

Servo a 'violation of town's character'

Yandina says 'no' to proposed service station in middle of town

A development application for a service station in Yandina that had been refused by Council may go ahead after all, following an appeal by developer Pearl Investments.

Negotiations between experts hired by Council and the developer in the Planning and Environment Court appear to be approaching reluctant agreement, according to Yandina and District Community Association. Negotiations could include the re-routing of fuel tankers along suburban streets and past a child care centre.

The issue has been of concern to YADCA and Business Yandina since January 2021. "Yandina residents have been living with the unwelcome prospect of a new service station at the Farrell Street/Stevens Street intersection in the heritage and character precinct of town," said YADCA president Marie Reeve.

Ms Reeve said the original plan for fuel tankers to enter and leave the station was rejected by Council, but maintained that the only other alternative was no improvement.

"The option of re-routing tankers up Stevens and Buckle Street and down Old Gympie Road is no better," she said.

"Have the traffic engineers visited the site? The corners are steep and tight. The roads are narrow and often become one-lane when cars are parked on both sides of the street. It is a medium density residential area."

Ms Reeve said safety and amenity would be sacrificed if the service station was approved and the development was inconsistent with the Service Station Code, which requires that a service station does not adversely impact upon the amenity of the surrounding local area and has safe and convenient access to the road network.

"While amendments have been made to the plans it is very hard to make a service station with its wide expanse of concrete, large advertising signs and high traffic volumes comply with the Yandina Local Plan Code which aims



Above: No to servo. Yandina residents protest the prospect of a service station on the corner of Stevens Street and Farrell Street.

to see Stevens Street enhanced as an attractive and pedestrian-friendly main street.

"Nor would it comply with the Heritage and Character overlay code where buildings in Yandina's character area are typically 'continuous small-scale commercial buildings built to the street alignment with a narrow frontage and a predominance of street parapets of various shapes together with post-supported street awnings'."

Business Yandina President Bill Gissane said his organisation was implacably opposed to the development which he said was a violation of the town's character.

"It is not good for business and it is not good



for the community," he said. "The town's character and the community's safety and amenity should not be disregarded in favour of an ill-conceived development application."

"The proposed site is a premium vacant block in the town centre and there are undoubtedly many other developments that would otherwise enrich and enhance Yandina's character as the oldest hinterland town rather than diminishing it."

Welcome to the big league

Hinterland Blues beaten but hopeful after first game since footy promotion

THE step up from AFL Division 2 to Division 1 was apparent but not insurmountable for the Hinterland Blues after their first game since earning promotion.

After a tight first quarter Coorparoo were too strong for the Blues winning 16.10.106 to 11.6.72 at Griffin Park Coorparoo on Saturday (March 25).

Coach Phil Birchmore said the Blues would learn valuable lessons from the tough initiation to the higher grade.

"I was proud of the boys, because we fought back really well in the last quarter and got within a couple of goals but then we let them off the hook again. Last year, when we made mistakes we knew we could fix them pretty quickly. But when you go up a division the footy's faster and the opposition are more skilled and talented, so if you make mistakes you'll get punished on the scoreboard and that's what happened. We just made some simple mistakes and we got punished."

"We've moved on pretty quickly. We'll have a chat about it at training. We'll have some notes up on the board with some things that we need to work on this week to fix those few key things. And that will mean four or five less goals on the opposition's scoresheet next game."

Best players for the Blues included Kane Henden, Raymond Hill, Jack Mahon, Ben Kristelly, Jeremy Mills and Noah Widdicombe.

Goal scorers were Josh Nanninga, Jack Mahon 2, Raymond Hill 3, Ryan Paterson 3, Oscar Cazaly and Jeremy Mills.

Birchmore said the team was looking forward to fronting up for the first local derby in a long time when they take on Caloundra at Caloundra this Saturday. Last September the Hinterland Blues won the QFA Division 2 North Seniors Grand Final in resounding fashion against Alexandra Hills at Wilston Grange 103-66 to cap an unbeaten season.

UPCOMING GAMES

► The Blues are away again for Round 2 on Saturday April 1 in a Sunshine Coast derby against Caloundra at Carter Park starting at 2pm. On Saturday, April 15, they host Mayne at Palmwoods at 2pm.

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How the 100-year-old Palmwoods rail shed was rescued

By Richard Bruinsma

A century-old Palmwoods shed that was falling apart has been resurrected as a rustic home for coffee catchups, dinners, and specialised retail, thanks to a handful of people determined to save the building.

The old rail shed on Main Street had for years suffered a leaking roof, rotting beams and floorboards, termite damage, and foundations weakened by years of stormwater flows, and was at risk of demolition.

Building owner Marilyn Stokes, a qualified architect who operates a building access advisory, spearheaded the restoration project after acquiring the building in 2015.

"My first thoughts were, 'Oh my God, what have I done?' It was in an absolutely terrible state, but it definitely had a lot of potential being where it is on Main Street," she explained.

"The floor was like walking on honeycomb - it was completely white-anted - and all of the walls, the stud work, the rafters, everything inside, had to be replaced."

Many of the structural beams were unusual sizes and difficult to acquire. On top of that, many weatherboards needed repair and the roof needed total replacing. Colonial style windows and window hoods were added.

During the restoration, the building caught the eye of local businessman Geoff Ryan, whose needed a new home for his growing homewares and gift store 'The Shed'.

"We started having some input about the work, we were telling Marilyn our plans, what we were aiming to do, so some of her renovation turned into something that suited us as well," Mr Ryan explained.

"We didn't want to bastardise the building's



Above: Claudia Hankinson and Geoff Ryan. Left: The site viewed from south. Below: The way it was before the works.



ly-grown produce like pineapples and citrus, prior to freighting to Brisbane. At one stage, it was one of the busiest railway yards in Queensland, hosting 30 trains a day.

The aging shed faced an unknown future after the death in 2014 of former owner Peter Crosby, whose rural supply business was a well-known tenant of the shed through the 2000s.

However, the completed restoration has saved the building - a credit to the efforts of those responsible.

Some of the walls of the shed are not quite plumb, as you'd expect of such an old building, but it suits the character just fine - it's also a reminder of the long and productive life this building has endured so far.

"We decided to take on the restoration as a project - it was either that or the building would have fallen apart," Ms Stokes explained.

"It has been amazing... it's all just come together so well."

For an extended version of this story, visit: shorturl.at/dsyBJ

historical look by putting in mirrors, chrome, stainless steel, marble floors.

"We wanted to give it some character... If you look at the outside of the building, and when you walk in, you see exactly what you thought it would look like... and people are happy."

The rail shed was built by a cooperative of farmers around 1919, and helped store local-

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From colouring-in books to stunning artworks ... Yvonne James with her pencil drawing "Bluey".

Exceptional local art on display at Kenilworth Artsfest

THE Sunshine Coast has so many talented visual artists and one of them is local Kenilworth artist, Yvonne James, whose work will be on display at the coming Kenilworth Artsfest. Her specialty is animal portraits, and she achieves amazing subtlety of colour and texture with coloured pencils.

Yvonne works in this medium to achieve her wonderfully life like portraits of dogs, cats, birds and native wildlife. Her works are very popular with pet owners and her display is a feature of the annual Blessing of the Pets service in Kenilworth.

"People are often surprised that I use coloured pencils in my portraits," Yvonne said. "They usually associate coloured pencils with children's art but it is also a very good medium for adults to work with."

Yvonne has been drawing portraits of pets in coloured pencils since 2017.

"I had been doing art workshops for many years and had just completed one at the Kenilworth Arts Festival," said Yvonne.

"I decided to have a go at the adult colouring books that were coming into fashion at the time but I found colouring in very boring. Then I used coloured pencils to sketch a King Parrot and I haven't looked back.

"When Brodie, our friends' beloved dog, passed over the rainbow bridge, I decided to do a portrait of her. My friends were delighted with it, and I have not stopped drawing pet portraits since."

Yvonne's art will be part of the 2023 Kenilworth ArtsFest Art Exhibition at Kenilworth Hall from the 26th to the 28th of May along with other art works from landscape, seascape, human form, still life, animal life and abstract.

The prizes this year for visual art categories are \$5,000 for the Kenilworth Art Award, \$1,000 for general 2D work, \$300 for the Encouragement Award and \$500 for the People's Choice Award. Entries are now open on the Kenilworth Arts Council website www.kenilwortharts.org.au



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Nambour embraces the spirit of pokies-free people's pub

Business Writeup: **Club Hotel Namba**

WITH over 50 years combined experience in the industry the directors behind the recently opened Club Hotel Namba were attracted by the pub's history, its "good bones" and a presence in town that was irresistible.

And after three months' trade the business was meeting expectations.

"We're probably right on par where we wanted to be," said Director Paul Harley, who is known as 'Harley'. "But our initial phase is not just measured on the dollars, but also on the number of people dining and the repeat customers coming back.

"It's a gastro pub, if you want to call it that. It's a pub, but essentially it's a family restaurant environment within the pub. Because we don't have the loud noise of gambling machines, Keno televisions, blaring music and all that.

"It's a chance for, even three generations of a family to sit there with a bit of background music, enjoy a meal, and communicate like we used to do."

Since opening in December last year Club Hotel Namba has served as a shining light in a street characterised more by empty shopfronts.

Harley said Nambour people had embraced the Currie Street hotel's vision to be a big, open, family-friendly style hotel without gaming.



Club Hotel Namba Director Paul Harley, with chef Paramjots Singh, entertainment director Erica Page and chef Geoff Haddad at the bar.



"The locals have given awesome support," he said. "We've got regular repeat customers already. They're booking their same table, coming back. And that's what we've been trying to work on, is to just give Nambourians quality service.

"It's all on us now to maintain the smiles, the consistency, the quality and the pricing."

Big Plans

Harley said the hotel had plans to extend its food and entertainment offerings including Thursday Seafood Nights for \$11, a Friday-Saturday

supervised kids club and they're bringing back the traditional Sunday roast with all the trimmings on a Sunday.

"We've had a complete revamp of the cocktail list. And then from Easter on we're going to start looking at some solos and duos entertainment and look at some more comedy nights and a few other things."

The pub is also planning gourmet-toastie style breakfasts and afternoon meals to cater for the 2.30pm to 5.30pm timeslot when many other food outlets close their doors.

"So that if you miss your lunch or

you want to have a snack in the afternoon from Wednesday to Sunday, there's something available," said Harley.

Curated Plate

Club Hotel Namba is also taking part in The Curated Plate event in August. "If council give us permission to, we're going to block off part of Mill Street. So we'll have entertainers, buskers, food trucks, the whole lot. Like a street fair."

► Keep up to date with the Hotel at www.facebook.com/TheNamba or www.clubhotelnamba.com.au.



Jim Coles, right, thanks Glass House MP Andrew Powell for helping get an ongoing dispute through QCAT.

MP scores win for Citizen of the Year

STATE MP for Glass House Andrew Powell has been commended for bringing a three year-long dispute to resolution.

David Coles said his 93-year-old father, Jim, had been enmeshed in a boundary dispute with neighbours that was going nowhere in the Queensland Civil and Administrative Tribunal (QCAT). QCAT is tasked with efficiently resolving disputes on a range of matters, according to their website.

"Dad's dispute was in a long queue going nowhere fast for no apparent reason, until Mr Powell helped us out," said David. "We got a decision in my father's favour and he is just over the moon."

"It was his direct action that brought this three-year-long dispute to a decision. I think he just put the question directly to QCAT: 'Why has this taken three years and not been concluded?'

"The turnaround was so fast. Dad is so relieved. We owe a great deal of gratitude to Andrew Powell."

Jim is past Senior Citizen of the Year working still at the RangeCare Op Shop in Mapleton.

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Woombye Snakes scoring goals on and off the field

IT'S been central to the sporting fabric of its hometown since 1968 and some exciting new initiatives are planned to make sure Woombye Snakes Football Club maintains its standing.

With the new season recently underway Woombye Snakes Football Club Vice President David Gaskin said the club has big plans, on and off the field, to boost the profile of the game locally. "We are a foundation club and have been here since the 60s so we have a strong presence and want to do Woombye proud," said David.

A successful start to the year, strong player numbers and plans for a facility facelift augured well for the future.

"The club's going through a bit of a facelift at the moment," said David.

"The inside of the clubhouse is in the midst of a renovation and we have constructed an additional viewing platform that offers even more undercover area for enjoying the football. We also have some extra work planned for the next 12 months to help update the club to bring us in line with the other clubs on the coast."

David said the fields had also gone through an off-season upgrade after damage caused by recent flood events.

"A lot of work has gone into them and they're looking like some of the best grounds in the area at the moment, which is fantastic," said



Woombye Snakes FC Senior Ladies remained undefeated after beating Sunshine Coast FC 5-2 on Friday night.

David.

Player depth was a strength at the club and happily there had been good numbers again this year.

"We've had a new influx of players which has boosted our numbers. We've have teams from under-sixes, all the way through to under-16s, under-23 men and women and of course our FQPL 3 Women and Men," said David.

The club has always preformed well and David wants to see this continue well into the future. "We came off a good season last year, with all senior teams making finals. We didn't bring home much in the way of silverware, but we're obviously looking to repeat that this year with another strong season. And we're off to a relatively good start, in particular the ladies."

► Woombye Snakes FC Senior Ladies remained undefeated after beating Sunshine Coast FC 5-2 on Friday night. U23 women drew

1-all. Woombye Snakes FC Senior Men are sitting 6th on the table after going down 5-2 to Buderim on Saturday night. Woombye Senior Men have a bye next week and will take on local rivals Nambour Yandina United on April 22.

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Business Writeup: **Fashion by Nature**

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"Our preference is for mostly natural fibres like cotton, linen and silk, and fully lined garments because they are just so lovely to wear," said owner Adele Smith.

"We also like to support locally made labels as well and we carry a range that suits most body shapes and sizes, from XS to XL."

Fashion By Nature stocks popular brands such as Holiday, Brave and True, Soul Song, In Leatherz handbags and Stanton hats.

"As we began to develop our range, it soon became obvious that accessories such as hats, sunglasses, handbags and hand-made jewellery would also do well because it meant that our customers could put together an entire look in one place," she said.

Adele and her family own The Edge restaurant and complex, so it means that life gets very busy, moving between businesses.

"We are so blessed to have a wonderful team who make it all possible," Adele explained. "Everyone does a great job of welcoming our customers and helping them to find the perfect outfit."



Fashion By Nature's Aliyah McDermott with new season stock.

► Fashion By Nature is open 7 days a week from 9.30am to 4pm. You can find them at Shop 8, 127 Main Street, Montville or follow them on Facebook or Instagram.

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Nambour Museum President Clive Plater OAM, in the jeep seated left, as pictured in the book.

Local artists' work to appear in book: 'Triple Zero Heroes'

TWO local artists' works have been selected to appear in a book honouring community heroes and emergency workers.

Brisbane-based author J E Miller's recently-released "Triple Zero Heroes" is a children's book that takes readers on a journey into the shoes of our emergency service men and women.



Jenny Catalano

The call went out to illustrators to submit images that portrayed their heroes.

Aspiring Children's author/illustrator Jenny Catalano from Diddillibah, pictured, captured Nambour Museum President Clive Plater OAM, in honour of his dedicated 25 year service in the Nambour Anzac Parade.

Meanwhile Trellyse Allan from Glenview drew a daring water rescue mission based on a true story using watercolour and pen. The grade 12 student's second entry was of her late grandfather, a dedicated SES volunteer.

► For information www.rememberlestforget.com/triplezeroheroes



Rheanna Mahon's Pit Stop Coffee at 4-6 Price Street, Nambour, specialises in takeaway coffee on the run.

Drive-by coffee shop helps busy people fuel up fast

IT was created by busy people, for busy people, says Pit Stop Coffee owner Rheanna Mahon.

"Our motto is 'Fuel up Fast,'" said Rheanna. "Our cafe is set up to work as a drive-by coffee shop with a text-and-go system in place. It's ideal for people on their way to work or for busy mums who don't want to get the kids out of the car."

"Customers can simply send us a text with their order, ETA and whether they want kerbside pickup or in-store."

Convenient and delicious coffee is the cafe's mainstay but Rheanna says she also offers

a tempting reason to come inside the premises which she shares as part of her husband's Mahon's Mini Motors business.

"I have a variety of yummy locally-sourced treats including sweet, savoury, dairy and gluten free. We cater for everyone at great prices, we even offer Puppuchino's for your beloved furry friends. We encourage people to enjoy a walk in the nearby Petrie Creek Park and see if they can spot a platypus."

► Pit Stop Coffee is located within Mahon's Mini Motor's at 4-6 Price Street. Open 6am until 12 noon every weekday.



'Secret' falls a short walk from local park

THERE are many relatively secret places whose whereabouts only a local would know. A tranquil waterfall in Nambour certainly fits that description.

Rheanna Mahon from recently opened Pit-Stop Coffee in Price Street took this great photo of Robinson's Falls and recommended people take time out to visit the natural gem.

The falls are at the end of Waterfall Road, Nambour, which is just off Mapleton Road and directly opposite Nambour General Hospital.

There's a 10.5 hectare Cilento Bushland Conservation Reserve. It includes a grassy park area with small children's playground, BBQ and toilet amenities surrounded by bushland. After a short walk into the bush you'll find yourself at the base of the falls.

You can watch Tuckers Creek tumble down two side-by-side cascades into a pretty water-hole below.

Cilento Bushland Conservation Reserve itself is a World War II memorial. The area was occupied by the 7th Battery 2/4th Field Artillery during the Second World War.

It was donated to Maroochy Shire Council in 1952 by Sir Ralph and Dame Phyllis Cilento, who were both prominent Sunshine Coast medical practitioners.

Interestingly, they were the parents of theatre and film actress Diane Cilento, who was actor Sean Connery's first wife.

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This year in February Victoria won the Shining Light Pageant.

Miss Glambour 2020 heads to pageant in Ireland

SHE won the prestigious Miss Glambour title at the 2020 Retro Rocks Nambour event and now Victoria Letheby is off to Ireland hoping to claim another title.

Victoria, 36, will represent Australia for the title of "Exquisite Shining Light Australia 2023".

"I am now part of Team Australia and will be representing our beautiful country in Ireland next year at the International Finals," she said.

"Shining Light Pageant focuses heavily on raising awareness of Mental Health issues, as well as fundraising for your chosen charity and supporting your community, whether it be picking up rubbish, helping at a soup kitchen, or donating books, donating unwanted clothing etc."

Victoria also won Best In Formal, Best in Fun Fashion, Best in Talent, Best Hair and Photogenic award.

"Over the next year I will be looking at holding many fundraisers in support of Cure Brain Cancer in memory of my mum who passed away from it in 2017."



Five-eighth Taylor Hyland is all smiles after slotting the penalty to clinch the match 28-26.

Crushers in nail-biting first round win against premiers Maroochydore

IT was a great start to the season. But an extraordinary second half lapse almost cost the Nambour Crushers their dream return to the Sunshine Coast Gympie Rugby League A Grade competition on Sunday.

The Crushers beat the fast finishing Premiers Maroochydore 28-26 at Crushers Park – but only just – thanks to a penalty in front on full time. The Swans had staged a remarkable turnaround to level the game 26-all with a conversion to come and just six minutes to go. This was after Nambour had led 20-nil at half time and 26-6 at the 50-minute mark.

Luckily the Swans John McLaughlan missed his final conversion attempt. Then, to compound their misfortune Maroochydore were penalised right in front of the posts.

The Crushers escaped on the siren courtesy of the boot of five-eighth Taylor Hyland.

A relieved skipper Marty Cordwell, who had

to be rushed back into the game late in the second half to quell the tide, said the Crushers were lucky not to blow it.

"We just over way too much footy at the end of the game," he said. "The way we started, we earned the right to play footy but we lost it right at the back there. They came home strong and towards the end of the game they were the better team. We had to hang on and we did, so that's all that matters."

Cordwell said the new halves pairing of Hyland and halfback Liam Aspin led the team around well.

"I just think our two new halves this year are going to lead the way. We've got a couple of good Falcons boys come back into our team and a couple of good outsiders back in Charlie Renouf and Whit Payne, so everyone's just got




Above: Nambour on the attack. Below: Skipper Marty Cordwell was called back on to the field late in the game to help stem the tide in the middle.



to do a job into next week and hopefully we'll play a little bit better. We needed a win to start the year well and I think that from here we can only build and that's the aim. One week at a time."

► Tryscorers were Carter Wedd, Marty Cordwell, Luke Whitpaine, Charlie Renouf and Taylor Hyland. The Crushers next game is against Caloundra at Caloundra at 6pm on Saturday April 1. Their next home game is Sunday April 16 against Caboolture at 3pm.




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Councillor David Law presents a cheque for \$7000 to Ron Price.

Nambour Heights Bowls Club Refresh

NAMBOUR Heights Bowls Club has recently undergone a refresh thanks to a \$7,000 Grant from Sunshine Coast Council.

"The money has been used to give the exterior of our clubhouse a badly needed paint and makeover," said Club President, Ron Price. "Everything is looking terrific."

The Nambour Heights Bowls Club is not just a venue utilised by bowlers; there are other organisations in the community who use the facilities for a range of purposes.

"When we applied for the funding for this recent work, we had to demonstrate to the Council that the expenditure would benefit the broader community," explained Ron.

"Currently, Neighborhood Watch meetings are held at the clubhouse each month and the National Seniors also meet at the club twice a month. In fact, they will be holding a fashion parade there soon.

"We have a great deal of pride in our club and its facilities and it is fantastic to see it looking so fresh not just for our members, but the wider community as well."



Nathan, Brendon and Jared Walmsley together as *The Walmsley Brothers* will play at the Free Community Good Friday Country Gospel Concert

Award-winning artists in Good Friday concert

SANCTUARY Park Church of Christ is excited to invite the community to a free concert on Good Friday featuring renowned country music artists the Walmsley Brothers.

Each an award winning talent in their own right, Brendon, Nathan and Jared Walmsley have performed together for over 30 years from outback rodeos to Australia's major country music festivals.

The brothers have been recognised by the country music community with major wins in talent search competitions including the Queensland Champion of Champions, Tamworth, Charters Towers and Gympie's National Country Music Muster.

Brendon has won three Golden Guitar awards.

His songs are perceptive stories about the joys and struggles of life, the importance of love and family and the strength that comes through faith.

Nathan and Jared have also pursued indi-

vidual music interests having performed and played alongside some of the top names in Australian country music.

They regularly perform across southern Queensland with various bands and for many years were long term members of the National Country Music Muster Talent Search backing band "Killin' Time".

The brothers are married and raising families of their own, but still relish every opportunity to make music together.

"So come along, bring a blanket or chair and insect repellent," said organiser Pastor Mark Wall.

"Kick your heels up and enjoy an evening of Country Gospel on the lawn at Sanctuary Park Church of Christ Nambour."

► The Free community concert will be held 5pm Good Friday April 7 (Sausage Sizzle from 4pm) at Sanctuary Park Church of Christ, 22 National Park Road. For further information phone 5441 2833 or Pastor Mark 0456 789 294.

Bravery medal for Nambour man who saved boy

NAMBOUR man (Frank) Daniel Montague has been recognised for his outstanding bravery during the rescue of a young boy from a rip in Maroochydore in 2020.

Mr Montague was awarded the Commonwealth Bravery Medal, announced recently.

The incident happened on 4 September 2020 when Mr Montague was at Cotton Tree Beach and was alerted to a young boy in distress in the water.

The boy had been separated from his group and dragged approximately 30 metres by a strong current toward a dredge operating at the river mouth.

Mr Montague dived into the water and swam to the boy. He grabbed him and hung onto a dredge pipe as the current was too strong to swim back to shore.

The pipe sunk under the weight of him and the boy, and the two floated over it toward the dredge. Mr Montague swam back against the current and again held onto the pipe, which had resurfaced.

Two onlookers paddled out and put the boy onto a small kayak, but were unable to swim back against the strong current. A third onlooker arrived on a paddle board and placed Mr Montague onto the board. Mr Montague was in the water for approximately 25 minutes.

A motor skiff arrived and took the boy, and then Mr Montague, to the shore. Arriving at the shore, Mr Montague suffered a stress induced heart attack and other injuries as a result of the rescue.

Two vehicle crash Forest Glen

PARAMEDICS transported a patient in a stable condition to Sunshine Coast University Hospital following a two-vehicle crash on Parsons Road and Mons Road, Forest Glen, at 8.21am on Wednesday, March 22.

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5. Corned beef with fresh herb white sauce - LG

Served with steamed vegetables.

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Lean beef and vegetables sauteed in gravy and baked. Served with creamy mash potatoes and seasonal vegetables.

7. Mild Indian butter chicken - LG

Mildly spiced creamy tomato curry, served with basmati rice.

8. Creamy coconut Indian veggie and chickpea curry - LG DF VEG

Mild, served with rice.

9. Spinach and ricotta cannelloni pasta - VEG

With napoletana sauce, baked with cheese.

10. Creamy garlic prawns - LG

Australian prawns marinated in garlic and fresh herbs, sauteed in butter, white wine and cream and finished with parmesan. Served with rice.

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11. Cream of roasted sweet pumpkin soup - LG DF VEG

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12. Chinese sweet and sour pork - LG DF

Tender pork pieces in sweet and sour sauce with stir-fry vegetables, served with rice.

13. Herb crumbed tuna and mushroom pasta bake

Penne pasta and tomato layered with creamy tuna and mushroom white sauce.

14. Cheese and chive quiche - VEG

Flaky filo pastry with a creamy savoury filling of egg, cream, cheese and fresh chives.



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Sky's the limit for Nambour company after national award win

FOR 25 years Coastal Skylights has been brightening homes across the Sunshine Coast.

Established in 1998 by Matt Lavery, the company has grown exponentially since its inception.

Now the hard work has been recognised nationally with the family-owned business receiving an award for 'Best Overall Performance' beating out all other Solatube Dealers at the 2023 Solatube Conference.

"It's a huge honour for us to be recognised in this way and we'd like to thank our customers for their continued support over the years," Matt said.

"We see our job as to bring beautiful, natural daylight into homes and not only save them money on electricity bills, but bring more life and well-being into businesses and living spaces."

With a dedicated team the business provides a wide range of skylight and ventilation products and services, from design and installation to maintenance and repair.

Matt credits the success to the business's dedicated staff of nine and to staying true to his



Owners Matt and Amanda Lavery's Coastal Skylights business won 'Best Overall Performance' beating out all other Solatube Dealers at the 2023 Solatube Conference.

roots of providing quality skylights with excellent customer service.

"We're very proud of our 25-year milestone, and we're committed to continuing to provide our customers with the best skylight products and services available. We believe that our longevity speaks to the quality of our products and the work we do."

Solatube skylights are a state-of-the-art design that allows customers to fill their homes with light. They use patented technology to let the sunshine in while blocking out the heat and

the harmful UV rays.

"Our Solatube Skylight products have won the Australian Design Awards for their innovative and leak proof designs," said Matt.

"Our installation experts have all undergone the full certification course. They make the whole experience hassle free, resulting in a lighter and brighter area in homes."

► Coastal Skylights is at 30-32 Panorama Dr, Nambour. Phone 5441 7891 or info@coastalskylights.com.au.

Chatty Café comes to mindful Maleny

'CHATTY Café' seeks to break down social isolation and loneliness through people gathering at a 'Chatty Table' to simply have a chat over a cup of tea or coffee.

The concept originated in Britain a few years ago and recently arrived in Australia, and now has arrived in Maleny.

Everyone has been impacted by loneliness and the feeling of social isolation at some time in their lives, particularly during and after the recent pandemic.

It has also been proven that a lack of social interaction can be very damaging to a person's mental health.

Maleny Lions Club initiative

Mindful of this, the Maleny Lions Club is introducing the area's first Chatty Café.

Anyone feeling a bit alone is invited for a cup of tea or coffee and a chat about whatever takes their fancy. The friendly Chatty Café volunteers are there to host the Chatty Table.

Chatty Café will open at the Maleny Library at 5 Coral Street, just beside Tesch Park on Tuesday 11th April from 10.30am to 11.30am.

A Chatty Table will be hosted at the library by volunteers every Tuesday thereafter, aside from public holidays, for people to come along to this safe, discreet and quiet environment to have a friendly chat.

In addition, if you know of a family member, friend, associate or neighbour, who you feel might benefit from someone to talk with, please pass on the information about this new community initiative to help reduce loneliness and social isolation.

Two-day workshop with artist Gary Myers

RENOWNED Maleny artist Gary Myers is conducting a two-day workshop on the weekend of 22 & 23 April 2023, at the Zone Gallery & Creative Hub, Maleny. "Acrylics - all secrets revealed" will run from 10am-4pm and the cost is \$550. Easels, buckets, rags, morning tea, lunch, tea & coffee will be available. Bring acrylic paints and a painting canvas, board or paper. If interested email garymyersart@gmail.com.

Music Mentorship Workshop over Easter

TOPOLOGY Creative Academy, in partnership with The Rangebow Festival, is offering an exciting Music Mentorship Workshop over two days in the Easter school holidays on Wednesday 12th April and Thursday 13th April at Montville State Primary School from 9am until 2.30pm. Cost is \$110. For more information and to book www.therangebowfestival.org/music-mentorship-program.

Try a new trail on Adventure Sunshine Coast

ADVENTURE Sunshine Coast has more than 200 free adventures covering walking, cycling, paddling and riding trails right across the region!

From exploring a community playground loop with your toddler to discovering a hidden hinterland trail with an adventurous teenager - find your next adventure at adventure.sunshinecoast.qld.gov.au today. Details: adventure.sunshinecoast.qld.gov.au.

Accolades continue for Bli Bli House

BLI Bli House has won the top prize for Hosted Accommodation at the Qantas Australian Tourism Awards in Sydney. Overall, Queensland celebrated a remarkable night by accepting 16 accolades at this year's national awards with seven gold, three silver, and six bronze being awarded to exceptional sunshine state operators, including Bli Bli House which has won a host of prestigious awards in recent years.

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The offer is open to all residential and commercial customers.

Sunshine Coast Environment and Liveability Portfolio Councillor Maria Suarez said an abundance of mulch was now ready thanks to the new garden organics bin being embraced regionwide.

"When you recycle your garden waste, it gets turned into mulch – creating new life from old. The material is ground into a mulch and placed in windrows to 'mature'.

"Between July 2022 – when the expanded service began – to February 2023, more than 14,800 tonnes of kerbside-collected garden organics have been diverted from landfill and recycled and is now ready for collection and reuse by our community to place on their gardens."

Search "mulch and crushed concrete sales" on council's website for availability. Site locations are also available on the website.

Units for sale now

Retirement living with friends close-by

Business Writeup: Palmwoods Garden Village

KAY Hall met her husband, Des, at an old-time-dance at Palmwoods Hall in 1969. Half a century on, Palmwoods Garden Village is now their home.

That decision was also unexpected, just like their chance encounter on the dance floor.

"My sister Bev and her husband Wes Parry always wanted to move into Palmwoods Garden Village," Kay said.

"Des and I happened to be driving past one day and popped in for a look and we ended up here too.

"It turns out we are surrounded by lifelong friends. Our immediate neighbour, Emily Thomas, is a friend from way-back, while Fran Newman and I used to go camping together with our families."

The lush greenery of the Sunshine Coast is a far cry from the red dirt of Nhulunbuy and Katherine in the Northern Territory where Kay and Des worked as church pastors for more than 16 years, however, it was the pull of family that brought the couple back to the region.

"Des and I have three girls and five grandchildren, three boys and two girls," Kay said.

"If they're not keeping us busy, activities and events around the village are.

"People look out for one another at Palmwoods and you can be as involved as much as you would like.

"Friendships are really important in the village too. You know everyone on your street and there is always

support if you are in need."

A number of units are currently for sale at Palmwoods Garden Village, which sits snugly between the Sunshine Coast's pristine beaches and the Blackall Range.

The expansive seven-hectare site currently boasts 81 two and 26 three-bedroom units, all with private patios and courtyards which overlook established, tropical gardens.

Residents can connect with family and friends in the clubhouse, relax in the spacious outdoor living and entertaining areas, watch the latest films in the cinema or get active playing a game of bowls.

With some of the Sunshine Coast's best restaurants, cafes and sporting facilities on your door step, Palmwoods Garden Village Retirement Community offers residents a relaxed lifestyle and the perfect blend of privacy and connection to the community.

Setting Palmwoods Garden Village apart is its range of stimulating and engaging lifestyle activities and services. However, should a resident's



Kay and Des Hall "at Palmwoods Garden Village, we are surrounded by lifelong friends."

situation change, continuum of care is available via Sundale's In-Home Care team or at a co-located Care Centre.

As testament to the quality-of-care Sundale provides, late last year, Sundale's Palmwoods Garden Village Care Centre was awarded a Four-Star rating by the Australian Government.

► Sundale's purpose is to empower our residents and care recipients to live the life they choose, within a caring and supportive community. All of Sundale's services focus on providing comprehensive high-quality care, underpinned by dignity, choice and the desire to maximize our residents and care recipients' independence.

A study in Bushcare

Petrie Creek Bushcare News with Norm Morwood

A group of Students from the Coolumb Beach Christian College who are studying aspects of the natural environment, visited several sites on Petrie Creek on 24 March to learn about the environment, what affects it, and what can be done to improve it.

Led by Trevor of Ecollaboration, they called at a water sampling site at Quota Park in Nambour and among other things, heard from Norm Morwood about the activities of the Gulung Gung BushCare Group which is restoring native animal habitat along the creek by removing weeds and replacing them with local native plants.

Come join in

If you'd like to help or just enjoy the results of our BushCare activities, the next opportunities to join with us are as follows.

• Florabunda Pocket on Saturday 01 April 2023 starting at 8am. (Meet near the back Rugby oval at Woombye. Come down Laidlaw Rd and turn right just before the Gymnastics Hall, and follow that road till you see us)

• Namba Creek on Saturday 15 April 2023 starting at 8am. (meet in The Model Railway Park off Florence St Nambour)

To join in the activities at these events you'll need to come in "long everything" bush protective clothing including boots/shoes and a hat. All tools required will be provided. Note the cool weather start time of 8am. Then at around 10am we'll finish with a well deserved cuppa.

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

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With some of the Sunshine Coast's best facilities on your doorstep, Palmwoods Garden Village offers residents a relaxed lifestyle and the perfect blend of privacy and connection to the community.

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PALMWOODS GARDEN VILLAGE
BY SUNDALE

Images are indicative and to be used as a guide only.
Information correct as at February 2023 and subject to change without notice.

Jill of all trades busting barriers in battery business

YOU don't necessarily expect to see a mother-of-three heaving a battery into the engine bay of a Dodge Ram 2500 ute on a hot day.

But that's exactly where you're likely to find Batteries Sunshine Coast co-owner Ash Calluy.

Since taking on an active role in her business Ash performs battery installs on vehicles ranging from cars and trucks to motorbikes and machinery. She also handles HR, customer service and admin, updates all the business's social media and maintains the website.

That's in addition to raising three kids eight 10 and 12. Oh, and in July she will graduate with an Associate Degree in Business for which she's been studying part-time.

Ash is also a finalist for the Sunshine Coast Small Business Women's Awards and was recently recognised as a finalist for the Australian Small Business Championship Awards to be held April 29 in Sydney's Star Casino.

The fledgling company has come a long way thanks to the hard work of Ash and husband Peter Calluy since it started from their home in 2017.

"We started with just a mobile service van and now we've employed two more people," said Ash who enjoys the mix of work. "I work in the shop, four days a week and also get out in the van and do roadside battery installs. I also can do solar battery installs, write the blogs, do social media and take care of any website glitches."

Peter was full of admiration for his wife. "It's a tough job sometimes. There's a lot of heavy lifting. Batteries are very heavy. Even I find it challenging at times," he said.

Ash said she was proud that more women were finding roles in the trades and hopes she can help inspire others to continue to break down the old barriers.

"There's this stereotypical thing where people say it's not a woman's job, and I do get some curious looks when I go out on a job, but more and more women are doing these roles and doing them well. There's female mechanics,



Ash Calluy, with husband Peter, performs battery installs on vehicles ranging from cars and trucks to motorbikes and machinery.

female electricians, female tradies and we can do the job just as good – if not better," she laughed.

Ash said her female customers appreciated working with a woman. "I think women customers really enjoy the fact that I don't mansplain," she joked.

Peter and Ash said they enjoyed taking on larger competitors in the industry. "They've got

massive backing so, for us, doing a retail store has been quite scary. But also exciting, challenging and rewarding."

► Sunshine Coast Batteries do battery replacement for cars, trucks, golf carts, marine, deep cycle & motorcycles. They respond to all vehicle battery needs 24 hours a day, 7 days a week. Phone 1800 955 032.



Big Pineapple's big plans back on drawing board

THE owner of the Big Pineapple says its future is bright, with plans to restore the landmark and its surrounds back in motion.

This follows the resolution of a court case which held up progress on the Sunshine Coast icon.

A master plan including ecotourism, agribusiness and entertainment opportunities for the re-development of the site was launched in 2019.

But progress was halted by the long-running legal dispute. Now, owner Peter Kendall says the works will begin with refreshing the outside of the Pineapple, restoring the pavilion and re-opening the pineapple's viewing platform.

Woombye Club seeking sponsors to maintain Anzac Day Breakfast

FOR about 20 years the Woombye Bowls Club's annual free breakfast event has been a staple in the small-town community and a well-deserved recognition of past and present veterans.

Now organisers are calling on businesses and individuals to chip in to help the not-for-profit club keep the breakfast alive.

"It has been a pride of our entire community we can hold this event, but we need sponsors to help make it possible," said club spokesman Allan Lambert.

► The Club is asking businesses and individuals who can chip in to contact Allan Lambert on 0412 714 228 or email woombyebowlsclubinc@gmail.com. Woombye Bowls Club's Annual Anzac Day Breakfast will be held Tuesday 25 April 2023 from 6am.

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A free Community event featuring

THE WALMSLEY BROTHERS

Good Friday, April 7th @ 5pm
22 National Park Road, Nambour



- Sausage Sizzle from 4pm
- Tea/Coffee and hot cross buns after concert
- BYO Picnic items (chairs, blankets, repellent etc)



 **Sanctuary Park Church of Christ**

Any donations will be used to help offset costs



Hose fitter Joe Davis is committed to providing the most cost-effective solutions, quality products and workmanship in a timely manner.

Joel takes on mobile hose fitting business to help busy clients avoid machine downtime

WITH 15 years of experience in hydraulic hose fitting after working in mining, agriculture and civil fields, Joel Davis is well placed to assist with all hydraulic hose requirements.

So in February 2023 Joel and his wife Eloise became the proud new owners of Hinterland-based Sunshine Coast Hose and Fittings.

"It has been terrific to take on a 20 year old business that has grown on the back of excellent service," Joel said.

"We intend to not only sustain but also build on the reputation and customer service that has been provided by Sunshine Coast Hoses and Fittings.

"We are keen to hear from current and new customers and we welcome all feedback regarding your current experience with the business and encourage any suggestions on how we can better serve you in the future," he said.

"Irrespective of the size of the job we know that downtime is the last thing any business owner wants to deal with, and we are committed to providing the most cost-effective solution, quality products and workmanship in a

timely manner."

Eloise has previous office management and administration experience, so she will be your best contact for anything administration or account related.

"We have four children, and after having Joel away working in the mines for many years, it has been so nice to have him home more often," Eloise said.

"Being a part of the hinterland community has also been wonderful and we are so excited to support our local community."

Joel and Eloise provide a fully mobile service and specialise in the manufacture and installation of all hydraulic and industrial hoses in a wide range of industries including but not limited to agriculture, farming, construction, civil, earthmoving, transport and quarry.

"Whether you want to re-hose your tractor or you have an urgent breakdown on-site, our job is to get you up and running as quickly as possible," Joel said.

► You can contact Joel on 0408 220 503 or schf@outlook.com.au or see the ad inside in Trades and Professional Services.



Come grab a hearty meal and refreshing drink at the Yandina Hotel. The historic pub has been a local favourite for over a century, serving up classic pub meals and gourmet options.

A local favourite for 136 years

Business Writeup: **Yandina Hotel**

ESTABLISHED in 1887 Yandina's iconic Hotel turns 136 this year.

The historic pub has been a local favourite for all those years, serving up classic pub meals and gourmet options washed down with refreshing beverages.

Despite being one of the oldest buildings on the Sunshine Coast, the beloved local institution has gone from strength to strength as a favourite venue for Yandina locals and visitors.

"The Yandina Hotel is open 7 days a week offering full gaming facilities, hearty meals and a fantastic selection of icy cold draught beer together with our 1887 Drive-Thru Bottleshop for all your take-away needs," said General Manager, Simon Cross.

Kids eat free

Easter and the school holidays are coming up, and the family friendly historic hotel offers something for guests of all ages including Kids Eat Free and a chance to win a meat tray or \$500 cash playing Jag the Joker on Fridays.

"Every day of the week our kitchen prepares

fresh, tasty traditional pub favourites so be sure to check out our specials board for our popular daily and weekly specials," Simon said.

Girls Night Out

"Friday nights are always buzzing with live music from 8pm and the last Friday night of the month is 'Girl's Night Out', where you can gather your girlfriends and enjoy cocktail specials with a bonus complimentary gift bag when you book a table of four or more."

The Yandina Hotel also offers comfortable and well priced accommodation, with budget and family rooms available.

"There is no need to rush home following a fun night out," said Simon. "Most rooms lead out to the wide verandas on the upper floor of the Hotel where you can relax with views to Mt. Ninderry. Bookings can be made at booking.com/yandinahotel."

"We have created a welcoming country hospitality atmosphere and our team are looking forward to serving our guests over the coming holidays with a warm smile."

► Yandina Hotel is located at 1 Steven Street Yandina, phone 5328 3430.

ORIANA SINGS
 MOZART VESPERS
 AND THE MUSIC OF
 OLA GJEILO

Oriana Choir
 Conducted by Kim Kirkman
 Accompanied by Fay Baker
 with the Serenity Quartet

Sunday April 23rd, 2pm - Maleny Community Centre
 Saturday April 29th, 2pm - St John's Cathedral, Brisbane
 Sunday April 30th, 2pm - Stella Maris Primary School, Maroochydore

TICKETS: trybooking.com
 ENQUIRIES
 info@oriana.org.au 0431 542 343

ORIANA IS SUPPORTED BY
 STORAGE DIRECT
 Sunshine Coast

First Nations
 Family Fun Day
 Saturday 15 April
 10am-2pm

FREE
 ENTRY & TOURS!

Join Kabi Kabi and Jinibara First Nations Peoples for a unique, fun filled day of cultural learning, games, dancing and craft activities for all ages.

Bankfoot House
 Open Wednesday to Sunday 10am - 3pm.
 Closed public holidays.
 1998 Old Gympie Road,
 Glass House Mountains

AUSTRALIAN HERITAGE FESTIVAL

23.010.01/23

1 STEVENS STREET YANDINA

07 5328 3430

OPEN 7 DAYS 10AM TILL LATE



EST. 1887

YANDINA HOTEL

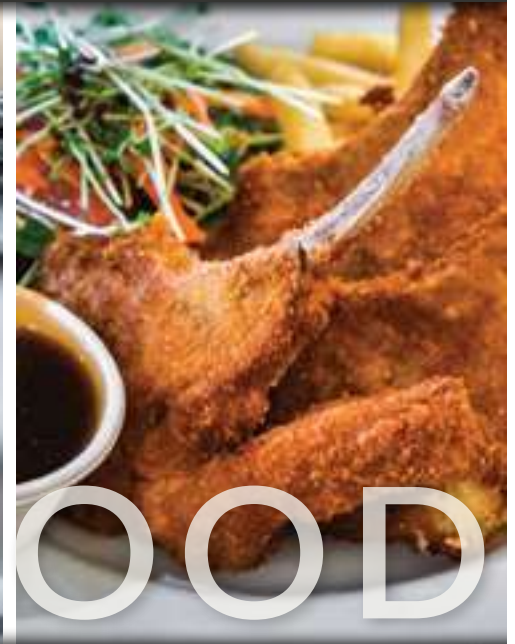
DINE

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EVENTS

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Excellent FOOD

LIVE MUSIC EVERY WEEK

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KIDS EAT FREE FRIDAYS

COMFORTABLE ACCOMMODATION

Iconic VENUE



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1 Old Gympie Rd, Yandina | 07 5332 2782

NAMBOUR 1887 DBS
NAMBOUR MILL VILLAGE
Shop 6, 5 Mill Street, Nambour | 07 5332 2795





The Lemon Migrant Butterfly, *Catopsilia pomona*

Local Nature Watch with Don McGlusky

I spent a lot of time stalking this critter. They are very active. The species is found around most of Australia's coastline.

There are four Australian Migrant species white, lemon, yellow, & orange, all somewhat similar when in flight, here are some hints to help with their identification. This species is highly variable.

There are two seasonal forms, and to add to the complexity there are intermediate forms as well: the summer form is known as the dark form and the winter form as the pale form. The dark form is most abundant from December to April. The pale form may be found throughout the year but is usually more common between April and October.

One way to help decide which form, when a specimen is photographed at rest, is the colour of its antennae, the dark form has black antennae and the pale form has pink antennae. However wing markings are also a key to helping with identification.

For males the wing markings between the dark form and the pale form is minimal.

With the females the variance is far more obvious. We have a large *Cassia fistula* tree which is deciduous and the new growth appears in early December followed by flowering which lasts well into February. This tree is a favourite for these butterflies on which to lay their eggs and feed on the blossom. From my research the specimen in the photo appears to be a male of the dark variance.



Eudlo skate park works finished

DIV 5 Cr Winston Johnston advises that the works to renew the old retaining wall at the Eudlo skate park in Rosebed Street have been completed. The works included clearing the old timber wall which had reached the end of its serviceable life and replacing it with a new concrete retaining wall and handrails.

"The finished result has really given the skate park a fresh new look," said Cr Johnston. "Let's hope it encourages some kickflips and tail whips if you're on the scooter."

School holiday great botanic race

FAMILIES with older kids can head to the Maroochy Regional Bushland Botanic Garden during the school holidays to try the great botanic race.

Grab a map at the front entrance and explore the gardens on this self-guided orienteering challenge.

Kids will need to find mapped points to solve the puzzle along the way. Great for ages 10 years and older. The garden is open from 7am to 5pm, seven days a week.

• Maroochy Bushland Botanic Garden, 51 Palm Creek Rd, Tanawha. You can grab a map at the entrance to the gardens.

Latvian violin virtuoso in Lucas Parklands Montville concert

CAPTIVATING violin performances, influenced by the historic pedigree of former Soviet Russia and the vibrance of recently independent Latvia, will be presented at Lucas Parklands in Montville in early April. Latvian violin virtuoso Sophia Kirsanova has an entrenched connection to the period, having completed her doctorate on the violin music of Latvia through the latter stages of communism to its modern-day democracy.

"Before the 1990s, there was mostly the Soviet school influence, when Latvia was under the Soviet Union," Ms Kirsanova said of her musical heritage.

"When I started, the Russian violin school was the most famous and challenging school anywhere, it has brought so many amazing and famous musicians to the world ... it was at a very high peak still from those Soviet times.

"So, today we have a mix of different types of traditions in violin music in Latvia."

The wonder and energy of that captivating time in history will command Ms Kirsanova's performances in a traditional and popular program, alongside Europe-based cellist Sam Lucas and acclaimed Australian pianist Daniel Le, on April 1 and 2.

"I'm really excited about the Lucas Parklands concert; since I've been in Australia, during Covid most of the time I have spent in Melbourne, but I always wanted to go around Australia and play music, so I was always interested to tour, and to see more of this amazing huge country."

Ms Kirsanova will team up with Montville's own Sam Lucas, who recently completed his studies at the Robert Schumann University in Germany, and last year performed at the Queen Elisabeth International Cello Competition in Brussels and the Isang Yun Competition in Korea.

"Sam and I have common friends in classical music, and I have heard about him already, so I'm excited to do this collaboration with him as well," Ms Kirsanova said.

The program for April 1 and 2 has been designed to highlight the beauty and vibrance



Sophia Kirsanova: "When I started, the Russian violin school was the most famous and challenging school anywhere, it has brought so many amazing and famous musicians to the world."

of the cello and violin, with the piano as accompaniment. Ms Kirsanova is particularly attached to a solo piece – *Tzigane*, by Ravel – which she is looking forward to playing at the Sunshine Coast performances.

Ian Lucas, of Lucas Parklands, said it was a real coup to have Ms Kirsanova visit and play at the Montville performance venue.

"The more Sophia performs in Australia, the more sought-after she is," Ian said.

The Lucas Parklands private auditorium seats 150, giving audience members the unique pleasure of sitting just metres away from world-class performers at the top of their game. It is also unique in that it is nestled among natural undisturbed rainforest at Montville. It is peaceful, and often the local birdlife perch in nearby trees to sit and listen to the music.

► For performance and ticketing enquiries, phone 5478 5667 or 0409 623 228. Lucas Parklands website: www.lucasparklands.com.au.



Palmwoods Warriors invited Heritage Palmwoods Community Director Audrey Lyttle and staff member Kai to the club to show off the fabulous jerseys the branch funded for them.

Little Warriors don new jerseys thanks to Heritage

MARCH 4 was a great day for Palmwoods Warriors Junior team as they proudly launched their new team kit which they had eagerly awaited.

The Juniors were proud to reveal the new jerseys which they purchased with Sponsorship money from Heritage Palmwoods Community Branch.

Head injury after scooter fall in Price Street

A man in his 30s was transported to Sunshine Coast University Hospital in a serious but stable condition, with a suspected head injury, after falling from a scooter on Price Street at Nambour at 10.55pm on Friday, March 23.

Learn to Meditate, Woombye

LINDA presents Learn to Meditate on 30th April 9am-11am at Woombye School of Arts Hall. Four techniques will be taught, how to set up, a breathing technique and gentle stretches. Meditation can help reduce stress and anxiety, improve focus and improve sleep. For bookings and further information ph Linda 0402937761 yogaisforyou@hotmail.com

Business invited to roll up for Woombye bowls comp

WOOMBYE Bowls Club's popular Corporate Bowls Challenge is back with organisers hoping the event will prove as popular as ever.

The challenge will be held each Wednesday Night from 5 April starting at 6pm.

The format is triples with each player getting two bowls per end. There will be two games of seven ends each night and the entry fee is only \$50 plus green fees of \$5 per player.

Dress is flat soled shoes and team shirts are optional. Weekly prizes are on offer as well as prizes for overall winners & runners-up and snacks and a light meal are provided.

• If you are interested in involving your business in this fun and community-building social activity please contact the club 5294 5245 or Men's President Allan Sandercock on 0411 961 454.

Fatal crash involving motorbike in Woombye

A 19-year-old man died following a fatal two-vehicle crash in Woombye on Tuesday March 21.

Initial investigations indicated that at 8am, a car and motorbike collided at the intersection of Diddillibah Road and Nambour Connection Road in Nambour.

The motorbike rider, a 19-year-old Buderim man, sustained critical injuries and died at the scene. The driver and sole occupant of the car, a 79-year-old Woombye woman, was not physically injured.

Police are appealing for any witnesses or anyone with dashcam vision from the area to come forward.

The Forensic Crash Unit was investigating.

Cutter named in Coast cricket team of the year

NAMBOUR Cutters Cricket stalwart Stephen Ledger was named in the Sunshine Coast Cricket 2022/23 "team of the season" which was revealed ahead of the weekend's March 25 Grand Finals.

Ledger was named opening batsman in the Sunshine Coast Daily's prestigious team. The prolific batsman scored 824 runs in 20 innings, with a high-score of 195 and an average of 43.

After moving between division one and two earlier in the season, Ledger cemented his spot back in the top grade with a calm 151 followed by a career high 195 in round 17.

Despite Nambour's tough run this season, Ledger was again a shining light for the men in blue and yellow.

Public Forum on local biodiversity

THE Friends of Maroochy Regional Botanic Gardens Inc. will hold their second 'Backyards to Biosphere' community event on 04 May, 2-3.30pm at the Arts & Ecology Centre, Maroochy Bushland Botanic Gardens, Tanawha.

"The State of Our Species" will feature presentations on the flora, fauna and fungi of the Sunshine Coast by Spencer Shaw (sponsored by Forest Heart Nursery), Dr Beth Brunton (UniSC Research Fellow) and Wayne Boatwright (President, Qld Mycological Soc).

The information session will be followed by a forum discussion on regional biodiversity, and afternoon tea. It's free, and everyone's welcome.

This event has been planned to help all Sunshine Coast residents keep up to date with key information about the natural diversity of their region.

Learn how to create a beautiful native garden

A new event series is set to transform backyards across the Sunshine Coast.

The Backyard Series will run year-long practical hands-on workshops about how local native plants can be incorporated into a beautiful backyard garden design.

The low-cost workshops will be delivered at Maroochy Bushland Botanic Gardens by experts in the topics and align with the seasonal calendar.

Autumn workshops will focus on backyard basics of caring for soil, designing beautiful cottage and contemporary style native gardens and how to consider diversity as a design principle using layers and levels.

► Registrations are essential for each event, which cost \$20 per workshop. Register under "see and do" at <https://botanic-garden.sunshinecoast.qld.gov.au/>

Oriana Choir to perform at Maleny Community Centre

ACCLAIMED Sunshine Coast ensemble Oriana Choir will present their first concert for 2023, Oriana Sings Mozart Vespers and the Music of Ola Gjeilo April 23 at Maleny Community Centre.

The choir will be conducted by Kim Kirkman and accompanied by Oriana Artistic Director Fay Baker and a String Quartet. Wolfgang Amadeus Mozart's Vespers is a masterpiece of profoundly expressive and lyrical composition with shining, brilliant baroque allegros. Mozart wrote the Vespers in Salzburg when he was 24 years old, shortly after his mother had died in Paris.

As with several other compositions from this period, he used this piece to work through his grief, especially apparent in the 'Laudate Dominum', described as one of Mozart's finest tunes. Also being performed will be a selection of stunning and sublime works by contemporary Norwegian composer, Ola Gjeilo.

Past patrons of the choir will recognise the composer's work from the choir's celebrated productions of Sunrise Mass. Ola Gjeilo is one of the most frequently performed composers in the choral world.

His emotionally charged compositions are admired for their hauntingly beautiful melodies and harmonies, moving lyrics and sparkling accompaniments.

"Oriana is so excited to be back for a new year of singing and we're looking forward to inviting audiences to this concert series," said Oriana President, Melissa Innes.

"The music is joyful, moving, exhilarating and simply delightful."

This concert series will be dedicated in memory of late Oriana member, Alan Mackay-Sim. The 2017 Australian of the Year and a pioneer in biomedical research, to Oriana he was a fellow singer and dear friend.

► For details and to book your seats for the 2pm Maleny Community Centre event on April 23, visit trybooking.com. For more details: www.oriانا.org.au

Seniors Forum explores subject of Enduring Power of Attorney

MORE than 30 senior people attended Speak Up Now's Seniors' forum held recently at the RSL Hall Maleny. They were especially vocal at the Q&A session where they voiced their personal concerns about the challenges of preparing an Enduring Power of Attorney (EPOA) as well as the forms of coercive control they could be subjected to, even by their families.

Speak Up Now is preparing a booklet to aid older people access advice with EPOs, as well as learning to be aware of all forms of coercive control. The booklet follows an earlier popular handbook for teenagers and young people commencing or travelling on their dating journey.

Managing Solicitor of the Sunshine Coast Legal Service Julian Porter said his service provided free legal advice on a wide range of issues, including domestic violence, family law, tenancy law and neighbourhood disputes.

Phone 5376 7800, or suncoastcommunitylegal.org/book-appointment, for legal advice.

Ben O'Rourke spoke on behalf of Relationships Australia Queensland which provides free advice including dealing with family disputes.

Go to raq.org.au or by phoning 1300 063 232.

Meg Henwood from Centacare Sunshine Coast said domestic violence was never acceptable, and it was never the victim's fault. "And it is not just physical. It can be financial, emotional, sexual, verbal, technological, and includes stalking," she said. Centacare Sunshine Coast can be accessed on (07) 54309300 or on cfrs.sunshinecoast@bne.centacare.net.au.

Success! 270 Black Dog Riders roll across hinterland

ABOUT 270 bikes rolled across the hinterland on March 19 to make some noise for mental health in the 'Black Dog Ride 1-Dayer'.

Local coordinators Sandra Helkin and Donna Griffin said they were very happy with the support shown along the way by the local community. "Several schools, including Conondale State School, Maleny State School, Mapleton State School and Montville State School all put up signs and the Blackall Range Independent School put up artwork made by their talented students on their fences," said Sandra.



Deb Lawson has noticed tiny but appealing artworks popping up around town but no-one seems to know who the artist is.

Everyone's wondering 'who is Nambour's Banksy?'

MYSTERY surrounds a beautiful work of art posted to a telephone pole in Nambour's Howard Street.

Gatherer mixed retail store owner Deb Lawson said she noticed the tiny but compelling artwork recently and posted on Facebook Page 'Living in Nambour' enquiring as to its originator, but no one has any answers. So the questions remain ... Who is the artist? Who is Jeff? And why does the person pictured "love Nambour more"?

"These little art submissions have been popping up in Nambour over the past year and every time you find one it makes you smile," said Deb. "As to why she loves Nambour more

than Jeff? Many reasons could come to mind, but the biggest one right now — Nambour's art and entertainment scene is about to come alive, and we're just so excited to see it finally getting there!"

In addition to Nambour's long-awaited Special Entertainment Precinct status Deb said Nambour had a lot to offer visitors, in addition to its very own Banksy.

"Come out and explore our streets and see what little gems you can find," she said.

In fact she pointed the *Gazette* in the direction of a small laneway off Howard Street that was also lined with a collection of tiny artworks.

• Banksy is a famous pseudonymous Eng-

land-based street artist, political activist and film director whose real name and identity remain unconfirmed and the subject of speculation.



A small laneway off Howard Street is also lined with a collection of tiny but intriguing artworks.



'The Lady in the Van' to open in upgraded, hearing-augmented Lind Lane

NAMBOUR'S Lind Lane Theatre are shouting out about the new service of hearing augmentation for their auditorium.

The theatre at 16 Mitchell St can now offer 10 hard-of-hearing patrons the opportunity to not miss a word, thanks to a \$7500 Sunshine Coast Smarty Grant. The Lind have installed the system in time for their next comedy 'The Lady in the Van' staged from April 14-22.

The cast of nine are busily rehearsing their roles under the guidance of Director Glenda Campi, who was also instrumental in applying for the funding of the hearing augmentation.

Patrons will be shown by the Front of House



From left, Joy Marshall (Miss Shepherd), Kathryn Barnes (Social Worker) and Matthew Taverner (Alan Bennett).

Team how to use the system with their own hearing aid or by using the loop itself. Lind lane Theatre is at 16 Mitchell St Nambour

► Bookings: www.lindlane.com.au/whats-on

\$2000 Scholarships on offer from Zonta Blackall Range

THE Zonta Club of Blackall Range is once again offering two Scholarships of \$2000 each to local women who are studying at tertiary level (Ed: \$2000 amount corrected from March 15 edition).

Zonta is assisting women who have a close connection to the Sunshine Coast Hinterland and who have at least a year of tertiary study (University or TAFE) behind them.

In past years we have had students from the Education Faculty at USC and other institutions, from Arts, Fine Arts, Nursing and Midwifery, from Science and from Environment.

► Please look for our application through the USC website if relevant or contact Linda McElrea at scholarship@zontablackallrange.org.au. Closing date is 30 April 2023.

Players latest is 'wise, and a little bit sad'

THE Maleny Players next production "Seventeen" by playwright and actor Mathew Whittet, directed by Anne Grant, will be performed at the Dairy Pavilion Maleny showgrounds.

Mathew graduated from NIDA's acting course and is writing credits include Cinderella, Old Man (Belvoir); Girl Asleep, Fugitive, School Dance, Big Bad Wolf (Windmill Theatre), and Harbing (Brink Productions).

Tom, Mike, Edwina, Sue, Lizzy and Ronny are 17 and are seriously celebrating. School has finished, this is the night they say goodbye to adolescence and begin the journey of their lives. Funny, immature, wise and a little bit sad, Seventeen, performed by a cast of older performers, turns our notions of adulthood and adolescence on their head.

► Tickets are available at www.trybooking.com/CFJBM or via cash sales at Maleny Art Direct on Maple Street. \$25 and \$30. For mature audiences only 16+ strong language and adult scenes.



Mobility Maps make getting around easy

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



I'm pleased to see a clever project that makes it easier for people of all abilities to get out and enjoy the Sunshine Coast way of life, is being expanded.

For those of you not familiar with the project, the initiative began a year ago as a trial where specially trained "pilots" backed by advanced technology tracked some of our busiest routes.

These digital maps provide accessibility mapping for those living with a disability, using wheelchairs or using mobility aids to help plan their next journey.

I'm happy to be part of the initiative as the Community Portfolio Councillor and announce the next phase of this project includes the Caloundra area, Sunshine Coast Sports Stadium and Kawana Sports Precinct and the hinterland town of Maleny.

You can access the maps on Council's website by searching 'Mobility Mapping'.

Homestead Park Coes Creek Playground

Little legs can now run, swing and play at the new playground at Homestead Park Coes Creek. There will be big smiles all around with the new playground featuring swings, a multi play tower and play rocker.

The new playground will keep your little ones safe to seek adventure with rubber and bark softfall as well as a shade sail and perimeter safety fence.

Why not check out the new playground these Easter holidays, have a picnic on the new table and let the kids run wild.

Calling all Sunshine Coast community groups!

Does your community organisation 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.

The current round closes May 2. Visit Council's website and search 'minor grants' to apply today.

Bipartisan support for Voice referendum

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



Australia's constitution is our nation's foundational document, and it's also our most important. Changing it is no small issue and that's why the Coalition has been so determined to ensure citizens are informed on both the "yes" and "no" case on the 'Voice to Parliament'.

We gave bipartisan support for legislation this week to enable the machinery for running a referendum to pass. Ultimately, it will be up to the Australian people to decide if our constitution is to change to allow for a 'Voice'.

The Coalition wasn't going to stand in the way of Australians having their say at a ballot box, but nor were we going to accept an imbalanced unfair process. That's why our support was conditional on things like a pamphlet on both "yes" and "no" cases going to every home, tax deductibility for both sides of the debate and neutrality as a principle for any civic education program. The LNP Party Room is yet to form a position on the 'Voice' itself. It will be discussed in coming weeks.

Local hero recognised for bravery

I would like to extend my sincere congratulations and thanks to Nambour local Daniel Montague BM who was awarded a Commonwealth Bravery Medal for his outstanding bravery during the rescue of a young boy from a rip at Cotton Tree in 2020. Daniel spent more than 25 minutes in a strong rip, keeping a young child afloat and safe, before being rescued by others. Congratulations Daniel on this recognition and thank you for your bravery.

Diabetes medication update

I recently led the campaign against the Federal Government's decision to cut live-saving diabetes medication, Fiasp, from the PBS; sending the price soaring from as low as \$7 to up to \$280 per script.

Although I welcome the recent decision to extend Fiasp on the PBS for a further 6 months, this is just a band-aid solution. I will continue to campaign for a permanent solution beyond October on behalf of 14 year old local, Freya, and the 15,000 other Australians who rely on Fiasp.

Eudlo Skate Park upgrade completed

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



I am pleased to advise the works to renew the old retaining wall at the Eudlo skate park have been completed. The works included clearing the old timber wall which had reached the end of its serviceable life and replacing it with a new concrete retaining wall and handrails. The finished result has really given the skate park a fresh new look - let's hope it encourages some kickflips and tail whips if you're on the scooter. Check it out the next time you're heading to Rosebed Str, Eudlo. Check out the before and after pictures on my Facebook.

Free mulch at Nambour

Bring your ute or trailer to Sunshine Coast Council's resource recovery centre at Nambour to get a load of mulch for free. Autumn is a great time to give your garden some love and mulch helps to stabilise the soil, preventing it from washing away. So, pick up your free load of mulch at Cooney Road, Nambour. Search 'Mulch and crushed concrete sales' at sunshinecoast.qld.gov.au for more details.

Inspire your young artists

Looking for a weekend adventure outside or our Division? Plan a day out your budding artists will remember at Caloundra Regional Gallery. Explore the Sunshine Coast Art Prize exhibition with 40 stunning artworks and there's a Kids Art Trail too! Check out the gallery website for free activities to create at home. It's on Tuesday to Friday 10am- 4pm and Weekends 10am-2pm at 22 Omrah Avenue, opposite Caloundra Library. Go to: gallery.sunshinecoast.qld.gov.au.

Mayor's Telstra Innovation Awards

Calling all Year 9 to 12 Division 5 students - do you have a great invention, business idea, or new technology you're interested in developing? The Mayor's Telstra Innovation Awards are your chance to bring ideas to life and share in more than \$10,000 worth of prizes. I encourage students to form a team up to three and submit your entry for that great app or invention. Entries close April 27. Find out more by visiting www.studysunshinecoast.com.au

14 years in office ... It's been an honour

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



Thank you, Glass House!
Last Tuesday was my 14th anniversary as your local Member of Parliament.

It remains an incredible honour to represent you and to work with you to deliver for the families, farmers and small businesses of our wonderful part of this amazing state of Queensland.

I've met so many brilliant, kind, caring and driven people throughout my years exploring the electorate.

My love for the job hasn't faded one ounce and no two days are ever the same.

Parliament Update - Infrastructure Blowouts surpass \$10 billion

An extraordinary Queensland record has been broken after the Palaszczuk Labor Government's infrastructure blowout bill passed \$10 billion.

It is the first time in Queensland's history cost blowouts on projects managed by the State Government, have surpassed the \$10 billion mark.

To put this into perspective, this blowout bill could have covered costs for every Queensland household to the tune of \$5,000.

This money could fuel the family car every week for an entire year.

Queenslanders deserve a government that treats their money with the respect it deserves. Queenslanders deserve better.

Harmony Week promotes a sense of belonging

Last week was Harmony Week - a celebration that recognises our diversity and brings together Australians from all different backgrounds.

It's about inclusiveness, respect and a sense of belonging for everyone.

Many schools and workplaces hold Harmony Week events and it's a great opportunity to reflect on just how lucky we are to live in Australia and benefit from the many different cultures and backgrounds that make up who 'we' are.

We're strengthening Community Safety

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



This last sitting week, I was proud to speak in support of our government's Strengthening Community Safety Bill 2023.

Queenslanders have been raising concerns about crime, and our government has listened. Under the Palaszczuk Government, Queensland has among the toughest youth justice laws in the nation; and this bill makes those laws even tougher.

We have heard from people all across the state that action needs to be taken on youth crime, and this bill achieves just that. We are committed to ensuring our community is kept safe and that serious repeat young offenders are held to account.

Rental security subsidy

If you're facing short-term financial barriers, our Rental Security Subsidy can help by paying a portion of your rent directly to your property manager for up to 12 months. The subsidy can support you if you're experiencing financial barriers to maintaining your tenancy, such as stress from bills, health issues, the sudden loss of employment, and unforeseen caring responsibilities.

To find out more about this scheme, you can contact the Maroochydore Housing Service Centre on 5352 7333.

It's just one way we're delivering housing assistance for Queenslanders - and we'll keep working to do more.

Social enterprise grant recipients

After today's announcement of its second successful round of funding, the Social Enterprise Growth Grant is now open for another round!

Congratulations to Global Care Australia, The Crafter's Heart Nambour, Nambour Meals on Wheels and SevGen Indigenous Corporation on their successful applications to the last round! The work you do in our community is invaluable, and I was pleased to be able to provide you with letters of support.

If you know an established social enterprise that has an outstanding idea for an innovative project, I encourage you to contact my office.

Providing freedom for wildlife is our ultimate goal

Nature Watch News from Donna Brennan Wildlife Volunteers, WILVOS, 5441 6200 www.wilvos.org.au

LAST week the Hotline had a surprise call from the office of Nicklin MP Rob Skelton. Some very kind, anonymous person had given them two team-signed AFL jerseys to frame and then give to us for fundraising. So we have one of each from the Gold Coast Suns and the Brisbane Lions. WILVOS would love to thank the anonymous donor so we hope that he is an avid reader of the *Gazette*.

It has been good to get video footage of some of the recently released possums enjoying their freedom. It is still a little sad to look back on the photos of these same animals when they first came into care, but freedom is the ultimate.



Orphaned short-eared brushtail possum.

Wildlife can be in care for a considerable time before being released back to their natural environment. It is not unusual for orphaned animals to be in care for up to a year.

In the past weeks we have had two pairs of Short-eared brushtail possums released back to the wild in their nestboxes. These possums stay in care for a considerable time, as they do with their mothers. There is a fine line between releasing too early and keeping them in too long. If released too early, their instincts just aren't fully developed.

People may talk of size in relation to release but they need to be psychologically ready as well as physically fit. If kept in care for too long they are seen, even by their own species, as a threat to food supply, housing supply and breeding activities.

The safety of an aviary can also lead to complacency and dull their wild instincts. For males especially, this can mean some harsh penalties are dealt out.

Wishing everyone safe and happy Easter holidays. Don't forget to retrieve any plastic you see in the waterways, and chop up any fishing line or baling twine into small pieces so it can't entangle our wildlife.

An Olympian's rail experience

by **Jeffrey Addison**, Sunshine Coast Commuter Advocate



I had the opportunity to chat to an Olympian and ask what his career had entailed with regard to his use of public transport, in particular rail travel.

I wanted to gauge the importance of a fast, frequent, affordable rail system on an Olympian who has been everywhere, in his career both as an elite sportsman and commentator.

There was significant hype about Fast Rail in the lead-up to the 2032 Olympic and Paralympic Games bid - where our possible Sunshine Coast transport legacy options are in actuality old options promised in the past and never built.

A news cameraman told me how the Los Angeles Summer Olympics already had their new light-rail transport system up and running - five years before their Games' kick-off on 30 July 2028.

The Olympian is Benny Pike, who fought in the men's light heavyweight events at the 1980 Moscow Summer Olympics.

This is Benny Pike's transport story:

"I'm a born and bred local, and proud of the journey my family has had on the Sunshine Coast.

I started my boxing career at Maroochy High in 1971, winning my first bout in front of a packed audience at Nambour Civic Hall. Little did I know that my fistic ability would take me around the world for the next 50 years."

"Winning 6 National Titles, 10 State Titles, representing Australia at 2 Commonwealth Games, 1 Olympic Games, 2 World Cups, 1 World Championship, 4 Oceania Games, 4 Kings Cups, 2 Presidents Cups and numerous other tournaments around Australia."

"My media career allowed me to travel the world commenting at five Olympics and six Commonwealth Games.

There were two constants through-out, [one was] watching the world's best amateur fighters and [two, was] how many times I used a train."

"It all started after the 1978 Commonwealth Games in Canada, catching the Rocky Mountains train to Vancouver on a holiday trip to the United States.

[In] 1979 New York and [the] Montreal 1981 World Cups, I used trains to travel and sightsee.

At the 1996 Atlanta Olympics I caught the train to watch Maroochy local Clint Robinson defend his 1992 Olympic Gold.

It was an hour trip to [the] Lake outside of Atlanta; sadly Clint was relegated to silver.

The boxing venue for the 1998 Kuala Lumpur [Commonwealth] Games was at least 30 minutes away, so it was a quick [train] trip each day.

Same for the 2000 Sydney Olympics, leaving Parramatta every day to travel into work at Darling Harbour.

Melbourne 2006 Commonwealth Games was a train trip morning and night from Elsternwick to Melbourne Central.

In 2020 I went to an ABC Radio 2000 Games reunion in Darling Harbour; a train ride to and fro."

"I could go on but this really is common sense, the Sunshine Coast needs and deserves heavy rail into Maroochydore/Nambour. It's time to put politics aside and do what's best for the people of the fastest growing region in the country.

"I will catch the train for the 2032 Brisbane Games."

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You can learn to BBQ with renowned professional chef Matt Golinski, left, or learn Indigenous Dot Art with world renowned artist Paul Calcott.

Palmwoods workshops to feature renowned chef, artist

PALMWOODS QCWA is proud to present two unique workshops in April at the quaint CWA hall in Main Street.

You can learn to BBQ with renowned professional chef Matt Golinski or learn Indigenous Dot Art skills with acclaimed artist Paul Calcott.

Palmwoods QCWA President, Georgetta Rule said the Branch was delighted to host both events.

"In the times we are experiencing, post COVID, there is a need to find the 'richness' of life again and re-connect with our community," she said.

"By providing these opportunities we are endeavouring to restore the balance and show how these sorts of activities enrich our lives. None of this though, would be possible if it weren't for funding from a Sunshine Coast Council Community Development Grant. The Council subsidises these workshops to keep the cost for participants to a minimum. It is very exciting that the QCWA Palmwoods can be a part of this opportunity."

How to Gourmet BBQ with Matt Golinsky

On Sunday April 2 Matt will be ably assisted by Graeme Rose in presenting a Gourmet BBQ. Matt has a passion for creating cuisine with fresh, seasonal and local ingredients. This is a 'men only' event catering for 20 participants to enjoy good company, conversations, and a delicious meal at the end of the workshop. Dessert is included courtesy of the Palmwoods QCWA.

Indigenous Dot Art with Paul Calcott
On Saturday April 15 you can learn Indigenous Dot Art with Paul. "This is a family friendly event," said Georgetta. "Children can participate if they old enough to paint with the supervision of a guardian."

Paul has coordinated many local and international exhibitions showcasing artwork by First Nations People with a disability.

• If you are interested in attending either event, please refer to the Palmwoods CWA Facebook page. The cost is \$10.00pp for each event. The events are open to the public, although it is essential to book, as places are limited. For Bookings, please send your Expressions of Interest to palmwoodscwa@gmail.com.

Do you find you feel anxious most days?

Wellness with Linda Goggin from Sacred Body Montville



WE all experience moments of anxiety from time to time. But people with GAD (Generalised Anxiety Disorder) find themselves feeling anxious for more days than they don't.

Anxiety is the most common mental health condition in the country with over 2 million Australians experiencing it every year.

According to Lifeline, anxiety is "the excessive, uncontrollable and often irrational anticipation of future threats". It can be incredibly debilitating and in extreme cases have long term detrimental effects on the ability to work, interact with family and maintain relationships.

The symptoms of anxiety may include body tension, restlessness, excessive worry or fear, panic attacks, increased heart and breathing rates, catastrophising and avoidance. Because of the variety of signs and symptoms anxiety can be difficult to treat with many understandably opting for prescribed medication that almost always comes with a list of side effects.

A 2011 study found that regular massage with thermotherapy or relaxing room therapy can be effective in alleviating anxiety. The 68 trial participants with GAD were at random given 10 treatments during a 12-week period. Researchers found that all had improved their anxiety by the end of the 12-week program, as evidenced by changes in their Hamilton Anxiety Rating Scale (HARS). Interestingly, at the 26-week follow-up phase, the researchers also discovered that individuals' HARS ratings remained in decline long after the therapy was over.

As a massage therapist I have seen first-hand just how much regular treatments have supported them with not only their muscular tension but their anxiety symptoms too. Here is what one client had to say ... "Once my partner started having treatments with Linda you see how relaxed and clear his mind was. It's as if she helped him move things out of his body and his mood and personality became clearer and kinder. Linda helped my partner feel better within himself, and have a clearer mind."

► Sacred Body offers remedial and relaxation massage along with far infrared sauna to promote mental wellness. 4/130 Main St Montville 0419 175 425 sacredbody.com.au

Outspoken presents Kim Mahood

by Outspoken organiser Steven Lang

ONE of the purest joys must surely be the discovery of a new author; that and the revelation this writer, whom a friend has recommended, or whose book we have picked up by chance, has more than simply one book; that there are whole new worlds to be explored.

I envy those of you who have not yet found Kim Mahood, pictured, for many many hours of delight await you. Here is a writer of the most lucid prose, serious but with the lightest of touch, whose subjects are places in the centre of this continent; places where there are few maps, and where those that exist are doubtful, in both provenance and accuracy.

Her first book, *Craft for a Dry Lake*, chronicled her efforts to reconnect with the land where she grew up, a cattle station in the Tanami Desert known as Mongrel Downs. It won the Age Book of the Year and the NSW Premier's Award for non-fiction.

Her second book, *Position Doubtful*, preserved some of the 'spare lyricism of the earlier work... while also exhibiting a much sharper sense of the contradictions of present-day reality in Indigenous communities.'

Kim will be in Maleny to speak about her new book, *Wandering With Intent*, a collection of essays she describes as "the writer's equivalent of hunting and gathering ... a product of wandering among the contradictions of the cross-cultural world I have chosen to inhabit..." Kim is non-Indigenous herself, but grew up surrounded by First Nations people. She writes with a refreshing honesty about important political, social and cultural issues.

And, introducing: Louise Martin-Chew speaking about her biography of Batjala artist Fiona Foley - a beautifully composed, intimate account of the artist's practice.

► Outspoken presents Kim Mahood in conversation on Tuesday April 18, 6 for 6.30pm at Maleny Community Centre. Tickets via Trybooking.com.



Classifieds

Public Notice

Notification of Proposal to Upgrade NBN™ Radio Network Base Station Facility

As part of the fixed radio (wireless) component of the nbn Network, nbn is proposing to upgrade an existing radio network base stations at the following location to improve service conditions:

- 3-5 Western Avenue, Montville QLD 4560 (Lot 26 on RP68232) (RFNSA site no. 4560001)

The proposed works on site will involve the upgrade of existing technology upon the facility including and not limited to the removal of panel antennas, installation of mini lens antennas, the replacement of a parabolic antenna and the installation of a GPS antenna. Furthermore, the works will involve the replacement of an equipment shelter/outdoor cabinet unit adjacent to the facility.

nbn regards the proposed as a Low Impact Facility under the *Telecommunications (Low-Impact Facilities) Determination 2018*. In these circumstances, it does not require planning approval from Sunshine Coast Council.

Further information on these network upgrade works can be obtained by calling Ventia on +61 7 3033 3735. Written submissions can be sent to Level 1, 10 Browning Street West End QLD 4101 or via email to communityconsultation@ventia.com

The closing date for submissions is **COB 17th April 2023**.

For general info on the nbn, visit our website at www.nbnco.com.au. For further site information, visit www.rfnsa.com.au (Site ID: 4560001) Our ref: R401-4NIZ-4MAL-5108 Montville



House For Rent

Share rental 3 bedroom house in Nambour. Double lock-up garage, big shed, a/c, lots of storage space. Five minute drive to Nambour CBD, schools & shops. \$240pw + phone and electricity. Contact Barry on 0407 121 092

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Hatha Yoga Pilates is held at the Woombye Hall: Sat 9am & Wed 9.30am. Beginners & Seniors welcome. Cost \$10. Call Christine: 5441 6285 (Cert. in Pilates matwork; Dip. IYTA: Yoga Instructor; USC Sport & Exercise minor; Ex. Prescrip. for Health & Rehab.)

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DO YOU HAVE MUSCLE OR TENDON PAIN?

"I had been experiencing terrible pain in my shoulder and it was impacting badly on not only my work, but my life in general. Even washing my hair was agonising.

My Dr confirmed that I had bursitis, degeneration in the AC joint and a torn tendon and deltoid muscle. Apart from a cortisone injection to alleviate the bursitis, I was told there was not a great deal that could be done.

I was using both Panadol and Nurofen daily, and as a nurse, I knew that it was not good for my health to be taking so many painkillers.

I had my first iTera treatment with Adelle and although I was a little skeptical, I was desperate for some relief.

I signed up for the 20 minute trial and immediately after, the pain in my muscle and tendon was alleviated to the extent that I did not need pain medication for days.

After the second treatment I again experienced relief from pain. In the 14 days after my two treatments, I have only taken Panadol once.

I am probably still going to have to have the cortisone injection to deal with the bursitis, but I am so relieved that I have found something that is helping with the other issues.

Adelle is extremely approachable, friendly and knowledgeable about the iTera technology. She has given me heaps of information which I have found reassuring. The treatments themselves are relaxing, non invasive, not painful, and extremely affordable.

The best thing is that it has freed up my range of motion and I am not reaching into the medicine cabinet every four hours to take medication. I highly recommend this treatment for people suffering with chronic pain."

— Jacqui Blackmore, Little Mountain.

For the month of March, when you bring a friend you will both receive your treatments for 50% off.

Contact Adelle at Cocoon Healing on
0403 996 081 or adelle.gauci@yahoo.com.au

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Live Local

Real Estate



389 Perwillowen Road, Perwillowen. Offers over \$1.1 million.

Private oasis with dual living potential

SET on a lush 1.3 hectares is this picturesque property. It is full of charming features and boasts plenty of space to entertain. There's a large separate multi-purpose room and large shed, allowing you to enjoy the perks of country living minutes from town.

There are three bedrooms and two bathrooms in the main home, master bedroom with private ensuite. The home has a large patio, expansive lawn for the kids and pets to play, plus classic details such as exposed beams and high ceilings.

Bright and airy, the living and dining rooms flow out to the wide verandah that would be the perfect place to enjoy your morning cuppa or unwind in the afternoon.

There is a recently updated kitchen, finished in a unique sage green tone which blends in seamlessly with the bushland views and comes complete with an abundance of cabinets. The home is nestled in a quiet pocket of Perwillowen with the heart of Nambour just minutes away.

► Contact Remax Nambour selling agents Tristan Brown on 0403 665 643 or John Tobin on 0478 664 546.



Growing families will revel in the space, palatial inground pool and 13 acres of land.

Stately country residence

AGENT'S CHOICE: 14 Balmoral Road, Montville. Offers over \$3,850,000.

OFFERING the absolute best of European inspired design in a very private rural setting, Balmoral offers an enviable retreat from everyday life. Balmoral invites you to live warmly and elegantly; guests will be welcomed to generous spaces and stylish accommodations. Gorgeous high ceilings, light-filled rooms via large windows and French doors, Spanish tiles and polished concrete floors all create a modern space with warmth and charm.

Here is the opportunity for families and investors alike to create a future of potential. Growing families will revel in the space, palatial inground pool and 13 acres of land. A separate 2 bedroom cottage also provides income potential or the opportunity for dual living.

Balmoral would be highly coveted for special events and accommodation; its grand entrance and treelined drive delivers a truly memorable experience.

Inside, open plan living combines seamlessly with private, intimate spaces to create the best of family living. The open kitchen, dining and lounge combine with a more formal living room with fireplace, and a media room leads to the paved entertaining area leading to the inground pool. Each room offers a view of the property and quaint French doors lead off the master bedroom and living spaces to outside and its very special Australiana vista.

Balmoral offers the ultimate in refined semi-rural living for the discerning buyer.

► Contact Maleny and Hinterland Real Estate's Rodney Millett today on 0477 702 073 to arrange your inspection.



Yallah Park is at 220 Diddillibah Road Woombye. Auction on site 5pm Thursday, 30 March.

State of the art equestrian facility

YALLAH Park offers a state of the art equestrian facility on a 10 acre parcel of land in Woombye.

The property is equipped with 18 stabled paddocks and an impressive 25x65m arena with sprinkler system to minimise dust. It has a 16.5x20.5m shed and more infrastructure and horse facilities. Post and rail fencing is a feature as are double wash bays and a tie-up area. The front shed is open on three sides and is ideal for multiple horse floats, caravans, farm equipment and extra vehicles. The tack and feed shed is fully-enclosed with a bathroom.

The home has four big bedrooms with built-in robes and ceiling fans. The master bedroom has an ensuite and walk-in robe. The outdoor patio has a built-in bar and BBQ. The home also has a split system air conditioning system.

The property is currently used for horse agistment, and is very popular and renowned on the Sunshine Coast with a large waiting list. If you wish to continue with horse agistment on the property, it is possible to do so.

► Call Ray White Nambour's Matt O'Grady on 0414 317 375 or Alisha Galea on 0400 298 611 for more information.



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Agent of the Year Nambour

RateMyAgent – Australia's number one reviews, ratings and rankings website for real estate agents – has announced **Richard Krausz** as the winner of its **2023 Agent of the Year - Nambour Award**.

The RateMyAgent Agent of the Year Awards are the only awards in the industry that are based primarily on customer satisfaction. The Award acknowledges those who are the most consistently recommended by local Australian vendors, landlords and buyers.



Richard Krausz 0422 997 810 @richardkrauszremax

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107 Tallowood Street **MALENY**

4 bedrooms, 2 bathrooms, 2 cars

Impressing immediately with an impeccable street frontage on a 3000m² low maintenance parcel, this near new double storey residence provides readymade comfort and functionality over two spacious levels.

- Immaculate interior; stylish and sophisticated
- Gourmet kitchen including a butler's pantry
- King-size main bedroom with oversized en suite and balcony
- Multiple outdoor entertaining areas
- Separate games/media room with wet bar

With the native reserve at your back doorstep providing you with a peaceful and private backdrop; this is a home you simply can't go past.

FOR SALE
Price Guide \$1,449,000

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By Appointment

Jess Luthje
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jess@malenyrealestate.com



54 Palm Street **MALENY**

3 bedrooms, 1 bathroom, 2 cars

Surrounded by quality homes and perfectly positioned just minutes to the vibrant township of Maleny, here is the opportunity to enter the Maleny Market.

- Single level, rendered brick home
- Almost level 1000m² block with the possibility of side access
- Two separate living areas
- Covered entertaining area
- Powered 3.8m x 6m shed

This property is the chance to bring your design and decorating plans and make it your own.

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14 Balmoral Road **MONTVILLE**

5 bedrooms, 3 bathrooms, 4 cars, swimming pool

Balmoral

Offering the absolute best of European inspired design, in a very private rural setting, Balmoral offers an enviable retreat from everyday life. Gorgeous high ceilings, light-filled rooms via large windows and French doors, Spanish tiles and polished concrete floors all create a modern space with warmth and charm.

Balmoral would be highly coveted for special events and accommodation; its grand entrance and treelined drive delivers a truly memorable experience.

- Master built elegant homestead infused with French Provencal on 13 very private acres
- Separate, self-contained 2-bedroom cottage for dual living
- Hamptons style open plan kitchen, living and dining accentuated by checkerboard and polished concrete floors, high ceilings and ornate features
- Media room leading to a covered entertaining space and 9-metre x 5-metre sandstone pool
- Lush cottage gardens, scented vines, manicured hedges and sprawling lawns

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269 Witta Road **WITTA**

4 bedrooms, 1 bathroom, 5 cars

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

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

One of the outstanding aspects of this property is the gentle nature of the land; it offers a peaceful and private retreat with room to grow and put your own stamp on the place over time.

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\$1,550,000
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580 Mountain View Road **MALENY**

3 bedrooms, 2 bathrooms, 1 car

First time offered to the market, this immaculate colonial style property is positioned on a generous 3000m² parcel of lush rainforest surrounds and offers an enviable lifestyle in a premium Hinterland location.

- Neutral colour palette, high ceilings and bay windows
- Natural timber flooring
- Modern kitchen with stone benchtops, quality appliances and gas cooking
- Ducted A/C and fireplace
- Wraparound covered verandahs

Located only minutes to Maleny township, in a sought after and rarely available address; be quick and inspect today!

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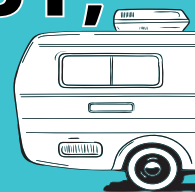
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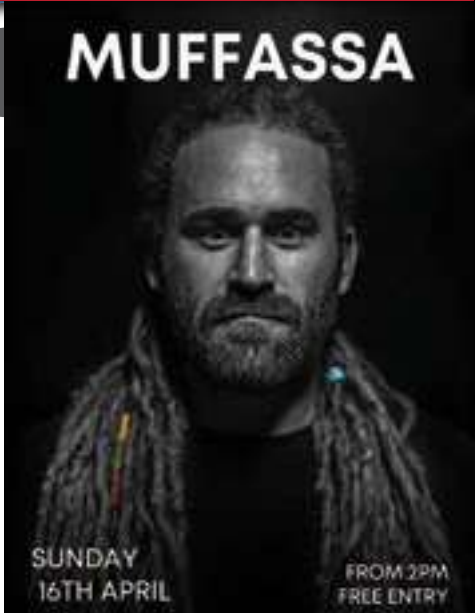


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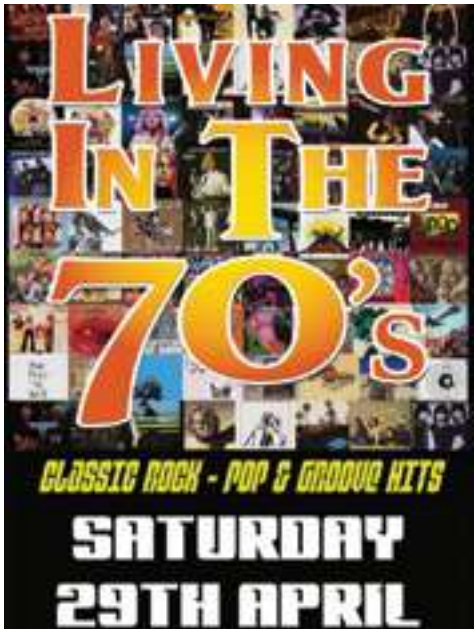
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30 X 375ML CANS
\$49.99 EACH

GREAT NORTHERN SUPER CRISP
24 X 330ML BOTTLES OR 375ML CANS
\$52.99 EACH

WIN A SHARE OF \$15,000
TERMS AND CONDITIONS APPLY. SEE WEBSITE FOR DETAILS.

MILLER CHILL
24 X 330ML BOTTLES
\$49.99 EACH

WIN A TRIP TO LAS VEGAS
TERMS AND CONDITIONS APPLY. SEE WEBSITE FOR DETAILS.

JACK DANIEL'S TENNESSEE WHISKEY
700ML
\$49.99 EACH

JACK DANIEL'S & COLA
4.8% VARIETIES
10 X 375ML CANS
\$49.99 EACH

SUNTORY -196 VARIETIES 6%
10 X 330ML CANS
\$45.99 EACH

\$42.99 EACH

JOHNNIE WALKER RED LABEL SCOTCH WHISKY, BUNDABERG UP RUM, SMIRNOFF RED VODKA OR GORDON'S LONDON DRY GIN
700ML

SAVE \$10

ANY 2 FOR \$20

DEVILS LAIR FIFTH LEG WINES OR AMONGST THE CLOUDS LANGHORNE CREEK SHIRAZ
750ML

WYNNS COONAWARRA WINES (EXCL. BLACK LABEL)
750ML
\$14.99 EACH

BONUS WYNNS WINE BAG WHEN YOU SPEND \$40 OR MORE ON WYNNS WINES
While stocks last.

PEPPER JACK SHIRAZ OR GRENACHE ROSÉ
750ML
\$18.99 EACH

YVES PREMIUM CUVÉE
750ML
\$19.99 EACH

SAVE \$5

\$13.99 EACH

STONELEIGH MARLBOROUGH SAUVIGNON BLANC
750ML

WIN A TRIP TO EXPLORE TASMANIA
TERMS AND CONDITIONS APPLY. SEE INSTORE OR WEBSITE FOR DETAILS.

START AT
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BEERWAH CELLARS - BEERWAH SHOP 11, BEERWAH MARKETPLACE PEACHESTER RD TEL 5494 0477
BEERWAH DRIVE THRU - BEERWAH MAWHINNEY STREET TEL 5494 0555
GLASS HOUSE CELLARS - GLASS HOUSE MOUNTAIN SHOP 5, 9 BRUCE PARADE TEL 5493 0188
FOREST GLEN CELLARS - FOREST GLEN TENANCY 2, 5 VILLAGE CENTRE WAY, TEL 5406 2015
MOOLOOLAH CELLARS - MOOLOOLAH SHOP 3, 2 JONES STREET TEL 5494 7320
PALMWOODS CELLARS - PALMWOODS SHOP 5, 18-20 MARGARET STREET TEL 5445 9266
PALMWOODS DRIVE THRU - PALMWOODS 28 MAIN STREET TEL 5445 9003



All specials available from Wednesday 29th March until Tuesday 11th April 2023. Images are for illustrative purposes only. Specials available only in the state of Queensland. Prices may vary in country and far North Queensland. Different pack sizes and variants may not be available in all stores. Bottlemart supports the responsible service of alcohol.

FOR SALE	SOUTHSIDE	FOR SALE	SOUTHSIDE	FOR SALE	KULANGOOR	FOR SALE	NAMBOUR	FOR SALE	NAMBOUR
4 MINERS PLACE	19 JOHNSTONE ROAD	51 MT COMBE ROAD	20/14 BADE STREET	16 DOOLAN STREET					
4 2 4	4 2 8 4,737m ²	3 2 6 4,030m ²	3 2 2 TOWNHOUSE	3 1 1					
Warren Nonmus: 0431 210 348	Warren Nonmus: 0431 210 348	Peter Wrigley: 0407 374 349	Andy Sharma: 0410 989 177	Andy Sharma: 0410 989 177					

Blackall Terrace Dental

N A M B O U R

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- Oral cancer screening
- Intraoral photography
- All necessary x-rays
- Scaling & polishing
- Topical fluoride
- Treatment planning

Scan to book your next visit.

*New patients only. T&Cs available online. Valid to 30.03.23.

ROVER RIDE ON MOWERS

HUMM90 & ZIP PAY 60 MONTHS INTEREST FREE NO DEPOSIT ON ALL ROVER RIDE ON MOWERS

FREE LOCAL DELIVERY • COMPLEMENTARY 4 LITRES OIL (2 LITRES "RIDER MODELS") FOR 1ST SERVICES

<p>RIDER</p> <p>24" ROVER MICRO RIDER \$2,999</p> <p>30" MINI RIDER 6 SPEED MANUAL \$3,299</p> <p>30" MINI RIDER HYDRO \$3,799</p>	<p>RAIDER</p> <p>38" ROVER RAIDER RRP-\$3,999 \$3,799</p> <p>RANCHER</p> <p>38" ROVER RANCHER AUTODRIVE RRP-\$4,099 \$3,999</p>	<p>RANCHER</p> <p>42" ROVER RANCHER HAND HYDRO RRP-\$4,499 \$4,199</p> <p>LAWN KING</p> <p>42" ROVER LAWN KING KAWASAKI ENGINE 18HP RRP-\$5,299 \$4,999</p> <p>42" ROVER LAWN KING KAWASAKI ENGINE 21HP AUTO DIFF LOCK RRP-\$6,099 \$5,899</p>	<p>ZERO TURN</p> <p>42" ROVER RZ42 ZERO TURN RRP-\$6,999 \$6,299</p> <p>46" ROVER RZ46 ZERO TURN RRP-\$7,999 \$7,299</p>
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Cub Cadet CUB CADET RIDE ON MOWERS

HUMM90 & ZIP PAY 60 MONTHS INTEREST FREE NO DEPOSIT ON ALL CUB CADET RIDE ON MOWERS

FREE LOCAL DELIVERY • COMPLEMENTARY 4 LITRES CUB CADET OIL FOR 1ST SERVICES

<p>ELECTRIC CUB CADET RIDE ON MOWERS</p> <p style="font-size: x-small;">BOTH WITH 6 YEAR WARRANTY INC BATTERIES.</p> <p>CC 30 E RRP-\$6,499 \$6,299</p> <p>LT 42 E RRP-\$9,999 \$9,499</p>	<p>NEW ZTS1</p> <p>4 WHEEL STEER</p> <p>42" FABRICATED DECK RRP-\$8,799 \$7,599</p> <p>46" FABRICATED DECK RRP-\$9,499 \$8,499</p> <p>Z FORCE</p> <p>48" FABRICATED DECK RRP-\$13,799 \$12,599</p> <p>54" FABRICATED DECK RRP-\$13,999 \$12,999</p>	<p>NEW 42" & 46" TRACTORS</p> <p>XT1 42 RRP-\$4,999 \$4,499</p> <p>LX42 XT1 KAWASAKI 24 HP V TWIN RRP-\$6,999 \$6,699</p> <p>LX42 XT2 FUEL INJECTION ENGINE AUTO DIFF LOCK FREE POLY TRAILER \$6,999</p> <p>LX46 679CC AUTO DIFF LOCK RRP-\$7,399 \$6,999</p>	<p>PRO Z</p> <p>PRO Z 1485 RRP-\$16,399 \$15,299</p> <p>PRO Z 1545 RRP-\$16,899 \$15,799</p> <p>PRO Z 5605 RRP-\$24,599 \$22,999</p> <p>PRO Z 760 RRP-\$26,999 \$25,499</p> <p>PRO Z 9725 RRP-\$30,299 \$27,999</p> <p>972 SD DUAL WHEELER RRP-\$33,999 \$29,999</p> <p>972 SDL DUAL WHEELER RRP-\$35,999 \$32,999</p> <p style="font-size: x-small;">BEACON BUT NO LIGHTS SELF LEVELLING SEAT</p>
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North Coast MOWER CENTRE

Ph: 07 5441 5455 | 36 Coronation Ave, Nambour
www.northcoastmowercentre.com

Mon - Fri: 8am - 5pm
Sat: 8am - 12pm