SUNSHINE VALLEY Gazette

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Nambour stalwart honoured for service to Ambos

A dedicated Nambour ambulance stalwart who has offered his time and leadership in many roles across multiple organisations and charities has been named Sunshine Coast Council's 2023 Senior Citizen of the Year.

Gary Langford is the President of the Nambour Local Ambulance Committee (LAC) where he has served since 1999. The passionate advocate has received numerous awards for his service but he said this one held a special place in

"It's a huge honor," he said. "I've received some awards from the Commissioner over the last 20-odd years, but that's an in-house sort of recognition. I've never had an award presented to me which is external of the QAS, so it's an absolute honor to be recognized. I mean, nobody in volunteering goes out there to seek recognition, but I'll tell you what, when you get it, it is wonderful to receive!

"I fell in love with Ambulance from day one, and I've absolutely loved it. I've made a lot of friends through QAS, with paramedics and senior management and patient transport drivers, and because of what these people do out there for our community, I can't help but keep going and keep working for them."

Gary said he would use the award recognition as an opportunity to encourage more participation in volunteering.

"Whether that be with the ambulance or whether it be with St Vincent de Paul or whatever, it doesn't matter.

"There's a lot more to be done, and I'll keep doing as much as I can."

Gary said he would concentrate on two main initiatives. "One is we need to make the community more aware of the importance and locations of automatic external defibrillators. They're called AEDs. We need to get more and more of those into the community through businesses and organizations.

"I know Woolworths have got one, that the pharmacy's got one, that the doctors have got one, but we need to get other businesses in town strategically placed with an AED, and then we need to start up a register of where they are. We will give that register to the emergency

medical dispatchers, which is triple-0, so that if they get a call, somebody in cardiac arrest, they can have a look at their map and pinpoint where the nearest AED is, and can direct a bystander to go and get it. Because that early intervention

"Also, we've got to educate the community more and more about CPR. Paramedics, when they turn up at a job where someone's in cardiac arrest and they can see that there's CPR underway and they can see an AED lying there, it brings them great relief. I mean, it increases the chance of survival of out-of-hospital cardiac arrest enormously."

Gary said he had nothing but admiration for the ambulance service personnel.

"I'm fortunate enough that I see what happens behind the scenes with paramedics and patient transport officers, and the public don't see that. The public already praise them to the hilt, but gee, if they knew what went on behind the scenes in preparation and after events, they'd be even more proud of these men and women in the community. They are just wonderful, wonderful people, and they're so dedi-

Other award winners:

Citizen of the Year: Michelle Lipner from

Community Group or Organisation: The **Board Meeting Surf Charity and Sunshine Coast** Riding for the Disabled

Sport and Recreation: Motiv8sports Sun-

Sustainability: Bamboo Projects Creative: Sunshine Coast Art Group.

Other nominess:

Darrell Dalton

The Nambour Golf Club Junior clinic coach Darrell Dalton was nominated for the Sport and Recreation Award. Darrell ensures all members at the clinic are welcome and he fosters a

> **Continued Page 18** Australia Day Honours List Page 18



Gary Langford: "Because of what these people do out there for our community, I can't help but keep going and keep working for them".





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Gazette in Print, Email, Online & Facebook

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

Editorial Policy

Every endeavour is made to publish submissions but we can never guarantee that any article will definitely appear. We prioritise constructive news which strengthens the community fabric.

Our broad aims are to:

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

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

Correction

IN the last edition of the Gazette, Sunshine Coast Commuter Advocate Jeffrey Addison's column contained an error. Queensland Rail have 6600km of track in the State, not 66,000km as stated. The Gazette apologises for our error in editing. Pacific National should also have read QR

Is it time to revive 'forgotten' Recreation Trail?

A Nambour woman says it was time to revive plans for a proposed recreation trail linking Nambour and Coolum.

The 48km trail, which was endorsed by Council in 2017 following research by consultants and wide-ranging community engagement would run from Nambour through Rosemount and Bli Bli to west Coolum and Coolum Beach, and would follow about 16km of historic cane train line.

"With Council moving staff out of Nambour down to the coast and the town losing business I thought it would be good to focus on some ideas that could revitalise the place," said longtime advocate Melissa Taylor.

"The Nambour to Coolum Recreation Trail is something I've always lobbied for but I keep getting fobbed off by the Council," she said. "I think it's an idea that would attract more people into the town, especially if we could link it to the Beerburrum to Nambour trail."

Initial consultations occurred after the 2003 closure of the historic cane railway that carried cut sugarcane from farms to the mill in Nambour. A feasibility study by recreational planners Inspiring Place - a Tasmanian firm found merit in developing the trail.

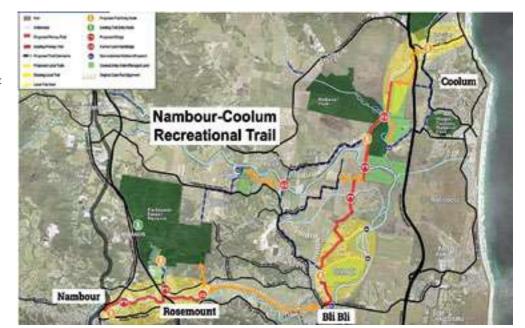
The historic line meanders across mostly public landscape including historic bridges and landmarks. It links points of interest and connects Nambour, Rosemount, Bli Bli and

Council made the trail a core component of its environment and liveability strategy in 2017 but nothing seems to have happened since.

"I just think we need more recreation trails in the area," Melissa said. "We're getting more congested on the roads, and even our national parks are getting more congested. And the coast has their coastal pathway, the council spent millions of dollars on that.

"It feels like they've abandoned Nambour. They've built that huge park in Mooloolaba, they've developed the coastal pathway, but there's nothing that links the hinterland to the Coast. Hopefully we can get people talking about it, and get something to be excited about in Nambour.

"They are spending millions down the coast while Nambour and the hinterland only appear to get some breadcrumbs. It seems



The Sunshine Coast Council has come up with a draft Nambour to Coolum Recreational Trail and future extensions.

unbalanced and the hinterland is feeling more disconnected to the coast. The coastal pathway has been developed connecting all the coastal towns, with the Nambour to Coolum Recreation Trail they now have an opportunity to connect Nambour to the coast, get more people off the roads and outdoors."

Cr Law fully supportive

Div 10 Cr David Law said he was fully supportive of the recreation trail being completed and had been doing all he could to have it prioritised by Council.

"I have seen copies of the plans and the first goal, I believe, is to get the trail open from Nambour to Bli Bli which will connect Nambour to the Coastal Pathway network," he said.

'This will be excellent for recreation and tourism and even the east west commute for active transport. The trail will begin from the massive new parkland area between Howard Street and Petrie Creek. After this then work to connect the trail through to Coolum.

"It may feel to some people along with Melissa that the council has abandoned Nambour but I certainly have not.

"Last year the best Aquatic Centre on the Coast was finished and opened in Nambour and it was voted in the top ten water parks in Queensland. Also we opened the large new parkland with agility equipment for pets between Howard Street and Petrie Creek and the Quota Park playground received a welcome upgrade.

"And I hope that there will soon be more news about work along Petrie Creek to better connect these major attractions together.

"I will be very keen to meet with Melissa to discuss options and to find out how we can generate a high level of community support so that we can get this trail as a top priority for

Cr Law said he could be contacted on 0437 825 569 or email david.law@sunshinecoast.qld.



Supporting the community THAT SUPPORTS US

White's IGA Forest Glen is now open... the supermarket is ultra-modern, with all the extras, including a dedicated gift and homeware store complete with floristry, chocolatier and boutique goods.

There's a full fromagerie, in-store butchery, coffee shop, delicatessen, and cold press juice and kombucha are available on tap. There's even a popcorn and lolly stand.









branch of the Historical Motorcycle Club will hold their annual Swap Meet at the Maleny Showgrounds on March 11.

The club has been holding this event every year since 1994. That makes this the 29th Maleny Swap.

"We were able to hold a very successful Swap again last year which was fantastic because with COVID we had to miss the previous year," said Secretary Keith Canning.

"A Swap Meet is where people of similar interests gather, set up small stalls and sell all their

excess parts and anything relating to their interests. Because ours is a Motorcycle Swap, then anything offered must be motorcycle related. That ranges from parts, complete motorcycles, clothing, riding gear, tools, and

Motorcycle enthusiasts come from all over Queensland and interstate to buy and sell. Visitors stay close to the showgrounds so they can get an early start on the bargains or get a prize position to sell their goods.

"Businesses around Maleny and the wider Sunshine Coast benefit as these people all take time to eat, sleep and enjoy the area while they are here," said Keith.

Each year at the Swap the club includes a Show of members' bikes.

"This is held in honour of a younger past member, who we lost some years ago. The judging of the show is by people's choice.

The Historical Motorcycle Club encourages the restoration and riding of older motorcycles. Many people will often see members out on the road enjoying a ride.

"We very often get feedback from the public saying that they enjoy seeing these bikes from



A taste of what will be on display at the Swap Meet ... a 1916 Triumph and a 1912 Rudge.

yesteryear out and about as it brings memories flooding back.

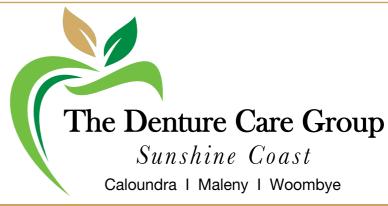
"The Maleny Swap is our major fund raising event. Not only does it fund the running of our club, but monies raised supports charities which include the Queensland Cancer Council, Prostate Cancer and Bloomhill to name a few. The club takes this role very seriously and enjoys seeing our fundraising put to good use."

Keith said there would be plenty of food available. "The Maleny Lions have catered for our Swap for many years. It's an important fundraiser for them and we are glad to support their efforts."

"If you want to stay over on the Friday night and be ready for the Swap on Saturday morning you can. There is no charge for that.

"We would love to see people there and maybe they may like to join our club and share the love of old motorcycles. A Club-eligible motorcycle has to be more than 30 years old."

▶ The venue for the Swap is the Maleny Showgrounds. Gates open Saturday March 11 at 6am. Cost is \$10. Stalls cost \$10. For more information call Phil on 0418 476 370.







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Big-hearted woodcrafters just keep carving out goodness

SINCE 1996 the Blackall Range Woodcrafter's Guild, also known as the 'Woodies', have been shaving, chipping and polishing away at their craft.

The group brings together many from all walks of life who share a passion for wood crafting. For the past 26 years, members have been using their free time to access timber and tools and give back to those in need.

Sunshine Coast Council Division 5 Councillor Winston Johnston recently recognised the 'Woodies' compassion and skill with a discretionary grant.

At the January 25 historic first Ordinary Meeting at Sunshine Coast City Hall, group members showed their gratitude with a special gift to Council of a hand-made gavel set that Cr Johnston said was "a humbling experience".

Cr Johnston praised the Woodies for their commitment to brightening the lives of others.

"The woodworkers are renowned for using their hands to build beautiful jewellery boxes, grand pieces of furniture and fine art sculptures," he said.

"What many of us don't know is that since inception, the 'Woodies' have donated hundreds of wooden toys to the Salvation Army Christmas Toy Appeal for distribution to children and families to spread a little joy during difficult times

"The Blackall Range Woodcrafter's Guild received a grant of \$2000 from the Division 5 Discretionary Fund to assist with the upgrade of a solar kiln used for drying timber.

"The 'Woodies' informed me the upgrade is well underway and I'm looking forward to checking out the talent at an upcoming timber sale or exhibition."

Guild President Julie Breen said the guild



Mayor Mark Jamieson, left, and Cr Winston Johnston, right, alongside David Friend, Julie Breen and Peter Rich at Sunshine Coast City Hall's historic first Ordinary Meeting.

appreciated Councillor Johnston and Council's support over the years.

These grants have enabled the Woodies to handmake woodcraft for other community groups on the Sunshine Coast and this new upgraded kiln has members very excited," she said. "Woodworking gives us a place where we can slow down, pay attention, and take the time to create something new, and make new mates!

"Our community welcomes all levels of experience and generations to give it ago - beginners can learn from experienced woodworkers through a range of workshops and events."

How to apply for a community grant

Council is proud to support not-for-profit organisations through its Community Grants Program. Community groups can seek Major Grant funding for projects or events that meet an identified need and provide local community benefit. The next Major Grant round will open February 1 and close on March 13, 2023. Visit council's website to apply. Go to www. sunshinecoast.qld.gov.au and search "grants programs".

Nambour song and dance classes

COAST Academy of Song & Dance are enrolling now for a new Musical Theatre Class at

the Nambour State College. Classes begin on Tuesday February 7 for Grades 6-10.

After many years performing professionally overseas in Musical Theatre and Cabaret, Principal Anna Quayle, pictured, loves imparting her knowledge of the entertainment industry to her students.

"Each class involves tuition in singing, dancing and acting which makes it fun for both the students and myself as the teacher," she said. "We also have great fun putting on shows, one at the end of each Semester.

▶ For a free trial class call Anna on 0466 508 489 or anna@songanddancenoosa. com.au.



Cranes being demobilised in January.

Pinnacle milestone adds touch of class to Nambour horizon

A significant CBD milestone was achieved last month with the tower crane demobilised from Nambour's first privately funded, multi-level, 40-unit project.

Grandview Developments General Manager Gavin Wuiske said Pinnacle on Maud would play a significant role in the revitalisation of

"It is a testament to our hard-working team that has continued to push on, despite the numerous weather & Covid-related delays,' said Gavin.

"It is extremely rewarding to see the strikingly modern building, designed by local firm Sprout Architects emerge to become a new Nambour CBD landmark."

Sprout Architects' Principal Paul Braithwaite went to school in Nambour.

"The Boland Cranes crew have done a fantastic job over the last nine months unloading all the materials that the trades have consumed to get the project built.'

Amber Werchon Property Sales Agent Frenchy Devos said it was fantastic for all the buyers to be able to see the project nearing completion, especially now that there is a furnished display unit.





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Bamboo Park owners Ed and Julia Wright welcome everyone to come and visit the piglets, plants

Bamboo Farm promotes organic, replenishes sugar cane land

Business Writeup: Bamboo Park, Valdora

BAMBOO Park at Valdora is an organic farm and tropical nursery, specialising in screening and hedging plants.

It was created by proprietors Ed Wright and Julia Collantes, who had a vision to continue to replenish the former sugar cane farm and promote the many benefits of clumping bamboo.

"Our nursery and organic farm is a natural and regenerative oasis," said Ed, who has years of experience and practical knowledge, having worked at horticultural and agricultural properties around the world.

"It's very gratifying to solve problems which people may have with screening out new development, eyesores, and too-close neighbours.

"Our customers also often value being able to contribute to carbon sequestration by planting these beautiful varieties of bamboo.'

Bamboo Park is brimming with varieties of clumping non-invasive bamboo and tropical plants, often used for screening as a natural barrier for privacy.

"Bamboo is great for deflecting neighbourhood noise and visible eyesores," said Julia. "The right plants also provide shade, privacy, benefits for wildlife, and valuable carbon sequestration. We love helping people find the right plant for the right purpose.

The Nursery also features tropical and house-plants along with organic composts and mulches, all within the magical atmosphere of a beautiful bamboo plantation.

"We welcome everyone to come and visit and see our piglets, plants and bamboo house, made with traditional Indonesian methods,'

'Children and dogs are welcome. We think we've managed to build an inspirational and unique venue where visitors can buy bamboo and other plants, meet the animals and enjoy



Ed and Julia Wright love helping people find the right plant for the right purpose.

Lychee giveaway aligns with festival

Bamboo Park is giving the gift of lychees, representing close family ties, with all bamboo purchases during the Chinese Spring Festival (Sunday 22nd Jan - Sunday 5th February).

"As a family business, we particularly like that lychees represent close family ties. We are very happy to be giving locally-grown lychees with bamboo purchases during the Chinese Spring Festival" said Ed.

▶ Bamboo Park is at 919 Yandina Coolum Road, Valdora, open Wednesdays-Sundays, 7am-5pm Phone 0456 727 024 .









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2023 Senior Citizen of the Year

Division 10 Councillor



lations to Nambour's Gary Langford for being awarded Senior Citizen of the Year.

Since moving to the area in 1990, Gary has been a dedicated Nambour stalwart, offering time and leadership in many roles across multiple organisations and charities. Gary is the President of the Nambour Local Ambulance Committee where he has served since 1999. A passionate ambulance service advocate, Gary has received numerous awards for his service. Congratulations Gary and thank you for your continued commitment to the Nambour community.

We're here to stay in Nambour

Council recognises the importance of Nambour as one of the region's key service centres and the work being done by appointed Wilson Architects will help to ensure our future utilisation of our key Council buildings is in the best interests of the Nambour and Hinterland communities.

Wilson Architects are currently leading the preliminary design and feasibility study for Council owned buildings in Nambour. We anticipate that we will see refurbishments including a district level library, community meeting spaces and improvements to the Customer contact centre, which will complement planned streetscape upgrades and Nambour's emerging performance scene within the Special Entertainment Precinct. More than 200 Council staff will continue to work in Nambour as part of Council's broader regional Workplaces program. With this in mind, the future of our assets – like the Eddie De Vere Building – are an important priority for our Council.

Healthy Sunshine Coast

Kick-off the new year with health in mind and register now to take part in Council's flagship community health and wellbeing program - Healthy Sunshine Coast. Registration is free, but essential. Once signed up, local residents will be able to attend a range of low-cost activities around the region. Activities will be added over time. Keep up-to-date on Council's website.

New year heralds new salon in Nambour CBD

Business Writeup

Peachy G Hair Studio

PEACHY G Hair Studio has opened at 4/23 Lowe St, Nambour and for owner Juanita Griffin, it marks a return to her hometown after living in Ireland for the past 20 years.

"I went to Burnside high school and I guess like most teenagers, didn't really appreciate my hometown," Juanita said.

"When I finished school I went straight to Sydney to do my hairdressing apprenticeship and it was there that I met my Irish husband Donie," Juanita said.

"I followed him back to Ireland where we settled and had our three children. We used to come home to Nambour about every two years and eventually he said to me 'why aren't we living here? It's paradise!"," she laughed. "Then COVID hit and in a way, it kind of forced us to reevaluate things and we made the decision to return. It's been wonderful to come home."

Juanita ran a successful salon in Ireland for 16 years, so it was a natural decision to open a salon here.

"I loved my business in Ireland because my clients eventually became our friends. That is one of the best things about being a hairstylist. It gives you the opportunity to get to know people very well."

Returning to Nambour after 20 years has given Juanita a fresh perspective of the town.

"What has not changed about Nambour is the strong sense of community here," she said.

"Everyone has been so positive and encouraging. Already, business owners in the Square have dropped in to introduce themselves and welcome me. I have been blown away, to be

Juanita has created a beautiful, peaceful salon in a space that had previously been a hairdressing salon and is adding to it, bit by bit.

"I have made a point of using local businesses as much as possible," said Juanita. "Our signage was done by Sunshine Coast Sign Town and I am so happy with it. I have had loads of compliments about it."

Although she is experienced in all aspects of her trade, Juanita has become a specialist in blonde colouring.

"I think it is something you have to have a



Juanita Griffin: "Being a hairstylist gives you the opportunity to get to know people very well."

passion for because it can be quite tricky. There are so many tones of blonde," said Juanita. "I have blonde hair myself so I have had a lot of practice! I believe a great cut and colour begins with a great consultation.

"We hairstylists with our professionalism and expertise hold the frame and our clients have their picture. It's our job to put our clients' picture in our frame for a successful outcome. It all comes down to being a really good listener."

Juanita specialises in all types of blonding, including balayage, highlighting, colour correction, colour blending and root shadowing.

"Using the absolute best products is actually critical if you want healthy, natural looking and low maintenance hair," Juanita said.

"The great thing is that at the moment, this look is right on trend. My preference runs to cleaner, greener, low toxin, professional hair care products and I make a point of using Australian owned hair care products."

Juanita also specialises in updo's and styling for weddings and formals.

"As a hairstylist, I have seen so many trends come and go, even ones that you could not imagine ever making a comeback, like the mullet. Who would have thought that would be possible? I have even seen another throwback from the 70s, the Farrah Fawcett 'do, put in an appearance on TikTok.

"At the end of the day, beautiful, healthy hair never goes out of style and let's face it, when us ladies are having a good hair day we are unstoppable!"

▶ Peachy G Hair Studio is at 4/23 Lowe Street Nambour. You can find Juanita on Facebook, Instagram and TikTok or call her on 0448 722 672 for an appointment.



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Woodies special gift to Council

Winston Johnston

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



Blackall Range Woodcrafter's Guild, also known as the 'Woodies', were recognised for their compassion and skill with a discretionary grant. At last week's historic first Ordinary Meeting at Sunshine Coast City Hall, the members showed their gratitude with a special gift to Council of a hand-made gavel set.

The 'Woodies' have donated hundreds of wooden toys to the Salvation Army Christmas Toy Appeal for distribution to children and families to spread a little joy during difficult times. The guild received a grant of \$2000 from the Division 5 Discretionary Fund to assist with the upgrade of a solar kiln used for drying timber.

For more information about Councillor Discretionary Funding please visit: https://www. sunshinecoast.qld.gov.au/Living-and-Community/Grants-and-Funding/Grants-Programs/ Mayoral-and-Councillor-Discretionary-Funding

New picnic shelter McCarthy's lookout

I am happy to advise that the new picnic shelter located at McCarthy's Lookout, Maleny has started. Works should be completed within 4-6 weeks (weather permitting).

I'm looking forward to seeing locals and visitors enjoying the new park shelter, fencing and

It will be a wonderful upgrade while taking in the serenity and the best views of the Glass House Mountains!

Brandenburg Road resealing update

We will be undertaking much-needed road widening at Brandenburg Road, Mooloolah Valley.

I know many local residents have been waiting for this work to take place and I'm pleased to see works start soon.

The widening will take place near the intersection of Viewland Drive and continue west for approximately 500 meters.

Work is expected to commence early February and be completed by mid-April 2023 (weather permitting). This is a great community asset and I ask that residents be patient while the upgrade is carried out.



Trina Costello says, since Covid, people are now more inclined to pay more attention to their health and what they surround themselves with in the homes.

Where to find products for your home and health under one roof

Business Writeup: The Spiritual Health Shop

YANDINA'S The Spiritual Health Shop owner, Trina Costello has drawn on her experience working in retail and the plant nursery industry to merge natural products for health and home under one roof.

When I first opened my doors 13 years ago, it was a book exchange," said Trina. "I had a few bits and bobs like handmade soaps, but mainly I focussed on books.

"But I had always had an interest in natural health products and over time I phased the books out and concentrated on health and bodycare and now homewares as well.'

Trina's move into a different market was particularly boosted along over the past three years of covid lockdowns.

"I think the silver lining of the last couple of years is that many people have become more aware of the importance of self care and they are also more inclined to pay more attention

to their health and homes, and what they surround themselves with," she said.

"As people have spent more time at home, they have made a dedicated effort to make their homes nicer places to be."

Today, The Spiritual Health Shop is brimming with unusual and natural supplements and body care products, and everything you can imagine to decorate your home.

"As a result of increased demand, I now stock crystals, salt lamps, incense, soy candles, ornaments, essential oils, clothing, Angels, Buddhas, tarot cards, natural cleaning products, meditation CDs, natural room sprays, windchimes, decorative pots and potted plants and products that are generally beautiful or make you feel good," Trina said.

"If I can help my customers feel great and create a peaceful environment in their homes, then I have done my job."

▶ The Spiritual Health Shop is at 4-14 Farrell Street Yandina and is open 6 days, Monday to Saturday. Phone 0480 293 011.

Course offers help handling painful divorce

DIVORCE is one of the most painful experiences you can face. So many emotions, so many chal-

But you don't have to go through it alone. DivorceCare offers support, answers, and practical tools to help you manage the many stresses of separation and divorce and find healing.

DivorceCare is a 13-week support group that helps you heal from the pain of separation or

The course will be held on Wednesday evenings from 7pm till 9pm at the Anglican Church 174-176 Currie Street Nambour, beginning on the 15th of February.

The program involves three main components designed to help in the healing process, including a video seminar, focussed support group and a participant guide.

▶ For details and to register for the course, visit the website www.divorcecare.org. Contact: Kelinda Black, nambour@anglicanchurchsq. org.au, 5441 1018. Dates & Time: Wednesdays 7pm - 9pm from February 15 to May 24. Location: St John's Anglican Church, 174-176 Currie Street Nambour. Parking available at rear, upper car park off Daniel St. Registration Required.

Woombye Community & Business Association meeting

WOOMBYE Community & Business Association's first meeting for the year took place last night, Tuesday January 31 at 6pm at Thrill Hill.

Agenda items include an update on the Woombye Happy Days Event; Consolidation of Bank Accounts, WCBA debit card and expressions of interest for Stall holders of Woombye Happy Days Event. Contact woombyecommunity@gmail.com for information on joining.

• The WCBA new committee is: Nathan Major President/Treasurer; Richard Law Secretary; Grant Palethorpe Vice President; Daniella Possee Social Media. General Committee positions filled by Sarah Major, Ken Hudson and Milo Frawley.



GARDEN MENU

Available 8am - 3pm Wednesday to Sunday

You may like to bring a BYO picnic rug to enjoy in the grounds or find a casual table in the cottage garden, gazebo, or the veranda's - order & pay at bar.

Please note: formal clothed table areas are reserved for celebration seasonal menu only. Availability may vary due to events at times. If the sign is out on the road this menu is available!



Sunshine Coast

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A dental referral is not required, so please make an appointment to discuss your denture issues with our caring team and experience the Denture Art difference. Direct private medical fund claims welcome.

www.dentureart.com.au

Polymer clay art inspired by colours of nature

Business Writeup:
Polymer Clay Artist Kate Lee Foley

NAMBOUR artist Kate Lee Foley uses her love of colour to create beautiful, unique art in polymer clay. Her works, which range from jewellery to small vessels and objects, draw inspiration from the intricate colours and designs found in nature.

"Polymer clay has captured my imagination and held my attention in a way no other art material has managed to do. I have always been creative, but had not ventured seriously into fine art previously," Kate said.

"I had experimented with porcelain and other ceramic clays but when I discovered polymer clay I was blown away by the vibrancy of the colours. With polymer I can give form to pure colour. It feels alive in my hands."

Kate's first career was as a performance auditor, assessing Government systems and processes. When she and her husband moved from the ACT to Nambour in 2014, Kate embarked on her current career as an artist.

"From the outside, my experiences seem like they are worlds apart," Kate laughed. "But in reality, both require meticulous attention to detail, an understanding of good design and clear intention. So I have been able to transfer those skills to my work."

Polymer clay is a very versatile material that holds fine detail and can be used to create in almost unlimited ways. Due to its lightweight nature, it is perfect for making jewellery.

While Kate has been greatly influenced by nature, she has been particularly drawn to butterflies as a source of inspiration.

"Butterflies have so much meaning to so many people for a whole range of reasons," said Kate.

"But they have captured my imagination because they symbolise transformation. When



Nambour artist Kate Lee Foley: "It is also wonderfully uplifling to create beautiful objects that simply make you and others feel good about the world."

you contemplate the colours, delicate patterns and beauty of butterflies it is easy to forget the change and growth they went through to become such exquisite creatures."

Kate has been involved with Arts Connect for a number of years, and last year curated an exhibition of small objects for Studio on Brunswick in Fortitude Valley, titled Simple Pleasures

"It was a lovely exhibition to be part of because I think it is so important to stop and appreciate the little things in life that bring joy. It is also wonderfully uplifling to create beautiful objects that simply make you and others feel good about the world," Kate said.

"My preference is for colourful playful pieces that express feminine beauty, transformation and connections. I often begin with colour and draw inspiration from personal experiences and anything that makes me smile. Flowers feature strongly in my work, as they allow me to explore whimsical patterns and vibrant colour combinations. I think it is good for the soul to be surrounded with beauty."

▶ Kate's work can be viewed on instagram at kate.lee.foley or her website www.kateleefoley. com. You can also discover discounted work at the Handmade Exchange's online markets via Facebook. Kate will be participating in Open Studios in May 2023 and accepts commissions for specific pieces. You can contact Kate on kateleefoley@gmail.com.

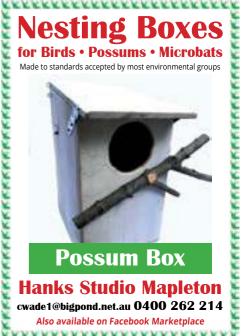
Now Showing at Majestic Cinemas

HERE'S what's showing now at Majestic Cinemas in Nambour.

Now Showing: Babylon (Margot Robbie and Brad Pitt); Avatar the Way of Water; A Man Called Otto (Tom Hanks); The Fabelmans (Steven Spielberg); What's Love Got to Do With It (Romantic Comedy) and from Feb 2 Knock at The Cabin.

• For more information on session times please visit www.majesticcinemas.com.au or phone 5441 2954.





Thank you Palmwoods!

Heritage Bank Palmwoods Community Branch are proud to help shine a spotlight on the next generation of Palmwoods' leaders by sponsoring the Rose Bartlett Award at Suncoast Christian College. This award highlights a student who embodies the concept of service to others, gaining respect from both teachers and peers. Congratulations to the 2022 recipient, Seth!



Rose Bartlett Award at Suncoast Christian College is proudly supported by



Visit your local community branch at Palmwoods Plaza or call 07 5294 0600

Locals recognised on Australia Day

Ted O'Brien

Federal Member for Fairfax ted.obrien.mp@aph.gov.au



I would particularly like to highlight the following locals:

- 1. Christopher Johnson OAM, for service to community health;
- 2. Ms Karen Neuendorf OAM, for service to business, and to the community; and
- 3. Ms Theresa Craig AM, for significant service to politics and the agriculture industry.

Government Grants

Did you know that government grants are available to support businesses, community groups and sporting organisations? Each level of government has their own online grants portal where you can search for available grants. Go to:

- · Federal Government: www.grants.gov.au (business) and www.communitygrants.gov.au.
- · Qld State Government: www.grants.services.qld.gov.au
- · Sunshine Coast Council: www.sunshinecoast.qld.gov.au/Living-and-Community/ Grants-and-Funding

My team would be happy to assist you with information on what grant would be best for your organisation. Call my office on 5479 2800 or email ted.obrien.mp@aph.gov.au.

The Future of Nuclear in Australia

I have been tasked by the Opposition Leader, the Hon Peter Dutton, with undertaking an in-depth analysis into the possibility of including advanced nuclear technology in Australia's future energy mix. That's why I recently visited Japan. No people have a more complicated relationship with nuclear technology than the Japanese. My visit included Tokyo, Hiroshima, Fukushima and Rokkasho where I met with business owners, government officials, nuclear experts and everyday local people.

If you want to learn more about my trip, head to my website www.tedobrien.com.au.

Joan finds new home at place she's volunteered for 60 years

JOAN Chapman has been volunteering at Sundale since 1963, and only missed the official opening because of the birth of her daughter.

"I can remember the Nambour site before Sundale was built," Joan said. "It used to be a cane paddock with the odd cow."

In August last year Joan moved into Rod Voller Care Centre on the Rotary Garden Village site, but don't expect her to stop volunteering

"I'll never not help out. I can't imagine a life without Sundale.'

A Nambour local and former cubs leader, Joan would organise monthly visits to McGowan and Nicklin Lodges. "The ten-year-old cubs in my company would help with the gardening and bring residents to the dining room." Joan said.

"Back then wheelchair races down the hallways were common. It was wonderful to watch the young cubs interact with their older friends, the residents.

This year Sundale celebrates its 60th birthday.

"For the past 60 years, Sundale has played a significant and very rewarding role in my life my history is here.

"It has been an enormous place of comfort and joy. Now, I'm one of the oldies.

"My husband Graham, was Sundale Chairman for more than 20 years and on the Board for 36 years. I took great pride assisting him throughout that period.

"I was his sounding board, supported him, and gave him the confidence to make the big

"Graham would often say 'I'm just popping down to Sundale', which was code for I won't be back for a few hours.

"To this day our kids say, 'I just have to pop into Sundale' if they are running late."

Joan started volunteering at Sundale as a 23-year-old, alongside her parents Bob and Jessie Webb who were also foundation volun-

"Whenever I had a spare moment, I used to pop in and say hello to the residents, share cups of tea, take them shopping and help organise

"With Hazel Smith, I used to sing in a choir



Volunteer and now-resident Joan Chapman: "Sundale has been my life."

for the residents. We would also perform at the annual Christmas Concert.

"You can't mention Sundale without mentioning Nambour and vice versa. There have been so many parties, birthdays and celebrations. Sundale has been my life.'

Joan said it was the residents and the relationships she formed which kept her coming back, and volunteering for the past 60 years.

"I have been able to help people and enjoy

myself while doing it," Joan said.
"Acceptance is a big thing and my family and I have received it at Sundale.

"When I think of Sundale I think of freedom, friendliness and love, and I hope that con-

Business Directory Art Competition

Business Writeup: Apex Maleny Business

THE Apex Maleny Business Directory art competition is open and the search is on for the original artwork that will grace the cover of the 2022-2023 edition.

"As always, we are really excited about this year's art competition," said club spokesman, Sam.



"It is something we open up to the community to give aspiring artists an opportunity to get work displayed via the front cover of our business directory and also, to earn some cash. It is a wonderful opportunity to showcase your art."

The Apex Maleny business directory is posted to all residences in the region and is eagerly anticipated by locals, every year.

"The Directory is a wonderful community asset that allows local businesses to advertise directly to their customers whilst offering a one stop shop for those locals to access all the services they may need on their doorstep," Sam

"Furthermore, Apex is exclusively volunteer-run so all profits raised from advertising within the directory go straight back into the community. Everybody wins.

"We are looking for works of art rather than photos (but all entries will be considered), and all entries must have some link to the Maleny district. How this links to the region is entirely at your discretion, you are granted artistic licence!!"

The front cover of the Directory is of portrait format and so this is preferred over landscape images if possible.

"The writing on the front cover will be edited according to the winning entry but it is worth remembering that the chosen image will have to accommodate this to some degree," said Sam.

· To register your interest, you can get in touch by emailing apexmalenyclub@hotmail. com. Entries must be completed by the end of April this year.

Apex Maleny BUSINESS DIRECTORY



Apex Maleny are holding an Art Competition to find a locally inspired artwork from a local artist, suitable to grace the cover of the much loved annual Apex Maleny Business Directory.

THE COMPETITION WILL BE JUDGED BY MALENY ART DIRECT

The winner will receive:

1ST PRIZE \$300

2ND PRIZE \$200

3RD PRIZE \$100

All completed entries are to be submitted by April 30

TO FIND OUT MORE ABOUT **HOW TO ENTER THE COMPETITION**

Write to: apexmalenyclub@hotmail.com



Marketing Manager Brenda Bailey at the Potting Shed where you can buy flowers every day.

Gardener's delight opens at **Yandina's Ginger Factory**

Business Writeup: The Potting Shed at the **Ginger Factory**

THERE is a new location for garden lovers open now in Yandina and it is fairly bursting with glorious colour.

"We have designed The Potting Shed to be the ultimate location for gardeners," said Ginger Factory Marketing Manager Brenda Bailey.

The Ginger Factory has long been known for its fabulous annual Ginger Flower Festival but the past couple of years of lockdowns and restrictions has forced the cancellation of the festival. "Then we decided that there was no reason why we couldn't grow, showcase and sell ginger flowers every day," Brenda said.

'Visitors to the Ginger Factory tend to be people who love gardening and this seemed to be a great way to create the perfect environment for the plants to thrive, and for our guests to enjoy. The Potting Shed has the correct blend of light, shade and water and our ginger and turmeric plants love it as much as our visitors!" The Ginger Factory has an in-house horticul-

tural team who have done an amazing job of growing the ginger and turmeric plants.

"We have got fabulous suppliers but I really do want to acknowledge our own knowledgeable and experienced team who have been instrumental in bringing this dream to life. The shed is packed with the most lush, premium quality plants for our guests to purchase and enjoy at home," said Brenda.

"Gardening is Australia's number one hobby and I think people are generally becoming more aware of the health benefits of gardening. It makes sense to also work with plants like ginger and turmeric that have such diverse and wide ranging health benefits.'

The Potting Shed is located opposite the Moreton train park, and like the Ginger Factory, is open every day except Christmas day.

▶ The Ginger Factory is at 50 Pioneer Road Yandina. Entry is free.

WCBA plans to rock on with Happy Days event



Woombye Community and Business Association News with President Nathan Major

WE would like to thank all of our members who attended or contributed to our Christmas

Party at Cavu Distilling last year – it was a great event! 2022 was a year in which a lot happened. Over \$2000 in community sponsorship was disbursed, heritage materials such as Judith's Story and the Woombye Heritage Trail were delivered, and we welcomed new sponsors and premium members.

To (hopefully) coincide with the anticipated completion of streetscaping activities ("weather and site conditions permitting") the WCBA will host the "Woombye Happy Days" '50s & 60s themed event on Sunday May 7 at the Woombye School of Arts.

We have already lined up public dance workshops (Cool Cats Rock 'n' Roll), two great bands (The Wild Ones & The RockNRollabillys), and scoped out spacing for market stall holders.

We now invite our business members to submit expressions of interest for inclusion as stall holders or other activity(s) before we extend this opportunity to other vendors in March. Similarly, we would love to hear from anybody else interested in helping with the event or to discuss how they can get involved.

Curated Plate discussions & next meeting

Discussions have been held with event organisers for The Curated Plate, a culinary festival to be held late July / early August. We are waiting to hear back from them regarding our expression of interest and proposed "Taste of Woombye" event for inclusion in the roster. If you are in the food and beverage industry in our community and would like to be involved, please get in contact.

Woombye is a fantastic place and a great community - the WCBA looks forward to working further with its members to make it even better. Please contact us at woombyecommunity@ gmail.com if you would like to get involved. Next public meeting is at Thrill Hill Tuesday February 28th at 6pm.



SUNDAY SERVICES 9AM 165 Perwillowen Rd, Burnside



Sunday School During the Service in School Terms

For enquiries contact our office: P 5476 4263

We're not just a church, we're a family





WE ARE HIRING

About Us

RangeCare is a local, not-for-profit in-home care provider that has been supporting people along the range and the Sunshine Coast since 1986.

RangeCare has offices in Flaxton, Maleny, Nambour and Gympie.

Employee Benefits



国二() Flexible Work Arrangements

Work a schedule that suits your availbility



KM Reimbursements

Increase your income



Training and Development

Become your best version



Salary Packaging

More money back into your pocket



Worklife Balance

School hours work available

Submit your CV via the link below



JOIN OUR COMMUNITY

We're hiring:

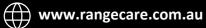
- Care Support Workers
- Domestic Assistants



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Healthy. Smart. Creative.

Get into gardening

Looking for some encourage-mint to get into gardening? Sunshine Coast Libraries' new Seed Library is blossoming now at Maleny and Kawana Libraries. New and existing library members can collect free seed packets and plant, grow and harvest their crops - then donate seed varieties back to the library. The Seed Library is free to access. Visit Council's library website for more information.

BushCare is looking for volunteers

What's BushCare? It's a group of like-minded people who care for the bushland near them, like to enjoy the outdoors, keep active and connect with nature and have the flexibility to volunteer when it suits them. Morning tea, equipment, gloves and guidance are all provided. Search "bushcare" on Council's website and join your next local BushCare working bee.

Chance to win \$1000 off your rates

Rate notices have been issued and are due by 24 February. Register through MyCouncil to receive future rate notices by email and you'll go in the running to win up to \$1000 off your next rate bill! Visit Council's website for details.

CUSTOMER CONTACT

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

How to cut business costs and reduce your footprint

Registrations are open for the Business Sustainability Workshop series to help businesses understand how they can cut costs and reduce their environmental footprint by developing a Sustainability Action Plan. Workshops will be delivered with Cleantech Industries Sunshine Coast at The Old Ambulance Station, Nambour on 14 February, Venue 114, Bokarina on 23 February and Sunfair, Marcoola on 2 March. All workshops run from 4-6.30pm and cost \$25 per person. Visit events.sunshinecoast.gld.gov.au to book or for more details.

One for the calendar

Watch Council's next Ordinary Meeting online or at Sunshine Coast City Hall Chambers – Thursday 23 February at 9am.

Share your stories

Do you have local stories about the development of local farming practices and markets, or the community's involvement with the war effort? Council's Historians in Residence want to hear from you. They're working to fill some gaps in our Sunshine Coast's history and you can help. Book into a community day on 15 or 23 February at Bankfoot House, Glass House Mountains, Nambour Heritage Library or Landsborough Museum and share your story. Bookings essential at heritage.sunshinecoast.qld.gov.au.

Creating a plastic-free lunchbox

As we return to back-to-school mode, now is a great time to consider how we put our children's lunchboxes together to reduce waste and plastics for the benefit of future generations. As parents, grandparents and caregivers, the changes we make today also help family members form natural habits to one day live plastic-free lives. From investing in the right non-toxic lunchbox, prioritising produce and plastic-free products and buying in bulk to using beeswax and cutlery wraps and reusable produce bags, visit oursc.com.au for all the details.

Apply now for major grants

Does your community group need funding to help make something great happen? Council's Major Grants are open until 13 March. Attend a free Grant Writing Workshop to help with planning. Visit Council's website to apply or for more information.

BatPod: are you up for the challenge?

Flying foxes are living closer to humans because of habitat loss across Australia. These animals are vital to the environment, however they can be noisy, smelly and sometimes messy neighbours. So join the team at Council to help problem solve ways to live alongside them peacefully. The best part - you get to call the shots! This is a fully immersive, choose your own adventure podcast series. It's called BatPod. Are you up for the challenge? Listen in now, wherever you get your podcasts.

Get the latest council news delivered directly to your inbox each week. Sign up for the OurSC enewsletter here



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





LiFT owner and fitness coach Wendy Versluis: "Exercise is an act of self care, not a punishment for not being where you think you should be, physically."

Get stronger, faster with LiFT's eight-week fitness challenge

Business Writeup: LiFT Gym Nambour

IF you've headed into 2023 with a resolution to get fit, LiFT Nambour's "Level Up Challenge Series" could be a great opportunity to make a

"The LiFT Level Up Challenge is brand new to LiFT and it focuses on the three key components of fitness. It is not your average challenge," explained LiFT owner and fitness coach Wendy Versluis.

Over the next 12 months, challengers will have the opportunity to complete the tri factor series, each of which runs for 8 weeks.

"Level Up" means you versus you," she said. "At LiFT we always strive for progress, not perfection, and levelling up does just that. Ours is not a transformation gym. We support and educate our members to aim for sustainable

"Our members are people of all ages and from all walks of life. They have their own stories and reasons for wanting to improve their fitness and health. It can be incredibly daunting to make a decision and take action. We are very mindful of that and we encourage people to be gentle as they get started, and to be kind to themselves. Exercise is an act of self care, not a punishment for not being where you think you should be, physically.

"Our classes are small, and although we have structured programs everyone works at their own pace," Wendy said. "It is so rewarding to see people progress and blossom, to see fitness and self confidence improve, and friendships

"Education around health and fitness is a vital aspect of the way we support our members," she said.

"That is why we bring allied health professionals into our gym to speak to our members in order to help them devise the best health and fitness plans for them."

New LiFT member, Clare agreed: "It has been several years since I have done anything for myself, coupled with severely reduced activity throughout Covid and I found that my fitness and strength has substantially reduced,"

she said. "I have a very active 7-year-old and I can't keep up with him or participate in activities with him as I am tired all the time. Also, getting older and being so unhealthy is worrying; I want to be actively engaging with my family and friends, living a great life.

"Over the years I have joined a few gyms including a women only gym and an industrial weightlifters gym but I didn't feel a great fit in either. When I first trialled LiFT I was nervous, with no confidence about what I was doing.

"But Wendy has been incredibly welcoming and supportive and has provided support throughout every session, ensuring I use correct technique, and making adjustments with exercises to meet my abilities.

"Other members have been warm and welcoming with a contagious genuine joy for being there. Everyone is very focused on their own progress during the session so I have not felt like anyone is judging me or my abilities.

"While I have been sore, no surprise there, it is getting easier with each visit so I am now focusing on challenging myself on the weight I can lift and the number of reps I can do. Having this time to just focus on something for me makes the day to day chaos easier to manage."

The LiFT Level Up Challenge Series One, is focused on strength and the quality or state of being physically strong.

"Muscular strength is one of the key foundations to physical fitness," said Wendy.

"By focusing on strength, you will increase your lean muscle mass which in turn has huge health benefits such as increasing your longevity.

"Another benefit is that the more lean muscle mass you have, the more calories you burn and the more defined your body will appear."

The Level Up series has been updated with new fitness assessments as well as additional activities to support your results.

"We are excited to support our members through this challenge," Wendy said.

"You won't want to miss it!"

▶ The Level Up Challenge starts February 6. For more information contact Wendy on nambour@liftstrengthandconditioning.com.au.



Cricks celebrates lasting local connections

Business Writeup: Cricks Nambour

THIS year marks the 10th anniversary of what has been a rewarding and mutually beneficial partnership between Cricks Nambour dealership and The Compass Institute.

'We were first introduced to Compass via one of our staff's wives at Nambour, who worked for the Bendigo Bank," said Nambour Dealer Principal Dan Hunt.

"At the time, the Bendigo Bank was the original sponsor of the Compass Charity Golf Day. We met Compass CEO, David Dangerfield and were so impressed by the concept of The Compass Institute in general that we sponsored a hole on the golf day, as a minor sponsor," Mr Hunt said.

"The following year David approached us to offer us major sponsorship rights and we did not hesitate. That was nine years ago and we haven't looked back.

"As we got to know David and were fortunate enough to hear more about his evolving plans for The Compass Institute, we wanted our business to become involved in any way we could,"

"We loved what they were doing, and the passion and integrity with which they did it."

Cricks had acquired the old shell service station next door to the dealership at 952 Nambour Connection Rd and through a casual conversation with David Dangerfield, a plan was hatched to expand the operations of Compass and offer a greater diversity of experience to its trainees.

One day David mentioned to us that he wanted to open a cafe in Nambour in order to give Compass trainees the opportunity to work in hospitality," said Mr Hunt.

"It occurred to us that we had the perfect block right next door. We had a discussion about it with Garry Crick and he agreed that we should offer the space to The Compass Institute for the cafe. The building on the block needed quite a bit of work, but in true Compass form, the team made it happen."

Having a Compass business right next door allowed the team at Cricks to see personally how their association has helped to enrich the lives of Compass trainees.

"It has been an entirely mutually beneficial



Cricks Nambour Dealer Principal, Dan Hunt, with staff and trainees from the Compass Connections

arrangement, on every level," said

"When the cafe first opened its doors, we pulled the coffee machine out of our showroom and moved it into the cafe. Our staff were all given coffee vouchers and went next door to buy their coffee. When the project first kicked off, I don't think we were really prepared for how wonderful it would be. It was a totally new environment for the trainees but they took to it very quickly. Getting to know the trainees at the cafe has been something that all of our staff cherish.

A business the size of Cricks Nambour inevitably attracts a lot of requests from charitable and community organisations for

financial support. "There are so many worthy causes and won-



Wallaby half-back Tate McDermott, centre-left, and the team from Cricks Nambour at a recent golf day.

derful people serving our community in all kinds of ways, but something that stood out to me about Compass from the beginning was that they were the first organisation to call us and ask how we were going, and if there was anything they could do to help our business," said Mr Hunt.

"They approached us in a truly collaborative spirit and I guess we feel that now, we are a part of their business and they are a part of ours. Through our association with Compass we have pulled together our staff and the community in a way that is creative, heartfelt and mutually beneficial. The impact of engaging with the trainees has given our business a different focus."

Along with The Compass Institute, Cricks also proudly supports IFYS, Bloomhill Cancer Care and Bin the Blade for Balin (a Sunshine Coast based charitable organisation).

"Ideally we like our relationships with organisations to be long term because we think it allows for true collaboration and growth over time," Mr Hunt explained.

"Every quarter, we get together with the team at Compass and have lunch at the Palmwoods Hotel. There is never a particular agenda but as we sit together we find that the ideas just start

"We also find that our association with Compass attracts great people to us. We have recently entered into a sponsorship with local Wallabies rugby union scrum half, Tate McDermott," said Mr Hunt.

"Tate is our ambassador and when he was last on the coast he spent time at the Compass Cafe in our Caloundra showroom, meeting the trainees and making coffee. He is an incredible talent and such a down to earth guy. We were blown away that he so happily spent time at the

Anyone who has purchased a car from the Cricks will have had the opportunity to sample some of the handiwork of the trainees of the Compass farm in Palmwoods.

"Every car that goes out has a beautiful little handmade timber box with jams, pickles and honey from the Compass farm," Mr Hunt said.

"We are proud to be able to use our business to tell a little of the Compass story in our own way. It is impossible not to be touched by it. It is business from the heart and the synchronous experiences and opportunities we have been blessed with along the way have been price-





Kokoda Challenge returns to Kenilworth, to raise money for local youth programs

charity event that honours the legacy of the Australian Diggers who fought in the Kokoda Campaign in 1942, is set to return to Kenilworth on Anzac Day weekend, Saturday April 22.

Last year, The Kokoda Challenge, saw more than 1800 participants hike distances of up to 48 kilometres on the 80th anniversary of the Kokoda Campaign, raising over \$380,000 for local youth programs in its first year on the Sun-

Teams of 2-5 people traverse through Imbil State Forest from Kenilworth, some choosing to trail run the 18km, 30km and 48km course that consists of over 1,700 metres of elevation. Organised by local charity the Kokoda Youth Foundation, the event is set to attract even more teams this year to take on the trails in support of its mission to change the lives of local youth through mentoring programs.

"In 2022, we commemorated the 80th anniversary of the 1942 Kokoda Campaign, which was a momentous occasion for us," said Chief Executive Officer Johllene Elson. "It is our mission to keep the legacy of our Kokoda Diggers alive, and The Kokoda Challenge is a powerful way for teams to learn about the history of the campaign and the sacrifices made by our soldiers."

Last year's 48 kilometre trail, was described by participants as one of the hardest things



they've ever done. The course includes crossing a knee-high creek, scaling mountains with peaks of 400 meters, and a 20-hour time limit to reach the finish line. In 2022, the final team completed the challenge in 19.5 hours, starting at 7am on Saturday and finishing at 2.30 am on Sunday morning without sleeping.

In the lead-up to the event, teams participate in fundraising activities to support the Kokoda Youth Foundation's mentoring programs, which have helped over 652 young people across Australia since 2004. One of these programs, a Digital Detox camp for 12-14 year-olds, will be held in Kenilworth later this year.

"Building on the success of last year's Kokoda Challenge, we will be hosting a Digital Detox Program in Kenilworth this July," said Chris Emert, manager of the youth program.

"This fully-funded, 9-day adventure camp will combine challenging outdoor activities with mindfulness techniques such as breathing and meditation, helping children understand the impact of technology on their mental health and develop skills to manage their relationship with devices.'

The event will begin with a commemorative service to honour Kokoda veterans and other men and women in service. Teams are encouraged to register soon as the event is filling up quickly with registrations closing on Friday, March 25th, unless sold out prior: kokodachallenge.com.

Kokoda Challenge Sunshine Coast

- Event date: Saturday 22nd of April, 2022
- Distances: 18km, 30km and 48km
- · Registration costs: team registrations fees start from \$250 Start time: from 7:30 am
- Location: Kenilworth, Sunshine Coast.
- · For more information and to register your team in the Kokoda Challenge, visit: kokodachallenge.com



At Suncoast, our mission is to see our students grow in their faith, character, and learning. No matter their starting point, we welcome them and provide opportunities for them to develop their skills, discover their gifts and grow their talents. We celebrate their achievements, which are measured by the distance travelled.

SUNCOAS



Scholarship launches promising career for Student of the Year

A TAFE Scholarship has enabled a Mooloolah student to start a promising career in early childhood and win a Student of the Year Award.

Sheyana Brough earned a scholarship to study for a Diploma of Early Childhood Education and Care last year.

Her commitment to academic success, teamwork, studies and career aspirations made her a standout contender for the Student of the Year award.

"This award means so much to me because it not only recognises my achievements but importantly, shows the efforts and encouragement my mum and my amazing TAFE teachers invested in me," Sheyana said.

"I've always loved looking after children from a young age - babysitting was my passion - and caring for my little sister was why I decided to study early childhood."

Sheyana's dedication to her studies and career goals paid off with her successfully landing a job at Immanuel Lutheran College while she was still studying fulltime.

"I wanted to go to the next level in the industry with my skills and my TAFE studies have definitely strengthened my employment



Sheyana Brough studied Early Childhood **Education and Care.**

opportunities.
"I want to learn and experience all I can in this industry so that ultimately, I can reach my goal of becoming a teacher at a Steiner Education Australia school where the education and development of a child are tailored to their

TAFE Queensland Acting General Manager (East Coast), Mark Reilly, congratulated Sheyana on her achievement.

"As our students enter the next chapter of going into the workforce and chasing their career goals, I'm excited about their potential and what each and every one can achieve, locally and even globally."

• Find out more at www.tafqld.edu.au.



Vicky from Mr Beasleys Vintage, Lee Hillman from BackBeat Records, model Pam and James & Jake from RedBoss video production company.

Video series to highlight all that Nambour has to offer

A video series outlining the best that Nambour has to offer is nearing completion and its organiser says she is beyond excited to show a sample of town's assets.

The project is part of a collaboration between Sunshine Coast Council, Reimagine Nambour, Nambour Chamber of Commerce, Nambour Tram Co and Nambour Retailers Group to roll out a fresh video series that showcases Nam-

"We anticipate a full media and public launch by mid to the end of February," said Reimagine Nambour Brand Ambassador and local businesswoman Rhonda Billett.

"I promised late last year some exciting things were coming for Nambour in 2023 and now it's time to deliver on those promises, this video series is just the beginning.

"Our key focus points have been based around showcasing our natural beauty in Nambour, our events in Nambour and the existing, small business environment in town. This includes a strong focus on our thriving, sustainable, vintage and cafe culture.

'These businesses have filled many of our empty shops for decades and it's an industry that continues to grow in Nambour.

"We cannot underestimate it from an economic and town planning perspective. Team it up with our impressive and growing, cafe culture and warm Nambour hospitality and we have some economic stability in our local business economy."

The video series will be shared on the IAm-Nambour.com.au website. The site is currently being updated by Maree McGrath of McGrath Media Agency.

"The site will nurture elements for the promotion of Nambour and its further economic success. This will allow current as well as new business owners, locals, day trippers and other travellers to access what Nambour has on offer."

Petrie Creek Bushcare back creating habitat

from Norm Morwood, Petrie Creek Bushcare

WE are back into BushCare for 2023, having already been creating habitat at Namba Creek and Gulung Gung in Nambour in late January.

The weather has been fine for us and lucky we start at 7am as that sunshine along with the humidity even at that early time goes a long way to making what we do a bit like a gymnasium. That's it, free exercise while doing lots for the environment.

If you'd like to join in or just enjoy the results, the next opportunities are as follows.

· Florabunda Pocket on Saturday February 11 starting at 7am (Meet near the back Rugby

oval at Woombye. Come down Laidlaw Rd and turn right just before the Gymnastics Hall, and follow that road till you see us)

· Namba Creek on Saturday 18 February 2023 starting at 7am (meet in The Model Railway Park off Florence St Nambour)

To join in the activities at these events you'll need to come in "long everything" bush protective clothing including boots/shoes and a hat. All tools required will be provided.

▶ For more info see the FB Page www. facebook.com/PetrieCreekCatchmentCare-GroupInc/ and www.sunshinecoast.qld.gov.au/ bushcare or contact Norm Morwood 0409 63 99 44 or email normmorwood@gmail.com.

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Registration Roundup. Time to dust off the boots

Local sports clubs call for players

In the interests of promoting local junior sport the Gazette features a roundup of registration news for the readership area.



Palmwoods Warriors Football Club looks forward to renovation

SUNSHINE Coast Regional Council took possession of the Palmwoods Warriors Football Club on 31st October to start the long-awaited renovation of the clubhouse. Funding has been provided by Cr Winston Johnson and Rob Skelton Member for Nicklin to improve amenities, landscape and shade for our spectators. Renovations have been taking place over the Christmas break and should be ready for the start of season.

Come & Try Days are every Tuesday 4pm to 5.30pm and Wednesday 4.30pm to 5.30pm throughout February with volunteer committee members making themselves available to have a chat with parents/carers while the kids get to have some fun and begin their life-long love of Football. Merchandise can be purchased on the 18th February (Muster day) between 3 pm and 5 pm where the players will also get to meet their teams.

Our season starts on Friday Night 3rd of March at 6.30pm for our senior teams and Saturday March 4 8.30am for our junior teams. On the 25th February we will host our Palmwoods vs Palmwoods day debuting our new playing kits with thanks to Heritage Bank Palmwoods. Our association in the lead up to the FIFA Women's 'Beyond Greatness' World Cup Aus/NZ is excited to announce an U8 girls only fixture this year. Palmwoods has a very strong female



participation and some very experienced and passionate female coaches.

Palmwoods Warriors Football Club will also host the 'Clean Up Palmwoods Day' organised by Martinuzzi Property Group. This is a fun day with lots of prizes to be won.

We would like to take this opportunity to thank our 2023 sponsors: Swag Camper Trailers, Thinking Big Finance, Piggyback, East West Contracting, Palmwoods Hotel, Martinuzzi Property Group and Andrew Powell MP. As a volunteer-run, not-for-profit organisation the support of these businesses are invaluable and sincerely appreciated.

Register online at www.palmwoodswarriors.com.au. Questions email registrar@palm-woodswarriors.com.au.

Hinterland Blues Australian Football

Sign on Day for Juniors is this Sunday February 5, from 2pm and 4pm at the club fields, Jubilee Drive, Palmwoods.

President Bruce Bell said the club was looking for players from six years old to under 17s. "And then of course we have our Open Men and Women's teams. We're looking for experienced and new players in all age groups." Bruce said, for young children, Auskick was the best way to introduce kids to the game.

"It's all about fun, getting their hands on the ball and constantly being involved in exciting activities," he said. "It doesn't matter if you have any experience. Auskick offers an inclusive environment for everyone aged 5 – 12 at any skill level to play."

Bruce said the Club was looking for male and female players from 5 to under 17s.

Sign-on on Sunday, 5 February 2023 2pm-4pm. Phone Jess da Costa 0414 352 162 or Trent Carter 0439 754 316.

"They can register online or come along on the day. Not to worry if they miss sign on as they can come along following."

Nambour Crushers Junior Rugby League

Nambour Crushers Junior Rugby League held a sign on day at the Crusher Park fields on Sunday January 29.

But President Leith Hensley said there was still plenty of time for families to register to play in in teams from under 6s to under 17s, in addition to the senior grades.

"If you've got a little one who loves footy but is scared of being tackled our under 6 and 7 teams

play League Tag, which is a no-tackle version of the game," he said. "The kids focus on other skills such as stepping, chasing, looking for gaps and looking ahead of the play rather than how they were going to tackle.

"Rugby league is a great game for fitness, for making friends and for building character there are many benefits of playing the game. The friendships you make you will have for the rest of your life."

Nambour Juniors are looking for boys and girls from under 6 to under 12 teams; boys for under 13- under 17 and girls for under 13, under 15 and under 17 teams.

• You can sign up online at: www.playnrl. com. Nambour Junior Rugby League Club is at 22 Crusher Park Drive, Nambour. For more information email secretary@juniorcrushers. com.au. As well as the juniors the Crushers also field teams in Open Women, Mens U19s, Division 2, Division 1 and Masters. Seniors interested in playing can contact President Mark Turner on 0407 712 206 or nambour-crushers@outlook.com.

Nambour Yandina United Soccer Club

Nambour Yandina United Soccer Club holds its Sign on Day and Season Launch at the Reds playing fields at 8 North Street Yandina on Saturday February 4 from noon.

The Sign On Day will begin at 12pm and conclude at 2pm, followed by our 2023 Season Launch from 2-6pm.

"We're also on the lookout for players to fill out our Coastal Women's and Over 35 Men's teams for 2023," a spokesperson said. Over 35 Mens Training is Wednesdays 6.30-

8pm and Coastal Womens Training is Monday and Wednesday, 5.30-7pm. "Also, we have a MiniRoos muster to

"Also, we have a MiniRoos muster to encourage all MiniRoo kids to start playing from Ages under 5 to under 12," she said. "The Mini Roo muster is on February 16."

Contact the club on 0448 899 447 or email admin@nyufootballclub.org.au.

Palmwoods Devils Junior Rugby League Club

Palmwoods Devils Junior Rugby League Club is holding a sign-on day this Saturday February 4 at the fields at Jubilee Drive, Palmwoods.

Returning players can save time and sign up online with your details from last year. Registering early gives the club a better indication of what teams they will be fielding and a chance to organise coaching staff.

Sign on at www.playrugbyleague.com or come to the Sign on Day on Saturday. For information email palmwoodsdevils@hotmail.com.

A spokesperson for the club said coaches were also needed for our U6, U7 and U8 teams.

"If you have or able to obtain a bluecard, can commit your valuable time to our players, and are able to complete the mandatory coaching courses, then please get in touch with us via email palmwoodsdevils@hotmail.com."

Nambour Wildcats Soccer

Nambour Wildcats Soccer Season is now open for registration. An information session will be held at the Nambour PCYC this Saturday February 4 from 2-4pm. The club even offers a free kitbag, hat, ball & shin pads, while stocks last, for kids who are new to the club (while they last). The season starts in March. Fair Play Vouchers accepted. Head to sccsa.org.au to register to play in 2023. For more information email registrar@nambourwildcats.org.au.

Woombye Snakes FC

Interested players are welcome to come and meet the Woombye Snakes FC committee who will be on hand to answer any questions this Saturday February 4 from 9-12pm at the 2023 Club Information/Open Day. See Facebook for registration details and/or come along Saturday to the Back Woombye Road playing fields in Woombye.

Nambour Toads Rugby

As outlined last edition, Nambour Toads held their sign-on on January 28. However, moving forward, sign on and social touch football is on every Tuesday at 4pm starting January 31. For more information you can email the club at toadrugbycommunity@gmail.com

Jolie making waves in music industry at 16



Jolie Waterhouse is to study full time at a music school.

NAMBOUR local Jolie Waterhouse just turned 16 but is already turning heads in the music industry

The quiet achiever has recorded with several award-winning producers. Jolie won the teen section of the UK songwriting Competition in 2021 with her song "Wish we never met", which was produced by Brisbane-based, ARIA-nominated record producer, songwriter, mixer and mastering engineer Stuart Stuart.

Jolie also had her song "Hurt or Heal", produced by Garrett Kato, used for the radio ad for Triple J Unearthed 2022. Last year also saw her film her first film clip and she's about to release her fifth single "Ghost".

2023 will be a big year as she records and releases more music while attending a full-time music school in Brisbane for year 11 & 12 ready to springboard into a full time music career at the end of 2024.

Eudlo gets new flagpole



EUDLO'S flagpole at the War Memorial in Rosebed Street has been replaced with a new 8.5 metre aluminium pole. The old pole was suffering from rot and termite damage at its base which became more apparent when it was taken down.

The installation follows a request by Eudlo's Honorary Flag Officer Clive Plater. Clive thanked Councillor Winston Johnston for facilitating the work and all the Council staff involved, especially those that liaised directly with Clive to achieve the desired outcome.

Maleny Scottish Country Dancing

THE Maleny Scottish Country Dance group will recommence for this year on Monday, February 13th. We dance in the Maleny RSL Hall from 7pm to 9pm.

There is no need to bring a partner as dances are performed in sets, similar to bush dancing. Newcomers are welcome and can be assured of guidance, fun, fitness and friendship.

Wear comfortable clothing, soft shoes, bring water and hand sanitiser. The first night is free, with \$5 thereafter and the occasional free night. Contact Linda on 0429654033 or Helen on 0432251606.

Seniors: Learn how to protect yourself from financial & legal abuse

WE all want to believe we will be safe and cared for as we get older. But this does not always happen. What can we do to ensure the rights and safety of ourselves and our loved ones?

While there has been much publicity in recent years about domestic and family violence, there has been less emphasis on how our elders can also suffer physical, emotional, and financial abuse.

Speak Up Now, an initiative of the combined Service Clubs of Maleny and the Blackall Range, is holding a free forum at Maleny RSL on Monday 20 March 2023 (9am – 11.30).

There will be a short film in the form of a drama outlining issues for older people and their legal rights, including Enduring Powers of Attorneys and Wills, followed by a complimentary morning tea.

After this a question-and-answer session will be hosted by Julian Porter from the Suncoast Community Legal Service. Representatives from Centacare Domestic Violence Service, Relationships Australia Elder Abuse team, & QPS Vulnerable Persons Unit, will also be available to speak to.

Come along to learn what you can do to ensure your rights to safety in your advanced years. And bring all your questions for the experts.

RSVP by 13 March for catering purposes to Barbara on 0439660458 or speakupnowstopdomesticviolence@gmail.com.

Local content matters:

We've got the news that people want to read. Local stories like the ones we cover, you can't find in other media. People are reading us, because they care about what's happening in their neighborhoods.



Artists Dorothy Peall and Toni Bielby

Surf's Up in Yandina for art exhibition

THE Yandina Historic House Art Gallery would like to invite you to visit their first art exhibition

The "Sunshine Coast Summer on the Beach" exhibition that commenced on Saturday January 21 until February 21. The exhibit hosts a range of beach-themed artworks, from stunning paintings and photography of the beach to fun loving pottery surfing dogs and cheeky mermaids.

With over 30 local artists work on display in the gallery there is something for everyone to eniov. Visitors who attended the opening day event on Saturday had the very serious role of chosing their favourite artworks in the People's Choice Awards.

The votes have been counted and the winner of our 2D People's Choice Awards is Bryce Bishop for his beautiful framed print of his photograph "Golden Afternoon" and the winner of the 3D People's Choice Awards is Yandina pottery artist Toni Bielby for her hand sculpted "Eight Surfing Hounds".

A special thank you to sponsors Yandina Art and Framing and the Clay Shed for the donation of prizes and to Kustom Paints and Industrial Woombye for donating paint to brighten up the

▶ The exhibit will run from 21st January to 21st February at Yandina Historic House. Entry is free. Opens Mon-Sat 9.30am-2.30pm 3 Pioneer Rd Yandina. Come have a lovely Devonshire Tea, browse the artworks and handmade crafts in the house, then take a little stroll along the path behind the house and visit the Yandina Museum.

Mapleton scientist offers local approaches to climate change

A Mapleton-based climate scientist has published a textbook on climate change offering local and practical approaches to the global challenge.

Steve Turton, a **CQUniversity Adjunct** Professor in Environmental Geography has authored "Surviving the Climate Crisis: Australian Perspectives and Solutions". It is the first textbook to offer local and practical approaches to the global challenge.

Prof Turton says he aimed to fill knowledge gaps for Australians, with information relevant to Australian conditions.

"Australia has been identified as a climate change hotspot - we are

already seeing the impacts of changing climate in worsening weather disasters, and all our major industries are considered vulnerable or highly vulnerable to adverse climate impacts,' he said.

The now-retired scientist, who has spent the past 40 years researching across Australia, says survival relies on planned adaptation alongside carbon emissions mitigation.

"Our state, territory and federal governments have committed to reach net-zero emissions by 2050, but even if net-zero global emissions are achieved by 2050, our country will still be locked into more climate change, and extreme weather events, over the coming

The shift to renewable energy sources must also ensure climate resilient energy sources, so we can have reliable power in the face of increasingly severe weather events.



CQU Adjunct Professor Steve Turton.

"That should be a national adaptation priority - but local adaptation is also possible, for instance improving micro-climates in urban developments, by planting trees for shading and breeze corridors, to lessen the climate impacts.

Other adaptation priorities will need to focus on coastal urban areas at risk of sea-level rise, increasing risk for riverine and coastal flooding, heat stress to human communities, bushfire risk and water scarcity during droughts."

Prof Turton says his book is aimed at advanced students who might not have a science background, to ensure climate challenges can be widely understood, and to prompt creative, innovative thinking about survival

▶ Surviving the Climate Crisis: Australian Perspectives and Solutions is published by Routledge, and is available now.

What do you want to hear about?

Andrew Powell

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



In this fortnightly column I'll be updating you on what your State MP is up to. But if there's any specific topics you'd like me to address, feel free to let me know! These columns are for you, so I want to write about what you want to hear.

Hinterland Australia Day Awards

There was incredible representation from the Hinterland at the Sunshine Coast Council Australia Day Awards. In the Senior Citizen of the year award we were represented by the "consummate gentleman" John Whan from the Rotary Club of Maleny and "irrepressible" Shiralee Cooper from Montville Chamber of Commerce and Illume Creations, as well as Dominique Cisse from the Festuri multicultural community and festival.

Citizen of the Year went to Michelle Lipner from OzHarvest, but the Hinterland was represented by Glasshouse Mountains own Silver Fox Initiative Neil Collie, Rebel Runner Queensland and the lovely Jo Turner from Maleny Trail parkrun. Well done also to Bald Knob couple Kerrie and Richard Lonn who were nominated for the Sustainability award. These wonderful people make our part of paradise so, so special.

Cuppa with a Cop

Did you know that I have semi-regular 'Cuppa with a Cop' sessions with Maleny, Beerwah and Woodford Police Officers? Last week I had my first catch up of the year with Sgt Nick Paterson of the Maleny Police Station. We do this regularly to discuss local crime, community safety and road safety. It's always good to talk through the issues and discuss solutions so, again, let me know if there is something specific you'd like me to raise.

Thanks to our local JPs & C Decs

I recently met with two Hinterland locals to present them with congratulatory 25 years of service certificates. Geoff Anthony has reached the milestone as a Justice of the Peace and Noela McManamny as a Commissioner for Declarations. The service JPs and C. Decs provide is invaluable, and it's fair to say the government would go broke if we had to pay these incredible volunteers for all they do! Thank you!

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Our Australia Day Award nominees

From Page 1

regard for golfing etiquette and fair play, providing life-long social skills. Darrell is also the PGA professional who set up Golf Programs Australia Inc (GPAI), which since its foundation has used the low impact activity of golf to drive inclusion and break isolation of individuals and groups in the community. Their largest impact has been made in the intellectual disabilities sector, where they deliver weekly golf programs.

Georgea Rule, Palmwoods CWA

President of the Palmwoods CWA Georgea Rule was nominated for the Creative Award.

Georgea is a member and the current president of the Palmwoods CWA. For the past few years, having been a professional seamstress herself, she has volunteered her skills, teaching the community how to sew. She has the knowledge and patience to guide everyone, from the most novice to the most experienced student. In a world of fast fashion, sharing this wonderful and tricky process enables students to repair, repurpose and make clothing, which is environmentally sustainable and provides a lifelong skill to participants.

Sunshine Coast Agricultural Show

The Sunshine Coast Agricultural Show Society was nominated for the Community Group or Organisation Award. It is the oldest event on the Sunshine Coast. The small show committee team work tirelessly all year round to put the massive three-day event together. As an agricultural show, the management committee pride themselves in bringing a rural flair to the show to encourage patrons to consider the importance of agriculture in the rural areas. To survive into its 117th year is a true feat of passion and hard work by a small group of truly dedicated people.

Nambour Community Centre

Nominated for the Community Group or Organisation Award, Nambour Community Centre supports many local families and individuals who are experiencing hardship. They have a family support group of social workers called 'Thriving Families' to support vulnerable families in situations such homelessness, domestic and family violence. 'Migrant Settlement' and 'Community Action for a Multicultural Society' workers have done and continue to do incredible work. The Nambour Community Centre has been operating out of their Shearer Street building for just over 40 years. It's a diverse, bright community centre, loved by many local people.

Salvation Army Nambour

The Salvation Army Nambour offer tireless ongoing community support to our most vulnerable citizens and was nominated for the Community Group or Organisation Award. In particular, the group working at Maud Street Church offer support to the needy rain or shine. Rosemary Campbell and her band of helpers offer free food hamper bags and it is here people in need can get help and advice about available services and get back on track. Their concern for their fellowman and their compassion for all, stands out like a beacon in today's society.

Sunshine Coast Riding for the Disabled

The volunteer-run, not-for-profit charity is celebrating 10 years in North Arm and was nominated for the Community Group or Organisation Award. They provide six equine-based therapy programs to members of the disability community on the Sunshine Coast. They help with gross and fine motor skills, balance, communication, social skills, core strength, life skills, increased independence, self esteem, motivation, concentration as well as horse skills! Over the past 10 years more than 972 people with a disability have accessed programs, many of whom still remain with them today.

Festuri - a multicultural celebration

Festuri has been bringing multicultural festivals to the Sunshine Coast for 23 years and was also nominated for the Community Group or Organisation Award. This celebration of ethnicity and diversity provides acknowledgment for migrants that their culture is alive and can be passed on to their children. For the wider community, it is a colourful display of the world's dance and music. Festuri is a valuable event and needs to continue for the health and vitality of the culturally and linquistically diverse community. Festuri members are voluntary and have applied many volunteer hours.

Even minor changes can have big impact

Nature Watch News

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

IT really doesn't take too much disturbance of habitat to upset our native animals. Lately there has been clearing along the roadside between Nambour and Yandina. The WILVOS Hotline is a great indication of the effects of even minor changes to the environment.

The recent housing developments lead to many wildlife deaths due to disorientation and new territory has to be found. This neighbouring territory is often another development, or bushland which may already have a large population of animals. These resident native animals do not want to share their meagre housing and food supply.

It is incredibly sad to see the nestling birds on

It is incredibly sad to see the nestling birds on the ground, or hopefully rescued, and parents circling overhead as they survey the devastation below them. The eyes of possum and glider joeys are always so sad - it is heartbreaking. A warm, dark and quiet environment calms them.

What can we do to minimize the impact of ongoing development? We live in a beautiful part of the world that entices a growing population of people. It is our responsibility to ensure that our native animals can share our space, as we have taken away their food and shelter. Native gardens are beautiful all year around and



if planned correctly there is a yearround supply of native nectar, seeds and fruit for wildlife.

Containing our domestic pets is also important. It is sad to see the disrespect for roaming pets as the danger of them being run over by cars is ever present. A fenced yard is a necessity for a dog. Cats will be very happy in a cat aviary if introduced to it as a kitten. There are so many toys and climbing activities to entertain cats during the day. At night they can be brought in and spoilt by the family.

We can all make a difference.

Petrie Creek alive with platypus sightings

RESIDENTS and bushcarers are reporting regular sightings of platypuses in Petrie Creek through Nambour. They were particularly active during late winter and spring when it's breeding time. Popular locations to see the platypuses are the junction of Whalley Creek and Petrie Creek near the Arundell Avenue Bridge, the creek riparian walk behind Sundale and around the pedestrian bridge at Petrie Park.

A number of volunteers were part of a citizen science project in September, organised by Ecollaboration, with the aim of spotting and



recording platypus sightings in Petrie Creek and other sites on the Sunshine Coast. The next citizen monitoring event will be held in February.

Facebook group 'Platypus Watch Friends Sunshine Coast' to see the photos and videos of this iconic fauna and be part of the discussions that

'Above and beyond': Which locals made the honours list

AN impressive array of Sunshine Coast hinterland residents have been recognised in the 2023 Australia Day Honours list for their selfless service to our community and nation.

From business to politics, science, agriculture and health they have been praised for their commitment to helping others and enriching all our lives.

Three Sunshine Coast recipients received the Member of the Order of Australia (AM) while seven Coast recipients received the Medal of the Order of Australia (OAM) for service worthy of particular recognition.

• Florence Woods OAM, of Maleny, has been recognised for service to the community of Maleny

Mrs Woods served as a volunteer with the Maleny Show Society for 39 years and was made a life member in 2020. She has also been a member of the Maleny Uniting Church Women's Guild since 1965, she's a patron of the Maleny Historical Society and a life member of the Maleny Senior Citizen Club.

• Christopher Johnson OAM, of Woombye, has been recognised for service to community

Mr Johnson served as Chairman of the Australian Men's Health Forum Organising Committee for the 2007 and 2013 National Men's Health Conferences. He also served as Vice-President of the Australian Men's Health Forum from 2005-2007.

Mr Johnson is also a life member and former President of Mens Wellbeing Inc and oversaw the amalgamation of the Men's Help Line and the Sunshine Coast Men's Emotional Support Resource Initiative to form Mens Wellbeing Inc in 1998

• Dr Theresa Craig AM, of Maleny was recognised for significant service to politics and the agriculture industry. Dr Craig was a member



Dr Therese Craig AM

and vice-chair of the Queensland Schools Animal Ethics Committee for seven years, as well as an author of several publications including Best Practices Dairy Beef 2007, Meat and Livestock Australia.

Dr Craig is also an adjunct professor with the University of Sunshine Coast Centre for International Developments, Social Entrepreneurship and Leadership and served as Regional Chair for the Liberal National Party of Queensland, Sunshine Coast Region from 2017-2020.

• **Professor Emeritus Debra Henly AM**, of Doonan, was recognised for significant service to education administration and science.

Prof Henly is a former member of the Queensland State Advisory Council Committee for Economic Development and a member of the National Science and Technology Council.

• Karen Neuendorf OAM, of Buderim, was recognised for service to business and to the community. Mrs Neuendorf was a founding member of the Sunshine Coast Business Council, as well as board member and President of the Sunshine Coast Business Women's Network

Three great novels for your reading pleasure

Woombye Community Library News

I was lucky enough to escape to my comfy reading chair over the holiday period to devour three very different novels, all recent releases on the shelves at Woombye Community Library. Here's what I thought ...

"Horse" by Geraldine Brooks

Based on the title and the cover art I would normally not have picked up this book. I admit to knowing next to nothing about horses apart from watching the Melbourne Cup every November on TV, but I am so glad this book was recommended to me. With the preserved skeleton of a famous racehorse linking three different narratives over various time periods, Horse strongly features racial themes in America, both in the days of slavery and present times. The similarities are more than unnerving and left me wondering if we as a society have come very far at all. On a lighter note, the bonus in this novel is having the opportunity to learn a bit about equine husbandry and the intimate and spiritual connection that can exist between these fine animals and their primary human carers. I loved it.

"The Marriage Portrait" by Maggie O'Farrell

I was definitely drawn to this book by it's striking cover. The story is set in sixteenth century Italy and opens with the 16 year old Lucrezia, not quite a year into her marriage to Alfonso Duke of Ferrara, believing she is about to die by his hand because she has not yet produced an heir. The story then reverts to

Lucrezia's early childhood and later when she is promised to Alfonso following the death of her elder sister, in a political move to cement a dynasty.

Her proposed marriage at age 13 is artfully delayed until her 15th year when she is whisked away by her new aloof husband to a remote hunting lodge where he rarely visits her. The lonely Lucrezia finds a soulmate in Jacopo, an apprentice to the artist commissioned to paint her portrait, and is sustained by her doting maid, Emilia, who is with her right up to the story's surprising conclusion. This read was not my usual cup of tea, but I admit I did enjoy delving into the strangely elaborate world of the Renaissance for a day or two.

"Marshmallow" by Victoria Hannan

A skilfully measured unfolding of the tragic event the story is based on, sees five close friends share alternating perspectives and visceral responses on the first anniversary of the loss of a young child they are all connected to. The author creates complex and interwoven timelines throughout this story as the five who are united in grief are torn apart and brought together more than once. The title remains a mystery for much of the book until it's significance is revealed in conversation and the sinking realisation of what is to come is heartbreaking. There are many elements of this story that will resonate with readers who have first hand experience of profound loss and grief, and I warn you – tears may be shed.

▶ Woombye Community Library is on the corner of Blackall and Hill Sts and is open Monday to Friday 9am – 12 and 2 – 5pm and Saturday 9am -12.

Writer pens 90s crime story

SUNSHINE Coast fiction writer Ian Laver has just published his second novel, *Uneasy*.

The fast-paced detective crime novel, set in the late 1990s, is about Queensland Detective Sergeant Rodney FitzMichael, who has been demoted for use of excessive force.

Now his previous working partner, Lerlene Diplock, is his boss. They must put aside their differences as they investigate the attempted abduction of a child and another case involving the theft of orchids.

What they uncover will make Fitzy more unpopular than he already is with his supervisors and he might need more than his fists to get out of this one.

Ian published his first novel, Crucial Step, in 2021 and he has three collections of short sto-

ries. He was president of the Sunshine Coast Literary Association and has won numerous writing awards. He has been involved with many writing and at groups present he convenes a Haiku study group at Noosa Arts and Crafts, Wallace House, Noosaville.



lan Laver

▶ Uneasy is available from all online book stores and locally from Berkelouw Books, Eumundi, The BookShop at Caloundra and The Noosa Arts and Crafts gift shop at Wallace House, Noosaville.

Classical guitarist Paul Ballam-Cross in Concert at St Georges

ST Georges in the Hills is delighted to welcome classical guitarist Dr Paul Ballam-Cross, pictured, to perform a solo concert for our 2022 Series on Sunday, March 26 at St George's Anglican Church, Maleny at

Paul, who has a Doctorate in Musicology, is a well-

known and respected musician, composer, and teacher in the Brisbane community.

He is influenced by the playing style of the famed British classical guitarist, Julian Bream whose performance style was one of simplicity and directness.

His performance includes pieces by Mompou, Arregui, Sor and Tarrega.

Come and enjoy this afternoon of classics and compositions executed with skill, sensitivity and joy.

▶ Tickets are available from February 1 through MalenyAnglican.com.au/concerts, or www.trybooking.CCFZO or contact Susan on 07 5494 3062

Nominate your hometown hero as a **Queensland** Great

THERE are only two weeks left to recognise a Queenslander or Queensland-based organisation for their contribution to the State and to nominate them for a Queensland Greats Award.

Nominations are open across three categories - Individual, Institution and Posthumous and close at 5pm, Friday 17 February 2023.

Awards recipients will be announced in June 2023 and honoured with commemorative plaques displayed at Roma Street Parkland, Brisbane.

For more information about the Queensland Greats Awards and to submit a nomination for the 2023 Awards, visit qld.gov.au/qldgreats



"Members of the Taoist Tai Chi Society practising the 'Brush Knee' move from the tai chi set."

Start the New Year on a great note with Tai Chi on the Coast

IF you want to do something that calms and clears the mind, then tai chi may be just the thing for you.

New tai chi sessions, designed for beginners, are starting soon in Woombye and Eumundi.

Tai chi involves slow continuous movements which improve balance, flexibility, and wellbeing. Tai chi works as a moving meditation that helps body and mind to become supple and strong. The Harvard Medical School has stated that 'tai chi is one of the best exercises you can ever do'.

The new introductory courses start at the following locations (intake will continue during February, subject to places being available). The

first session is obligation free:

- · Woombye. Woombye Snakes Football Club. Starts Wednesday 1 February, 8:00am
- · Eumundi. Eumundi State School Hall, Starts Wednesday 1 March at 6:30pm.
- · Buderim. War Memorial Hall. Starts Monday 30 January, 10:30am • Maroochydore. Millwell Road Community Centre, Starts Saturday 4 February, 10:30am

Sessions are offered by the Taoist Tai Chi Society, a charitable and volunteer organisa-

Pre-registration is essential. Strictly limited places. Visit www.taoisttaichi.org or email sunshinecoast@taoisttaichi.org

Spiritual



Never trust your fears they don't know your strength Athena Singh

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Hatha Yoga Pilates is held at the Woombye Hall: Sat 9am & Wed 9.30am.

Beginners & Seniors welcome. Cost \$10. Call Christine: 5441 6285 (Cert. in Pilates matwork; Dip. IYTA: Yoga Instructor; USC Sport & Exercise minor: Ex. Prescrip. for Health & Rehab.)

VOLUNTEERS WANTED

Seeking enthusiastic volunteers for **Glass House Mountains and Montville Visitor Information Centres.**

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- Training and uniform provided.
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Live Local

Real Estate

Mountain View Road beauty. Views to Brisbane

AGENT' S CHOICE: 429 Mountain View Road, Maleny. Price by negotiation

THIS much-loved home is perfectly positioned and designed to capture one of the absolute best views of the Hinterland. The current owners have created an enviable space with a neutral palette that allows the view and very pretty block to shine. Views are on offer from every room and the deck has been extended and elevated to include a large sundeck; you'll feel on top of the world as you step out.

Delighted family and friends will love to gather with you in your Hinterland home; the open kitchen, dining and lounge area is the heart of home and leads out to the timber decks and entertaining space.

With three bedrooms, the master offers an enviable en suite with twin sinks and double shower heads in the extra long shower. The second bedroom has a two way bathroom to create an en suite and is ideal for guests and teenagers. A sunroom off the master would be the perfect study, dressing room or exercise space.

Just a 4-minute drive away is the bustling township of Maleny and all its amenities; primary and secondary schools, medical centres, hospital and of course its celebrated cafes, restaurants and shopping.

▶ Book your private inspection with exclusive agent Rodney Millett on 0477 702 073.



The beautiful home enjoys panoramic views to the Glasshouse Mountains, the Sunshine Coast and Brisbane City.





Long-term owners have meticulously maintained this beautiful property.

Federation-style

AGENT'S CHOICE: 20 Klinain Street, Coes Creek. Offers over \$739,000.

TUCKED away in a coveted cul-de-sac in a leafy, sought-after pocket of family-friendly Coes Creek, is this elegant Federation-style home.

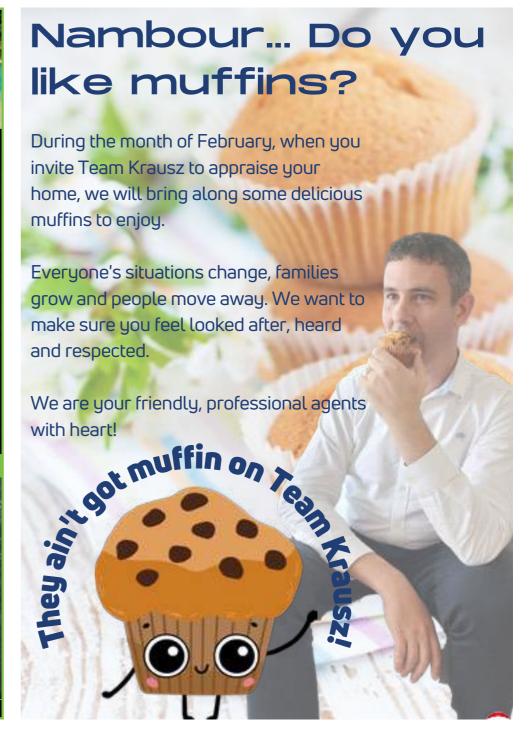
Across a single level the home comprises a front porch at entry, three bedrooms, two bathrooms, central modern kitchen, two separate living areas, expansive north facing covered rear patio, separate laundry with external access to private full length side patio, and double lock up garage.

From the immaculate front garden which complements the house so beautifully from the street, through to the terraced rear garden with cosy pergola areas for a quiet coffee and contemplation, bird baths, fruit trees, herbs/vegetables, native plants, and colourful flowering shrubs; it is a feast for the senses.

All the hard work has been done in establishing the gardens, the maintenance is surprisingly easy, with minimal grass to mow and just a case of pruning and watering.

Contact Remax Nambour selling agents Tristan Brown on 0403 665 643 or Jai Barber on 0492 885 196 to arrange your inspection today.





MALENY & HINTERLAND

REAL ESTATE

PROPERTY MANAGEMENT | COMMERCIAL **SALES**



5 Kings Lane MALENY

Coveted space is on offer here at this delightful, renovated Maleny property.

- Large 3424m² block with lovely rural outlook
- · Spa-like family bathroom
- Established gardens
- Double garage and separate 9m x 6m shed with power
- · Wonderful entertaining spaces

A property with a rural atmosphere, a delightful outlook, but just minutes to the main street of Maleny, would surely make the perfect home for the growing family.



FOR SALE

Price By Negotiation

INSPECT

By Appointment

Rodney Millett

0477 702 073

rodney@malenyrealestate.com



269 Witta Road WITTA

Combining 11 acres of 'Land for Wildlife', walking tracks, creek, remnant rainforest, open grazing land and a rambling brick home, this property meets the brief for privacy, tranquillity, and nature.

- Large deck looking onto palms and stunning forest trees
- Open plan lounge / dining and kitchen with cathedral ceilings
- Well-appointed large kitchen
- 12m x 6m shed with power
- · Creek and separate paddock

Whether you're looking for a wildlife refuge, self-sustaining lifestyle with a couple of animals or a combination of both, this property must be at the top of your list

FOR SALE

Price By Negotiation

INSPECT

By Appointment

Jess Luthje

0438 616 064

jess@malenyrealestate.com



36 Meadow Road REESVILLE

Immaculately presented and maintained property in every way; set on an easy care and private 5609m² parcel with a glorious outlook to the Northeast

- Oversized main bedroom with stunning en suite
- North-East facing covered entertaining area
- Spacious cook's kitchen with stone benchtops
- Integrated dining area off the kitchen with glorious garden outlook
- Park like gardens with rolling lawns and bordering forest

With the best of both worlds, the property offers wildlife on your doorstep with every convenience in your home.

FOR SALE





Price By Negotiation

INSPECT By Appointment

Jess Luthje

0438 616 064

jess@malenyrealestate.com



1/20 Avocado Lane MALENY

Nestled in highly sought-after Avocado Lane, this perfect family home offers privacy and amazing space; it boasts a very attractive open plan layout, great connection to the outside and beautiful park-like grounds.

- Quiet, private, fully fenced 4622m² block
- Kitchen boasts a double oven, large corner pantry and dishwasher
- · Separate, fully lined workshop
- Covered entertaining area
- Beautiful birdlife; Black Cockatoos, Kookaburras, Galahs, King Parrots & Rosellas

This much loved and well-maintained home offers everything your move to the Hinterland could need



\$1,350,000

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By Appointment

Rodney Millett

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756 Bald Knob Road BALD KNOB

Designed to sit perfectly within its landscape with a truly amazing outlook, this is one unique offering

- Cleverly designed home; picture windows take in the amazing views
- Sleek, modern styling throughout, bamboo flooring & quality carpets • Outdoor entertaining area to the North and East perfect for large gatherings
- Stunning rocky creek running through the property, two spring fed dams
- The 13.5 acres (5.5ha) would suit cattle or horses

Whether you're looking for the forever home with room for animals, or the lock up and leave weekend retreat, you'll be supremely impressed with what's on offer.







FOR SALE Price By Negotiation

By Appointment

Jess Luthje 0438 616 064

jess@malenyrealestate.com



429 Mountain View Road MALENY

This stylish and much-loved home is perfectly positioned and designed to capture one of the absolute best views of the Hinterland.

- Panoramic views to the Glasshouse Mountains, the Sunshine Coast & Brisbane City
- Deck extending the length of the home with an elevated sundeck
- · High raked ceilings
- · Tasmanian Oak flooring throughout
- Fully fenced 4016m² block

Just a 4-minute drive away is the bustling township of Maleny and all its amenities; primary and secondary schools, medical centres, hospital and of course its





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