out.

August 14: Rude Boys at Imperial Hotel Eumundi.

August 14: Premier Football, 6pm Nambour Yandina Utd FC v Kawana FC at Nambour Yandina United FC Field 1.

August 14: Premier Football, 6pm Woombye FC v Maroochydore FC at Maroochydore Swans FC Field 1.

Sunday August 15: Yandina Country Music, Kerri O'Keefe at ACMA Hall of Fame, Stegless Rd from 10.30am.

Friday August 20: Vix & The Slick Chick 6.30pm Maleny RSL.

Saturday August 21: Premier Football, 6pm Nambour Yandina Utd FC v Noosa FC at Nambour Yandina United FC Field 1.

August 21: Premier Football, 6pm Woombye FC v Caloundra FC at Woombye Snakes FC Field 1.

Sunday August 22: Yandina Street Fair from 11am - 7pm in the heart of historic Yandina.

Friday August 27-29: Festuri Multicultural Music & Dance Festival to be held this year in Woombye www.festuri.org.au/

Sunday August 29: Money For Nothin Dire Straits Tribute Show from 3pm Palmwoods Hotel. Tickets www.facebook.com/moneyfor-nothinaus

Saturday August 28: Open Day Maleny Historical Society, Mens Shed & the Blackall Range Horseless Carriage Club Pioneer Village.

August 28: Film and TV Trivia Night 6.30pm Maleny RSL

August 28: Kevin Howell Open Day, Maleny Historical Society, Mens Shed & the Blackall Range Horseless Carriage Club Pioneer Village.

Rude Boys play Hotel Eumundi



PUT Saturday 14 August in your diary for a night of beefy horn lines, jumping grooves and classic ska with The Sunny Coast Rude Boys.

The Sunny Coast Rude Boys are a 10 piece band, playing uplifting ska and reggae, and drawing on musical influences that have shaped this genre from the Jamaican movement through to UK Two Tone.

The Rudies demonstrate a unique vision with the exuberance and freewheeling colour of contemporary ska and have crafted their sound with unexpected arrangements and seductive harmonies, powerful horns and foot-stomping drums.

If you love The Specials, Madness, The Beat, UB40, Toots & The Maytals ... and you love to dance, this is a gig for you!

• Tickets available through Oztix.

Yandina gets set to rock

HEAD to the hinterland town of Yandina on Sunday 22 August for their Street Fair which offers free entry to a great day of family fun.

The annual event attracts thousands of visitors who enjoy continuous live local music across three outdoor stages.

The headliner will be funk and blues guitar legend, and hinterland resident, Kevin Borich.

There will also be an Eats Street, craft stalls, fairground rides, a vintage car exhibition, an art show and a petting zoo. It all starts at 11am.

Follow them on Facebook@YSF2021

Eat your heart out at this year's tasty Strawbfest!

THE 34th Chevallum Strawbfest will take place at Chevallum State School on Friday 10 September from 5pm-9pm.

Think everything strawberries - strawberry daiquiris, chocolate dipped strawberries, strawberry sundaes, strawberry kebabs and more.

Strawbfest is the main annual fundraising event for the Chevallum school community and is run by volunteers. Historically it has assisted in providing a host of additional resources for the school (e.g. play equipment, technology and musical instruments).

Chevallum Strawbfest is proud to partner once again with the Queensland Strawberry Grower's Association. We thank the Sunshine Coast strawberry growers for their continued support of Strawbfest and look forward to presenting delicious strawberry treats a plenty in September.

The biggest Strawbfest yet will see great entertainment from Andrea Kirwin, Rhythm Culture and Ollie Murk, amusement rides for big and small kids and more than a dozen food stalls. In 2021, the school's special centenary year, the night promises to go off with a bang with the biggest fireworks show in the event's history!

Best of all - entry is free! Registration is however mandatory - head to www.strawbfest.com.au and follow the link to secure your family's free tickets (and buy a ticket in our Mega Raffle while you are at it).

So support your local community and bring the family down for what promises to be a berry fun evening at the 2021 Strawbfest!

FAST FACTS

- Chevallum Strawbfest back bigger than ever after a year off to celebrate its 34th year.
- Supported by Queensland Strawberry Growers Association
- Tonnes of strawberries donated by local Strawberry farmers
- Chevallum Strawbfest celebrates the rich history of our school community as it celebrates its 100th year in 2021



Strawberry lover Greta Bowman is ready to tuck in to some Chevallum Strawberries.

brates its 100th year in 2021

- All profits go back to supporting the educational needs of kids within the Chevallum school community.

EVENT HIGHLIGHTS

- Rides for all ages
- Fireworks
- Food stalls and strawberry daiquiri bar
- Pre-loved stall and side show alley
- Live Music - Andrea Kirwin, Rhythm Culture, Ollie Murk

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Nambour Museum gets on board services theme

A special display at Nambour Museum will pay tribute to the Women of Services in the 1940s.

The display will be held on Saturday 14 August from 10am – 3pm at the Museum in Bury Street. “Tribute to Women of Service in the 1940s” is being staged in conjunction with Retro Rocks Nambour’s “Salute to the Services”- themed Festival which is coming up August 13 and 14. Museum Entry is \$5 adults & \$1 children.

Yandina Country Music welcomes Kerri O’Keefe

YANDINA welcomes the very popular Kerri O’Keefe, pictured, as guest artist at the country music concert on Sunday 15th August.



Grounded in traditional Country such as Patsy Cline, Kerri’s repertoire includes other genres, making her a great ‘all round’ performer.

See you at the ACMA Hall of Fame, 24 Steggalls Road at 12noon.

Doors open 10.30am.

You’ll be entertained with traditional country, including more diverse crowd-pleasing favourites with a great band. Walk-ups welcome. Raffle and door prizes, byo lunch, free tea and coffee. Entry \$8. Enquiries 0437 191004.

Event to honour our heroes, past and present

RETRO Rocks Nambour 2021 will acknowledge the hard work of our medical workers, fire fighters and all those serving in a ‘Salute to the Services’ themed event.

Coordinator Kathleen Ashworth said Retro Rocks Nambour was a family-friendly free ‘custom culture’ event, celebrating the 1940s-60s in rockabilly style.

“This year we’d like to show our appreciation for the services who worked at keeping us safe; through Covid and the bushfires and more. Also it will make up a little for the reduced ANZAC day services of the last two years. Our era includes WWII and after. So, as well as a services-themed pinup competition and the regular Fashions on the Field and Cool Kids Catwalk, we are inviting anyone with an authentic vintage services uniform – any service, could be army, ambulance or bus conductor – to wear it for ‘Inspection Parade’ in the Council Chambers forecourt and tell the story of the uniform.”

The event will feature a Show and Shine, but as well as the cool custom cars and hot rods, anyone with a vintage service vehicle of any kind is encouraged to enter.

“We’re very grateful to Nambour Autobarn and our other sponsors who have provided great prizes for entrants,” said Kath. “We are hoping for a tank but haven’t been able to source one yet!”

The Nambour Museum, next door in Bury Street, will also celebrate the theme with more cars and military exhibitions.

Kath said the regular apron-making competition had been modified to fit the theme. “We’re giving a nod to the 1940s ethos of ‘make do and mend’ so entrants will be making their apron out of a hessian bag from Fruity Life Nambour who, appropriately, will be sponsoring the prizes of fruit and vegie baskets and vouchers.



Organsiers got together at Stalwarts Alehouse and Brewery last month to plan this year’s Retro Rocks Nambour event.

Saturday’s program in the Council Chambers forecourt includes rock’n’roll dancers, live music, vintage fashion parades and more. “We are honoured to have Queensland Ambulance, the Lighthorse Regiment and Legacy involved. People should be there for Reveille at 9am.”

The weekend kicks off with “D-Day Friday”. There will be cool cars cruising the main streets and “B-Daddy and the Double D’s”, a great rockabilly band, playing at Stalwart Alehouse and Brewery. Sample some of the great eateries in town. Everyone is invited to ‘frock up and rock up’ and, just like the old days, cruise the streets and hang out on a Friday night. Cars registered for the Main Drag Cruise will receive a free beer from Stalwart’s!

The “High School Hop” sponsored by Nambour State College is the only paid and ticketed event for the weekend. “We’re anxiously watching the border situation as the band ‘The Lincolns’ comes from South Australia”, said

Kath. “They’re so popular, the Hop sold out in a few days, so it would be very disappointing if they can’t come. Luckily, we do have great talent in Queensland to step up if we need.”

At a Glance

- D-Day Friday – Nambour CBD and Stalwart Alehouse – 13th August from 6pm.
 - Retro Rocks Nambour – Council Chambers forecourt – 14th August 9am-3pm.
 - High School Hop with the Lincolns – Nambour State College – 14th August – sold out.
- Retro Rocks Nambour is presented by Reimagine Nambour Inc and is proudly sponsored by the Sunshine Coast Council and wonderful local businesses. “We are proud to have been one of the very few events that actually went ahead in all the craziness that was 2020,” Kath said.
- Entry forms and program online: www.nambourretrofest.wixsite.com/retrorocksambour. enquiries: retrorocksambour@gmail.com

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Cath Knijnenburg

Cath Knijnenburg (pronounced Kay-nine-en-burg) is a full-time visual artist working from Queensland’s beautiful Sunshine Coast.

With a deep affection for the land around her, and the life that inhabits it, Cath’s works are influenced by Australian native flora and fauna – in both literal and abstracted form. The interplay of positive and negative space is used extensively. It defines and implies details that evoke both a strong mood and an extrasensory perception of shape. Cath’s contemporary pieces have an open, progressive style that is heavily influenced by her previous graphic design career.

She likes to paint in generous scale on luxurious Belgian Linen giving the pieces high impact in any space. Cath’s creations promote a deep sense of life and spirit, that authentically reflect the context and aesthetic of modern Australia.

She is passionate about originality and the vibrancy that the right piece of art can imbue in a room. Cath’s work is rapidly gaining popularity, with pieces housed in collections throughout Australia, Asia, the United Kingdom and mainland Europe. Cath paints from her studio on Mt Ninderry, in the Sunshine Coast hinterland where she enjoys the aspect and the garden with her family, and a few furry and feathered locals.

Yandina Art & Framing Trading 6 days a week : Monday - Friday 9:30 - 4:00 | Saturday 9:00 - 2:00
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Neighbourhood Centre hosts Homelessness event at Maleny

MALENY Neighbourhood Centre will shine a light on possible means of support for vulnerable people at a Housing and Homelessness Roadshow on August 12.

Maleny Neighbourhood Centre Coordinator & Development Worker Rick Paget said services supporting housing and homelessness across the Range were under intense pressure. He said the Neighbourhood Centre experienced an increase in enquiries due to current housing market price rises and subsequent rental shortages.

"As many services are aware, market rent has increased considerably over the last year," he said. "Many properties are being sold and tenants are being presented notice to leave with limited exit options. There are also many working families who do not meet the eligibility for public or community housing and are currently in unsustainable temporary tenancies – such as Air bnbs, hotels, motels, and even their own vehicles."

"We are seeing an increase in mental health presentations to the local hospitals and few exit strategies, with patients often discharging into homelessness. Evidence also shows a rise in family domestic violence due to the pressures of increased rents, notices to leave, etc."

The Maleny event would feature a range of service Providers including Coast2Bay, Kyabra, Family and Child Connect, Services Australia, Australian Bureau of Statistics, Rent Connect, JobLife, Josie Coco Counselling, and Speak Up Now Against Domestic Violence, and others.

Local Housing Groups featured at the event will include Polkadot Community Inc (demonstration Tiny House on display), Smart Living, Glasshousing 55's – Better Together, Maleny Eco Village, Maleny Women's House, and Maleny Community House (Men's House).

• Housing & Homelessness Roadshow will be held at the Maleny Neighbourhood Centre – 17 Bicentenary Lane, Maleny, Thursday 12th August – 10am-2pm. More info call 5499 9345.

College grows great vegies and nurtures kids' characters

THE Nambour State College's Kitchen Garden is brimming with all things wonderful right now. It is the growing season and it seems the school is not only growing cabbages and carrots, but healthy students too!

The Kitchen Garden and its operations are aligned with the curriculum when at all possible, allowing students a hands on approach to learning, according to Kitchen Garden Coordinator Racheal Pascoe.

"So many of the College's students use the Kitchen Garden each week," she said. "Garden Club runs 3 times a week, where students come to work on garden maintenance, including watering, planting, weeding etcetera."

The most exciting day of the week, though, is Wednesday where the students work together to harvest the produce.

"They pick, pack and price it all and then present it at the Market Stall on campus to sell to parents and grandparents at pick-up time," said Racheal. "Knowing where their food comes from is invaluable for the students. Last year we had a junior student who hadn't ever tried a carrot. We helped him pull a couple of carrots up, wash them off and then he hesitantly tried one. He was ecstatic about the taste and

is totally hooked. It is this kind of direct connection to our foods which is long lasting with people. He might remember that for the rest of his life. I know I will."

Racheal said the garden's reputation was growing. Each year Medicine students from the Griffith University visit the campus for a placement, as they are learning about healthy eating habits in primary school aged children.

"The University students are all going to become doctors and are very interested in the investment Nambour State College has made in allowing the students to experience such an incredible Kitchen Garden.

"The students are proud of their garden and it is very satisfying for them to be picking a crop from plants they planted as tiny seedlings or seeds. This ability to grow your own food might just be a skill they will need in the future. The students also save seeds for the next season, teaching them to think about and plan for the future."

The Kitchen Garden has proven to be an important release for students and teachers alike during Covid-19. Racheal said many people on campus enjoyed a wander through the Kitchen Garden each week. "They're simply



Picked, packed and priced ... Racheal Pascoe with students from the College Kitchen Garden selling up a storm on market day.



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Vicki Lee ... "I love the quality of vintage clothing and accessories. The styles, cuts and fabrics are just so beautiful."

Fashionable again: Inside Nambour's vintage-inspired clothing shop

AN eye for quality and a love of vintage fashion was the inspiration for Vicki Lee to start her business, Mr Beesley Vintage Clothing in Nambour.

"I had spent a lot of my life working in the fashion industry," Vicki explained.

"As a mum, I wanted flexibility around my kids and so the idea for this business was born. The thought of doing my own thing really appealed to me."

Nine years ago, Vicki started "treasure hunting" for quality mens and womens clothing and accessories to start her vintage clothing business. Before long she had built up a collection of beautiful stock.

"I set aside \$20 every week and spent the weekends going to Op Shops and garage sales to find clothing and homewares," said Vicki.

"I would wash or clean and mend each piece as required. It is so exciting and a lot of fun to find unique pieces."

Starting small, Vicki had a rack of garments

at the Time Machine in Nambour and soon moved her stock into a space at the Old Ambulance Station in Howard Street.

"I was located at the Old Ambulance Station for 7 years, and then moved to this shop 2 years ago," she said. "It has been a great spot."

Mr Beesley Vintage Clothing has become popular with people from all around the country.

"It is so funny that a lot of my regular customers are in Canberra and interstate," said Vicki.

"Now I find that people are bringing lovely stock to me, and while there is less treasure hunting involved on my part, it is still a great deal of fun.

"I love the quality of vintage clothing and accessories. The styles, cuts and fabrics are just so beautiful. And the best thing is that each piece is so unique. You don't see every other person wearing the same outfit!"

• Mr Beesley Vintage Clothing is at 29a, Howard Street Nambour. Phone 0457 099 829.

New Mitre 10 boosts local shopping



Mitre 10s new 13000sq Nambour site and staff.

Photo by Reflected Image PR

LOCALS have turned out in force to support the new flagship Sunshine Mitre 10 store in Nambour.

Block TV show series winners Jimmy and Tam were there to celebrate, and there were huge specials and giveaways throughout the day.

Sunshine Mitre 10 is one of the largest independently operated and owned hardware suppliers in Queensland but their new Nambour store is special, because Nambour is where the company's 110-year history began.

David and Tim Lanham are two of the five brothers whose family started Lanham's in 1910. "The business was started in 1910 by our great-grandfather Walter Lanham," said Tim. "It was born out of a basic need to supply himself as a builder. There was very little sawn timber. So as a by-product of that, the saw mill was set up.

"It was located down where The Shack is now. Product for customers was basically onsite. It was all very simple operation in those days, was milled on site, stored on site and sold on site. The business moved from its location in Price Street to Court Road after the second world war.

"The present day business is an amalgamation of two families, the Lanham family and Melville family. Both traditional families in the area, both doing what they did very well,

but there was always the potential for the two to become a stronger unit. So families merged and formed a company called MelcoLanham's, which is today what we call Sunshine Mitre 10." David said he hoped the presence of a larger Mitre 10 would keep Nambour people shopping locally by providing a viable option to big box shopping on the Coast.

The new site at 980 Nambour Connection Road employs 40 staff and offers a large variety of products to retail and trade customers.



David and Tim Lanham are two of the five brothers whose family started Lanham's in 1910.

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Former Nambour man recognised for research on liver disease

A professor who was raised in Nambour has been recognised for his work improving understanding of chronic liver disease.

The head of QIMR Berghofer Medical Research Institute's Cell and Molecular Biology Department, Professor Grant Ramm, was raised in Nambour and attended primary school and high school in Nambour. He was recently awarded the Gastroenterological Society of Australia's (GESA) Distinguished Research Prize for 2020.

The son of Nambour's Lester and Rosemary Ramm is a Senior Principal Research Fellow at the Institute and leads its Hepatic Fibrosis Group.

"This award acknowledges Professor Ramm's immense research contribution to the field of hepatic stellate cell biology and the mechanisms of hepatic fibrogenesis in chronic liver disease combined with his mentorship of fellow researchers," said the Gastroenterological Society of Australia.

Professor Ramm is one of only three scientists to receive the recognition in the 32 year history of the award and only the third recipient from Queensland.

"I am honoured to be recognised by my peers for my work on hepatic fibrosis (scarring of the liver) in chronic liver disease," Professor Ramm said.

"Progressing our understanding of the cell biology and mechanisms of liver disease is vital for identifying and developing better therapeutics in the future to treat both inherited and acquired liver disease."

QIMR Berghofer's Director and CEO, Professor Fabienne Mackay, congratulated Professor Ramm on the Prize.

"Grant is a worthy recipient of GESA's Distinguished Research Prize, as he has dedicated most of his scientific career to improving our understanding of chronic liver disease," Professor Mackay said.



Professor Grant Ramm is one of only three scientists to receive the Gastroenterological Society of Australia's (GESA) Distinguished Research Prize in its 32 year history.

guished Research Prize, as he has dedicated most of his scientific career to improving our understanding of chronic liver disease," Professor Mackay said.

"He was the first person to identify that hepatic stellate cells cause excess collagen deposits, which lead to liver scarring in a host of conditions including haemochromatosis, hepatocellular carcinoma, and in children with either cystic fibrosis or biliary atresia.

"His work has significantly advanced research in the fields of both haemochromatosis and CF.

"His group at QIMR Berghofer continues to investigate the mechanisms responsible for hepatic fibrogenesis, so that better biomarkers can be found to allow for non-invasive early detection and staging of liver disease severity, and better treatments developed for inflammation and fibrosis associated with the chronic stage of the disease."

About liver disease

- Chronic liver disease is a major global health and economic burden with deaths due to cirrhosis (advanced liver scarring) continuing to increase.
- World-wide, liver disease mortality has increased 4-fold since 1970. It is estimated more than 2 million people die from chronic liver disease each year and there are 844 million people living with the condition.
- Liver disease was the 11th leading cause of premature death in Australia in 2010-2012 according to the Australian Institute of Health and Welfare.
- In 2012 the economic burden of liver disease in Australia was estimated to be more than \$50 billion.
- In Australia alone cirrhosis-related hospitalisations increased by 30 per cent from 2008 to 2016.



Some of the trainees and their trainers with SCRDA President Carolyn Neville.

One 300kg Flintstone car coming right up!

A collaboration between two community groups will see sensory playground equipment, including an amazing Flintstone car, installed at the Sunshine Coast Riding for the Disabled facility at North Arm.

"At the beginning of the year, SCRDA was approached by Pastor Dale Dowler from The Shack Community Group in Nambour," said Sunshine Coast Riding for the Disabled Secretary Jan O'Halloran. "They wanted to team up on a project to help disadvantaged people to upskill. They were looking for projects for their trainees to complete as part of their Cert 1 in Construction."

Dale and his team considered some options for items for a new sensory playground that eventually will be in place at SCRDA. "The team built several items including a large Connect 4 game, a bamboo xylophone and a Flintstone car made from one extra large tree trunk," said Jan.

"It was a great surprise to have the 300kg car delivered! Many thanks to all the team at The Shack Community Group for your hard work in creating these items. SCRDA is looking forward to future partnership projects with Dale and Donna from The Shack."

For more information about Sunshine Coast Riding for the Disabled visit www.scrda.org.au.



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1. ROAST CHICKEN

Tender roasted chicken served with roast chat potatoes, pumpkin and steamed beans.

3. CHICKEN A LA KING

Delicious chicken pieces cooked in a white sauce with bacon served with seasoned chat potatoes and green beans.

14. SATAY CHICKEN

Tender chicken breast topped with a satay sauce and served with yellow and green beans and rice (contains nuts).

15. SWEET N SOUR CHICKEN

Asian style sweet 'n sour chicken served with steamed rice & green beans

17. CHICKEN KORMA CURRY

Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.

19. MUSTARD CHICKEN

Tender chicken breast fillets, topped with creamy mustard sauce, roasted chat potatoes and aussie beans.

20. BUTTER CHICKEN

Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.

37. CHICKEN PARMI

Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.

47. MANGO CHICKEN

Seasoned tender chicken with a mouth watering mango sauce, served with steamed aussie beans and chat potatoes.

FISH DISHES

25. ATLANTIC SALMON (Reg \$13.50 | Lge \$17.90) ★ NEW

Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.

26. TUNA MORNAY PASTA

Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.

28. ATLANTIC COD & PRAWNS (Reg \$11.50 | Lge \$13.90) ★ NEW

Served with lemon sauce, mashed potato, broccoli & garden peas.

36. SMOKED SALMON FETTUCCINE

Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.

46. BAKED FISH

Wild caught New Zealand Hoki with a cream sauce, served with sweet potato and peas.

BEEF DISHES

5. COTTAGE PIE

Good old traditional style minced beef, topped with potato mash and served with vegetables.

6. ROAST BEEF

Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.

7. BEEF CASSEROLE

Tender beef cooked in rich gravy, served with mash and peas.

8. SPAGHETTI BOLOGNESE

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9. BEEF LASAGNE

Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.

30. BEEF RISsoles

Beef Rissoles topped with gravy and served with mashed potato, peas and carrots.

31. BEEF STROGANOFF

Tender Beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.

32. MEXICAN BEEF AND BEANS

Classic Chilli Con Carne served with rice and beans.

35. BEEF MADRAS CURRY (MILD-MEDIUM) ★ NEW

A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.

41. SILVERSIDE

A family favourite - Corned Silverside served with a sweet potato mash and vegetables.

PORK DISHES

12. ROAST PORK

Roasted pork with gravy, chat potatoes and roast pumpkin.

27. PASTA CARBONARA

Pasta cooked in a bacon and mushroom cream sauce.

33. PICKLED PORK

Pickled pork topped with creamy mustard sauce served with chat potatoes, green and yellow beans.

48. CURRIED SAUSAGES & RICE ★ NEW

Pork sausages cooked in a mild curry sauce and served with rice and vegetables.

BANGERS AND MASH

All served with mash potato, rich gravy and seasonal vegetables

2. BEEF WITH BUSH TOMATO & PEPPER SAUSAGES ★ NEW

13. TRADITIONAL OLD ENGLISH PORK SAUSAGES ★ NEW

22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES ★ NEW

LAMB DISHES

10. ROAST LAMB (Reg \$11.50 | Lge \$13.90)

Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.

24. MASSAMAN LAMB CURRY (Reg \$11.50 | Lge \$13.90)

Lamb cooked in a thai style massaman sauce, served with rice and green beans.

42. MONGOLIAN LAMB (Reg \$11.50 | Lge \$13.90)

Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

VEGETARIAN / VEGAN DISHES

29. VEGETABLE LASAGNE

Marinated roast vegetables between layers of pasta, topped with three cheeses.

43. VEGETARIAN NOODLE STIRFRY

Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.

44. CHICKPEA & VEGETABLE CURRY

Mild chickpea & vegetable curry served with basmati rice.

45. CREAMY PESTO PASTA

Penne tossed through pesto cream, broccoli and spinach, topped with parmesan cheese (contains nuts).

DESSERTS (\$4.50 each)

Apple & Rhubarb Crumble & Custard	Chocolate Bavarian
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Sticky Date Pudding & Caramel Sauce	Strawberry Cheesecake
Rice Pudding with Raisins & Cinnamon	
Chocolate & Almond Brownie & Choc Sauce	
Vanilla Ice-cream Cups \$2 each	

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Book shop marks two years of bringing a little magic to tiny street

CONGRATULATIONS to the Little Book Nook of Palmwoods which celebrated its second birthday on Friday.

Little Book Nook owner Kay Nixon said she was pleased to be able celebrate with customers by giving away mini-cupcakes and muffins.

"It was delightful to hear a father and son singing 'Happy Birthday to the Bookshop' on their way out," she said.

"We also popped some bubbly at the end of the day with our neighbours up The Lane.

"These last two years have had their challenges but the joy of getting to know so many lovely people through the shop has outweighed the difficulties by far."

Kay said locals and visitors had been very supportive with people appreciating the need to buy local and keep small businesses alive.

"A number of the schools buy their books here," she said. "I love the



Kay Nixon of the Little Book Nook in Palmwoods ... there is magic in books and in being in a small community.

challenge of finding great new books that complement their teaching and inspire young readers."

Kay said she was pleased the atmosphere of Palmwoods' Little Main Street was blossoming.

"The courtyard and the garden up The Lane, not to mention wonderful coffee and food at Home Grown has provided a popular meeting place for individuals and groups," she said.

"I feel so privileged to be able to connect with these people and particularly the children who are growing up with an appreciation of books. This Nook has also become a place of connection where I can help to be a conduit between people and community groups."

The store has some special events coming up, particularly during Palmwoods Spring Harvest Festival, and a number of Book Launches.

"We hope to be able to keep offering good service, hunting out books for people, making appropriate reading recommendations and creating an enchanting atmosphere for all ages.

"I suspect that a bit of magic goes on even after the doors close each day. I like to think that maybe there is some of the 'Deep Magic' that Aslan speaks of in the Narnia books going on here."

Nambour vinyl shop still spinning

FOR a start up business that was deemed 'risky' 26 years ago, Backbeat Records in Nambour has well and truly proven the naysayers wrong.

"I had been working in the building trade when an injury forced me to re-think my options," said owner Lee Hillman.

"I actually applied for the New Enterprise Incentive Scheme (NEIS) and in hindsight, I think I was pretty lucky to have been given a go. At the time only collectors were interested in vinyl records, and they were dubious about giving me assistance to get started," he said. "I have had some very low moments when I seriously considered closing the doors, but I have always been able to trade through. The funny thing is that now I am one of the only businesses in that funding round that is still trading!"

Lee initially started Backbeat Records in a shop at the Big Top Shopping centre in Maroochydore. Ten years ago he moved the business to the Old Ambulance Station in Howard Street Nambour, and then relocated to his current home. During that time, Lee has seen a great deal of change in his market.

"In the beginning, my entire customer base was collectors; people like me who were passionate about vinyl," said Lee. "There is a real warmth about the sound of vinyl albums that no other media has been able to match. For all the hype around them when they first came out, most CDs never had it."

Today, Lee is finding people of



Lee Hillman ... "There is a real warmth about the sound of vinyl albums that no other media has been able to match".

all ages and backgrounds are either rediscovering or falling in love with vinyl for the first time.

"Now my customers are baby boomers and teenagers alike," said Lee. "My own musical taste is incredibly broad and diverse, and this is definitely reflected in the collection of albums I have in stock," he said. "I have basically got everything from 50s and 60s music, to disco, pop, metal, jazz, blues, punk and hard metal. Every genre you care to mention."

Lee has also seen a resurgence of

appreciation for sounds and bands from the past 50 years, even amongst his younger customers. "I used to have albums like Fleetwood Mac Rumours and Dire Straits Brothers in Arms in the \$1 bin, I could hardly give them away," said Lee. "Now they are in huge demand. I think people of all ages appreciate the quality of the music and when it is coupled with the distinctive warmth of vinyl, it is impossible to beat."

• Backbeat Records is at 29b Howard Street, Nambour. Phone 0438 500 396

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13-14TH AUGUST 2021

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NAMBOUR

SALUTE TO THE SERVICES

D-DAY FRIDAY 7-11PM STALWARTS & MAIN DRAG

B-Daddy & the Double D's

RETRO ROCKS NAMBOUR 9AM-3PM COUNCIL CHAMBERS

Bamboo Rockets* *Fancy That

HIGH SCHOOL HOP 6-10PM NAMBOUR STATE COLLEGE

**the Lincolns* - Sold Out!*



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Kath: 0428 286 134

KAZI



Narelle and Adam Kither with Russell the resident rodent controller, who is a bit of a celebrity around town.

All your farm and rural supplies under one roof

FAMILY owned Woombye Rural Supplies is a 'one stop shop' for people with acreage properties, hobby farms and regular households as well. Owners, Adam and Narelle Kither have clocked up five years of trading, and love doing business in the Woombye community.

"Woombye is such a friendly town," said Narelle. "It has been a real pleasure getting to know our customers and we feel lucky to be meeting new people all the time, as more people move to our area. Our staff are locals and we have a lot of fun working together. It is also good to know that money spent here stays in town."

Many people would be surprised to see just how many lines Adam and Narelle stock.

"We are pretty much able to service most needs for people in our area," said Adam. "We have a full range of products for people who keep stock, including feed and supplements, rural fencing and gates, hardware and plumbing lines, tanks, pumps, garden supplies, gas refills, firewood, and pet food and accessories for cats, dogs and other small pets too."

"Adam is a plumber, so he is able to give

people advice and we offer a plumbing service for those jobs that are beyond the home handyman," said Narelle.

"We often get feedback that people love the convenience of having so many products available in one place, and we also have a drive through service, just stop at the side of the shop while we load your supplies and then continue through" she said. "We do everything we can to make shopping as easy and convenient for our customers as possible. They like not having to drive to the Coast for hardware supplies."

"At the end of the day, we have found that friendly, personalised service is extremely important to our customers. I think it is one of the benefits of doing business in a country town. Everyone knows each other and we genuinely care about each other too. It's a great way to do business."

Woombye Rural Supplies is at 6 - 10 Blackall Street Woombye, phone 5442 1190. You can check out their website on www.woombyeruralsupplies.com.au and find them on Facebook at @woombyeruralsupplies

Invitation from Nambour 90 Probus Club

PROBUS is an organisation of retired and semi-retired business and professional people who meet on a regular basis to enjoy friendship, fellowship and good fun.

Probus is a great way to meet new friends and Nambour 90 Probus Club is inviting retirees and people new to the area to join us. As well as meetings with interesting club speakers and guest speakers, the club enjoys a social outing every month and a dining group who enjoy trying out various restaurants.

Club members also enjoy two camping and caravanning trips away each year.

Our most recent activity was a trip to the Majestic Theatre in Pomona where we were taken on a nostalgic trip back to the era of

silent, black and white movies with the film "Why Worry", a very entertaining comedy starring Harold Lloyd. Ron West on the Compton Organ provided a suitable accompaniment to the film.

After a delightful morning's entertainment we enjoyed lunch at the Cooroy Hotel. Judging by the noise emanating from the hotel dining room there was lots of happy chatter and good fellowship being enjoyed by all. And that is what Probus is all about.

• Nambour 90 Probus Club, so named because it was formed in 1990 meets on the fourth Monday of each month at the Palmwoods Bowls Club. For more information phone Bill 5441 1364.



Cr Johnston is pictured with Ian Malcolm (President) and Suzie Borwell (Secretary) in Woombye Light Horse Troop's Drill Hall in Woombye CWA Park.

Funds help Troop stay well-equipped

WOOMBYE Light Horse Troop recently thanked Cr Winston Johnston and Sunshine Coast Regional Council for a \$1000 discretionary funding grant.

The troop used the grant to purchase secure storage cases for their PA equipment, event equipment and hand-held CB radios which they use during street parades.

Woombye Light Horse Troop has a Drill Hall in Woombye's CWA Park, where the troop come together for meetings and where they house a small museum which is open to the public at some events and on request.

Woombye Light Horse Troop is a local community group which endeavours to keep alive the history of the Australian Light Horse.

They participate in and hold services and parades, such as on ANZAC Day and Beersheba Day and visit other local community groups

and schools giving talks and demonstrations.

Woombye Troop are very much part of the local community and new members are always welcome, (riders and non riders).

• If you are interested in joining, or would like more information, please call Ian Malcolm on 0409 532 053.

You can make a difference

JOIN WILVOS AS a carer, transporter or hotline volunteer. Volunteers work from home, making a BIG difference for our little Aussie mates.

Wilvos will also provide free educative talks to groups, schools and retirement villages on the Sunshine Coast.

• To register for training workshops or talks, please contact: Sylvia: membership@wilvos.org.au or Roslyn: awareness@wilvos.org.au

P: 07 5442 1190
6-10 Blackall St
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YOU GET TO KEEP YOUR BANNER



Jarvis Hendricks, right, was just a baby when Ian Hughes took over the store more than 18 years ago, and has been a customer ever since.

18 years on, Eudlo News and General Store changes hands

AFTER 18 and a half years selling news, groceries, petrol and a mix of gifts and antiques Ian and Robyn Hughes are handing over the reigns of the Eudlo News and General Store.

"Thanks to the community for having supported the shop over the 18 and a half years," said Ian. "We've got very mixed feelings about going since we have been here so long. We'll certainly miss Eudlo. The town's so unique. We're very lucky where we live here and that's what I'll miss."

"We sold the business and the freehold. The new owner is Dirk Long he'll have somebody else running the shop."

"It will now become a convenience store and

there are plans to enhance it with a pastry chef offering a Eudlo line of eats, treats and goods."

Young Jarvis Hendricks was just a baby when Ian and Robyn took over the business and happened to be at the store when the Gazette arrived.

While owner Ian wants to thank all his customers, Jarvis maintains a soft spot in his and Robyn's hearts.

"I think Robyn used to change my nappies when I was a baby," said Jarvis. "So that's going back donkey's years."

Ian and Robyn plan to start a new life in south Australia and help care for a relative.

Strengthening connections, one stitch at a time

ACCORDING to founder Shaye Hardisty, Little House Seamstress is all about love, fun and connecting through creativity. Shaye teaches sewing lessons and classes that help participants to feel empowered through learning new skills and creating something to wear that's unique and awesome.

Shaye is self-taught and began learning to sew while pregnant with her eldest child.

"Through those early years of parenting, I found my sense of self again and confidence in my changing body through making my own clothing."

Sewing has become a big part of their little family, with her husband, local musician Lee Hardisty, also teaching alongside Shaye.

"Making our own clothes gives us a feeling of freedom and rebelliousness that enhances our life and adds fun to the simple act of wearing clothes."

Currently, Little House Seamstress offers project-based workshops in Nambour and Maroochydore. The projects range from skirts, dresses and shorts to bumbags and purses.

"The class sizes are kept small to create a focussed but fun and social learning environment," said Shaye.

As a sewist, Shaye says that she is told so often about people's connection to sewing through their parents or grandparents, nostalgia and memories of a skill that has disappeared within one or two generations.

"There is so much excitement to reclaim these skills while making clothes that make us feel good and fit our unique bodies," she said.

To book a workshop or find out more, go to www.littlehouseseamstress.com



Lee and Shaye Hardisty and kids Dali, left, and Wala. Below: an example of what you can do in one of Shaye's workshops.



VOLUNTEER DRIVERS NEEDED!

Looking to do something that is both rewarding and makes a difference in your community?

Volunteer drivers needed at RangeCare to drive our elderly clients to medical appointments around Nambour and surrounding suburbs - KM reimbursement available.

Join the people who make a difference in our community. If you have some time to spare, a big heart and a desire to help we would love to hear from you!

Contact our Volunteer Coordinator, Michele Crocker to find out more.



Call 07 5445 7044 OR visit: www.rangecare.com.au/volunteer

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THE BARN ON FLAXTON

ALL MEALS ARE PORTIONED FOR 1 | \$10.00 EACH

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> 1. ROASTED PUMPKIN SOUP (GF / VEG) 2. CHICKEN AND CORN SOUP 3. THAI SATAY CHICKEN (GF) – SERVED WITH JASMINE RICE AND STEAMED VEGGIES 4. BEEF LASAGNE | <ul style="list-style-type: none"> 5. VEGETABLE QUICHE (GF / VEG) 6. VEGETABLE COCONUT CURRY (GF / DF / VEG) – SERVED WITH JASMINE RICE AND STEAMED VEGGIES 7. BRAISED BEEF AND ONION STEW (GF / DF) – TOMATO & BEEF GRAVY, JASMINE RICE AND STEAMED VEGGIES | <ul style="list-style-type: none"> 8. PENNE BOLOGNESE – LEAN BEEF MINCE BOLOGNAISE, CHEDDAR CHEESE AND HERBS 9. PENNE CHICKEN CARBONARA – BACON, MUSHROOM, PARMESAN, HERBS & CREAM |
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CLOUDS MONTVILLE

ALL MEALS ARE PORTIONED FOR 1 | \$12.00 EACH

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> 10. HAM & PINEAPPLE PIZZA (READY MADE) 11. MEAT DELIGHT PIZZA (READY MADE) 12. CARAMELISED ONION & CHEESE PIZZA (READY MADE) 13. CHICKEN, BRIE & PROSCIUTTO PIZZA (READY MADE) 14. SAVOURY ZUCCHINI MUFFIN (VEG) 15. CREAMY GARLIC PRAWNS – SERVED WITH RICE 16. SEAFOOD MARINARA FETTUCCINE 17. PENNE PASTA WITH MEATBALLS 18. CHARDONNAY RISOTTO (GF / VEG) – PUMPKIN, SPINACH, FETA & PINENUTS | <ul style="list-style-type: none"> 19. RISOTTO (GF) – CHICKEN, BACON & MUSHROOM 20. CREAMY TUSCAN CHICKEN PASTA – CREAMY GARLIC SAUCE WITH SPINACH AND SUN DRIED TOMATOES 21. FETTUCCINE CARBONARA – CLASSIC STYLE WITH SALTY CURED PANCETTA, MUSHROOM & CREAMY SAUCE 22. MEDITERRANEAN VEGETABLE FETTUCCINE – TOMATO & HERB BASED NAPOLI WITH ZUCCHINI, CHERRY TOMATOES, CAPSICUM, OLIVES, FINISHED WITH SHAVE PARMESAN 23. BUTTER CHICKEN – MARINATED GRILLED CHICKEN BREAST COOKED ON THE GRILL & SIMMERED IN A SMOOTH SAUCE OF TOMATO, CASHEWS, ALMONDS | <ul style="list-style-type: none"> 24. LAMB ROGAN JOSH – MARINATED DICED LAMB COOKED WITH ONION, TOMATO, GINGER, GARLIC, HERBS, SPICES & CORIANDER 25. BEEF MADRAS – BEEF CURRY PREPARED IN ONION, COCONUT & SPICES 26. ROAST PORK – SERVED WITH JACKET POTATO AND SEASONAL VEGGIES & APPLE SAUCE 27. CLOUDS GOURMET PIE – SERVED WITH A SIDE OF CREAMY MASH POTATO – \$10.00 28. BAKED SALMON – SERVED WITH ROASTED SEASON VEGETABLES – \$15.00 |
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MONTVILLE GOURMET BISTRO

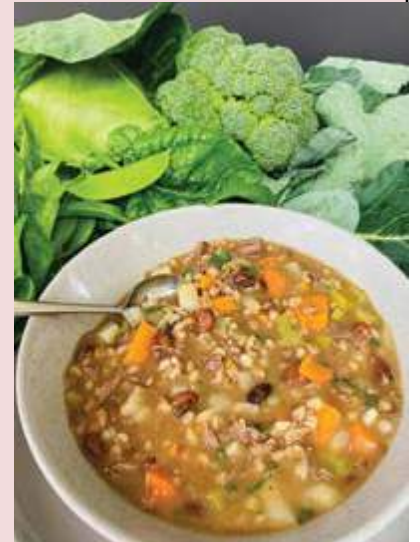
ALL MEALS ARE PORTIONED FOR 1 | \$10.00 EACH

- | | | |
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| <ul style="list-style-type: none"> 29. CHICKEN SCHNITZEL – SERVED WITH VEGETABLES 30. CHICKEN PARMIGIANA – SERVED WITH VEGETABLES 31. MARGHERITA PIZZA – TOMATO BASE, CHERRY TOMATOES, CHEESE & BASIL 32. BUTCHERS BLOCK PIZZA – TOMATO BASE, CHICKEN, BEEF, SALAMI, HAM, BACON, ONION, CHEESE & HOLLANDAISE SAUCE SWIRL | <ul style="list-style-type: none"> 33. SUPREME PIZZA – TOMATO BASE, TOMATO BASE, SHAVED HAM, SALAMI, ONION, CAPSICUM, PINEAPPLE, MUSHROOM, OLIVES, ANCHOVIES & CHEESE 34. LASAGNE (GF) 35. BOLOGNESE – BEEF WITH A RICH NAPOLITANO SAUCE & PARMESAN CHEESE | <ul style="list-style-type: none"> 36. CREAMY CARBONARA – CHICKEN, BACON, GARLIC, & PARMESAN CHEESE 37. CHILLI CARBONARA – CHICKEN, BACON, GARLIC, CHILLI, AGED TOBACCO & PARMESAN 38. BBQ PORK RIBS – SERVED WITH VEGETABLES – \$15.00 39. POTATO BAKE – \$6.00 |
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THE COTTAGE MEAL RANGE

- | | |
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| <ul style="list-style-type: none"> 40. MARINATED SEED MUSTARD & ROSEMARY ROAST BEEF (GF / DF) – SERVED WITH ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 41. CRISPY SKINNED LEMON & HERB ROAST CHICKEN (GF / DF) – SERVED WITH ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 42. TENDER ROAST PORK LOIN (GF / DF) – SERVED WITH APPLES, ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 43. BEEF LASAGNE – WITH LEAN BEEF BOLOGNESE LAYERED WITH BECHAMEL & PASTA BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 44. OVEN BAKED BEEF RISSOLES & GRAVY – SERVED WITH BUTTERED POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 45. BRAISED STEAK & MUSHROOMS IN GRAVY (GF / DF) – SERVED WITH HERB BUTTER POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 46. CORNED BEEF SAUTEED ONION & FRESH HERB WHITE SAUCE (GF) – SERVED WITH STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 47. MOROCCAN BEEF SWEET TOMATO GRAVY (DF) – SERVED WITH DATES, APRICOTS & CINNAMON COUSCOUS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 48. SAVOURY MINCE (GF / DF) – LEAN BEEF GRAVY SERVED WITH BUTTERED HERB POTATOES & STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 49. STICKY TERIYAKI PORK & ASIAN GREENS (GF / DF) – SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 50. COTTAGE PIE (GF / DF) – LEAN BEEF & VEGETABLES SAUTEED IN GRAVY & BAKED WITH CREAMY MASH POTATO & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 51. MALAYSIAN SATAY CHICKEN (GF / DF) – MILD CREAMY CURRY SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | <ul style="list-style-type: none"> 52. BRAISED PORK, CHORIZO & BUTTERBEAN STEW (DF) – SERVED WITH COUSCOUS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 53. STIRFRIED CHICKEN & HOKKIEN NOODLES (DF) – STIRFRIED IN ASIAN SAUCE WITH PEANUTS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 54. CREAMY COCONUT INDIAN VEGETABLE & CHICKPEA CURRY (GF / DF / VEG) – SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 55. VEGETABLE LASAGNE (VEG) – SEASONAL VEGETABLE IN NAPOLITANA SAUCE WITH BECHAMEL, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 56. SPINACH & RICOTTA CANNELONI PASTA – WITH NAPOLITANA SAUCE, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 57. PORK & BEEF ITALIAN STYLE MEATBALLS – WITH RED WINE, TOMATO & HERB FETTICUNI, TOPPED WITH PARMESAN
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
|---|---|
- SOUPS**
- | |
|--|
| <ul style="list-style-type: none"> 58. ASIAN CHICKEN SEASAME VEGETABLE NOODLE SOUP (GF / DF) – SINGLE SERVE \$5.50 59. HEARTY PEA & HAM SOUP (GF / DF) – WITH SPLIT LENTILS, SEASONAL VEGETABLES AND BRAISED HAM – SINGLE SERVE \$5.50 60. ROASTED SWEET PUMPKIN SOUP (GF / DF) – SINGLE SERVE \$5.50 |
|--|
- CURRENT SPECIALS** **END 31.08.2021**

 - 61. BEEF BARLEY SOUP -TENDER SLOW COOKED BEEF – WITH SEASONAL VEGETABLES, PEARL BARLEY & BEEFBROTH – SINGLE SERVE \$5.50
 - 62. BRAISED BEEF SAUSAGES – WITH ROSEMARY SCALLOPED POTATOES & VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00



GF = Gluten Free | DF = Dairy Free | VEG = Vegetarian | V = Vegan

HOW TO ORDER?

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OR order online via the link below:

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Free delivery is available to the following suburbs: Maleny, North Maleny, Reesville, Witta, Curramore, Elaman Creek, Conondale, Balmoral Ridge, Montville, Flaxton, Mapleton, Kureelipa, Dulong, Highworth, Image Flat, Parklands, Perwillowen, Coes Creek, Town Mountain, West Woombye, Woombye, Hunchy, Palmwoods, Nambour and Burnside. Delivery to any other suburb will incur a delivery fee of \$10.00.

Hotel joins fight against domestic & family violence

THE Maleny Hotel has partnered with the Speak Up Now - Stop Domestic and Family Violence group in Maleny to produce drink coasters with a message about domestic violence.

The coasters will be used throughout the pub and bistro areas with the message 'See Something - Say Something', and include a phone number to contact for help. Those who work in hotels regularly witness abusive behaviour - these coasters affirm that such behaviour is not acceptable, that bystanders need to speak up, and offer help to victims.

The Speak Up Now group is a collaboration between the Maleny Neighbourhood Centre, the Rotary Club of Maleny, and Zonta Blackall Range. The aim is to reduce the number of domestic and family violence incidents within our community, by raising awareness of what

each of us can do to help children, women, and men, to live a life free of violence and abuse. <https://www.facebook.com/SpeakUpNowEndFamilyViolenceMalenyandBlackallRange>

A spokesperson for the group said "We are very grateful that the Maleny Hotel has joined with us to show their support in our efforts to reduce domestic and family violence in our region, help victims to get help, and perpetrators of violence to change their behaviour. Having the Maleny Hotel's support gives the message that violence is not acceptable in any form. We hope that other businesses and groups in our community with also take steps to call out disrespect and abuse and point victims in the right direction to get help." Hotel patrons are encouraged to take their coaster home and use it as a reminder of where to get help for themselves and friends.



Joel Weyman, Val France, Kat Thompson, Greg Williams and Sherryl Gregory.



Census

It's time to complete your Census.



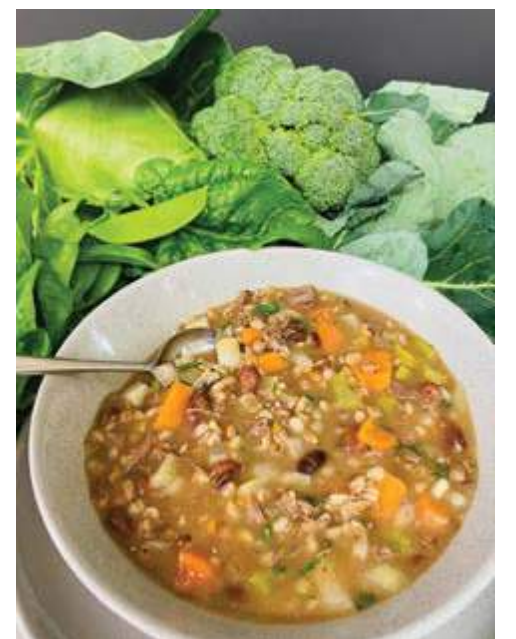
This year, you can start as soon as you receive instructions, if you know where you'll be on **Census night – Tuesday 10 August.**

Complete online, by paper or with help from us.

Every stat tells a story.



Scan or visit
census.abs.gov.au



Try RangeCare's \$5.50 slow cooked beef with seasonal vegetables, pearl barley and beef broth soup!

Meals for two on the RangeCare Cottage Winter menu!

RANGECARE'S popular Partner Meal Service has introduced a new low price for its locally made Cottage meals.

Meals were previously offered as single portions for the price of \$9.90 each, RangeCare has since added a two-portion option which is now available at the discounted rate of \$18. These two-portion sized meals come just in time to enjoy a delicious Beef Sausages with Rosemary Scalloped Potatoes & Vegetables, one of two late Winter specials available.

RangeCare's Partner Meals Service Coordinator, Shae Stig says "This deal has been incredibly popular in the short time we've introduced it." Shae laughed, "Whenever I take an order everyone always says to make sure I put it under the two-portioned meal deal of \$18."

Sarah Earley, RangeCare's Assistant Marketing Officer, helps promote this service to our community. She said, "It's so wonderful to see how much our community seems to be enjoying the meals service since we introduced it last year". "It is a bonus to be able to lower the cost of these meals so that anyone in the community can get more value for money" she continued.

As well as the winter specials, there are a variety of meals available that can cater to most dietary requirements as part of the two portions for \$18.00 deal. For the month of August, there will be two meal specials available to purchase. The main meal special is Braised Beef Sausages with Rosemary Scalloped Potatoes and Vegetables, which is available in the two-portion size for \$18.00 or single serve for \$9.90. There is also a Beef and Barley Soup, which consists of tender slow cooked beef with seasonal vegetables, pearl barley and beef broth. This dairy free soup option is available to purchase for only \$5.50. All meals can be delivered to your doorstep every Friday.

If you want to learn more about the RangeCare meal service or to place your order, please call us on 071 5445 7044 or visit www.rangecare.com.au/partner-meals-service.



Leon Pope and Santosh Walunjkar ... "Making and sharing good food is so important. I learnt this from an early age."

Professional chef serves up fine food at popular Palmwoods cafe

WITH a 20 year career as a professional chef, and a lifetime of family cooking behind him, Chef Santosh Walunjkar brings experience and a passion for making beautiful food that feeds all the senses to Talking Turkey Cafe in Palmwoods.

"I grew up in a very poor family in India, and from childhood, my mother taught me how to cook nourishing meals for the family," Santosh explained. "There was no money to buy fast food, and it didn't really exist as we know it here. Making and sharing good food is so important. I learnt this from an early age."

Early this month, Santosh took over One Weird Dog cafe with Leon Pope. "Leon will be working the front of house and I will be in the kitchen," said Santosh. "My existing private catering business is called Talking Turkey, and the name means 'talking straight and to the point'. I think that is a good way to describe my food. My dishes appeal to all the senses, because people taste with their eyes, before

they take a bite.

"My menu is simple, and based on fresh, seasonal ingredients. I have come into the business with an open mind and desire to give people what they want," he said. "I really enjoy connecting with our guests and getting feedback from them about the dishes. Over time I think I can put together a menu that is a real people pleaser."

Talking Turkey Cafe will be open from 6.30am to 2pm for breakfast and lunch, every day except Tuesday and offers options for vegans, vegetarians and other food sensitivities and preferences.

"People in Palmwoods have been super friendly, supportive and welcoming and my plan is to make our customers happy by serving up the best food I can make."

• Talking Turkey Cafe is at 4/7 Margaret St Palmwoods and you can follow them on Facebook at @talkingturkeycafe

Friends of the ABC meeting to discuss broadcaster's value to the community

WALKLEY Award winning journalist Quentin Dempster will participate in a public meeting in Maleny on August 27 to discuss the state of the National Broadcaster.

The Maleny Community Centre event, "How Good is Your ABC", will be hosted by Friends of the ABC and ABC Alumni.

Topics of discussion will include funding, impacts of staff cuts, and the value to Australia of the ABC.

"Drawing on sources within the ABC, I'll be informing folk at the meeting about how, despite budget and staff cuts, and incessant political attacks, the ABC and its committed and hard-working staff are continuing to inform, entertain, and comfort Australia during the pandemic," Mr Dempster said.

"Despite the ABC's magnificent, and life-saving, role while we're in lockdown and threatened by COVID, and before that, during the bush fire catastrophes in the last few years, critics of the ABC attack the very idea, and practices, of public broadcasting," he said.

"I'll be sharing how ABC Alumni, all former and senior ABC employees with continuing inputs into the ABC, is responding to these attacks, and suggesting how communities served so well by the ABC can protect Our ABC, and also respond to ABC attackers."

Former 7.30 Report Queensland journalist Dr Mark Hayes will discuss how the program covered the landmark Fitzgerald Inquiry from 1987 to 1989.

"We knew the Fitzgerald Inquiry was going to be a huge and long running story, and at the ABC, because we helped start it, we had a special responsibility to report it in accurate and impactful ways," Dr Hayes said.

"State-based weeknight current affairs shows, like The 7.30 Report, were enormously influential, and relevant, especially once the Inquiry started work and genuinely sensational evi-



Walkley Award winning journalist Quentin Dempster ... "critics of the ABC attack the very idea, and practices, of public broadcasting".

dence was often presented by witnesses like corrupt police, politicians, and other 'identities'.

"So we hired actors to re-enact key parts of daily Inquiry evidence, and that was a national first for this kind of reporting," he said. "That was risky, could have caused the ABC legal problems with the Inquiry, and could have prejudiced any criminal cases from the Inquiry's findings."

"In the millions of words, dozens of books, thousands of articles, and stories, about the Fitzgerald Inquiry, its context, and impacts, which are continuing, nobody has studied how The 7.30 Report actually reported on the Inquiry on a daily basis," he said.

"I was deeply involved in The 7.30 Report's Fitzgerald Inquiry reportage, and will be showing and speaking to examples of our actual reportage, and placing it in context," Dr Hayes said. "This will be one of the very few occasions when this reportage has been seen in public, aside from in University journalism classes, since its original broadcast."

Chief of Staff and senior journalist at ABC Sunshine Coast Bianca Clare will also address the meeting.

• "How Good is Your ABC" takes place on Friday 27 August at 6.30pm. Tickets are \$10 and available from Maleny Information Centre, 23 Maple St or www.abcfriends.org.au/maleny_event_2021

Moment in Time



c.1951: The Nambour Post Office and adjoining shops. (photo: Nambour Museum)
In 1910 this grand wooden building replaced Nambour's earlier Post Office. It was again replaced in 1976 with the building of a new two-story building in Lowe Street.
In 1951, brick shops were built beside the post office. The rent from the shops assisted in the building of the new brick beautiful Methodist Church on the corner of Currie and Maud Street. The community was devastated when the brick church and shops were destroyed by an arsonist in 1987.

Centaur survivors finally tell their powerful stories

A new book by Queensland author Tony Matthews reveals what it was like for the survivors of the Australian hospital ship Centaur after it had been torpedoed by a Japanese submarine off Caloundra in 1943.

Sea Monsters, Savage Submarine Commanders of World War Two, includes a detailed chapter not only on the life of Hajime Nakagawa, the submarine commander who sank the vessel, killing 268 people including doctors, nurses and orderlies, but also reveals what it was like for those few who survived – told intimately through the eyes of the survivors themselves.

The release of a new book by Tony Matthews is always an event keenly anticipated by those who love history, and Tony's new publication



Dick Medcalf ... "It was a worry all right. The sharks were there as far down as you could see and they never left us".

lives up to the promise of an intriguing and beautifully-crafted read.

• YOU can read more about the Centaur sinking and the book online here www.sunshinevalleygazette.com.au/blog/centaur-survivors



How Good is Your ABC

**Maleny Community Centre
23 Maple Street
Friday 27 August 6.30pm**

More funding and staff cuts looming for **your** ABC.

- Hear Quentin Dempster on the state of **your** ABC
- See how **your** ABC's The 7.30 Report Queensland edition covered the landmark Fitzgerald Inquiry
- Learn how ABC Emergency helped save lives and property during the 2019 Sunshine Coast bushfires, and is responding to COVID

Speakers



Quentin Dempster AM



Dr Mark Hayes



Bianca Clare

Tickets \$10

Available from Maleny Information Centre, 23 Maple St or www.abcfriends.org.au/maleny_event_2021

**Enquiries - ABC Friends Queensland
President Dr Vikki Uhlmann
email: president_qld@abcfriends.net.au**

Woombye streetscape draft unveiled: Have your say

Do you enjoy a scenic drive to Woombye, or perhaps you're a local? Council wants to know if the recent draft streetscape designs for Blackall Street reflect Woombye's history and country charm. The community said they wanted improved pedestrian access, parking, a vibrant town centre and to share the stories of Woombye. Now is your chance to review the draft concept designs to see if Council has got it right. Head to Council's 'Have Your Say' website by Friday 13 August to share your ideas.

Immerse yourself in the Horizon Festival

Get ready for 10 arts-filled days and nights from 27 August with free and ticketed art events in 30 locations! Head to Cotton Tree Park to discover Wonderland Spiegeltent with world-class cabaret, comedy, circus, dance and theatre, plus free live music every night in the garden. To plan your festival experience, visit horizonfestival.com.au.

CUSTOMER CONTACT

sunshinecoast.qld.gov.au/Council/Contact-Council

Win up to \$1000 off your rates

Rates are due for payment by 20 August. Register to receive your future rate notices by email through MyCouncil and you'll put yourself in the running to win up to \$1000 off your next rate bill. You can open a MyCouncil account or login to an existing account at mycouncil.sunshinecoast.qld.gov.au.

Register for Glossy Black Bird Count Day

Join the count of these popular local birds on 11 and 12 September. Knowledge is key and your vital information will help protect these birds in the future. Council is proud to partner with the Glossy Black Conservancy for this event across the region. Register now at events.sunshinecoast.qld.gov.au to receive an information pack before the day.

One for the calendar

Next Council Ordinary Meeting - Thursday 19 August at 9am.

Recognise a local hero

Nominations are open for the 2022 Sunshine Coast Australia Day Awards. Now is your chance to say "thank you" by nominating the quiet achievers in our community. If you know a person, community group or organisation worthy of an award, nominate them today. Nominate online via Council's website before 4 November.

Dig out the photo albums

Share your photos of summers past to enter Sunshine Coast Council's 2022 Heritage Calendar photo competition. The 2022 calendar theme is *The Great Outdoors. Celebrating fun days of sun and adventure*. The competition closes 16 August. Entry is free and winning photos will be included in the calendar. Visit heritage.sunshinecoast.qld.gov.au for more information.

Council's Major Grants close 30 August

Community organisations can apply now for funding to deliver one-off projects, events and activities that meet an identified need and provide community benefit. Visit Council's website for more information.

Enjoy 40 exceptional finalist artworks

Head to Caloundra Regional Gallery to experience the 2021 Sunshine Coast Art Prize exhibition on show 27 August to 10 October. You'll find 40 exceptional finalist artworks including painting, drawing, photography, printing, textiles and assemblage. Vote for your favourite work in the People's Choice Award. Entry to the gallery is free. For further details, head to gallery.sunshinecoast.qld.gov.au.

Are you a responsible pet owner?

Did you know there are more than 60,000 dogs and cats registered in our region? Registering your pet helps Council reunite them with you if they get lost. Plus, it's the law. Keep an eye out for registration renewals later this month. You can update your details or register a new pet online via MyCouncil anytime or call Council on 5475 7272.

07 5475 7272
mail@sunshinecoast.qld.gov.au



www.sunshinecoast.qld.gov.au

Gut feeling prompts a more natural approach to health

HAVING experienced ongoing poor health throughout her childhood, Landsborough Kinesiologist and Functional Nutritionist, Rochelle Voysey understands first hand the pain and frustration that comes when pharmaceutically based medicine is unable to provide effective strategies to alleviate symptoms and address the underlying causes of many chronic health issues.

"I was a sickly child and had lots of issues with allergies and sensitivities," Rochelle said. "My mum did an amazing job of trying to get to the bottom of it, but after years of relentless tests and treatments, we ended up at a Naturopath who helped us to better understand what was happening. At the time it was the last resort for us, and it was also the only place I found answers and relief."

The experience of moving to a natural approach armed Rochelle with an appreciation of food as medicine, and she knew that she could help others to address long term health issues via a dietary approach. Rochelle completed a BSc of Nutrition, with a strong focus on biomedical science, and while this was a starting point for her, she still felt that there were pieces of the puzzle still missing.

"My exploration of Reiki and Kinesiology represented a huge turning point in my own health journey," Rochelle said. "Because it has been so powerful for me, I knew I could use it in combination with my education in nutrition and dietetics, to help others who are suffering with chronic health conditions. Both Reiki and Kinesiology are incredibly gentle and nurturing practices and I also use acupressure, bodywork, and nutrition and lifestyle therapies to help my clients release trauma and pain."

Rochelle set up her practice, Rewilded Health and the name is indicative of her approach to health. "The name was inspired after I watched a David Attenborough documentary about how wolves were reinstated into a severely degraded national park in the US," Rochelle said. "When the apex predators were reintroduced to the park, the entire environment regenerated and the delicate natural balance was restored. All species thrived. "Restoring the natural balance to the physical, emotional and spiritual bodies



Rochelle Voysey: "We are learning so much about the vital role of microbes in the gut."

is such an integral part of healing. We can often get stuck believing that our bodies are somehow working against us, but, in reality, they're asking – often screaming! – for help. All we have to do is stop and listen."

"We are learning so much about the importance of gut health and the vital balance of microbes in the gut," she said. "I blend the wisdom of holistic and nutritional therapies with evidence-based practice to help my clients uncover the underlying cause of disease, rebalance the body and regenerate health and vitality."

Rochelle can assist with issues such as hormone, thyroid balance and metabolism, auto-immunity and detoxification, chronic stress, fatigue and adrenals, trauma recovery and mental health, and gut and digestion issues.

"My services include functional testing and analysis and I love helping people bring together the pieces of their story in order to understand the origins of their ailments and move beyond them."

• Rewilded Health Shop 6/4 Mill Street, Landsborough Shopping Village Landsborough. Phone 0412 720 561.



Real Food Market owners Nicky Kinna and Colleen Bichel with regular and appreciative customers Sunny and Tom Winney.

This is the 'Heart of My Town'

by **Troy Winney**

THE nearest town to where I live, and what I therefore consider my hometown, is Yandina. It is rapidly changing and growing, in both a residential and a commercial way. There are new homes being built on many of the fringe areas close to town, a new industrial area on the other side of the Bruce Highway and more shops coming to the town centre.

I believe every town however has a place that is at its heart. Many places might have more than one. In Yandina, I believe the heart of the town is the Real Food Market (formerly known as Jeffers and run by the Jeffers Family).

Not only is it at the main intersection of town, but it also provides us with a connection to community – something that is perhaps more important than ever to maintain. What better reason to come to town than to pick up some local or responsibly-sourced food from friendly, caring people.

Now run by Colleen and Nicky, the Real Food Market is a reason to stop. There are other busy places in town, like the butcher, the bakery, the hardware and such. The pub, the IGA centre, Silo, and some great cafes too. But for me, none mean Yandina like the Real Food Market.

As someone who is into fresh wholesome food, having the Yandina market open every week for the last few years has been a total god send. My family shop a lot there for fruit and vegetables too. The stall holders come every week rain hail or shine and I appreciate that so much.

The Real Food Market though, show up every day in our town. I think everyone should honour that and shop there every week too, even just for a couple of things.

It is a small business that nourishes us. They know my children's names. They sell locally grown produce when it is in abundance, along with local bread, coffee, dairy, cake, tempeh, eggs, flowers, fruit trees and more. It is also where I pick up my copy of *The Sunshine Valley Gazette* each week.

I am so grateful for the friendly welcome I always receive from Colleen, Nicky and all their wonderful staff. For me, you are the heart of Yandina.

• What's the heart of Your Town? Do you have a favourite business or service you think is so inspiring it could hold the mantle "Heart of your town". Let us know in 300 words or less. Send your story to editor@sunshinevalleygazette.com.au for consideration.



Owner John McMaster and a diner enjoy the upstairs fire and dining area with sweeping views of the Coast.

Tapas 10 restaurant offers authentic Spanish experience in Mapleton

A new fully licenced restaurant in Mapleton offers a unique and special space for people to enjoy sweeping views of the Sunshine Coast.

Founder and owner John McMaster said he was excited to have his vision open for people to come together with family and friends to enjoy great views in an intimate setting.

"Tapas 10's menu specialises in authentic Spanish cuisine, traditional continuous serving of small savoury dishes and appetisers designed for sharing while experiencing all that Tapas is," John said.

"With many years of experience in tapas cuisine, chefs Luke and Troy design a new menu on a regular basis giving the patrons who visit the restaurant a new Tapas experience each

time."

John said he was excited to introduce a new culture in dining by bringing together people at Tapas 10 Bar and Lounge.

"Seating on both the lower and upper levels offers extraordinary views," he said. "Upstairs dining is an intimate cosy setting. Outside on the deck we have heating for comfort. The main floor seating takes advantage of the views by adding high-top tables. So, no matter where you are seated, you still get the views."

• Tapas10 is open Thursday to Monday from 4pm to 9pm for dinner. It is open for lunches on Saturday and Sundays from 12noon. For Bookings phone 5343 6244.

Vale Christine Thorogood

Christine Ruth Thorogood 1947 - 2021

THE funeral of Christine Thorogood was held at Gregson and Weight Nambour on Monday. Christine was born on October 20 1947 in Jandowae near Toowoomba to Ruby and Ben Hickey. She was the youngest of five children. Christine moved to Toowoomba when she was 7 due to her father's work. When Christine was 10 years old, she lost her beloved father suddenly.

She finished school and started an apprenticeship, hairdressing for Morrisons Salons.

After she finished her hairdressing apprenticeship Christine went to Nambour to work in a salon.

On a fateful night at the Club Hotel Christine met Noel Thorogood. Romance blossomed and they were married on the 13th of February 1971 in Toowoomba.

Christine not only married into the Thorogood family, but she "became a Thorogood" and really loved being part of the family.

Christine and Noel had three lovely daughters, Renae, Leisel and Sharna. She continued hairdressing in Mooloolaba and then in Yandina.

Christine enjoyed sports, including tennis and darts, and later in life with Noel's persuasion, lawn bowls. She loved everything about lawn bowls and would not only play but volunteered to work and provide in the kitchen.

It became like a second home to her. She worked in the kitchen on Friday nights and later became president of the Ladies Bowling Club which she enjoyed.

Last week the Yandina Bowls Club named their kitchen, The Christine Thorogood Memorial Kitchen. What a huge honor for her.

Christine had eight grandchildren, Joshua, Jordan, Sam, Keira, Eva, James, Allegra and



Yandina Bowls Club has named it's kitchen The Christine Thorogood Memorial Kitchen to honour Christine.

Austin. She loved being a grandmother. A favourite place to take the kids was up to Hervey Bay. Through lawn bowls and hairdressing, she met many wonderful friends.

Christine lost Noel in 1999 which was devastating to her.

She was also a wonderful cook and loved gardening. If you ever needed to know what was happening in Yandina, Christine was the lady to go to. She was always helping other people throughout her life and in her time of need people have been there for her.

When Christine was diagnosed with lung cancer in 2019, she put up a good fight before finally succumbing.

Surrounded by family and friends to the very end, she would take comfort in knowing so many people cared about her. It's not what we have in life, but who we have in our life that matters. A life of wonderful memories to the very end, not only for us, but for her as well.

Rest in Peace Christine.

Forum looks at what we can do to reduce local waste

From Fiona Emberton, Assistant Manager Maple Street Co-operative Society Limited

MAPLE Street Co-op and Maleny Forums held a meeting recently to find out what is already happening in Maleny regarding waste reduction.

Local individuals, community organisations, schools and businesses came along to an informal evening to share how the community already avoids waste, reduces, reuses, recycles and repairs. The intention was to take waste reduction to the next level with the help of a few key people. Barry Smith from Maleny Forums introduced the meeting "Many people in the areas are doing great things for recycling but as is normal, there is a lack of joined up thinking. Tonight is about sharing what we are doing and then taking some action to do even better"

Cr Winston Johnston took part, along with Sunshine Coast waste team members Craig Wilson and Sandi Johnston who provided a short overview on what is being done in the region, a large focus being on reducing the amount of garden waste and kitchen scraps going into the red (standard waste) bin.

Three things we can do to make a difference

- Rinse out containers before putting in yellow recycle bins – recycling is still sorted by hand at the depot!

- Think about downsizing your bin and using a green bin for garden waste – an audit of bins found nearly half of the contents is biodegrad-

able food scraps and garden clippings

- Think about whether you need to buy the item at all – avoid creating waste

There was a passionate response from those in the room who have been dedicated eco-warriors for decades but also a resolution from those recycling newbies to do more and better. A round robin allowed each participant to highlight what they are doing currently to reduce and recycle including the local Fix It Café in the Neighbourhood Centre, the 10c container recycling on Wednesday mornings at the IGA carpark and the Witta Transfer Station shop that operates on Saturdays. Once every one had highlighted their initiatives, the group brainstormed what could happen next. Key themes emerged including the need for action over discussion, more community education, finding out facts so that the group could track progress, advocacy to government and packaging producers and community projects.

The community project ideas were inspired by Yandina Community Garden, Transition Towns, War On Waste in Glasshouse, Responsible Cafes and the plastic recycling and biogas generation initiative nationally.

The Forum generation so much enthusiasm that a group of 16 people have committed putting projects into action. The Maple Street Co-op has offered to be a clearing house for information on local recycling points.

- The group would welcome anyone to join them at the next working group meeting. If you are keen to roll up your sleeves and make things happen please contact Fi on 0416 057 702.

From left, Division President Patsy Lee, Branch President Maureen Brook, Jenny Douglas (Secretary), Debbie Hopsick (Vice President), Lorraine Middleton (International Officer), Leigh Watson (Vice President) and Alex Clarke (Treasurer).



Country Women's Branch holds AGM

THE Yandina Branch of the Qld Country Women's Association recently held their AGM with Division President Patsy Lee chairing the meeting.

The ladies enjoyed hearing reports from the Branch President, Treasurer, International Officer and Country Kitchens' Facilitator. Outgoing Secretary Sharon Tilly and Vice President Heather Reeve were thanked for their efforts during their terms and Jenny Douglas and Debbie Hopsick were welcomed as the incoming Secretary and Vice President respectively. Other officers President Maureen Brook, Vice President Leigh Watson, Treasurer Alex Clarke and International Officer Lorraine Middleton are continuing in their roles.

Di Alexander, School-based Youth Health Nurse at Caloundra State High School was the guest speaker. The ladies were very interested in her presentation about her role and support available for young people, both within the

school and through links to external agencies. She also shared techniques for dealing with stress and for positive mental health.

The executive committee is looking forward to leading the Branch for the coming year including their involvement in the upcoming Yandina Street Fair on Sunday 22nd August. The ladies will be running their popular Tea Room, will have quality handmade craft items for sale along with delicious baked good, jams and chutneys as well as plants. They are also holding a raffle with prizes donated by Spirit House, The Ginger Factory and Yandina IGA along with a Nutrimetics pack. The ladies are very appreciative of the support from local businesses and the community which allows them to continue to use funds raised to assist the community.

- For more information visit the Branch's Facebook page or contact the Branch by email qcwayandinabranh@gmail.com

Nominations close
20 August 2021

Play a role in giving feedback to Council on the ongoing implementation of the Integrated Transport Strategy – whether it be a discussion on specific projects, proposals, or emerging transport related issues.

Council is inviting you to nominate to join its Transport Community Reference Group.

Community input is vital to our success.



Scan the QR code or visit our website to submit your nomination.

sunshinecoast.qld.gov.au/TCRG
07 5475 7272

Sunshine Coast
COUNCIL

Our region.
Healthy. Smart. Creative.

Soprano heads concert trio at Montville's Lucas Parklands

by Richard Bruinsma

WORLD class Australian-born soprano Alexandra Flood is soon returning from her work in Europe to tour her home country, including unique concerts at Lucas Parklands, Montville.

The young artist has an inspiring resume of performances with elite conductors and orchestras in the world's birthplaces of classical music, and she is returning to share her unique voice with Australian audiences, including in two exciting local performances at Lucas Parklands.

In this special event, the young opera star will perform in trio with world-renowned New Zealand violinist Amalia Hall and captivating pianist Michael Ierace in the Lucas Parklands concert hall on September 25 and 26.

From her birthplace in Phillip Island, to her childhood in the Middle East, and her move to Europe, Ms Flood's talents are today very much in demand in classical performances on the stages of France, as well as Germany, Austria, Poland, Italy, The Netherlands, the USA and more.

Despite making her successful move to the concert halls of Europe in 2014, Alexandra has always returned home annually to share her talents with Australia's classical music lovers and mentor our young singers - a personal passion that was disrupted in 2020 due to the restrictions of the pandemic.

"I'm always going to want to come back to Australia to do meaningful work in Australia," Ms Flood said from Paris, where she is rehearsing at the Opera national de Paris.

"It's just something that I care about, and I feel a sense of duty to invest in our industry, so that's a big motivation for this trip as well."

Her professional performances in Australia through the years are simply too many to mention in one brief news story. They include repeat appearances with the Queensland Ballet and Queensland Symphony Orchestra, repeat performances with the Southern Cross Soloists, the Adelaide Symphony Orchestra, and the Victorian Opera.

Ms Flood's most recent performances in Queensland were in 2019 were with Opera Queensland. Her 2016 performances of the Strictly Gershwin concert series with Queensland Orchestra also received high critical acclaim.

With international travel now slowly becoming more possible, with quarantining of course, she is bringing her wonderful voice back to Australian audiences, who will benefit from her experiences and professional growth in Europe.

"I was aware when I left Australia that there was this tendency for some artists to go off overseas and not look back in a way, and I really wanted to make sure I continued to invest in the Australian industry," she said.

"I wanted to help build this bridge of cultural exchange between Europe and Australia so I make time in Australia a priority in my calendar, and it will continue to remain a priority."

Covid has forced the music industry to adapt, and Ms Flood noted that, due to social distancing guidelines, she had earlier this year pre-re-



Soprano Alexandra Flood, will perform at Lucas Parklands, Montville, on September 25 and 26.

corded her parts for a recent Parisian opera.

"Of course, I would prefer to sing live, but the fact that I'm willing and able to say, 'OK, this is not ideal, but I'll do it', is part of the changes we have to make as performing artists at this time," she explained.

"Being able to be flexible is one of the things that is helping artists survive through this pandemic."

With that in mind, she is now even more eager to perform for live audiences during her tour of Australia in September and October.

"There is something in Australia that is so ancient - its culture, its native rainforest, it's so untouched - but at the same time it's so modern and accessible," she said.

"Sometimes we see this physical distance between Australia and the rest of the world and I think the brilliance of classical music just connects us."

Ian Lucas, of Lucas Parklands in Montville, said he is counting down the days in anticipation of Ms Flood's Montville appearances.

"I'm expecting a wonderful concert with Alexandra Flood and Amalia Hall, and they're teaming up with a great pianist, Michael Ierace," Mr Lucas said.

"Both ladies are, to use a sporting phrase, at the top of their game; we have a great violinist, a great soprano, along with a great pianist who will all do pieces together as well - trios and duets - from traditional popular opera to some surprise Australian as well."

"It'll be a wonderful concert. Local music lovers are in for two amazing experiences. I just can't wait."

• For tickets, phone 07 5478 5667. Lucas Parklands' website: www.lucasparklands.com.au



Happy customers ... Stewart Cameron and Jennifer Parish's home sold for a record \$915,000. They are pictured with agent Tristan Brown.

Nambour property attracts record price

A residential Nambour property this week achieved a record sale price of \$915,000, demonstrating that not only is the housing market hot, but buyers are recognising the value and potential of quality properties in the area.

"We were thrilled with this result for both the seller and the buyer," said selling agent Tristan Brown of Remax Nambour. "It is a fantastic, well built and well positioned property and I know that the new owners will put their own stamp on it and enjoy it for many years to come."

The sale of the St James Court home happened in whirlwind style, and the listing never even made it online before the offers started pouring in.

"I posted some photos of the property to social media during the photoshoot, and in the car on my way home I received a number of enquiries about it," said Mr Brown. "I have never seen the real estate market move like it is moving now. It is like a gold rush, with people keen to secure properties in our area."

"There is unprecedented pressure on the housing market and it has been a challenge to keep up with demand."

But while there has been a great deal of suggestion that this pressure is being brought to bear by southerners moving to the area due to COVID, local agents are not necessarily finding that to be the case.

"The majority of our sales have been to locals," Mr Brown said. "And that is so incredibly exciting because it clearly shows that people want to invest, or re-invest in Nambour. There is undoubtedly a renewed sense of pride, enthusiasm and energy here as relative newcomers discover what long-time locals have always known; it is a fantastic place to live."

"There are many quality properties in the area and as agents it is our job to come in fresh, with an open mind," he said. "Buyers want to see value and sellers are after a premium result. Our focus is to recognise both perspectives and set expectations accordingly."

There are a number areas on the Sunshine Coast that have traditionally been recognised as real estate hotspots and according to Mr Brown, Nambour has become one of them.

"In property circles outside of the Sunshine Coast, there has grown an increasing awareness of and talk about the gentrification of Nambour."

"For us, when we achieve a certain price point on a property, there is little difference in the amount of commission, and so for us the satisfaction comes with seeing the looks on the faces of our sellers, and the knowledge that we are setting new benchmarks for Nambour. There is a new wave of people who want to be part of this community and it is great to be a part of it."

National Stroke Week August 2-8, 2021

THE theme for National Stroke Week (August 2-8) is United by Stroke, which celebrates our frontline healthcare workers who save lives every day and the health professionals who support the recovery of survivors.

All Australians are encouraged to be "united by stroke" by learning and sharing the F.A.S.T. message:

- Face: Check their face. Has their mouth

drooped?

- Arms: Can they lift both arms?
- Speech: Is their speech slurred? Do they understand you?
- Time is critical: If you see any of these signs call triple zero (000) straight away.

Woombye School of Arts

THE Woombye School of Arts wishes to advise all interested parties that the AGM will be held in the Lower Hall on Tuesday afternoon August 31, at 4:30pm.

Letters to the Editor

Requests for noise feedback fall on deaf ears

Following is a copy of a letter to Queensland Rail CEO Nick Easy and General Manager Department of Transport and Main Roads Tim Dighton from Woombye's James Kasmer, regarding rail noise at Woombye. One year after a meeting to discuss the issue, trains are still being stabled at the Woombye stabling facility with their air-conditioners left running near constantly in "service mode" (not in "stabling mode").

The air conditioners are kept running in service mode to prevent a build-up of mould and mildew.

This is to counter an inherent odour problem with the recently-acquired multi-billion dollar fleet. TMR said it would work to investigate and resolve the mould and mildew issue which causes the awful odour. However after a year, resident's pleas for information have fallen on deaf ears. — Editor

Letter:

I am writing further to our meeting with the WCBA last year on 18th July 2020.

12 months on, at least in Woombye where our requests are related to, Stabling Mode has not been implemented.

Last evening the trains were roaring, as they are the majority of the time, when Stabled here at night-time.

That old age question still persists over 12 months from when we all met at the Red Bridge Motor Inn; when are trains in Woombye going to be Stabled each evening in Stabling Mode when not in service or being cleaned? The actions QR put in place in June 2020 - regarding early morning klaxon use and night-time light use - have been brilliant, and very well received (thanks) by the community here. Noise coming from air conditioners, however, continues to be ignored.

Your reply is appreciated please. What are you doing?

— James Kasmer, Wakefield Street, Woombye

The battles Australians must never forget

Last month marked the 105th anniversary of very two significant and devastatingly costly battles fought by Australians on the Western Front during the First World War - the Battle of Fromelles and the Battle of Pozières.

On 19 July we remember the Battle of Fromelles, a battle that lasted 24 hours but tragically resulted in 5,533 Australian casualties, making it the single bloodiest day in our military history.

Just a few days later, on 23 July, the Battle of Pozières commenced and lasted six weeks.

In the Battle of Pozières Australian soldiers achieved success, capturing and holding the village of Pozières, gradually pushing the Germans back.

However it was another extraordinarily brutal and costly battle for Australia, with over 23,000 casualties.

Tragically, of the almost 300,000 Australians

who served on the Western Front, 45,000 lost their lives.

We must never forget the selfless service, courage and sacrifice of those men and women who served our nation in the First World War. It was a conflict which devastated a generation of Australians.

That enormous loss, suffering and pain has echoed through the years and is still felt to this day.

I encourage all Australians to learn more about the experience of our troops on the Western Front, including their very significant contribution to the Allied victory, by downloading the Department of Veterans' Affairs Anzac360 virtual reality app or search 'Anzac360' on the App Store or Google Play. You can also visit the Department's Anzac Portal.

Lest we forget.

— Andrew Gee, Minister for Veterans' Affairs, Minister for Defence Personnel

MALENY & HINTERLAND REAL ESTATE

SALES | PROPERTY MANAGEMENT | COMMERCIAL



122 Maleny Kenilworth Road, Maleny

6 3 3

Perfectly positioned on a flat 2902m² block is this very stylish 120-year-old Queenslander. Meticulously renovated, this property offers the growing family every modern feature, a fantastic layout, and some very special original features. The heart of the home offers family living at its best; a large modern kitchen with butler's pantry and dining room all flowing to the large deck at the rear of the property. This enviable home is an entertainer's dream with so many spaces to gather with family and friends. It also offers the ultimate retreat for buyers looking for a quiet corner to curl up with a book and while away a weekend. And with

a separate entrance to a generous study, there is the ability to work from home or meet with clients in privacy. There's adventure to be found throughout the grounds for the youngest members of the family and their four-legged friends; with the established gardens and mature trees creating a very private space for everyone. Downstairs, with its own entry and parking, is a very neat and tidy two-bedroom unit that is currently tenanted. This home offers so much opportunity for investment and family living and must be inspected to appreciate all that is on offer.

For Sale
Contact Agent

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



12 Cloudwalk Drive, Maleny

4 2 2

Ever-popular Cloudwalk Estate in Maleny offers modern family homes just minutes from the heart of Maleny and all its amenities; unique shopping, market laneways, schools, medical facilities, cafes and restaurants. 12 Cloudwalk Drive has been well maintained and presents the opportunity to move in and start living straightaway. This property would also be the perfect weekender for buyers looking to escape the hustle of city life. Picture windows have been perfectly positioned throughout the property to capture light and the changing seasons. The large timber deck flows off the kitchen and living area offering a tree-filled view and an enviable spot to sit and while away the weekends.

For Sale
Offers Over \$750,000

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



2-12 Forestcreek Place, Wamuran

2 1 1

This gorgeous two-bedroom granny flat is positioned perfectly on an 8,041m² block. Lovingly renovated with high-quality fixtures and fittings throughout; the attention to detail can be seen in the craftsmanship of the renovation. This large corner block is in a fantastic position as part of the Wamuran Basin and has both elevation and a useable block to compliment the two-bedroom granny flat. Mature native trees have been lovingly planted by the owners and it's created a very private block and is home to an abundance of wildlife. Grab the opportunity to own this incredible block and live in the granny flat while you plan and build your forever home.

For Sale
\$850,000

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



255 Corks Pocket Road, Reesville

4 2 2

Here is the opportunity to create a peaceful Hinterland lifestyle on just over 1 acre of land. Situated in Reesville, just 10 minutes from the heart of Maleny, this expansive 4 bedroom home offers the chance for buyers to find room to grow. The master bedroom and en suite is separated from the large living room, dining room, kitchen and the further 3 bedrooms, family bathroom, study and laundry. This very solid home, built and owned by a local Maleny builder, is perfect for your peaceful bush retreat. With a large timber deck leading from sliding doors off the dining and living areas, there is room to entertain with visiting family and friends.

For Sale
Offers Over \$700,000

Inspect
Open Homes and By Appointment

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



25 Cooke Road, Witta

4 2 3

Offering over an acre of land, this much-loved home is perfectly positioned to capture the very pretty rural views across Witta and beyond. Set over two levels, there are views and nature to be enjoyed from each storey of the home and across the property. Surrounded by quality homes, here is the opportunity to create something very special in a highly sought-after area; astute buyers are revelling in all Witta has to offer. You'll see how much love the current owners have for this home; it's been well maintained and offers so much for the growing family or couple who love to entertain visitors. The front porch offers the perfect spot to relax at the end of the day, revel in the tranquillity and drink tea produced from your very own tea plantation. The plantation has produced enough over the years to keep your kitchen and friends and family well stocked!

Price Reduced
Offers Over \$830,000

Inspect
Open Homes and By Appointment

Rodney Millett
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Revel in rural Witta

AGENT'S CHOICE 25 Cooke Road Witta

OFFERING over an acre of land, this much-loved home is perfectly positioned to capture the very pretty rural views across Witta and beyond. Set over two levels, there are views and nature to be enjoyed from each storey of the home and across the property.

Surrounded by quality homes, here is the opportunity to create something very special in a highly sought-after area; astute buyers are revelling in all Witta has to offer.

You'll see how much love the current owners have for this home; it's been well maintained and offers so much for the growing family or couple who love to entertain visitors.

There are numerous entertaining spots to gather with family and friends and accommo-

date them for a weekend together.

The front porch offers the perfect spot to relax at the end of the day, revel in the tranquillity and drink tea produced from your very own tea plantation.

The plantation has produced enough over the years to keep your kitchen and friends and family well stocked!

Witta offers so much for buyers seeking peace and tranquillity and larger blocks, but you'll be just ten minutes' drive to the vibrant township of Maleny and its shopping, schools, hospital, cafes and restaurants.

The monthly Witta Markets with their bounty of local produce and artisan producers is just a 3-minute drive away.

• Contact agent Rodney Millett of Maleny & Hinterland Real Estate on 0477 702 073.



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What's your home worth?

Every hinterland suburb, yearly & quarterly growth

THE Hinterland real estate market has been consistently hot for the past nine months with interstate migration and lifestyle changes driving the boom, according to property experts.

The table below shows Quarterly Growth by suburb as at 30th June 2021.

Yandina Creek was the best performer over the past 12 months with prices rising 29% pipping Yandina at 28.2%.

Meanwhile, Eumundi prices rose 11.2% in the three months to June 30 and Burnside and Coes Creek 10.9% and 10.7% respectively.

See figures below.

Suburb	Property type	3mth change	12mth change	Median value
Nambour	Houses	10.3%	25.9%	\$533,493
Rosemount	Houses	7.2%	23.8%	\$914,354
Palmwoods	Houses	7.3%	20.5%	\$703,459
Woombye	Houses	10.0%	21.8%	\$660,312
Diddillibah	Houses	8.5%	22.2%	\$1,037,996
Coes Creek	Houses	10.7%	24.0%	\$608,353
Burnside	Houses	10.9%	25.0%	\$589,932
Bli Bli	Houses	9.7%	24.7%	\$716,608
Montville	Houses	9.2%	25.8%	\$798,172
Mapleton	Houses	7.7%	25.2%	\$690,615
Flaxton	Houses	8.1%	20.8%	\$856,798
Maleny	Houses	7.5%	23.3%	\$793,661
Witta	Houses	6.8%	21.1%	\$777,730
Forest Glen	Houses	8.4%	15.9%	\$786,955
Eumundi	Houses	11.2%	25.7%	\$926,912
Eudlo	Houses	8.6%	24.7%	\$854,455
Mooloolah Valley	Houses	8.8%	20.0%	\$744,908
Ninderry	Houses	10.5%	24.8%	\$968,741
Yandina Creek	Houses	7.9%	29.0%	\$1,031,749
Yandina	Houses	10.3%	28.2%	\$688,294

Source: CoreLogic



Maleny hinterland masterpiece offered for the first time

A multi-award-winning, grand-scale masterpiece of design, Two Roads is set on 185 acres, amongst one of Australia's most outstanding natural landscapes in the hills behind Maleny, on Queensland's Sunshine Coast.

Boasting a slew of prestigious architecture and design awards, including Queensland Home of the Year 2016, it enjoys a perfect due north aspect with breathtaking views over the Witta and Curramore ranges.

Located a seven-minute drive to the heart of Maleny, Two Roads feels world's away, cleverly nestling into the natural landscape to provide absolute privacy from neighbouring areas.

The spectacular centrepiece of Two Roads is its 1500sqm, 6-bedroom homestead, completed in late 2016 as the last piece of Two Road's meticulously planned restoration and development.

Timeless design is characterised by exceptional bespoke craftsmanship and a material selection that is intentionally limited and honest. Stand-out features include honed and polished concrete floors, dark-stained hardwood shiplap cladding, and New Guinea Rosewood feature ceilings.

Experience an unsurpassed lifestyle with

complete privacy, security, over four acres of spectacular manicured gardens, extensive and substantially improved pastures, breathtaking native rainforest, kilometres of walking trails, and multiple waterfalls and swimming holes.

KEY HIGHLIGHTS

- Master Builders Queensland Home of the Year 2016
- 185 acres total offering complete privacy and security
- 1500sqm homestead comprising 6 bed / 4 bath / 7 car / powder-room / multiple living and entertaining areas / office / library / rumpus room / guest room
- Perfect north aspect with views over Witta and the Curramore Ranges
- Over four acres of manicured lawns
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Street Record (3 Bedroom Homes)

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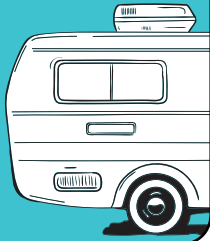
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Petrie Creek Bushcare

THE photos show two of the many species of birds (Double Barred Finch and Rainbow Bee-Eaters) spotted at the Petrie Creek Catchment Care Group Bushcare Action Bee in early July beside Petrie Creek in Woombye.

If you would like to join the volunteer team, we'll be creating more habitat for the native animals at our next events:

- Florabunda Pocket at 8am on Saturday 07 August. Meet near the Rugby Oval at the creek end of Laidlaw Rd Woombye
- Namba Creek at 8 am on

Saturday 21 August. Meet at the Model Railway Park off Florence St Nambour.

To join in the activities at these events you'll need to come in "long everything" bush protective clothing including boot/shoes and a hat. All tools required will be provided and we'll finish with a cuppa after a couple of hours of exercise in the outdoor air.

• For more information see the PCCCG Facebook Page @ PetrieCreekCatchmentCareGroupInc or contact Norm Morwood 0409 63 99 44.

Commitment to protect wildlife

FOLLOWING ongoing positive results, Sunshine Coast Council will continue its program to protect native wildlife by preventing and controlling declared feral animals in the region.

The feral animal prevention and control program targets specific declared species throughout the Sunshine Coast Council area - wild dogs; feral goats, cats and deer; European foxes and rabbits; and Indian Myna birds.

Environment Portfolio Councillor Maria Suarez said the program would minimise the impact feral animals had on our environment.

"It's vital we monitor the extent and magnitude of certain feral animals in the region to understand where they are and implement activities to minimise any damage," Cr Suarez said.

"A perfect example of this is identifying rabbit invasions over the past 12 months. Rabbits are not yet established in our region and it's vitally important we keep it that way.

"If rabbits were to become established, their impact on agriculture and the environment would be significant as they compete with native wildlife, they can contribute to the extinction or decline in numbers of many native animals and plants and damage vegetation and degrade the land.

"The prevention and control program has allowed council to work closely with landholders to try to eradicate them before a population is established.

"This partnership with our community is vital to our success.

Under the Biosecurity Act 2014, landholders have a General Biosecurity Obligation to manage declared pest plants and animals on land under their control.

The 12-month program will start on 6 September 2021.

For information about invasive animals visit <https://www.sunshinecoast.qld.gov.au/Environment/Invasive-plants-and-animals/Invasive-animals>



Helen Moffitt and Jim Bird and with the message from Sir David Attenborough and some of the activity books.

Activity book includes a message for PM

FRUSTRATED by the response from the government regarding action on climate change, Jim Bird and Helen Moffitt created a free activity book, each one including a message to the Prime Minister.

They created 10,000 activity books, each carrying a postcard which can be sent to the Prime Minister, asking him to build their future on renewable energies. Jim and Helen have produced the books using their own funds and it is hoped that many postcards will reach the

PM. The Sunshine Coast environmentalists received a handwritten letter of support from Sir David Attenborough after sending him a copy of their environmental activity book.

The books are available free from Montville newsXpress. The Sunshine Coast Environment Council supports this initiative (non-financial). If you wish to help, donations are welcome through their website www.ourfutureactivity.org

Maleny Golf Club Results

Tuesday 20th July, 2021: Maleny Golf Club held a Mixed Stableford competition. First: Don Lemon 41 points on a count-back from Jamie Seymour 41 points, runner-up Graham Thompson 40 points, third Chris Small 39 points. Nearest to the Pin Jon Fairman on the fifth hole and Scott Bryan on the twelfth hole.

Wednesday 21st July, 2021: The Ladies in our Club played in a Ladies VS Par Competition. First: Christine Lemon a +1, runner-up Margaret Trigger 0, third Pauline Fraley -4 on count-backs from Narelle Thamm, Susanne Hardy, Heather Shortus, Sharrol Perdriau & Janice Emmett, all -4. Nearest to the Pin Karen Heading on the eighth and twelfth holes.

Saturday 24th July, 2021: Maleny Golf Club held their Mens A, B and C Grade Monthly Nett competition A Grade A-1 Tom Hallam 69 nett, A-3 Craig Monaghan 71 nett and A-4 Doug Evans 76 nett. B Grade winners - B-1 Toby Poole 67 on count-backs from B-2 Paul Viertel and B-4 Matthew Wolski, both 67nett. C Grade - Monthly Medal - first place Tye Lincoln 63 nett, runner-up Ralph Ding 68 nett, third Malcolm Lower 69 nett. Nearest to the Pins Rupert Hohls on the fifth hole, David Killeen on the eighth hole and Gary Wright on the twelfth hole.

Tuesday 27th July, 2021: Maleny Golf Club held a Mixed Stableford. First: Jamie Seymour 40 points, runner-up Robert Pickett 39 points, third Peter Gilbert 36 points on a count-back from Rod Thamm, also 36 points. Nearest to the Pins Grant Wilksch on the first hole and Robert Pickett on the fifth hole.

Wednesday 28th July, 2021: The Ladies in our Club played in a Ladies Stableford Competition. First: Susanne Hardy 35 points, runner-up Narelle Thamm 32 points, third Pauline Fraley 31 points. Nearest to the Pins Carolyn Thompson on the fifth hole

and Pauline Fraley on the fourteenth hole.

Wednesday 28th July, 2021: There was the Red Belly Challenge Nett Competition played. First: Kaleb Hamilton 66 nett on a count-back from David Phillips, also 66 nett. Runners-up William Florimo 71 nett on a count-back from George Giblett, also 71 nett, third Darrel Kapusi 72 nett.

Saturday 31st July, 2021: A Mixed Stableford game was played. First: Doug Evans 39 points, runner-up Tom Kennedy 38 points on a count-back from Matthew Howie, also 38 points, third Andrew Gercken 37 points. Nearest to

the Pins Donald Newsham on the fifth hole and Chris Small on the eighth hole.

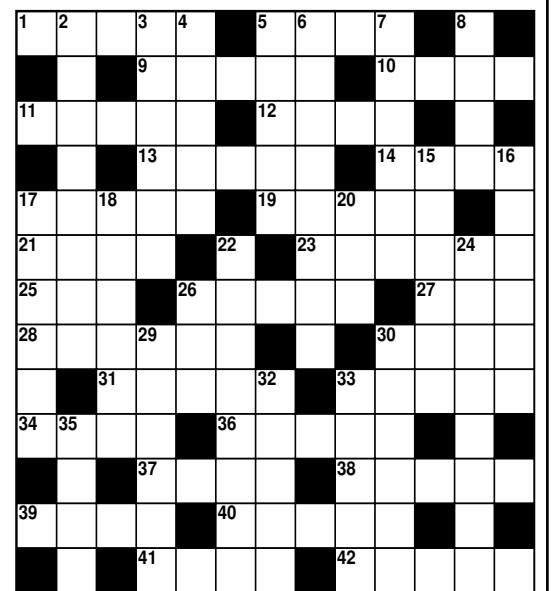
With the beautiful Winter weather around at the moment being very warm and clear, it is just the time for a round or two of round so why no phone our clubhouse on 5499 9960 or go to the website on www.malenygolfclub.com and book yourselves in for a pleasant game of golf on our great Maleny Golf Club.

Please book in at either the Clubhouse on 5499 9960 or go to our website on www.malenygolfclub.com and book yourselves in for a round. Happy Golfing!

Crossword

See solution next page

- | | |
|---------------------|-------------------------|
| ACROSS | DOWN |
| 1 Dogma | 2 Obliterations |
| 5 Disguise | 3 Dodges |
| 9 Female fox | 4 Wearies |
| 10 Wading bird | 5 Worth |
| 11 Of the cheekbone | 6 Full of life |
| 12 Fissure | 7 Young feline |
| 13 Durable cloth | 8 Testament |
| 14 Lofty | 15 Stary |
| 17 Pipes | 16 Shelf-like formation |
| 19 Stories | 17 Fierce animals |
| 21 Part of the eye | 18 Acrimonious |
| 23 Tinged | 20 Cover |
| 25 Obtain | 22 Places of business |
| 26 Incited | 24 First to arrive |
| 27 Horseplay | 26 Greek letter |
| 28 Landed property | 29 Changes |
| 30 Get on | 30 Excited disorder |
| 31 Large antelope | 32 As before |
| 33 Becomes blunt | 33 Discourage |
| 34 Classify | 35 Follow orders |
| 36 Drink | |
| 37 Send out | |
| 38 Lofty structure | |
| 39 Expensive | |
| 40 Anaesthetic | |
| 41 Tolerable | |
| 42 Reposes | |



Explore your creative side at the library

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



How would you explore your creative side at Libraries?

Now is the time to have your say on what innovative spaces and activities you would like to experience as our Libraries plan for the future.

Sunshine Coast Libraries are now developing ideas and plans for spaces to provide ongoing creative inspiration.

We are very keen to receive the community's feedback on the future of creative Maker-spaces.

For years, members have enjoyed learning and browsing new resources on arts, crafts, photography, music, home DIY and more.

But imagine the possibilities to take part in and learn innovative activities with other like-minded creatives at your local library.

Libraries are becoming spaces that encourage curiosity and experimentation

Sunshine Coast Council's Coordinator Library Services Jane Stronach says libraries are moving away from being a place of books, traditional hobbies and arts activities and becoming spaces that encouraged curiosity, inspiration, experimentation and new start-ups.

"Whether it's digital, new tech, animation, design, audio or video production, libraries will be the places to explore and create," she said.

"We want our customers to tell us what they need to be creative, particularly in the ever-changing digital world."

Have your say

To have your say and share your creative ideas, visit the library website (www.library.sunshinecoast.qld.gov.au) and take part in the Makerspace survey before Friday 20 August 2021.

Feedback?

If you have any questions please contact me at email: david.law@sunshinecoast.qld.gov.au and follow my Facebook page for regular updates: @DavidLawDivision10.

Eastern Mary River Raddatz Bridge

Winston Johnston
Division 5 Councillor
Division5@sunshinecoast.qld.gov.au



I am pleased to advise that the construction of the Eastern Mary River Raddatz Bridge Replacement project has now been completed and should make crossing a lot smoother for locals in the area. The existing single lane timber bridge was replaced with a concrete bridge - you can view some incredible before and after aerial images on my Facebook page. This project was funded by the Federal Government's COVID-19 Local Roads and Community Infrastructure Program.

Meanwhile, Elaman Creek Road Bridge has also been rehabilitated under budget and delivered before deadline. The previous bridge design was a risk to heavy service and maintenance vehicles that utilised the road. We engaged local timber bridge specialists to design and construct the new timber bridge which I'm sure the community will be pleased with.

Woombye's country charm

Do you enjoy driving through Woombye, or strolling the main street? We are asking the community 'have got it right?' in translating the community's values and visions into the draft concept design. The community told us last year they wanted improved pedestrian access, parking, a vibrant town centre and to share the stories of Woombye. Now is your chance to provide further feedback by visiting Council's 'Have Your Say' website before Friday August 13.

Commitment to wildlife renewed

Following ongoing positive results, I was pleased to see council endorse the continuation of the feral animal prevention and control program. This program is vital in protecting native wildlife by preventing and controlling declared feral animals across the region.

The feral animal prevention and control program targets specific declared species throughout the Sunshine Coast Council area - wild dogs; feral goats, cats and deer; European foxes and rabbits; and Indian Myna birds. The 12-month program will start on 6 September 2021. For information about invasive animals visit www.sunshinecoast.qld.gov.au/Environment/Invasive-plants-and-animals/Invasive-animals

Brisbane 2032 Olympics

Rob Skelton
State Member for Nicklin
nicklin@parliament.qld.gov.au



Well, it's official. Brisbane has secured the 2032 Olympic games.

Well done to Premier Palaszczuk, Senator Colbeck and Lord Mayor Schinner on the successful pitch to the International Olympic Committee.

These games won't be solely focused on Brisbane though, with regional hubs being setup to maximise the economic benefit right across the state.

On the Sunshine Coast, athletes will stay in the new Maroochydore City Centre, Kawana will host football and basketball prelims, road events and kiteboarding will be held at Alexandra Headlands, while Nicklin will have the honour of putting on the Mountain Bike events at the Parklands Conservation Reserve near Nambour.

FairPlay Round 5 now open

The program supports eligible Queensland parents and carers with a \$150 voucher towards the cost of your kid's sports registration.

You can apply if your child: is a Qld resident aged from 5 to 17 years at the time of application, holds, or whose parent or guardian holds, a valid Department of Human Services Health Care Card or Pensioner Concession Card with the child's name on it.

If you aren't eligible but are experiencing financial hardship you may still be able to access the program by being referred by a referral agent. Get in touch with my office to find out more.

Get Ready Qld

Queensland has more natural disasters than any other state, and while we cannot change the weather, we can be prepared. The Get Ready Queensland program has been helping Queenslanders protect themselves and loved ones in times of disaster since 2013.

Classrooms across the state can go into the running for a visit from rugby league legend Johnathan Thurston with Get Ready Queensland's 2021 schools competition launching last week.

Get in touch with my office if you would like to find out more.

Rail study allocation falls short

Jeffrey Addison
Sunshine Coast Commuter Advocate



'Feds allocate \$5m for study into rail duplication to Nambour', said the Sunshine Valley Gazette (SVG) headline.

Federal member for Fairfax, Ted O'Brien announced the funding as part of the Federal budget handed down on Tuesday 11 May.

It committed \$5 million for a study into the full rail duplication of the North Coast Line between Beerwah and Nambour, a distance of some 27km.

As reported in the SVG on 12 May 2021, Mr O'Brien said the commitment for a study into a better Stage 2 design for the Beerburum to Nambour project provided residents with an opportunity to get the rail solution they deserved.

"The current Stage 2 proposal for passing loops and other upgrades between Landsborough and Nambour is totally unacceptable," said Mr O'Brien.

"Nothing short of full duplication of the line, that's two tracks, all the way to Nambour is what the community deserves.

"A new Stage Two design should allow for full duplication to Nambour while accommodating the possibility of a fast rail solution in the future," said Mr O'Brien.

However, it should be noted that the funding is conditional.

The \$5 million is subject to matching funding (of \$5 million) from the Queensland state government.

Thus a pool of \$10 million would be available to complete a proper study.

Imagine my surprise when I discovered Question on Notice (QoN) 815, made by Maroochydore state MP Miss Fiona Simpson on 16 June. The 16 July answer contained a simple sentence showing the State response to the Federal offer.

No fanfare.
No media statement.

No reply to my Tweet to confirm the silent response of \$1.25 million was their offer.

The sentence reads:

The Queensland and Australian governments have also committed \$6.25 million as part of 2021-22 Federal and State Budgets towards the Beerburum to Nambour Rail Upgrade Duplication Study Stage 2.

I suspect a humble public servant somewhere may be castigated for letting this grossly under-funded cat out of the bag.

I'm not sure the Minister understands what 'matching funding' means - but when we subtract the federal \$5 million - we are left with \$1.25 million from the State.

Not quite the \$5 million match.

No wonder they forgot to put out a media statement.

The Transport Minister, Mark Bailey replied in QoN 815;

'As mentioned in my response... the North Coast rail line is a priority for the Palaszczuk Government.'

I'm not sure anyone believes this given the continual underfunding of anything to do with our rail network on the Sunshine Coast.

To the end of June 2021, they'd spent \$43.7m out of the \$160.8 million allocated for the deeply flawed B2N stage 1 project.

That's 27% of the total spent in 3 years.

It was a one-liner listed in the QTRIP document under Investment ID 2004666⁽⁶⁾ on p59, with a superscript caveat.

⁽⁶⁾Jointly funded by the Australian Government and Queensland Government.

Project details and timing subject to negotiation with the Australian Government.

But hey, it's a priority for them.

Forklift funds for Suncoast Care

Ted O'Brien
Federal Member for Fairfax
ted.obrien.mp@aph.gov.au



Forklift Funds

During a recent visit to Nambour, I called into Suncoast Care to check out their new forklift. I facilitated them receiving \$15,000 from the Federal Government to help pay for the forklift and I was delighted to see it in action.

Suncoast runs a low-cost grocery store in Howard Street Nambour giving those on lower incomes access to affordable groceries as well as providing food security to people in the community.

Other programs include a meal kitchen, emergency relief services, and a school pantry program. The time and money they will save with the new forklift means they can now help even more people.

Road Trip

It was great to talk to so many constituents during my recent winter road trip. Beyond helping constituents, I always learn a great deal from these road trips because locals usually shoot straight on key issues when you see them on their street corner or in their local park. It's why I dedicate one week each season - that is, four times a year - to these week-long road trips.

Cinema Assistance

I popped into Nambour's Majestic Cinema recently to catch up with CEO Kieren Dell. The independent cinema received \$35,000 from the Federal Government's SCREEN Fund, to help it through the COVID-19 crisis. It's a great facility, with four cinemas in the heart of Nambour, and a fantastic place for a night out.

Big News

And there's a big change coming to Nambour News & Casket. Over the coming months, the Nambour community will say farewell to Rodney and Marisa Page from Nambour News & Casket and welcome Sophia and Andrew. Thanks for your service to Nambour Rodney & Marisa ... and to Sophia & Andrew, we look forward to having you as part of the town.

Glassies winners announced

Andrew Powell
State Member for Glass House
glass.house@parliament.qld.gov.au



Glassies Winners

The Glassies 2021 has come to a cracking close! A huge thank you to everyone who has nominated, voted, attended and sponsored. A special thanks to the owners, operators, and employees of the small businesses who make our communities amazing! The winners of the 2021 Glassies are as follows:

Montville

- Bronze business - The Barn on Flaxton
- Silver business - Little Miss Boho Home-ware & Gifts
- Bronze employee - Melissa Jenkins of IGA Xpress & Post Office Montville
- Silver employee - Lester Trenkamp of Mountain Bean

Maleny

- Bronze business - The Orangery Maleny
- Silver business - VIP Wildlife
- Bronze employee - Annette English of Nelly's Creative Hair Design
- Silver employee - Sharon Schofield of Easton Lawyers

Gold Winners

- Gold business - Burrum Coffee Shack
- Gold employee - Lyn Fallon of Mystic Mountain Tours

Marquees for Community Groups

Each year I try my best to put in a bulk order of marquees for Glass House community groups. These can be for sporting groups, community organisations, schools etc.

I'm currently getting through the latest round of deliveries and taking names of groups who are interested in receiving a marquee next year. All you need to do is choose the colour and logo, I pay for them and deliver them to you once ready.

If your group is interested in receiving one of these free marquees, email glass.house@parliament.qld.gov.au

Reunited and it feels so good

from **Donna Brennan** Wildlife Volunteers
WILVOS 5441 6200 www.wilvos.org.au

IT is always rewarding to get a quick, happy result when a call comes through our WILVOS 5441 6200 hotline.

This call came through to Lisa on the Hotline and she phoned another of our very obliging volunteers, Keith, to help with the problem. Some caring, concerned people had found a very young, and very cute, little ringtail possum. They knew there was a family of ring-tails living in a drey (nest) up in a tree near the house. This meant there was a good chance of reuniting the joey with his Mum after dark fell.



This cute little ringtail possum joey is to be reunited with mum.

So with fingers and toes crossed, Keith took the joey out near the tree just as the sun set. The little ringtail possum joey made a squeaky noise and Mum popped out on the branch. A few minutes later all the noisy miners had gone home to roost, so it was time to test those maternal instincts.

Keith put the youngster on the branch and there was no delay. The large female came down immediately, followed by two of her previous juveniles. Ringtail possums enjoy communal, family living. Though only 20cm away from Keith, Mum immediately began grooming her little joey. Sometimes the mother will immediately scoop the young ones onto her back or into her pouch. Ringtails almost always have two young, so I'm sure this little ones brother or sister was happy to have him home.

It is days like this that make up for the sad days in wildlife caring.

Crossword Solution

S	I	S	E	R	O	S	O	S	Y
S	R	E	H	E	R	V	E	D	E
R	W	O	T	I	T	E	M	B	E
I	R	E	D	I	C	I	T	O	S
S	L	L	D	N	D	L	A	N	E
R	E	F	A	R	E	D	E	T	A
G	R	A	D	G	E	G	E	T	E
D	E	N	T	I	V	A	S	I	R
E	S	E	T	A	L	S	E	S	T
L	L	T	A	L	M	I	N	D	S
L	L	T	R	I	F	T	A	R	M
S	I	S	I	B	I	N	X	I	R
W	S	K	M	A	S	K	T	E	N



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MAWHINNEY STREET TEL 5494 0555

GLASS HOUSE CELLARS - GLASS HOUSE MOUNTAIN
SHOP 5, 9 BRUCE PARADE TEL 5493 0188
MOOLOOLAH CELLARS - MOOLOOLAH
SHOP 3, 2 JONES STREET TEL 5494 7320

PALMWOODS CELLARS - PALMWOODS
SHOP 5, 18-20 MARGARET STREET TEL 5445 9266
PALMWOODS DRIVE THRU - PALMWOODS
28 MAIN STREET TEL 5445 9003



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