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From left, Nambour Chamber of Commerce president Mark Bray, Div 10 Cr David Law and Fairfax MP Ted O'Brien (Nicklin MP Rob Skelton could not make the photo due to Parliamentary commitments).

Get on board

Leaders unite in renewed push for full rail duplication to Nambour

NAMBOUR leaders are throwing their weight behind a push for long-awaited full duplication of the rail line between Brisbane and Nambour.

Member for Fairfax Ted O'Brien described the current service as "woeful" and called for unity from all levels of government. Current plans

are to duplicate just north of Beerwah Station, which would mean a negligible reduction in the current two-hour Nambour to Brisbane journey.

Mr O'Brien said the Federal Government had contributed \$390 million for upgrades between Beerburum and Nambour.

"Sometimes you need teamwork to get stuff done," Mr O'Brien said. "I believe it's teamwork that we need again, to redesign stage two. Instead of the current plan, which is to upgrade stations and look at passing loops, north of Landsborough. I believe what we need now

is full duplication of the rail line all the way through to Nambour, ideally designed in a way that will accommodate the possibility of faster rail when the time comes.

"We need all three tiers of government, federal, state, and local, and we need the business sector

and the community at large working together."

Mr O'Brien said he'd held promising early discussions with Labor's Member for Nicklin Robert Skelton.

Mr Skelton said he would always work collaboratively on projects

To Page 2

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SUNSHINE VALLEY Gazette

Unearthing goodness in the hinterland



Editor's Letter
by Cameron Outridge

One of the things we try very hard to do at the Gazette is to represent the world as it is, not as the media generally portrays it. You'll find our pages full of positive local events, achievements and happenings. Whether it be leaders uniting to get the best for a town (Page 1), hospital volunteers caring for the sick (Page 3), or a coach empowering girls through boxing lessons (Page 9), our pages are positively bursting with good news. That's because good things are happening all around us. They're not hard to find if that's what you're looking for ... musical maestros are coming to Montville and Maleny (Pages 2, 5), the tram is coming to Nambour (Page 4), and great people are taking care of our bushland and parks (Page 6). That's just for starters ... there are 21 pages to go! My tip: read local papers like the Gazette. They will help keep you grounded in local goodness so you can stay happy. In the meantime, keep sending us your news about achievements, events, business and community so we can help spread the word.

DETAILS

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Business Write-ups
Most people are excellent at what they do but don't know how to get that across in their advertising. We help owners promote their businesses, but the difference is we start with a write-up. Our Write-up Framework explains your business in a way that appeals to your customers so they will listen to what you say and be more likely to buy from you. Write-ups are engaging, memorable and they make all your other marketing work better.



The 39km section between Beerburum and Nambour is currently a single track with trains using passing loops at stations to pass each other.

Push for full rail duplication

From page 1

which benefited the people of his electorate, but said his immediate focus was to get Stage One of the project delivered.

"We've waited long enough for (Stage One, Beerburum to Beerwah duplication) and I want to see that happen as soon as possible," he said.

"I'd always welcome the Federal Government stumping up the cash for a second stage 80/20 like it has done for projects in other states.

"Ideally that would mean rail duplication to Nambour, but it would have to take into account Palmwoods' heritage values, and include comprehensive community consultation."

Div 10 Cr David Law said he was very pleased all levels of Government appeared to be working together to achieve full duplication. "I have lived in Nambour for more than 20 years now and this duplication has been a promise the whole time," he said. "It is very disappointing that Nambour seems to be overlooked once again in the current stage. So I will work alongside State and Federal MPs to get Nambour back on the map as the very important destination that our town is.

"We are all here to achieve the very best outcomes for the residents of Nambour and politics must not get in the way of progress for the town."

Nambour Chamber of Commerce President Mark Bray said it was obvious the rail needed to be fully duplicated to Nambour. "There is a large growth in population occurring on the western side of the Bruce Highway, particularly in and around Nambour and the Hinterland," he said. "With Nambour's central location and

its history as a main railhead in the region, it makes complete sense to urgently provide the full duplication (not just passing loops) along the Beerburum to Nambour line. The current residents of Nambour, Palmwoods, Woombye and the Hinterland, and the many new residents that are coming to those areas need a high quality rail service to Brisbane."

Sunshine Coast Commuter Advocate Jeffrey Addison was delighted at the prospect of a bi-partisan approach to meeting the region's crucial transport needs.

"It's a fantastic move," he said. "It's wonderful to see politics put aside for the good of the populace.

"I think it shows a special maturity by Rob Skelton and Ted O'Brien, who are willing to talk and work together - and for that I'm grateful. This project has been marred by the politics for over ten years. If we can get proper rail duplication happening from Beerwah to Nambour, that would be a decade's long dream come true."

Background:

The 39km section between Beerburum and Nambour is currently a single track with trains using passing loops at stations to pass each other. This limits the number of train services making it increasingly difficult to meet peak demand and to accommodate freight services.

Current plans are to duplicate 14km of track between Beerburum and Beerwah. Mr O'Brien is pushing for full duplication of the Beerburum to Nambour line. Currently only part of that distance, between Beerburum and Landsborough stations, is being duplicated.



Piers Lane to perform in Montville

A ten-year dream to have one of Australia's most successful and dynamic classical musicians perform at the Lucas Parklands concert hall at Montville has been realised.

Piers Lane AO, pictured, who is based in London, will perform two concerts on May 29 and 30, bringing his wonderful pianism and musicianship to Sunshine Coast classical music lovers.

Ian Lucas, of Lucas Parklands, said he had been hoping for a decade or more to have Maestro Lane perform at his family's venue and that dream was now a reality.

"Piers has captivated music lovers everywhere and for several decades; he has established himself as a global star with a most wonderful reputation," Mr Lucas said.

"He's an inspired pianist who presents the most generous programs to his audience, this is one of the reasons he's Australia's most successful classical musician.

"It's flattering that he has managed to find the time to play for us locally, considering the demands on his touring schedule.

"In the Lucas Parklands concerts, Piers will play two Beethoven sonatas and Chopin so you can imagine how incredibly proud and excited I am that he will be performing here."

The local Piers Lane performances will continue the Lucas Parklands' 2021 "Keep the Music Going" concert series, dedicated to the continuance of live classical performances despite Covid-19 uncertainties and disruptions.

The 150-seat Lucas Parklands concert hall is regarded by many as one of the finest performance spaces of its size in the world.

• Mr Lane will perform at the Lucas Parklands concert hall, at Montville, on May 29, 30. For tickets, please phone 07 54785667 or email: lucasparklands@bigpond.com

Connection Rd works to improve safety

ROAD works to improve access onto Nambour Connection Road from Erbacher Road began last month.

Member for Nicklin Rob Skelton said the government would partner with council to push forward the works originally scheduled to begin mid-2021.

"Over the past few years, there has been a developing trend of rear-end type crashes as vehicles turn left out of Erbacher Road," Mr Skelton said.

"Part of the reason is motorists have a restricted viewing angle when observing northbound traffic on Nambour Connection Road and attempting to enter."

Mr Skelton said the project would address the

crash trend.

"Realigning the left-out slip lane onto Nambour Connection Road will reinforce the give way conditions, and improve visibility for motorists," he said.

"This will make it easier to see northbound traffic to safely turn into Nambour Connection Road from Erbacher Road."

The project includes pavement removal and construction to accommodate the left-turn lane realignment, installing new lighting, improving underground drainage, amending signs and line marking, and minor vegetation clearing to increase visibility.

Sunshine Coast Council Mayor Mark Jamieson said council was proud to partner

with the Queensland Government to deliver essential road safety improvements.

"With Sunshine Coast Council now putting the finishing touches on the adjacent new Nambour Connection Road pathway, this upgrade will provide another boost for all road users in this busy part of our hinterland," Mayor Jamieson said.

"These works are a great example of what can be achieved when our two levels of government work together for the community.

"Council is working with both government and the private sector to ensure there is a 'one network' approach to transport planning, delivery and management of an integrated transport system."

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Maleny volunteer Sylvia Fleming farewelled her hospital colleagues after 18 years of compassion and care for patients.

Maleny hospital volunteers call time on 'intensive caring' roles

MALENY Soldiers Memorial Hospital last week farewelled two of its much-loved volunteers. Sylvia Fleming and Judy Breeman who have spent many years helping patients and visitors were honoured at a special morning tea.

Sylvia first started volunteering at Maleny Soldiers Memorial Hospital 18 years ago in 2003. During her time volunteering Sylvia could often be seen walking through the wards offering personal items to patients such as shampoo, shavers and books to read.

She enjoyed chatting with patients and their friends and family or visitors from out of town, ensuring they had everything they need for their stay.

Sylvia, along with Brian and Douglas are part of the original volunteers who started at the hospital in 2003. The trio helped to develop the volunteer program and have guided it to where it is today.

"The volunteers have been good and the staff are wonderful," said Sylvia, 81, who answered the call of duty by chance. "I saw an ad in the paper for St John's Ambulance wanting volunteers. So I thought, will I or won't I. But I did, and I'm not sorry."

Volunteers spend their days supporting and cheering up patients who might be feeling a bit

lonely. Sylvia said her job involved listening, caring and empathising with patients.

Volunteer Judy was a friendly face assisting in the waiting area and wards, always happy to stop for chat with patients and staff. Both Sylvia and Judy completed many behind the scenes tasks such as preparing new patient charts, organising the CD/DVD collection, loaning out headsets and helping with televisions.

COVID-19 restrictions have meant volunteer services at the hospital have been restricted, but Senior Coordinator of Volunteer Services Michelle Acworth said the community and hospital staff were very pleased to learn volunteers would be returning back onsite from March 2021.

"Knowing the volunteers are there to help with spare batteries for the TV remote or provide a birthday card for a patient in the ward makes all the difference," Mrs Acworth said.

Director of Nursing Karen Croker said she is proud of the volunteers work and the support they are able to provide patients and staff.

"It seems everyone in the town knows the volunteers and their presence has been missed by all.

"The staff at the hospital are very excited to hear they are returning," Ms Croker said.



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Nambour Tramway right on track

Chairman of the Nambour Tramway Company and former Councillor for Division 10 **Greg Rogerson** provides an update on the project.



Greg Rogerson at the Western Terminus near Coles.

OUR newest attraction is moving closer to completion. Works finished last year on the Nambour Tramway Depot (Western Terminus) building and works are almost finished on the tramway tracks and the all important signalling. The official opening for the Western Terminus will take place Wednesday March 31. On this day and all going to plan, The Nambour Tramway Company Ltd (TNTCo) Board will be unveiling the design of Nambour's much awaited Tram and the name of the constructor. Furthermore, within about 12 months from signing the Tram Commissioning Agreement, the 'Tram' will be running through town.

Reactivating the heritage-listed tramline will provide Nambour with an exciting and quirky point of difference.

The TNTCo Directors are passionate about regenerating the prosperity and pride in the great town of Nambour, the town that built its beginnings largely on the regional sugar industry, only to have its Moreton Central Sugar Mill close operation in 2003.

Apart from the Maroochy River Lift Bridge, a few old steam driven locomotives offered for viewing at Nambour Historical Museum and a wealth of photos, memorabilia and stories also stored at the museum, the only legacy of that bygone era permanently on display will be the State Heritage Listed, two foot gauge tracks running along Howard Street, across Currie Street and into Mill Street.

This section was re-laid with new line on upgraded concrete ballast in 2002, only a year or so before the mill closure. It is with this heritage legacy that the Nambour Tram Project was born.

For the past 8 and a half years, TNTCo has been engaging with Council, the Department of Main Roads (DTMR), the Queensland Department of Environment and Heritage and, most importantly, the Office of the National Rail Safety Regulator (ONRSR) to bring the

optimistic dream of reactivating this section of heritage track to fruition.

Australian Company building the 'Tram'

Hopefully within the next month or so, TNTCo will be signing a commissioning agreement for the construction of a tram with an Australian Company who has already demonstrated their impeccable design brief to the Board. We are progressing through the Design Development Stage to prove up engineering and final costings.

The Board Directors believe Nambour's Tram will not only be the only tram of its kind in the world, being a battery electric, solar generated, 2 foot narrow gauge tram, running on heritage listed rail track through a large town, but it will be a tram of exceptional artistic distinction.

Instead of being remembered as the quaint little town where the sugar cane locos and bins traversed the CBD, Nambour will be renowned as the progressive town that dared to do things differently. In doing so, hopefully we can generate immense pride in our community and businesses alike.

Two stages to the project

Stage 1 of the Tram Project will see the tram run from the newly-completed Western Terminus to the Eastern Terminus Platform situated on Council controlled land between Repco and Aldi Supermarket, a distance of approximately 1 km.

Stage 2 will see an additional 1km of track link into the Nambour Showgrounds. This will offer patrons of large events like the Queensland Garden Expo, the Caravan and Camping Show, the Sunshine Coast Agricultural Show, Power on Petrie and numerous other large scale events an exciting opportunity. They can arrive in Nambour by heavy rail or bus and link directly to the Showgrounds without the need for private vehicle transport. Yes, Stage 2 is still just an ambition for the TNTCo Board. But the rail line corridor and bridge locations are already in plan with future funding well on the agenda.

Answering some concerns

I have no doubt this massive project will help reinvigorate the CBD and bring people from near and far to the town. But I do want to clear up a few misconceptions.

Firstly, Nambour's Tram was never designed or heralded as being the 'silver bullet' to fix the town's perceived economic downturn.

I say 'perceived' because — while Nambour does have empty stores and 'For Lease' signs in Currie Street — the town still boasts a wealth of core businesses and exceptional professionals eager, willing and able to provide goods and services to a diverse hinterland community.

Secondly, Nambour's Tram is not owned or operated by Sunshine Coast Regional Council. The TNTCo Board of Directors is made up of a hairdresser, a registered builder, a tech savvy

guru, an accountant, a solicitor, a quantity surveyor and a handful of recent retirees. All are genuinely passionate about giving to Nambour and its future.

No Board Director is paid a cent for their contributions and a number of them have been steering the Tram Project for nearly 9 years.

A letter to the editor (Gazette, February 17), raised concerns about what research we had undertaken and raised the question: "will people ride the tram?"

I can reassure the writer that extensive research was undertaken by TNTCo. From this survey research, we ascertained that a large population base of Nambour residents were overwhelmingly in favour of the project. In fact more than 300 of them put pen to paper in declaring that they would assist in some way with the ongoing operation of the tram.

From tram drivers and guards to terminus staff doubling as ticket officers and Visitor Information Volunteers, they all keenly wanted to be part of the project. As volunteers we can only hope their enthusiasm hasn't dwindled.

'Will people ride the tram?'

As a dedicated public transport means for locals coming into town to shop, the tram would be hard pressed to pay its way. However, with young families visiting the Coast in droves, all it may take is some inclement weather at the beach to spark the notion of a leisurely, inexpensive tram ride for the kids. So will they ride? We certainly hope so, but there are no guarantees in life!

TNTCo Directors have thought long and hard over this expectation and have come to the conclusion that it will be imperative to make the Western Terminus as engaging and informative as possible for pending patrons. We are already putting forward notions of offering the tram for night runs where cafes and restaurants could offer a special dining experience for their guests.

One thing is certain. The TNTCo Board will do everything in its power to ensure the viability of Nambour's world's first tram. Not just for Nambour but for every hinterland town that relies in some way on the former sugar town's prosperity.

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Salad bags lock in freshness and a win for the environment

OWNER of Salads@palmwoods, Marnee Stinton, says she thought about what she would want as a consumer when deciding how to package her lettuce and herb range.

Now her Palmwoods farm has launched a range of plastic-free salad bags that are proving to be a hit with environmentally conscious consumers.

Marnee says many shoppers are frustrated with the huge amounts of plastic-wrapped produce in supermarkets.

Her compostable bags are made from wood pulp and cornstarch, then heat sealed to keep freshness in.

"From the day we took over this business we've been searching for ways to reduce the amount of plastic we use for our lush local lettuce," Marnee said.

"As a farmer and a human being, living on this beautiful planet, we wanted to be as healthy as possible. This means living by green principles of recycling, reusing and reducing plastic waste."

The switch from plastic was only possible because the farm employed people to do the packing, not machines. The bags are packed by hand, by some of the 20 staff who work on site at Salads@palmwoods.

Marnee believes Salads@palmwoods, which follows the United Nation's 17 principles of sustainable living, was one of the few lettuce and herb farms in Australia to use compostable bags.

They're being used to package the farm's 100 gram salad range, as well as their packaged herbs.



Marnee Stinton with her green salad bags made from wood pulp and corn starch.

"Customers are loving the products and making the switch from plastic," Marnee says.

The Salads@palmwoods lettuce and herb range in compostable bags is available at selected IGA and Spar stores across the Sunshine Coast.

• www.saladsatpalmwoods.com.au www.facebook.com/saladsatpalmwoods



Michael Faragher is a well known, highly regarded Brisbane jazz pianist.

Maleny Concert Series starts with some Gentle Jazz

ST George's Anglican Church Maleny is delighted to welcome guest performer, Michael Faragher, a well known, highly regarded Brisbane jazz pianist, to their first concert of the year.

Talented vocalist and local identity Emily Davies will also delight.

"Gentle Jazz" is being held on the 13 March, 2021 at 3pm at St George's Anglican Church, Maleny. Michael was ordained an Anglican priest in 2008, but has been able to continue his music to the benefit of his Church and other organisations.

He holds impressive academic musical awards and by invitation, has performed in many Australian jazz festivals. Composing commissions for ABC orchestras, commercial work

in radio, film and television, plus musical direction for visiting celebrities such as Ronny Corbett reflect his talent.

Emily hopes to pursue a career in opera and musical theatre beyond secondary school. The programme includes beautiful renditions of well known jazz melodies. We are privileged to have performers of this calibre here in Maleny.

• Tickets are \$20 per head and limited; so please book early on Trybooking or through Susan Myring on 5494 3062 or 0407 953 225.



Emily Davies

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Friends of Maroochy Regional Bushland Botanic Gardens volunteers Tom, Terry & Tom.

How you can volunteer to promote and protect our local bushland

MAROOCHY Regional Bushland Botanic Gardens is staging a week of information, displays, guided walks and workshops to help locals get to know and love the gardens.

Running from March 1 to 7 at its Arts & Ecology Centre, Palm Creek Road, Tanawha, the aim is to allow people to experience their Bushland Botanic Gardens 'up close' with Friends of MRBBG members.

"You can learn about volunteering opportunities in activities like Gardening, Guiding and Information services, IT, Botany, Bushcare and more - proudly supporting Sunshine Coast Council to promote and protect our local flora and fauna," said Friends of MRBBG spokesperson Malcolm Cox.

"The Friends are the community backbone of this unique and amazing facility that combines

managed gardens and natural bushland, art and ecology, plants with pleasure and our Open Day on Saturday, March 6 will feature extra 'behind the scenes' talks and walks on all our activities and projects."

"There will be two 'Grow your own natives' introductory workshops during the week, and an expert Botanical Book Talk as well as free Guided Walks about the Gardens and local native plants."

• Register on Eventbrite for specific COVID safe activities (bookings essential), or simply turn up between 10am and 2pm on any day that week. For more information, check the website: www.friendsofmaroochybotanicgardens.org.au/volunteeringopenweekevent or email friendsofMRRBBG@gmail.com.



Jamie Slaven, Jett Walcott and Norm Morwood practiced their clean-up skills at Quota Park.

Join the Clean-up Australia Day at Nambour's Quota Park on March 7

SUNDAY March 7 is Clean-up Australia Day. Petrie Creek Catchment Care Group are again co-ordinating a clean-up site at Quota Park Nambour and along Petrie Creek.

The group has been involved for many years in supporting Clean Up Australia Day.

"This is our annual event where we focus on removing rubbish along Petrie Creek and the adjacent parks, paths, roads and under bridges to improve the environmental quality of these areas and prevent the wash of rubbish downstream into the Maroochy River and eventually out to sea," said organiser Jamie Slaven.

He said Petrie Creek was important habitat for many native animals and plants and particularly important for the iconic Platypus which have been sighted in the creek over many years.

"We would love the local community to come along and help on the day," he said.

"It is a great way to help tidy up this beautiful part of Nambour and make a difference to improve the environmental quality of Petrie Creek. The site is suitable for all ages and abilities."

How to participate

Meet at the bbq shelters in Quota Park Nambour from 8am to 11am. Arrive any time and stay for as long as you want.

Any help is very much appreciated. Just bring some sturdy footwear, a hat and your own gloves if you like.

Organisers will have gloves and rubbish bags available on the day. Morning tea and water will be provided as a thankyou.

You can sign up to be a volunteer on the Clean Up Australia Day website www.cleanupaustraliaday.org.au or when you arrive on the day.



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Be cool, give dancing a whirl

IF you are struggling to find the motivation to exercise, perhaps a step back in time will do the trick.

Cool Cats Rock 'n' Roll dance teacher Nathan Major says his Blues, Swing, Rock 'n' Roll and Rockabilly classes helped people of all ages and levels dip their toes into retro-dance.

Dance is mentally and physically challenging, Nathan says, and there are social and emotional benefits.

He finds that most people learn to dance as something to enjoy with their partner, which is one of the reasons their lessons focus on couples.

"Dancing is a bonding experience and great for people who enjoy movement and music," he said.

"Getting to enjoy this with somebody you love is just the best! Most men tend to come initially to make their wife or girlfriends happy. Many are then surprised by how much they enjoy it themselves.

"I got into the 'blues dance styles' because my Mum needed a dance partner for lessons. I came along to spend time with her and then discovered I loved it! Almost 25 years later - I'm still going. Best of all, it was how I met my wife!"

Nathan and his wife Sarah aim to keep 'retro' dance styles vibrant. "Whether it is achieving confidence in the first figures learned, having more fun on the dance floor, or serious examination of dance mechanisms and technique, we want to help people achieve the most out of their dancing," said Nathan.

How to get started:

Nathan is a qualified instructor (Licentiate - Australian Rock 'n' Roll Dancesport Council) in a variety of styles. He recommends starting with one of Cool Cats' free introductory lessons.

Swing is on the first Monday of the month at 7pm at Woombye School of Arts (Lower Hall); or Rockabilly on the 3rd Monday of the month

at 7.45pm. A partner is required. Queries phone Sarah 0402 592 253, coolcats@coolcatsrocknroll.com, www.coolcatsrocknroll.com, or find them on Facebook.



Nathan & Sarah Major of Cool Cats Rock 'n' Roll help people of all levels give dancing a spin.

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Crescent Place Integrated Health Centre

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

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

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

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

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

- Massage Therapist
- Chiropractor & Osteopath

Please call Rebecca and Glenn for further details

INSPECTION BY APPOINTMENT **0448 866 907 or 0447 799 027**

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MONDAY TO FRIDAY

9AM - 2PM
SATURDAY

10AM - 2PM
SUNDAY

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Sundale presents \$57k in grants

LAST Tuesday Sundale Community Foundation presented its fourth year of community grants to 12 organisations.

Started in 2015 the Foundation funds worthy projects in Nambour. \$1 million was gifted by Sundale to kick-start the initiative and the money is invested with earnings distributed each year.

Chair Caroline Hutchinson said 2020 was challenging but rewarding. "We are proud to have achieved such a strong return for our community this year, in issuing \$57,836 in grants."

The Foundation again partnered with Sundale Limited \$15,000, and Ken Mills Toyota \$5000.

Sundale CEO Danielle Mackenzie said her organisation tried to make a difference in people's lives every day. "These grants allow us to extend our support beyond the aged care sector."

Sundale donated \$10,000 to Nambour Special School to upgrade their bike track and playground and \$5000 to St Vincent de Paul for provision of school uniforms and children's shoes.

"We hope the grants make a difference to local families and allow Nambour Special School and St Vincent de Paul to continue their meaningful and valuable work throughout the Sunshine Coast community."

Brett Mills from Ken Mills Toyota was proud to have partnered with the program for the past three years. "We continue to be incredibly inspired by the high calibre of community projects being undertaken in the Nambour region," he said.

Grants were presented to: Palmwoods C&K Kindy \$5000, Nambour State College P&C \$5000, QPCYWA - Sunshine Coast PCYC \$4500, St Vincent de Paul Society Qld \$5000, Guides Queensland - Nambour District \$1880, Little Dreamers Australia \$4500, Nambour Special School \$10,000, Adopt Change \$5000, Nambour Rugby Union Football Club \$5000, Nambour Meals on Wheels Service Inc \$1100, Hear and Say - Centre for Deaf Children Ltd (Sunshine Coast) \$3500 and the Woombye Snakes FC \$7356.

• Applications for the 2021 SCF Grants round will open 14 July - close 31 August 2021, for grants between \$1,000-\$10,000. Visit the Sundale Community Foundation website www.sundalecommunityfoundation.org.au for further information on how to apply for grants, become a community partner or to make a donation.



Peta Newsome is using her skills as a boxing coach to help empower teenage girls at Nambour PCYC.

\$4500 helps teens pack a punch

COACH Peta Newsome runs a girls boxing class that is about far more than showing teens how to throw a punch.

"It's not just about boxing," she said of the Nambour PCYC sessions. "It's more about mental health and wellbeing. It's more a mentoring session for the girls. It's been going for two and a half years now, successfully, and growing."

Peta said teenage girls, who are naturally social, had been greatly effected by the isolation and stress of the COVID pandemic.

"After COVID, I was really worried about the girls," she said.

So Peta will use a grant from Sundale Community Foundation Board to help the girls

reconnect on a camp.

"It's a reconnection camp," said Peta. "Where they're going to go kayaking, do some art therapy, bush walking, yoga, all sorts of really exciting things. I really appreciate the grant because I'm passionate about the youth in our community. We have some amazing new programs at the PCYC and the girls are really excited."

Sunshine Coast PCYC received \$4500 towards the camp from the Sundale Community Foundation at a presentation last Wednesday.

• For more information about the Tuesdays from 4pm boxing classes please contact Peta at Peta.Nesome@pcyc.org.au.

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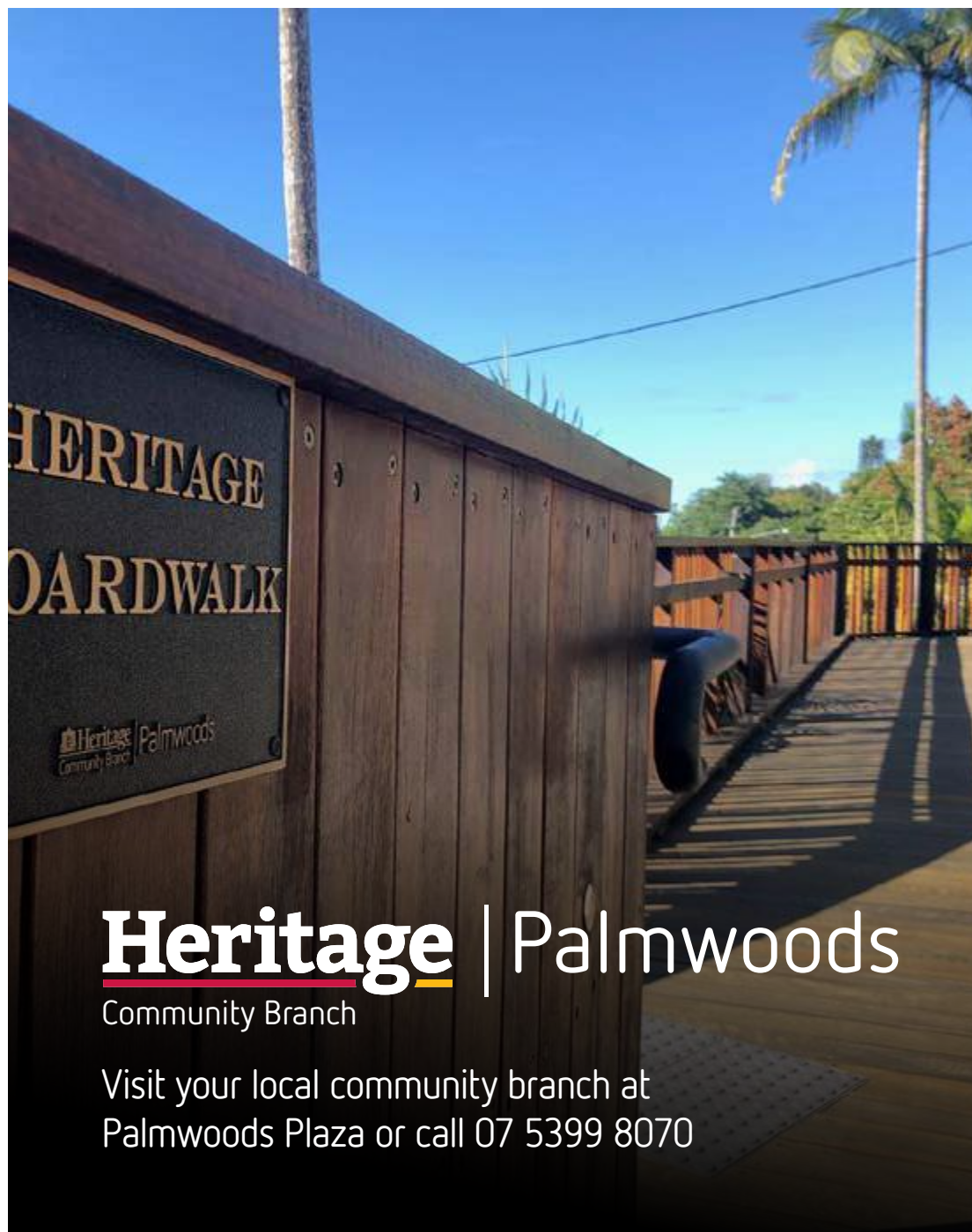
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Community Branch

Visit your local community branch at
Palmwoods Plaza or call 07 5399 8070

Heritage Palmwoods Community Branch calls on community for funding suggestions

The Board of Directors of Palmwoods Community Branch Limited are welcoming any suggestions from the community for a major project that would benefit Palmwoods.

Is there a community project that needs a helping hand? Or do you have an idea for something you would like to see in Palmwoods?

We'd love to hear your suggestions for a major community project that we could contribute funding towards.

Please visit Palmwoods Community Branch on Margaret Street between 1 March and 31 May 2021 to submit a suggestion.

The team will then forward all suggestions to the Directors of Palmwoods Community Branch Limited for a decision.

At Heritage Palmwoods Community Branch, we're proud to be a part of the community and make a positive difference. One of the great things about being a community branch is that the more people choose to do their banking directly with Heritage Palmwoods, the more Palmwoods Community Branch can give back to support local projects and initiatives with much-needed funding.

Ground breaking, grain free cafe on the market

AFTER a 26 year career as an Italian trained professional chef creating a business based on grain free cooking represented a 180 degree pivot for Husk & Honey's Tash Faulkes.

"Early in my career I had the most incredible opportunities to travel around the world and learn my trade from talented and world renowned chefs like Jamie Oliver," Tash said.

"I have cooked in all kinds of restaurants and cafes, everything from burgers to Italian food. But I could see that there was a real opportunity to blaze a trail in grain free cuisine, as food sensitivities and intolerances are on the rise," she said.

Tash and her husband Johnny took over Husk & Honey in Queen Street Nambour and quickly turned it into a much loved mecca for people seeking fresh, nourishing and tasty grain free food.

"It turned out to be a great move, and I like to think we have revolutionised the way people think about grain free food," Tash said.

"We are exclusively grain free and everything on the menu is made from scratch, on site."

Husk & Honey quickly built an incredibly loyal following of regular customers who continued to support the business during the COVID lockdown. "We were able to pretty much trade through and we did very well, regardless of the restrictions," Tash said.

"Many of our customers simply can't get food like ours anywhere else. It helps that we also have amazing staff."

"Five years ago, Alisha Eagle joined us in the business, having hailed from the iconic fine dining restaurant 'Star of Greece' in Port Willunga, Adelaide. She is absolutely incredible, a dream to work with," Tash said. "We honestly could not have done it without her."



Alisha Eagle and Tash Faulkes of Nambour's trail-blazing Husk & Honey Cafe.

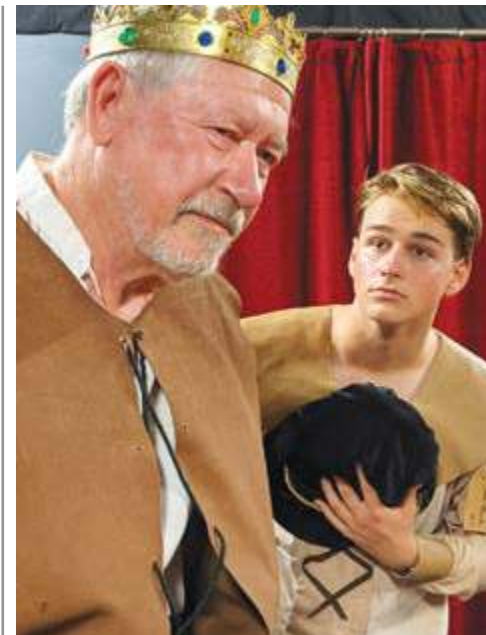
After ten hectic and rewarding years, Tash and Johnny are ready to hang up their aprons and pass the business on to a new owner.

"We have listed Husk & Honey for sale as we are looking at new and different career opportunities," said Tash.

"Ideally, I would love to see someone with the same passion for innovative and nourishing

grain free cuisine take over from here. It is such a rapidly expanding niche market, in a community that is supportive, loyal and growing like crazy. It really is a win-win situation for the person who is keen to take it on and put their own stamp on it."

• Husk & Honey, 18 Queen Street, Nambour Phone 5441 3510.



In rehearsal, for 'Shakespeare: the guided tour', are Rob Hobson, left, and Sam Hamilton-Barry.

Shakespeare at the Playhouse

THE Maleny Players are excited to announce their first production for 2021; 'Shakespeare: the guided tour'. The show features short excerpts from ten of Shakespeare's plays which will be linked by narration from the 'Tour Guide'.

The show, directed by Andrew Wallace, will no doubt revive memories for some and remind you that Shakespeare is not there to be revered, but to be relished. Whether you are a Shakespeare novice, or well versed in Shakespearian drama, come along to the Maleny Playhouse to enjoy excerpts from plays which include Henry IV; Macbeth, A Midsummer Night' Dream, Anthony and Cleopatra to name but a few. Well-known Sunshine Coast musician Kim Kirkman will perform authentic music of the period. The music is integrated into the dramatic action.

• When: 12th 13th and 14th of March at the Maleny Playhouse. Tickets: \$20 adults \$15 under 18 years available at www.maleny-players.org. For further information phone Andrew on; 0467 038 755.

Wine & Cheese Evening for hairdressers, beauty and massage therapists

THOSE who work in the beauty industry know what is really happening in their communities. As such, they are in a unique position to identify signs of domestic and family violence and point clients in a direction to seek help.

That is why the Speak Up Now - Stop Domestic and Family Violence group (Maleny and the Blackall Range) is holding a complimentary Wine and Cheese information evening for Hair-

dressers, Beauticians, and Massage Therapists on Thursday evening 11th March.

This will be a low-key, relaxing event with a couple of brief talks from Hairdressers with Hearts (a Bribie Island group who have developed on-line materials for hairdressers to help clients living with domestic violence), and Sunshine Coast domestic violence and elder abuse services.

There will be plenty of opportunity for informal questions and one-on-one, and resource materials to take back to the salon.

• The event will be held at the Maleny Neighbourhood Centre (Bicentenary Lane) 6pm-8pm. Anyone interested in attending is asked to rsvp for catering purposes to combinedserviceclub-smaleny@gmail.com or to Val on 0419 599 042 by Thursday March 4 2021.

CHECK YOUR EYES FOR GLAUCOMA

MARCH 7 - 13

GLAUCOMA AWARENESS WEEK

Just like Kirk Pengilly from INXS, 300,000 Australians are affected by glaucoma.

If left undiagnosed and untreated, it can cause blindness. If detected early, glaucoma can be managed.

There is no cure for glaucoma and vision loss is irreversible, making early detection and treatment key to saving sight.

Everyone should treat their eyes to a test every 2 years, especially family members of someone with glaucoma (it can be hereditary), and those over 50 years of age.



- Kirk Pengilly, INXS Band Member



Having your eyes checked by an Optometrist EVERY TWO YEARS can prevent the irreversible damage that can be caused by glaucoma.

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CHICKEN DISHES

- 1. ROAST CHICKEN**
Tender roasted chicken served with roast chat potatoes, pumpkin and steamed beans.
- 3. CHICKEN A LA KING**
Delicious chicken pieces cooked in a white sauce with bacon served with seasoned chat potatoes and green beans.
- 14. SATAY CHICKEN**
Tender chicken breast topped with a satay sauce and served with yellow and green beans and rice (contains nuts).
- 15. SWEET N SOUR CHICKEN**
Asian style sweet 'n sour chicken served with steamed rice & green beans
- 17. CHICKEN KORMA CURRY**
Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.
- 19. MUSTARD CHICKEN**
Tender chicken breast fillets, topped with creamy mustard sauce, roasted chat potatoes and aussie beans.
- 20. BUTTER CHICKEN**
Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.
- 37. CHICKEN PARMI**
Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.
- 47. MANGO CHICKEN**
Seasoned tender chicken with a mouth watering mango sauce, served with steamed aussie beans and chat potatoes.

FISH DISHES

- 25. ATLANTIC SALMON** (Reg \$13.50 | Lge \$17.90) NEW
Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.
- 26. TUNA MORNAY PASTA**
Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.
- 28. ATLANTIC COD & PRAWNS** (Reg \$11.50 | Lge \$13.90) NEW
Served with lemon sauce, mashed potato, broccoli & garden peas.
- 36. SMOKED SALMON FETTUCCINE**
Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.
- 46. BAKED FISH**
Wild caught New Zealand Hoki with a cream sauce, served with sweet potato and peas.

BEEF DISHES

- 5. COTTAGE PIE**
Good old traditional style minced beef, topped with potato mash and served with vegetables.
- 6. ROAST BEEF**
Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.
- 7. BEEF CASSEROLE**
Tender beef cooked in rich gravy, served with mash and peas.
- 8. SPAGHETTI BOLOGNESE**
Everyone's favourite pasta topped with a beef bolognese and grated cheese.
- 9. BEEF LASAGNE**
Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.
- 30. BEEF RISSOLES**
Beef Rissoles topped with gravy and served with mashed potato, peas and carrots.
- 31. BEEF STROGANOFF**
Tender Beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.
- 32. MEXICAN BEEF AND BEANS**
Classic Chilli Con Carne served with rice and beans.
- 35. BEEF MADRAS CURRY (MILD-MEDIUM)** NEW
A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.
- 41. SILVERSIDE**
A family favourite - Corned Silverside served with a sweet potato mash and vegetables.

PORK DISHES

- 12. ROAST PORK**
Roasted pork with gravy, chat potatoes and roast pumpkin.
- 27. PASTA CARBONARA**
Pasta cooked in a bacon and mushroom cream sauce.
- 33. PICKLED PORK**
Pickled pork topped with creamy mustard sauce served with chat potatoes, green and yellow beans.
- 48. CURRIED SAUSAGES & RICE**
Pork sausages cooked in a mild curry sauce and served with rice and vegetables.

BANGERS AND MASH

- All served with mash potato, rich gravy and seasonal vegetables
- 2. BEEF WITH BUSH TOMATO & PEPPER SAUSAGES**
 - 13. TRADITIONAL OLD ENGLISH PORK SAUSAGES** NEW
 - 22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES**

LAMB DISHES

- 10. ROAST LAMB** (Reg \$11.50 | Lge \$13.90)
Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.
- 24. MASSAMAN LAMB CURRY** (Reg \$11.50 | Lge \$13.90)
Lamb cooked in a thai style massaman sauce, served with rice and green beans.
- 42. MONGOLIAN LAMB** (Reg \$11.50 | Lge \$13.90)
Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

VEGETARIAN / VEGAN DISHES

- 29. VEGETABLE LASAGNE**
Marinated roast vegetables between layers of pasta, topped with three cheeses.
- 43. VEGETARIAN NOODLE STIRFRY**
Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.
- 44. CHICKPEA & VEGETABLE CURRY**
Mild chickpea & vegetable curry served with basmati rice.
- 45. CREAMY PESTO PASTA**
Penne tossed through pesto cream, broccoli and spinach, topped with parmesan cheese (contains nuts).

DESSERTS (\$4.50 each)

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

MAIN MEALS

Regular \$9.50 **Large \$11.90**
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Minimum of 7 main meals for a FREE delivery

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7 Large sized meals from \$83.30

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ALL ORDERS MUST BE PLACED BY 2PM FOR THE NEXT DAYS DELIVERY

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EVERY WEDNESDAY SUNSHINE COAST

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

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MORTEN BAY / NORTH LAKES

Includes and the surrounds of:
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(Suburbs above in green incur a \$5.00 delivery charge)

FORTNIGHTLY FRIDAY

GYMPIE TO FRASER COAST

Gympie, Tiaro, Maryborough, Hervey Bay
Tin Can Bay
(\$22.00 delivery fee applies for Tin Can Bay)

FORTNIGHTLY FRIDAY

TOOGOOM TO BUNDABERG

Toogoom, Burrum Heads, Howard, Childers, Bundaberg, Bargara, Burnett Heads
(All incur a \$5.00 delivery charge)

Free Delivery is available to most areas
Delivery charges may apply dependant on location

Please call for more info

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Let Hearty Foods take the fuss and stress out of meal times, whether its lunch or dinner at home or a tasty meal at work, just grab a meal from your freezer and simply heat and eat with peace of mind that your eating a nutritious tasty meal.

FANTASTIC FACTS ABOUT OUR MEALS AND SERVICE

- Our meals are a complete meal
- Regular meals approx. 350-400g
- Large meals approx. 450-500g
- Most of our meals are gluten free and lactose free
- We prepare and cook our meals fresh daily using only the best ingredients sourcing our meat and vegetables from local Aussie suppliers.
- Free delivery to most areas
- The meals delivered are frozen
- Meals can be heated in either the oven or microwave from thawed or from frozen
- Our meal containers we use are of recycled cardboard and are biodegradable.



The Sunshine Coast Hinterland 'Unique In Every Sense' campaign will promote our four major pillars of stay, taste, events and experiences.

'Unique In Every Sense': hinterland campaigns boost tourism recovery

EIGHT sub-regions of the Sunshine Coast have launched specific tourism promotions to fast-track the recovery of over 1700 grassroots businesses through Visit Sunshine Coast's COVID19 Response Marketing Program.

The eight sub-regions include Caloundra, Kawana, Mooloolaba, Maroochydore, Hinterland, Nambour, Coolumb and Eumundi.

The Visit Sunshine Coast program was created after the devastating impact of COVID-19 and to complement VSCs high-level national and statewide promotional strategy.

Each sub-region developed campaigns to suit the specific needs of their tourism operators. VSC supported the creative development, media placement and management of the campaigns which included radio, print, online, digital and social media.

While coastal areas focused on their laid-back tourism environment and superb beaches, Nambour developed content featuring their 'hidden gems', and Eumundi used the funding to highlight that its attractions went far beyond the renowned Eumundi Markets.

Hinterland Tourism President Kerry Brown welcomed the sub-regional program, which enabled the Hinterland to develop a new campaign to promote their unique attractions.

"Hinterland Tourism has a very strong social media following and through the sub-regional program we are now able to build on this success," said Ms Brown.

"Our Sunshine Coast Hinterland 'Unique In Every Sense' campaign will promote our four major pillars of stay, taste, events and experiences. This support makes this initiative possible and will be very valuable in helping Hinterland operators recover in the year ahead."

Visit Sunshine Coast CEO, Matt Stoeckel said the sub-regional campaigns which highlighted the breadth and depth of experiences across the destinations could not have come at a better time.

"The campaigns undertaken across the sub-regions mostly targeted our drive market and complemented broader activities aimed at boosting our intrastate market to buffer the impact of COVID19 on the broader destination," he said.



Margie Gowty and the friendly volunteers will welcome you to St Augustines Op Shop Palmwoods.

Church Op Shop March Madness Sale offers summer clothing for \$1 an item

ST Augustine's Anglican Op Shop Palmwoods is celebrating a touch of "March Madness" with a week long sale beginning Saturday March 6 at 9.30am.

There will be some fabulous bargains, including all summer clothing at only \$1 per item and 50 percent off books, DVDs, CDs and bric a brac. Come on in to our shop at 22 Main Street Palmwoods (opposite the SPAR,) stock

up on some great bargains and be assured of a warm welcome from Margie and the team of friendly volunteers, including Barney the resident "security consultant". All proceeds will go to support our charities locally and in the Philippines, where the Triple B clinic is expanding its facilities and needs our continued support. The sale continues on Tuesday 9th, Thursday 11th and concludes on Saturday 13th.

New plan advances council vision for next five years

SUNSHINE Coast Council has endorsed its Corporate Plan 2021-2025 which will guide its directions and priorities for the next five years.

Sunshine Coast Council Mayor Mark Jamieson said the plan reinforced council's continuing commitment to its vision for the Sunshine Coast, Australia's most sustainable region - healthy, smart, creative.

He said the new plan also focussed on long-term planning by considering community feedback provided through the development of our

community, economic and environment strategies as well as consultation conducted on the Corporate Plan itself in late 2020.

"Liveability remains a key priority which was reflected in feedback provided by our community, along with the need to continue to provide a balanced and connected approach to planning for the future," Mayor Jamieson said. "Council seeks to achieve this through everything we do, consistent with our vision for the Sunshine Coast."



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All survey participants will go into the running to win one of two major prizes!

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Dinner for 2 at Montville Gourmet Bistro

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THE BARN ON FLAXTON

ALL MEALS ARE PORTIONED FOR 1 | \$10.00 EACH

- | | | |
|-----------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|
| 1. CHUNKY CHICKEN, BACON & MUSHROOM SOUP (GF) | 4. VEGETABLE QUICHE (GF / VEG) – SERVED WITH SALAD | 7. BRAISED BEEF AND ONION STEW (GF / DF) – SERVED WITH RICE |
| 2. CREAMY POTATO & LEEK SOUP (GF / VEG) | 5. CURRIED SAUSAGES (GF / DF) – SERVED WITH RICE | 8. PENNE BOLOGNESE |
| 3. BEEF LASAGNE – SERVED WITH SALAD | 6. VEGETABLE COCONUT CURRY (GF / DF / VEG) – SERVED WITH RICE | 9. PENNE CHICKEN CARBONARA |

LE RELAIS BRESSAN

ALL MEALS ARE PORTIONED FOR 2 | \$25.00 EACH

- | | | |
|-----------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 10. COQ AU VIN – CHICKEN IN RED WINE | 13. CONFIT DUCK WITH ORANGE SAUCE | *MEALS INCLUDE A SIDE OF BAKED POTATOES, EXCEPT THE FISH. ALL MEALS, EXCEPT THE FISH OPTION CAN BE FROZEN* |
| 11. BEEF BURGANDY – BEEF IN RED WINE | 14. FISH ROULADE WITH LEMON RIESLING SAUCE – SERVED WITH RICE | |
| 12. CHICKEN IN CREAM SAUCE – SERVED WITH RICE | 15. CREAM OF SWEET POTATO SOUP – SINGLE SERVE ONLY - \$8.00 | |

CAFÉ MAPLETON

ALL MEALS ARE PORTIONED FOR 1 | \$13.00 EACH

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|---------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------|
| 16. VEGETARIAN FRIED RICE WITH EGG (VEG) | 21. STIR FRY CHICKEN AND MIXED VEGETABLES – SERVED WITH RICE | 26. STIR FRY NOODLES WITH CHICKEN, EGG & VEGETABLES – WHEAT OR RICE NOODLES |
| 17. VEGETARIAN FRIED NOODLES (VEG) – WHEAT OR RICE NOODLES | 22. STIR FRY CHICKEN WITH GINGER & MUSHROOM – SERVED WITH RICE | 27. STIR FRY CHICKEN AND ZUCHINI IN TOM YAM SAUCE (SPICY) – SERVED WITH RICE |
| 18. BACON FRIED RICE | 23. STIR FRY CHICKEN AND PAK CHOY/LONG CABBAGE – SERVED WITH RICE | 28. STIR FRY PAK CHOY/LONG CABBAGE WITH MUSHROOM SAUCE (VEG) – SERVED WITH RICE |
| 19. VEGETABLE OMELETTE | 24. CHICKEN CASHEW FRIED RICE | |
| 20. STIR FRY MIXED VEGETABLES IN SOY SAUCE (VEG) – SERVED WITH RICE | 25. MALYSIAN FRIED RICE | |

CLOUDS MONTVILLE

ALL MEALS ARE PORTIONED FOR 1 | \$12.00 EACH

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|---------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|
| 29. HAM & PINEAPPLE PIZZA (READY MADE) | 33. SAVOURY ZUCCHINI MUFFIN (VEG) – SERVED WITH SALAD | 37. RISOTTO (GF / VEG) – PUMPKIN, SPINACH, FETA & PINENUTS |
| 30. MEAT DELIGHT PIZZA (READY MADE) | 34. CREAMY GARLIC PRAWNS – SERVED WITH RICE | 38. RISOTTO (GF) – CHICKEN, BACON & MUSHROOM |
| 31. CARAMELISED ONION & CHEESE PIZZA (READY MADE) | 35. SEAFOOD MARINARA FETTUCCINE | |
| 32. CHICKEN, BRIE & PROSCIUTTO PIZZA (READY MADE) | 36. PENNE PASTA WITH MEATBALLS | |

MONTVILLE GOURMET BISTRO

ALL MEALS ARE PORTIONED FOR 1 | \$10.00 EACH

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|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 39. CHICKEN SCHNITZEL – SERVED WITH VEGETABLES | 44. SUPREME PIZZA – TOMATO BASE, TOMATO BASE, SHAVED HAM, SALAMI, ONION, CAPSICUM, PINEAPPLE, MUSHROOM, OLIVES, ANCHOVIES & CHEESE | 48. CHILLI CARBONARA – CHICKEN, BACON, GARLIC, CHILLI, AGED TOBASCO & PARMESAN |
| 40. CHICKEN PARMIGIANA – SERVED WITH VEGETABLES | 45. LASAGNE (GF) – SERVED WITH SALAD | 49. BBQ PORK RIBS – SERVED WITH VEGETABLES – SINGLE SERVE ONLY - \$15.00 |
| 41. SAUSAGES & POTATO BAKE | 46. BOLOGNESE – BEEF WITH A RICH NAPOLITANO SAUCE & PARMESAN CHEESE | 50. POTATO BAKE – SINGLE SERVE ONLY - \$6.00 |
| 42. MARGHERITA PIZZA – TOMATO BASE, CHERRY TOMATOES, CHEESE & BASIL | 47. CREAMY CARBONARA – CHICKEN, BACON, GARLIC, & PARMESAN & PARMESAN CHEESE | |
| 43. BUTCHERS BLOCK PIZZA – TOMATO BASE, CHICKEN, BEEF, SALAMI, HAM, BACON, ONION, CHEESE & HOLLANDAISE SAUCE SWIRL | | |

THE COTTAGE MEAL RANGE

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 51. MARINATED SEED MUSTARD & ROSEMARY ROAST BEEF (GF / DF) – SERVED WITH ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 62. MALYSIAN SATAY CHICKEN (GF / DF) – MILD CREAMY CURRY SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 52. CRISPY SKINNED LEMON & HERB ROAST CHICKEN (GF / DF) – SERVED WITH ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 63. BRAISED PORK, CHORIZO & BUTTERBEAN STEW (DF) – SERVED WITH COUSCOUS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 53. TENDER ROAST PORK LOIN (GF / DF) – SERVED WITH APPLES, ROASTED VEGETABLES & GRAVY
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 64. ASIAN STYLE CHICKEN & VEGETABLE FRIED RICE (GF / DF) – SERVED WITH COUSCOUS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 54. BEEF LASAGNE – WITH LEAN BEEF BOLOGNESE LAYERED WITH BECHAMEL & PASTA BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 65. CREAMY COCONUT INDIAN VEGETABLE & CHICKPEA CURRY (GF / DF / VEG) – SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 55. OVEN BAKED BEEF RISSOLES & GRAVY – SERVED WITH BUTTERED POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 66. VEGETABLE LASAGNE (VEG) – SEASONAL VEGETABLE IN NAPOLITANO SAUCE WITH BECHAMEL, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 56. BRAISED STEAK & MUSHROOMS IN GRAVY (GF / DF) – SERVED WITH HERB BUTTER POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | 67. SPINACH & RICOTTA CANNELONI PASTA – WITH NAPOLITANO SAUCE WITH BECHAMEL, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
| 57. CORNED BEEF SAUTEED ONION & FRESH HERB WHITE SAUCE (GF) – SERVED WITH STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | |
| 58. MOROCCAN BEEF SWEET TOMATO GRAVY (DF) – SERVED WITH DATES, APRICOTS & CINNAMON COUSCOUS
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | |
| 59. SAVOURY MINCE (GF / DF) – LEAN BEEF GRAVY SERVED WITH BUTTERED HERB POTATOES & STEAMED VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | |
| 60. CREAMY CURRIED BEEF SAUSAGES (GF / DF) – SERVED WITH RICE
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | |
| 61. COTTAGE PIE (GF / DF) – LEAN BEEF & VEGETABLES SAUTEED IN GRAVY & BAKED WITH CREAMY MASH POTATO & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 | |

SOUPS

- | |
|---------------------------------------------------------------------------------------------------------------------|
| 68. ASIAN CHICKEN SEASAME VEGETABLE NOODLE SOUP (GF / DF) – SINGLE SERVE \$5.50 |
| 69. HEARTY SPRING VEGETABLE BROTH (GF / DF / VEG) – SINGLE SERVE \$5.50 |
| 70. HEARTY PEA & HAM SOUP (GF / DF) – WITH SPLIT LENTILS, SEASONAL VEGETABLES AND BRAISED HAM – SINGLE SERVE \$5.50 |
| 71. ROASTED SWEET PUMPKIN SOUP (GF / DF) – SINGLE SERVE \$5.50 |

CURRENT SPECIAL

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- | |
|------------------------------------------------------------------------------------------------------------------------------|
| 72. BRAISED LAMB FRENCH ONION & ROSEMARY SWEET POTATO PIE (GF / DF)
A. SINGLE SERVE \$9.90 B. PORTION FOR 2 PPL \$18.00 |
|------------------------------------------------------------------------------------------------------------------------------|



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

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Guess who is turning soon **12**

No, not Yvonne!! On Tuesday the 9th of March your community bank will be celebrating 12 years of serving and contributing to the Woombye community.

Before March 9, 2009, there had been no permanent bank in Woombye since the mid 1950's and at a meeting of the Woombye Community Business Association, at the Woombye Bowls Club, in November 2004, a bold decision was made to change the status quo!

So many people were involved, too many to mention here, but the two original key drivers were prominent Nambour businessman, Ray Grace, and the Association's Peter Stidolph.

Research showed that if residents of an area travel elsewhere to do their banking they will make other purchases such as general supermarket shopping, hairdressers, Vets, medical and much more, outside of the area too. The money spent never comes back! It was immediately evident that the entire town would benefit from having its own bank and that the Bendigo Community Bank model should be explored. The Bank would support the community bank branch, product development, and systems, enabling a full banking service to be offered.

Investigations into the feasibility continued, pledges from businesses and residents to invest in the bank were sought, and in 2006 Ray Grace personally bought a brand new demountable for \$14,000 and had it installed on the corner of Hill and Blackall Streets at 5 o'clock in the morning, to serve as a 'fund raising headquarters'. There was no Council approval, something you couldn't do today!

The arduous process of getting the bank going continued over the following 3 years, with many and varied road blocks along the way.

But when the doors finally opened on March 9, 2009 these banking pioneers must have felt very proud. There are few people who can say they have set up a bank!

Today, Woombye & Districts Community Bank Branch continues to serve its customers with all of the product offerings, facilities and most importantly, personalised service that has become a thing of the past in many Australian banks.

And in the process over \$170,000 has been seeded into community organisations by way of grants and sponsorships.

Here's to many more years of service and contribution to the Woombye community!

Secure your appointment today, by visiting in person or calling us on 5442 1311

Connect with us



Decluttering and simple tweaks are the keys to a home styled your way

A passion for eclectic styling and a desire to help people declutter their homes and create a space they love was the impetus for Michelle Menzell to start her business, Styled Your Way.

"I have always been creative and I absolutely love creating beautiful and unique living spaces," Michelle said. "It occurred to me that a lot of modern design is very minimalist and repetitive, and while that works for some, many people collect and like to have sentimental touches in their home. I think where they sometimes get lost is in knowing how to combine and arrange the old with the new to design a truly unique space."

Michelle studied interior design and two years ago, launched Styled Your Way. "I have found that Australians tend to be quite 'fad-ish' and inclined to pretty much toss out everything on a regular basis to start again," said Michelle. "But with clever decluttering, upcycling and adding select new pieces, you can create a look and feel that is uniquely yours. At the same time you can honour pieces

that are important to you as well as refreshing your home with simple tweaks like colour, grouping of ornaments or rearrangement of furniture."

A lot of people balk at engaging a designer because they fear it will be financially out of reach.

"I have structured my bespoke packages so that they are very affordable," Michelle said. "This is necessary because every situation is so unique. At the moment, the Hamptons look is really popular and like most people, I have found that any design element with the word 'Hamptons' in it, comes with a hefty price tag. Over the years, I have discovered some wonderful online sources of homewares that are half the price, as well as local shops where I have been able to find some really special pieces."

"Teaching people where it is important to spend more money is an important part of my service," explained Michelle. "For example, I might recommend that they invest more into light fittings or tiles than soft furnishings because cheap fixtures and fittings will make expensive

furniture or homewares look cheap."

Michelle has helped clients in a variety of circumstances achieve their interior design goals. From decluttering, to make overs of all sizes, and staging properties for sale, Michelle can help with practical and affordable guidance.

"Staging properties for sale is really fun and exciting," she said. "Decluttering is so important here, and we have had some amazing results by utilising linen, furnishings and homewares that the client already has, arranging them in different ways and adding fresh flowers or potted plants with quite spectacular results. It is a simple way to maximise and showcase your home in its best light and is more likely to attract people who are happy to pay more for it."

"Whatever the situation, working with my clients to create something special is enormously rewarding," said Michelle. "To my way of thinking, style is not a display of wealth but an expression of imagination. I like to think that I can show clients how to unlock their own creativity and



Michelle Menzell performs makeovers of all sizes and can help with practical and affordable guidance.

together, we have a lot of fun making their home beautiful and a unique expression of who they are."

• Styling Your Way, Phone 0439 761 967 @instagram.com/styledyourway Facebook @styledyourway.

Mum's recipes reach new market as Dee takes on Tilt Espresso cafe

ARMED only with her mum's favourite recipes and a determination to spread joy through home cooking, Dalia (Dee) Croxton started her business, Cakes By You From Me.

That was five years ago. Now, having created thousands of lovingly baked and decorated celebration cakes, cookies, cupcakes and sweet treats for her devoted customers, Dee has taken her business from her family kitchen and given it a home at Tilt Espresso in Nambour.

"It was time to give my baking business a home where my customers could come and collect their goodies, and relax with a coffee or light meal at the same time," said Dee. "When the opportunity came up to purchase Tilt I was ready to take that next step and this was the perfect fit. I am blown away by the welcome I have had from the Nambour community and so grateful for their support."

Dee has a passion for fresh food, baking and wholesome cooking and this is reflected in her menu.

"I am a firm believer in knowing what you are eating. Everything is baked from scratch and made using my own tried and tested recipes."

"I take great inspiration from my mum who instilled fresh is best into me," she said.

Dee lets her creativity and available fresh ingredients determine what will be on each day's menu.

"It can vary from cheese and spinach pastries to ham and pineapple scrolls, wraps, sliders, savoury mince jaffles and breakfast wraps. Then comes the sweets with almond and jam biscotti, brownies, assorted tarts, cupcakes, carrot and walnut cakes, cookies, each day is different and I post on Instagram and Facebook what's on offer that day," Dee said. "And so far people are really enjoying the variety."

The Cakes By You From Me arm of the business is going from strength to strength from its new home. "It is an honour and a pleasure to continue on, using my mum's well-loved recipes. I get to be part of the most special times in people's lives. I have baked all kinds of celebration cakes from engagements, weddings, birthdays of all ages, anniversaries and baby showers, personalised cookies and pastries."

"I am happy to work to individual budgets because I get the most incredible pleasure from what I do. I am so excited to be where I am and to be able to bring my love of baking to Nambour."

• Tilt Espresso 12/3 Rigby Street Nambour. Facebook @tilt.espresso



Tilt Espresso's new owner Dee Croxton has a passion for fresh food, baking and wholesome cooking.

Pianist to play second concert at Lucas Parklands

DEMAND for tickets has been so high for a Montville concert presented by international pianist Konstantin Shamray that the maestro has agreed to present a second performance.

The concert pianist has agreed to perform twice at the Lucas Parklands auditorium on March 14th - the first at 4pm, which has sold out, and the second at 7.30pm on the same evening.

"Konstantin Shamray is one of the world's leading young pianists and to have him perform a second concert at Lucas Parklands is wonderful and very flattering," Ian Lucas of Lucas Parklands said.

"It's a credit and we thank music lovers of the Sunshine Coast and South East Queensland for their overwhelming support, which resulted in Konstantin agreeing to hold a second performance - so now many more people have the chance to watch this master musician play."

• Mr Shamray will perform at the Lucas Parklands concert hall, at Montville, on March 14 at 4pm (sold out) and at 7.30pm (tickets available). For tickets please phone 07 54785667 Email: lucasparklands@bigpond.com



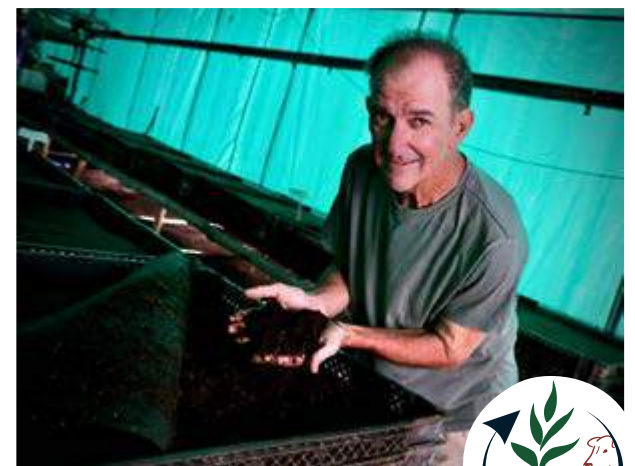
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The famil included a fascinating talk by Neil Andison of Platypus Whispers.

Maleny Visitors Centre volunteers get familiar with platypus facts

MALENY Visitors Information Centre held their first famil for 2021. The morning was enjoyed by 28 volunteers, who also had the chance to catch up with each other.

The famil included a fascinating talk by Neil Andison of Platypus Whispers. Neil answered our many question regarding the unique platypus.

Terri Ann from Mondo Botanica and Floral Design showed us all their wonderful floral arrangements and plants. Terri Ann also discussed the wedding number she annually provides for in Maleny. This was followed by an enjoyable cup of coffee at The Barrel at Clouds Vineyard. We then proceeded to visit Runaway to Maleny, a peaceful B&B situated at a very secluded tranquil bushland setting, beside the Obi Obi Creek. A great way for the MVIC volunteers to start 2021!

If you are interested in becoming a volunteer and joining this great team at Maleny Visitors Information Centre, please call into the Centre at 23 Maple St Maleny, for an application form or use the Maleny Visitor Information Centre Website - <https://malenyinfocentre.edublogs.org/become-a-volunteer/> for information



Elma Wilcox - the most senior of the visitors on the day, cuts the cake at the 40th anniversary. Picture Heather deFina.

Museum celebrates milestone

THE Kenilworth Museum has grown and expanded since the official opening on January 24, 1981. This growth and expansion has been due to the exceptional volunteer work of many people over the years.

The museum and its volunteers celebrated its 40 Year Anniversary last Wednesday

The history of the district is unique - from its first settlers and the pineapple rebellion to say nothing of the community spirit that has built halls, churches, showgrounds, swimming pools, retirement units, a bowling club and even purchased the land for the town park.

It is this small museum that is the repository of all this history and the place where the community can learn more of the town and district.

Former councillor Greg Rogerson helped launch the 3rd edition of the historical book - "Hinka Booma to Kenilworth 1850-1960". It was updated recently by President of the Kenilworth & District Historical Association Lenore Meldrum. A special booklet was printed for distribution at the celebration. It covers the history

of the buildings and when they arrived on site as well as detailing every member of the management committee since 1979 and the patrons.

First published in 1950 by the Kenilworth Centenary Celebrations Committee the original Hinka Booma to Kenilworth was "Respectfully dedicated to those pioneers who strove through the silences of the bush and penetrated to the Larger Bunya Country, when our capital city was only 'a settlement on the Brisbane River' and Kenilworth on the Mary was 'Hinka Booma on the Numabulla', and to those intrepid settlers, who gave us such names as Kenilworth, Obi Obi, Cambroon, Mt Ubi, Tamlyn, Little Yabba, and to those who followed the blazed tracks and who, by their enterprise and grit made it possible a century and a half later for us of the present generation to enjoy what this fertile valley has to offer."

• Visit Kenilworth Museum at 7 Alexandra St Kenilworth. Email kenilworthmuseum@gmail.com. Or Facebook page) Kenilworth Historical Museum | Facebook



QCWA High Tea

YANDINA Branch of the Queensland Country Women's Association invites you to attend their High Tea to celebrate International Women's Day on Friday March 12 at the QCWA Hall, 11 Stevens Street, Yandina.

This year there will be two sittings so that this can be a COVID safe event. Sitting 1 is from 10am to 11.30am and Sitting 2 is 12.30pm to 2pm.



Numbers will be limited to 30 per sitting and there will be a seating chart for each.

There will be lucky door prizes and a raffle as well as QCWA displays and a talk by the Branch President.

Come along and enjoy delicious food, prepared by the QCWA ladies, and lovely company as you celebrate International Women's Day. Cost is \$20 per person and all tickets are to be pre-purchased by contacting the Branch President, Maureen on 04 7865 9639 or email qcwayandina@gmail.com.

Funds raised will support the community including those impacted by domestic violence. Please note, numbers are limited so get in early!

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Passion for sweet art blossoms into thriving Eudlo business

EUDLO'S Cheryse Healy has transformed the frontage of her Rosebed Street family home into a quaint cottage kitchen in preparation for the official opening on March 9.

Cheryse established her thriving vegan and raw dessert business four years ago, while she was pregnant with her second child. "My husband Rhys, is a shift worker and I had been working in hospitality," she said. "I really wanted to pursue something that would offer flexibility and time with the kids, as well as being an outlet for my creativity."

And so, Rosebed & Finch was born. Cheryse has raised raw and vegan desserts to an art form and the success of the business is in no small part due to the beauty of her food.

"A lot of wholesale suppliers of vegan and raw food deliver the products as a plain 'slab,'" Cheryse said. "The biggest thrill for me is actually decorating each product. We are so blessed to have fabulous organic flower growers right here in Eudlo, and I use fresh and dried blooms to decorate my cakes and slices. This has allowed me to be spontaneous and creative and I think this is why there has been such a strong interest from brides, and for celebrations of all types."

Until now, Rosebed & Finch was a wholesale supplier but with the opening of the cottage kitchen next week, customers will be able to drop in and enjoy a coffee and cake in



Cheryse Healy's passion for experimenting with desserts now has a home in her purpose-built cafe.

the garden.

"We knew we had reached the stage where we needed to expand and it was so difficult to find the right place," Cheryse explained. "Then we realised that our own home was commercially zoned. Our front yard is really roomy, which is perfect for cricket, but also works well for the business. It just means that I can spend a lot more time with

the boys, as well as expanding Rosebed & Finch."

"We will be opening from 9am to 4pm, Tuesday to Thursday and we will eventually do BYO events on weekends. As well as our regular sweet treats, there will be a range of savoury pies and tarts."

• Rosebed & Finch, Rosebed Street, Eudlo Phone 0423 008 472



Erin Bacchi, artist and Founder of Plantiful Life of Erin, with her Rosebed & Finch mural behind.

Beautiful artwork adorns new cottage kitchen in Eudlo

EUDLO locals may have noticed the beautiful fresh artwork on the wall at the new Rosebed & Finch cottage kitchen in Rosebed Street, due to open March 9.

The whimsical painting was a commission for Erin Bacchi, artist and Founder of Plantiful Life of Erin. "This commission was so special, because what Cheryse is doing at Rosebed & Finch is so aligned with my values. Our creative brands are from different industries, but truly complement each other."

"I have been painting forever," Erin said. "But I was really prompted to start selling my art in 2013 after returning from London, full of inspiration," she said. "I had been painting for a few years and then took some time off after having a baby at the end of 2018. In the middle of last year I started uploading my work to Instagram

and it has taken off to the point that I was struggling to keep up with demand. So I started making and selling prints of my artwork."

In October 2020, Erin launched her website www.plantifullifeoferin.com and her artwork is now accessible to people all around the world. A successful gallery exhibition on the Sunshine Coast in November 2020 followed closely. And little wonder, as Erin's peaceful, nature inspired work is light, fresh, warm and soothing, all at once.

"I currently offer two print collections, Vibrant Sky and Rainbow Daze," said Erin. "But I am definitely keen to do more murals. I am just waiting for the right person, with the right wall."

• Plantiful Life of Erin, Email: hello@plantifullifeoferin.com

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Steve from Maleny Coachlines with Member for Glasshouse Andrew Powell.

'We've been duded,' says Powell as residents await upgrade ...

CONONDALE, Cambronn and Kenilworth locals will recall the Labor Government announced early last year that Maleny-Kenilworth Road between Lees Road and Booloumba Creek would finally be upgraded.

What they may not realise was that those upgrades were not scheduled to begin until July 2022 at the earliest. Member for Glass House Andrew Powell said he was incensed by what he said was the government's sleight of hand.

"The budget the Government handed down last year showed that locals will be waiting years before they see a single shovel in the ground," said Mr Powell.

Steve, a bus driver with Maleny Coachlines, shared Mr Powell's concerns. He navigates Maleny-Kenilworth road daily and describes it as life-threatening.

"The holes on the side of the road are so massive that you need to pull off (the side of the road) with 57 kids on board and it's just a massive safety issue," said Steve.

The Maleny-Kenilworth Road upgrades will cost \$4.9 million, of which \$447,000 has been allocated for design work that has only just begun and is not due to be completed until the end of 2021.

"What this means is that commuters will continue to travel along this dangerous, disgusting road with no changes made to it for at least

another year but more likely two or three."

The actual construction is not budgeted to start until sometime in the 2022/23 financial year. It will begin in July 2022 at the absolute earliest. "What I'd like to know is why it's going to take the best part of 12 months to design the upgrade and possibly more than 12 months more until we see anything tangible happen. That's just inefficient at best and incompetent at worst.

"The people of Conondale, Cambronn and Kenilworth have every right to feel duded. The media announcement by the Government last year led everyone, myself included, to believe we'd see shovels in the ground within twelve months. It's simply unacceptable.

"The only good news in all of this is that when the upgrade actually happens it will include widening and sealing the single lane sections of Maleny-Kenilworth Road south of Lees Road in Conondale to Goades Road, Cambronn as well as either side of the Booloumba Creek Road intersection at Cambronn."

"I invite Premier Anastacia Palaszczuk and Minister Mark Bailey to come and drive Maleny-Kenilworth Road and tell locals that they would be happy to let their loved ones drive that road on a daily basis. If they can't do that, they need to explain why locals will be waiting more than two years to see the roadworks they promised last year!" said Mr Powell.

... and Main Roads Minister responds

THERE was a fair chance funding for the Maleny-Kenilworth Road upgrade would have been cut by the LNP had they been elected, according to Minister for Main Roads Mark Bailey.

"Two days out from the last election, voters learned the LNP were secretly planning to cut already-funded Sunshine Coast road projects to pay for their puny version of the Coomera Connector on the Gold Coast," he said. "No wonder the LNP lost two seats and recorded significant swings against them on the Sunshine Coast at the last election.

"It was his LNP government that sacked 14,000 public servants, including more than 700 road builders. So no one should be surprised to hear Andrew Powell still thinks the work they do is 'inefficient' and 'incompetent'.

"Mr Powell was in government once, so he should understand how budgets and road projects work. The majority of road upgrades must be designed before shovels hit the ground and that's the stage we're at with the \$4.9 million

upgrade we've funded between between Lees Road and Booloumba Creek."

Mr Bailey said his department scheduled shoulder grading works and edge repairs on Maleny-Kenilworth Road in February to ensure it remained safe while design work was completed. "Mr Powell's electorate is seeing a massive investment in job-supporting projects under Labor. Later this year, an \$18 million safety upgrade project will start on Steve Irwin Way.

"As part of the \$550 million jointly-funded Beerburum to Nambour project we'll build three new bridges, expand three park 'n' ride facilities and duplicate the section of rail track between Beerburum and Beerwah - a project the LNP and Andrew Powell ignored while they were in government."

Mr Bailey said that project was part of a record \$3.6 billion investment in transport and road upgrades being rolled out across the Sunshine Coast, including the \$662 million six-laning of the Bruce Highway between Bribie Island Road and the southern Steve Irwin Way exit.



Palmwoods resort site preview event

GemLife Palmwoods over-50s resort is holding an exclusive site preview event on Wednesday, March 24 from 3.30 to 5.30pm at 38 Landershute Road, Palmwoods.

Gemlife says anyone over 50 and interested in exploring "a whole new life amid an idyllic Sun-

shine Coast hinterland setting" should attend.

For information and to register to attend visit GemLife.com.au/gpwevent.

• GemLife Palmwoods Site Preview Event will be held Wednesday 24 March from 3:30pm to 5:30pm at 38 Landershute Road, Palmwoods.



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Help shape the Woombye streetscape

Council is working with the Woombye community to help shape the future of Blackall Street. Last year we asked residents what you love and what can be improved to create a shared vision for Woombye. Your feedback has helped us investigate options which you can help shape at a community workshop. Join us at Woombye Bowls Club, 18 March from 5 to 7pm, or complete the online survey on Council's website between 26 March and 9 April.

New Planning Scheme in development

In partnership with our community, Council will spend the next few years developing a new planning scheme, which will shape land use and development across our region. Our next steps in a long process will require input from across the organisation, external stakeholders and our community. If you would like to learn more about the planning scheme development process, visit Council's website and register to receive project updates and information about future community consultation activities.

CUSTOMER CONTACT

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

Have your say on animal management plan

For many people, pets are a part of the family, however some people prefer to enjoy places that are pet free. This is why Council is inviting everyone to have their say on the new draft Domestic Animal Management Plan for cats and dogs. Visit the 'Have Your Say' page on Council's website for details.

Major \$30,000 Coast art prize opens

Entries for the prestigious Sunshine Coast Art Prize are now open. This dynamic visual arts award reflects outstanding contemporary 2D arts practice in Australia and has a prize pool of more than \$30,000 including a major cash prize of \$25,000. Entries close 10 May with finalists announced in June. For more information on this acquisitive art prize, visit gallery.sunshinecoast.qld.gov.au.

One for the calendar

Next Council Ordinary Meeting - Thursday, 25 March at 9am.

Calling all budding innovators

The Sunshine Coast Telstra Innovation Awards are back again in 2021 and are now open for entries. High school students in Years 9 to 12 on the Sunshine Coast are encouraged to get together with their school mates and think about a great invention, innovative business idea, or new technology and submit an entry before 1 April. Visit Council's website for all the details.

Hop on your bike for Ride to School Day

Ditch the car and pedal, scoot or skate to school on 19 March for a chance to WIN one of four \$500 bike shop vouchers. Register on Council's website now.

Join us at Fridays@Bankfoot House

Fancy knowing how to make jams and preserves? Join a FREE hands-on workshop on 9 April with Martin Duncan, the Sunshine Coast Foodie, at the heritage listed Bankfoot House in the stunning Glass House Mountains. Founded in 1868, enjoy a guided tour of the house and discover some old-fashioned recipes from the Bankfoot collection. To book, visit heritage.sunshinecoast.gov.au.

Mass transit options on the horizon

We're planning for an improved public transport system that will connect our communities. Residents and visitors will soon have a chance to provide feedback on the proposed options. Visit Council's website and sign up today to receive project updates and be the first to have your say when consultation begins.

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www.sunshinecoast.qld.gov.au

Gazette Real Estate



Absolute charmer in quiet cul-de-sac

AGENT'S CHOICE

34 Valley View Street, Burnside

RE/MAX Property Sales presents to the market 34 Valley View Street, Burnside.

This thoroughly charming home, meticulously maintained and beautifully presented by its owners, is tucked away at the very end of a quiet cul-de-sac on a leafy 1010m² block, offering exceptional privacy and value. "This is a stand out," said mar-

keting agent Tristan Brown.

The living is all on one level, complete with three bedrooms, one-bathroom, separate toilet, modern kitchen, open plan living flowing to wraparound covered timber deck (north facing at rear), with a massive storage area, workshop and laundry underneath, plus double carport.

Warmth and character truly shine. And the home's features include hardwood timber floors, cosy fireplace, luxury spa bath in master bedroom,

skylights in bathroom and kitchen, gas cook top, integrated dishwasher, split system air-conditioning x 3, ceiling fans in bedrooms, garden shed, and 4,500 litre rainwater tank for toilet, laundry, and gardens.

At a quarter acre, the block is super-sized and very child and pet friendly, with expansive grassy areas for play time, as well as established sub-tropical and native vegetation, raised vegetable and herb gardens and plenty of room for a chook run,

so you can enjoy free-range eggs as well as fresh vegetables.

Located in an established pocket of Nambour, with a direct walking path to St John's Catholic College, and also within walking distance to local Burnside Shopping Village with cafes, restaurants, convenience store, childcare, liquor store, and hairdresser; along with PCYC and both Burnside Primary and High School.

"This home truly special," said Tristan.

"Town amenities are just a few minutes' drive, and you can be on the beach, with the sand between your toes within 30 minutes.

"And there is nothing to be spent. It is ready for new owners to move in and create their own cherished memories.

"This is not just a house, but a 'home'. A quick sale is highly likely."

• Contact Tristan Brown of RE/MAX Property Nambour.



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3 1 2

A thoroughly charming home, tucked privately away on 1010m² at the end of a private culdesac.

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- Wrap around covered timber deck
- Warmth and character with timber floors and fireplace
- Modern kitchen, air-con, luxury spa in bathroom
- Exceptional privacy and expansive grassy areas
- Super size 1/4 acre block only a few mins from town

Price: Offers from \$515,000

Inspect: By Appointment

View: [remaxpropertysales/20653188](https://remaxpropertysales.com.au/20653188)



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Relax amongst nature in this modern 2 level home in sought after Rosemount. Potential for dual living.

- Private small acreage on 5319m² with large shed
- Neat and tidy home with polished timber floors
- Modern kitchen with gas cooking & dishwasher
- Full wrap deck with enclosed patio room
- Located close to all amenities
- Great value property offering the retreat lifestyle

Price: Offers from **\$645,000** considered

Inspect: Contact Agent

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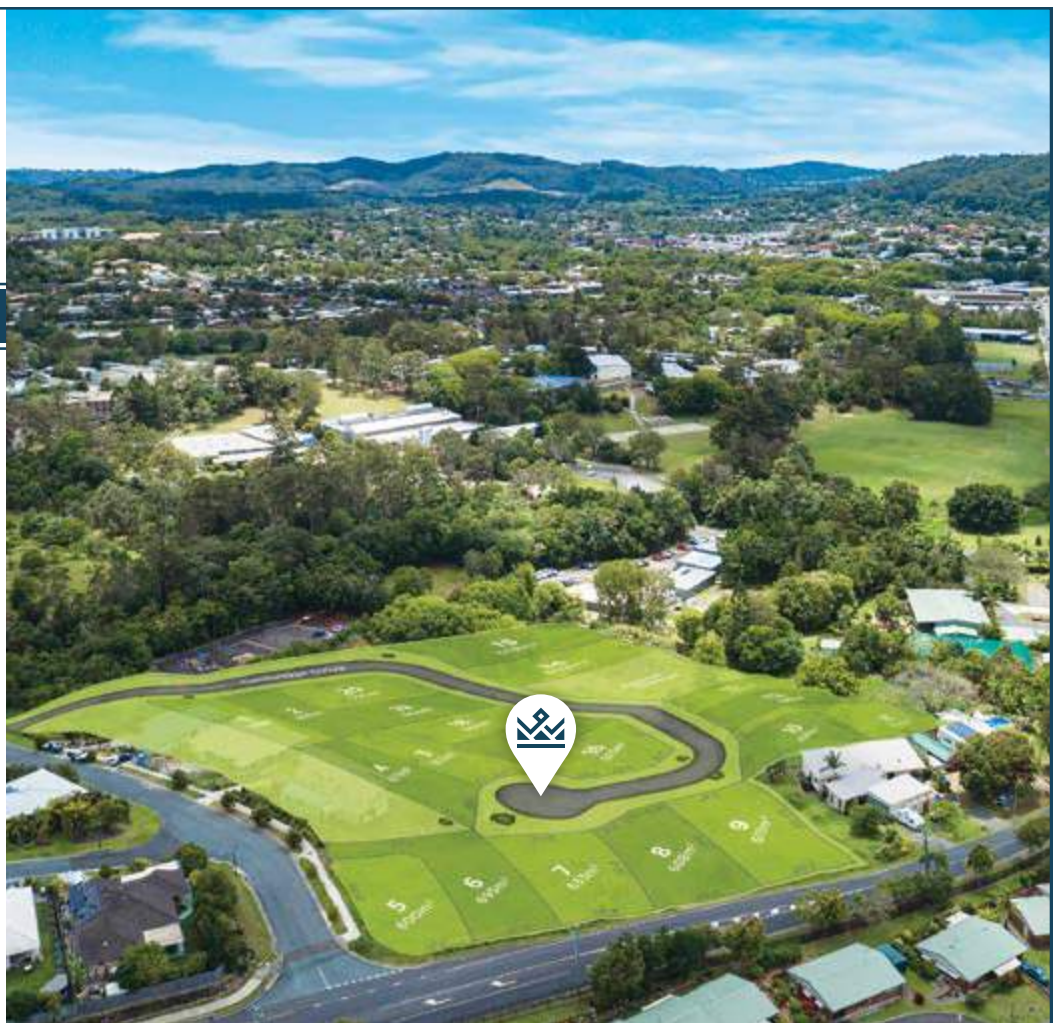
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Outstanding outlook on 8 hectares

AGENT'S CHOICE

544 Palmwoods-Montville Road, Montville

THIS immaculate property represents sustainable living at its finest.

"Set back from the road with a sealed driveway, you may have just found your next property," says agent Mike Burns.

Nestled on 8 hectares and with expansive

rural views, this secluded property has no neighbours and is ideal for the hobby farmer.

The property is self sustainable, with a live-able shed.

The delightful and much loved country home features wrap around verandahs, high ceilings, a spacious kitchen, and 3 bedrooms plus a study/extra bedroom.

Heading downstairs, the property features a

self-contained bedsitter.

There is also a separate yoga studio/meditation room with an outdoor clawfoot bath on the property.

There is a large shed with accommodation and a wonderful food forest to complete this package.

"Our sellers are getting on in years and realise it's time to move on," said Mike.

"This is a place to call home for someone who is looking to live off the land with a stunning view, and no neighbours."

Just minutes to Montville or Palmwoods, the location is superb.

• Contact Mike Burns of Burns Property on 0418 991 702. Private inspections are invited, 7 days.

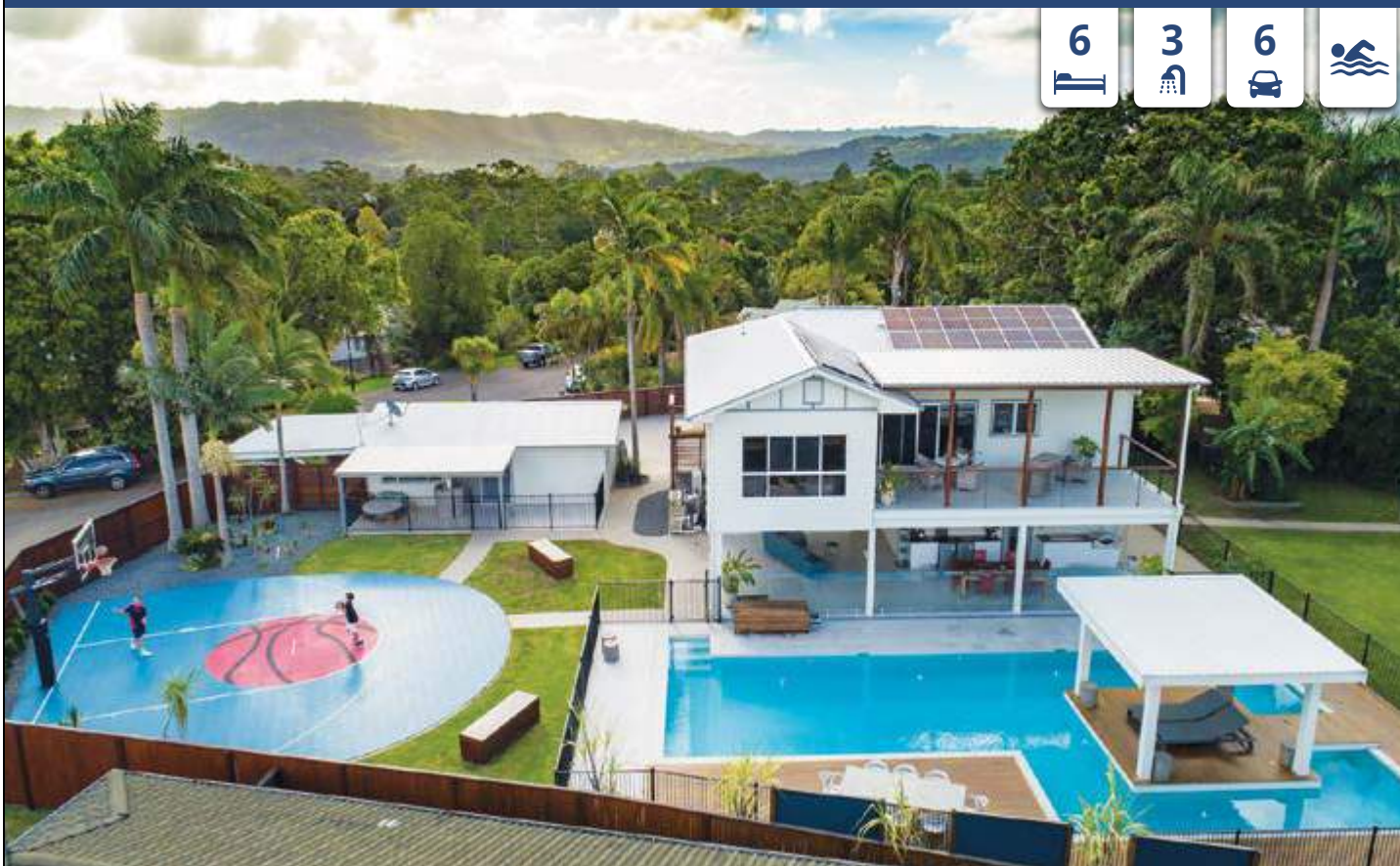
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Community Profile

Lenore Meldrum President Kenilworth & District Historical Association

Birth date and/or star sign: I was born 5 days after D Day in WW2. My mother told me that when the doctor pondered over the fact that I was to arrive so close to midnight whether he might delay my arrival so that I might arrive on the Kings birthday. After 36 hours in labour my mother's response was "no way"

Where did you grow up? I was born in Maleny and spent the first 3 years of my life on Scandal Hill near Kenilworth (yes there is a story there). In 1947 the family moved to the Sims property at Gheerulla where I grew up. After secondary schooling at Gympie High I worked in the public service in Brisbane – spending a few years in the Deputy Premiers Office as a junior typist. After my marriage – when I had to resign from my job my bank officer husband took me on 13 transfers and moves of homes in 26 years before moving back to Gheerulla in 2002 to retire.

Most memorable moment in life? I have had many memorable moments in my life – marriage, children – two being there for their first breath and two being asked "do you want to take this child home with you?" All four were precious gifts. But two of the most memorable moments for me were the receipt of my degree at James Cook University at the age of 47 and some years later receiving my Masters degree from the Vice Chancellor of the University of Queensland Sir Llew Edwards who had been our general practitioner in Ipswich.

'I would like the powers that be to realise that our area is no longer that forgotten wilderness it was 70 years ago'



Lenore Meldrum with a copy of Council's 2020 Heritage Calendar ... that's her in the calendar photo with her daughter Katrina.

What one thing would you like to see happen around Kenilworth? Many years ago it was written "But what of this Upper Mary Valley country today? It is in a kind of no-man's land, being the junction of four Parishes, two Counties, three Shires, and three State Electorates". I would like the powers that be not only in government but in large business to realise that the area is no longer that forgotten wilderness it was 70 years ago and is now the mecca for thousands of tourists. The population living here and those tourists deserve first class communi-

cation and roadways. It is embarrassing that visitors have to go to a high point in the township to link to their phone carrier because said carrier refuses to install in an additional telephone tower in the district because of the isolation and small population. It is also a danger to the tourists, the school children and the general population that we are forced to travel on roads that could be considered third world standard as main arterial roads into our part of the Mary Valley (Obi Obi range down road and the missing link at Conondale)

First job you ever had & what was it like? My first paying job was working as an assistant on Telegrams in the Gympie Post Office during my school holidays. Myself and another senior clerk would type out the telegrams as they were read to us over the telephone – these would be then given to the male teletype operator who would then send them off over the wires to their destination. I can remember receiving a reprimand from the teletype operator (a volatile red-headed gentleman) because I had not put a space between the word has and nylon – and it was sent as hasnylon.

Favourite Saying? Great to be above ground and breathing.

Best local activity & why? There are so many local activities in and around Kenilworth but some that I enjoy are – the Kenilworth Show and Rodeo in September; The Kenilworth Quilt and Craft

Show in June; The Kenilworth Art Show in October; and while I do not have children to take along these days one of the brightest spots in December is the town Christmas Tree.

What is something people don't know about you? I have a severe and life threatening allergy to wine. I am fine with a good single malt Whiskey though.

One thing on your bucket list?

To stand on Cable Beach at sunset – preferably with the handsome companion.



Banana Bush

by **Diane Thomas** on behalf of the Friends of Maroochy Regional Bushland Botanic Gardens
friendsofMRRBBG@gmail.com

TABERNAEMONTANA pandacaqui is a semi-deciduous shrub or small tree growing from 2-4m width approximately 2.5m, dark green leaves are opposite and hairless to 9cm, the plant has milky sap.

Native to coastal south Queensland and northern New South Wales found in rainforests. Spring-summer it has attractive perfumed 5 petalled white windmill flowers to 25mm growing in groups. Another name for this plant is Windmill Bush. Flowers are followed by 2 or more opposing poisonous banana shaped yellow fruit/seed capsules to 4.5cm which open to show 3-16 poisonous red seeds.

After it is established the banana bush will become drought hardy losing its leaves becoming dormant. It can be grown in pots or tubs in the home garden in a semi-shaded spot sheltered from wind. It is frost tender and needs rich soil with good drainage.

It is said that the first nations people from Queensland used the fruit rubbed on sores to assist healing. It is also said that the bark has been used for tropical fever.

Check it out at the Maroochy Regional Botanic Bush Gardens, Palm Creek Road, Tanawha, where a bush can be found in fruit/seed at the A & E Centre. Photo: Greg Miller Photography

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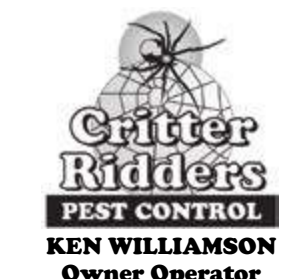
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Mooloolah Pony Club's Valentine's Day Muster

Mooloolah Pony Club recently held a Valentine's Day Muster. 45 riders attended the Muster ranging in ages from 2 years to 55 years. "The riders enjoyed extending on their theory, riding and jumping skills during the day," said Chief Instructor Samantha Norton. "The kids really loved prepping their ponies for the Valentines Parade, they all did a fabulous job. The ponies looked amazing".

Above: Rider Heidi Herron 10 years with Big Sister Briana and Pony Clancy.
Above Right: Rider Zoe Jensen 10 years on Pony Pepi.
Right: Rider Hannah McCulloch 11 years on Pony Jett.

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National Seniors next monthly meeting

THE next monthly meeting for National Seniors Buderim Branch will be held on Monday 22nd March at 9.30 a.m. at the Buderim Bowls Club, Elizabeth Street, Buderim.

The Guest Speaker will be Denise Sauer who will talk about "Dying With Dignity". All those over 50 are welcome to attend & join in future outings to places of interest & lunches. For more information contact 0458 773 387.

Position Vacant

Sunshine Coast Asphalt business is looking for a labourer.

Must be available at least 4 days a week. No experience necessary. Training provided. Truck license would be an advantage. Remuneration per discussion. Send you resume or short introduction to: roadbaseconstruction13@gmail.com

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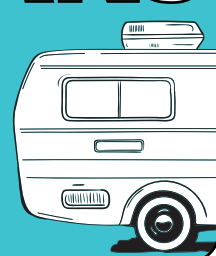
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Nambour Aquatic Centre upgrade

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



Work is underway on the \$2.65 million Nambour Aquatic Centre upgrade, despite a few wet weather and project challenges. The good news is the carpark construction and zero depth splash pad are now due to be completed during June. The school swimming carnival season went ahead as planned and it was great to see everyone work together to ensure safety was a high priority and the students still had fun.

Once complete, the upgrade will deliver two water slides, a children's zero depth splash zone (a water play area which will include two water slides) and 30 new car parks.

Fragile Gardens' Exhibition

Don't miss this stunning exhibition from renowned Australian artist Mona Ryder.

Fragile Gardens' is on show at the Old Ambulance Station, Nambour from 13 March until 17 April. The exhibition is delivered as part of the fabric, Slow Fashion Artful Living Program.

Entry is free and the exhibition is open 10am - 3pm Monday to Saturday.

Visit www.sunshinecoast.qld.gov.au/fabric

Rail Duplication

Every level of government has come together to work towards full rail duplication from Beerburum to Nambour. It is very important that all elected representatives work together to improve connectivity for Nambour. This is essential infrastructure to provide Nambour with proper rail connections which will increase the use of public transport to get commuters off the roads and offer better options of travel to Brisbane for major events.

Last chance to apply for a Major Grant

More than \$600,000 is up for grabs in council's current Major Grants round, which closes on 15 March. Eligible organisations can receive up to \$15,000 for projects, events and activities that meet community need and provide community benefit. Grants of up to \$30,000 are also available for infrastructure projects that involve the development, maintenance or improvement of buildings or land that contribute to providing a safe, accessible and inclusive community facility. Visit council's website for information.

Reimagine Nambour works underway

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



I'm pleased to see that work is starting soon on new lighting in Currie Street as part of the Reimagine Nambour streetscaping project for which I secured \$500,000 of Federal funding. I'm also excited about the opening of the Nambour Heritage Tramway on March 31, for which I also secured half a million dollars from the Federal Government.

Rail Update

Stage 1 of the Beerburum to Nambour (B2N) rail project is now under tender, which includes rail duplication - i.e. two tracks - between Beerburum and Beerwah.

Since there's been limited progress on Stage 2 of B2N - between Landsborough and Nambour - I believe it's time for this stage of the project to be changed. Instead of the current design of only passing loops, park and ride facilities and station upgrades, I am proposing full rail duplication - two tracks - from Beerburum all the way to Nambour, designed to accommodate fast rail in the future.

The Federal Government has already contributed \$390 million to B2N. While this is the first time a Federal Government has ever provided funding for this stretch of rail, owned and operated by the State, I believe it takes team work to get these big projects delivered and so was happy to fight for and secure this funding.

And it's team work that we need again if we're to see Stage 2 of B2N changed and so I am forming a 'unity ticket' with other elected representatives in Nambour to try and make it happen. I'm also pursuing a fast rail solution to Maroochydore along the dedicated CAMCOS corridor.

COVID vaccine rollout

Answers to the most common questions and links to information about the vaccine roll-out are available on my website, or please call my office on 5479 2800 and ask for a factsheet. As always, please contact my office if we can assist you with any Federal issues, concerns or enquiries or email ted.obrien.mp@aph.gov.au.

Woombye Placemaking

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



Thank you to the residents continuing to partner with council on our Woombye Placemaking project to help shape the future of Blackall Street.

Planning is under way to deliver a streetscape upgrade that aligns with your feedback.

Following November's consultation, where 225 people had their say, council is holding a community design workshop on Thursday 18 March from 5-7pm at the Woombye Bowls Club.

Please RSVP to PlaceMaking@sunshinecoast.qld.gov.au. There will be a final opportunity to have your say on this project soon.

Pedal power needed

Make sure your kids don't miss National Ride2School Day, it's on Friday 19 March. Council is offering great prizes this Ride2School Day including four bike shop vouchers valued at \$500.

For the chance to win, please register your child for Ride2School Day at council's website www.sunshinecoast.qld.gov.au by 5pm, Friday 19 March. There are many benefits to getting involved, as well as providing a great opportunity for exercise, research shows children who walk and ride to school arrive more alert and ready to learn.

Fewer families driving to school helps to reduce traffic and parking congestion, and makes our school zones safer.

Parents can help to make active school travel fun and safe by getting children in their neighbourhood to ride or walk to school together.

National Ride2School Day is an initiative of the Bicycle Network and is Australia's largest celebration of active travel to school.

Share your feedback

Council currently has many plans and projects open for community consultation. This includes the opportunity to review the Domestic Animal Management Plan Update (feedback closes 31 March 2021) and the Recreation Parks Plan (feedback closes 6 April 2021).

Your input and collective local knowledge is vital in ensuring these important council initiatives meet your needs and expectations.

Please visit haveyoursay.sunshinecoast.qld.gov.au to get involved.

Bus Petition to help students

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



Currently, students living in a school catchment area (as defined by the Department of Education) do not always have access to subsidised public transport to that school. I've had many families contact me over the course of the last twelve years with school transport issues. For example, there are many families in Mooloolah Valley, in the Maleny State High School catchment, who can't access subsidised school transport to Maleny. The reason is STAS.

The Student Transport Assistance Scheme (STAS) is a policy of subsidising public transport to the nearest school - not the school the Education Department require the child to attend. When the Department of Transport start dictating the educational decisions of parents across Glass House and the entire state of Queensland, you know that something is seriously wrong. That's why I've launched a petition calling on the Queensland Audit Office to conduct a statewide review of STAS to create a more flexible school transport scheme. You can sign the petition online at <https://www.parliament.qld.gov.au/work-of-assembly/petitions/petition-details?id=3476>

Can you help Darren and Kate?

Local Maleny couple Darren and Kate Williamson are one of many families caught up in the intense housing crisis on the Coast.

Darren, Kate, their three children and four grandchildren will be homeless if they are unable to secure housing before March 19.

Due to no fault of their own, their lease was not renewed and despite applying for so many rental homes (Darren has 'lost track' of the exact number) they are yet to even get a call back for most properties.

After Kate suffered a stroke last September, Darren is her full-time carer - managing all of her needs, raising the kids, cooking, cleaning, working and applying for as many rentals as he can.

If you know someone with a rental property please get in touch with Darren via email at darren@indigocat.net

Vaccines rollout begins on key staff

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



The COVID-19 vaccines have started their rollout this week with frontline staff receiving their first shots.

The vaccine will be delivered in phases, so our most vulnerable Queenslanders are protected first, with the aim to ensure every eligible Queenslanders is vaccinated against COVID-19 as soon as possible.

I want to take the opportunity to thank all members of our community for your diligence and commitment to ensuring our region remains safe and COVID free.

While we are rolling out the vaccine, it is still important that we maintain hand hygiene and appropriate social distancing.

Back in Parliament

I was back in Parliament last week for the first sitting of the year.

You can watch my speech in support of the 20-21 Budget Estimates report on the Community Support and Services committee on my Facebook page.

The committee, of which I am a member, has responsibility for the Department of Communities, Housing, Digital Economy and the Arts, the Department of Seniors, Disability Services and Aboriginal and Torres Strait Islander Partnerships and the Department of Children, Youth Justice and Multicultural Affairs.

The committee examines relevant legislation, the budgets of each department, and issues referred to it by the Legislative Assembly.

It is an honour to be able to contribute to the work of this vital committee.

Small Business Roadshow

Next week, I'll be back on the Coast with Minister for Small Business Di Farmer while she is on the Small Business Roadshow, talking to local business owners about the QLD's Unite and Recover economic recovery plan which is all about jobs, jobs, and more jobs.

Under the Palaszczuk Government, Queensland has had one of the best economic recoveries in the world, and now that the vaccines are beginning to roll out, it can only get better from here.

Coast trains fail to meet QR targets

Jeffrey Addison
Sunshine Coast Commuter Advocate



QUEENSLAND Rail measure the ability of their trains to arrive as scheduled in the timetable. They make every effort to ensure their services adhere to the published timetable. And that is admirable.

This encourages the use of rail for public transport, with most commuters getting to their daily destination on time.

QR says that their On-Time Running (OTR) performance targets are the most stringent in Australia. They aim to have more than 95% of our peak period services arrive on-time. All services, including peak and off-peak, are measured on time when they arrive within 3 minutes and 59 seconds of their scheduled time for urban areas or 5 minutes and 59 seconds for interurban trains; being Gold Coast, Rosewood and Gympie North. These are the longer lines in the network so more leeway, time-wise, is allowed.

If you commute on the Caboolture line or Sunshine Coast line you may have noticed that the trains don't always arrive on time, nor do they consistently meet the OTR targets set by QR. The Redcliffe Peninsula line also pushes in to this bottom rung at times. Clearly, there is a systemic problem inherent in the tracks north of Brisbane.

This is also why the current Cross River Rail (CRR) plan fails our region. It does not address this track limiting failure.

CRR will only allow an extra 4 trains per hour (tph) northwards to the Sunshine Coast, as borne out on their own website. These additional potential 4tph (if we ever get them) can also be achieved via the \$634m European Train Control System

Tram pie in the sky

I totally agree with Timothy Phillips' view (Gazette, February 17) of the new Nambour tram line as being a total pie in the sky.

It isn't based in reality and the chances of anyone even wanting to use a tram trundling along the already noisy congested roads are very slim indeed.

— B. Allen, Nambour

Tram will be great for Nambour

I read with interest Timothy Phillips' letter to the editor (Gazette, February 17) on the possible problems regarding the Nambour Heritage Tramway & live music venues for Nambour.

Nambour was a bustling town until it succumbed in 1990 to the inevitable progress machine rolling its way.

A highway bypass, larger and newer shops to tempt shoppers elsewhere and suddenly a town that was pivotal to the region's success started going backwards.

The sugar cane mill closing appeared to some as the death note for the town.

But a group of people that believed in turning Nambour around got together and agreed something had to be done.

The history of the town was a natural starting point of discussions and the tram idea came out of this as a logical use of the old tracks that already were a part of its era.

Who knows whether the Tram will be a hit? Only time will tell but one thing is certain. In standing up and actually doing something, by putting effort into a project, positive spin-off is inevitable.

It will attract attention and that will help Nambour. This attention will filter down to all walks of life in the town, locals who shop here, first home buyers and families wanting to live where they can afford to live. Nambour has some of the best value buying in the fastest growing area in Australia.

Developers and investors joining with like-minded people are united for a common good.

I am reminded of a saying I saw in the Delhi airport one trip where a long white haired, white bearded guru had a quote "to the committed person there is no such thing as failure, only lessons to be learned on the journey"

— Roger Chadwick, Kureelipa

It, currently being rolled out from Milton station in the south up to Northgate, effectively negating CRR's usefulness for us.

The State government recently announced the \$46m ETCS I roll out from Gympie North southwards and that is great news - if it enables more trains (and if we ever get any). Gympie North hasn't had a new train (it has 2/day) since 2011, 10 years ago.

Back to OTR. There are 3 main sets of figures released by QR, usually around six weeks past the event. July 2020 figures were received in September.

Other states can achieve the release of these figures within 2 weeks. #justsaying

The statistics are:

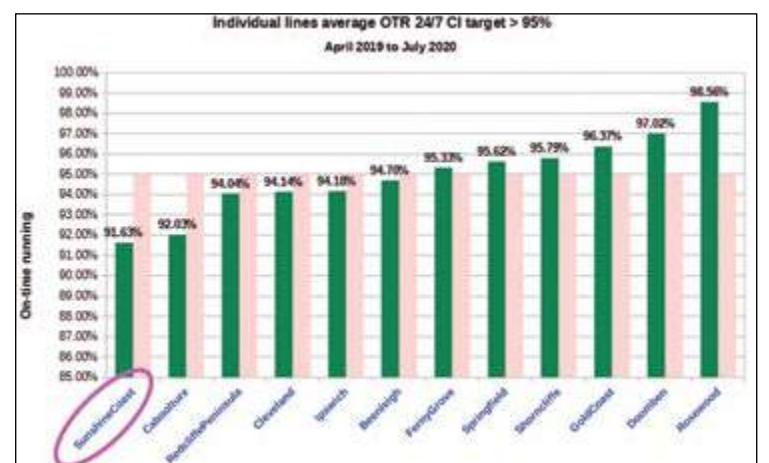
- FMA: force majeure adjusted (adjustment excludes events outside QR's control e.g. storms, medical emergencies, security incidents [people in corridor], bridge strikes, boom gate strikes etc.)

- CI: customer impact (what passengers experience, including delays caused by the above exclusions)

- CP: combined peaks (am and pm)

The most important of these for the commuter is the 24/7 Customer Impact (CI) as that is what is experienced. Graph provided courtesy of Robert Dow from Rail Back on Track.

It is good that we can now assess the network by using the QR supplied data. It helps to answer questions as well as highlight weaknesses in the network. The only thing missing is the imperative to address them.





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19 MAR	ANDY MACKAY 18:30 PM
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27 MAR	DJ JD7 18:30 PM
28 MAR	REMEMBERING THE 70'S 13:00 PM

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