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Reimagine Nambour Facilitator:

Trams and live music are the keys to reactivating Nambour CBD

THE Nambour Heritage Tramway project and live music venues were the keys to reinvigorating the former sugar town's CBD, according to Reimagine Nambour facilitator Kerry Brown.

Ms Brown said the Tramway project and Special Entertainment Precinct zoning would give Nambour CBD exciting points of difference, and encourage locals and tourists in to town by day and night.

Ms Brown said there was a growing sense Nambour was on the cusp of a prosperous new era and she longed to see it live up to its full potential.

"I grew up in Nambour when it was the centre of the Universe," Ms Brown said. "It was the golden mile. But times change and people, and even towns, have to adapt. And there's no doubt that Nambour will adapt because it has so much heart and soul. The people are wonderful. The will is there. And all it needs is a spark."

"Nambour lends itself naturally to being a Special Entertainment Precinct because we don't have houses in the CBD, so there's no noise concerns," Ms Brown said.

"It's about making the town vibrant again — live performances, restaur-

rants, night life, tappas bars — so people can come and enjoy the CBD and activate that night-time space."

Ms Brown said two live music venues were in progress, one where Dimmeys used to be and one in the Bi-Rite building.

"We're just waiting on Council," she said. "They're holding a stakeholders meeting in early February, to basically work with these venues and make it happen for them. The people involved live locally and have great experience in the industry. But it's hard for them because they're paying rent, and doing up these buildings and going to a lot of expense while they wait."

"Cr David Law has been very, very supportive of it. But really now the wait is on Council and we're keen to see how quickly they're going to progress it."

The tram will run from the Tram Terminus in Mill Street, adjacent to the Nambour Mill Village Shopping Centre, to the southern end of Quota Park (between Repco and Aldi), and is expected to be operational this year.

Ms Brown said Reimagine Nambour, Nambour Chamber of Com-



Norma McLeod OAM has been recognised in the Australia Day 2021 Honours list for her contribution to the Maleny community.

Humble Maleny OAM recipient surprised by attention

WHEN Maleny volunteer Norma McLeod saw an email from the Official Secretary to the Governor General in her inbox she thought she was the victim of a practical joke.

"I thought someone was having a go at me," Norma said. But it wasn't a hoax. It was an email informing Norma she was being recognised in the Australia Day 2021 Honours list for her contribution to the Maleny community.

Norma was one of only five Sunshine Coast recipients of an Order of Australia Medal (OAM). The medal is acknowledgement of her work for Centre for Retirement Living (Blue Care), Maleny Show Society, Maleny Garden Club, Maleny Floral Art Group and the Maleny Soldiers Memorial Hospital, to name a few.

Norma, who turns 85 on February 11, said receiving an award was the last thing she expected.

"You don't do all this work for the rewards," she said. "It's just for the enjoyment of the work — the camaraderie and the people. I like volunteering. I like the people I volunteer with. It's very interesting and it's very rewarding."

Norma said a chance meeting with a well known "Maleny Matriarch" when she was new to town was the catalyst for the quarter century of service.

"Peg Burnett got me started," she said. "We were on a bus trip with the Garden Club 25 years ago and coming back up the Range. I'd been chatting with Peg and eventually she jokingly said: 'You can stay here in Maleny, and I don't say that to everyone I meet.'" Norma later realised it was a worthy endorsement from a lady who was at the time the "unofficial mayor of Maleny".

"Later (husband) Keith and I saw Peg in town and she said 'You're

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SUNSHINE VALLEY Gazette

Heaps of Write-Ups for you to enjoy ...

Editor's Letter
by Cameron Outridge

Tanya and I have been very busy this edition doing Write-Ups about local businesses. It started with an email to advertisers and the response, as you will see in this week's pages, was gratifying. It was great to meet so many local businesses and hear their stories. Every business and community organisation has a story to tell. Small businesses and grass roots clubs are the glue that binds our towns and gives the hinterland its character. Check out the stories this week and get behind these fantastic local businesses. It was such a pleasure. Enjoy!

DETAILS

Editorial
If it matters to you it matters to us. Send your news to Cameron Outridge | 0409 424 487 editor@sunshinevalleygazette.com.au

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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.

Business Write-ups
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OAM recipient heavily involved in community

From Page 1

coming to the Show Ball tonight! "And that was the start of it all." Norma was heavily involved in arranging Maleny Soldiers Memorial Hospital's Walk of Remembrance, was treasurer of Erowal Auxiliary, has raised money through morning teas and bush dances for Parkinsons support and decorated the main stage at the Maleny Show for 11 years with assistance from Keith and Marie Hegerty.

Currently she's working through old Maleny Show schedules in order to highlight the achievements of legends behind the annual event. Norma will officially receive her OAM from Queensland Governor Paul de Jersey later this year at Government house.



Maleny's Montana Park equestrian property sells

THE Maleny property known as Montana Park, one of the country's finest equestrian properties, has been sold.

Former luxury car dealer Greg Willims took ownership of the 42ha Mountain View Road property for \$6.1 million. It was previously owned by former Neds managing director and ex-Ladbrokes CEO Dean Shannon.

The property has 12 bedrooms, 11 bathrooms, two Olympic dressage arenas and a resort-style pool among its features.

Tragedy at Gardners Falls

A 40-year-old Nepalese man from Caloundra drowned on Australia Day when he disappeared after jumping off rocks at Gardner Falls.

Rescue crews were called to the natural waterhole in Obi Lane, Maleny, just before 5pm. They were acting on reports the man went missing for more than 10 minutes. Police divers located the man's body about 8pm.

The tragedy follows that of a 15-year-old boy who died at Gardners Falls in 2019 after being pulled unconscious from the water. Signage at the Falls, managed by Council, warns people of submerged rocks and not to dive.



Kerry Brown at the Tram Terminus in Mill St ... there's no doubt that Nambour will adapt because it has so much heart and soul.

Reimagining done. Time for action

From Page 1

merce and the Nambour Tramway Company were working productively to help make the vision of former Cr Greg Rogerson a reality. "They're very tight-knit and working hard together. There are so many people in this town who want to see this happen."

Imagine Festivals are also planned to help energise the CBD. These will involve market stalls, eateries and retailers, community groups and entertainers.

A \$500,000 CBD revitalisation project was also under way, as was a \$60,000 Branding Nambour initiative.

Ms Brown said empty shops in the CBD were a lagging indicator and not a true reflection of

broader Nambour, which was thriving. She said the CBD initiatives would also boost investor confidence that had been affected by ongoing CBD safety concerns.

"Right or wrong, the perception is that Nambour is not safe. And, the fact is, there have been incidents.

"You can't not talk about it — because it's a fact. And we have got issues with the location of our clinics for vulnerable people. So there are issues that we need to address.

"But what these projects do is show anybody who's interested in coming in and wanting to start up a shop or a business or investing commercially, it shows that the town is vibrant and it helps with safety because people are taking back ownership of the streets."



REIQ CEO Antonia Mercorella says Nambour represents a great opportunity for potential buyers.

Property experts tip Nambour for value

REAL estate analysts are pinpointing Nambour as one of the top suburbs for affordable property on the Sunshine Coast.

As Sunshine Coast property prices continue to rise with demand from local and southern buyers and returning expats, they say Nambour stands out as a great opportunity for value-seekers.

Restrictions in capital cities and the ability to work remotely were forces behind the regional property rush. People are looking for a regional lifestyle within a 'commutable distance' to Brisbane to maintain access to the employment opportunities and amenity of the capitals.

Real Estate Institute of Queensland CEO Antonia Mercorella said Nambour represented an outstanding opportunity for potential buyers.

"With a median house price of \$417,050, Nambour presents a fantastic opportunity for buyers looking for an affordable property, particularly for first home buyers as well as for young families.

"And with healthy annual growth of around 3.5 percent (almost 20 percent over five years) for houses, it offers good long-term prospects for both owner-occupiers and investors alike.

"However, while plenty of other locations around the State have had sluggish unit markets over recent years, that's certainly not the case for Nambour, with units boasting annual growth of 7 percent off the back of almost 23 percent over 5 years.

"So, those looking to enter the property market in this region may wish to move quick as current prices certainly won't last long when you consider the level of market demand being experienced across Queensland at the moment."

Hotspotting founder Terry Ryder of Maleny also said Nambour was a good place to consider for both home-buyers and investors.

"It's very under-rated because I think many people don't appreciate what Nambour has to

offer, apart from its affordability.

"It has great infrastructure, benefits from being on the train line, has major medical facilities — and I think downtown Nambour will be energised by the proposed university campus."

Mr Ryder said the median house price had risen 5% to \$430,000 in the past 12 months.

"And I think there is more growth to come," he said. "Rental vacancies are close to zero and rental returns are above 5%, so it's a good place for investors to consider."

Div 10 Cr David Law said Nambour had always been the most affordable town on the Sunshine Coast.

"When I came to the Sunshine Coast 20 years ago with my family it was the same then," he said.

"But it is not just affordability. Nambour continues to be a wonderful place for a young family. It is a town that has a huge heart and strong community just as it did 20 years ago.

"We have great schools, from prep to grade 12 and some amazing child care centres and Kindies."

Regional Qld property prices rise

Meanwhile, Palmwoods, Eumundi, Maleny and Yandina made a list of top performers in the latest REA Market Trends report.

The report showed all Queensland regions, except for Cairns, recorded house price growth in the past 12 months, a remarkable result in the year of a pandemic.

The top regions were Outback Queensland (+25.4%), the Sunshine Coast (+7.9%), Central Queensland (+6.6%), the Gold Coast and Darling Downs-Maranoa (+6.1%).

REA's rising markets:

SUNSHINE COAST: Alexandra Headland, Palmwoods, Beerwah, Warana, Caloundra, Caloundra West, Mooloolaba, Eumundi, Maleny, Marcoola, Maroochydore, Mount Coolool, Wurtulla, Yandina



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Gary scales great heights to raise money for Parkinson's

EVEREST on Mount Coolum is a 42-climb challenge over five days, accumulating 8848 metres — the height of Mt Everest.

The challenge raises money for Shake It Up Australia and Parkinson's Disease research.

"You can do it locally by trekking your favourite hill, or stairs, it's up to you, form a team and share the load," said organiser Gary McKitterick Gillett from Trek Ready Himalayas, who works at Nambour General Hospital's Acute Restorative Care (ARC) ward with Parkinson's and Dementia patients.

Gary, 60, said Everest on Mount Coolum was also excellent fitness training in preparation for plans to trek to Mt Everest Base Camp in October.

"Every two or three years I go to Nepal and do a trek and I raise money for the Shake It Up foundation," Gary said. "Every dollar we raise goes straight to Australian research by the Australian foundation, which is linked to the Michael J Fox Foundation."

This year's Everest on Mount Coolum takes place July 26 to 30 and people are welcome to join the team or set their own schedule and location.

"Anyone can get a team together or incor-



Gary McKitterick Gillett on top of Mount Ngungun which, at 253 metres, is like a warm-up lap for the Everest on Mount Coolum.

porate the activity into their current fitness regime. The concept is simple, you just have to accumulate 8848 metres over a week, a month, or three months. It's up to you and your trainer. Use the stairmaster, the local hill, the stairs in your building, or join us on Mt Coolum."

Shake It Up Australia fund Australian research into finding better treatments for Parkinson's Disease.

• Register via www.our-fundraisers.raisey.com then: 1. enter personal details; 2. Select "Join a team"; and 3. search for "Everest". Or contact Gary on trekreadyhimalayas@gmail.com.

Tribute Noel Cavanagh

THE Cavanagh Family, formerly of Nambour, paid tribute to Noel Joseph Cavanagh 22.12.36 - 14.01.21.

Noel passed away peacefully surrounded by his loving family.

Noel & his wife Genevieve lived in Nambour for many years — raising their children there, and held many wonderful parties at their Coes Creek Road home.

Originally owning Nambour News & Casket, Noel

then went on to work at the CES (now called Centrelink) where he was much loved and respected.

Noel is survived by his wife Genevieve, their four children - Ainslie, Tristan, Justin, and Sarah, and 10 grandchildren.

He was a charismatic man, a tremendous story teller with great wit, and a wise and loving father, husband, and grandfather.

He will be missed. Fly high Mr C.



True colours ... patriotic Nambour Badminton players, from left, Jacki Kane, Henry Liu, Eunice Paulett, Tony Allen and Will Smith marked Australia Day in colourful fashion.

How to score a great morning's fun and exercise in Nambour

LAST Tuesday morning Nambour Badminton Club members celebrated Australia Day by donning their most patriotic gear for the special day.

But despite Aussie Day high spirits things turned serious once the players hit the court. This reporter and his daughter were turned inside out and around in circles by our wily opponents, one of whom we're convinced had the shuttle on a string, such was his pinpoint accuracy.

While the impressive racquet speed and agility of serious players is wonderful to watch, others play at a more leisurely social pace. But everyone has a good time playing a game that works the body and reflexes. It's high speed but low impact and accessible to anyone.

Tuesday morning is the weekly social day time session. Long time player and former club

secretary Eunice Paulett said members were maintaining social distancing measures but anyone was welcome to come and play.

"We charge \$5 for newcomers their first time. After that it's \$8 for non-members to play and \$6 for members. We have spare racquets which we can lend newcomers free of charge."

Other Nambour Club sessions are held Monday and Thursday nights.

Tuesday Morning Co-ordinator Jacki Kane said badminton was a great game because all ages and abilities could play. "It's an all-weather sport and it's a fun and friendly way to exercise," she said.

The Badminton Centre is opposite Queensland Transport on Coronation Avenue in Nambour. For more information on Tuesday morning social badminton contact Jacki on 0427 006 687. — Cameron Outridge

Servo proposal likely to fire up locals

A development application for a service station in Yandina is likely to receive opposition from locals, according to a business owner.

Yandina Hardware owner Gab Pawson, who railed hard against a proposed Bunnings Hardware some years ago, said residents were surprised by the news since the town already had a service station, within throwing distance of the proposed site at 8 Stevens St and 15 Farrell St.

Mrs Pawson said the application by Pearl Investment (Aust) Pty Ltd - Innovative Planning Solutions had caused a stir in town.

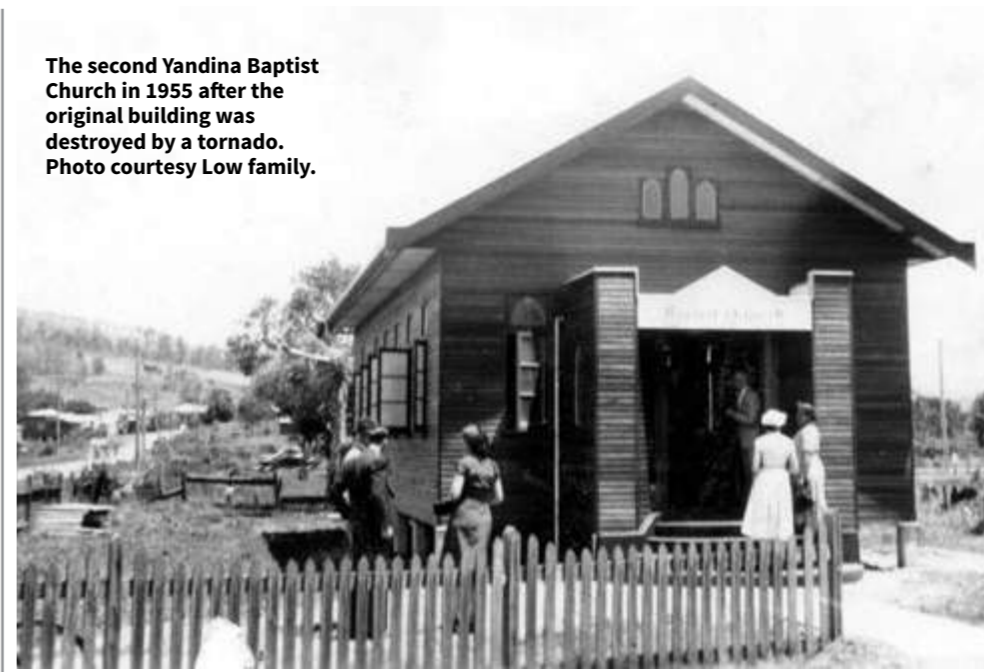
"It seems dangerous from a traffic point of view. It would be right next to a childcare. And two servos so close in a tiny town is ridiculous," she said.

"Personally I think it would be a disaster for the town. Bad for cafes, coffee shops and the bakery etc. The congestion is going to be atrocious. And that street floods. There was no room for a roundabout. How the heck do they think they will get tankers in? We heard about the servo application about 12 months ago but it looks like it's actually starting to click through."

Grants program now open

MORE than \$600,000 is up for grabs in Sunshine Coast Council's Community Grants program Major Grants round, which closes March 15.

Eligible not-for-profit organisations can receive up to \$30,000 for projects, events and activities that meet community need and provide community benefit. For more information on the Community Grants program visit: www.sunshinecoast.qld.gov.au/grants



The second Yandina Baptist Church in 1955 after the original building was destroyed by a tornado. Photo courtesy Low family.

Yandina Baptists look back 100 years

THE Yandina Baptist Church was formally constituted in 1921 after a disused church building was moved from Pomona to the present site.

Baptists, however, had already been worshipping in the area for at least ten years before the first Baptist Church building appeared in Yandina.

The services were held in other church buildings or in private homes.

Climatic disasters, wars and societal changes meant that the church buildings and congregations have changed over time, but the Baptist presence continues to thrive in Yandina.

Those with past and present connections with the church are welcome to celebrate the centenary this year.

Some past Yandina Baptist pastors have been

invited to preach at selected Sunday services in Yandina in 2021. Pastors and members alike are looking forward to these.

The main event will be celebrated on 5th-6th June with a historical display, release of a centenary book and other activities at the church.

"This is a major milestone in the life of our church as we celebrate 100 years in the community and also share in Yandina township's 150 year celebrations as well," said Chairman of the Centenary Committee Ron Buchanan.

If you have stories, photos or other memorabilia to share, the centenary committee would love to hear from you.

For all enquiries, please contact by email ybcgen@gmail.com or check the church's Facebook or website at yandinabaptist.org.

Crs to voice residents' views as new town plan takes shape

SUNSHINE Coast Council will spend the next few years developing a new planning scheme to shape land use and development across the region.

Planning schemes describe council's plan for managing growth, change and the aspirations of a local community.

Div 5 Cr Winston Johnston said hinterland residents wanted wider streets with parking, less dual occupancy lots in low density residential subdivisions, average lot sizes which enable retention of country town lifestyles and a greater protection of green space and existing vegetation covers.

"I'll be pushing for all that as well as ensuring that the current and future rapid growth of the Coast does not intrude into the hinterland."

Div 10 Cr David Law said residents wanted good logical development that respected the environment and the unique identity of hinterland towns.

"During my first nine months, in meetings and conversations, I learned people were looking to preserve habitat and green spaces. They want development that includes trees and green coverage. They want new housing devel-



Cr Winston Johnston Cr David Law

opments that do not overcrowd the space. And they want better control around duplex and dual occupancy on a single lot. And in nearly every discussion I had people raised the urgent need for infrastructure to keep pace with developments."

Cr Law said he would be pushing for excellent community engagement.

"I know Nambour really well so I need to be sure that the community members who know their towns really well participate in the con-

sultation process, so that each town can sustain their unique character. And we need more than just my point of view for Nambour. The more community participation the better, and I encourage everyone to get involved."

When new housing developments occur, Cr Law said he would be seeking better connectivity for footpaths through to the central areas of each community. "To encourage people to get out of our vehicles and walk or cycle," he said.

Sunshine Coast Council Mayor Mark Jamieson said the current scheme had been in place since 2014.

"A lot can change in 10 years, but one thing that remains constant is the importance of maintaining our region's identity, character and lifestyle," Mayor Jamieson said.

"We cannot escape the fact that people move to the Coast to enjoy our laid-back lifestyle, community spirit and of course, our spectacular beaches and hinterland."

Council's next step in the process is to undertake necessary background planning work before starting the extensive formal planning process which typically takes several years.

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State plays straight bat to residents' Rail A/C noise queries

THE Gazette put three questions to Queensland Rail's Community Engagement team about noise from Woombye Stabling Facility. The questions and response from Translink, follow.

Questions:

- Given it's been a year since residents near the Woombye Stabling Facility have complained of noise from trains' air-conditioning units running at full power because of design flaws:
 - Can QR provide a time frame for when trains will be stored at the facility in the quieter stabling mode.
 - When will the mould and mildew problem be fixed?
 - Is a solution imminent or is this going to be an ongoing issue?

Answer:

A Transport and Main Roads (TMR) spokesperson gave the following response yesterday. "The upgrade to air-conditioning systems across the NGR fleet to address humidity is happening now. "The reintroduction of the (quieter) stabling mode in the NGR fleet is scheduled for completion by mid-2021. "A noise monitoring survey was conducted by an independent consultant between 24 September to 14 October 2020, and again, between 4 to 10 August 2020. "The second report supported the findings of the initial report, confirming the outdoor noise environment is primarily influenced by residential activity, local road traffic, natural sources such as birdsong, breeze blown vegetation and trains passing by on the North Coast Line. "Based on these findings, TMR believes that noise from stowed passenger trains (including the train air conditioning systems) is not the source of excessive noise. "Queensland Rail provided the second Woombye Stabling Yard noise monitoring report to residents on 14 December 2020."



Sunshine Coast Council Division 10 Councillor David Law at Quota Park's memorial space for veterans known as the Heroes Walk.

Quota Park upgrade to improve public facilities

VISITORS to Nambour's Quota Memorial Park will soon have a much-improved place to picnic and relax, thanks to a \$75,000 Sunshine Coast Council upgrade.

"The existing barbecue and picnic shelter, pictured right, have reached the end of their useable life and are being replaced to provide an inviting, more accessible gathering and recreational space for residents and visitors to enjoy year-round," said Div 10 Cr David Law.

"The renewal of the barbecue and picnic shelter is really well-timed and I am looking forward to the work being completed and Quota Memorial Park having more accessible facilities."

Quota Memorial Park, located on the corner of Matthew and Ann Streets, is a popular and versatile community space. It incorporates the Nambour Skate Park and Youth Activity Precinct, a memorial space for veterans known as the Heroes Walk and an

enormous 35-tonne sculpture of a set of cogs and gears from the old Moreton Sugar Mill. "The design of this upgrade has taken into consideration the existing site conditions and landscape, which had been specially designed to be robust and easy to maintain following flooding events," Cr Law said.



Brian and Dorothy Wathen of Woombye.

60th wedding anniversary

CONGRATULATIONS to Brian and Dorothy Wathen of Woombye on their recent 60th Wedding Anniversary. How fabulous they look 60 years on from their special day!

Maleny Dairies in farm buy

MALENY Dairies owners and directors Ross and Sally Hopper have purchased their own farm in Peachester to keep up with the company's growth. It is expected the 222 hectare property will start operating next year. Mr Hopper said Maleny Dairies had to secure its own milk supply for security as farms pulled out of dairy.

Join Wilvos. Save Wildlife

JOIN Wilvos as a carer, transporter or hotline volunteer. Volunteers work from home, making a big difference for our little Aussie mates. Wilvos also provide free talks to groups, schools and retirement villages. To register for training workshops or talks contact: Sylvia, membership@wivos.org.au or Roslyn: awareness@wivos.org.au

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Sundale's limited new unit release at Coolum Waters combines the best of outdoor living and entertaining with a low-maintenance lifestyle.

The new build blends space and flow, with generous bedrooms, large open living, dining and alfresco spaces and a chef's kitchen, complete with waterfall stone bench tops.

The master suite, complete with ensuite and walk-in wardrobe is perfectly positioned at the rear of each home for privacy and seclusion, while the airy bathrooms feature floor to ceiling tiles and luxe features.

- Fully ducted air-conditioning with climate-controlled zones
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Caring for someone with Dementia is challenging

CARING for someone with Dementia can be challenging, isolating and lonely. But help and support is available from people who understand. A support group gets together regularly at Nambour RSL and The Orangery Maleny providing a social time to share a cuppa with people with dementia, their carers & post-carers.

One is held at Nambour RSL, 14 Mathew Street, on the second Thursday of every second month. Nambour Dates are: March 11; May 13; July 8; September 9; November 11 from 10.15am. RSL doors open at 10am. Meet in foyer.

The event is also held at the Orangery Maleny, 4 Panorama Place, on the last Wednesday of every second month.

Maleny Dates are March 31; May 26; July 28; September 29; November 24.

From 10am.

- To register contact Vince & Lorrae O'Rourke 0418 298 183 careroutlook@gmail.com or Chrissy 0412 726 777. The events are not for staff and BYO (Buy Your Own).

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Burnside Neighbourhood Watch meeting tonight

BURNSIDE Neighbourhood Watch invites residents to its February General Meeting tonight (Wednesday February 3) from 7pm.

It will be held in the Resources Centre/Library behind the New Hall at Burnside State Primary School, Blaxland Road, Nambour.

For information contact Tony Bryant 0419 416 997 or find them on Facebook.

Where are you and where did you come from?

HERITAGE listed Bankfoot House is hosting a free family research session with Niles Elvery, senior archivist at the Queensland State Archives at the inaugural Fridays@Bankfoot House Event.

Niles doesn't promise to find your family's lost fortune, but he will share his insider secrets as well as tips and tricks for making the most of your family research.

- The session takes place at Bankfoot House Heritage Precinct on Friday 5 February, 10-11.30am. Bookings preferred: 5420 8600.

Crescent Place Integrated Health Centre
NOW UNDER NEW MANAGEMENT

10 ROOMS AVAILABLE FOR LEASE

With refurbishment plans underway we are calling on all Allied Health professionals, all alternate health care practitioners and health and fitness proprietors who require office space workshop areas to contact us immediately.

The health care centre is situated approx. 5 minutes from the centre of town and 3 minutes from the Nambour health care, Hospital precinct and would be a perfect work space for the small to medium operator.

The centre already boasts an excellent range of health care professionals such as:

- Naturopath
- Psychotherapist
- Mental Health Social Worker
- Physiotherapist
- Psychologist
- Kinesiology

There are 10 rooms of varying sizes and uses from 12m² to 50m². Perfect business opportunities for the following professionals such as:

- Massage Therapist
- Chiropractor & Osteopath

Please call **Rebecca and Glenn** for further details
INSPECTION BY APPOINTMENT 0448 866 907 or 0447 799 027



Deb Slater knows her customers so well, that she remembers their coffee orders by heart.

'It almost doesn't seem like work'

FIVE years after Bury Lane Coffee first opened, it has become a firm favourite with its daily customers who enjoy the exclusive blend of coffee served up with a smile, by owner, Deb Slater.

"In fact, most of my customers refer to my shop as 'Deb's place'. That's how they know me," said Deb. "I originally started out making coffee for my partner, Glenn's customers," Deb said.

"He has a carpet overlocking business in Bury Lane and I made coffee for his customers while they waited for their carpet. It really just took off from there."

The business quickly grew and now Deb makes between 100 and 120 cups of coffee every morning. "I have been so incredibly well supported," she said. "I look forward to seeing my customers every day. We have great chats while I make their coffee and I have gotten to know them very well. It almost doesn't seem like work!"

Deb knows her customers so well, that she remembers their coffee orders by heart. "I think that does blow people away a bit," she laughed. "I'm not sure how I remember so many, but I do!"

More history now on display at museum

SOME more of Nambour's history is now featured in a new outdoor display at the Nambour Museum.

The Foundation Stone and Official Opening Stone from the former Civic Hall are now prominently on display at the front of the museum.

Nambour Museum President Clive Plater said the stones had spent many years in storage at the Sunshine Coast Council's Nambour Works Depot.

He said the stones were very heavy items and on loan from the Sunshine Coast Council's heritage collection. Therefore, special consideration went into the design of the mounting for them.

The project was carried out by museum volunteers and funded by a grant from the Sunshine Coast Council's Heritage Levy - Collection Care Program 2020-21.



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Basil Fawly serves up his usual menu of mayhem in the show coming to Nambour RSL.

Fawly Towers crew is coming to Nambour!

THREE favourite characters from the famous British TV show, Fawly Towers, are heading to Nambour RSL Club to serve you a three-course dining experience along with plenty of entertaining antics along the way.

This two hour sit-down comedy show is a fully immersive, interactive and improvised evening which will take you right back to the hapless and funny events of life in their busy hotel.

Internationally acclaimed, the show was born in April 1997 as a loving tribute to the BBC's much-loved TV series. Over a million people around the world have seen it since.

The Daily Telegraph in the UK rated the show that tours the world a top score of five stars and said it is "a two-hour eat, drink and laugh sensation!"

The evening includes a three course meal, specially designed to suit the era and setting of the show. First course is a creamy leek and potato soup, main course is a stuffed chicken breast wrapped in pancetta served on garlic mash potato, broccolini, topped with hollandaise sauce and dessert is a crème brulee with raspberry coulis.

The Fawly Towers crew are coming to Nambour RSL Club on Saturday 27 March with doors opening at 6.30pm. Tickets are only \$75 each or \$70 each when booking a table of eight and includes a spectacular three course dinner and the show.

Pre-payment and bookings are essential and limited numbers apply.

- If you would like to book a seat or table please contact Nambour RSL Club on 5441 2366.

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Mapleton Library presents 'Lovers of Books' event

THE Mapleton Community Library's 'Lovers of Books' is to be held at the Library on Sunday, 14th February - 5.30pm to 7.30pm.

You are invited to hear short speeches by six local authors on subjects ranging from local and opera history, adventure, fantasy, women over 50 (fiction), Wimbledon refereeing plus 18 year old Angeliqwe McClymont, winner of the Hinterland Times Young Writer of the Year 2020. Refreshments. Gold coin donation.

There will also be a raffle. This is a Covid safe event. Bookings essential by February 8 by emailing mapletonlibrary@gmail.com or telephone 5445 7011.

Mapleton Briefs

MAPLETON and District Community Association meets again tonight February 3 at 7pm at the Mapleton Bowls Club.

Mapleton Country Markets are on the fourth Saturday of each month, starting February 27 from 8am-noon at Mapleton Hall.



Back to (Burnside High) School

IT was an exciting introduction for students, parents, and education staff with school returning on the Wednesday 27th. Burnside State High School welcomes their Year 7 students for 2021, pictured above, and the future Year 12 graduates of 2026.

TRUSTWORTHY

"We have known Monica for a number of years through her & her partner, Jack Wilms and we have spent lovely times with them in their peaceful house in Coolabine. When it came to sell our house in Witta we knew we could trust Monica and Roger both totally. We have been very satisfied with the professional way the 2 agents have behaved and are more than happy with the price they obtained for our house."

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| 1. HAM & PINEAPPLE PIZZA
- READY MADE (COOK AT HOME) | 5. SAVOURY ZUCCHINI MUFFIN WITH SALAD (VEG) |
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- READY MADE (COOK AT HOME) | 7. SEAFOOD MARINARA FETTUCCINE |
| 4. CHICKEN BRIE & PROSCIUTTO PIZZA
- READY MADE (COOK AT HOME) | 8. PENNE PASTA WITH MEATBALLS |
| | 9. RISOTTO - PUMPKIN, SPINACH, FETA & PINE NUTS (GF & VEG) |
| | 10. RISOTTO - CHICKEN, BACON & MUSHROOM (GF) |

Café Mapleton Menu - \$12.00 Each

- | | |
|---|--|
| 11. VEGETARIAN FRIED RICE WITH EGG (VEG) | 16. STIR FRY MIXED VEGETABLES IN SOY SAUCE SERVED WITH RICE |
| 12. VEGETARIAN FRIED NOODLES (VEG) | 17. STIR FRY CHICKEN AND MIXED VEGETABLES SERVED WITH RICE |
| 13. BACON FRIED RICE (GF) | 18. STIR FRY CHICKEN WITH GINGER AND MUSHROOM SERVED WITH RICE |
| 14. MINCED CHICKEN IN TOMATO SAUCE WITH RICE NOODLES (GF) | |
| 15. VEGETABLE OMELETTE | |

The Barn on Flaxton Menu - \$10.00 Each

- | | |
|--|--|
| 19. CHUNKY CHICKEN, BACON AND MUSHROOM SOUP (GF) | 23. CURRIED SAUSAGES AND RICE (GF, DF) |
| 20. CREAMY POTATO & LEEK SOUP (GF, VEG) | 24. VEGETABLE COCONUT CURRY (GF, DF, V) |
| 21. BEEF LASAGNE & SALAD | 25. BRAISED BEEF AND ONION STEW (GF, DF) |
| 22. VEGETABLE QUICHE & SALAD (GF, VEG) | 26. PENNE BOLOGNESE |
| | 27. PENNE CHICKEN CARBONARA |

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

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

- | | |
|--------------------------------------|--|
| 28. COQ AU VIN (CHICKEN IN RED WINE) | 33. FISH ROULADE WITH LEMON RESIPL SAUCE AND RICE |
| 29. BEEF BURGANDY (BEEF IN RED WINE) | 34. CREAM OF SWEET POTATO SOUP - also available to purchase for \$8.00 |
| 30. CHICKEN IN CREAM SAUCE | |
| 32. CONFIT DUCK WITH ORANGE SAUCE | |

The Cottage Meals Menu - \$9.90 Each

- | | |
|--|--|
| 35. CHICKEN CURRY AND RICE (GF) | 50. VEGETABLE LASAGNE (VEG) |
| 36. CURRY SAUSAGES AND RICE (GF) | 51. SWEET AND SOUR VEGETABLES AND RICE (GF, VEG) - DISCONTINUED 2021 |
| 37. LASAGNE | 52. MIXED BEAN CURRY AND RICE (GF, VEG) - DISCONTINUED 2021 |
| 38. SWEET AND SOUR CHICKEN AND RICE (GF) | 53. MOUSSAKA (VEG) - DISCONTINUED 2021 |
| 39. RISSOLES AND VEGETABLES (GF) | SOUPS |
| 40. BUTTER CHICKEN AND RICE | 54. CREAMY PUMPKIN - \$5.50 |
| 41. ROAST BEEF AND VEGETABLES (GF) | 55. CREAMY TOMATO - \$5.50 - DISCONTINUED 2021 |
| 42. ROAST CHICKEN AND VEGETABLES (GF) | 56. PEA AND HAM - \$5.50 |
| 43. PORK POT ROAST WITH APPLE AND VEGETABLES (GF) | 57. VEGETABLE - \$5.50 |
| 44. HONEY CHICKEN AND RICE (GF) | 58. POTATO BACON AND LEEK - \$5.50 |
| 45. SHEPHERD'S PIE AND VEGETABLES (GF) | 59. CHICKEN AND VEGETABLE - \$5.50 |
| 46. SAUSAGES WITH TOMATO/ONION GRAVY AND VEGETABLES (GF) | NEW MEAL OPTIONS |
| 47. MOROCCAN BEEF, RICE AND VEGETABLES (GF) | 60. APRICOT CHICKEN & RICE - DISCONTINUED 2021 |
| 48. CORN BEEF, WHITE SAUCE AND VEGETABLES (GF) | 61. BRAISED STEAK & MUSHROOM (GF) |
| 49. THAI VEGETABLE CURRY AND RICE (GF, VEG) | 62. SAVOURY MINCE WITH MASH & VEGES (GF) |
| | 63. INDIAN VEGETABLE CURRY AND RICE (GF) |
| | 64. SPAGHETTI BOLOGNESE |

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

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DELIVERY INFORMATION

Free delivery is available to the following suburbs: Maleny, North Maleny, Reesville, Witta, Curramore, Elaman Creek, Conondale, Balmoral Ridge, Montville, Flaxton, Mapleton, Kureelpa, 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**

Call **07 5445 7044** or visit www.rangecare.com.au/frozen-meals



Inside one of the luxurious Starry Nights tents on the West Woombye property.

Here's the formula for a glamping dream

THE property they chose for Starry Nights luxury tents had to meet the couple's "big three" criteria. It had to have a rainforest with hills, a permanent creek with stony banks and it had to be close to Montville and Mooloolaba.

After searching for over three years they found the ideal property in West Woombye. "It was the perfect spot for our glamping retreat," said Shane Nelson, pictured, who, along with his wife Nicole, is the owner, manager and builder of Starry Nights Luxury Camping. "It was full of wildlife, ridges, hills, creeks, trees and spectacular views. And we fell in love."

Shane said their aim is to create an experience as close as possible to camping in the wilderness with a fire, a creek and an actual tent - not a cabin made from canvas.

"It's earthy, raw and a real camping experience but we also wanted to combine it with luxury - like an ensuite, soft king-sized beds, organic food, 75sqm safari tents, fireplaces and steaming hot baths."

The formula seems to be working. "The response from campers continues to amaze us," said Nicole. "We've had great referrals and positive reviews. Even a couple of 12-star reviews. Is that even possible?"

"We're off grid in that we harvest our own rainwater, use solar electricity and we live sustainably with organic food, using what is around us like wood for heating."

Shane said the two-tent site would soon be booked out a year in advance.

Nicole practices nutritional medicine. Shane has spent most of his life as a veterinarian. "We had been camping for years, erecting our tent and loving the outdoors and have always thought more people have to experience this amazing creation. We've usually invited friends with us on our camping trips, but we were not able to bring everyone. For a long time, we've had a vision to touch the earth lightly and thought people could live in tents permanently like they did in the days of Abraham, Isaac and Jacob."

See it for yourself at www.starrynightsluxurycamping.com.au



Now you can claim cash for trash, 7 days



Left: Jason Irwin of Urban Depot.

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CHICKEN DISHES

- 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)
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)
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**
Everyone's favourite pasta topped with a beef bolognese and grated cheese.
- 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)**
A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.

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**
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**
- 13. TRADITIONAL OLD ENGLISH PORK SAUSAGES**
- 22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES**

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
Bread & Butter Pudding & Custard	Passionfruit Cheesecake
Sticky Date Pudding & Caramel Sauce	Strawberry Cheesecake
Rice Pudding with Raisins & Cinnamon	Chocolate & Almond Brownie & Choc Sauce
Vanilla Ice-cream Cups \$2 each	

MAIN MEALS

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*Please note price differs for some fish & lamb dishes.

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7 Regular sized meals from \$66.50
 7 Large sized meals from \$83.30

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 Caloundra, Kawana, Sippy Downs, Buderim, Mooloolaba, Maroochydore

EVERY WEDNESDAY SUNSHINE COAST

Includes and the surrounds of:
 Bli Bli, Nambour, Palmwoods, Mudjimba, Coolool, Noosa, Tewantin, Doonan, Cooroy, Eumundi, Yandina

EVERY THURSDAY MORTEN BAY / NORTH LAKES

Includes and the surrounds of:
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 Nerangba, Deception Bay, North Lakes, Redcliffe, Maleny, Montville
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Tin Can Bay
 (\$22.00 delivery fee applies for Tin Can Bay)

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Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 10 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Bundaberg, Bribie Island & surrounds.

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FANTASTIC FACTS ABOUT OUR MEALS AND SERVICE

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- We prepare and cook our meals fresh daily using only the best ingredients sourcing our meat and vegetables from local Aussie suppliers.
- Free delivery to most areas
- The meals delivered are frozen
- Meals can be heated in either the oven or microwave from thawed or from frozen
- Our meal containers we use are of recycled cardboard and are biodegradable.

Leading real estate agent takes reigns at RE/MAX Nambour

ONE of the Sunshine Coast's leading real estate agents has chosen 2021 to take ownership of a successful, established agency.

Tristan Brown acquired the Nambour-based RE/MAX Property Sales, which Steve and Nicola Perry opened in 2010 and grew into an award-winning office.

Mr Brown has a string of accolades himself, including as number one agent for one of the Sunshine Coast's top agencies, Amber Werchon Property. "My years with AWP have honed my real estate skills and I'm personally indebted to Amber for her leadership and mentoring. I am ready for this step into agency ownership because of what I've learned while on her team."

As RE/MAX Property Sales, Mr Brown can offer real estate services across the Sunshine Coast and further afield, with a focus on the markets of Nambour, Woombye, Palmwoods, Rosemount, Yandina and neighbouring areas.

He believes Nambour's potential as a great real estate market is yet untapped.

"This town and its surrounds have tremendous opportunities for property owners, investors and residents," Mr Brown said, "and real estate customers here deserve the same exceptional level of service anywhere on the Coast, and regardless of the property's price tag."

"I have been fortunate to be given the opportunity to purchase a high-performing established agency in Nambour, and equally to have Steve remain on the team as a lead agent and to assist with recruitment as we grow this great team further."

Mr Brown's goal is to be at the helm of the number one agency for market share in Nambour and outer reaches as he extends his team's profile and reputation through the region.

"I was a high performing agent managing a team and Steve was selling a successful real estate business with an experienced team. The time was right. It was a logical step to invest in an existing business as an owner."

Growth will include the relaunch of RE/MAX Property Sales property management division



New owners Tristan Brown & Tegan McPherson-Brown with previous owner Steve Perry, who will still work at the agency to guarantee a smooth transition.

with experienced practitioner, Jody Chatillon, in the Business Development Manager role.

RE/MAX Australia Managing Director, Joel Davoren, recognised Mr Brown's decision as two progressive and experienced real estate powerhouses coming together.

"It is exciting to have Tristan taking on the very strong platform that Steve developed and

injecting fresh dynamic leadership.

"Real estate customers, the real estate team and our RE/MAX network are all beneficiaries," Mr Davoren said.

Mr Brown formally stepped into the RE/MAX Property Sales broker owner role on February 1. Contact him on mobile 0403 665 643 and tristan.brown@remax.com.au

How to kick-start your fitness goals:

Jetts' 6 week Transformation Challenge starts February 8

FOR many people, the most common new year's resolutions involve health and fitness. Especially after a year like 2020!

To help you on your fitness journey, Jetts Nambour will be kicking off their 6 week Transformation Challenge on Monday February 8.

This program is challenging but also fun and is for all levels of fitness. Anyone over 14 years can participate.

"Our Challengers get to meet new people and learn about fitness and nutrition at the same time," said Jetts owner, Lola Turner. "They are not just for the super fit; they are for the everyday person."

There are major National cash prizes for Best Female and Best Male Transformation (2 x \$5000). Before and After measurements are

uploaded to Jetts Support Office through the Challenge Portal. Results are reviewed and the winners posted by the Support Office. Winners will be announced on the 24th March.

Challenge costs are: \$69 this includes online training, nutrition guidance, fresh weekly content, 6WC singlet. Non members cost \$169

The next option is \$179 and this includes all of the above plus 2 x body scans, 6 x 1 hour Boot Camps, 6 x Challenge only classes. The cost for non members is \$279.

"Our staff are excited about this Challenge and look forward to helping members achieve things they haven't thought achievable before," said Lola.

To find out more or register, contact the club on 5441 6154 or email nambour@jetts.com.au



Jetts Assistant Manager Tony Lancashire ... Jetts' Challenges are not just for superfit people, they are for everyone.

High school sweethearts re-unite and now run popular Mexican restaurant

THEY met at high school and reunited 29 years later. Now they run a Mexican restaurant together.

Troy Hoffstede and Virginia Homer have been busy bringing beautiful Mexican cuisine to Nambour at their Currie Street restaurant La Salsa De Vida, and it has fast become a favourite with their loyal customers.

"Our's is actually a cute story," said Virginia. "We met in 1989 when we were students at the Nambour Christian Outreach College, but we were 'kept apart', so to speak. After 29 years, we reconnected on Facebook and haven't been away from each other since! We did not want to be apart again and that was the main reason we decided to go into business together. And we wanted to create a space where people could relax, unwind, and enjoy beautiful food in a family friendly atmosphere."

"We didn't want to be apart again and that was the main reason we decided to go into business together."

Judging by the hundreds of five star reviews on Google and Facebook, Troy and Virginia have struck a winning formula.

Last year was an opportunity for the couple to give the business a refurbish and the space now promises an exciting dining experience for guests.

"When we took the restaurant on it was a Taco Boy, and we decided to stay with Mexican cuisine because when done well, Mexican food is so tasty and healthy," Virginia said.

Troy and Virginia have worked in hospitality but prior to taking over the restaurant, Troy had been working as a tiler and Virginia in childcare.

The space is modern and colourful and the menu boasts fresh, hearty dishes for a broad range of food requirements, including vegan, with generous portions. There are free ice creams for the kids.

"At the end of the day, we know that if you offer wholesome, tasty food in a welcoming atmosphere, and great service, people will have a great experience," said Virginia.

"Customer service is a very strong focus of ours and we have the most awesome team. Our staff are all local juniors, and it has been rewarding for us to train them and help them build their confidence in hospitality."

Investing in a business in Nambour was a no brainer for the couple, however, they remain a little overwhelmed by the support they have enjoyed since opening their doors.

"I could never have imagined people would be so encouraging and supportive of us," Virginia said. "The community here is so friendly and we have become very good friends with many of our regular customers."

"I think people love the vibe of the place



Troy Hoffstede and Virginia Homer ... with a beautiful new bar installed, diners can enjoy the range of cocktails, from Margaritas and Mojitos to Pina Colodas and Tequila Sunrises.

and they tell us they find it relaxing to come here; that it's a bit like coming to our house for dinner. It's an amazing compliment. I think to fully appreciate what we offer, you just have to give it a try. It's a bit like trying on a dress. You won't know it suits unless you try it on."

"People really love the frozen cocktails at the moment," said Virginia. "They are perfect during these humid summer days."

"There is still a lot we want to do including updating furniture, and introducing outdoor dining and live music," Virginia said.

"The last three years have been exhausting, stressful, overwhelming, exciting and rewarding, in equal measure," said Virginia. "La Salsa De Vida means 'The Source of Life,'

and while the experience has been all of those things, making beautiful food and hosting our fabulous customers has also inspired us and given us the energy to go even harder."

La Salsa De Vida 98 Currie Street, Nambour 5309 6668.

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Respect for values sees family agency stand test of time

FORTY years in business is quite a milestone by anyone's standard. But when those 40 years have been in the roller-coaster real estate industry, it makes the achievement even more impressive.

Terry Hinds, founder of Terry Hinds Real Estate came to Nambour in 1974 and has now largely passed the baton to his daughter Toni, to carry on the family business. "I originally had an office in town, but in 2001 I moved it to my home and have worked from here ever since," Terry said.

"By that stage, I had built a very loyal client base and the shopfront exposure was not so important. I also noticed that people look for real estate quite differently to when I first got started. They are more inclined to go online to find properties nowadays."

"It's exciting to see other people come to recognise what we have known for 40 years ... what a fantastic place Nambour is"

"Nambour has been a fantastic place to do business, and at the moment it is a real hotspot for both business and real estate," he said.

Toni agreed. "We've found that a lot of people from regional Queensland and Brisbane are interested in property here. It's also attractive to first home buyers because it's still very affordable and they get great value for money," she said.

"Blocks are larger and leafier and I think



The team includes trainee Zach Prosser, Toni and Terry Hinds and Kylie Simpson.

people can see it's a wonderful place to raise a family. Everything you could want is right here."

Toni was educated in Nambour and worked as a hairdresser in town and then spent 15 years running a gift shop at Sunshine Plaza with her mum, Ursula. "When we wound up 'The Very Thing' at the Plaza 11 years ago, I went on to

work with Dad," Toni said. "I have been so lucky to be able to work with both of my parents."

The agency offers rental property management services and has a rent roll that Toni describes as 'busy, but not overwhelming'.

"That is why we are able to take very good care of our landlords and tenants," Toni said.

"Relationships are absolutely critical in this business, and it is gratifying that our business is overwhelmingly repeat, referral and long term."

"There are properties we've been managing for over a decade and, in some cases, still have the original tenants in them. We have even sold properties to past tenants, and vice versa. Having these kinds of relationships is probably the best thing about this business. When you treat everyone with respect, you can't go too far wrong."

The team at Terry Hinds Real Estate extend this ethos to the contractors who maintain properties, and engage only local tradesmen.

"Dad always said that supporting locals is really important," Toni said.

This year they took on trainee Zach Prosser, who completed Year 12 at Nambour State College last year. "Zach's finishing a Complete Property Traineeship with us and we are very much enjoying having such an accomplished and driven young man on our team," said Toni.

Toni said the real estate market in Nambour was very tight. "I have around 100 buyers for every property that comes on the market, and there is enormous pressure on the rental market as well," Toni said. "It makes life interesting because it is very effectively driving property prices up. It is exciting to see the growth in our town as other people come to recognise what we have known for 40 years; and that is, what a fantastic place Nambour is."

• Terry Hinds Real Estate 73 Hillcrest Ave, Nambour, Phone 5441 4616.

Spiritual journey inspires Fridelle to help clients conquer their fears

WHO would have thought way back then that a girl living in Germany, who was endowed with a pioneering spirit and acquired foreign languages, would travel the world many times over?

Woombye's Fridelle Stanyer worked for the German Foreign Office, the Belgian and American Airlines, as an interpreter and translator, and as a personal assistant for Arab businessmen and a Rabbi in Florida.

The hurdles were big but the experiences were priceless, she said. "At one stage I was about to work for the Agha Khan. But he didn't give me a racehorse for Christmas, as fate had other things in store for me," Fridelle laughed.

"Then, at the end of 1995, my dream came true and I migrated to Australia. And more than two years later I became a proud Australian." Having travelled and lived around Australia, two years ago Fridelle ended up in Woombye.

"This picturesque little town feels like a true homecoming for me," she said.

Fridelle says her spiritual path started off slowly but after a few years of workshops, inner work and awakening, it's been like "a never-ending whirlwind". "I love it," she said.

'Allow me to guide you on your Path to Empowerment by once again believing in yourself'

With years of experience as an Intuitive Life Coach Fridelle says no subject is taboo for her and any client from any walk of life is welcome.

"As an Animal Whisperer I am blessed to receive all kinds of messages for bereaved beloved humans shortly before or after the animal has crossed the Rainbow Bridge.

"Being an Energy Healer, or should I better say Facilitator, along with being a Reiki Master, allows me to help bring people in alignment with themselves, if they are open and willing to



Fridelle Stanyer says her spiritual path has been like "a never-ending whirlwind. I love it"

allow that positive change within themselves to happen."

Fridelle also does Clairvoyant Readings from a multitude of cards, the choice is yours. "Clairvoyant readings are often the precursor to guidance about how to overcome your present challenges," she said. "This allows you to move forward with your head held high and an open mind and heart to appreciate again life to the fullest, despite the seemingly insurmountable obstacles you are experiencing."

Fridelle helps clients conquer their fearful mindsets and take the first step in the right direction of liberation from perceived limitations. "Allow me to guide you on your Path to Empowerment by once again believing in yourself," she said. "If you dream big enough, anything can come true."

• Phone Fridelle on 0412 846 995 or 5476 4181 or email fridelle@innerharmony.net.au.



Scott Robinson with a handful of his "herd" of six million. Scott describes worm products as "the ultimate organic plant food cultivating healthy people, plants & animals."

Worm juice's reputation is quickly growing

WITH a herd of six million, Scott Robinson is not your typical hinterland farmer. He does what it takes to keep his livestock happy. He feeds them grain and protein, beds them down at night and makes sure conditions are just right for maximum production from the Glenview property.

But Scott is a worm farmer. "I gave up 400 head of cattle in another life, for six million worms," Scott joked. "Now I breed reds, tigers, blues and night crawlers!"

With an output of six tonnes of castings (worm poo) and 60,000 litres of juice, or worm 'tea', annually, Scott's Polyculture Worm Farm products are sought after by farmers and gardeners from miles around. The proven superfood is renowned for enriching soil and promoting healthy plant growth.

Scott says his methods and ingredients make his worm juice a cut above the rest.

"The secret is that we don't just feed the worms, we feed the microbes in the juice that the worms produce," he said. "We feed the microbes in the bedding and we also feed the microbes in the juice. And because we go that extra step our tea is very different to what people might produce at home."

Scott said most worm tea has about 10 million microbes per millilitre (yes millilitre) where his contains about 20 million. "Usually worm juice is light brown. As you can see mine is really dark. It's very nutritious."

Worm castings are the most complete fertilizer readily available to plants. "Plants can absorb those nutrients immediately," said Scott. "It's just superfood - loaded with millions of microbes and all the trace elements in balance that plants need to grow strong and healthy. Put a handful in with new plants or add it to your garden beds and watch them grow."

"Worm castings are the most complete fertilizer readily available to plants."

"With the juice the best time to spray is just before dark because that is when the tiny pores in the leaf open up for maximum absorption."

Scott says the humble worm is not just good for your garden, but great for the environment. "Home gardeners and farmers get healthy, happy plants that are more resilient to pests and disease and the earth gets carbon sequestered back into the soil. So if we all did this, we could reverse climate change!"

Who knew the solution was right under our feet?

• Contact Scott 0418 750 070 or call in at Polyculture Worm Farm 2620 Steve Irwin Way, Glenview, between the Service Station and the Glenview Par 3 Golf Course. Scott has a range of products. A litre of juice is \$5. A 10 litre bucket of castings is \$25.

Podiatrist opens new practice in Woombye

You don't have to live with foot pain any longer

FOOT pain is definitely not normal, and it can affect your whole life.

It is next to impossible to ignore it, and not only will it not go away, but it will almost certainly become a chronic condition if you leave it untreated.

"Prevention is one hundred percent better than cure," said Jay Lewis, Principal Podiatrist at Woombye's new Podiatry clinic.

Jay has worked as a Podiatrist for 6 years, working in private practice, hospital high-risk foot clinics, along with various locums across Australia. Jay moved to the Sunshine Coast four years ago and first established the Elite Foot Care clinic at Sippy Downs.

"Then I discovered Woombye and to be honest, my main motivation for establishing a clinic here is that I absolutely fell in love with the town. It is such a beautiful place and I have found people to be incredibly friendly and welcoming," Jay said.

'We can diagnose and treat nail and skin conditions, foot and leg pain or injuries, as well as sports injuries or improving sports performance'

The new Woombye clinic will be the primary clinic.

"We have restored the space to have a real modern country clinic feel. It is professional without being sterile and I think our patients will feel very comfortable here."

Jay specialises in treating heel pain and ingrown toenails.

"Both of these conditions can



Brothers Jay and Will Lewis have just opened a new practice at the entrance to Woombye. "To be honest, my main motivation for establishing a clinic here is that I absolutely fell in love with the town."

make life an absolute misery for sufferers and they prevent people from enjoying life to the full," he said.

Jay also has a great deal of experience in children's podiatry and has looked after many young patients with heel pain, flat footedness and hip issues.

"Oftentimes, issues for children can be corrected simply by wearing correct shoes and insoles so that their muscles don't have to work as hard

while they are growing."

Podiatrists are trained to offer a range of services that many people are unaware of.

"People know about the obvious things, like ingrown toenails, plantar warts and diabetic assessments," Jay explained. "But we also provide bio-mechanical assessments and running assessments, we can diagnose and treat nail and skin conditions, we can treat foot and leg pain or injuries,

as well as treating sports injuries or improving sports performance," Jay said.

To provide the best care and treatment to his patients Jay uses the latest technology to capture walking patterns and 3D images of the feet to help guide treatment plans.

"For example, many people experience pain in their arch for a range of reasons, from being flat-footed to muscle weakness or joint dysfunction.

You know you need a Podiatrist when ...

If you are concerned about any of the following you may need a good podiatrist:

- Foot and Leg Pain
- Sports Injuries
- Heel Pain
- Custom Orthotics
- Nail and Skin Issues
- Ingrown Toenails
- Plantar Warts
- Diabetic Assessment
- Kids Podiatry Issues
- Footwear

tion. Some treatments prescribed to these patients may include custom foot orthotics, dry needling, foot mobilisation, and personalised strength and stretching programs," Jay said.

The new Woombye clinic also provides a footwear range and a personalised fitting service.

The services at Elite Foot Care are covered by Medicare and most private health insurers. Jay also looks after Veterans and offers Home Visits for those who are unable to attend the clinic.

"We look forward to servicing Woombye and the greater Hinterland area, making the communities foot health our priority," said Jay.

• Elite Foot Care is at 4/40 Wilson Ave, Woombye & Ocean Family Medicine, 19 Lakehead Dr, Sippy Downs Phone 5328 3588.

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Nature Watch

This beautiful photo was sent to us by Andrea Weber. It is a Pacific Black Duck and her babies, enjoying the morning sunshine near one of the ponds at Maleny Botanic Gardens. We thought it was a fittingly uplifting way to welcome in 2021. Many thanks Andrea, for the gorgeous image. Please email your nature pics to editor@sunshinevalleygazette.com.au



The next Dad's Group event will take place Saturday, February 6, at the Ginger Factory, Yandina.



Owners Paul and Michelle Dolan want Grounded@Woombye to become a live music hub of the Hinterland, with the introduction of Grounded@Dusk.



Youngster Chloe Harris has started her own business, Bee Bold Beauty, and has recently fitted out a room at the Beauty Bar in Coronation Avenue, Nambour.

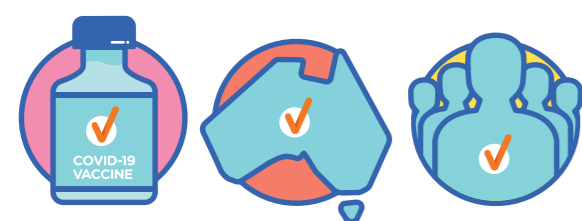
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Dads' get together at Ginger Factory

THE Ginger Factory will be continuing their collaboration with Dads Group (DGI), after their first successful event in November last year.

The next event will take place this Saturday, February 6 and it is expected to be just one of many between the two organisations as The Ginger Factory continues raising awareness of the need for greater support for new fathers and their families.

"Providing fathers with a safe and fun place they can take their children while feeling supported within their local community is so important for new families and The Ginger Factory couldn't be happier to be a part of this initiative," said Brenda Bailey - Tourism Manager.

DGI is a not-for-profit community organisation committed to connecting new dads.

The national program has created over 100 'Dad Groups' across Australia, which work hard to provide guidance and support for young and expectant fathers. For event information visit: gingerfactory.com.au or dadsgroup.org.

The Dads Group Event at The Ginger Factory will be held 10am-11:30am on Saturday February 6 at The Ginger Factory.



Care Group offers support & a chat for Parkinson's people

ARE you a sufferer of Parkinson's or their care giver? Do you need a chat or some support? The Nambour and District Parkinson's Care Group is a place to come to meet like-minded people who are friendly, supportive and understand the impact of Parkinson's Disease on your life.

If you are looking to connect with others going through a Parkinson's journey in a supportive and friendly environment join them on the first Friday of each month.

"We have regular guest speakers from the health sector, Government and other related areas who provide information and guidance on services, strategies and relevant experiences," a spokesperson said. "Our members discuss their experiences living with Parkinson's or caring for someone with the condition. They share stories, experiences and tips, to help you navigate your own Parkinson's journey, over a cuppa and cake. You are not alone in your Parkinson's journey, we are all in this together, so come and join our caring and supportive group."

Please call and have a chat with the group's Coordinator Ray Clark on 0401 173 336. Meetings first Friday of each month at Sanctuary Park Church of Christ 22 National Park Road, Nambour. For additional support Parkinson's Queensland 1800 644 189 or pqi@Parkinsonsqld.org.au or www.parkinsonsqld.org.au.

Massive reno' transforms space to attract vibe grounded in music

GROUND@WOOMBYE has undergone a massive renovation and transformation in the past three months after owners Paul and Michelle Dolan expanded the space.

"It came at such an opportune time for us because we had been operating with very limited space," said Paul. "We could only seat a small number of people under cover and this obviously caused all sorts of problems, especially when there was a lot of rain."

The new indoor-outdoor space has been designed by Michelle in keeping with the "grounded vibe".

"The materials, textures and colours Michelle has chosen have come together to create a relaxing, chilled atmosphere. It's an awesome space," he said. "We now have the opportunity to serve great food and coffee to even more people."

Grounded@Woombye is well on the way to becoming a live music hub of the Hinterland, with the introduction of Grounded@Dusk. "We

are so excited about our live music program, which is set up for our guests to celebrate great food, booze and live music from talented Coast musicians," said Paul.

"It will run every Friday night from 4pm-9pm and we have collaborated with Diablo Ginger Beer and Sunshine & Sons, and have a fantastic range of premium, local drinks available."

The space at Grounded@Woombye can now accommodate events such as engagement parties, birthdays and Christmas parties, with space for between 60-90 people. "We have hosted a number of larger parties now, and the feedback we are getting is so gratifying," said Paul. "People are telling us it is a bit like coming to a relaxing backyard BBQ, and that they love hanging out here. For us, running a small family business, that is the highest compliment we could hope for."

Grounded@Woombye 13a Blackall St, Woombye, Phone 0427 442 324.

Come and try Nambour Netball

NAMBOUR & Districts Netball Association is a friendly, inclusive association for all ages focused on family and the community, encouraging people to get active outdoors playing netball.

The courts have been recently refurbished with a new clubhouse and offer Competitions and Programs for all ages and abilities including Junior Saturday Competition, NetSetGO, Senior & Mixed Competitions, Walking Netball, Inclusive Netball, State Junior Representative and Queensland Premier League Competition.

The association Junior Sign On Day 2021 is to be held on Saturday 13th February 8am-12noon for Saturday Junior Competition ages 11-16 years and NetSetGO ages 5-10 years.

Go down to the courts to meet the association Branches in person. See what they have to offer plus information on fees, training and netball opportunities. Choose a Branch from Chevallum, Mapleton, Palmwoods, Saints or Woombye and find out what they can do for you.



Never played netball before? Would you like to try? 'Come & Try' sessions will be available on Sign On Day for ages 6 - 10 years, girls and boys from 9.00-10.00am. No need to book. No experience necessary. Just turn up for some netball fun.

For further information email: info@nambournetball.com.au or go to: www.nambournetball.com.au

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NETBALL SIGN ON DAY

13th FEBRUARY 2021
8:00am - 12:00pm

Saturday Junior Competition ☆ NetSetGO

Saturday Juniors 11 - 16 years girls & boys Grading - 13/03 & 20/03/21 Fixtures - Start 27/03/2021	NetSetGO 5 - 10 years girls & boys NetSet - Starts 24/04/21 GO(Modified) - Start 27/03/2021
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Online registration from 11th January 2021

ALL ENQUIRIES
info@nambournetball.com.au | www.nambournetball.com.au
 Where: **VICTORY PARK, Laidlaw Road, Woombye**

Join the movement!

Healthy Sunshine Coast is back, offering ways to invigorate your life with free and low cost activities in your local community. How will you choose to move? Activities are suitable for all ages and fitness levels and great for beginners or people returning to exercise. Besides, it's a great way to meet new people and have fun. See Council's website for more details.

Immerse yourself in fabric

Now is a great time to take a fresh look at how we live and the fabric – Slow Fashion, Artful Living program could be the perfect place to start. Celebrating the rich talents of Sunshine Coast artisans and designers, fabric brings art and sustainability together in a curated program of design and artful lifestyle activities. Over the next few months immerse yourself in a program of workshops, exhibitions, talks, professional development and more. Search 'Fabric' on Council's website for more details.

CUSTOMER CONTACT

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

Mass transit solution options coming soon

We're planning for a sustainable mass transit solution to address our public transport needs. Residents and visitors will soon have a chance to have a say. Visit Council's website to sign up now to receive project updates and to have your say when consultation begins.

Do you know a young eco-warrior?

Nominate them now for the Les Hall Young Conservationist Award and recognise their efforts. It might be a team or individual who's striving for change at their school, or going above and beyond to protect a native animal, or using technology to raise awareness about wildlife conservation on the Sunshine Coast. Nominations are open until 28 February for those aged under 18. Head to Council's website to nominate or for further details.

One for the calendar

Next Council Ordinary Meeting - Thursday, 25 February

Major community grant funding applications open now

Does your community organisation need funding to help make something great happen? Make it a reality with support from Council's Community Grants Program. Register for a FREE Grant Writing Session online to help with planning. Visit Council's website for more information and apply before 15 March.

Do you want to help look after our beautiful bushland reserves?

This new year, join a team which volunteers their time to look after their local bushland. There are 40 volunteer groups around the region, with regular working bees. No commitment – just join in where and when you can. Search "bushcare" on Council's website to register your interest.

Grab your rates discount

Your 1 July – 31 December 2020 rates are due soon and if you pay by 19 February you'll receive the on-time payment discount. Register through MyCouncil to receive future rates notices by email so you can pay anywhere, anytime and ensure you never miss the on-time payment discount.

Did you know koalas need flying-foxes to survive?

Flying-foxes keep our native forests healthy. Some trees, like Australian eucalypts, only flower at night and depend on flying-foxes for survival to pollinate their flowers and spread their seeds. Without flying-foxes, there would be no food and shelter for our koalas, no pristine habitat for our native birds, and no magnificent forests for all of us to enjoy. Head to Council's website for tips on living with this incredibly important native species.

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Rob Skelton says the best thing about Nicklin is the heritage values so evident in the all the towns and villages.

Community Profile

Rob Skelton
Member for Nicklin

- **Birthdate:** November 3 1974 (year of the Tiger) Scorpio.
- **Dream car:** Tesla Cybertruck. It looks awesome and very robust.
- **AFL, NRL Teams:** Richmond Tigers (all my life), North Queensland Cowboys.
- **Last TV show you watched:** Vikings, a sprawling saga of love duty and honour.
- **What's one thing on your Bucket list:** I would like to Travel to Graceland.
- **Best advice anyone ever gave you:** "Know who you are and what you stand for and maintain your sense of humour." from former Prime Minister and Nambour boy Kevin Rudd.
- **Most memorable moment in life:** The birth of my children.
- **What do you love about the Job:** The passion of the people for their region.
- **What's your most annoying habit:** Smoking.
- **What interesting thing do people not know about you:** I'm musical.
- **What would you like to see happen in the local area:** To see a creative arts hub emerge.
- **What's your favourite local activity:** Camping around the Nicklin district. There are so many beautiful places.
- **What's the best thing about Nicklin:** The heritage values so evident in the all the towns and villages.
- **Who would you like to give a shout-out to:** To all the not-for-profit community groups that assist the most vulnerable people.
- **End note:** I am passionate about the region and am looking forward to four years of getting things done for Nicklin.

Enjoy a Laugh at The Lind



The engagement of Nikola (Clem van der Weegen) & Louka (Taylor Rost) is not going smoothly in Arms and the Man. Photo: Chris Grealy.

AFTER a tough year learning to present entertainment in new Covid-safe ways, Lind Lane theatre in Nambour is looking forward to presenting the Sunny Coast with more top quality theatre shows.

The Lind has been a fixture in Nambour for 75 years, presenting a wide combination of plays ranging from dramas to comedies and musicals. So it is appropriate to choose a work that has been delighting audiences for over a century.

Arms and the Man by George Bernard Shaw is many things to theatre-goers - a farcical comedy; a satire depicting the stupidity and ultimate futility of war; and a dig at class divisions and the concept of "higher love".

The play takes place in a small Bulgarian town after a short lived war with Serbia, whose army has been routed by the Bulgarians' heroic cavalry charge. A talented and experienced team of actors will portray the characters in Colonel Petkov's household. Little do they know that their complacent existence is about to be upset when an enemy soldier fleeing from capture accidentally finds refuge there.

The Lind will transport you to a charming folk village by the magic of sets and costumes

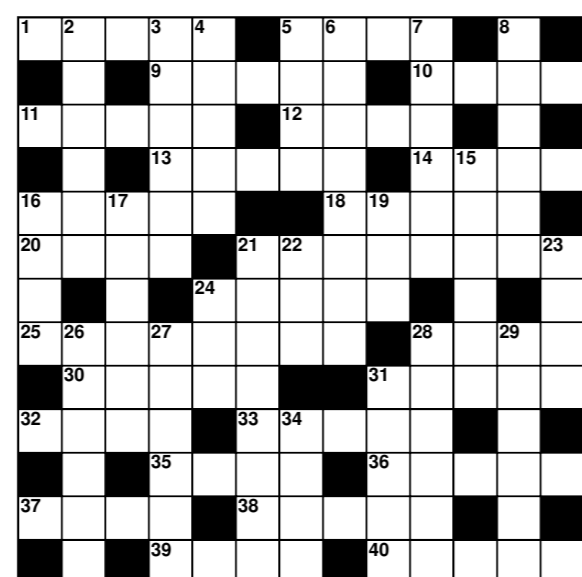
by professional theatre designer Anne Grant. We believe that you will love the results.

The play will run from February 26th to March 6th. Bookings are a must and can be made online at <http://www.lindlane.com.au/> watch or by telephone on 1300 732 764.

• There will also be a charity preview performance on Wednesday February 24 to benefit Helping Children Smile. To book for this performance, please telephone Malika on 0450 636 080.

Gazette Crossword

(see solution over)



- | ACROSS | DOWN |
|-------------------------|-----------------------|
| 1 Decree | 2 Impelled |
| 5 Singer | 3 Summer hut |
| 9 Ruinous damage | 4 Stories |
| 10 Catch sight of | 5 Employer |
| 11 Essential | 6 Received offering |
| 12 Scrutinise | 7 One's right wits |
| 13 Letting agreement | 8 Resist |
| 14 Blemish | 15 Customer |
| 16 Yields | 16 Country |
| 18 Excuses | 17 Let fall in drops |
| 20 Single entity | 19 Was ahead |
| 21 Hated intensely | 21 Ballet dancer |
| 24 Uttered wildly | 22 First woman |
| 25 Gained by effort | 23 Small spots |
| 28 Harbour town | 24 Equip |
| 30 Circles | 25 Three-legged stand |
| 31 Narrow ways | 27 Joints |
| 32 Dairy product | 28 Procession |
| 33 Keen | 29 Amend |
| 35 Praise | 31 Even |
| 36 Well-founded | 34 First man |
| 37 Fashion | |
| 38 Rescued | |
| 39 Slender support | |
| 40 Riverside embankment | |

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Maleny Golf Club notes and results

WELL, you could certainly describe Maleny as a very green place at the moment with all of the rain we have been receiving. But we're sure that our Greenkeeper is appreciating the falls.

However, we still seem to be able to fit in our games of golf, so, if you would love a game of golf, just phone our clubhouse on 5499 9960 or go to our website: www.malenygolfclub.com.au and book yourselves in for a round or two of golf when you want to play.

• Tuesday 26th January, 2021: The Maleny Golf Club held a Mixed Stableford Competition over 18 holes with first place going to Steve Roberts with 40 points, runner-up went to Eric Hecht with 38 points and third place going to Chris Dooley (from Surfers Paradise Golf Club) with 37 points.

• Wednesday 27th January, 2021: The ladies of our club played in their usual Ladies Monthly Medal which is an 18 hole Nett competition and which is sponsored by Judi Coey with first place going to Seri Tytherleigh with 72nett, runner-up went to Sarah Harding with 74 nett on a count-back from Kerry Nieper, also with 74 nett and third place going to Narelle Thamm with 82 nett.

• Wednesday 27th January, 2021: Also played on this day was a Mixed Nett Competition named the "Red Belly Challenge" with first place going to Mike Finley with a score of 70 nett on count-backs from Garth Bailo, Rupert Hohls, Stevie Marriner and Tom Hallam all with score of 70 nett. Runner-up went to Joshua Maddison with 71 nett and third place went to James Dayton with 72 nett on count-backs from Susan Brooker, Phillip Stern, Jeffrey Griffin and Lindsay Donaldson, all with 72 nett scores.

• Saturday 30th January, 2021: Men's Monthly Medal Nett Competition attracted a large field with first place going to Rupert Hohls with 66 nett, runner-up was Mark Green with 67 nett and third place went to Paul Griffin with 70 nett on a count-back from Stevie Marriner, also with 70 nett.



Nambour junior players with the Reds at Woombye's Tree Tops Challenge including hooker Brandon Paenga-Amosa and flanker Fraser McReight.

Reds take to trees and drop in to Nambour Rugby Union Club

NAMBOUR Rugby Club was very lucky to have a number of Queensland Reds players run a junior coaching clinic recently.

As part of the Reds to Regions program organised by the QRU and SCRUI, a number of the Red's squad went to a range of clubs across the coast.

"The positive impact has been amazing and truly shows the huge support for rugby union and the mighty Queensland Reds," said Nambour Rugby Union Vice-President Cheeky Preston.

Sign on Day

All junior teams are currently open for registration. Sign on day is Thursday February 4th from 3pm.

"Join one of the fastest growing community clubs on the Sunshine Coast," said Cheeky. "Nambour Rugby is currently fielding interest for juniors in teams from Under 9s, Under 11s, Under 13s, Under 13 Girls 7s, Under 15 Girls 7s, and Under 17 Girls 7s."

Register your interest via the website at www.nambourrugby.com.au/contact



Woombye Bowls Aussie Night

THERE was a "full house" at the Woombye Bowls Club recently when the club celebrated an early Australia Day.

As well as the weekly menu, chef Clancy offered patrons some yummy Aussie tucker, like Steak with Garlic Prawn Toppers, Pies with Mushy Peas and Pavlova with Tropical Fruit for dessert. Thong-throwing and corner to corner bowls were fun activities offered to all. And kids had Aussie-themed craft activities to keep them busy also. Our weekly Joker Poker was not won so increases to \$1200 next week. Our Cobbs Camp Kitchen is open Fridays from 5pm with reasonably-priced hearty meals from \$12 and kids meals at \$8, with ice cream.

Bookings are strongly recommended by phoning 5294 5245.

Play table tennis to keep your mind and body on their toes



Doubles partners Ken Hay and Jenny Thomson enjoy a hit.

CONSIDERING all the great benefits associated with table tennis it could be time to get a few friends together and come along and get fit while having fun.

That's according to Ken Hay who organises games at the Sunshine Dance Centre in Burnside.

"Table tennis is a safe sport to play because it is not a contact sport," Ken said. "It is easy on the body and can be enjoyed by players of all ages."

"It is a sport that has many different styles of play. Whether a player focuses on hitting the ball hard, developing keen accuracy or even developing different types of spin on the ball, anyone can have success playing table tennis. You can get the heart pumping and the body moving."

"It's not only the hands, legs, and body that

works, but also the mind. In just a split second, a decision is made. Every action is carefully calculated in the brain and sent to the whole body to execute. Every single second an individual plays table tennis, the brain is busy processing different data gathered through the senses. Playing table tennis requires mind and body coordination."

Ken said table tennis could be played in any weather and out of the sun.

"Everyone is welcome but we would like to get more ladies playing."

Table Tennis is played at the Sunshine Dance Centre at 5/15 Windsor Road, Burnside 9am to noon Mondays and Wednesdays. Coaching by a National Coach is available on Fridays 9am to noon for those wanting to improve or learn to play table tennis. Contact Ken Hay - Phone 5492 2830 for more details.



Mooloolah Hinterland Soccer sign on Saturday

THE Mooloolah Hinterland Soccer Club is a family friendly, affordable, local club. It is holding a Sign-On Day on Saturday 6 February at the soccer grounds on the Mooloolah Connection Road, just near the Skate Park and the BMX Track. Boys and Girls from 6 years of age (that is: born in 2015 and older), can join a friendly group of players in the club's teams. Experienced players new to the area as well as first timers are all welcome. Fair play, determination, team spirit and ball skills are the attributes that will be gained and improved on during weekly soccer training sessions and games.

The season extends from March until the end of August, with games being played on Saturday mornings for the younger teams and into the afternoon for the older players.

For more information or to register online check out the Mooloolah Soccer Club website at <https://mooloolahsoccerclub.com/> or come to the fields on Saturday to meet Club members and their families. Everyone is welcome.

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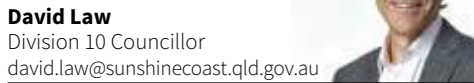
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Gazette Crossword Solution

See Crossword page 18...

E	D	I	C	T	B	A	S	S	O
R	H	A	V	O	C	E	S	P	
V	I	T	A	L	S	C	A	N	P
V	L	E	A	S	E	S	P	O	T
C	E	D	E	S	P	L	E	A	S
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B	S	R	A	V	E	D	R	O	
A	T	T	A	I	N	E	D	P	O
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Momentum building around Nambour



ON Wednesday 20 January I attended the Nambour Chamber of Commerce networking event at Stalwart Brewery. It was great to hear from Chamber president Mark Bray about some of their new initiatives for this year and meet with local businesses. There's a lot of momentum happening around Nambour at the moment which is great to see. As always, don't forget to buy and shop local. Your purchase is an investment in your local community.

Quota Park upgrade

Works are now underway for an upgrade of the Quota Memorial Park in Matthew Street, Nambour. This includes removing the existing shelter and constructing a new picnic shelter with a picnic setting, new barbeque and new integrated footpaths. This is a popular spot for many families to use and I hope you will enjoy the new facilities once complete very soon. Weather permitting they will be finished this month.

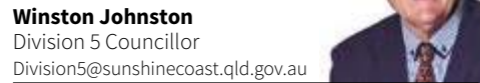
Grants available

It's a brand new year and as not-for-profit community groups start planning their crucial fundraising events and activities for 2021, Council is reminding volunteers to plan their Major Grants applications now. Major Grants offer up to \$30,000 for infrastructure projects and up to \$15,000 for other projects. Applications for round one are open 1 February to 15 March. Visit council's website for more information.

Join the movement

Council's popular health and fitness program, Healthy Sunshine Coast, is back for 2021 for the whole community to enjoy with a variety of free and low cost activities on offer. Many favourite classes will return including indoor and outdoor exercise sessions, group fitness, yoga and Zumba with more free activities and new classes in different locations including Mapleton, Nambour and Yandina. Be sure to register for the program as bookings are essential for each class through the provider. Visit www.sunshinecoast.qld.gov.au/healthysunshinecoast

Who's responsible for that road?



HAVE you ever wondered if a particular road belongs to council or the State Government? Good news, the Queensland Department of Transport and Main Roads (TMR) has added a new feature to their QLD Traffic website, 'Road Lookup' - visit qldtraffic.qld.gov.au/lookup to try it yourself. Another tip is that TMR generally controls roads which connect towns and open roads named after towns are TMR roads. The feeder roads are usually council-controlled. When a TMR road is also the main street of a town, while the actual road is theirs, the car parks and pathways are usually maintained by council. I hope this helps you in identifying which organisation to contact should you need to report any issues.

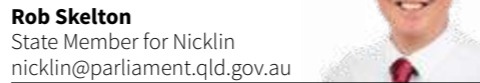
Australia Day Awards

Congratulations to all the Sunshine Coast Australia Day Award winners and nominees. Not only are these awards a great honour, they also recognise the hard work and community involvement of those individuals and groups. Thank you for your commitment to helping others and improving our Sunshine Coast. Award details can be found on council's website.

Be asbestos aware

With the ongoing storms that may cause damage to your home or even if you are carrying out home renovations, it's crucial to remember asbestos removal and disturbance can be extremely hazardous. Council strongly recommends homeowners only use licensed asbestos removalists when dealing with asbestos to ensure that fibres are not released into the environment and to avoid long-term health risks. For information about asbestos - visit www.asbestos.qld.gov.au.

Good education vital to modern life



WE know the year has started now the children are back in school. Many parents of children starting Prep or high school for the first time will have mixed emotions, but as we all know, a good education is the best tool to succeed in modern life. In Nicklin we are fortunate to have some of the most committed and passionate educators in the state. Our children are safe in our local schools. With all the school traffic and pedestrians around, please remember to slow down in school zones.

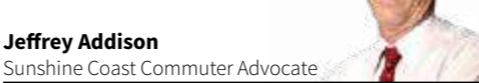
Good news for Community groups

The beneficiaries of round 106 of the Gambling Community benefit fund have been announced. In all, 18 Nicklin groups were successful, having received over \$500,000 in total. Sporting groups were very successful. A few examples are the Cooroy - Eumundi Cricket club to build a shed and buy a bowling machine, the Palmwoods Tennis Club will upgrade their lighting, the Nambour and District Tennis Association will upgrade outdoor access, the Palmwoods Cricket Club will purchase a mower and the Sunshine Coast Gymnastics Association will purchase gymnastic equipment.

New Year. Time for a new plan

WHILE we don't know how 2021 will pan out as far as restrictions are concerned, one thing we do know for sure - there will be change. Some will use this as an excuse to abandon planning and "wing it" in their business next year. I hope they enjoy the adrenalin and stress that will bring! The realist will make sure they learn the lessons of the past, understand the new reality of living with pandemics and other disasters, and apply that to a plan for the future. They will also be conscious that the plan is only as good as the work they put in to it, and the willingness to review and adapt to unpredictable events.

Unspinning State's Railway 'lines'



THIS is Part 2 of an article which began last edition. Below is a time line of break ups & downs of our weekly 'services' over the past decade. 11 July 2011 we had 349 services, comprising 219 trains & 130 rail-buses. 20 January 2014 saw an increase to 359 services, the LNP granting us two extra trains/weekday making 229 trains & 130 rail-buses. This day, 7 years ago marked the zenith of our services.

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GIG GUIDE FEBRUARY 2021

05 FEB	MATTHEW CLARK 1:30 PM
06 FEB	AMIEL MATTHEWS 1:30 PM
12 FEB	MATHESON BROWN 1:30 PM
13 FEB	GODS OF GRUNGE A TRIBUTE TO GRUNGE 1:30 PM
19 FEB	STEPHEN GREEN 1:30 PM
20 FEB	JARROD MURPHY 1:30 PM
26 FEB	DJ JSD 1:30 PM
27 FEB	TOO THE SKIES 1:30 PM
28 FEB	GUITAR HEROES A TRIBUTE TO GUITAR HEROES 1:30 PM

Valentine's Day

SUNDAY 14 FEBRUARY

CELEBRATE VALENTINE'S DAY WITH DINNER

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SATURDAY 13TH FEBRUARY

Summer Road Trip a chance to catch up



THANKS to everyone who came out to chat with me at mobile office locations across the electorate recently. I particularly enjoyed hearing from not-for-profit groups that do such important work for our community and I'll be swinging my support behind many of these groups' applications for funding upgrading their facilities, buying equipment and organising events.

Please contact my office on 5479 2800 or email ted.obrien.mp@aph.gov.au if your group is interested in applying for funding under the Stronger Communities or Building Better Regions programs which are now open. Also, while I was in Woombie, it was an honour to meet Brian and Dorothy Wathen and hand-deliver them a celebratory message for their 60th Anniversary.

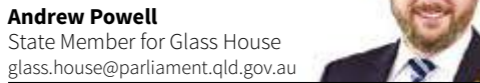
Covid Vaccine Roll-Out

My office has been receiving numerous calls and emails seeking further information about the COVID-19 vaccine roll-out strategy. Answers to the most common questions and links to further information is available on my website www.tedobrien.com.au, or please call my office and ask for a factsheet.

What's Happening In Canberra?

The first week in February marks the first Sitting Week of the year, with a further two weeks later in February. In addition to contributing to the Government's legislative agenda, I'll be heading up a parliamentary inquiry into Climate Change Bills as Chair of the Environment and Energy Committee and I'm soon to table another inquiry of that Committee on the problem of feral cats. And as Chair of the Trade Sub-Committee, I'm leading an inquiry into one of our biggest trade agreements - the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP) - while also wrapping up an inquiry into activating greater trade opportunities with the Pacific Island region.

Local Road upgrades around Bald Knob



TMR have recently advised me that they will be installing and upgrading line marking where Howard and Alf's Roads intersect with Landsborough-Maleny Road at Bald Knob. The intent is that drivers can better identify which vehicles have priority when multiple vehicles enter or exit the two side roads. It will clarify that Howard Road will form an intersection with Landsborough-Maleny Road and Alf's Road will form an intersection with Howard Road and will include:

- edge lines around at the start of Howard Road and Alf's Road;
- short centrelines at the start of Howard Road and Alf's Road;
- give way lines and signs on Howard Road and Landsborough-Maleny Road;
- a stop sign and line on Alf's Road; and,
- raised reflective pavement markers either side of the dividing centre lines and beside the edge line in Howard Road and Alf's Road to assist delineation of the roads in all weather conditions.

Speed Limit Reductions

I was recently shocked and frustrated to learn that the State Labor Government have decided to lower the speed limit of yet another Glass House road. In mid-December, TMR advised that they would be lowering the 80km/h speed limited section of Mooloolah Connection Road between Mooloolah Valley and Glenview to 70km/h. The Government continuously cites safety as the reason for the speed decreases but I have to wonder, if the safety of road users is such a priority, why they don't chip in the money to upgrade the roads instead? Reducing the speed limit on four kilometres of a major road is only going to frustrate most law-abiding motorists. What I would love to see, and have advocated for, are road improvements, not speed reductions. I know that locals would rather put up with a few months of roadworks than permanent speed limit reductions. Lowering speed limits should never become a long-term solution for actually fixing substandard roads.

Business Ideas



worked well, the new positive things you learnt, and the strengths you, your business, or your staff possess. Remember to include the feedback from customers - good and bad. **4. Analyse your business.** Review how effective your business was in these five areas:

- Obtaining potential customers
- Converting potential customers to customers
- The number and value of transactions per customer
- Your pricing compared with the value your product or service provides
- Your operational effectiveness - sales, manufacturing, supply chain, personnel development, finance and administration.

From your business analysis identify the area where you need to make most improvement. For example - if you are making all the sales you can handle but still not making a profit it is likely that either pricing and/or operational effectiveness may need to be addressed. **5. Create a plan.** For the priority you identified cross match your two lists. See how The Good could be put to use to help the area of business. Assess what impact The Learning may have in holding your business performance back. If necessary seek external assistance to address those matters. With a new plan may your New Year indeed be happy!

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Intrastate travel drives hinterland tourism

THE Sunshine Coast expanded its intrastate market to reduce disruption from COVID-19. According to the latest National Visitor Survey 837,000 intrastate visitors travelled to the Sunshine Coast in the September quarter, compared to 599,000 for the corresponding quarter in 2019.

Visit Sunshine Coast CEO, Matt Stoeckel said overall visitor numbers were down, but the Sunshine Coast recorded the lowest decrease of all Queensland regions, declining -3.7% to 886,000 for the quarter.

Mr Stoeckel said the National Visitor Survey figures highlighted the impact of Covid-19 on tourism, but targeting the intrastate market had insulated the region from the worst.

"The second half of 2020 was dominated by uncertainty and disruptions caused by COVID-19. With over three million residents within a 300km radius of the Sunshine Coast, the region



Quarry contract to boost local economy

SUNSHINE Coast Council awarded an \$8.5 million contract to local company Black Cat Civil to support quarry services at Image Flat and Dulong.

The two-year contract starts early this year and provides mobile crushing and screening services.

The contract was awarded last month following a robust procurement process to achieve the best quality outcome and value-for-money for ratepayers.

Black Cat Civil is a certified member of Supply Nation. The head office is in Nambour and the company works throughout Australia.

Sunshine Coast Division 10 Councillor David Law said council supported our growing region through the operation of quarries at Image Flat Road, Image Flat and Sherwell Road, Dulong.

"I am really pleased that a local Nambour company Black Cat Civil has won this competitive contract, it shows that the council's local procurement policy is really working," Cr Law said.

"They will be crushing, scalping, blending and screening approximately 350,000 tonnes per annum of rhyolite and basalt shot rock for a



Visit Sunshine Coast welcomes new CEO Matt Stoeckel

VISIT Sunshine Coast has welcomed Matt Stoeckel to the role of Chief Executive Officer. Mr Stoeckel started in the position last week after five years as CEO of Fiji's national tourism office, Tourism Fiji.

"What attracted me to the role with Visit Sunshine Coast is that it is a destination with huge potential," he said.

"With the newly upgraded airport, plans for new hotels and attractions, and its well-earned reputation for authentic nature-based experiences there are massive opportunities for the Sunshine Coast to be a pace-setter in Australian tourism."

Mr Stoeckel said VSC's immediate focus this year would be to continue to provide support for the region's tourism industry as we navigate through COVID-19.

"As we have seen last week there is still so much uncertainty on what lies ahead for 2021, and as an industry we need to continue to work together, be flexible and adapt to these changes," he said.

Mr Stoeckel said the launch of VSC's new brand - For real - could not have come at a better time, as it both differentiated the region in the marketplace and highlighted the Sunshine Coast's natural attractions.

"Importantly we know from research that this is increasingly what travellers are seeking. Therefore, a focus for this year will be on continuing to activate this new brand through showcasing our incredible depth and breadth of experiences and our stunning natural landscapes that are so highly sought after by our target markets," he said.

"We will also continue to be flexible in our marketing approach, making it a priority to target holiday-makers who are able to visit the region and expanding to new markets as they become accessible.

"Above all I look forward to working closely with VSC members, tourism associations, as well as our Council, State and Federal partners, to ensure that we can maximise the benefits of the tourism industry for the Sunshine Coast

variety of sizes and products," he said.

Cr Law said material extracted from the quarries was available to the construction industry and the general public.

Material is used for a range of purposes including road base, landscaping, drainage material, footpaths, driveways and to prepare a base for construction.

Contact the quarry sales office on 0437 734 913 for information on products.

Local contractors can go to <https://www.sunshinecoast.qld.gov.au/Council/Tenders> and register for tender alerts and head to <https://www.sunshinecoast.qld.gov.au/Business/Business-Programs/Business-Gateway> and ensure they have an up-to-date profile on our ICN Gateway or create your ICN Business profile on the ICN webpage.

Nambour Chamber of Commerce

NAMBOUR Chamber of Commerce staged a successful opening event at Stalwart Alehouse and Brewery, Nambour on February 3.

New President Mark Bray outlined the initiatives for the Chamber this year. Peter Clark and Kerry Brown updated the gathering about the exciting developments around town. And Cr David Law and Tony Millroy (for Nicklin MP Rob Skelton) updated members about what each level of government was doing for the town.

"There's certainly a positive outlook for Nambour in 2021, and we'll be working hard to keep building that momentum," Mr Bray said.



Aussie invention milks the shelf life of fridge staple

A Mapleton man has developed a world-first innovation that can extend the expiry date of fresh milk to more than 60 days.

The processing method gives a product that is nutritionally superior and has a longer shelf life than normal milk. Naturo Founder and CEO Jeff Hastings has earned a \$1 million Accelerating Commercialisation grant to build a pilot manufacturing plant in Coolool for the world-first patented technology.

Mr Hastings described the invention as the biggest breakthrough in the \$413 billion global dairy industry since pasteurisation in 1864.

"This is very different from long life milk," Mr Hastings said. "Long life is a UHT process. Our milk has a long life but is very much fresh milk. That's the distinctive difference there."

Minister for Industry, Science and Technology Karen Andrews congratulated Naturo for pushing the boundaries of what is possible.

"I'm so impressed by the ingenuity and determination of Aussie businesses like Naturo who are using science and technology to turn bold ideas into job-creating realities," Minister Andrews said.

The grant will help the company build a pilot plant in Queensland to create their product and then export it to the world, while also paving the way for a full scale facility to be built in regional Tasmania.

"This project also demonstrates the incredible opportunities in the food and beverage sector, which is why it's one of the six priority areas under our Modern Manufacturing Strategy," Ms Andrews said.

Member for Fairfax Ted O'Brien threw his support behind the project after meeting with Mr Hastings last year when the company was

