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Above: Original settlers Nicholas and Maria Boyle.



Right: from left, Penelope Boyle, Lynelle Boyle, Ross Boyle, Jessica Pelka (nee Boyle) holding Olive Pelka and Greg Pelka Holding Lachlan Pelka. A mural on the shed marks the Centenary Celebration.

Farming family marks 100 years

IN 2003, the closure of the Moreton Sugar Mill in Nambour created a challenge for the Boyle family to find a productive use for their property on the rich Petrie Creek river flats at Rosemount.

With the sort of tenacity his grandfather had shown establishing

a cane farm in the early days, Ross Boyle began transitioning from sugar cane to a turf farm.

Looking forward, his goal was to mark 100 years of agriculture on land which had been settled by his grandparents Nicholas and Maria Boyle on October 7, 1921.

This year, on October 7, Ross's dream will come true as the Boyle family of Rosemount celebrates the centenary.

And to think it all started as a virgin block of land running down to Petrie Creek.

"It was cleared and drained and

the river flats grew sugar cane, and the hill land grew a variety of small crops including beans, bananas, pineapples, papaws, ginger and tomatoes," said Ross who now owns and operates Rosemount Turf with his wife Lynelle, daughter Penelope and son-in-law Greg Pelka.

"Nicholas and Maria had 11 children," said Ross. "Four sons and two sons-in-law went and fought in WW2. One was killed overseas."

"The story goes that Sam Boyle, who returned from Changi Prison

To Page 2

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Editorial Policy

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

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

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

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Riverside home provides bountiful land for a century of farming

From Page 1

and the Burma Railway at the end of World War II, knelt and kissed the ground and said he was never leaving Nambour again. And he never did."

Ross said the picturesque riverside land had been abundant and provided for many families over the 100 years, as well as being a beautiful location to raise children.

"There have been three generations of Boyles farming over the years and the fourth generation is ready to take over," he said.

Ross said his family's pioneering spirit and enduring ties to the area filled him with pride.

"The change from cane farming to growing turf has allowed our family legacy to continue for the next generation," he said. "However we do miss the cane trains weaving through the valley and the cane fires on dusk."

As a small boy, Ross has memories of floating toy boats down Petrie Creek Road after heavy rain.

The valley has certainly changed in his lifetime with Petrie Creek Road now being a major arterial road between the hinterland and the coast.

Earlier this year the Boyle's commissioned a mural on the property shed to mark the Centenary Celebration.

The mural was painted by Ross Holloway to show the transition from sugar cane to turf production.

The family has also installed a Centenary Garden display and will be having a Centenary Celebration dinner on the October 9.

► Rosemount Turf is at 489 Petrie Creek Road, Rosemount. Phone 5448 6398. Or visit www.rosemountturf.com. email: info@rosemountturf.com.au



Photo taken circa 1930 of the whole Boyle Family taken on the family farm, including: Parents Nicholas & Maria Boyle. Boys: Ted Boyle, Charlie Boyle, Sam Boyle, Hugh Boyle, Nicholas Boyle, Harry Boyle & Bernie Boyle and girls: Sarah Boyle, Nell Boyle, Mary Boyle & Von Boyle.



Hand Cane Cutters on the Boyle Farm, also taken circa 1930.

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Teachers joined students in the fundraising fun which raised \$50,000 for Palmwoods State School.

Colour Run ends Palmwoods' school term in blaze of colour

WHAT a way to finish the school term! Palmwoods State School students and teachers went out in a \$50,000 blaze of glory and clouds of colour as the school celebrated its first ever colour run on the last day of school.

The children had been busy raising money for most of the term for the event.

They received money from 11 different countries and every state and territory in Australia, and were excited that they had already reached over \$48,000 from 14,000-plus donations.

The final figure surpassed \$50,000.

"Thanks to the generous spirit of the school community, this fundraiser has reached the outrageous total of \$50,000," said Colour Run Captain Kirsty Griffiths who is also a staff member and parent.

"This is an amazing effort and speaks volumes for our incredible school and the community.

"Thank you so much to the staff, for your enthusiasm in getting behind this event.

"It takes a special group of people to be willing to wear wedding dresses, get hosed and then colour-bombed – and the staff at Palmwoods State School are an exceptional bunch.

"Thankyou to our very generous local businesses who sponsored the teachers in their

dresses."

The local Rural Fire Brigade wet students and teachers down before they were doused in colour by fellow students while running an obstacle course to their favourite songs.

Teachers received a donation to their charity of \$200 from local businesses in return for wearing wedding dresses for the hilarious event.

Community Liaison Officer Alison Donaldson said funds would help improve facilities in the school.

"We truly appreciate the support from our local businesses, our families and our staff," she said. "The Colour Run funds will pay for water bubblers near the oval and lighting and sound systems for our hall. Like most P&Cs, Covid has affected our usual fundraising events and we are so pleased that it won't impact this one."

Principal Peter Wilson was the last to brave the course. He was joined by the top 25 student fundraisers.

"There was a lot of work done by Mrs Griffiths to organise today's event – not just today but for the past four or five weeks," he said. "Thanks to the Palmwoods business and parent community, teachers, volunteers and students."



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What's On Locally

Thursday Sept 30: "A Bit on the Side" Cabaret Dinner Show, Palmwoods Hotel.

Saturday Oct 2: Spring Fair by the Maleny Garden Club 9am-4pm at Showgrounds.

Saturday Oct 2 & Sunday Oct 3: Blackall Range Woodcrafters Guild Open Day Montville Sportsground.

Saturday Oct 9: Football. NYUFC v Woombye Snakes at Maroochydore 6pm in a 1v4 playoff for a spot in Sunshine Coast Premier League Grand Final.

Sunday Oct 10: Mapleton Community Library, Obi Obi Rd, Spring Book Fair from 8am to 12 noon.

Tuesday Oct 12: See Strictly Ballroom playing at the Majestic Theatre Nambour (See Page 17)

Friday Oct 15-17: Indigenous rugby league carnival Nambour Rugby League Club.

Saturday Oct 16: Football. Sunshine Coast Premier League Grand Final Maroochydore 6pm.

Saturday Oct 16: STUFFit Student Film Festival at Majestic Theatre Nambour. 5441 5666.

Sunday Oct 17: Pineapple Country Music Festival at the Big Pineapple. Tickets: www.big-pineapplemusicfestival.com.

Monday Oct 17: Public Forum hosted by Maleny Forums in the Maleny Community Centre.

Wednesday Oct 20: Suncoast Christian College Open Morning, 9am-11am (see Page 13).

Wednesday Oct 20: Lions Club of Blackall Range 'Welcome to the Hinterland' Dinner event. Tickets Montville & Mapleton Post Offices.

Wednesday Oct 20-23: Chevallum State School celebrates 100 years of education Enquires to chevallum100@chevallumss.eq.edu.au

Friday Oct 22-Nov 6: Dinkum Assorted opens at the Buderim War Memorial Hall. Tickets \$25. Bookings www.trybooking.com/BSWLQ.

Friday Oct 22-Nov 7: Sculpture on the Edge, Spicers Tamarind Retreat.

Saturday Oct 23: Maleny River School Spring Fair, 10am-3pm. Bring cash for food and activities. Queries: president.riverschool@gmail.com; facebook.com/theriverschoolevents.

Saturday Oct 23: Nambour Orchid Society Species Show at Buderim Uniting Church Hall, Gloucester Road, Buderim, from 8am to 4pm. contact: nambourorchids@gmail.com



Kay Rankin, Jan Glasscock, Mirna Taylor, Jan Munroe and Helen Meredith joined many others at Maleny Community Centre for the Maleny Soldiers Memorial Hospital Auxiliary's High Tea.

Auxiliary High Tea helps fund more hospital equipment

HUNDREDS of people packed Maleny Community Centre recently for the Maleny Soldiers Memorial Hospital Auxiliary's High Tea to raise money for much-needed equipment.

Auxiliary Secretary Louise Hickey said tickets sold very quickly for the event which is the auxiliary's main fundraiser for the year. "It's been well supported and local businesses have been marvellous," she said.

Funds raised will go towards the equipment for the facility which last year celebrated its 100th birthday. "Anything Queensland Health would like to provide, but that is not in the budget, we try to provide," said Louise.

"Importantly, the hospital means that people can be treated for their medical issues here and don't always have to travel down the mountain. Their loved ones can come in and see them, and we have an emergency department here too, which is so important for those urgent matters.

"People love to be able to stay locally and not have to travel off the Range. Families can visit loved ones and it's not too much of a travel burden. Everyone in the community benefits from having a well-equipped hospital. It's part of what makes a community."

The Hospital last year celebrated 100 years in the community. "It was started by the people, for the people," said Louise.

Serving community for 100 years

MSMH was originally built as a memorial to those who took part in World War 1. It was officially opened as a private hospital on 21 October 1920 and later gazetted as a general public hospital on 21 May 1921. The original hospital served the community until a new facility was built and officially opened on 17 October 1987. The old site now houses Maleny Ambulance Station.

Need your hearing checked? Bus coming to Nambour

THE mobile hearing bus will be visiting the Shack at Nambour, 19 Price Street Nambour Monday 22nd November 2021.



The bus offers free hearing health information and hearing checks to people over 18 years of age.

However, with one in six people over age 60 suffering from some form of mild to severe hearing loss, we would encourage this demographic to hop on the bus.

In that same week, Pharmacy for Life Nambour are hosting a bus visit Friday 26th November.

The bus will be situated in the carpark and, once again, folks over 60 would benefit greatly to have their hearing health checked.

Christmas Fair at Montville Village Hall

THE Sunshine Coast Arts and Crafts Group is holding its Christmas Fair on the weekend of November 6 and 7 at the Montville Village Hall from 9am.

"Our Fairs are always very popular and are an opportunity for members to showcase their art and craft skills to the public," said one of the organisers Julie Thomson.

"Our Sunshine Coast Arts and Crafts group has been supporting local craftspeople for 38 years and the sale of these beautifully handmade items allows our group to continue to function."

A Raffle will be drawn on the Sunday afternoon offering two nights' accommodation at Roseville House in Montville, plus other great vouchers and handmade items.

There will be an onsite café serving delicious treats – the perfect accompaniment for a morning's shopping.

"If you're looking for Christmas gift ideas, then you're sure to find some unique handmade items to suit," said Julie.

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Nambour Orchid Species Show

NAMBOUR Orchid Society are staging a one day Species show on Saturday October 23rd, at Buderim Uniting Church Hall, Gloucester Road, Buderim, from 8am to 4pm.

A spectacular range of Species Orchids will be on display with Orchid and Foliage plants for sale from Robertson Orchids, Orchid Mania, Rolin Farms Orchids and Orchidaceous Supplies for all your growing requirements.

Craft display & sales by Palmwoods Arts and Crafts.

Admission is \$4.00 with Raffle \$1.00.

Nambour Orchid Society welcome new members.

Nambour Orchid Society provides growing advice and information at our monthly meetings.

Many experts will be available at the show and willing to share their knowledge of how to achieve show-quality plants such as this Ddc. latifolium, pictured.

Come along and marvel at the wonderful display of award winning Orchids and find out how you can grow beautiful plants.

Members of the Nambour Orchid Society look forward to meeting you.

► For more information you can contact: nambourorchids@gmail.com



Chevallum students pictured on the first day of school, November 14, 1921 include, standing, Alex McConaghy, Grace & Ruby Hill, Edward Bunney, Nellie Mitchell & Arthur Scott. Seated: William McConaghy, Willian Bunney, Herbert Hill, Isobel & Kathleen McConaghy. Annie Bunney absent.

Chevallum State School puts out call to celebrate 100 years

CHEVALLUM State School is calling all students, families and staff past and present to mark the date for its centenary celebrations. The school will celebrate 100 years of education from October 20 to 23.

With ongoing changes to COVID guidelines our Centenary plans have been refined, but will still provide opportunities to catch up with old friends and relive memories as visitors tour the school – both old and new locations. There will be history displays and plenty of chances to find yourself in old photos and wonder where the time went.

The celebrations will be held from 20-23 October. Individual events include:

- 20th October - New & Old school tour
- 21st October - New & Old school tour (held if first tour is booked out)
- 22nd October - Official parade and opening of new art installation
- 23rd October - Past student, parent and staff function (ticketed event)

All events will have limited numbers and will need to be booked to comply with COVID guidelines. Bookings open early October.

From humble beginnings in 1921, starting with only 12 students, Chevallum has grown to be a successful, vibrant and nurturing community of nearly 500 learners attracting students and their families from all across the Coast.

The school looks forward to sharing the special occasion with the Chevallum learning community which stretches across decades.

Centenary Book on sale early October

Chevallum – The First 100 Years, tells the story of our school from only 12 students in a building built by parents in 1921, through to our modern school of 476 students in 2021. We hope you will enjoy reading about the development of our school and how it and the world has changed over 100 years. The book also contains a number of personal stories written by former students and staff from the 1920s, 1950's, 1960's, 1980's and the 1990's, which provide a window into the past. The book will be available for purchase from early October 2021.

► Enquires to chevallum100@chevallumss.eq.edu.au



Maleny Garden Club Spring Fair Saturday

THE Maleny Garden Club will host the Spring Fair, 2021 on Saturday 2 October at Maleny Showgrounds. Find plants and produce stalls, talks with experts, morning and afternoon teas and lunches.

In addition, as part of the Spring Fair this year, there will be three open gardens available for public viewing and an art display in one of the gardens.

Tickets can be purchased at the Maleny Showground Pavilion where the Garden Expo will be held (9am-4pm). Cost is \$5 per person per garden. Children up to 16 years free.

People will travel to the gardens via a bus that will be provided. This is to comply with COVID regulation on numbers. The bus will do a loop around the 3 gardens. Garden 1 will take about 40 minutes, Gardens 2 & 3 both one hour each to visit, plus travelling time to and from the Showgrounds and gardens.

"The idea is that people can either spend the morning visiting the gardens then the afternoon at the Garden Expo or vice versa," said Garden Club member Jan Maguire.

A Mud Pie Competition will also be staged for children Grades 1-4. It will be held in the Exhibition Hall at the Showground. Open 9am. Entries in by 10am. Judging 11am.

► For information contact gardeningonthedge@hotmail.com.

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Wayne Smith

Wayne Smith has been a practising freelance artist for the past 30+ years with a broad range of experience from solo shows through to venue theming, murals and public art. He completed his formal arts studies at Queensland College of Art gaining a Degree in Fine Art.

His recent move to the Sunshine Coast has resulted in the development of the two current streams of work with themes relating to earth and water. In the landscape inspired works the image field moves from abstract pattern fields through to more representational techniques. The use of bold dark line work reminiscent of woodblock prints combined with fluid painterly techniques is original and unique and invokes a romanticised other worldly element with colour, form and line generating mood and intensity.

In contrast the water themed work is inspired by his love of surf and the ocean. There is a calming sensuousness to these fluid forms with the changing colours tones and textures that move from subterranean depths up through the light and water column. Much of this work is also inspired by the experience of snorkelling over coral with its myriad forms and colour variations.

These works come out of a deep commitment to his practice and a desire to share with others visual forms that are inspired by the natural world and elements within it. He believes bringing such nature inspired imagery into the home or business allows us to honour our connection with it.

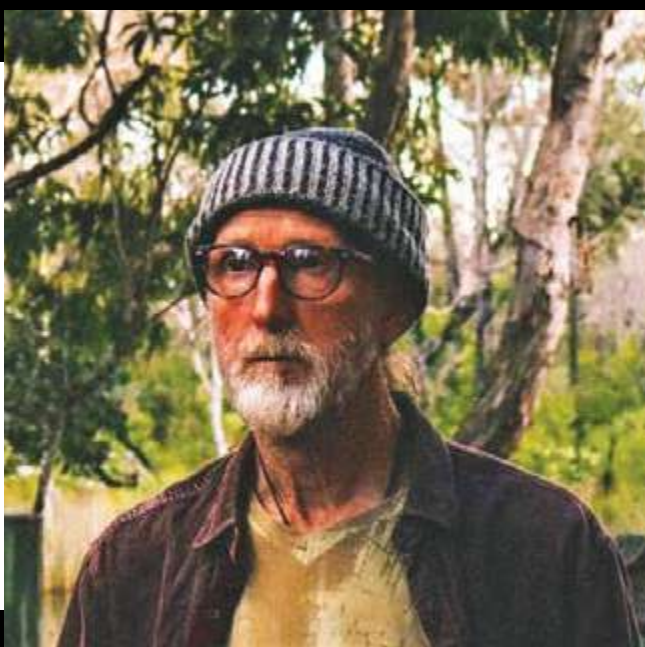
You can also find more examples of work and installation documentation on Facebook.com/Studio 5 Art Gallery and Instagram wayne.studio5



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Maleny doctor awarded best practitioner by RACGP

A popular Maleny doctor has been named Queensland's General Practitioner of the Year by the Royal Australian College of General Practitioners (RACGP).

RACGP President Dr Karen Price said Dr Manger's award was appropriate acknowledgement of his efforts going above and beyond for patients.

Dr Manger said the award was a wonderful surprise and he valued feeling part of his community.

"I have spent almost a decade as a rural GP, including in Aboriginal Community Controlled Health Services, and it has proven to be an incredibly rich and rewarding experience," he said.

"For anyone considering a career as a rural GP I would strongly recommend you give it a try. You are a valued and integral member of your local community and the opportunities to expand your skill set are immense.

"I have a strong interest in whole of person and multi-disciplinary care. Rather than just fixing a problem and moving to the next patient I think that a good GP needs to apply creative thinking and develop a strong relationship with patients over many years."

Dr Manger is passionate about mental health and does a lot of work in that space including his role as an ambassador to Equally Well Australia.

"I have my own podcast for health professionals too, which is really rewarding. It's called The GP Show and I have been hosting this show with expert guests since 2017.

"Being the best GP you can be also involves integrating yourself at a community level.

"I have spoken at a wide range of public events including the Woodford Folk Festival and the Transitions Film Festival and run online workshops for the public in areas of health promotion to improve understanding of health and wellbeing.

"Teaching is something I find really rewarding, I'm a senior lecturer and medical educator with James Cook University College of Medicine and Dentistry and that involves supervising, mentoring and teaching some 525 GP



Maleny Dr Sam Manger: "You are a valued and integral member of your local community and the opportunities to expand your skill set are immense".

registrars, including 50 in the local area.

His extra-curricular passions include martial arts, movement, bush survival, permaculture and public speaking.

Dr Manger says he lives locally with his young family, dogs, chickens, cows and the occasional goanna.

Mapleton Spring Book Fair

THE Mapleton Community Library, Obi Obi Rd, is holding their Spring Book Fair from 8am to twelve noon on Sunday October 10.

Heaps of clean, popular and current novels, children's books and non-fiction books on offer. Purchase a \$10 bag and fill it to the top with books.

Mini-Market stalls, organic vegetables, cakes and other goodies. All welcome.

Minister visits Morcombe Foundation

MINISTER for Home Affairs Karen Andrews last week (21 September) received an update on how Palmwood's Daniel Morcombe Foundation was helping to keep kids safe, including their program to identify youngsters who are harming children of their own age or younger.

The Minister joined Member for Fairfax Ted O'Brien and Member for Fisher Andrew Wallace at the Palmwoods headquarters for an update on work surrounding the 'Keeping Australia's Kids Safe Program'.

Daniel Morcombe Foundation Founder Bruce Morcombe said the Program included 'Changing Futures', an initiative aimed at identifying, responding and providing early intervention to pre-teens displaying harmful sexual behaviours.

"Primary prevention is what the Daniel Morcombe Foundation is all about," Mr Morcombe said. "And at the end of the day some of our important programs are about educating kids on how to keep safe and repairing, through therapy, these unfortunate damaged souls. And changing futures is a pilot scheme that is revolutionising the identification of youngsters that are harming children of their own age or younger.

And we can repair these young lives and ensure they do not become adult monsters. That's what Changing Futures is about. Identifying harmful sexual behaviour and repairing it before it becomes an insidious problem for the rest of their life and reducing childhood sexual abuse within Australia."

The 'Keeping Australia's Kids Safe Program' will reach over five million community members through a community education campaign.

Denise and Bruce Morcombe were also strong advocates for the establishment of the



From left, Karen Andrews MP, Andrew Wallace, Ted O'Brien Bruce and Denise Morecombe and staff at the Palmwoods headquarters.

Australian Government's Australian Centre to Counter Child Exploitation (ACCCE). On September 2 the ACCCE launched the 'Stop the Stigma' campaign, which encourages a national

"We can repair these young lives and ensure they do not become adult monsters"

— Bruce Morcombe

conversation about child sexual abuse, urging Australians to open the discussion even if they find it uncomfortable.

"It is a credit to the Morcombes that they have continued to carry out the work that is needed to raise awareness of child sexual exploitation," said Ms Andrews. "The work that is being done by them and the people who are working here is quite frankly second to none. It has had an impact right across Australia."

In 2019 the Federal Government announced \$1.8 million in proceeds of crime funding to the Daniel Morcombe Foundation for the 'Keeping Australia's Kids Safe Program'.

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Crowds flock to Club Car Display at Repco Nambour

THE Maroochy Vehicle Owners Club Car Display held at Repco carpark, Nambour, on September 18 was a great success with 22 Cars of all makes & sizes from 1932 through to 2000 on display.

"Our Club members had 13 Cars there with 9 Cars from other clubs & locals joined us on the day," said MVOC President Gary Deane.

"There was a lot of interest from the public talking to the owners of the vehicles & taking many photos. We had a raffle on the day, a Gift Voucher donated by Repco and all proceeds went to 'Life Flight Sunshine Coast'. The winner was Shannon Spackman, which seemed fair as earlier in the day he helped one of the Show car's owners to get their car going again.

MVOC thanked the general public, The Sunshine Valley Gazette and Repco Nambour for their support. "We hope to make this an annual event on our Club Calendar."

Dinkum Assorted on stage

MULTI-AWARD-WINNING Sunny Coast theatre company 3bCreative will be staging *Dinkum Assorted* in Buderim in October. This beloved Aussie classic gets a whole new lease on life with special treatment from Director Anne Grant who immerses the audience in the wartime world of the Dinkum biscuit factory in 1942 in the town of Warrabadanga, home to 2,000 American troops - and quite a few real Aussie characters.

► It opens at the Buderim War Memorial Hall, 1 Main Street, Buderim on October 22 at 7pm and runs until November 6, with two matinees. Tickets \$25. Bookings are essential and may be made at trybooking.com/BSWLQ.

United ends 47 year drought

Now for the finals series

NAMBOUR Yandina United Football Club has broken a 47 year drought to claim their first Sunshine Coast Premier League premiership.

The Reds finished top of the table to claim the premiers' plate with a 7-2 win over Kawana Force before beating Noosa 6-3 on September 18.

Now the challenge is to put the icing on the cake with the team hoping to complete a premiership/grand final double.

Technical director and midfielder Korey Nix said the league win went a long way to make up for all the club's heartbreaking near misses.

"A couple of years ago we finished second to Noosa and narrowly lost the Grand Final so to actually get the title - it just means so much," he said.

The Reds were presented with the premiership trophy in the final round at home against Noosa Lions after finishing nine points clear of second-placed Noosa.

The finals series begins at Maroochydore at 6pm on October 9 in a 1v4 playoff against Woombye.

The winner plays the grand final at Maroochydore on October 16 against the winner of the 2v3, Noosa v Kawana match.

It's been an exceptional year for the club with all four Premier Men's and Women's teams in the finals.

"For me it's always the league winners you should aspire to," said Nix. "So it's been special to win the premiership. 47 years is a long wait and for me it's been so great to see how much it means to everybody involved with the club.

Nix said the squad was determined to bring



Long awaited league win: Nambour Yandina United Football Club Division 1 players with the premiership trophy.

the grand final home for both grades.

"It's a great spectacle and a great occasion," he said. "I was fortunate enough to play in the finals a couple of years ago and it was surreal then, and I think it will be even bigger this time."

This is a club that's got heart and soul. — Korey Nix

NYUFC was a club that thrived on the back of its Red Army supporters who have been with the club through thick and thin, said Nix.

"Our following is the best on the Coast and always has been," he said. "Once people come and watch they tend to stick with us.

"It's great to see the people who have been

with us through the hard times, still here for the good times.

"That, for me, is actually a proper club. Because you don't just want supporters who only turn up when you're winning. This is a club that's got heart and soul. It's a great club and once people experience a game they become part of the family and they become part of the Red Army.

"We'll always honour the core of the club and try to build on that. Now the challenge is to continue to build a disciplined, winning culture."

► The club, which is a 1997 merger of Nambour Reds and Yandina Eagles, had lost finals in 1977, 2000 and in 2019 before claiming this year's premiership.

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The Year 4-5's are set to sell their delicious homemade lemonade.

Fun for all ages at River School Fair

IF you're in the mood for a great family day out, head along to Maleny's River School Spring Fair on Saturday 23 October.

There'll be live local music, entertainment, stalls and activities from 10am to 3pm.

Year 6 students will help to run games on the oval for young and old; you can "dunk the teacher"; visit the face-painting tent; chill with books and colouring; or make your own jewellery, slime and more.

P&F President, Ross Doherty, says a team of dedicated helpers have organised an affordable day of amusement and connection. "We'll have a range of delicious sentient foods available, amazing coffee and our year 4 and 5 students will be selling homemade lemonade," said Ross.

The neohumanist River School opened in 1995 and currently nurtures 160 students between its Primary School and Early Childhood Centre.

Principal, Ann Donoghoe, is extremely passionate about the school's whole-child education approach and looks forward to hosting a school tour at 11am.

"We honour each child as an individual and prioritise connecting with the inner self, as well as the mind and body, so our students can reach their highest potential on all levels," Ann said.

"We're excited to welcome our community to our school for Spring Fair and to provide experiences for all to enjoy."

► Parking is limited so hop on a looping shuttle bus at Maleny Showgrounds, Cooke Park or the Palm Street Depot stop, from 9.45am.



Suncoast Care Supervisors Belinda Clark and Kieran Bergs say people appreciate the support they receive at the community grocery store in Howard Street.

'There's not a lot left for essentials': Demand spikes for food charity

A low-cost grocery store in Nambour has seen a spike in demand brought on by housing affordability and high unemployment rates.

Suncoast Christian Care is a frontline charity offering Emergency Relief, a School Pantry Program, a Food Kitchen (The Daily Bread) as well as the community grocery store in Howard Street. It has worked in the community for more than 20 years.

Suncoast Care Supervisor Belinda Clark said the low-cost grocery store allowed people experiencing financial stress to become a member and access significantly reduced-price items.

She said there had been a dramatic increase in vulnerable people having food security issues since the pandemic which led to recent rental hikes.

"Rents are super expensive and people are struggling with affordability issues and a shortage of cash at the moment," she said.

Floor Supervisor Kieran Bergs said, sadly, Nambour had a higher than average number of people

struggling with substance and alcohol issues.

"It's sad to see but if they spend money on drugs and alcohol there's often not a lot left for essentials," he said. "They get stuck in a constant struggle to take care of themselves balanced against their addictions."

Despite the hardship Belinda said the job had its rewards, mainly from the reactions of people who appreciated the kindness.

"It's lovely to see new people who come in. They think it's amazing and it helps us keep going because you can see in their eyes how grateful they are. That sort of feedback helps feed us for the fight."

Kieran agreed. "We've had more than few people walk out in tears," he said. "We get a lot of hugs. It's wonderful to see the relief on their faces. You can see them thinking 'Now I'm going to be able to make it to the next pay cheque.'"

► Suncoast Care is at 24 Howard Street Nambour. Phone 5441 4877 or info@suncoastcare.com.au

Group to share Pathways Survey findings at forum

COMMUNITY group Maleny Pathways Working Group received an overwhelming response to a recent survey assessing the safety and accessibility of getting around Maleny without a car.

The 409 responses have been collated into a comprehensive report that shows there is a notable absence of safe, connecting pathways in Maleny.

Report findings will be presented at a Public Forum hosted by Maleny Forums in the Maleny Community Centre on Monday 18 October 2021.

Report co-author Cath Ovenden is keen for people to hear the survey results first-hand and provide further valuable input before the group finalises the report.

"It's clear Maleny people feel strongly about the issue with 6% of residents completing the survey. We look forward to presenting the results and taking questions from the floor," Ms Ovenden said.

Maleny's population has doubled since 1991. The town has recently been voted Australia's most welcoming town by Australian Traveller.

Spending in Maleny has increased by 20 percent in the January-March quarter compared with the same period in 2020.

"The population and tourism increase, coupled with the fact there has been no significant spending on pathways in Maleny for more than 12 years, means there are urgent community safety issues," Ms Ovenden said.

"Residents and tourists expect to be able to easily and safely walk to and around our beautiful town.

"This is not possible at the moment."

Div 5 Councillor Winston Johnson will attend the Forum and will answer questions on the issue.

The final report will be circulated to Sunshine Coast Council and State Government representatives.

► FORUM DETAILS: Monday, October 18, Maleny Community Centre Hall 5.30-6.30pm. All welcome to this free forum. Registration is essential at [www.https://www.trybooking.com/BUITD](https://www.trybooking.com/BUITD)

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Country line-up comes to Big Pineapple

THE second edition of Pineapple Country is coming and organisers have a massive country line-up with Troy Cassar-Daley, Busby Marou, The Vibe, Jen Mize, Kim McCartin and Ally and Sarah.

The show, presented by Jack Rabbit Events, starts at 11.30am on Sunday 17 October 2021 and is set to be a great family day out at Diablo Oasis 76 Nambour Connection Road, just behind The Big Pineapple.

Not only is there an amazing line-up for this event, there will also be food trucks with tacos, pizza and more, plus a fully stocked Diablo Oasis Bar with a huge range of drinks. The venue is an outdoor venue with a gorgeous natural amphitheatre, bring your picnic blanket and come along and support live music.

Business Write-ups

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Residents' opposition grows to phone tower planned for middle of Woombye

THE Woombye Community and Business Association will lead community opposition to a 40 metre telecommunications tower proposed near the middle of town.

WCBA Vice President Grant Palethorpe, who has a town planning background, said objections to the tower's location included the proximity to adjacent dwellings, sensitive nearby land uses such as the day care centre and heritage and scenic values of Woombye.

Mr Palethorpe said the proposed site was on the fringe of the rural zone, adjacent to residential dwellings to the north and east and businesses to the south. He said community sports facilities were also in close proximity.

"There are some 80 dwellings on Cary, Hill and Campbell Street alone, all within close proximity. There are numerous home-based businesses, including a child day care business that have expressed concern. Blackall Street is within a Heritage character area and also on a Scenic amenity route."

WCBA President Debbie Kimber agreed. "This would be a prominent, conspicuous visual contradiction to the heritage 'look and feel' of Woombye," Ms Kimber said. "The proposed location is completely inappropriate. It is in town surrounded by homes! Many people are very upset and rightly so. No respect shown for their homes or the heritage identity of Woombye."

Awaiting response

Mr Palethorpe said at this stage the community was unaware of the applicant's response to questions put to them by Council's development assessment process. "Further, the Woombye Community & Business Association (WCBA) is unaware of any effort by the applicant, Stillmark Holding Pty Ltd, to be proactive and reach out to the community to address their concerns," he said.

Stillmark's response to Council's request for additional information (SVGazette September 1, 2021, page 12) is not yet on Council's website.

The WCBA will write a submission which will

be available for local residents and business owners to lodge.

Mr Palethorpe said the submission would take into account Stillmark Holdings' response to Council and also address any concerns the public have raised. It can be adapted according to individual concerns.

It was important any submission was in the correct format and that it was 'properly made'.

"We expect that the public notification period is imminent," he said. "Public Notification is required for a minimum of 15 business days and commences when the applicant places a sign on the property boundary, places a Public Notice in a local newspaper and writes to each adjoining landowner."

Mr Palethorpe said the WCBA submission would focus on the Planning Scheme, and especially the Telecommunication Facilities code.

This code in part reads as follows:

Council requires telecommunication facilities are developed in a manner which protects public health, the environment and the amenity of surrounding premises, and requires that a telecommunications facility:

- does not unreasonably affect the amenity of surrounding premises;
- the siting and design of the proposed facility is integrated with the township's setting, is away from the main street, township gateways and is not located on a scenic route;
- will operate well within all applicable standards and will pose no threat to community well-being; and
- the proposed facility is located within a rural zone, rather than an urban zone.

Contradictory

Mr Palethorpe argues that the development application is contradictory in that the planning report states: "As such, there will be no impact - visual or otherwise - from the structure until there is a need for it to be constructed. To that end, Council and the community do not need to



The image puts into perspective the scale of the 40 metre tower when placed alongside a 22m light pole and tree line on the Woombye Snakes Football Field. This image is a representation of the scale of the proposed tower. Note: proposed tower is to be located on the western end of Campbell St & not on the football fields.

be concerned that unnecessary structures will be constructed, regardless of whether there is an approval in place".

"This itself acknowledges that there will be visual impact," said Mr Palethorpe. "Offering the community cold comfort that we don't need to be concerned until it is constructed!"

Further into the report the applicant states: "In this instance a tall monopole of 40 metres is required to account for the extensive tree cover and steep topography in the surrounding area, as the panel antennas must be able to 'see' as much of the target area as possible and not be unduly obstructed by trees. A 25 or 30 metre tall monopole would not provide the same level of improvements, nor to as wide an area".

"Again we question, why select this location given the site constraints," said Mr Palethorpe. "Wouldn't a more rural location at a higher elevation achieve the same performance, potentially enabling a shorter tower to be used."

► To find out more email the WCBA at woombyecommunity@gmail.com or Facebook at Woombye WCBA & Friends

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8 LITTLE MAIN ST PALMWOODS



Dr Christine Lambkin (QM Curator of Entomology) is joining the research project.

Mary Cairncross set to buzz this spring

THERE are an estimated 30,000 species of flies in Australia and this October, scientists are on a quest to discover those that live in Mary Cairncross Scenic Reserve at Maleny, as part of Sunshine Coast Council's Tiny Giants event.

Twelve scientists, led by Queensland Museum will partner with council to uncover the hidden invertebrates that keep the rainforest ecosystem ticking. Under the microscope will be flies, spiders, ants, mites, moths, butterflies and beetles.

From October 21-24, 2021, the community is invited to join in the fun and learn directly from the scientists during four days of diverse walks, talks and workshops for all ages.

Queensland Museum Curator of Entomology Dr Christine Lambkin said little was known about most invertebrates in Australia.

"There are 178 species already recorded in Maleny and that is only just scratching the surface," Dr Lambkin said.

Sunshine Coast Council's Division 5 Councillor Winston Johnston invited the community to attend a workshop or a talk during the four-day event. "Visitors can learn about insect trapping methods, skill-up on macrophotography and butterfly identification or listen to an expert panel on how to get involved in invertebrate citizen science and much more."

► The program is available under 'See and Do' at mary-cairncross.sunshinecoast.qld.gov.au



Volunteers Laurel Skipworth & Lesleigh Ward wrangling the Opp Shop welcome flags in the wind!

Nambour Church volunteers stage Super Saturday Op Shop Sale

"WE'RE not letting COVID lock us down!" said Sande Bamford, a volunteer at Drop-In & Op Shop. "To celebrate now opening on Saturdays, we are offering a super special for Saturday's through October. When you buy one item you get one free across the entire store!"

Drop-In & Op Shop at 22 National Park Road, Nambour, offers good quality pre-loved clothing, manchester, kitchenware & bric-a-brac at affordable prices and your purchases provide assistance to the local Nambour community.

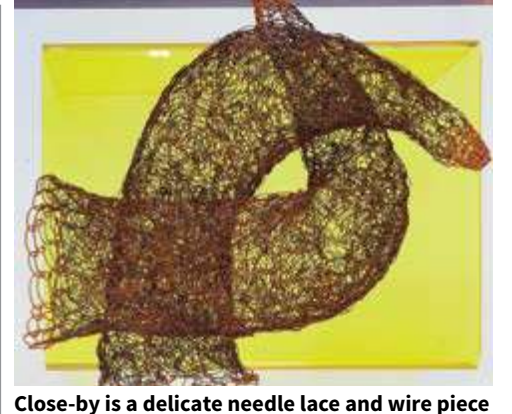
"Recently donations of \$2000 each were given to The Shack and Nambour Chaplaincy," Sande said.

"Support in kind has been given to Nambour

Community Centre, Nambour General Hospital and various individuals in need. Hampers of household goods are always available to support those experiencing domestic violence."

Tucked away, up a lane between Sanctuary Park Church of Christ and Gregson & Weight, Drop-In & Op Shop provides a quiet retreat from the hustle of the day with convenient off-street parking.

► Open Tuesday & Thursday 9.30am-1.30pm and now Saturdays from October, you are most welcome to drop in, browse the Op Shop and perhaps take the time to enjoy a quiet cuppa. We look forward to meeting you at Sanctuary Park Church of Christ, 22 National Park Rd, Nambour. Phone the church office on 5441 2833.



Close-by is a delicate needle lace and wire piece by Elsbet Wiens, from Germany.

Three Shows at the Old Ambo Gallery

IT is a pleasure for the Old Ambulance Station Gallery in Nambour to present the Baltic Mini Textile Exhibition on loan from the Gdynia City Museum, Poland.

These very clever and beautiful creations from all over the world are in a format making each no larger than 20cm on a side but otherwise leaving the artists free to explore and dream. "The small scale lets artists experiment with complex, intricate techniques and use delicate, ephemeral materials", says Exhibition Curator Anna Sliwa.

Crafters should definitely make a date to see this exhibition, as it may inspire ideas for innovative new ways with fibre, stitching, weaving and dyeing. Originally meant to finish in September, the exhibition has been extended until October 23. Baltic Mini Textiles will be joined by two other exhibitions, Of Time and Space, and Writing a Novel, both opened on September 25.

Sue O'Malley's Of Time and Space uses video footage as a found object. Writing a Novel is a collection of photographic images by Glen O'Malley, Queensland's longest exhibiting photographer. Since then he has had over forty solo exhibitions, and been shown in over 175 group exhibitions, in Australia and internationally.

► The Old Ambo is at 80 Howard St, Nambour. It is open to the public 10am and 3pm Monday to Saturday. There is something for everyone in these exhibitions and we hope you can join us for an art-packed month.

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Nambour farewells beloved Peugeot dealer

Tribute to **Gerald Cullen**
April 2 1952- August 30 2021

POPULAR Nambour car dealership owner Gerald Cullen has been remembered as a hard-working businessman who found his passion in cars and the people he loved.

Mr Cullen, 69, sadly passed away on August 30. The second-generation car-dealership owner had strong ties to the Nambour community, having grown up in the car garage run by his father Alwyn Cullen on Lamington Terrace.

Following are extracts from a tribute by his daughter Sian Cullen read at a closed funeral held on September 11 for family and close friends.

Gerald Gilbert William Cullen was the son of Alwyn & Hilda Cullen, brother of Patricia, husband of Robyn, father of Brett and myself, father in law of Renae and grandfather of Aston & Averie.

In 1951, Alwyn, Hilda and Patricia Cullen emigrated from Wales to Australia and settled on the Sunshine Coast. In late 1951 the business was started, where its stands today and was renamed, A Cullen & Son when Gerald was born in the following year on the 2nd of April 1952. A Cullen & Son will be proudly celebrating 70 years as a local family-owned business later this year. This is no mean feat in today's economic climate and it is a reflection/tribute to the hard work and commitment from Alwyn, Gerald and Brett Cullen, who has now proudly taken on the running of our family business.

In Gerald's earlier years, he attended Nambour State School and Nambour High School.

A testament to Gerald's character and nature is that some of his school friends are here with us today. They have shared memories of growing up with Gerald, "Gerry" as he was known to them, listening to bands at the Nambour Civic Hall and playing Kelly Pool at Lal Perren's snooker room. As they got older, they would camp at Cotton Tree Caravan Park and whenever a pretty girl was walking past the tent, they would go out to check the tension on the guide ropes. The catch cry became "To the guide ropes".

When Gerald completed school, he naturally went on to complete his mechanic apprentice-



Mr Cullen, 69, sadly passed away on August 30.

ship at the business with his Father, Alwyn. In 1969, Gerald then met the love of his life Robyn, at a local dance in Nambour. He had apparently already "checked her out" as he admired the Mini Delux that Robyn drove at the time. As always with Gerald, everything revolved around cars. Before Gerald and Robyn married at the age of 21 on the 10th of November 1973, Gerald had already owned 24 cars. One of which was the Morris 1800 which he managed to land vertically in a ditch on the Bli Bli Road. When asked by Police how he managed to escape unharmed, he simply responded that he unclipped the racing harness he had installed and climbed out the window, in a very manner of fact attitude.

In the late 70s Gerald's passion for cars continued when he commencing racing go-carts. On 8 August 1981, I was born.

In 1983, Gerald and Robyn purchased their family home at Diddillibah which has remained the family home ever since. On the 1st of May 1984, Gerald's favourite son, Brett Arthur Alwyn Cullen was born and our little family was complete.

Over the years, we were blessed to be able to travel overseas as a family, which were a result of trips that Gerald had won through his hard

work and commitment to Peugeot, Michelin Tyres and other manufacturers the business had at the time. I recall our first overseas trip to Bali in the mid-1990's. As traditions were, it was popular to have your hair braided whilst on holidays. They continued to ask when we were out as a family and Dad would reply and lift his hat and say, "What about my hair?", Dad was balding at the time. "Funny man, they replied, funny man".

The overseas trips and awards that Gerald won through the business over the years are a true testament to his hard work, dedication and his sheer talent of being able to talk/deal with others while never compromising his position.

The business began selling Peugeot motor vehicles in 1973 and has done so ever since. Gerald has, on numerous occasions, been recognised as the Australian Peugeot Provincial Dealer of the Year. The business and Gerald's commitment to Michelin through our business Tyres Plus, also never went unnoticed. Being predominately French companies, many trips were to France and Europe which allowed Gerald, Robyn and our family to share further special memories together.

Gerald continued his passion for cars outside of work when he purchased a Peugeot Mi16 with one of his best friends, Rod King in 1998 and competed together in Targa Tasmania, a tarmac based rally from 1999-2003. In 2001 they won their category, early modern. Many photos and memorabilia from these times are in the tea room for you to view after the service.

In 2007, Gerald also competed in the Sunshine Coast Classic with Brett, winning their class at this time. Brett recalls these as fun and special memories with Dad as he also travelled to Tasmania on all occasions as backup crew. Robyn and Rod's wife Pat were also roped into these duties, despite not knowing a thing about

cars.

In the later years of Gerald's life, he proudly became a Grandfather when Aston Rex Gerald Cullen was born on the 15th of December 2015 and again when his granddaughter Averie Matilda Cullen was born on the 10th of October 2017. He shared many special moments with them both and as a family, we will ensure that Grandad is never forgotten. Before Dad passed, he made sure we knew that he would always be there looking over them and the grandchildren that are yet to come.

In summary, I would describe Dad as being like a diamond, multifaceted, strong, tough, valuable and always shone brightly in an elegant, classy and unique manner. No two diamonds are alike. Gerald was definitely one of a kind, and that's what we all loved about him.

Whilst Dad was proud to tell everyone I was a lawyer, being the daughter of Gerald Cullen is the title I am most proud of.

Tribute from Robyn Cullen

"To My Husband: I may not be your first love, first kiss or first date but I just want to be your last everything. If I were to have my life again, I'd find you sooner and love you longer."

Legacy continues



A Cullen and Son have been located at the top of the hill in Nambour since Alwyn Cullen first started the business in 1952. A. Cullen & Son will remain in the Cullen Family, with third generation Brett Cullen continuing on his Father's and Grandfather's Legacy. The dealership is proud to be one of the oldest Peugeot Dealers in Australia, with its first Peugeot sold in 1974.

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Ahoy there! Palmwoods Prep Students Set Sail for adventure thanks to Men's Shed

THE Woombye State School Prep students are now able to set sail and explore the oceans in their lunch hour thanks to the skills and generosity of the Sunshine Valley Men's Shed Group.

The Men's Shed were approached a few months ago by Woombye State School to assist in creating some items for the Prep playground.

When explained that the children would love a boat to play in, the men didn't hesitate to answer the request. With the school paying for the materials and the men supplying the labour, it became a great partnership.

Spokesperson for the group, Mr Geoff Voigt, explained how the men eagerly took on the task particularly since it was for little children at the school.

The men took great delight in adding a second steering wheel as well as a telescope onto the original design.

The project took over three months to complete and finished in a bright red colour so that it stands out when sailing on the oceans.

There were smiles all around when the boat found its way into the Prep playground with the students eagerly wanting to be the first to aill on their new boat.



Above: Eager Woombye State School Prep students taking their new boat out for its maiden voyage.

Right: Mr Geoff Voigt about to christen the new boat as the crew of Sunshine Valley Men's Shed take it out for one last sail before handing it over.

Nambour Special School P&C Fundraiser

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OCTOBER 23

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This is our major fundraising event for the year so we hope you can join us!

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Palmwoods Bowls Club to mark 90 years as a sporting social hub

“MINNIE the Moocher” and “Goodnight Sweetheart” were top of the pops and being played at all the local dances.

Rupert Murdoch and actors James Dean and William Shatner were born. Don Bradman showed off his skills, yet again, scoring 100 runs in 3 hours and 18 minutes at Blackheath. And White Nose had won the Melbourne Cup.

The year was 1931 and in the village of Palmwoods, bowling enthusiasts gathered together in the local Memorial Hall to form a bowling club, the first in the Maroochy district and the only one between Brisbane and Gympie at that time.

Farming locals, the Stephenson brothers, Les and Henry Benjamin (known as Stevo) with help from other keen community members, built the first green on their farm off what is now known as Old Bowling Green Road.

It had become a social and sporting hub of the district and now the process was to be formalised with the formation of a club to be known as the Palmwoods Bowling Club. Eighteen men became the foundation members of the club.

Among them were Les Stephenson, Henry Stephenson, J.T. Lowe, W. Whalley, Pat Frawley (Palmwoods School teacher), Steve Hobson, Harry Pickering, Tom Rose, Alex Millar (Palm-



Since it formed in 1931, Palmwoods Bowls Club became a social and sporting hub of the district.



woods station master), J. E. Robinson, and Jim Patterson.

Early in December, a rink competition was held on the new green to celebrate the opening which was to be held officially in the new year of 1932.

At the Annual General Meeting, reported on 15 January, 1932, officers elected were - President, A. Millar, Vice-presidents, J. McIntyre, J. E. Robinson and P.M. Frawley, Secretary/Treasurer H. B. Stephenson and selectors A. Millar, and T. E. Robinson.

Congratulations were conveyed to the Stephenson brothers for laying the green, rules were drawn up, reasonable subscriptions and green fees were set, and the club decided to apply for affiliation with the Queensland Bowls Association.

By 1940, with numbers growing and the greens unable to accommodate them, the club moved to its present site, beside the Kolora Park lagoon using part of the now defunct Buderim tramway corridor and in the Council's designated "Sports Open Space" area.

Members happily provided the voluntary labour to set up the greens and it took many long arduous "working bees" to prepare the site. A tent was, at first, used as a clubroom.

The local butcher would store a keg in his cold room which was brought over with a wet bag over it to be used for functions at the club and "beer off the wood".

Palmwoods Ladies Bowls Club

The first meeting of the Palmwoods Ladies Bowls Club was held on Friday 8th February, 1948. Seven ladies were present and Mrs. Cozens was elected President. Play for the ladies commenced 12 February 1948.

The men's and ladies club amalgamated in 30 July 1995 and in that year the club purchased the land on which the greens were situated.

In 1957 the greenkeepers wage was 7 pounds per week. By 1963 this had climbed to 15 pounds per week.

1950 saw the first permanent building built with extensions added to the original clubhouse in 1974, 1983 and 1985 and the current clubrooms were opened on 1 May, 1999 by chairperson Mrs S. Clyde. The deck was added in 2001.

Palmwoods Bowls Club has quite a long history and without the unstinting work of volunteers, the club could have gone into extinction on many occasions.

The club's hospitality flourishes to this day. Nestled in Sunshine Coast's beautiful hinterland, this historic club is bordered by lush rainforest areas and a delightful lagoon where platypus spotting is a fun occupation.



Col McKinlay with Rose Abunda Mullan and Daisy Sheridan

Give bowls a go in the Heritage Challenge

THE Heritage sponsored Challenge is back at the bowls club. 14 intrepid groups of social bowlers, many new to the game, braved the cooler night to give bowls a go and all are looking forward to returning next week.

"The Challenge is a fun way of showing how the Heritage Branch and the Community Bank support local not-for-profits and deserve the support of all of us," said Club spokesperson, Col McKinlay.

The "Montville Hustlers" team topped the first night. For all enquiries contact Dom 0439218022, domonic.sheridan@gmail.com

Coast opens some of its best homes to visitors

SUNSHINE Coast Open House is a free community event which provides visitors with the rare opportunity to tour a range of architecturally diverse, sustainable, and historic buildings across the region.

Visitors can enjoy discovering long-kept secrets behind some of the Coast's most intriguing buildings such as the Hinterland's Bankfoot House and Fairview (Pattmore House), thanks to a number of renowned Sunshine Coast architects and informed volunteers holding special guided tours.

Hinterland homes include the Bankfoot House Heritage Precinct, Fairview (Pattmore House), Bergman House and Railton House. For more information go to www.sunshinecoast-openhouse.com.au.

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We respectfully acknowledge the Kabi Kabi and Anbarra, traditional custodians of the land on which our club stands. We pay respect to elders both past and present.

EVERYONE'S INVITED TO JOIN IN THE CELEBRATION!

THE BIRTHDAY CELEBRATION PROGRAM

<p>6th November (SAT)</p> <p>1PM PAST & PRESENT PRESIDENTS CUP</p> <p>2PM LET THE CELEBRATIONS BEGIN</p> <ul style="list-style-type: none"> • Sharing your stories • 3:30pm Welcome • Walking "down memory lane" • Afternoon Tea looking at the memorabilia • Birthday Cake <p>7th November (SUN)</p> <p>2pm Family Fun Day</p> <ul style="list-style-type: none"> • Rock'n'Bowls - barefoot bowls with a fun twist - fun & free • Games for the kids and the young at heart • BBQ 	<p>12th November (FRI)</p> <p>Trophy Day</p> <p>13th November (SAT)</p> <p>Lorna Hardingham Memorial Day - commemorating a club champion</p> <p>14th November (SUN)</p> <p>2pm Celebration Day</p> <ul style="list-style-type: none"> • Live music - plenty of room for dancing • Raffles & give-aways • Rock'n'Bowl - barefoot bowls with a twist - fun & free • Kids games for the young and young at heart • BBQ
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*Social days with barefoot bowls *Competition bowls

Palmwoods Bowls Club

1 Nicklin Road, Palmwoods

Bridally supported by Sunshine Coast Council's grants program

Piranhas send three swimmers to titles



From left, swimmers Georgia Steinhardt, 12, coach David Simon and brothers Sebastian, 13, & Luca Martinuzzi, 14, represented the Nambour Swim Club at the recent Queensland Short Course Championships (September 17-19). The Piranhas performed well at the event held at Chandler Aquatic Centre, Brisbane. "It has been many years since the oldest club on the Sunshine Coast has had even one representative," said Coach David Simon. "There are clear signs of a resurgence of the Olympic sport in the Hinterland." David said the swimmers lived up to the team's ethos of "Strong spirits. Fierce racers". "They have a communicated will to redefine what #nambourtough looks like," he said. "It gives clear signs of this team's trajectory - to again put Nambour on the map of performance swimming." Nambour Aquatic Centre, managed by Belgravia Leisure, is currently undergoing a million dollar development for an early summer opening. On November 13 the Club and pool will host over 300 swimmers from across Wide Bay for the Nambour Long Course Development Meet.



Ray Grace Bendigo Bank Woombye Community Award winner Abbigail Ballantyne, with Branch Manager Yvonne Arthur, Ray's partner Cheryl Jaynes, and fellow students Joanna Rennex, Arianna Palma & Sebastian Ngoviky (absent).



Ray Grace

Awards in honour of businessman Ray Grace

"Renowned local businessman and community worker Ray Grace passed away in October 2019. As the driving force and founding member of the Woombye Community Bank, Yvonne wanted to honour Mr Grace's memory.

The Woombye Community Bank created an Award to encourage children to be community-minded. Hence the Ray Grace Bendigo Bank Woombye Community Award was initiated. It is open to Year 6 students at Woombye State School. The Woombye Community Bank has a franchise agreement with Bendigo Bank.

Branch Manager, Yvonne Arthur, told the awards presentation ceremony of the history of the Ray Grace Building which sits on the school property but also served as inspiration for the local bank.

"In 2005 local businessman Ray Grace, with his own funds and without Council approval (not recommended today!) arranged for that same building to be placed on the footpath on the corner of Hill St and Blackall St Woombye.

"Volunteers of the then-proposed bank used this building to share with passers-by their vision for a community bank in order to get a commitment to invest.

"The last time banks were in Woombye was the mid-1950s!

"As a founding director of the Woombye Community Bank, Mr Grace was without doubt the driver behind the raising of \$700,000 in share investment to enable the bank to open its doors in March 2009. Earlier this year, Yvonne proudly celebrated the bank's 12th birthday by visiting the local businesses with birthday cake.

"Mr Grace was a very community-minded man. He loved helping people and organisations and this was made possible by his successful businesses."

Award winner Abbigail Ballantyne won \$250 into a bank account and her nominated community beneficiary, the Woombye Op Shop, \$150.

Joanna, Arianna & Sebastian were each awarded \$50 into a bank account & \$50 to their nominated charity because of their excellent submissions – Daniel Morcombe Foundation, Woombye Scouts & Woombye Snakes Soccer Club (respectively).

Yvonne spoke candidly of her childhood, when, at age 5, she would play with coins, count them and ensure they all added up, which then lead into a love for maths at school, & subsequently pursuing a career in banking over the past 23yrs. She said "you too may want to enter a similar profession".

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– SERVED WITH ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
3. TENDER ROAST PORK LOIN (GF / DF)
– SERVED WITH APPLES, ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
4. BEEF LASAGNE – LEAN BEEF BOLOGNESE LAYERED WITH BECHAMEL & PASTA BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
5. OVEN BAKED BEEF RISSOLES & GRAVY
– SERVED WITH BUTTERED POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
6. BRAISED STEAK & MUSHROOMS IN GRAVY (GF / DF)
– SERVED WITH HERB BUTTER POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
7. CORNED BEEF SAUTEED ONION & FRESH HERB WHITE SAUCE (GF)
– SERVED WITH STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
8. MOROCCAN BEEF & SWEET TOMATO GRAVY (DF)
– SERVED WITH DATES, APRICOTS & CINNAMON COUSCOUS
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
9. SAVOURY MINCE (GF / DF) – LEAN BEEF GRAVY SERVED WITH BUTTERED HERB POTATOES & STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
10. STICKY TERIYAKI PORK & ASIAN GREENS (GF / DF) – SERVED WITH RICE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
11. COTTAGE PIE (GF / DF) – LEAN BEEF & VEGETABLES SAUTEED IN GRAVY & BAKED WITH CREAMY MASH POTATO & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
12. MALAYSIAN SATAY CHICKEN (GF / DF)
– MILD CREAMY CURRY SERVED WITH RICE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00

13. BRAISED PORK, CHORIZO & BUTTERBEAN STEW (DF)
– SERVED WITH COUSCOUS
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
14. STIRFRIED CHICKEN & HOKKIEN NOODLES (DF)
– STIRFRIED IN ASIAN SAUCE WITH PEANUTS
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
15. CREAMY COCONUT INDIAN VEGETABLE & CHICKPEA CURRY (GF / DF / VEG)
– SERVED WITH RICE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
16. VEGETABLE LASAGNE (VEG) – SEASONAL VEGETABLE IN NAPOLITANA SAUCE WITH BECHAMEL, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
17. SPINACH & RICOTTA CANNELONI PASTA
– WITH NAPOLITANA SAUCE, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
18. PORK & BEEF ITALIAN STYLE MEATBALLS
– WITH RED WINE, TOMATO & HERB FETTICUNI, TOPPED WITH PARMESAN
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00

SOUPS

19. ASIAN CHICKEN SESAME VEGETABLE NOODLE SOUP (GF / DF)
– SINGLE SERVE \$5.50
20. HEARTY PEA & HAM SOUP (GF / DF)
– WITH SPLIT LENTILS, SEASONAL VEGETABLES AND BRAISED HAM
– SINGLE SERVE \$5.50
21. ROASTED SWEET PUMPKIN SOUP (GF / DF)
– SINGLE SERVE \$5.50

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22. CREAMY COCONUT CHICKEN KORMA – A MILD CHICKEN CURRY WITH COCONUT MILK BASE SERVED WITH RICE
– A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
23. MILD CURRY BEEF MADRAS – A MILD FRAGRANT BEEF AND VEGETABLE CURRY SERVED WITH RICE
– A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00



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| <ol style="list-style-type: none"> 24. ROASTED PUMPKIN SOUP (GF / VEG) 25. CHICKEN AND CORN SOUP 26. THAI SATAY CHICKEN (GF) – SERVED WITH JASMINE RICE AND STEAMED VEGGIES | <ol style="list-style-type: none"> 27. VEGETABLE COCONUT CURRY (GF / DF / VEG) – SERVED WITH JASMINE RICE AND STEAMED VEGGIES 28. BRAISED BEEF AND ONION STEW (GF / DF) – TOMATO & BEEF GRAVY, JASMINE RICE AND STEAMED VEGGIES | <ol style="list-style-type: none"> 29. PENNE BOLOGNESE – LEAN BEEF MINCE BOLOGNAISE, CHEDDAR CHEESE AND HERBS 30. PENNE CHICKEN CARBONARA – BACON, MUSHROOM, PARMESAN, HERBS & CREAM |
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| <ol style="list-style-type: none"> 31. HAM & PINEAPPLE PIZZA (READY MADE) 32. MEAT DELIGHT PIZZA (READY MADE) 33. CARAMELISED ONION & CHEESE PIZZA (READY MADE) 34. CHICKEN, BRIE & PROSCIUTTO PIZZA (READY MADE) 35. SAVOURY ZUCCHINI MUFFIN (VEG) 36. CREAMY GARLIC PRAWNS – SERVED WITH RICE 37. SEAFOOD MARINARA FETTUCCINE 38. PENNE PASTA WITH MEATBALLS 39. CHARDONNAY RISOTTO (GF / VEG)
– PUMPKIN, SPINACH, FETA & PINENUTS | <ol style="list-style-type: none"> 40. RISOTTO (GF) – CHICKEN, BACON & MUSHROOM 41. CREAMY TUSCAN CHICKEN PASTA – CREAMY GARLIC SAUCE WITH SPINACH AND SUN DRIED TOMATOES 42. FETTUCCINE CARBONARA – CLASSIC STYLE WITH SALTY CURED PANCETTA, MUSHROOM & CREAMY SAUCE 43. MEDITERRANEAN VEGETABLE FETTUCCINE – TOMATO & HERB BASED NAPOLI WITH ZUCCHINI, CHERRY TOMATOES, CAPSICUM, OLIVES, FINISHED WITH SHAVE PARMESAN 44. BUTTER CHICKEN – MARINATED GRILLED CHICKEN BREAST COOKED ON THE GRILL & SIMMERED IN A SMOOTH SAUCE OF TOMATO, CASHEWS, ALMONDS | <ol style="list-style-type: none"> 45. LAMB ROGAN JOSH – MARINATED DICED LAMB COOKED WITH ONION, TOMATO, GINGER, GARLIC, HERBS, SPICES & CORIANDER 46. BEEF MADRAS – BEEF CURRY PREPARED IN ONION, COCONUT & SPICES 47. ROAST PORK – SERVED WITH JACKET POTATO AND SEASONAL VEGGIES & APPLE SAUCE 48. CLOUDS GOURMET PIE – SERVED WITH A SIDE OF CREAMY MASH POTATO – \$10.00 49. BAKED SALMON – SERVED WITH ROASTED SEASON VEGETABLES – \$15.00 |
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|--|--|--|

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

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Millie the cow introduced to raise funds for Aquatic Centre

JUST a few months ago Simon and Marlene Murray were beginning a new business venture and were looking for a logo that was synonymous with Maleny.

A cow came to mind, as is typical of many businesses here in Maleny, reflecting on our rural history.

Not wanting to use anyone else's cow they came up with their own. Millie's a little bit cheeky with her red tongue and is obviously pretty happy jumping with joy!

In the end Simon and Marlene decided to not use Millie in their new venture, Maleny Hamper Co, and put her on the shelf.

Then one day at work at Maleny IGA, Simon was approached by a customer looking for a Maleny souvenir, which wasn't perishable, and that she could give to her friends. Simon couldn't think of anything she could purchase.

Talking with Marlene later that day they came up with the idea of taking Millie off the shelf and putting the image on a t-shirt so that tourists, and locals alike, could buy something that said they love Maleny.

Having happily lived in Maleny for over 20 years, and with Marlene born in Maleny Hospital, they also felt it was time to give something back.

So the hunt for a cause which would benefit from raising awareness of its plight and at the same time receiving some proceeds from the t-shirt sales began.

They didn't have to look far. The couple had raised a son in Maleny and to keep him busy they encouraged him to swim. Marlene's also a keen swimmer so they knew that the current pool facilities didn't really cater to our climate or communities needs.



What the Maleny Aquatic Centre could look like.

Having read about the Maleny Indoor Aquatic Centre proposal somewhere Simon decided to ring a long time friend, Steve Weyman, who he knew was involved in keeping the current pool functional.

Simon and Marlene met with the Maleny Indoor Aquatic Centre Steering Group Inc (MIAC) and tabled their proposal to begin the new aquatic centre fundraising initiative.

It is now underway, with a generous gesture from Rob and Samantha Outridge, owners of Maleny IGA, they were able to display the merchandise instore as well as making a sales funnel available through the store at massively reduced markups, to ensure maximum funding to the ambitious task in front of them.

The new Maleny Indoor Aquatic Centre has been allocated a site by Sunshine Coast Council on the Maleny Sports Park, to be positioned near the existing Beersheba Living Museum and Maleny Contract Bridge Club facilities and alongside the proposed Maleny Community Gym, Maleny Hydrotherapy Centre and sporting fields.

Unfortunately commercial pools don't come cheap and as at end of 2018 the 25 x 25 metre heated Indoor Aquatic centre was pegged at a cost of approximately \$15 Million.

Sunshine Coast Council at this stage are offering zero funding to the pool due to low population numbers and commitments else-



Simon and Marlene Murray at the merchandise display in Maleny IGA.

where but Simon and Marlene are hopeful that with the Maleny Community's support that they can get council to take notice of what's happening in their town.

Simon and Marlene, and the MIAC's first task is to raise enough funds to engage an engineer to compile a council ready engineering report. Ballpark figures are around \$200,000.

So if you're an engineer with time on your hands and a passion for our town and want to give something back maybe you could chat to the MIAC Steering Group and propose a more affordable solution.

► For more information contact Donna Hayes via malenyiac@gmail.com or hello@fundraisingarmy.com.au.



The new Maleny Visitors Information Centre Committee includes, from left, Judith, Martyn, Leanne (Treasurer), Scott (President), Judy, Graham (Vice President), Chris (Information Manager). Inset: from left Lois (Secretary) and Margaret.

Maleny Visitors Info Centre AGM

ON the 7 September 2021 Volunteers from the Maleny Visitors Information Centre gathered for their AGM at King Ludwig's German Restaurant on Mountain View Road, Maleny.

A big thank you to Barbara & Klaus at King Ludwig's for their support over many years including their wonderful morning tea enjoyed prior to the meeting. The AGM was completed with reports from President Scott Lanyon and Treasurer Leanne King.

All the volunteers enjoyed and an informative address by Rob Outridge from Maleny IGA. Rob shared with us interesting information regarding his youth, early days, and the progress of IGA in Maleny.

Watch Strictly Ballroom

SUNSHINE Coast Libraries will host the 1992 dance classic *Strictly Ballroom*, at Majestic Cinemas, Nambour on Tuesday, October 12.

Tickets are only \$5 per person with complimentary choc-top ice-cream provided. The movie begins at 10am, with doors open from 9.30am. The movie starts at 10am at the complex in C-Square Shopping.

► **Bookings Essential:** library.sunshinecoast.qld.gov.au. Entry will be contactless via confirmation email only, with no cash accepted on site.



VOLUNTEER DRIVERS NEEDED!

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

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

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

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



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



< Geoffrey, Deb, Sarah (pictured) and the team at Wilson Fitzpatrick Family Optometrists are dedicated to providing the people of Nambour with exceptional and personalised eyecare. They have been a part of the Nambour community for almost 40 years and continue to be a family-owned, independent business who stock an ever-evolving range of glasses and Australian-made lenses. Call them on 54412277 or pop on in to 40 Howard Street.

We are Backing Nambour!

WELCOME to the Gazette's "I Am Nambour" Pictorial Feature, a chance for local businesses and organisations to share the love they have for the town that made the Sunshine Coast what it is today.

Spring is the perfect time to highlight some of our wonderful local businesses and organisations and promote Reimagine Nambour's vibrant 'I Am Nambour' Brand. The response to this feature was great so we decided early to extend the initiative through September.

It's an opportunity to join other local businesses and collectively market under a brand that promotes pride in the town.

The "I Am Nambour" brand was unveiled June 8 to embody the diversity, resilience and pride of the town's business community as part of Fairfax MP Ted O'Brien's Nambour Economic Transition Strategy.

Please enjoy the Gazette's "I Am Nambour" Feature and stay tuned for similar initiatives within our readership.



Cassie and Malcolm Barker's business, Nana's Secret Tearoom, is a beautiful "Little Vintage Tea Room" which offers sweets and treats to High Tea. They also have a few other little secrets including tea cup readings, Tarot readings, Psychic/Medium readings and a special little pre-loved co-OP Shop. You will find them at 10 Queen Street, Nambour. Phone 0477 270 007.



Collecting is a passion and obsession for Michelle and Ian Brown of Eclectic Collectables. They are on a constant quest to seek out the next beautiful, quality, unique piece, and it is all showcased for you in their new shop in the Centrepark Arcade at 5a 70 Currie Street, Nambour. Phone 0417 916 513.



< Property with a Purpose: the Purpose Real Estate team of, from left, Lindell Gittoes, Jacqui Slack, Mel Thearle and Jill Smith are passionate about property. They specialise in sales and property management with a combined 50 years' in real estate. "As a social enterprise we are a business that works to change the world for the better. Our profits are directed to our parent company Coast2Bay Housing Group, where they are used for programs focusing on Domestic Family Violence and Housing Affordability." Find them at www.purposerealestate.com.au 42 Howard Street Nambour or call (07) 5451 2999.



As a support coordinator and registered NDIS provider David O'Connor helps people to understand their NDIS plan. He can connect participants with broader systems of supports, and provide assistance to connect with providers. Contact Dave via doconnor700@gmail.com or phone 0426 725 056.

Move well, eat well and lose up to a kilo a week the smart way

MANAGING your weight can be confusing and frustrating, particularly with so much conflicting advice and information about nutrition and exercise.

Between them Kelly and Bruce Murdock of Murdock's Health & Fitness Nambour have the perfect combination of know-how to empower their clients to improve their health through eating and exercising the right way.

"Many of our clients range in age from their mid 30's and have found it difficult to lose or maintain weight, stay fit, be healthy and actually enjoy the process," said Kelly.

"I think people get stuck in a 'dieting' mentality which is not only not a long term or lifestyle option, but it also feels like punishment."

Kelly has a Certificate 3 and 4 in Group Fitness and Personal Training, and has "fallen into" nutrition over the years.

Her husband Bruce is also a Personal Trainer, and holds a Nutritional Diploma.

"Between us, I think we have struck a very good balance of training and nutrition, and our clients are experiencing excellent results," said Kelly. "It is common for people on this journey to feel hungry all the time and this sabotages their efforts. Bruce is very good at putting together meal plans and even shopping lists for our clients.

"It takes the guesswork and confusion out

of the process for them. The feedback we are getting is that they love the support and professional guidance as much as the tasty, nourishing meals.

"Best results are achieved when people combine nutrition and the correct exercise," Kelly said.

"We offer postural assessments and design exercise plans that support strong bones and muscles, and all of these elements work together."

Kelly and Bruce have found that on average, their dedicated clients are achieving between a half to one kilo in weight loss per week. "Obviously, results are indicative of effort," Kelly explained.

"It is wonderful to support people on this journey to better health and the added bonus is that with the commitment to better self care, people also experience greater clarity and a generally improved sense of wellbeing. It is so rewarding to see."

Kelly and Bruce offer group sessions for boxing which is great for cardio, kettlebells for strength and conditioning and circuit training, which combines both elements.

► Group sessions can be booked online at www.murdockshf.com. Murdock's Health & Fitness is at 49 Currie Street Nambour, phone 0498 657 104.



Kelly Murdock: "Best results are achieved when people combine nutrition and the correct exercise".



Co-owners Tracey and Dale Robyn: "We often find ourselves helping clients to declutter, maximise their space and giving people the confidence to 'tweak', on their own."

Yandina's 'style sisters' mark first year in business

TE.DE & co in Yandina celebrates its first birthday on Friday, after what has been a challenging first year in business.

Co-owner, Dale Robyn reflected on the past 12 months and how the ongoing climate of lockdowns and restrictions has provided mixed blessings for the business.

"The past year has been enormously challenging for business owners everywhere. For us, it brought an excitement and renewed vision of what that meant for our business in particular and what we can bring to our beautiful town, surrounding coast and hinterland. People generally are experiencing a sense of the importance of their immediate home environment," Dale explained. "With people spending more time in their own spaces, they are looking for ways to make their homes a peaceful and calm space to reside."

As a result Dale and her sister and business partner, interior designer Tracey Barkle, have found themselves helping people to transform their homes to achieve this. Tracey has worked as an interior designer on the coast for many years, and Dale has come from a background in retail, styling and design. Their respective skills and experiences have perfectly combined to help their clients create their dream living

environments.

"I think a lot of people have a misconception about interior designers, that they are only relevant or accessible if you have a lot of money to spend," Dale said. "We often find ourselves helping clients to declutter, maximise their space and give people the confidence to 'tweak', on their own. And it is so lovely to be able to pull together a particular look, with the addition of just one or two beautiful and thoughtful statement pieces."

te.de & co offers an inviting and luxurious showroom experience, which has been purposefully designed to inspire.

"People love to come into the store and enjoy the atmosphere," said Dale. "Both mine and Tracey's styles are represented here. Tracey is influenced by a rustic, country look while mine is a little more refined with simplistic French country and coastal. Both styles complement one another to become a beautiful blend that people are inspired to see, and how this transforms to an effortless style."

"We are loving being in business in Yandina, and we are very much looking forward to immersing ourselves and contributing to this fabulous community in the coming years."

► te.de & co is at Shop 3, 8 Farrell St Yandina. Phone 0408 498 472.

There is no 'magic pill' to better health

From Rochelle Voysey of **Rewilded Health**

SPRING has sprung, and with it comes a plethora of wellness warriors vying to sell you their latest product, course or challenge designed to help you "shed that winter weight" or get "bikini body ready" or a "gain a glowing complexion" or "sort those gut issues out fast". Or whatever the latest thing is.

My advice? It's probably time to ditch the lot of them. Ouch. I know. But as a qualified nutritionist and kinesiologist, I can tell you there is no one-size-fits-all, magic pill/supplement/diet that's going to work for everyone.

You reside in an incredibly complex and biochemically unique human body, and have lived an equally complex and unique human experience. If you're experiencing symptoms of poor health such as rheumatoid arthritis, thyroid issues, autoimmunity, poor mental health, weight issues, hormone imbalances, gut conditions, sleep problems, or really any kind of chronic condition, then there are likely going to be a number contributing factors involved.

Things I look for in the clinic include:

- Nutrition status and eating habits
- Sleep habits
- Environmental health (toxin, mould & chemical exposure)
- Quality of relationships and social connection
- Stress – from work, family commitments, injuries etc
- History of trauma and/or abuse (this can be generational)
- Ability to set healthy boundaries

If this resonates with you, or sounds a bit daunting, that's ok. The journey back to health is really more of an unlearning. Unlearning the negative beliefs that keep you trapped in sabotaging behaviour patterns, or toxic relationships, or limited to an external idea of what it means to be healthy, happy and successful.

So this spring I encourage you to do some-



Rochelle Voysey ... the right time to start prioritising your health is when you choose to commit.

thing different. Build a new habit. Learn a new skill – learn how to nourish your body and mind with real food. Get curious about how your products are made and where they come from. Ask yourself what uncomfortable feeling you're avoiding by scrolling through social media, or having that extra glass or three of vino to "relax", working yourself to the bone, or repeating that same argument with your child, partner or parent. Look a little deeper ...

In truth there never really is a "right" time to start prioritising your health. It's simply a matter of when you choose to commit.

Health isn't calorie restriction and killing yourself at the gym. It's the combination of a million different elements that influence how you walk through this life. Don't allow yourself to be backed into a corner, and if you need support, reach out.

► Rochelle Voysey. Rewilded Health. Kinesiology & functional nutrition. Shop 6/4 Mill Street, Landsborough Shopping Village, Landsborough. Ph: 0412 720 561. E: rewilded.health@gmail.com. Fb: @rewilded.health.



Lucky Randhawa and Mona Sandhu of Husk and Honey.

Café maintains menu of delicious grain-free goodies

ONE of Nambour's favourite cafes, Husk and Honey changed ownership earlier this year, but it is still a family owned and run affair.

Manpreet Kaur, her brother Lucky, and their sister in law Mona, have stepped in and continue to offer delicious grain free goodies to the café's loyal customers.

"Our family came to Australia from Northern India in 2016," Manpreet said. "After I finished a business degree at QUT, I decided I wanted to go into my own business. Husk and Honey was definitely the best fit, as I have always been an avid cook. I am so fortunate to be in business with my brother and my sister-in-law, who is a well seasoned barista."

Husk and Honey remains a grain free cafe but due to popular demand, the family have

added Indian teas, fresh juices and milkshakes to the menu.

"We have also had loads of requests for Indian cuisine, and over time we plan to introduce some of the beautiful dishes of our culture," Manpreet said. "For the moment, it is wonderful to get to know locals and to continue to serve the delicious popular dishes they have become accustomed to from Husk and Honey."

Going into the business during the past year has provided many challenges, but the team at Husk and Honey have quickly moved to offer takeaways for those who can't do without their grain free fixes.

► Husk and Honey is at 16/18 Queen Street Nambour and is open from 7am to 2pm, Monday to Friday.



Heather Sutton: "Paper craft offers such a wonderful way for people to make personalised and meaningful cards, calendars and gifts for friends and family."

Girl's Paper Cave back to Farrell Street

AFTER operating The Girl's Paper Cave from home for the past 12 months, Heather Sutton has relocated back to Farrell Street, Yandina.

"I originally moved the business to our home because there was just not the space for me to continue to operate in the same premises as my husband's business, Feather's Nest Creations," Heather said.

"But the opportunity has come up for us to expand the floor space of Feather's Nest and that means there is room for me again. If you are visiting my shop, you will need to come through Feather's Nest Creations to get to me."

"I am really pleased to be back in town,

because I think it is more convenient for my customers. And besides, my stock was pushing out the walls at home!"

The Girl's Paper Cave offers all things paper-craft, from gorgeous supplies, to lessons and workshops.

"The timing is good because at this time of year, my customers are getting excited for Christmas," Heather said. "Paper craft offers such a wonderful way for people to make personalised and meaningful cards, calendars and gifts for friends and family."

► You can find The Girl's Paper Cave at 1-8 Farrell Street, Yandina. Phone 0407 612 786.



Our region.
**Healthy.
Smart.
Creative.**

Nominate a local hero today

Have the actions of a group or person impressed or made a difference to you this year? Nominate them for a Sunshine Coast Australia Day Award on Council's website! There are seven categories recognising youth, seniors and everyone in between. Plus there's an award for community groups and organisations, environmental achievements and a creative award.

Book now for Tiny Giants

Explore the hidden world of bugs and insects at Mary Cairncross Scenic Reserve from 21–24 October. At Tiny Giants, learn directly from scientists about the invertebrates who keep the rainforest ecosystem ticking. The program is full of walks, talks and workshops, with something for all ages and interests. Book now on Council's events website.

Explore the latest Caloundra Regional Gallery exhibitions

On show at Caloundra Regional Gallery 15 October to 5 December are two stunning, yet very different exhibitions. Hiromi Tango explores the many ways in which nature sustains our wellbeing. Come along and create a flower to add to the gallery's paper and textile garden. I Sea U is a beautiful exhibition by Sunshine Coast photographer Keith Hamlyn, who has been capturing portraits of people in the sea, documenting their connection to the ocean through this stunning portrait series.

CUSTOMER CONTACT

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

Does your community group need funding to help make something great happen?

Make it a reality with support from Council's Community Grants Program. Minor Grants of up to \$2000 are available for community groups to deliver projects, events and activities that provide community benefit. Visit sunshinecoast.qld.gov.au to apply.

Final Call

Six contemporary Australian artists respond to Climate Change in a stunning, thought provoking exhibition at the Maroochy Regional Bushland Botanic Garden, Tanawha. Final Call is a Horizon Festival event. The free daily exhibition is on until 17 October. Plus, visit horizon.com.au to experience a 360 degree view of each work, artist interviews and intriguing insights on the project.

One for the calendar

Next Council Ordinary Meeting - Thursday, 14 October at 9am.

Make a splash

Sunshine Coast migrants are invited to register for a free swim program designed to boost their confidence and safety skills in and around the water. Council's Migrant Learn to Swim program classes start 30 October in Nambour and Buderim. Visit Council's website to register before 20 October.

Christmas gifts are sorted

This year's one-of-a-kind Sunshine Coast Heritage Calendar features stunning images of fun, sun and adventure from days gone by, each month. Marvel at how our region has changed and how our love of the outdoors has stayed the same. Available from Council libraries and customer contact centres for \$6.

Photographs @ Bankfoot

Love taking photos but want to learn more? Join us at Bankfoot House on 5 November for a free workshop. Professional photographer Barry Alsop will share his photos of Bankfoot House plus tips and tricks to capture the best photos with your own camera or phone. Complimentary morning tea provided. To book, visit heritage.sunshinecoast.qld.gov.au.

Save a bro this November

Sunshine Coast men and women are invited to Venue 114's In Conversation afternoon gathering on 19 November, which aims to build awareness around mental health and suicide prevention, while addressing some of the biggest health issues faced by men, including prostate and testicular cancer. Visit venue114.com.au to book tickets for \$39 plus booking fee.

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



www.sunshinecoast.qld.gov.au

Creedence Clearwater Revival and Jimi Hendrix music show

THIS is a three-hour live band show, with full PA and stage lighting, featuring members from the Late For Woodstock band, and other talented professional musicians.

They will be performing the music and recreating the magic of Creedence Clearwater Revival, with songs like:

Fortunate Son, Have you ever seen the rain, Green River, Proud Mary, Hey Tonight, Grapevine, Up Around the Bend, Spell on You, Bad Moon, Born on the Bayou, Suzie Q, Midnight Special, Cotton Fields, Run Through the Jungle, Down on the Corner, and many more.

A headliner and an icon of the Woodstock Music Festival in 1969, Creedence Clearwater Revival captured the attention of millions with their unique brand of soul-felt swampy blues rock. Still relevant to this day, this is music with feeling, hypnotising the mind and moving the body.

You will also hear the music of an equal Woodstock headliner, Jimi Hendrix Songwriter and guitarist extraordinaire, with songs including:

Purple Haze, Hey Joe, Foxy Lady, Highway Chile, Fire, Wind Cries Mary, Watchtower, and more.



Jimi is widely regarded as one of the most influential electric guitarists in the history of popular music, and one of the most celebrated musicians of the 20th century. His style fused blues, jazz, rock, and soul with unique techniques which redefined the electric guitar in music.

Take a night out, come along to The Shed at the Banana Bender pub, Palmview, on the 15th October, and let this music fill your senses, have a dance, and relax your soul.

Letter to the Editor

Sunshine Coast railways. Let's get real

WITH all the letters regarding the Sunshine Coast railways one has to be realistic.

In an ideal world we would have funds for both the track duplication to Nambour and the CAMCOS rail from Beerwah to Maroochydhore and possibly the airport.

As Government doesn't have that sort of money a decision has to be as to which project will give the greatest benefit to the greatest number of people.

For the Sunshine Coast the answer has to be the CAMCOS rail. This project will connect the populous coastal strip to Brisbane as well as providing a local transport network along the coastal strip.

The local network from Beerwah to Maroochydhore would have very frequent trains connecting at all stations with buses serving the local suburbs. This would give all coastal strip suburbs a great local transport system. Faster, more flexible and more environmentally friendly than light rail.

CAMCOS has been around since the 1980s and was due to have trains operating to Maroochydhore by 2001 so no more feasibility studies. Just get the railway built as it is so obvious that one day it will have to happen as the Coast grows.

— Ken Coulter, Ilkley

MALENY & HINTERLAND REAL ESTATE

SALES | PROPERTY MANAGEMENT | COMMERCIAL



30 Pinto Drive, Conondale

1 1 2

Situated in a very quiet and peaceful position in Conondale, just over 20 minutes' drive to the vibrant heart of Maleny, is this one bedroom, one bathroom liveable shed; just perfect for a weekender. The opportunity is here to move in and simply revel in your 2.47 north facing acres straight away or explore the Hinterland and use the property as your city escape. For the growing family there is the opportunity to build your forever home in your perfect location. The dwelling is positioned at the back of the property in an elevated position so you can soak up the spectacular view over the 2.47 acres down to the small dam located at the front of the property.

For Sale
Contact Agent

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



82 Geraghty Creek Road, Conondale

Vacant Land

This 58 acre parcel of land in Conondale is simply bursting with potential. Located a 25 minutes' drive from the bustling town of Maleny in the Sunshine Coast Hinterland, it offers the opportunity for buyers seeking a sustainable lifestyle and life off-grid. There is a water well in place and two dams on the property that are in need of restoration but offer the potential for future water security. Build a new home on your chosen house site or utilise the property as a weekender for years to come. Previous tracks are situated throughout the property and are just waiting to be opened up again to give you access to the elevated areas and the views that await.

For Sale
\$515,000

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



UNDER CONTRACT

Unit 9/12 Fig Street, Maleny

3 1 2

Situated in a quiet and highly desirable complex is this three-bedroom townhouse. Within walking distance to the vibrant heart of Maleny, you are on the doorstep of cafes, restaurants, shopping, schools, public transport and all amenities. Light and bright, this townhouse offers the opportunity for buyers to enter the Maleny market. Located in leafy Fig Street, investors and owner occupiers alike will appreciate the many advantages of this unit and its investment opportunity. In an elevated position within the complex, it offers a private north facing yard to create veggie and herb gardens and have a space to entertain family and friends. This is your opportunity to gain an entry to the Maleny property market for your new home or your next investment.

For Sale
\$515,000

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



UNDER CONTRACT

1581 Maleny Kenilworth Road, Conondale

3 1 2

Nestled on just over a 5-acre parcel of land, this three-bedroom home offers the opportunity to escape the hustle and bustle and enjoy a quieter lifestyle. Let the rowdier members of the family run free and create lasting memories and build that sustainable lifestyle you have been dreaming of. Situated on Maleny Kenilworth Road, you'll be under twenty minutes' drive to the heart of Maleny, twenty-two minutes to Kenilworth, and just 2 minutes to Conondale State Primary School. This gently sloping block offers the chance to create a rural lifestyle and utilise all the amenities on your doorstep. You'll feel a world away, but connected to all your needs.

For Sale
\$725,000

Inspect
By Appointment Only

Rodney Millett
0477 702 073
rodney@malenyrealestate.com



WELCOME YOUR NEW NEIGHBOURS

12 Cloudwalk Drive, Maleny

4 2 2

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

Sold
By Principal
Rodney Millett
0477 702 073
rodney@malenyrealestate.com



WELCOME YOUR NEW NEIGHBOURS

162 Harper Creek, Conondale

Situated on Harper Creek Road, you'll be just over twenty minutes to the heart of Maleny, twenty-five minutes to Kenilworth and their famous bakery, and just 6 minutes to Conondale State Primary School. And the bus runs at the end of the road taking students every day to the primary and high schools in Maleny and to meet the bus connection to The River School. The outlook and feel of the property is rural - with mature native trees and some open grassed areas.

Sold
By Principal
Rodney Millett
0477 702 073
rodney@malenyrealestate.com

5494 3022

malenyrealestate.com

Maleny & Hinterland Real Estate

mhrealestateandmapletonrealty

PROUDLY A FAMILY OWNED AND OPERATED AGENCY IN THE HEART OF MALENY

Nambour named third most affordable suburb

THE south-east Queensland property market is forging ahead but Nambour still represents an irresistible pocket of affordability, according to RiskWise Property Research.

In fact RiskWise Property Research analysis has identified the top 10 affordable suburbs in south-east Queensland with Nambour coming in at number 3.

Nambour's capital growth in the last year was 26.7% and growth over the past 5 years an impressive 52.3%.

Mr Wargent of BuyersBuyers said prices had increased over the past year but there were still areas where bargains could be found, and if you have a long-term strategy you can still expect solid capital growth over the next few years.

"There are decent opportunities out there for buyers looking for houses with high land value as a proportion of the property, and a strong component of scarcity, especially if they intended to hold on to the property for several years or longer".

"In addition, the current ultra-low interest rates have created a unique environment where buying a house in many areas was cheaper than paying rent on one," Mr Wargent said.

The top 10 suburbs for affordable houses in south-east Queensland included a range of suburbs at around 70 per cent of the median capital city house price for the state.

Mr Wargent said that more affordable areas have been sharply in focus as the number of first homebuyers surged.

Nambour was a popular lifestyle opportunity, especially for those working remotely and houses can be bought for around \$500,000.

Mr Wargent said COVID-19 had accelerated 'work from home' opportunities, meaning that owner-occupiers were taking advantage of 'lifestyle' prospects instead of being so closely tied to employment hubs.

Tree change trend

"Before COVID-19 hit, there was already a strong trend of sea- and tree-change home-buyers looking for the best of all worlds - lifestyle, accessibility to employment hubs and affordable housing.

"The pandemic has simply accelerated this trend. In Queensland, the areas that attract those lifestyle buyers include the Gold Coast and Sunshine Coast".

"There are areas where bargains can be had and if you have a long-term strategy you can expect solid capital growth over the next few years," Mr Wargent said.

"There are many opportunities for buyers looking for houses with high land value as a proportion of the property, and a strong component of scarcity, especially if they intended to hold on to the property for several years or longer".

"This is particularly the case in southeast Queensland which traditionally enjoys strong internal migration and which will certainly be the case once the borders full open and things return to normal.

"In addition, the current ultra-low interest rates have created a unique environment where buying a house in many areas has been cheaper than paying rent on one."

Suburb	Postcode	SA4 Area	Distance from the CBD (in km)	Median Price (in \$)	Median Capital City Price (in \$)	1-Year Growth	5-Year Growth
Acacia Ridge	4110	Brisbane - South	13	469,508	641,727	23.4%	27.5%
Camira	4300	Ipswich	21	469,917		9.5%	25.0%
Nambour	4560	Sunshine Coast	94	516,776		26.7%	52.3%
Bald Hills	4036	Brisbane - North	17	549,648		16.3%	34.6%
Capalaba	4157	Brisbane - East	19	582,573		23.9%	33.5%
Boondall	4034	Brisbane - North	13	603,710		16.6%	30.4%
Beerwah	4519	Sunshine Coast	69	609,641		21.3%	43.2%
Nerang	4211	Gold Coast	66	619,201		25.7%	46.7%
Wynnum West	4178	Brisbane - East	13	642,012		14.8%	21.3%
Mount Cotton	4165	Brisbane - East	29	642,644		15.1%	25.7%

Family home backs on to nature reserve

AGENT'S CHOICE: 15 Grimes Terrace, Burnside

TUCKED away in a premium neighbourhood surrounded by high-quality homes is this pristine family home on a huge 903m2 block backing onto a leafy nature reserve and offering elevated north facing views from its expansive rear timber deck.

Offering living across one level, the home comprises elegant entry foyer, three generous sized bedrooms, two bathrooms, open plan living, separate dining, light-filled central kitchen, covered timber deck, separate laundry, and double lock up garage plus gated side access to back yard.

High ceilings, timber floors in living/dining/kitchen, ceiling fans, oversized windows plus louvres to invite in light and circulate breezes, stone benches in kitchen, separate shower and bath in main bathroom, solar power, and rain-water tank - are all features of note, and the home has been meticulously maintained by its original owners.

Entertaining and relaxing on the deck will be an absolute delight, with its verdant outlook and area views, as well as a prized northern aspect making it comfortable across all seasons.

Christmas lunch on the deck after a morning at the beach...sound inviting? What about an Australia Day BBQ, birthday parties, Sunday brunch, wine o'clock after a busy day in the office? This will be your 'go to' place to wind down, celebrate, and create cherished memories.

The land is fully usable and there's masses of room to put in a pool and/or build a shed, if desired, without fear of overcapitalising in this dress circle pocket.

Despite its size, it is an easy-care yard that requires minimal maintenance; and if you're a green thumb it's a bit of a blank canvas for you to create an amazing garden of choice. Put as little or as much work into it as you want.

Located on the outskirts of town just a short drive to St John's College and Burnside schools, and approximately a six-minute drive to Coles Supermarket and town, plus 25 minutes to the coastal strip - this is quiet, peaceful living without sacrificing convenience to major amenities.

Built in 2010, this is the first time it has been offered to the market, and it is vacant and ready for immediate occupancy upon settlement.

► Contact REMAX Nambour selling agents Tristan Brown 0403 665 643 and John Tobin 0478 664 546.



Go off-grid on 58 acre block in Conondale

AGENT'S CHOICE: 82 Geraghty Creek Road Conondale

THIS 58 acre parcel of land in Conondale is simply bursting with potential.

Located a 25 minutes' drive from the bustling town of Maleny in the Sunshine Coast Hinterland, it offers the opportunity for buyers seeking a sustainable lifestyle and life off-grid.

There is a water well in place and two dams on the property that are in need of restoration but offer the potential for future water security.

Build a new home on your chosen house site or utilise the property as a weekender for years to come.

Previous tracks are situated throughout the property and are just waiting to be opened up again to give you access to the elevated areas and the views that await.

This is the dream hobby farm or bush block for buyers truly seeking an escape from their everyday hustle and bustle.

► Contact Rodney Millett of Maleny & Hinterland Real Estate on 0477 702 073 to enquire.



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Price: Offers over \$1.39m

Property ID: 20794120

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15 Grimes Terrace | BURNSIDE

3 2 2

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Price: Offers over \$720,000

Property ID: 137096802

- Stunning timber floors in living/kitchen/dining, high ceilings
- Gated side access creates easy access to rear + additional parking
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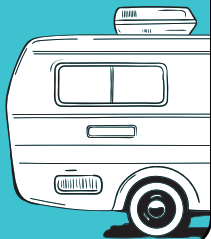
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First Nations league carnival for Nambour

MORE than two dozen teams from across South East Queensland will converge on Nambour next month (October), competing in the Sunshine Coast Bunyas Knockout, a new annual Indigenous rugby league carnival.

Sunshine Coast Bunyas Inc will host the inaugural event over three days from 15-17 October at the Nambour Rugby League Club.

Division 10 Councillor David Law said it was a great initiative for the First Nations community and for our strong league community to support.

"This is an opportunity to support and connect with some of our First National local businesses as well - the event manager, sponsors, suppliers and stallholders," Cr Law said.

The event will open with a Smoking Ceremony on Friday night followed by the match draw, along with community activities, markets, and a raffle. Spectators are welcome to the Nambour Rugby League Club and must follow any COVID safe regulations in place.

Sunshine Coast Bunyas president Brad Beetson said the event would bring community to the Sunshine Coast again after testing the waters last year with a 10-team carnival at Nambour.

"The committee and I iden-

Maleny Golf Club

RESULTS: Tuesday 21st September, 2021 - The Maleny Golf Club held a Graded Mixed Stableford Competition - A Grade - first place went to Jon Fairman with 38 points, runner-up went to Ben Haycroft with 37 points and third place went to Peter Hannah with 36 points on a count-back from David Murray, Ian Goodman and Jack Day, all of whom had 36 points. B Grade - first place went to Chris Pottinger with 44 points, runner-up went to Sarah Harding with 38 points and third place went to Mark Arnold with 37 points.

• Wednesday 22nd September, 2021 - The Ladies of our Club played in a Ladies Stableford Competition with first place Debbie Hansen with 34 points, runner-up Pauline Fraley with 31 points and third place Janice Emmett with 29 points on a count-back from Kerry Nieper, also 29 points.

• Wednesday 22nd September, 2021 - Our Mixed Red Belly Nett Competition was played with first place Eric Hecht with 65 nett, runner-up Rupert Hohls with 66 nett and third place Don Lemon with 68 nett.

• Saturday 25th September, 2021 - Our Club held their A and B Grade Men's Monthly Medal Nett Competition - with first place going to Eric Hecht with 64 nett on a count-back from Ben Haycroft, also with 64 nett. Runner-up Colin McDonald with 66 nett and third place Jeff Kruse with 66 nett and third place on a count-back from Paul Griffin and Andy Johnson, both also with 67 nett. Nearest to the Pins David Smart on hole 8 and Peter Dwyer on hole 17.

• Men's C Grade Monthly Medal winners were - first place Ralph Ding with 69 nett on a count-back from Matthew Howie and Neil Gould, both with 69 nett, runner-up

Let's hope that that welcome rainfall continues throughout the week to fill our tanks and green up our great golf course.



2019 Murri Carnival courtesy of Sunshine Coast Bunyas.

tified that there was a need for the Sunshine Coast to host a Rugby League Knockout as it has never been done before," Mr Beetson said.

"It is unique and will be the first of its kind on the Sunshine Coast. Reuniting mob is another key purpose of the Knockout. There's nothing better than Rugby League to bring everyone together and celebrate our culture, talent and the Sunshine Coast.

"We really hope it will provide a platform through the vehicle of Rugby League to draw communities together and connect people, something that has been missing since the COVID pandemic.

"It's going to be a huge boost

not only for our families and players but also for Nambour and the beautiful Sunshine Coast. There's some really good support behind this new competition, and plenty of motivation for the teams to do their best to get a share of a \$6000 prize pool.

"Women's Rugby League is the fastest growing area of the game and we are thrilled the Knockout will have both women and girls playing," Mr Beetson said.

28 teams are expected to participate, including six Coast teams and another 22 from all over South-East Qld including Brisbane, Cherbourg, Ipswich and Toowoomba, to name a few.

Maleny Heelers Rugby League

MALENY Heelers Rugby League Club is looking at bringing back a team for the Sunshine Coast Div2A/B competition in 2022.

For those who are interested in joining simply contact Warren on mobile 0438 983 561.

You can also keep up to date with what they are doing via their Facebook page. Go to Facebook and search for Maleny Heelers.

Public Notice

Proposed Development

Make a submission from **30 September to 22 October 2021**

Telecommunications Facility (Max. Height 40m)

Where: 1-9 Campbell Street, Woombye

On: Lot 794 C311688

Approval sought: Development Permit for Material Change of Use

Application ref: MCU21/0219

You may obtain a copy of the application and make a submission to:

Sunshine Coast Council
Locked Bag 72 Sunshine Coast Mail Centre QLD 4560
mail@sunshinecoast.qld.gov.au
(07) 5475 7272
www.sunshinecoast.qld.gov.au

Written submissions may be made electronically. Electronic submissions are to be sent to mail@sunshinecoast.qld.gov.au. All submissions, including individual submitter's particulars, will be published on Council's website (PD Online) and therefore will be accessible to internet search engines.

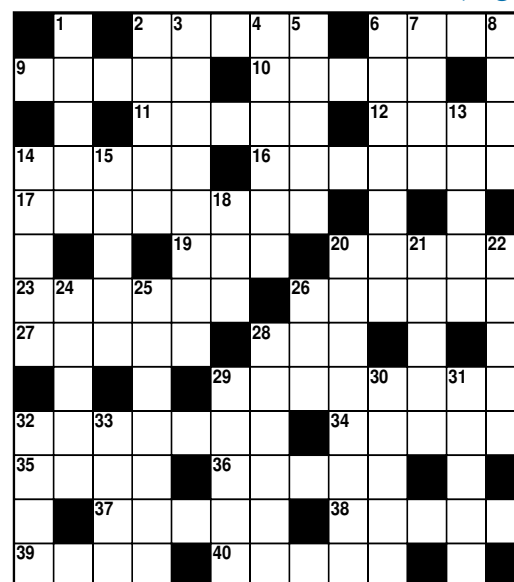
Public notification requirements are in accordance with the *Planning Act 2016*

www.developmentsigns.com.au

Crossword

See solution next page

- | | |
|------------------------|--------------------------|
| ACROSS | DOWN |
| 2 Prise | 1 Indian wonder worker |
| 6 Actual | 2 Elevates |
| 9 Lowest point | 3 Obliterations |
| 10 Country bumpkin | 4 Lace hole |
| 11 Loses colour | 5 Flowers |
| 12 Conceited | 6 Venerates |
| 14 Uses a sieve | 7 Dash |
| 16 Traditional stories | 8 Camera part |
| 17 Takes for granted | 13 Perfect |
| 19 Rodent | 14 Blemishes |
| 20 Exclude | 15 Untamed |
| 23 Merchant | 18 Spoil |
| 26 Spring back | 20 Easily damaged |
| 27 Auctions | 21 Seizes with the teeth |
| 28 Afflict | 22 Reposes |
| 29 Dregs | 24 Utters wildly |
| 32 Normal | 25 Deceives |
| 34 Lawsuits | 26 Disencumber |
| 35 Employed | 28 Charge with gas |
| 36 Causing death | 29 More secure |
| 37 Dogma | 30 Cheekbone |
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