Sunshine Palley Gazette

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Getting on with business with an eye to the future ... Flaxton Gardens owners Peter & Mariana Thompson are concerned for everyone in tourism and hospitality who face a long road back.

Shocking blow for tourism

IT'S a scenario being played out across the hinterland. Popular, thriving businesses impacted by an event out of everyone's con-

Hinterland tourism and hospitality, particularly, have taken major body blows. At the same time as having to adjust their services to deal with restrictions, they're trying to plan for a future when the shutdown is

Alan and Mariana Thompson of Flaxton Gardens saw their high-end, award-winning venue shut down overnight when the pandemic was declared.

"I'm a positive person, but this has been a

shocking blow ... for locals, for the industry, for tourism in general," Mr Thompson said.

"You'd be silly to deny it. The wedding industry has just been closed overnight. And the knock-on effect will last for a long

"But despite all this we are getting bookings for the future," he said. "And we're so grateful to the local support. Support for our FG@Home meals will get us to the other

"We fully understand why the closure was necessary, and I think the government has done an incredible job of containing the virus," he said. "But no business can plan for

this type of thing. While accepting what's happened, it's quite shocking for all of us.

'We haven't had a single wedding since the restrictions. On average we do three weddings a week. Even if they postpone, you lose the opportunity to resell the day they transfer to."

Mr Thompson said there was no doubt economic recovery would be a hard grind, once restrictions were relaxed.

"Once we get through this initial period, we're still going to have to pay back all the bills we have due, and all the bills that have been deferred. And everyone's in the same boat, so what happens to everyone down the line if money's tight?"

Despite everything, the couple has been buoyed by the "incredible support" of the Range community. Flaxton Gardens' new FG@Home takeaway service, which they launched in just two days when they couldn't host weddings, has helped maintain activity and boost morale.

"We're not going to make a lot of money out of this," Mr Thompson said. "But we wanted to be a support to the community and we're getting a lot of people saying 'it saves me time, it tastes better and it's a lot more cost effective than buying the ingredients'. People are being very supportive."



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Sunshine Valley Gazette

Community spirit on display as we look to the future

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

SELDOM does a single issue dominate news headlines in the way that COVID-19 has.

From a global perspective right down to every individual household and business, it has become the point of focus that will endure for a long time as the spotlight moves from it as a predominantly health issue, to a far broader economic one.

Every day we are meeting people from all walks of life who have been impacted in dozens of ways by this situation. We have been struck by the resilience of those in business who have had to change gear overnight to keep their staff employed, their services going, and everyone concerned safe. There is no handbook for what to do but, by our estimation, they are doing a magnificent job flying by the seat of their pants.

You will read about some of these business owners in this week's edition as they do their best to maintain some semblance of 'normal'. These interviews and photographs are what we lightheartedly call "Drive-by Photoshoots", and if you are a business owner interested in taking part, you can contact Tanya on tanya@sunshinevalleygazette.com.au

Even more impressive is the spirit of those who are looking to the future, despite the devastating lock-down. It is the most incredible testament to community, entrepreneurship and small town spirit. We are eager to see how our community will continue to rise to the challenges ahead. We feel singularly blessed to be able to meet so many people, and tell their stories.

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Distribution

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

Hinterland tourism, hopitality bears brunt of restrictions

IT will be a long road back to normal prosperity for the hinterland tourism and hospitality operators, according to Hinterland Tourism president Kerry Brown.

With their industries stifled overnight, businesses are treading water while bearing the brunt of uncertainty and economic shutdown. Ms Brown said there would be a lasting, knock-on effect in the wake of the restrictions.

"There are a lot of tourism related businesses in the hinterland. And some are now at the stage that it's unknown whether they will be able to pull out. These people are on the bones of their bums," she said.

Ms Brown said many tourism operators used savings and superannuation to fund their ventures.

'It's heartbreaking. People have bought lodges and manors and B&Bs and they all rely on tourism. People put their whole super into these places and they have to just sit there with not one cent coming in.

'What is so frustrating about the whole situation is that this is not their fault.

"People are totally flummoxed and it's unrealistic of the government to expect people in these positions to fill out complex forms in the hope of maybe getting some help, down the line.'

Ms Brown said the wedding industry was an underestimated but key driver for the hinterland economy.

"It's the wedding industry that keeps the tourism economy up here moving. The ripple effect from wedding venues into accommodation, cafes and restaurants is enormous. Each bride can bring anywhere from 30-100 guests to a wedding. They all have to stay here, eat here, they visit attractions and use transport and then they usually come back as repeat visitors down the track. The vast majority of couples are from out of the area.

"If the wedding industry suffers, everyone suffers. Weddings help to prop the whole

Advisor to the Hinterland Tourism Wedding Committee & industry icon Marlene Murray agreed. "People talk about the hinterland as the golden triangle for weddings in Australia," Ms Murray said.

"And the pandemic literally ripped the carpet out from underneath the businesses here. We know this is a 50 million dollar industry and climbing because we did the research in making a presentation to Sunshine Coast Council. And we came to that figure very conservatively because we wanted to be careful."



Honor Walters ... people can go to our website to order them, and then come and collect at

No restrictions on tastiness as bakery responds to crisis

Nambour and Mapleton offer customers tart cases. new ways to enjoy delicious baked goods.

We have found that people are particularly enjoying our take home bakery packs," said owner, Honor Walters.

"In the very early stages, we put together a pack that included a bottle of milk, a loaf of fresh bread and cold pies that could be reheated," she said.

'We then went on to add packs of sweet goodies like croissants, donuts and tarts. The great thing is that people can go to our website to order them, and then come and collect at their convenience, so there are fewer people in and around the shop.'

This has been extremely well received and no wonder, as Baker, Jason Walters' speciality is sweets.

"Jason has been baking for almost 30 years," Honor said.

"He is a very old school baker. Everything is made from scratch, using high quality, fresh ingredients.

"There are no shortcuts at all. Traditional

IN response to COVID-19 restrictions the baking is a bit of a dying art, and many bakaptly named Sweet and Flour Bakeries in eries today don't make their own pastry or

"Everything that comes out of our bakerv has been made by us.

"We have a range of gluten free sweets too, including Brownies, banana bread, cheesecake and orange and almond cake."

Keeping up with demand for beautiful quality baked goods, Jason and Honor have added typical, convenient comfort foods to their website.

"We are selling our family-sized meat pies, mushroom and goats cheese quiche, and quiche Lorraine," said Honor. "They are the perfect size for a family meal."

Just in time for Mother's Day, Sweet and Flour will have delicious cupcakes that are beautifully decorated for Mum available in a 6 pack, for \$12. A perfect little morning tea treat for Mum. Order online or through the shops by Friday.

Visit the website: SweetandFlour.com.au to place your order. Check out their page on Facebookfacebook.com/sweetandflourbak-

Emergency relief funding to help Coast

HALF a million dollars in additional Emergency Relief funding is being allocated to the Sunshine Coast to support families suffering economic hardship as the Coronavirus crisis continues to bite.

Local MPs Ted O'Brien and Andrew Wallace welcomed the immediate funding injection saying it was both critical and timely in its support of the charities and community organisations helping local families in crisis.

Member for Fairfax Ted O'Brien said the first wave of additional funding - \$228,100 would be delivered this financial year.

"There are many people in our community doing it tough right now, which is why I am pleased the Morrison Government is delivering this much-needed funding to support emergency cash payments, food, everyday bills, transport and school supplies," Mr O'Brien said.

"Many people reaching out to these services may have never needed this type of assistance before, so we need to make sure we have the right supports in place to help people through this period and bounce back stronger when it's over."

"Food relief providers including Foodbank, OzHarvest and SecondBite will all benefit"

Member for Fisher Andrew Wallace said a further \$268,353 had been allocated for the 2020-21 financial year.

"That's on top of the \$609,000 allocated annually," Mr Wallace said.

"I encourage local organisations to work with the Commonwealth funded providers in their area to ensure that those who need support are able to get it, when and where they need it. Food relief providers including Foodbank, OzHarvest and SecondBite will all benefit from this additional funding," he said.

Minister for Families and Social Services Anne Ruston said the Government understood that this was a trying time for relief providers facing rapidly increasing demand while dealing with challenges in maintaining the workforce and distribution lines needed to operate.

"This funding injection will enable Sunshine Coast organisations to streamline supply chains, increase workforce capacity and help increase local support and outreach services," Minister Ruston said.

The additional funding is part of the new \$200 million Community Support Package to help vulnerable Australians.

Contact details for funded providers can be found on the Department of Social Services' directory at www.serviceproviders. dss.gov.au/

15 years later, Daniel's legacy is still keeping children safe

Foundation celebrated its 15th Birthday yesterday.

The Foundation was launched on May 5 2005, the Friday before Mother's Day, because Denise Morcombe wanted to create a lasting legacy and memory of Daniel and also wanted to help keep other children safe. In these early days the Foundation had three main objectives: to continue the search for Daniel, to educate children about their personal safety and to assist young victims of crime.

wanted Daniel's legacy to shine over Australian Children in an effort to ensure all children were safe," said Denise.

Bruce and Denise made it their mission to find their son and to help ensure a similar tragedy could not happen to any other child or family.

They were relentless in their search for Daniel. But as time went by, they turned this drive and motivation into keeping all kids safe by

producing and distributing numerous child safety educational resources. They also continued their pledge to assist young victims of crime and families of missing persons.

Denise said "Our commitment was and still is that every educational resource we produce will be available FREE of charge and made accessible to every Australian."

Now, after 15 years the Daniel Morcombe Foundation is a nationally recognised as one of Australia's largest child safety organisa-



Bruce and Denise Morcombe: "There's no stopping what the Daniel Morcombe Foundation will achieve next".

tions and a go-to authority for media comment and social media influence

In 2020 Daniel House has a team of 10 dedicated and talented employees, a counselling service and a victims of crime funding program.

Bruce said "Now equipped with our own head office and employing key specialists with national reputations, there's no stopping what the Daniel Morcombe Foundation will achieve next".

Hinterland councillor elected Deputy Mayor

DIVISION One Councillor Rick Baberowski has become the Sunshine Coast's new Deputy Mayor. He was elected by his council colleagues in a unanimous vote at a post-election meeting in Caloundra.

Deputy Mayor Baberowski thanked his fellow councillors for their support saying he was honoured and grateful.

"All of the councillors have valuable experience and important contributions to make to all of our debates," Cr Baberowski

He acknowledged his predecessor former Cr Tim Dwyer and said his appointment was an important symbol as he was the first hinterland based Deputy Mayor of the Sunshine Coast Council.

"I want to thank my colleagues for showing that this council is not controlled, as some people think, by a coastal block and that the hinterland is recognised as an important part of the region," he said.

The appointment was made at the first live-streamed Sunshine Coast Council meeting due to social distancing requirements as a result of the novel coronavirus (COVID-19) pandemic.

Division One takes in the suburbs of Banya, Baringa, Beerburrum, Beerwah, Bells Creek, Bribie Island North, Caloundra West, Coochin Creek, Corbould Park, Gagalba, Glass House Mountains, Landsborough, Little Mountain, Meridan Plains, Nirimba, Peachester.

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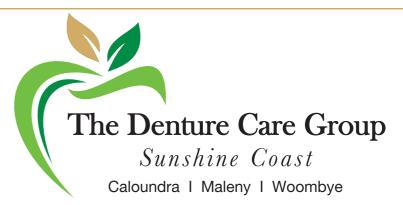
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'We must stand up for our small businesses'

LNP Member for Glass House, Andrew Powell, is calling on local residents to stand up for small businesses that have been ignored by the Palaszczuk Labor Government in the covid-19 crisis.

Mr Powell said Queensland was the only state where small businesses were not being given emergency assistance grants by their State Government.

He also said small businesses were the backbone of the Glass House economy and urged residents to sign a petition demanding the Palaszczuk Labor Government reverse its decision.

"This refusal to provide emergency assistance grants shows that Annastacia Palaszczuk and Jackie Trad don't value our small businesses," Mr Powell said.

"It's further proof that the Palaszczuk Labor Government has no budget and no plan to support Queensland's small busi-

"There are more than 438,000 small businesses in Queensland, including hundreds right here in Glass House, and they are doing it tough right now.

"Many of these have contacted my office distraught at the prospect of their businesses going under because they can't afford to pay their staff or bills.

"Labor is ignoring these businesses, but the LNP isn't.

"We've started a petition to put pressure on Labor to increase the support they are giving small businesses.

"I'm asking people who value our small businesses to sign our petition and send a message to Annastacia Palaszczuk and Jackie Trad that they must act now.

"Businesses are on the brink and jobs are on the line.

"It's time to give our small businesses in Glass House the same support that small businesses get in every other state."

Around 97% of Queensland's small businesses have not received a dollar of coronavirus payroll tax relief from the Palaszczuk Labor Government as their annual wage bills do not meet the \$1.3m payroll tax threshold.

Meanwhile, New South Wales, Victoria, South Australia and Western Australia have all introduced direct grants of between \$10,000 - \$17,500 for small businesses.

Andrew Powell is urging locals to sign the petition at queensland.typeform.com/

Wobblers give Woolies, Coles the willies

AT HOME HAS NEVER BEEN

MALENY IGA has made national headlines for a recently-introduced Buy Australian initiative. Yahoo News reported last week that Maleny IGA's new "Australian owned" shelf labels had sparked people online to call on other major retailers to follow suit.

Shoppers were pleading with Woolworths and Coles to embrace the small town store's initiative and make it easier for them to identify Australian products when shopping.

IGA shared photos of the labels, also known as wobblers, to Facebook.

"New shelf wobblers to make it easier to spot our Australian owned suppliers," the post read.

"Hundreds of customers expressed their support for the move, with some taking to the social media pages of Coles and Woolworths to suggest they too adopt the move," wrote Yahoo.

"IGA are doing this. Can Woolworths do

the same?" a person wrote on Woolies' Facebook page. Another said they would "like to see this in my local Woolworths store". YOUR COMFORT & SECURITY

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From pizzas to platters: Hotel has it all, to make Mum's Day

EVERY year on Mother's Day, Palmwoods Hotel normally hosts hundreds of people who bring their mums in to celebrate with a family meal.

While that's impossible this year, Palmwoods Hotel have rallied in true country style, to offer a delicious alternative to treat

"We put our heads together to think about ways we could still create beautiful, restaurant quality meals for families, especially as we have been housebound during lockdown over the past month," said spokeswoman, Cassie Orreal.

"And as the weather is just so beautiful at this time of year, a picnic platter seemed like a fitting choice. We are especially proud of our family platter. It can very easily feed a hungry family of four."

The family platter is loaded with sandwiches, crackers, cheese, kabana, pastrami, olives, mixed fruits, dip, chocolate brownies, chocolate mousse tarts and strawberries dipped in chocolate.



A family platter will easily feed a family of four this Mother's Day.

"There is something yummy there for everyone," Cassie said. "The platter is \$60 and is presented in a sturdy tray that is perfect to take to your favourite picnic spot. For an extra \$15 we will add a bottle of Brown Brothers wine. I'm sure there are plenty of mums feeling sad that there won't be any handmade gifts from school this year, but we feel certain that this might go some way to make up for that!"

There is also a lush antipasto platter for two, for \$20. Add two piccolos for \$30.

These platters are available by pre-order only. All orders must be placed by midday, Thursday May 7. Call 5445 9003 to order. As a bonus, any Mother's Day meal purchase puts you in the draw to win a Brown Brothers wine pack valued at \$120.

Plus the bottleshop has heaps of gift options for Mum for Mother's Day.

"We have also changed gear to put together a tasty takeaway menu," Cassie said. "The next new menu will be available from Friday and we will promote it on our website and Facebook. The new takeaway menu will also be available on Mother's

Tuesday nights were always a favourite with locals, as they were Parmi Night. "I guess one upside of this situation is that every night is Parmi Night now," said Cassie. "They are such a hit that we have decided to make them available to takeaway every day."

There is a choice of Carnivore, Hawaiian, Pesto & 3 Cheese, Breakfast and Traditional toppers, and they are served with chips.

You can check out the website for the latest menus and specials at www.palmwoodshotel.com.au/ or their Facebook page www.facebook.com/pg/palmwoodshotel

Community needs prioritised during pandemic: Mayor

KEEPING the Sunshine Coast community safe, informed and supporting local businesses to help keep our residents employed has been the focus to date of council's response to the novel coronavirus pandemic and associated national public health direc-

The financial implications for council from its community safety and local business support measures is approximately \$8 million through to June 30, 2020.

Sunshine Coast Mayor and Local Disaster Management Chair Mark Jamieson said council's response to the COVID-19 crisis had necessarily focussed on two key priorities - community safety and supporting local businesses which help to keep local residents employed.

The \$8 million included over \$2 million in direct financial support, \$353,000 in waived community and commercial leases, \$371,000 in reimbursement/waiver of fees and charges and up to \$450,000 in refund of waste collection from commercial busi-

This support has benefited over 3,000 business and community groups directly and more than 10,000 indirectly via business advice, support, assistance and refer-

"In a very short space of time, council staff and the local disaster management group acted quickly and decisively to manage our region's response to what is the most significant public health challenge in more than a century," Mayor Jamieson said.

SPAR team works overtime to serve community during crisis

WITH a background in farming, banking, aged care and supermarkets, Woombye SPAR Manager, Sammy Boxell has a skill set that has prepared her well for the challenges of working with COVID-19 restrictions.

"Right from the start our main priority was to ensure that our shelves were well stocked, because what we saw all around the country was panic buying in supermarkets and the resulting pressure on the supply chain," Sammy said.

"Since the first wave of COVID-19 restrictions we have worked overtime to make sure that everyone can still get their favourite products in the Woombye and Palmwoods stores.

"Our next priority was to ramp up our home deliveries and offer a 'click and collect' service.

"This is so reassuring to many of our customers, particularly those who are elderly and just have to take extra care at the moment.

"We can basically offer a zero contact service, but at the same time we know how important the personal interaction is.

"I know there are many people in our community right now who are feeling isolated and afraid"

"I have explained to our team that personalised service, and taking an active and genuine interest in our customers right now is perhaps the most important thing we can be doing.

"The major supermarkets are right on our doorstep and they are also offering home deliveries and zero contact shopping. So we have to not just serve the customers who are the lifeblood of our business, but be interested in how they are doing during lockdown as well. We have to keep them and our staff safe.

"I am incredibly fortunate to have a wonderful team to work with. They are local people who share the values of tight community and the genuine sense of cooperation and teamwork that comes with rural

"We have had to adapt so quickly to a completely new way of working. They have been asked to work longer hours, and to be patient and compassionate when customers are feeling stressed or overwhelmed about social distancing in the store. And they do it all without a complaint, and with smiling

"My staff tell me I am like a mother hen, because I want them to text me when they have finished their shifts and are safely out of the shop if they have worked later. But it is important to me that they are taken care

"Plus, you are really only as good as



SPAR Woombye Manager Sammy Boxell ... "I am incredibly fortunate to have a wonderful team to work with."

your surroundings, and the business community here is exceptional. We all know each other, support each other and have each other's back. We really are lucky in that respect.

"For their part, our customers have been

so patient and wonderful. They can see how hard the team are working to serve them and they are overall, very kind.

"It really is true that we are all in it together, and I think that spirit is alive and well, here in Woombye."

Dogs in Business



Greg Wright with best mate and 'Workshop Foreman' Spanner.

Meet Spanner (and Greg) from GR Fleet

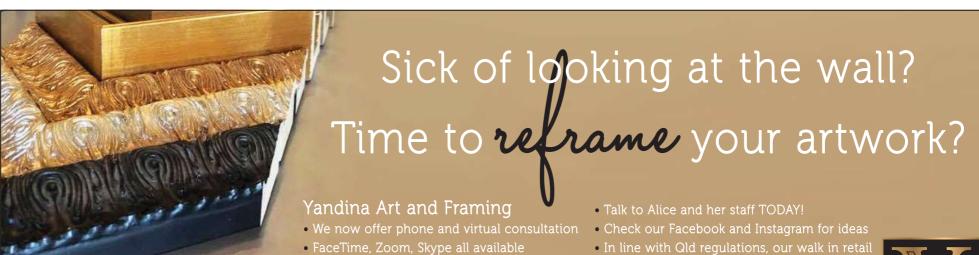
AT The Gazette, we've visited dozens of businesses over the past month or so and noticed something unusually wonderful. Working Dogs.

Many family operations have dogs that accompany their owners to work each day.

Pictured above is Spanner with owner Greg Wright. Spanner is a cattle dog-cross who "works" at GR Fleet Services Diesel Repairs in Palmwoods. Spanner proudly wears the title "Workshop Foreman".

Funnily enough though, at photo time he was asleep under a tree. What a job! No wonder he's such a happy, smiley boy. We'll feature more Dogs in Business in coming issues.





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Local deliveries available!

Home-made popularity grounded in hunger for comfort food

THE evenings are getting cooler and we are all having to adjust to life in isolation.

But every cloud has a silver lining and the good news is Paul Dolan of Grounded@Woombye is offering home-made style meals for take away and home delivery.

"As the situation with lockdown intensified, we noticed that people still wanted to buy our meals to take home and enjoy," said Paul.

"Often they would tell us it was because they didn't really cook for themselves!"

In collaboration with his chef Sam Leishman, they have pulled together a menu of tasty offerings that are the ultimate in healthy, nourishing comfort foods. "I was actually racking my brains remembering the types of meals my grandmother used to make, because they were so good," said Sam.

"We decided that we were probably on a winner with simple, flavour packed dishes like hearty beef stew, chicken noodle soup, apricot chicken and curries"

And their loyal, regular customers agree. "We feel so happy and grateful that people have shown us such support, and are enjoying our food," Paul said.

"So much so, that after lock down is over, we will continue to offer this service."

You can find Grounded's menu on their website woombye.net, or by checking their Facebook page, Instagram, or going old school, and calling them on 0427 442 324.

RIGHT: Paul Dolan ... "We feel so happy and grateful that people have shown us such support, and are enjoying our food."



Captive, isolated city slickers look to escape to the country

REAL ESTATE: City Slickers are offering to trade trendy inner city homes for an escape to the country. They are using down time while social-distancing to look for more "isolated" homes in highly sought after tree change areas like the Sunshine Coast hinterland.

John McGrath of McGrath Estate Agents recently predicted a surge in demand for homes away from the bustling, high density suburbs of the major capital when the country bounces back from the COVID-19 pandemic

the COVID-19 pandemic. Local Real Estate agents, including Mike Burns of Burns Property Palmwoods agrees: "We've had a number of buyers from Sydney and Brisbane looking for just that type of property. They're looking for a 'food forest'. They want to escape the city and grow food for the family. I have had buyers from the heart of the city recently communicating on this subject from Brisbane and Sydney. For the price of an average home in the metro you can get some great land, water, soil etcetera and have a food forest. And literally live off your land. The kids will

grow just like the vegies.

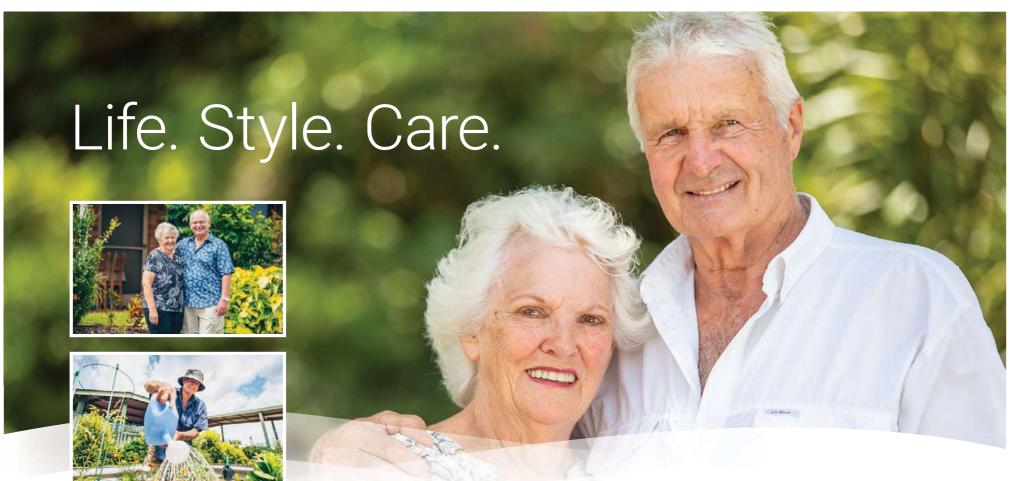
"They were saying the kids don't have a backyard where they are. One family had four kids in a tiny little house so they want to get into a different environment and be able to run with a stick, rather than spending all day on Xbox. They want their kids to be able to do the things we used to do. Have a raft, swim in a dam and do all that stuff."

Brent Dickson, McGrath Estate Agents, predicted a wave of buyers post COVID 19.

"Our strong feeling is that as the Sunshine Coast and Hinterland will experience a wave of buyers from the southern markets looking to distance themselves from the capital cities to a more spacious, affordable and relaxed lifestyle," Mr Dickson said.

"Enquires have already increased as buyers use their isolation time to do their homework and re-evaluate their lifestyle choices."

Mr Dickson said a record 10.7 million Australians viewed ads on realestate.com. au during March. "It's clear that interest in property hasn't waned."



You'll stop searching once you visit Palmwoods Garden Village - by Sundale.

The expansive seven-hectare site boasts two and three-bedroom units, all with private patios and courtyards which overlook established gardens.

At Palmwoods Garden Village - by Sundale, there's no need to move if your needs change, with additional care, meals and assistance available in your own home, if and when you need it.

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PALMWOODS GARDEN VILLAGE 61 Jubilee Dr, Palmwoods





Giving goes viral: RangeCare Kitchen Coordinator Janette Gilbert ladles chicken curry onto an array of meals ready to be frozen and delivered.

Generous helpings ... 700 meals to go to locals in need

RANGECARE and Nambour & District Care are giving away over 700 free meals to the community.

"For a limited time, if a customer purchases three meals from our new frozen meals range they will receive one meal free," said RangeCare Marketing Officer Jess Garey.

"Plus we will also donate one meal to a community member in need.

"This is thanks to ongoing local business partnerships with Le Relais Bressan, The Barn on Flaxton and Café Mapleton. It means we are able to offer our restaurant-quality bulk frozen meals delivery service and support isolated community mem-

For more information see advertisement,



COVID-19 continues to impace us all. Our local business community is continuing to struggle and some disadvantaged community members are being forgotten.

To address this RangeCare has decided to offer something

We're giving away

Buy 3 meals from our new frozen meals range and receive 1 meal free! PLUS we will also donate 1 meal to a community member in need

DELIVERY SERVICE through RangeCare





THE BARN \$10 MENU

All purchased meals are prepared and delivered Monday - Friday. All orders for The Barn must to be placed by 2pm to ensure next day delivery. The Barn orders will be delivered be and 5pm the next working day

- CHUNKY CHICKEN, BACON AND MUSHROOM SOUP
- CREAMY POTATO & LEEK SOUP • BEEF LASAGNE & SALAD
- VEGETABLE QUICHE & SALAD
- LAMB AND BEEF RISSOLE
- GRILLED CHICKEN BREAST • CURRIED SAUSAGES AND RICE
- VEGETABLE COCONUT CURRY • BRAISED BEEF AND ONION STEW

• CHICKEN CURRY AND RICE (GF)

• SWEET AND SOUR CHICKEN

• BUTTER CHICKEN AND RICE

• LASAGNE

AND RICE (GF)

ROAST BEEF AND

VEGETABLES (GF)

 ROAST CHICKEN AND VEGETABLES (GF)

CURRY SAUSAGES AND RICE (GE)

• RISSOLES AND VEGETABLES (GF)

- PENNE BOLOGNESE



LE RELAIS BRESSAN

All purchased meals are prepared and delivered Wednesday - Friday. Each meal contains a portion size for two meals.

All orders for Le Relais Bressan (formally known as Le Coq Bressan) must be placed by 11am the day prior to delivery

- COQ AU VIN (Chicken in red wine) BEEF BURGANDY
- CHICKEN IN CREAM
- BEEF TOURTE WITH TOMATO & CREAM
- CONFIT DUCK WITH **ORANGE SAUCE**
- FISH ROULADE WITH LEMON RESULING SAUCE AND RICE CREAM OF SWEET
- POTATO SOUP for \$8.00

The RangeCare Cottage frozen meals are prepared fresh and immediately frozen by our onsite kitchen coordinately

All meals include a side of baked potatoes, except for the fish. *All meals, except the fish option can be frozen*

CAFE MAPLETON \$12 MENU

All purchased meals are prepared and delivered Monday-Friday. All orders for Café Mapleton must be placed by 10am the day prior to delivery Café Manleton orders will be delivered be 3pm and 5pm the next working day

- VEGETARIAN FRIED RICE (WITH EGG)
- VEGETARIAN FRIED NOODLES (WITH EGG)
 BACON FRIED RICE GLUTEN FREE
- MINCED CHICKEN IN TOMATO SAUCE WITH RICE NOODLES GLUTEN FREE
 VEGETABLE OMELETTE EGGS, CARROTS,
- MUSHROOM (SERVED WITH RICE)
- STIR FRY MIXED VEGETABLES IN SOY SAUCE (SERVED WITH RICE)
- STIR FRY CHICKEN AND MIXED VEGETABLES
- (SERVED WITH RICE)

 STIR FRY CHICKEN WITH GINGER AND MUSHROOM (SERVED WITH RICE)

VEGETARIAN OPTIONS

SOUPS CREAMY PUMPKIN

- HONEY CHICKEN AND RICE (GF) • SHEPHERD'S PIE AND
- VEGETABLES (GF) • SAUSAGES WITH TOMATO/ONION

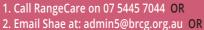
All meals are available to purchase for \$10 each.

AND VEGETABLES (GF)

• PORK POT ROAST WITH APPLE

- GRAVY AND VEGETABLES (GF)
- MOROCCAN BEEF, RICE AND VEGETABLES (GF)
- CORN BEEF, WHITE SAUCE AND VEGETABLES (GF)
- THAI VEGETABLE CURRY
- AND RICE (GF. VEGETARIAN) • VEGETABLE LASAGNE (VEGETARIAN) • SWEET AND SOUR VEGETABLES
- MIXED BEAN CURRY AND RICE
- (GF, VEGETARIAN) MOUSSAKA (VEGETARIAN)
- CAULIFLOWER AND CHEESE CREAMY TOMATO • PEA AND HAM
- AND RICE (GF. VEGETARIAN) • POTATO BACON AND LEEK • CHICKEN AND VEGETABLE

HOW TO ORDER? A Minimum of \$50 per delivery





Free delivery is available to the following suburbs: Maleny, North Maleny, Reesville, Witta, Curramore, Elaman Creek, Conondale, Balmoral Ridge Montville, Flaxton, Mapleton, Kureelpa, Dulong, Highworth, Image Flat, Parklands, Perwillowen, Coes Creek, Towen Mountain, West Woombye,

Woombye, Hunchy, Palmwoods, Nambour and Burnside. **Delivery to any other suburb will incur a delivery fee of \$10** Call 07 5445 7044 or visit www.rangecare.com.au/frozen-meals

path out: Nicklin MP AN emotionally-drained population, mired in uncertainty, needed a clear path out of COVID-19 restrictions, according to Nicklin MP Marty Hunt, pictured. While praising Australia's response to the pandemic Mr Hunt said people were

People need a clear

understandably eager to get back to school and work safely. "People need a plan," he said. "So there appears to be some sort of light at the end of the tunnel. "Everyone is doing really well in maintaining these restrictions. The infection rate across Australia is right down because

rules in general. "But people now really needed a clear plan out of the uncertainty. They need to know what the triggers are to reach a relaxation of restrictions."

everyone is doing so well in following the

Mr Hunt hoped this Friday's National Cabinet meeting would provide more certainty. "People are in financial stress or anxious about their health, or anxious about their children's futures."

"People need to know what the triggers are to reach a relaxation of restrictions."

On individual issues, the newly appointed Shadow Assistant Minister for Treasury said a legislative void in Queensland was creating tension and uncertainty, particularly between tenants and landlords.

Parliament had only met twice since the pandemic was declared, which was not enough time to clarify pressing legislation.

"Our office has had a lot of contact from landlords and tenants, particularly in the commercial space.

"They haven't been able to come to agreement on rents. What do they do now?

"None of the regulations have been put in black and white. So we're trying to guide people through it and encourage them to try to come to an agreement. But there's obviously going to be people that can't agree.

"There needs to be a clear process for a hotline or a mediator. But none of that's been outlined yet and it's been very frus-



"That's been the difficult part of my job people seeking certainty and me not being able to give it to them because of the slow release of regulation.

"A lot of that's been really slow. We can give advice about what's been announced, but until it's the law and until there's a process set up it's been very difficult to tell people, with certainty, what they can and can't do.

Mr Hunt said cooperation between all levels of government on the Sunshine Coast was encouraging. "The Mayor, the federal guys and the state members are all meeting via phone hook-up weekly to discuss the issues," he said.

He outlined schools and small business as other areas of concern.

"Small businesses are hurting, obviously. The cafes, the restaurants, the gyms ... some of those that have had to close down completely. People are really hurting out there."

Mr Hunt said parents have been confused as to why their children were allowed to go to school when the infection rate was a lot higher than it is now.

"Now the infection rate is very low and schools are only just starting to open for certain grades. The Teachers Union is rightly concerned about the health of teachers. But if they don't want to open schools to all grades now when the infection rate is quite low, when will they be happy to open for all grades? And if we're all waiting for a vaccine before fully opening schools - then you could be waiting forever because there's no guarantee that we will get a vaccine.'

"The wheels (of government) are turning very slowly. And it's not something you can take slowly because people are hurting and

\$100 give-away supports Maleny's restaurants & cafes

MALENY Commerce backing the hard hit hinterland hospitality sector with a competition sure to raise spirits.

President Nicole Hilton said one lucky winner will receive \$100 credit at a café or restaurant of their choice.

"All you have to do is pick from the list of 20 mouthwatering options on our site, malenycommerce.org.au."

Ms Hilton said there had been an incredible response to the contest. "In 24 hours we had over 100 votes already. What we did not expect is all the beautiful feedback we are receiving for the businesses. I created a post with some of the lovely words and shared it as well. All these are on our Maleny Commerce Facebook page."

Jennepher Bucher of Maleny Cheese said the contest was a welcome moralebooster after a tough period. "We had just recovered from a fire in September 2018," she said. "We put staff back on, and then nine months later this happens and we had to let them go again."



Jennepher Bucher, with a selection of dairy goodness on

offer from Maleny Cheese.

Master stroke for Maleny Golf Club

ADAM Scott, the world's number 6-ranked golfer, launched Maleny's golf course onto a global stage last Friday.

Scott used his Instagram profile to live broadcast a 9-hole match-play round with good friend and club pro-manager Wayne Perske. Billed as "Nine Holes with a Mate" Adam, 39, joked, chatted about strategy and answered questions posted on-line while riding solo in a cart during the 80-minute social media event viewed by thousands of fans around the world.

The 2013 Masters' champ has been at home on the Sunshine Coast with his family during the pandemic lockdown away from tournament golf. He welcomed Wayne's recent invitation to play at Maleny's 18-hole course.

Adam, who played the course beforehand with Wayne and son Billy, some other lucky juniors and his father Phil, said the charm and appeal of Maleny's Par 68 golf course was that it was created and maintained by an army of volunteers.

"The passion of the membership has given a real heartbeat to this club"

"Maleny is a really fun story that I stumbled across through Wayne. The passion of the membership has given a real heartbeat to this club," Adam said. "They deserve a lot of credit and I just want people to come and experience it with a game."

The broadcast was Scott's first attempt at livestreaming using Instagram and he has promised to use the platform to show off more "hidden gems" like Maleny on the Sunshine Coast where he grew up playing golf.

Wayne said Adam's generosity and patronage had given Maleny Golf Club a "massive credibility boost" which had put the course on the international golfing map.

"It was a fantastic experience, not only for me, but for our golf club during these





Above: Adam Scott Tees off on the 10th at the start of a 9-Hole "Maleny Masters Matchplay" with club manager and Pro Wayne Perske.

Left: Adam Scott inspects a newly constructed 2nd hole tee with volunteers, from left, Alan Stevens, Mo Lawrence, Jon Fairman, Steve Lawrence and Vice President Max

times when everyone's doing it a bit tough with social distancing in place," Wayne said after the match which the "Maleny Masters" duo squared.

"Australia's doing a fantastic job because one thing we can all still do (almost everywhere) is get out and play some golf."

Club President Jeff Kruse said the committee and membership had been overwhelmed by Adam's Scott's generosity as a result of his friendship with Wayne Perske.

"Adam is a true ambassador for the sport and a great Queenslander, and we can't thank him enough for the boost he has provided during these difficult economic times," he said. "So many golf fans will now

be motivated to add Maleny Golf Club's course to their playing bucket list as a result of this unexpected but very welcome media exposure Adam has provided."

To ensure Covid-19 social distancing protocols were observed the club urged members to watch the match at home online and asked Maleny police to be present while Adam was on the course. The assignment proved to be an enjoyable and trouble-free country outing for the officers on duty.

The course offers two Par 5s, ten Par 4s and six Par 3s. It features unique revetted greenside bunkering, Tiffdwarf Bermuda Grass greens and Kikuyu fairways within a peaceful, scenic setting.

Council allocates portfolios

NEW portfolios were allocated to all councillors at Sunshine Coast Council's livestreamed Ordinary Meeting on April 30.

Councillor portfolios, part of council's governance arrangements, provide councillors with specific responsibilities in addition to their responsibilities under the Local Government Act 2009.

The portfolio system provides councillors with an opportunity to develop a heightened level of knowledge, leadership and representation across the region in a specified area of responsibility.

Mayor Mark Jamieson said the new Councillor Portfolio System had a strong alignment with the strategic priorities of council as outlined in its Corporate Plan and the organisation's core responsibilities.

"Portfolio councillors will play a key role in providing input and advice to council officers on portfolio relevant matters," Mayor Mark Jamieson said.

The meeting was livestreamed due to social distancing requirements as a result of the pandemic.

View a video recording of the meeting on council's website at www.sunshinecoast.qld. gov.au/Council/Council-Meetings.

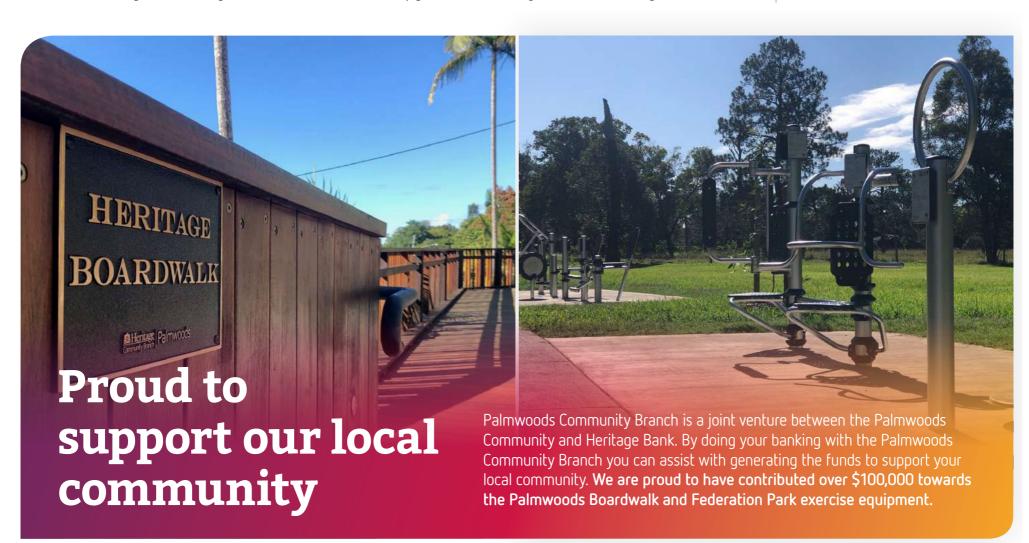
Mayor Mark Jamieson: Region Shaping Projects, Regional Advocacy and Intergovernmental Relations Cr Rick Baberowski & Cr David Law: Community

Cr Peter Cox & Cr Maria Suarez: Environment and Liveability

Cr Terry Landsberg & Cr Jason O'Pray: Economy Cr Christian Dickson and Cr Winston Johnston:

Service Excellence Cr Ted Hungerford & Cr Joe Natoli: Outstanding

Cr Hungerford and Cr Natoli were also approved as members of the Sunshine Coast Regional Council Audit Committee.



Visit your local community branch at Palmwoods Plaza or call 5457 3344.





Ted O'Brien joined Yoga instructor Breena Furbell in leading a Yoga class with online

Grant helps centre stay flexible to changes

NAMBOUR Community Centre has received \$161,000 to extend initiatives and ensure continuity of a raft of services.

Member for Fairfax Ted O'Brien said the Centre's Thriving Families and Family Support initiatives were vital for the families they supported.

"The way staff have adapted their programs to ensure families stay connected and supported while people are social distancing and staying at home is great, and it really shows how valuable these services are," Mr O'Brien said.

Mr O'Brien participated in one of the online classes the Centre had embraced to keep services running



Thriving Families Coordinator Angela Rondo said the centre needed to remain adaptable in changing times.

"Doing a little bit of yoga with mums and bubs this morning was a humbling activity for someone who doesn't usually do yoga," he said. "But to see all these mums with these beautiful children hanging out and exercising together was a wonderful thing.

"It's amazing how it reminds us that no matter how hard the times might be, and these are difficult times, we all still want to be together. That's who we are as human beings. There's a role for the tax payer in this to make sure that organisations like the Nambour Community Centre can continue to do the wonderful work that they do."

Thriving Families Coordinator Angela Rondo said the centre recognised the impor-

tance of remaining adaptable in changing times.

"We can engage with up to 300 people per week though our various programs," she said.

"Now we've been able to translate our programs into the online and social realms provide support to people in the local area who are experiencing all sorts of difficulties and challenges around parenting, finances, accommodation health, mental health, and families who just want to connect and be a part of a thriving community."

More than \$7 million in funding support was extended to eight organisations providing family services on the Coast, including the Community

USC ponders the obvious question: why toilet paper?

USC psychology lecturers are looking in to the behaviours that led people to panic buy during the COVID-19 pandemic.

Dr Jacob Keech and Dr Karina Rune will conduct The study that is focused on understanding the complex behavioural triggers that have prompted people to buy certain products in preparation for life in lockdown.

"We've heard all sorts of different reasons why people have engaged in buying bulk toilet paper or more pasta than they really need," Dr Jacob Keech said.

"Early on in the pandemic, the Prime Minister was even criticising people for that behaviour. While the message was perhaps warranted, it is unlikely to be a helpful way to get people to change their behaviour," he said.

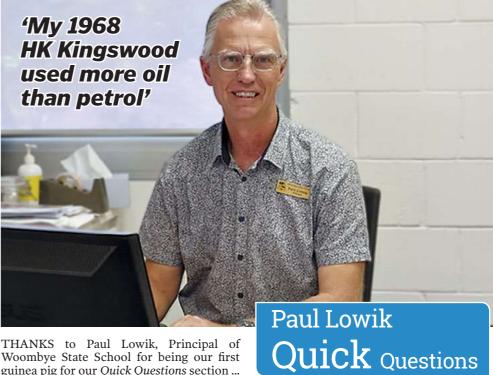
"Our study will seek to examine how indi-

vidual differences and demographic factors, as well as psychological factors are associated with people stocking up on household products since the pandemic began.'

The researchers will collect data through an anonymous survey that is now open for anyone in Australia over the age of 18 who regularly purchases food or other household items from a supermarket.

The information will help to form recommendations around the messages that should be directed at different groups of people in times where panic buying is occurring, whether that's during the ongoing pandemic situation or during future disasters."

The link to the study on why people bought certain products during the pandemic can be accessed here: psychologyhealthresearch.com



guinea pig for our Quick Questions section ...

Birth date and/or star sign: 26th November, thus I'm a Sagittarius

Favourite local hinterland food and why: The fresh cakes and 'Bee Stings' from Woombye Bakery and Coffee. Great service as well from Danielle and her team.

Where did you grow up: My backyard in Ipswich

Last book read: "Fire and Fury, Inside the Trump Whitehouse" by Michael Wolff.

Nickname as a kid: 'Bandicoot' Given to me by my neighbours when they tried to catch me during games of tag or brandy, I would run and dart around the yard like a bandicoot on the fly.

First job & what was it like: Collecting Supermarket trolleys from around the carpark at Woolworths/Big W at Booval in Ipswich. Enjoyed chatting to the shoppers but also enjoyed the competition of who would collect the most trolleys in a morning.

Why do you like most about your current job: The great joy associated with working with a wonderful staff, terrific students and an amazing community. The sense of community in my job is fantastic.

What's the most important thing you ever learned: "You can have everything in life you want, if you will just help other people get what they want." — Zig Ziglar

Your favourite saying: "Build a bridge,

Happiest moment in life that wasn't related to family matters: Buying my first car, a 1968 HK Kingswood that used more oil than petrol on trips. It was \$100 well invested and lasted me 2 years.

What were you doing 10 years ago: Apart from my current job, raising four

What do you hope to be doing in 10 years: Relaxing with a new career path that supports my retirement lifestyle.

What did you want to be as a kid? A grown-up so that I could do whatever I wanted to.







Palmwoods Village Shopping Centre, proposed on land in the heart of town.

Shopping centre plans lodged for Palmwoods

A SHOPPING centre has been proposed for a central Palmwoods block opposite the Hotel and SPAR supermarket.

The new proposal is a scaled down version of a previously approved application, minus the residential aspect.

The new application was lodged by Burnett Street Nominees Pty Ltd last week for an integrated shopping centre covering land in Church Street, Main Street and Hill Street, Palmwoods.

The application states the proposed development "responds appropriately to the site's Local Centre zoning designations and is considered an appropriate outcome for the subject land and Palmwoods township".

It says a shopping centre would provide "convenience retail facilities for the local community that are not currently available.

"The proposed development is of a form

and character that is consistent with and enhances the pre-eminent built-form character of the Palmwoods township. The building design has incorporated key elements of the existing townscape character through the retention and reuse of existing character elements currently on site (i.e. existing bluestone walls, Station Masters House and Night Officers Quarters)."

DETAILS Site Area: 7,356m2 Supermarket Floor Area: 1,000m2 Other Retail Floor Area: 1500m2 Gross Leasable Floor Area: 2402m2 Building Height: 2 storeys and 12m above

ground level fronting Main Street and 2 storeys and 8.5m elsewhere.

Car Parking: 100 car spaces, 5 motorcycle 2 van, 2 SRV, 1 HRV, 50 bicycle.

Belgian Beer & Wine Garden draws regulars from Noosa to Caloundra

IN our area, we are spoiled for choice when it comes to enjoying beautiful, fresh, locally

Henry Derclaye of Bar Deco Belgian Beer & Wine Garden in Yandina has a passion for the cuisine of his heritage and although the COVID-19 restrictions have prevented him from opening the doors to his fabulous eatery, he has quickly pivoted and can now offer his sumptuous food as takeaway and home delivered meals.

"We initially started out offering Belgian cuisine, but as Belgium has been so closely intertwined with other European countries for centuries, we thought it made sense to include those flavours and cuisines in our menu," Henry said. "So now our menu can include any European culinary culture.

"... the menu we have put together is the comfort food of our culture"

"Stocks, sauces, pasta and all doughs. Nothing is made out of a packet, and we have many gluten free options. People who love good food appreciate the quality, freshness and attention to detail we offer.'

Henry said flavour was what impressed diners and kept them returning. "We have found that people are really enjoying comfort style meals, and I guess you could say that the menu we have put together is the comfort food of our culture."

In fact, our customers come from as far as Noosa, Maleny, Caloundra ... for our food, so we feel that we have struck the right note with the selection of dishes we offer.

In response to the COVID-19 situation, we have developed a reduced version of our restaurant menu available for takeaway, and every Friday/Saturday we put together a new home delivery menu. People can buy packages of meals that are all made within 24 hours of delivery. The meals that are not eaten on the first day will last for 3 days and



Bar Deco's new takeaway meals: "we have struck the right note with the selection of dishes we offer".

can be reheated as required. Our customers are paying an average of \$12 per meal when they buy them in the packages for home

We have added a delivery service to our offering and can deliver from Maroochydore to Noosa. Obviously, we also have very nice imported beer as well and it compliments our food perfectly.

You can get all the details and place your orders on Bar Deco's Facebook page www.facebook.com/bardecoyandina



Lest We Forget. Rusty, from Ninderry, wanted to pay his respects on Anzac Day. Rusty, left, rode into Yandina & stopped in the Memorial Park where the



pub to honour the fallen. Meanwhile in Maleny, Murray, pictured above, is a Smartpup for local girl, Ella Johnson, This is Murray at the Anzac Dawn Service, remembering those who have protected us all. What is it about animals that makes you feel so sentimental?



No, it's not a stick-up. They may look like bush rangers but their masks are for COVID-19 concerns. Woombye Rural Supplies owner Narelle Kither's mum Pam Dunstan has been sewing masks for people concerned about COVID-19. They are available at Woombye Rural Supplies for \$5 each. All proceeds go to The Shack Community Centre, Nambour.

Business as usual at MCU

You may be seeing many messages about shopping local but banking local is also important. Some of the key points are:

- Strengthens the local economy
- Keeps local people employed
- Banking with people that know our community
- Every loan drawn benefits a local not for profit organisation

At MCU we give customised service to each and every customer. Our friendly qualified staff really want what is best for you. MCU has a dedicated staff member that works in the community supporting local groups and events, another unique MCU initiative.

Call us on 5499 8988 or email us at info@mcu.com.au Open 9:30am to 4:30pm Monday to Friday



Your one-stop diesel mechanic shop

FTER 22 years of working for companies like CASE and Clark, Greg Wright of GR Fleet Services in Palmwoods saw the need to become both a specialist, and a 'Jack of all trades' as a diesel mechanic.

Today, GR Fleet Services is a one-stop shop for specialist diesel vehicles, machinery and equipment repairs, parts and servicing, with customers coming from as far as Cooroy and Bribie Island to have their equipment serviced.

"Our business seems to have heaps of moving parts, but ultimately they are all related," said Greg's wife and business partner, Rachel Wright. "And it has evolved this way in response to the most common needs and frustrations of our customers," she said.

"Safety and down time are the two biggest concerns of our customers"

GR Fleet Services deal with heavy vehicles and machinery used in transport, agriculture and construction. Therefore, it is critical to ensure everything is properly and expertly serviced so that down time is minimised.

"For some of our customers, for every hour that they cannot work they are up to thousands of dollars out of pocket," said Rachel.

And it goes without saying that in all of those industries, Workplace Health and Safety guidelines are at the forefront of everyone's minds.

"Greg spent many years working for dealerships like CASE and Clark, so he has a very extensive



The GR Fleet Services team includes Greg & Rachel Wright, Dominique Masiorski, Makinnley Cuthel, Seb Miller, Cleveland Lade and Spanner the 'workshop foreman'.

working knowledge of specific brands. He fast became aware of how important it is to not only have the knowledge and experience to work on particular vehicles and equipment, but probably equally importantly, the authorisation and

specialised equipment," she said.

"As our business has evolved, we have become service and parts dealers for HIAB cranes and Moffett forklifts. We are also dealers and authorised repairers for Earthmoving Equipment Australia

(CASE, Thwaites), excavators and skid steers, and Mecalac.

"Having these authorisations is really important for a number of reasons. Firstly, we have exclusive repair rights for these brands for warranty, servicing and parts. And

we can access parts fast.

"Secondly, we have the proper computerised diagnostic equipment to enable us to get to the source of the problem correctly and quickly.

"Finally, we have the dealership training to ensure that every job is completed in accordance with the safety parameters that have been outlined by the manufacturer."

On that note, Rachel said every machine serviced at the workshop left with a Site Compliance Service Log, which is a requirement for job sites and covers WHS and insurance obligations.

They also handle the repair of hydraulic rams and hoses.

Being a one-stop shop helped their customers save time.

What we are finding now, is that our customers can have a piece of machinery repaired or serviced at the same time as they are having their truck serviced, Rachel said.

"They can book everything for the same day and at the same location. Before, they had to spend hours, spread out over days, driving from one workshop to another to have their machinery looked after

We have done what we can to make ours the most complete service for customers, and our systems, training and experience allows them to leave with absolute peace of mind that every box has been ticked when it comes to safety and compliance," Rachel said.

Call in and see GR Fleet Services at 169 Nicklin Road, Palmwoods. You can call to book on 5457 3066, or visit their website www.grfleet.com.au.



Stability and Support for Fisher Stay informed: andrewwallacemp.com.au

SUNSHINE STEERING PALMWOODS Celebrating 21 Years



Building a Classic Reputation

WENTY one years represents a special coming of age. But no more so when it is a celebration of 21 years in business.

For Tina and Dave Ledger of Sunshine Steering, Palmwoods the 21st business anniversary has been a timely opportunity to reflect on the challenges they faced to get started, especially in the context of the current business environment.

"Dave had been working for Rosemount Steering for 11 years and when that business was sold we decided to start our own business," Tina said.

"At the time, I was working part time as a Dietician's Assistant at the Nambour Hospital. We had our two year old daughter, Kempsy and I was 6 months pregnant.

"We opened our doors on the 6th of April 1999 and on the 6th of July, our son Locklan was born. To say it was hectic is an understatement! But between us, we managed"

In the beginning, Tina kept her part time job at the hospital and the kids spent a lot of time with their Dad in the workshop

"They used to get so dirty!" said David. "I would throw a plastic sheet across their seats in the back of the car. I'd have to call Tina before I left work and ask her to fill up the bath ready for them, because they would arrive home covered in grease."

While Locklan grew a reputation as a grease monkey Kempsy was a great little helper.

"She was so tidy and she would pick up the spanners and tools, and hang them back in the right place for me. Locklan also helped me, even when he was really little. I have one particular memory of him sitting on the floor of the car and working the pedals to help bleed brakes. He was still in nappies at the time."

Locklan shares his father's love of mechanics and now works alongside his



If steering is a specialty, vintage and classic cars are a passion for Dave. The workshop is usually full of beautiful automobiles.









From left David Ledger, Jasmin Kelly-Ross, David Salakowski and Locklan Ledger.

parents. "I think a part of our longevity in the industry is that Dave is a specialist at what he does," said Tina. "He is extremely experienced at working on steering, with 30 years under his belt. A lot of other workshops outsource their power steering work to him because he not only has the knowledge, but also the specialist tools. And he can work on any make or model."

If steering is a specialty, vintage and classic cars are a passion for Dave.

"I have worked on more cars than you

can imagine," Dave said. "From Rolls Royce, to Aston Martins, to E-Type Jaguars, EH Holdens, WB Holdens and a 1930's Dodge.

Old Holdens are his real love.

"It is not just that I love vintage cars, but also that I genuinely like the challenge of fixing things, especially when it is difficult to find parts for them.

"I have a lathe in the workshop and can make parts that are no longer procurable for older model cars. It is so rewarding. We are members of the Sunshine Coast Antique Car Club so I know how people who have vintage cars feel about their vehicles. I treat my customers' cars as if they were my own."

"I know how people feel about their vehicles. I treat their cars as if they were my own"

Walking around the workshop, that is evident, with an immaculate vintage Rolls Royce carefully wrapped in clean sheets, and an E-Type Jag swathed in a protective cover.

Twenty one years down and COVID-19 restrictions notwithstanding, Sunshine Steering is still going strong.

"We have stepped up our practices to keep staff and customers safe," Tina said.

"Before and after every car is serviced we disinfect and sanitise every contact point, including the keys," she said. "We can service and repair any make or model of caror age, we don't discriminate!"

"We are both born and raised here on the Coast, and our local community has been incredibly supportive of us," said Tina. "It has been such a great place to raise our children and do business."

"Plus, we are involved with many community groups and have sponsored all kinds of sports, events and causes," Dave said. "It's just part of being in a small, close knit community like ours."

Sunshine Steering is located at 4/27 Main Street Palmwoods. Phone 5478 8020.

It's never been more important to Buy Australian.

Want to buy Australian? Here's how ...

Shopping for Australian products is a minefield.

Reading labels and working out what symbols and jargon mean is confusing. There are variations in meaning and each manufacturer has a different agenda to push.

This is why we have tried to make it easier to buy Australian.

Our 'wobbler' tickets mark the place of origin of the company owning the products you are looking at.

So you can choose a company whose profits stay in Australia.

Please note: The tickets, by themselves, do not guarantee the product is grown or made in Australia, or that all ingredients are from Australia.

But it does mean that the product is made by an Australian-owned company.

And once you know that the product is made by an Australian-owned company you can then check the product's individual label to see whether the product is made in Australia and what percentage of the ingredients are from Australia.





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Stay creative and playful despite COVID-19

CALLING all green thumbs, home renovation and cooking experts. Sunshine Coast Council has compiled hundreds of online resources for children and adults to stay creative and playful during the novel coronavirus (COVID-19) pandemic.

Sunshine Coast Council Mayor and Local Disaster Management Group Chair Mark Jamieson encouraged people to think outside the box to enjoy their time together.

"Council recognises this may be a challenging time for many families, which is why, through our Covid Kindness initiative we have put together a suite of resources for everyone to stay connected, stay informed, stay healthy, stay creative and stay playful," Mayor Jamieson said.

"Now is a wonderful opportunity for people who perhaps have always wanted to learn a new skill or try a new hobby but have never had the time to do so.'

Aspiring horticulturalists, DIY home renovation and cooking experts have been looked after with virtual resources to nurture creativity through tips, guides and videos.

Zoom Book Chat is Back

HELLO book lovers. It's time to join Woombye Community Library's book chat on line. Instead of getting a coffee at Kimnat you will need to make your own coffee and join in the lively conversation about something you have read recently and loved, or not loved. The on-line meeting will take place at 10am, Wednesday 13th May and will be hosted by Kathy Newett.

If you would like to join in you need to install the Zoom app on your phone or lap

Register your interest by sending an email to Woombyecommunitylibrary@gmail.com as the number of participants will be limited to eight. Happy reading we'll see you at the library soon.



Gerald Roberts ... if you purchase a Zero Turn Cub Cadet Steering mower you will also receive a free Brushcutter valued at \$549.

Safe, zero-turn ride-on mower comes with free **Cub brush-cutter**

IF you have a large, steep block to mow it can be a challenge to get the job done well and safely.

Gerald Robertson of North Coast Mowers said control and mobility were crucial.

"The reason why we choose to sell Cub Cadet mowers is because they are incredibly safe," he said.

"They have SynchroSteer technology which is a steering system that allows for zeroturn manoeuvrability.

"Even the largest, steepest area can look amazing"

Mr Robertson said zerosteer provided incredible control, stability and safety, especially on sloping terrain.

"Many of my customers are on larger blocks and acreages with steep slopes.

"These machines really offer the safest and most effective way of keeping growth under control.

"Plus, the foot control operation in combination with the steering wheel allows the operator to mow up, down and

across hills with no problem at

SynchroSteer technology was pioneered by Cub Cadet. It's a system where dual hydrostatic transmissions synchronize to enable steering-wheel control of all four wheels. This enables zero-turn manoeuvra-

"Don't let the size of these machines fool you. They can perform neat, tight and safe turns," Gerald said.

"Gone are the days of rough and unfinished looking mowing. Even the largest, steepest area can look amazing.'

Cub Cadet products feature an unprecedented six year domestic and commercial warranty support for your peace of mind.

Right now, if you purchase a Zero Turn Cub Cadet Steering mower you will also receive a free Cub Cadet Brushcutter CC924 (valued at \$549).

This offer is available during May, or while stocks last. Northcoast Mower Centre is at 1/11 Windsor Road, Nambour.

View their range at northcoastmowercentre.com or call and speak with their knowledgeable staff on 5441 5455.

Beer Trail launches online

A NEW online craft beer trail and map features 18 local breweries from across the Sunshine Coast, Hinterland and Noosa regions.

The 'Sunshine Coast Craft Beer Trail' which went live on Friday - allows visitors to see brewery locations on a map and provides details such as opening hours, restaurant offerings and contact information.

"It's is a great resource for visitors and locals to follow and explore the breweries at their leisure," Sunshine Coast Craft Beer Tours owner Josh Donohoe said.

The Sunshine Coast has earned a reputation as being a leading craft beer destination. The launch coincides with a local promotion called 'Mid-Strength May'. It encourages people to support their local Sunshine Coast breweries and pick up some mid strength beers to enjoy at home. Breweries will also offer an exclusive deal on take-away options in May.

Glass House Brewery Owner Simon



Michelangeli said: "As we plan for reopening our venues when social distancing restrictions lift, we are looking for new ways to engage with customers. This is a great initiative that further raises awareness of our thriving local craft beer industry and the love of beer that we all share."

Visit Sunshine Coast CEO Simon Latchford said that food and beverage are a major focus of the region's tourism marketing, with the Sunshine Coast one of Australia's richest agricultural producers.

Yandina singer racks up 9000 Spotify streams

YANDINA singer Mayah's recently released second single Butterflies racked up over 9000 streams on Spotify in just four week.

The song is a mix of soul, rock, pop, R&B and hip hop blended into what Mayah likes to call a 'soulful rock'.

"Butterflies is a song about the feeling you get when you first notice someone you are interested in. It's about the nervous excitement you feel, when everything suddenly becomes alive," said Mayah.

Mayah has loved music from a young age. Apparently, she could sing before she could talk, was dancing at age 3, and began composing songs in primary school.

Mayah is doing a live series on her Facebook page every Friday night at 7.30pm called, Mayah's Live Online Lockdown



Small Change Espresso adapts to big office exodus

THE big changes that we are learning to adapt to since COVID-19 restrictions became a reality for us all, represented a potentially devastating situation for Small Change Espresso.

Small Change Espresso is located in Bury Street, Nambour directly opposite the Nambour Library and Council Chambers.

"We are an espresso bar focussed on coffee rather than food, and are quite reliant on the trade from the Council Chambers," said owner, Jack Roffey.

"So when the Council Chambers were closed and staff were working from home, it had a big impact on our business. Still, the locals have been absolutely amazing and we could not have stayed open without the support of their business during this hard time.

"I guess we are fortunate that we have become known for our focus on delivering an unsurpassed quality of specialty coffee. Our beans are sustainably grown and are of the absolute highest quality. Every cup is carefully brewed so that it is memorable for our customers.

"We have a range of really delicious cakes, tarts, brownies and muffins to go with our coffee, specialty teas, Chais and hot chocolates. When we are not under restrictions, many



of our regular customers like to come and enjoy our coffee while they work. We have a custom workstation set up and local entrepreneurs find it a very relaxing place to sit and work.'

Small Change Espresso is at 8 Bury Street, Nambour or find them on Facebook.



Buderim-Palmwoods Heritage Tramway Inc. President Helene Cronin with the much-loved Krauss loco

Historic loco all dressed up but nowhere to go

BUDERIM'S historic Krauss locomotive has been restored for the past ten years, awaiting its display in central Buderim.

During that time the loco had been languishing in an open-sided shed and was starting to show the effects of its exposure to the elements.

So Buderim-Palmwoods Heritage Tramway Inc. decided to have it professionally re-painted in its original colours, which they were able to obtain from its German manufacturers.

But first they needed to house it in a new shed and that was erected late last year.

BPHTI President Helene Cronin said that when they completed the original restoration they didn't envisage that they would still be battling to have it properly displayed ten years later.

"We didn't expect to have to outlay some of the money we have raised on a new shed. We believed that the Krauss would have been on display in Buderim long ago," Mrs Cronin said.

In any case, the re-painting has at last been completed and BPHTI members are delighted with the result. The work was carried out by Gerry Coppleman, Ethan Reid and Cameron Perry.

Mr Perry is from Warana firm Totally Classic Restoration, which mostly restores cars with this being the first loco they have painted. Ethan said he had never done anything like it before and it was a thrill to paint a train.

Mrs Cronin said she was very pleased with the quality of the work and the attention to detail.

"I can't wait to see it on display so the Buderim community and future generations can see and appreciate this important piece of Buderim's history. And probably the most iconic object on the whole of the Sunshine Coast," Mrs Cronin said.

"After all the disappointments we have had in dealing with the Council over the past five years or so, we are hopeful with the new Council we will see a change in attitude and the wishes of the community to display the Krauss will finally be carried out," she said.

Mrs Cronin also said that she wished to thank Cr Christian Dickson for providing the funding for the painting and for his support for the project over the years.

How to make the most of 'extra' time

SUNSHINE Coast Council Libraries has been working to ensure the days of social distancing and isolation still provide opportunities for family fun, creativity and maybe a little escapism.

If you're looking for something to read, watch or listen to, they have a huge range of online books, movies, music and magazines.

And if you're new to the eLibrary service and you need a hand getting set up, or need some general technology help – the libraries have got you covered for that as well.

Sunshine Coast Council Mayor and Local Disaster Management Group Chair Mark Jamieson said the current pandemic was encouraging council to look at new and innovative delivery models for many council services.

"Sunshine Coast Council Libraries has launched a new eLibrary Helpdesk service to ensure all our library members are able to gain hassle-free access to the eLibrary," Mayor Jamieson said.

"The eLibrary Helpdesk Service can assist you to navigate the eLibrary platform and connect you to all your favourite authors, the music you love, movies to entertain the whole family and a great range of magazines – all to help fill in the extra time COVID-19 has provided to many people.

"But if you've only just bought a new device, or you're not confident using one yet, our Library staff are also on hand to provide expert help.

Once you're an eLibrary wiz, make sure you explore all the other great online programs available for children, teens and adults to enjoy via library.sunshinecoast.qld.gov.au/Whats-On.

Contacting the eLibrary Hotdesk

The eLibrary Helpdesk operates between 9am to 5pm Monday to Friday.

Call 07 5475 8989 or Email libraries@sunshinecoast.qld.gov.au

Business leader encourages council to tread carefully

ALL levels of government must work with the business community to protect jobs, maintain investor confidence and drive economic growth, according to Sunshine Coast Business Council Chair Sandy Zubrinich.

In welcoming the new Sunshine Coast Council Ms Zu Zubrinich said the political and economic landscape had changed since the election period began.

"We implore councillors to invest their time where the impact can be felt most, rather than wasting precious time on that which has already passed through Council chambers. Focus on making our economy and communities stronger.

"Now is the time to reinforce and invest in local projects which engage local suppliers to inject much-needed funds into our battered economy and create jobs for our rate payers. The need to plan for the future has not changed but it has become harder.

"Now is the time to focus on the already vulnerable young people in our community to avoid our youth unemployment rate becoming worse than it already is and increasing the health and social problems that go with it.

"And above all, now is the time to work collaboratively across local, state and federal

"All that we ask of our local representatives at this challenging time is that they remain laser-focused on keeping rate payers employed so they can contribute to the well-



being of our local economy and therefore our region.

"It is only when we have a population that is able to pay its bills that we can protect the things we love most about the Sunshine Coast."



Birdlife Australia Sunshine Coast Convenor Ken Cross enjoys the new trail walk and bird viewing hide at Yandina Creek Wetland.

Restoration done, walking trail open at Yandina Creek

THE Yandina Creek Wetland has transformed into a bird watcher's delight, with a new 1.7km (return) walking trail and native bird viewing hide open to the public.

With COVID-19 restrictions easing last weekend, the community can now enjoy the site and all it has to offer, while adhering to public health directions.

More than 100 bird species call the wetland home and other flora and fauna are thriving.

The wetland forms part of the Blue Heart Sunshine Coast, an Australian-first partnership announced last year between Unitywater, Sunshine Coast Council and the Department of Environment and Science to protect and manage more than 5000 hectares of natural floodplain in the Maroochy River Catchment.

Unitywater Executive Manager Sustainable Infrastructure Solutions Amanda Creevey said plants in the Yandina Creek Wetland took up nutrients and sediments from the water to improve water quality and overall river health.

"An added bonus of the wetland is the boost in biodiversity we're seeing, including increased marine life, mangroves and wetland plants, and birds, with some migratory birds even returning to the site," she said.

The wetland trail walk is located at 362-328 River Road, Yandina.



Dear Resident,

Australia's social distancing measures are working and I want to acknowledge the effort everybody is making to flatten the curve. Thank you and well done!

I know this is having a huge impact on many of our local businesses, on people's employment and on families having to work and school from home. But there are support measures available.

One great source of information is <u>australia.gov.au</u> and my office is always available to help; email <u>ted.obrien.mp@aph.gov.au</u> or phone 5479 2800.

The good news is some restrictions are easing. We can relax at the beach or picnic in the park again, but please stay mindful of social distancing and keep up the hand washing and sanitising.

If you haven't already, I'd also encourage you to download the COVIDSafe app. It's confidential and encrypted and if you come in contact with another app user who is later diagnosed with Coronavirus, it means authorities can contact you quickly to stop the spread.

Together we will get through this.

Best regards

TIME

Ted O'Brien MPFederal Member for Fairfax

SUPPORTING AUSTRALIANS THROUGH CORONAVIRUS

Support for Individuals

OutputJobKeeper Payment

The JobKeeper payment is a \$1500 a fortnight wage subsidy for eligible employees.

O Coronavirus Supplement

An additional \$550 per fortnight for six months on top of the JobSeeker payment as well as Youth Allowance, Parenting Payment, Partner Allowance, Widow Allowance, Sickness Allowance, Austudy, ABSTUDY Living Allowance, Farm Household Allowance and Special Benefit.

Early release of superannuation

The Government will allow individuals in financial stress as a result of Coronavirus to access up to \$10,000 of their superannuation in 2019-20 and a further \$10,000 in 2020-21.

⊘ Child care fee relief

The Government will pay child care services that remain open and do not charge for care, to help families to continue working and to ensure child care services keep their workers employed.

Stimulus payments

Two separate \$750 payments to social security, veteran and other income support recipients and eligible concession card holders.

Support for Businesses

O JobKeeper Payment

This will help businesses significantly impacted by Coronavirus to continue to pay their employees.

⊘ Increasing the instant asset write-off

Lifting the threshold to \$150,000 (from \$30,000) and making more businesses eligible to use it.

Backing business investment

Offering businesses a time-limited 15 month incentive to invest, by accelerating depreciation deductions.

Supporting apprentices and trainees

Wage assistance to help small businesses to keep their apprentices and trainees.

Assisting businesses with cash flow

The Government is providing temporary cash flow support of up to \$100,000 to eligible small and medium-sized businesses, and not-for-profits, so they can keep operating, pay their rent, electricity and other bills and retain staff.

For more information visit australia.gov.au If I can be of assistance, please contact my office.



To our residents

We're here to support you during these strange and difficult times.

Your Council website has many programs, online events and resources for you, your family and businesses so you can stay connected, stay healthy, save money and entertain.

Visit Council's website or join us on Facebook, Instagram or Twitter. Above all, stay connected. We're just a click away.

STAY home, CONNECT online, **CREATE** projects

To help you stay connected while at home, Council has developed a range of online programs for all ages, to educate, inspire and entertain. Choose from a wide variety of workshops, kids' art activities, gardening and permaculture lessons, early literacy, rhyming, science activities, virtual tours, historical stories and more.

We'd love you to share your experiences with our programs on social media using #StayConnectCreate. Find out more on Council's website.

CUSTOMER CONTACT

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

#CovidKindness - how you can help

Don't forget to download your #CovidKindness postcard from our website and pop it in your neighbour's mailbox with your contact info and your offer of help.

Covid support

For the latest information about Council facilities and services and business assistance during the COVID-19 pandemic visit www.sunshinecoast.qld. gov.au/coronavirus.

Living smart

Articles you'll want to read, free courses you'll want to do, life hacks you need to know and events to join while at home on lock down.

Find all this and more on Council's Living Smart website.

Check out the free permaculture course and gardening resources, articles on washing the food you bring home; how to make tasty meals from your left overs, and the Spare Harvest marketplace connecting people to share and swap items.

Visit www.livingsmartqld.gov.au and sign up for the enewsletter.

Representing you

If you haven't had chance to meet the councillors representing you and your division, visit Council's website to view their profiles and contact details.

Online library services

Access Sunshine Coast Libraries' eLibrary anytime and anywhere, 24/7. Check out the latest eBooks, eAudiobooks, eMagazines, eMusic, eMovies and more. There is so much on offer. Head to the eLibrary section of the libraries website for more information library. sunshinecoast.qld.gov.au.

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















Oliver, left, and James Phelps, who played the Weasley twins in the Harry Potter

Win a double pass to an evening of magic & wizards

THE Weasley twins from the Harry Potter movie series are coming to the Coast to headline 'An Evening of Magic & Wizards'.

James and Oliver Phelps, the twins who played Fred and George Weasley in the Harry Potter Films, will headline a Q&A Session during the evening. For the show, they will be joined by some of the world's best magicians.

"Participants will be taken into the world of magic and wizards and have the opportunity to hear the boys talk about their time on the films," said Wowza Entertainment Marketing & Promotions Manager Cameron

"The three-hour show will be the

best fix for all Harry Potter fans ... hours of fun, the best fix for witches, wizards, and muggles alike this October. We have an amazing set and back-drops as well as incredible magic performances and a Q&A session."

It's coming to the Sunshine Coast on Tuesday, 27 October from 6.30pm at Caloundra Indoor Stadium.

One lucky Sunshine Valley Gazette reader can win a double pass to the Show. All you have to do is email cameron@wowzaentertainment.com.au before May 15, with the answer to the following question ... "Which Weasley Twin was the best Quidditch player?" Winners announced in the Gazette May 20. Good luck!



Local tradies are encouraged to apply for the accelerated works program.

Holiday park upgrades provide job opportunities

SUNSHINE Coast Council will inject a further \$355,000 into the local economy to support construction industry jobs during the coronavirus pandemic.

This is in addition to more than \$2 million in direct financial support council has provided through two business support packages and up to \$3 million brought forward in capital works.

Council is calling for submissions from contractors to upgrade holiday parks across the region through its Supplier and Procurement database. Council has been accelerating programmed maintenance and capital works at a number of its facilities while they are closed due to public health directions.

Council has six Holiday Parks, at Dicky Beach, Mooloolaba Beach, Maroochydore Beach, Cotton Tree, Mudjimba Beach and Coolum Beach.

Councillor Jason O'Pray said the accelerated program would allow upgrades to be completed efficiently and with less disruption, due to reduced visitors.

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

News from the Woombye Community Library

from Julie Thomas

BOOK readers have had a lot of time to read over the past weeks.

These three titles are waiting on the shelves when the library opens.

Readers who are interested in trying an Ebook or an Audiobook while the library is closed can register on line on Sunshine Council Library web page, it's easy and free.

Download the appropriate app and get started.

House of Earth and Blood by Sarah J Maas

Hunt Athalar is a notorious Fallen angel, now enslaved to the Archangels he once attempted to overthrow. His brutal skills and incredible strength have been set to one purpose—to assassinate his boss's enemies, no questions asked.

But with a demon wreaking havoc in the city, he's offered an irresistible deal: help Bryce find the murderer, and his freedom will be within reach.

As Bryce and Hunt dig deep into Crescent City's underbelly, they discover a dark power that threatens everything and everyone they hold dear, and they find, in each other, a blazing passion—one that could set them both free, if they'd only let it.

With unforgettable characters, sizzling romance, and page-turning suspense, this richly inventive new fantasy series by #1 New York Times bestselling author Sarah J. Maas delves into the heartache of loss, the price of freedom-and the power of love.

Little White Lies by Philippa

Anne White only looked away for a second, but that's all it took to lose sight of her young daughter.

But seven years later, Abigail is

And as Anne struggles to connect with her teenage daughter, she begins to question how much Abigail remembers about the day she disappeared...

Addictive, edge-of-your-seat dark women's fiction perfect for fans of Jodi Picoult, BCC drama Thirteen, and Emma Donoghue's Room.

The River Home by Hannah

The river can take you home. But the river can also drag you under ... The new novel from bestselling author Hannah Richell.

A wise and emotionally powerful story of a broken family and the courage it takes to heal.

Margot Sorrell didn't want to go home. She had spent all her adult life trying not to look behind. But a text from her sister Lucy brought her back to Somerset. 'I need you.'

As Margot, Lucy and their eldest sister, Eve, reunite in the house they grew up in beside the river, the secrets they keep from each other, and from themselves, refuse to stay hidden. A wedding brings them together but long-simmering resentments threaten to tear the family apart.

No one could imagine the way this gathering would change them all forever. And through the sorrow they are forced to confront, there is a chance that healing will also come. But only if the truth is told.

Mapleton Choir Suspends rehearsals

THE Mapleton Choir has had to suspend rehearsals and regret that there will not be a May concert this year.

The Choir hopes to resume in time to present a concert at Kureelpa hall on Friday 23 and Sunday 25 October.

"Our best wishes go to all our loyal supporters that they stay safe and well," said Ailsa Morehen, Musical

Start a conversation for Parkinson's Awareness

PARKINSON'S Disease is a chronic, progressive disorder of the central nervous system which results in the loss of coordinated function of the body's muscles and movement.

April was Parkinson's Awareness Month. The Maleny Movement Disorder Clinic, located at Maleny Soldiers Memorial Hospital, is working hard to restore hope and quality of life for Parkinson's Disease patients.

The clinic is run by Dr Tony Tampiyappa, the Clinical Director of Stroke, Neurology, Geriatric and Rehabilitation services at Sunshine Coast Hospital and Health Service.

Dr Tampiyappa says the unique specialist lead multidisciplinary

team provides a one-stop service for the assessment and treatment of Parkinson's disease, as well as access to available community services.

"Patients see the specialist as well as the full allied health team including, nurses, occupational therapist, physiotherapist, speech pathologist, dietician and social worker depending on their need. When a patient leaves the clinic, they have a complete care plan, including education and follow-up, packaged for them," Dr Tampiyappa said.

Ian Careless first attended the clinic two years ago and was diagnosed with Parkinson's Disease.

"I thought I might have had the disease, as I had the shakes and was having trouble with my speech, but when I was diagnosed it was still a shock."

"All of the staff at the clinic have been fantastic, they are really caring. The doctor that diagnosed me was really straightforward and told me exactly what to expect with the disease in the long run, and we dis-



Clinical Director of Stroke, Neurology, Geriatric and Rehabilitation services Dr Tony Tampiyappa.

cussed different ways we would manage it."
"Right now, I'm on oral medication, and I've seen a big improvement. I'm still out mowing the lawns and doing bits and pieces around the house, I'm just trying to keep my stress to a minimum."

Ian has also started wearing a wristband labelled 'Patience for Parkinson's' and says it has helped when he is out in public.

"I noticed people staring at me when I was out and about, because I had the shakes, so the clinic gave me a wristband to wear, and it has helped, people spot it and realise I have Parkinson's and stop staring," Ian said.

Every April, the Parkinson's Foundation engages the global Parkinson's community to support Parkinson's Awareness Month.

This year's theme was Start a Conversation, a call to action that urged people to talk about Parkinson's with their loved ones, friends, neighbours, care team and community.

It's estimated more than 11,000 Australians are diagnosed with Parkinson's Disease each year and by 2034 there will be 123,781 people living with Parkinson's in Australia.



Students and teacher J.T. Wilson in their classroom at Woombye School, 1910.

School memories provide a glimpse of days long gone

WHO remembers being stood in the corner facing the wall if you talked?

Perhaps you can recall marching into the classroom or sharing a tin pannikin of water at the school tank.

In the early days, children sat in rows on wooden benches at long desks facing the teacher. Slates and slate pencils were the basic equipment for the younger students. The advantage of slates over paper was that they could be wiped clean and used again and again

Children had to bring a cloth or sponge to school to clean the slate so they could begin again, but often some would use their own spit and their sleeve cuff!

As pupils became more proficient, school "copybooks" were provided for writing practice. They used nibbed pens and blotting paper which was used to absorb excess ink and dry the surface of the work to avoid smudges. Later, ball point pens took over from pen and ink style writing.

Break-up and sports days were attended by the whole community and a school picnic to the river or beach was met with excitement by the children of the district.

Teachers were posted to small country bush schools in places they had never heard of and there was a high teacher turnover at remote schools as many found it quite challenging.

Hunchy School, which opened in 1924, had 19 head teachers in the 46 years it existed. Teachers had to find lodgings in the area, perhaps at a farmhouse which, if they were city bred, could be pretty daunting.

If staying some distance from the school they might have to travel to and from by horse over rough bush tracks or even cross a river by boat.

Falls from horses were not uncommon, but as roads improved the journeys to school became less hazardous.

Getting to and from school was an adventure for the children and teachers alike.



Image credit: Horizon Festival 2019, [In] Place exhibition, Nambour Underwing by James Muller, augmented reality by Helena Papageorgiou. Image ben vos productions.

Festival adapts to COVID-19

THE Horizon Festival has been reimagined to ensure our local artists and arts audiences won't miss out in 2020 as a result of novel coronavirus (COVID-19).

In response to the challenging times being faced by the arts sector across the globe, the 10-day festival, originally scheduled to begin late August, will go ahead but not in the way you have experienced it before.

Horizon will showcase a program of digital events and activities in partnership with local artists and the community, commencing in June.

Sunshine Coast Council Mayor and Local Disaster Management Group chair Mark Jamieson said council was acutely aware of the enormous impact COVID-19 was having on individual artists, arts workers and the arts sector as a whole.

"The festival we had planned for 2020 was designed to bring people together for shared arts experiences, however like event organisers across the world, our priority now is the safety and wellbeing of our community, artists and our team members," Mayor Jamieson said.

Stay creative and playful despite COVID-19

CALLING all green thumbs, home renovation and cooking experts. Sunshine Coast Council has compiled hundreds of online resources for children and adults to stay creative and playful during the COVID-19 pandemic.

Mayor Mark Jamieson encouraged people to think outside the box to enjoy their time together. "Council recognises this may be a challenging time for many families, which is why, through our Covid Kindness initiative we have put together a suite of resources for everyone to stay connected, stay informed, stay healthy, stay creative and stay playful," Mayor Jamieson said.

"Now is a wonderful opportunity for people who perhaps have always wanted to learn a new skill or try a new hobby but have never had the time to do so."

Aspiring horticulturalists, DIY home renovation and cooking experts have been looked after with virtual resources to nurture creativity through tips, guides and videos.

Nambour Toastmasters Zoom the gloom

NAMBOUR Toastmasters invite you to an open meeting on May 21 from 6.30pm for a 7pm start using Zoom.

Now that the usual fortnightly programs are not possible, Nambour Toastmasters have successfully adapted by using technology to keep in touch. They are confident enough to invite you to zoom in and enjoy the program in the comfort of your own home.

You can join, or enjoy the variety and chill out each fortnight. Forget the gloom, just Zoom. All information on the Zoom link and any other questions will be gladly answered by calling either of the numbers: 0408 782 753 or 0438 417 880 — **Doreen Brennan, Nambour Toastmasters**



MENU

"COMFORT FAVOURITES"

Frozen ready to defrost then bake or reheat | \$14 serves 2 persons

- Cottage Pie gf
- Traditional Lasagne
- Mooloolaba Seafood Mornay Potato Pie gf
- Chicken, Mushroom & Pasta Bake
- Chargrilled Vegetable Moussaka *gf*, *df*, *vegan*

FROZEN MEAL PACKS

Ready to defrost & heating | \$11 single serves

- ullet Beef Stroganoff with Jasmin Rice ${\it gf}$
- Local Country Style Pork Sausages with Onion Gravy & Mash
- ${}^{\bullet}$ Braised Brisket with Dianne sauce & Mash gf
- Traditional Lamb Curry with Jasmin Rice *gf*, *df*
- ${}^{\bullet}$ Slow cooked Pork Shoulder with Mash, Gravy & Apple Compote $\emph{gf},\,\emph{df}$
- Jackfruit, Smoked Eggplant & Zucchini Rogan Josh and Quinoa vegan, gf, df

ORDERS & PICKUPS

11am-6pm Monday-Saturday

Wine & Beer

Available to purchase with your meal.
Limited to 2 bottles of wine or 6 pk beer.

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Letters to the Editor

Daniel Morcombe Foundation urges personal safety

THERE is no time like the present to continue the conversation about personal safety with our children, according to the Daniel Morcombe Foundation.

Right now, we know there is an increased need for online safety information, and the demand grows for child safety resources for early years.

To cater for this, we are continually creating new resources and expanding our projects. Our evidence-based and engaging resources are always free and easily available on our website www.DanielMorcombe.

This year, we have some fantastic projects and events lined up. And yesterday, the Daniel Morcombe Foundation celebrated its 15th anniversary.

Daniel Morcombe Foundation,

Sunshine Coast tourism going backwards

DOES the lack of focus in our marketing mean we get just whoever turns up?

Latest figures outline a dismal picture of failure before even COVID-19 had an effect.

The 4 million "visitors", when broken down, show big increases in people coming to Visit Family & Friends (VFF) & for business travel, with little or even negative growth in people coming for holidays

The issues are VFFs spend little money & most often don't stay in rented accommo-

They also inevitably grow as population grows, so can not be claimed as triumphs of marketing skills.

Moreover, the growth in the most attractive tourists: big spending internationals &interstaters are disproportionately going to Noosa. They are getting 55 percent of the overseas visitors & about 40 percent of those from interstate.

They may well be getting the biggest spenders with their interstate tourists spending close to \$1300, while our average spend per visitor is somewhere around \$540.

-Michael Burgess, former Candidate for Mayor, Parrearra

Looking to establish new Rotary Club

IMAGINE trying to establish a new Rotary club in this COVID-19 climate! Well what a great opportunity for a new, innovative form of Rotary to do something different.

A Passport Club is a new type of Rotary Club that encourages members to engage in service in ways that fit within their family, work and life commitments. It's Rotary, but not what you are expecting!

It is looking for members to join in order to launch the club. It doesn't matter if you're a student, a professional, a stay at home parent, a teacher, a doctor, a tradie or a farmer. The club needs young and old, retailers, gardeners, athletes, social workers, artists, grandparents and retirees too. If you have something you care about, and want to make a difference in your community, talk to Sunshine Coast Passport Rotary!

Many of its meetings going forward will be online but in due course when it can, meeting formats will include social gatherings in places that suit the majority of members or interested people.

It will be flexible, affordable, accessible and family friendly - members will be able to participate when they are able!

Sunshine Coast Passport Rotary wants its members to invest their time to create a wonderful experience for themselves and the community they are helping.

If you are interested please register your interest at sunshinecoastpassportrotary.org/ next-meeting

-Les Walsh, Rotary Club of Sunshine **Coast Passport (Provisional)**

China lied, thousands

RECENTLY Wagga Wagga Council in New South Wales voted to cut ties with Chinese sister-city Kumming in a response to the cover-up of the birth and distribution of COVID-19 by China.

The vote was promptly overturned after accusations of racism from local resident Lucy Hao, the Chinese Consul-General in Sydney, Belinda Crain of the Wagga Wagga Multicultural Council and NSW Nationals MP Wes Fang. None with vested interests to be sure.

Sunshine Coast Regional Council has a city sister arrangement with at least one Chinese City - Xiamen.

Would Council reconsider its sister-city arrangement in light of the monumental damage done to the World by the unbridled arrogance of the Chinese Communist Party leadership?

At lease ratepayers are owed a response outlining the costs and benefits of continuing this toxic and fawning arrangement in light of recent events.

Let me get in first. If COVID-19 came from some other country I would be equally angry. Nothing to do with race. All to do with behaviour.

-Ron Campbell, Dulong

Recent elections have turned my mind to voting

WHY is it that the ballot box is the only place in our society where all people are considered equal. In every other aspect of human society some people are more equal than others.

Why then can my vote be negated by the vote of the local junkie? Indeed, why can my vote negate the vote of a person far more informed than I?

Why should I have to vote for someone who, without my authority, can trade my vote? Why doesn't the last line of all ballot papers read "None of the above?"

In my World "none of the above" would be a formal vote

This proposition is really the only true democratic design while voting is compulsory. If "none of the above" carries the day then a non-aligned administrator is appointed to take care of the management of the electorate, excluding policy decisions, until the candidates can put up more palatable policies to bring to a by-election to be held within six months.

Ron Campbell, Dulong

Lack of support for small businesses disappointing

SMALL business is the backbone of our economy. It provides local jobs and strongly supports local sport and community activities.

However, Queensland is the only state not providing direct grants to help small businesses fight to survive or re-open when the COVID-19 restrictions lift.

At a time when many are really suffering from the impact of the coronavirus crisis, this lack of support shown by the Palaszczuk Labor Government for small business is so

Quite simply, this is not good enough. The Palaszczuk Labor Government needs to step up and follow the lead of other states which have provided business with crucial financial support during the Coronavirus

The LNP backs small business and we are asking your support of our on-line petition that calls on the Labor Government to match other states' small business emergency relief.

Now is the time that we, as a community, can support small businesses by buying local and also pressuring the Palaszczuk Labor Government to do more to help them get through this crisis.

We encourage you to sign our petition at queensland.typeform.com/to/dX92Rp) pressure the Labor Government to provide much needed support for small business through emergency relief grants.

It's only the LNP that has a plan to build a stronger economy and create more local jobs to get Queensland working again.

-Andrew Powell, Member for Glass

Talking to your customers will help light the way forward

OPPORTUNITY exists wherever there uncertainty. Lately we have had plenty of the latter and there is still a bit to come in the slow climb back for business. So too, there is opportunity for making great businesses.

pow-The most erful way to discover

and capitalise on opportunity comes from good old fashioned communication with your customers and clients.

It does not matter whether your business is booming or struggling right now.

The right sort of discussion with your customers will help you immensely to work out how to alter your products, advertising, level of service and customer demographics to maintain the boom, achieve recovery, or bound back depending on your current situation.

Remember, also, that the way customers are thinking now is not necessarily how they were thinking three months ago.

Let's look at a couple of examples.

Numerous businesses have jumped to online systems in one heck of a hurry - to offer "click & collect", or "click and deliver" services. They started out using basic forms of advertising and collecting orders by phone. The move to online systems to meet the demand and improve productivity via Facebook, Websites and mobile Apps took about three to four weeks.

Now they have an online presence and ordering system. Great! ... or is it?



Business Advice by Peter Gamgee

now because they have the time to struggle In the future those customers will move to the more user friendly systems and suppliers.

I see several instances that are imper-

The customers may not say so right

sonal, inflexible and user-unfriendly. This is

a big detractor for customers.

It is time you talked to some of those customers and got some honest feedback about your online presence and convenience!

Ahh, you have no customers right now? So how can you talk to them? Ironically you, of all people, have more time to talk to customers.

They may be past customers or your future target customers. Café and Restaurant owners — do you want your previous customers back? Will they be travellers or local people? What is it that will attract them to return and bring some friends?

If you talk to those past customers you may find some surprising opportunities. Would they now like cooking classes because they have discovered they like cooking at home? Do they value the takeaway food and service and want that to continue?

What would make them more comfortable eating out in semi restrictive COVID times? Are they elderly people who have the disposable income - but don't want to run the infection risk?

What would they think about a new menu with free desserts?

If it does nothing else it will show you care for your customers and they will be more inclined to remember you. But do not be surprised about the incredible opportunities that may open up when you take the time to talk to your customers! Please remember an online survey is not "talking to your customer"!!!

Martial arts kicks on, online, to keep kids active and fit

MATT Fiddes Martial Arts, a locally operated martial arts franchise, faced a tough closure of all their 42 locations Australia

But in the Black Belt spirit of not giving up, the Martial Arts Franchise took to the web, offering online classes for its students.

The group also decided to run a weekly "Super Class" combining Physical Martial Arts training with mental health advice from a local psychology team.

The intention was to reach 500 students to train together online all at once.

The group's first trial class saw the school hit 220 students logging in to train together.

Martial Arts training offers students structure, a way to stay fit and a reason to stay positive and optimistic during these challenging times.

"In tough times like these, it can be hard for people to stay positive," says Ryan Canavan, Instructor at Matt Fiddes Martial Arts.

"We were looking for a way to keep our students excited about training and we wanted to educate our community on the importance of mental health. "The Super Class idea gave us the plat-

form to do both and it's working." Features and benefits of the Super

Classes include. • Online training made it possible for thousands of Martial Arts students to continue their training.

• The Super Class provided a platform to educate hundreds of people on the importance of staying mentally and physically fit.

• Families with children training in the

online classes benefit from the structure, mental health support, discipline, and fitchallenge when COVID-19 forced the ness opportunities that the online classes provide.





The Martial Arts Franchise took to the web, offering online classes for its students and now runs a class combining Physical Martial Arts training with mental health advice.

About the Company

Matt Fiddes Martial Arts was established in Australia 11 years ago and has since opened 42 locations with a 11 of those here on the Sunshine Coast.

The franchise started in the UK 25 years ago and now operates as one of the largest chains of martial arts schools in the world, headed by Michael Jacksons's former bodyguard, Matt Fiddes.

For more information on how you can be a part of it, go to www.mattfiddes.com.au and register your interest.

Meetings to be live streamed

Winston Johnston Division 5 Councillor



ON April 23 Council held a Post-Election Meeting where Councillor Rick Baberowski was elected as the Deputy Mayor.

The Mayor and Councillors made speeches which were live streamed on Council's website.

All future Ordinary and Special Meetings will be live streamed and retained on the website.

The first Ordinary Meeting was held on Thursday April 30 at which Cr Dickson and I were appointed to the Customer Excellence Portfolio with responsibility for Customer Service Standards, Service Reviews, Monitoring satisfaction levels, Development and delivery of annual core capital works programs, Development and delivery of Council's Asset Maintenance Program, Local Law Reviews and Development Assessment services and monitoring.

All Councillors are undertaking a well-developed program of induction and training which continues each day until the end of May. There is a lot to learn as your Council is one of Australia's largest Local Authorities with a highly developed and complex business structure.

State Government has devolved a wide range of responsibilities down to Local Government and the significant levels of accountability are complex and in some cases onerous, but necessary.

Unfortunately due to COVID 19 laws I have been unable to visit each town and district, which is quite frustrating as I wish to better know my Division, its businesses, residents and each area's special needs. Hopefully with the gradual easing of restrictions I will soon be able to perform this vital and necessary role as part of my normal duties.

This Council contains a good mix of both experienced and enthusiastic Councillors and is well supported by an experienced management team, capably led by Acting CEO Warren Bunker.

Anzac Day was unique, moving

From David Law Division 10 Councillor



AT 6am Saturday morning, Anzac Day, I went to the end of my driveway with my family and experienced a unique - and what I hope will be a one-off — 'Light up the Dawn' service. The emotion of the Last Post was not lost echoing around the neighbourhood. And the silence was respected.

Later in the day I joined the Yandina and Eumundi RSL Virtual Anzac Day service. Thank you and congratulations to Tracey and her team for providing this for us all. You can link to a video of the service via their Facebook page.

It is a great outcome for the Hinterland that Division 1 Councillor, Rick Baberowski was appointed Deputy Mayor. This is an important symbol for the Hinterland recognising us as a vital part of the Sunshine Coast. I am looking forward to working closely with Cr Baberowski in the Community Portfolio where I will be able to draw on more than 25 years' experience in community services of which the past 18 years has been specifically in disability services.

It has been an unbelievable start to my role as your new Councillor in the midst of this Global pandemic! I want to share with you how impressive it is and how grateful I am to see the pure dedication and hard work from the council staff to continue with services and develop additional services seemingly overnight to support our community to stay home and stay safe.

I specifically recommend the following areas on the council website: Covidkindness for everyone in our community and the Business Support pages for our business community. You can find links to both programs on Council's website: www.sunshinecoast.qld.gov.au

I'm looking forward to meeting people face-to-face again. In the meantime my phone is very active and the internet is thriving. Phone me on 0437 825 569 or email David.Law@sunshinecoast.qld.gov.au

We didn't let the Anzacs down

From Marty Hunt State Member for Nicklin



I WAS pleased to see the great response to Anzac Day observed around our community. People dressed up and took part in driveway commemorations in great numbers.

My family and I built a small tribute in the front yard and streamed the dawn service provided by the RSL, as did many of my neighbours.

It is such an important part of our Australian culture to remember those who have served to protect us. It was great to see that as a community we didn't let them down this year with the challenges we faced.

Thankyoutothosewhosubmittedlocalstories of our service men and women for inclusion on my April Anzac Facebook tributes.

As our infection rates in the COVID-19 pandemic appear to be quite low we are seeing the easing of some restrictions. I particularly look forward to business activity and employment starting to return at least to 'some sort of normal' and schools resuming. I would also love to start visiting people again face to face.

This can only start to happen if we see rates stay low. So let's all do our part and follow the current advice. You will soon receive some handy contacts and references in the mail from me to make sure you're up to date and can get help quickly if you need it so look out for that.

We have two new councillors for our area. Congratulations to Cr Winston Johnston Cr David Law Division 10. I have contacted and congratulated both new Councillors and offered to work together for the good of our communities. I had such a great working relationship with the previous councillors and hope to carry that forward.

In fact, all levels of Government have been in constant contact working together and it is pleasing to see that this will continue.

Stay safe and if there's anything I can help with on a State Level call my office on 5406 4100 or email nicklin@parliament.qld.gov.au

We're beating COVID, thanks to you

Ted O'Brien Federal Member for Fairfax

WHETHER it's working from home schooling the kids around the kitchen table or having your usual lifestyle put on hold, COVID-19 is still dominant in our lives, but can I say, we are getting there and it's because of you.

Thank you to everyone for taking social distancing seriously and for doing your bit to flatten the curve.

• Easing Restrictions: Because of the drop in Coronavirus cases restrictions are starting to be eased. Families can relax at the beach and picnic in the park again. The National Cabinet also eased restrictions on elective surgery and IVF procedures. Further relaxations are being announced but a full rollback will depend on the levels of community transmission so please, even as things ease, stay mindful of social distancing and

keep sanitising and/or washing your hands.COVIDSafe APP: One new tool we have which allows us to start easing restrictions is the COVIDSafe app which I have already downloaded and activated on my phone. It is available from your usual app store for both iOS and android devices.

It works by using the same Bluetooth technology that searches for your headphones or car speakers. Your mobile phone securely and anonymously takes note of other COVIDSafe App users that you come within 1.5 metres of for a period of 15 minutes or more. The information is then encrypted and stored locally on the phone, even you can't access it, and it's only held for 21 days before it gets permanently deleted. Importantly though, if in that 21 days you've been near someone who tests positive for coronavirus, the information stored on that person's phone can be sent to health authorities who can notify you quickly and easily.

 Australia.gov.au continues to be the best place to access information including the Federal Government's financial support measures for both businesses and individuals.

Poisons pose terrible danger to wildlife

Wildlife Volunteers

by Donna Brennan, wilvos.org.au

WILVOS do get some interesting phone calls. Someone phoned on the 5441 6200 Hotline worried about how lawn grub poisoning would affect the native wildlife.

Poisons of any type are devastating for our wildlife. Of course, as with rat baits, the manufacturers say plant poisons are safe, but I don't see them eating or drinking the prod-

The Sunshine Coast has had a huge influx of lawn grubs this year. So far they haven't visited me, but in the last few days I have had a number of magpies and peewees in the backyard. I will leave the hard work to the birds, bandicoots and echidnas.

To check what type of grubs you

have, it is interesting to lay a hessian bag or some old carpet on the grass at night. Wet it well and see what is there in the morning. Whisk it off and the birds should come in for a feed. Don't do this if the grass has been poisoned for grubs. We don't want a major wildlife massacre as the birds eat scores of poisoned

Of major concern to our wildlife is the sudden emptying of animal refuges. Suddenly people want a cat or dog to help them through isolation. So what happens when life returns to 'normal' and everyone is back to work. Dogs will be very sad, home alone after having people around all day. The complaints about barking dogs will increase a hundred fold! Cats won't be contained. They will be left out to roam the neighbourhood killing wildlife.

A resident in my street was most upset at seeing both resident willy wagtails in her yard killed by a cat. Council has cat traps for loan, and owners of trapped cats should be instantly fined. It happens with dogs. If you have a very old, almost blind, dog with dementia wandering down the street the owner will be fined. The law should be exactly the same for cats and dogs.

On a brighter note, many dogs and cats will find wonderful new homes where they are treated with the love and respect they deserve. Prepare them now for an empty household. Research ways to help them through their separation anxiety.

Donna Brennan Wildlife Volunteers Assoc Inc (WILVOS) PO Box 4805 Sunshine Coast Mail Centre Q 4560 PH 5441 6200 www.wilvos.org.



A magpie chick on scales for a weigh-in.

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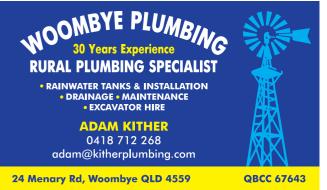
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National Storage Operations Pty Ltd 53 Pioneer Road, Yandina

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