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## From trauma to triumph ...

### Fragile but fierce Mum's journey through pain: 'Art has been my saviour'

IN 2015, Yandina's Nikki Rowe and her son were passengers in a car accident that left her in a wheelchair, unable to walk, and with a severe and painful condition called CRPS (Complex Regional Pain Syndrome), in both legs, hands and feet.

"I had just picked my son up after his first day of school and overnight, my five year old became my primary carer," Nikki said. "It was definitely not part of any plan I had for either of our lives."

Prior to the accident, Nikki had been an active person, into surfing and skating.

The pain of CRPS left her in a wheelchair and unable to do either.

"The first 12 months after the accident was incredibly hard. It was the 'dark night of the soul' that lasted for a year."

"Basically everything I loved, every place where I felt alive and could express myself, was taken away from me," she explained.

The exact cause of CRPS isn't well understood but may involve abnormal inflammation or nerve dysfunction. Complex regional pain is characterised by pain that is greater than would be expected from the injury that causes it.



Phoenix rising ... Nikki Rowe with some of her remarkable artworks: "I now see the accident as a blessing and an incredible opportunity to merge mindfulness and art therapy into modern medical practice."

• See Full Story Page 15

# Home price surge continues

## September quarter figures confirm hinterland property boom

THE latest quarterly data for Queensland property prices (September-December 2020) has confirmed what real estate agents, buyers and sellers already knew — prices are rising across the hinterland.

In fact, figures released by the Real Estate Institute of Queensland (REIQ) via its latest issue of the Queensland Market Monitor show prices increased by an impressive 6.1% over the

quarter across almost every region of Queensland in the final three months of 2020.

Hinterland towns have well and truly felt the effects of this activity in the property market as people flock to the area for its many desirable lifestyle qualities.

Nambour, Yandina, Palmwoods, Maleny and Mooloolah Valley have experienced a significant surge in interest, and acreage and 'life-

style' properties are in high demand. Over the past five years Nambour's median property prices have increased an average of \$79,500, Palmwoods have risen \$89,501, Maleny median prices have gained an average \$96,000 and Mooloolah Valley acreage properties have increased by a whopping average \$155,000 in the same time frame.

While a lot of the increase in interest has

been attributed to COVID, annual median property values have increased steadily over the past five years, so it would seem that there are a number of factors at play.

"As a result of the COVID-19 pandemic, we've seen Queensland's property market perform in

• Continued Page 27

• Price Rise Table Town by Town, See Page 27



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# SUNSHINE VALLEY Gazette

## COVID cancellations cause reshuffle

**Editor's Letter** by Cameron Outridge  
 Uh-oh. Because of the COVID outbreak and the cancellation of some big events (and ads) we've had to do a very last-minute re-shuffle of the paper. Hence this column has been reduced. See you next fortnight. In the meantime, please enjoy catching up on all the local news. Happy Easter!!

### DETAILS

**Editorial**  
 If it matters to you it matters to us. Send your news to Cameron Outridge | 0409 424 487 editor@sunshinevalleygazette.com.au

**Advertising**  
 Tanya Outridge | 0400 069 711 tanya@sunshinevalleygazette.com.au

**Design**  
 Katie Buckley: katiebuckley@live.com

**Gazette Online**  
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**Distribution**  
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**Business Write-ups**  
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## Derailed: COVID forces rescheduling of Tramway terminus opening

NAMBOUR was to get its first look at the new 'Tram' design at the official opening of Nambour's Western Tram Terminus today (Wednesday March 31).

Regrettably the opening had to be postponed because of COVID restrictions which made it impossible for people to gather.

Volunteers had worked for weeks to organise the opening.

A disappointed Nambour Tramway Company Chairman Greg Rogerson was gutted at having to call off the event.

Mr Rogerson said, when it happens, the opening will mark a huge milestone in the reimagining of the former sugar town, once the commercial hub of the Sunshine Coast.

Described by Federal Member for Fairfax Ted O'Brien as "a moving piece of street theatre" the battery powered, solar-regenerative tram is expected to be operational by April 2022, a build time of 12 months.

"This project is a great example of what can be achieved when governments and the community have a dream and work together to achieve it," said Mr O'Brien.

"We've brought this attraction back to life and we look forward to seeing it trundling through Nambour for many years to come.

"I can't wait to get on board this piece of street theatre and travel along the beautiful streets of Nambour."

Sunshine Coast Council Mayor Mark Jamieson said council was pleased to help provide a rich historical experience in Nambour.

"This heritage-listed tramline provides Nambour with a point of difference, it will help drive tourism and importantly support our local economy," Mayor Jamieson said. "Nambour's newest attraction is the result of many years of community effort to get the tramway on track."

Despite the setback, Mr Rogerson said Nambour Tramway Co was as determined as ever to play its part in the reinvigoration of Nambour's CBD.



Delivering goodness: Nambour Meals on Wheels Service Manager Jennifer Waldroff and Chef Troy.

## Food is just part of the goodness Nambour Meals on Wheels delivers

PERHAPS nothing says love better than a hot meal and a warm, smiling face.

And for many clients of Nambour Meals on Wheels, those smiling faces may be the only source of human interaction, and those hot meals the only things keeping them nourished in a time of increased demand.

So it helps if the food is restaurant-quality, says Service Manager Jennifer Waldroff. "A major focus for us over the last 9 months has been the quality of our food," she said. "Chef Troy produces meals of restaurant quality while still maintaining the home cooked fresh tastes. We have seen a huge increase in the demand for our meals over this period which we primarily attribute to the quality food and service we provide."

Jennifer said her team had received wonderful feedback on the quality of their food including this quote: "My wife passed away a few months ago, I really haven't smiled much since then. Your meal really made me smile today. It was delicious."

Now in their 50th year Nambour Meals on Wheels has grown in just the past 18 months from providing an average of 420 meals a week to 580.

A meal might consist of a soup or side salad, a

main meal or main meal salad, dessert or fresh fruit and a fruit juice. The meals are delivered in the middle of the day and can be delivered hot, chilled or frozen using primarily locally-sourced ingredients.

"Our clients are generally aged over 65 but we also provide meals to younger people under NDIS or those who need some assistance," Jennifer said. "One of our main purposes is to help people maintain their independence and remain living in their own home. By getting meals from us it also gives them more free time to enjoy activities other than cooking."

### How can you help

Nambour Meals on Wheels have many wonderful volunteers but as the service expands, the need for help in the kitchen and with delivering increases. "We have a real need for additional volunteers to help out at the moment," said Jennifer. "Anyone who would like to give a few hours of their time once a week, once a fortnight or even once a month would be fantastic."

• Call Jennifer on 5441 3543 if you can help. Nambour Meals on Wheels is at 21A Price Street, Nambour.

## Interest in vintage vehicles stronger than ever

ESTABLISHED in 1992, The Blackall Range Horseless Carriage Club is based in Maleny at the Pioneer Village site and today, membership as well as enthusiasm is stronger than ever.

The Club has around 150 members, with 278 vehicles on the Club register, representing 60 marques. The variety of vehicles is impressive, including vintage tourers and roadsters, pre WW2 classics, British and European marques of the 50's to 80's, American "big bangers" and Australian icons. The clubhouse has excellent facilities, including an extensive library of motoring topics.

The Horseless Carriage Club is a social Club with emphasis on regular excursions to venues within a 150 km radius of Maleny, the occasional "weekend away" and Wednesday and Sunday morning teas at the clubhouse. On Sunday the



11th of April, the Club will be showing some of their beautiful and interesting vehicles at the Arthur Street Country Markets in Caloundra at the Caloundra Rugby Union Club.

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And we're off: Sam Hughes gestures to supporters as he takes off from Maleny.

## Maleny's Travelling Jackaroo hits road in fundraising drive around Australia

If you haven't already heard or seen the fuss Sam Hughes from Maleny has been making with his fully-restored Chamberlain 9G tractor and trailer — with an aeroplane on top — you certainly will want to check out his adventure on Facebook (@thetravellingjackaroo).

Sam, The Travelling Jackaroo set off on the trip of a life time on March 21. He is travelling around Australia raising awareness and funds for the Royal Flying Doctors, Dolly's Dream, Lights on the Hill Trucking Memorial and more.

The tractor has a trailer custom-built to tow a car and store essential items.

And, as if that wasn't enough to raise attention, the trailer will be fitted with the fuselage of an old plane on top.

Despite radiator issues, Sam was well on his way, according to his Facebook page, having posted from several country towns including Chinchilla, Dalby and Roma.

He wrote: "Cruising along at 37kph with the trailer just feels incredible. Scanning the gauges: oil pressure 30-40, water temp 70-90 degrees. Checking tyre pressure monitors: 50-52psi on trailer tyres, 13-15psi on the rear tractor tyres. Watching the mirrors and checking blind spots. Checking the rear camera in the tail of the plane for tailgaters. Watching the road ahead for low tree branches and power lines ... really is a rhythm you get into. A lot of people ask "doesn't it feel slow?" And to be honest to me it doesn't really feel that bad. All the time and effort put into it really makes it worth while."

Sam has had great local support from local businesses including tyre supplies from the team at All Coast Tyres.

"We of course jumped on board," a spokesperson said. "As Sam's travels continue over the coming months we expect him to reach out to help arrange some new tyres."



Police escort ... Sam is carrying a plane fuselage to sleep in, raise attention and raise money for the Flying Doctors. Photos thanks to ODS Media

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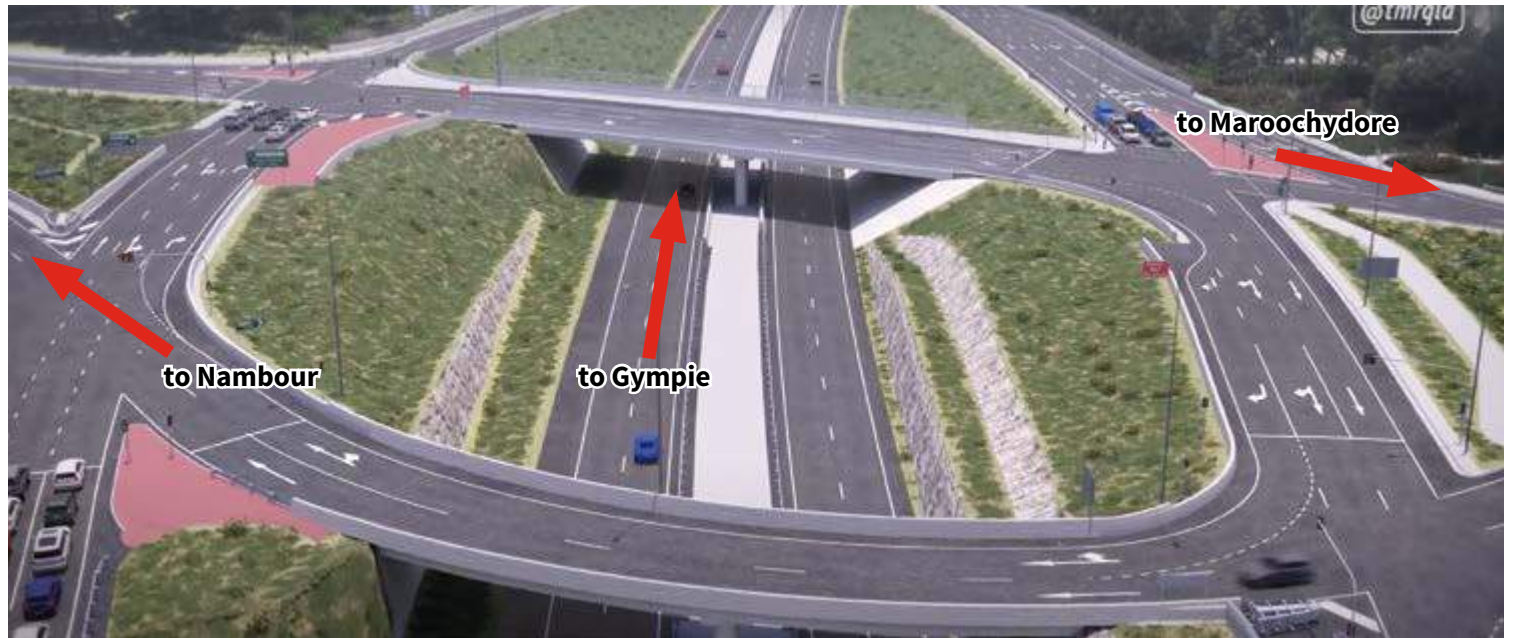


## What's On

send your event briefs to editor@sunshinevalleygazette.com.au

Please note: All events will be pending COVID restrictions. Please check for latest advice.

- **POSTPONED:** March 31: Official Opening Nambour Tramway Terminus and Info Centre, Mill Street Nambour.
- **POSTPONED:** April 1: Public viewing of Nambour Tramway Terminus and Info Centre, Mill Street Nambour.
- Until 17 April: Mona Ryder's Fragile Gardens exhibition at the Old Ambulance Station, Nambour.
- Until Sunday May 2: Wildlife Art Exhibition at the Cooroy Butter Factory Arts Centre, 11a Maple Street Cooroy.
- April 3: Florabunda Pocket BushCare Group meets 8am Saturday at the rugby field end of Laidlaw Road, Woombye.
- April 9-11: South Queensland Caravan, Camping, Fishing and 4X4 Expo at Nambour Showgrounds.
- April 10: Yandina School of Arts Crafts Market from 9am.
- Saturday April 17: Nambour Museum is holding a special open day from 10am to 3pm to commemorate the 80th Anniversary of the commencement of the Siege of Tobruk.
- April 17: Namba Creek BushCare Group meets 8am Saturday at Model Railway Park entrance off Florence St Nambour.
- Friday 9 to Sunday 11 April: Australian Body Art Festival, Cooroy.
- April 17 & 18: Sunshine Coast Arts & Crafts Group Fair Montville Community Hall from 9- 4pm both days.
- Ray and the Sunshines (RSL's 90th Birthday Bash) 7 May 6.30pm Maleny RSL.
- Maleny Show, Maleny Showgrounds. May 28th and 29th.
- May 29 and 30: London-based pianist Piers Lane performs two concerts at Lucas Parklands, Montville.
- KnitFest Yarn & Fibre Festival 3 & 4 July Maleny's Main Street.
- August 28: Open Day Maleny Historical Society, Mens Shed & the Blackall Range Horseless Carriage Club Pioneer Village.



An illustration of the completed Maroochydore Road / Nambour Connection Road roundabout as if heading north on the Bruce Highway. Nambour is to the left and Maroochydore to the right.

# Interchange bridge work to ease traffic jams but commuters must wait until late next year

MORNING and afternoon traffic jams at the Maroochydore Road / Nambour Connection Road roundabout will be a thing of the past by late next year if all goes according to plan.

Works are well underway as part of the \$301.25 million Bruce Highway Upgrade - Maroochydore Road and Mons Road Interchanges project.

Transport and Main Roads North Coast Regional Director Scott Whitaker said the project would improve the traffic flow and capacity of the Maroochydore Road and Mons Road interchanges.

"The traffic will improve particularly during peak times, as well as meet the future needs of the Sunshine Coast," Mr Whitaker said.

"As part of the upgrade, the existing Maroochydore Road / Nambour Connection Road roundabout will be signalised. The interchange ramps will be extended and widened to provide sufficient queuing space and ramp signals will be installed to help regulate traffic flow.

A new, four-lane, eastbound bridge over the Bruce Highway from Nambour Connection Road to Maroochydore Road will be also be built. The two-span concrete bridge will feature an on-road bike lane and a three-metre shared pedestrian path to improve safety and local connectivity.

"Concrete girders and decking units for the bridge will be installed in the coming weeks, with the majority of work undertaken at night to minimise disruption to motorists and traffic flow."

"Concrete girders and decking units for the bridge will be installed in the coming weeks, with the majority of work undertaken at night to minimise disruption to motorists and traffic flow."

### In the meantime, please take care

Mr Whitaker said motorists should observe all signs when approaching roadworks, adapt to the changed traffic conditions and allow for extra travel time.

"Temporary southbound and northbound lane closures on the Bruce Highway, detours, traffic controllers, reduced speed limits and road signage will be in place to ensure the safety of road workers and motorists," he said.

"We appreciate the public's ongoing patience and co-operation whilst this important road project is underway."

Mr Whitaker said further traffic changes were programmed for the project over coming months. "I strongly encourage the community to subscribe to the free SMS and email service to stay up-to-date on the project," he said.

The project is expected to be completed by late 2022, weather and construction conditions permitting.

For more information and to register for project updates, visit <https://www.tmr.qld.gov.au/projects/bruce-highway-maroochydore-road-and-mons-road-interchanges>.

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From left, Hear and Say's Roxanne Innes, Kirsty Farrow, Liz Morosini and Marley with Wayne Greenham (Sundale Community Foundation) in the centre's playground.

## Miracle of technology, and a lot of hard work, helps children to hear and speak

LITTLE miracles happen every day at the Hear and Say Sunshine Coast Centre in Nambour. With support and dedication virtually all the children who graduate from the program enter mainstream schools able to hear and speak as well as children with typical hearing.

But Hear and Say Listening and Spoken Language Specialist, Roxanne Innes said there were no magic bullets, especially for kids with the most profound hearing issues. The amazing outcomes took a lot of hard work, highly specialised speech therapy and the helping hand of technology.

And there was no time to waste.

"We get involved pretty much as soon as the parents contact us," said Roxanne. "So sometimes the baby's as young as four weeks old and the parents have just found out that they've got a hearing loss and they call straight away. Our main focus is to get those hearing aids on ... and they need to be hearing well 10 to 12 hours every day. Hearing aids at that age is more about just trying to keep some stimulation to the brain and get children used to wearing technology."

"Children will then go to cochlear implant surgery at between seven and nine months, if required. Our specialised speech therapy, called auditory-verbal therapy, is all about training the parents and keeping up stimulation and hearing aid retention."

Roxanne said parents needed training to learn how to make the most of the technology, stimulate their child's hearing and prompt speech development.

"You can't just walk in, get a cochlear and walk out," she said.

"It's not like a pair of glasses when you put them on and you will see an immediate improvement. I always say our job as therapists is to entertain the children and teach the parents."

"The parents need to be using specific, hearing-related strategies with their children 24-seven. They just have to essentially immerse them in language, talking and singing and reading to them constantly."

The rewards were well worth it according to Hear and Say Fundraising Manager, Cherie Nicholas who is already looking forward to this year's Christmas celebration and Graduation Ceremony at the centre.

"It's for the children who are then going off to prep," she said. "Each of them has to make a speech that Roxanne helped them prepare. It's absolutely beautiful to see how these children have grown and developed over the time they've been coming to the centre, and to see them all ready to go to prep. From what was this time of difficulty and uncertainty about their future, all of a sudden it becomes a certainty that the children are going to go on and achieve their potential. That's really exciting."

### Sundale Foundation chips in

As a not-for-profit organisation, Hear and Say must raise around \$10,000 each year, for up to six years, to fill the funding gap for one child with hearing loss to listen and speak.

That task will be made a little easier thanks to a \$3500 donation from Sundale Community Foundation, towards the centre's LEAP Group Social Skills program.

"The commitment shown by Hear and Say to give children who are deaf or hard of hearing the precious gifts of sound and speech aligns with Sundale Community Foundation's values," said Sundale Community Foundation Director, Wayne Greenham.

"We are delighted that this partnership will ensure more children have a future where they can reach their full potential and not be limited by their hearing loss."

## Reimagine Nambour progress on track behind the scenes

REIMAGINE Nambour issued a statement this week urging patience and understanding following online criticism for its perceived lack of community engagement.

The criticism concerned two funded projects: the Nambour CBD Revitalisation (\$500,000) and the Nambour Rebranding project (\$60,000) as well as a rescheduled CBD community event which was to be held March 27.

"I think the residents and businesses of Nambour have a right to see where every cent of the \$500,000 is, or intends to be spent," said a post by "Diana Prince" on the Living in Nambour Facebook Page.

The post sparked a flurry of comments from other concerned members, either supporting or criticising Reimagine Nambour, until the discussion was shut down by administrator Kathleen Ashworth.

"It is ironic that Diana Prince is demanding transparency when she has an obviously fake account," said Ms Ashworth. "I am turning off this discussion as it is not kind, a mess of gossip and aspersions, and is going nowhere. I will be seeking a statement from the board of Reimagining Nambour which I will share and re-open discussion."

Reimagine Nambour Inc. is a community association formed to bring to life the Nambour Economic Transition Strategy. The strategy contains an action plan to transform the local economy while retaining and capitalising on Nambour's unique cultural identity.

In response to the comments Reimagine Nambour Facilitator Kerry Brown issued a statement reassuring residents and urging patience.

### Statement from Reimagine Nambour

"The Reimagine Nambour Streetscaping project is progressing well. As with any public work there is a tender process for the creative lighting and artistic work throughout the Nambour CBD. We are grateful to Sunshine Coast Regional Council for its support, particularly with the development of the brief for the artwork and very soon we will be inviting artists to offer proposals.

"A number of viable sites across the CBD are being finalised for the creative lighting features, this is the biggest part of the project and the tenders for this work are in consideration, the tenders are very detailed and do take time to contemplate.

"Fresh PR are engaged to deliver the Rebranding project, they have completed the community engagement in a survey and focus group meetings, and will meet with the Reimagine board in early April.

"A monthly event was planned in the Council forecourt, however, the land permits team were not aware of the planned renovations and had to reverse their decision on the permit. Reimagine Nambour are working with Council to consider alternative locations to hold a regular event within the allocated budget.

"For any further information on Reimagine Nambour projects please email [contact@reimagine-nambour.com.au](mailto:contact@reimagine-nambour.com.au)."

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**• How did you get started?**

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**• What else should we know about Sunshine Cider?**

We want to do our part to protect the environment. Growing the business allows us to add more sustainable measures to our operation. We produce all our energy through our solar system, which covers the roof of our Cider. Using technology, we can work towards a smart Cider with individual tank cooling and temperature monitoring to save even more energy.

**• Favourite other local food/product?**

The Sunshine Coast has so many small food producers with amazing products that it's hard to decide. We certainly love Electropops, the new dairy-free Phyto butter and Falafel Baraka to name a few.

**• What is it about the hinterland that gives you inspiration?**

Operating at the Sunshine Coast is an amazing experience. We value the support and friendships we found through the Food and Agribusiness Network (FAN), the local craft beer scene and the Sunshine Coast people. We look forward to sustainably producing more local Queensland Cider and supporting our farmers in the years to come.



**How do you like them apples? ... Woombye couple Martin and Regine Rellstab make traditional Cider from 100 percent fresh Queensland apples on the Sunshine Coast.**

**• Where can we buy your cider?**  
You can find our range of Cider in a few independent bottle shops and local bars and restaurants.

The best way to buy is to pop into our tasting room in Kunda Park on Saturdays or order through our online shop.



**"It's the best thing I've ever done!" ... Jade Law completed a council traineeship in 2011.**

## Council offers on-the-job traineeships

If getting paid to gain valuable skills and work experience while completing a certificate qualification appeals to you, apply now for a Sunshine Coast Council traineeship.

Outstanding Organisation Portfolio Councillor Ted Hungerford said applications for 2021 traineeships were now open and a diverse range of opportunities within council were available for people of all ages and backgrounds.

"I urge anyone who lives on the Sunshine Coast and has limited qualifications and limited work experience to take this opportunity," Cr Hungerford said.

"Our trainees are paid to learn on-the-job for 12 months and complete a certificate qualification, so it's the best of both worlds."

That was certainly the case for 2019 Sunshine Coast Young Business Woman of the Year award recipient Jade Law, who completed a council traineeship in 2011.

"It's the best thing I've ever done!" she said. "I took on a business administration traineeship after finishing my final year of high school and by the end of my 12 months I had learned so many new skills through a wide range of roles."

"When my traineeship finished, I was fortunate enough to earn a permanent position within council, complete further study at university with council's support and I now work in my dream position in council's People and Culture team."

• For information or to apply for a 2021 council traineeship, visit the job vacancies page on council's website. Applications close on April 2.



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# Brand new homes

Sundale's limited new unit release at Coolum Waters combines the best of outdoor living and entertaining with a low-maintenance lifestyle.

The new build blends space and flow, with generous bedrooms, large open living, dining and alfresco spaces and a chef's kitchen, complete with waterfall stone bench tops.

The master suite, complete with ensuite and walk-in wardrobe is perfectly positioned at the rear of each home for privacy and seclusion, while the airy bathrooms feature floor to ceiling tiles and luxe features.

- Fully ducted air-conditioning with climate-controlled zones
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- Your own garage with electric garage roller door
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## Market Specials



**\$1.25**  
EA.

Pre-Packed Carrots 1kg \$1.25 per kg



**\$1.50**  
EA.

Pre-Packed Brown Onions 2kg 75c per kg



**\$10**  
KG.

Button Mushrooms



Pre-Packed



**\$2.50**  
EA.

Twin Pack Cos Lettuce \$2.50 per Unit



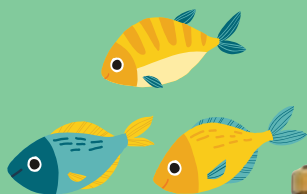
**\$4**  
KG.

Red Delicious Apples



**\$28**  
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Australian Cooked & Thawed Large King Prawns *From the deli*



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**\$2.10**  
EA.  
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# Woombye's new vision for streetscape is taking shape

RESIDENTS' vision for the future of Woombye's streetscape took another step forward following a Streetscape Community Workshop with Sunshine Coast Council at the Bowls Club recently.

The community is working with Council on the Woombye Place-making Streetscape Project which aims to create an attractive and vibrant town centre and retain its existing character as a picturesque heritage town with large shady trees and quaint local shops.

A Council spokesperson told the meeting the project aimed to create a strong community feel and provide a central space for people to gather and enjoy the atmosphere of the traditional main street.

Feedback gathered at the meeting and at events since October has informed council that any makeover needed to build on Woombye's traditional country town look and feel and enhance its appeal by:

- improving pedestrian access by improving footpaths and crossings,
- making parking more convenient,
- creating a more attractive and vibrant town centre,
- providing more shady street trees and gardens in keeping with the current planting palette to encourage outdoor dining to support local businesses
- slowing traffic and improving wheelchair access.

Woombye Community and Business Association said the Streetscape Community Workshop was a great success.

"Thanks to all the community

for coming to the Woombye Bowls Club to discuss the main street upgrade," said President Debbie Kimber. "The budget may be small for all the great things we want to do but the WCBA will be pushing for more funding and grants. Based on feedback Council have put together some great ideas for parking, green space, trees, gardens, traffic mitigation and crossings."

## But where's the budget?

Meanwhile, a long-term Woombye resident also highlighted the small budget allocation of \$450,000, pointing to the inconsistency shown by Council towards Woombye and Palmwoods.

"Palmwoods gets \$3 million spent a few years ago on one small town square (Piccabeen Green), and we have \$450K to spend on the whole of Woombye. It's a slap in the face really for Woombye. I mean, come on. I'm sure Woombye community is very grateful but we aren't getting what we should."

"The \$450K was arrived at 10 years ago and it's taken this long to act."

Div 5 Cr Winston Johnston said he would work hard to see that more funding was forthcoming.

"As mentioned at the recent Woombye Place Making update held at Woombye Bowls Club, I am endeavouring to have the budget for this important project increased significantly, to ensure that all design and project works reflect the aspirations of the

Woombye Community. "A preliminary budget allocation of \$450,000 by the previous council, was never going to be enough to deliver this project and I expect significant extra funding from either the June Budget and/or, from a State Stimulus Funding Grant."

"Comparisons between the allocation of funds for projects in various towns are not valid due to many differences such as topography, length/breadth of the area to be streetscaped and numerous other design issues. Each project is assessed and funded using those criteria, not by comparing projects which are delivered in adjoining towns."

"Now that Council's Place-making Team has completed initial community consultation and fully understands the scope of the area to be Streetscaped — as well as the aspirations of Woombye residents — they can prepare an accurate costing estimate for the June Council Budget."

A later stage would see council develop a concept design to tell the stories of Woombye with artworks and interpretive elements inspired by the town's heritage.

The community will have an opportunity to give feedback on the draft concept plan in coming months. The project team will then respond to the community feedback and finalise the concept for construction next year.

Similar projects have been carried out at Landsborough, Palmwoods, Beerwah and Pacific Paradise.



Div 5 Cr Winston Johnston gathers feedback at the Woombye Bowls Club workshop.



Council wants to retain Woombye's character as a picturesque heritage town with large shady trees and quaint local shops.

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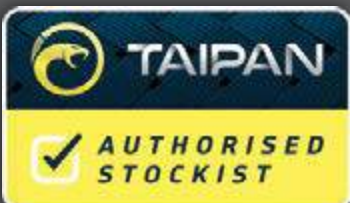
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## Pilot-study devices provide data-driven insights for better town planning

REAL time data on people movement, water use and ambient temperatures will soon be captured in Woombye to help Sunshine Coast Council improve its delivery of services and facilities.

Division 5 Cr Winston Johnston said 10 sensors would be installed on poles along Blackall Street for the Data Driven Decision Making (DDDM) pilot project which is part of council's Smart City Framework.

"Capturing real-time data is becoming increasingly important to council because it provides definitive information which shows us how we can improve the way we plan for the future and deliver more efficient services and infrastructure for the Sunshine Coast community," Cr Johnston said.

The Woombye pilot project will capture real time information about pedestrian and vehicle movement in the area. "It will capture data on how long they're in this area and their direction of movement."

Twenty car parking bay sensors will be installed in April to capture data about how many vehicles use parking bays, how long they stay, and the peak times.

A networked water meter



Woombye Community and Business Association President Debbie Kimber and council's Smart City Framework Coordinator Michael Whereat with one of the ambient temperature sensors residents may start to notice around town.

is already installed in Woombye, providing council with data on how many people are using public amenities, how much water is being used and if there are water leaks.

"This data informs council about the scheduling of maintenance and cleaning schedules, as well as identifying potential misuse of facilities and helps council run these facilities in more environmentally sustainable way," Cr Johnston said.

A weather station and ambient temperature sensors would also be installed as part of the pilot, to assist council's Disaster Management team in the short term and assist with climate change policy over the longer term.

"The ambient temperature sensor (see photo) is one of four to be installed and will complement the movement and counting sensors to form a complete picture of the day-to-day and longer term trends within Woombye and support data driven design for council's placemaking team.

"A thermal image camera will also provide council with data on temperature comparisons between asphalt, concrete, grass, canopy or shaded locations. This information will be used to improve planning and design of public areas, using materials and colours which provide cooler, more comfortable open spaces for our community," Cr Johnston said.



Sunshine Coast Council Community Portfolio Councillor David Law with First Nations Partnerships Senior Advisor Stephen Mam with a sample of the Kabi Kabi artists' work.

## Plan outlines First Nations vision

BUILDING stronger relationships between our First Nations peoples and celebrating their culture and heritage remained top priorities as Sunshine Coast Council unanimously endorsed its Innovate Reconciliation Action Plan on March 25.

Sunshine Coast Council was the first local government in Queensland to develop a Reconciliation Action Plan with Reconciliation Australia in 2011.

Sunshine Coast Council Community Portfolio Councillor David Law said the implementation of the plan would continue to build and strengthen the relationships with the Traditional Owners and First Nations People.

"We are following Reconciliation Australia's framework which outlines four types of RAP – Reflect, Innovate, Stretch and Elevate – that a workplace can develop," Cr Law said.

"A number of new initiatives have been introduced within council's new RAP such as the development of a cultural protocol document – including a cultural heritage guideline; the development of a First Nations' recruit-

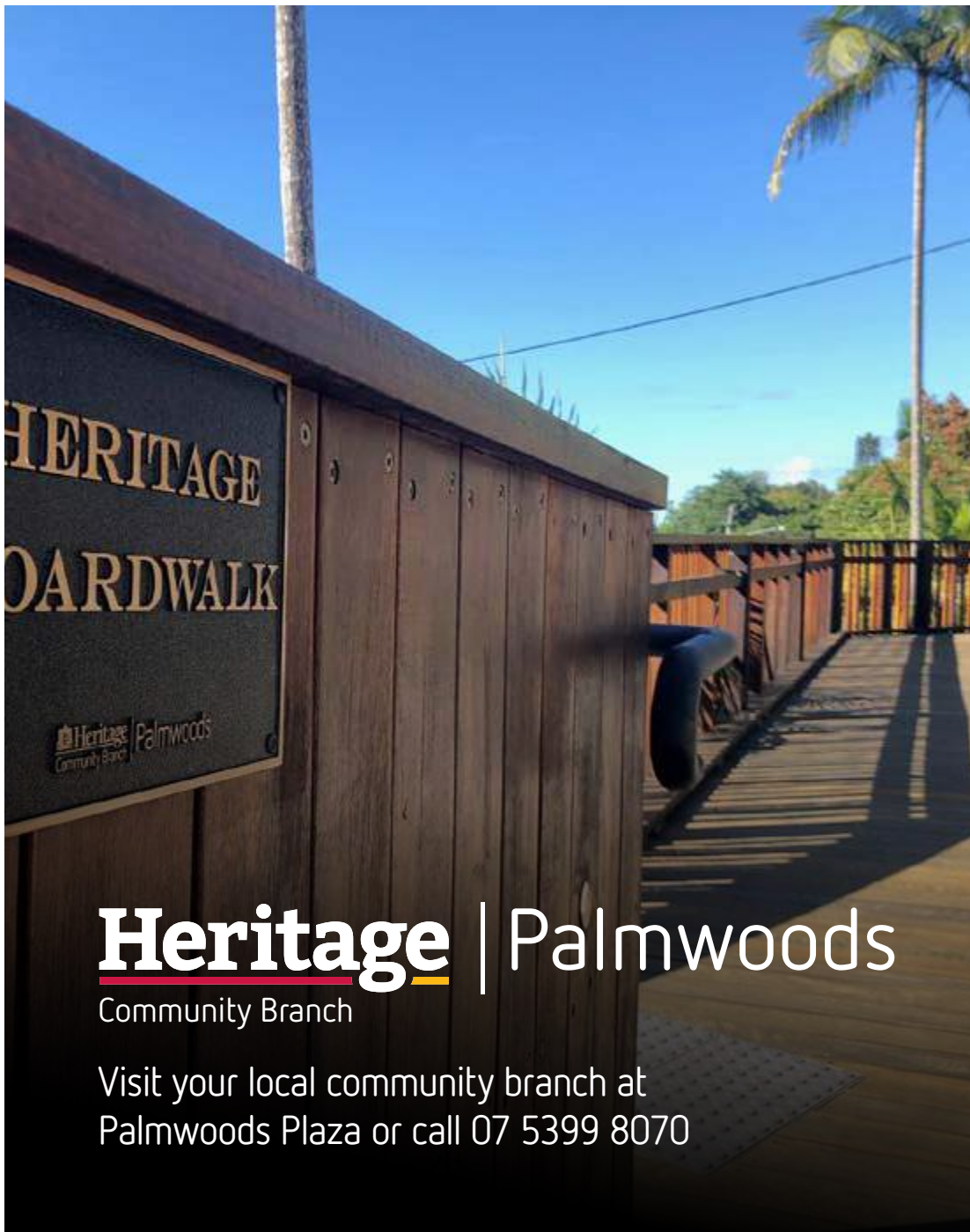
ment, retention and professional development strategy; and projects building on council's existing cultural awareness program and community engagement framework.

"These commitments provide a solid foundation within our organisation before we progress to a Stretch RAP in the future."

The RAP was developed following consultation and discussions with Traditional Custodians of the Region. The artworks that are presented throughout the RAP document has been created by artists from Kabi Kabi people and Jinibara people.

### FAST FACTS

- 1.9 percent of the Sunshine Coast population identify as a First Nations person.
- Council has 29 First Nations employees (As at September 2020).
- The Sunshine Coast is the traditional lands of the Kabi Kabi peoples and the Jinibara peoples. It's also home to an increasing number of First Nations people originating from across Queensland and Australia.



## 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.



# Montville Coffee's Fairtrade ethos helps iron out the inequalities in supply chain

**M**ONTVILLE Coffee Founder Karen Barnett roasts Certified Organic and Fairtrade specialty coffee for distribution to coffee lovers around Australia. We asked Karen about the great local business she established in 2000.

**Apart from the smell of fresh brewed coffee, what gets you out of bed in the morning?** Our purpose is to create a great product for Australians while supporting coffee producers and their communities to thrive.

**How did you get started in coffee?** As a high school teacher, I had been using case studies of Fairtrade and ethical businesses to inspire students in my classes. I wondered if it was actually possible to build a local business that championed sustainability and organic production. Coffee is a product that brings people together but also has so many challenges and inequalities in its supply chain. The perfect challenge to start a business with!

**Best thing about what you do?** We have been buying green coffee beans from some of the same cooperatives for nearly two decades. It has been so rewarding to see that being part of the Fairtrade certification really does make a difference.

We have seen women coffee producers move out of the shadows and becoming involved in science and technology workshops; young, educated producers taking advantage of training in climate adaptation leadership; and the Australian people becoming involved in understanding why it is so important to value and pay our food producers fairly whether they are farming in our own region or across the globe.

**What does it mean to you to be a local farmer/maker?** It means I am part of a thriving ecosystem of local makers and producers who are all contributing to the strength and resilience of the Sunshine Coast Region.



**Where can we buy Montville Coffee?** Local IGA's and independent food stores and online through our website

**Your favourite way to eat drink it?** The Blackall Range Blend, freshly ground and then brewed in a plunger, enjoyed black with a homemade shortbread biscuit.

**What's next, any exciting plans?** We have outgrown our site in Montville so are moving and building a new Coffee Roasting facility.

**Favourite other local food/product?** Oh, so many! Right now I'd love some Mountain Top Mushrooms on Ten Acres handcrafted sourdough bread with a salad full of greens grown by Good Harvest Farm.

**What is it about the hinterland that gives you inspiration?** The incredible natural beauty of this area.



## View Club

GLASSHOUSE Country View Club's next outing will be on the 7th April when we will meet at Sit and Chill Bakery/café at Beerburrum at 10am for morning tea followed by a walk over to the start of the Beerburrum walking track where we will have a talk on local bees. Those wanting to can later go for a walk.

Our club raises funds for the Smith Family and the Learning for Life Program in all their activities.

Our club currently supports 4 Learning for Life students. Any ladies who are interested in coming along to one of our events or would like to join our club should contact either Jill on 0417793708 or Janet on 0448845303. You can also visit our website on [www.view.org.au](http://www.view.org.au) or on Facebook.

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## New marketing campaign urges tourists to discover Nambour and the hinterland

VISIT Sunshine Coast has joined forces with the region's tourism operators to launch a new marketing campaign.

The high-profile co-operative initiative will target the drive market, uncovering the region's hidden gems and encouraging Queenslanders to experience a different side of the Sunshine Coast.

Travellers will be inspired to not only explore the white sandy beaches of Coolum, Mooloolaba and Maroochydore, but journey south through Kawana and Caloundra before reaching the ancient volcanic peaks of the Glass House Mountains.

The Blackall Range will also feature prominently, with the charming Nambour, Eumundi and surrounds also on show.

VSC CEO Matt Stoeckel said the goal of the joint marketing campaign was to drive bookings to local businesses during the region's low and shoulder seasons: March and May-June.

"The tourism landscape remains incredibly uncertain, and VSC's focus remains on doing everything we can to support our local industry," he said.

"This co-operative campaign provides an opportunity for businesses - who may not have as much marketing budget this year - to buy in and leverage off VSC's campaigns in market as well as our new brand, For real.

"The campaign will be rolled out between now and the end of financial year across television, print advertising and sponsored content, online news sites and targeted social media posts.



"What will make this campaign especially effective is its highly targeted approach, going after travellers who are already looking for a Sunshine Coast-style escape making it easier for us to convert holiday dreaming into solid bookings for our region."

A key focus of the combined marketing campaign will be to challenge Queenslanders who may think they know the Sunshine Coast well to experience a different side of the region.

"This campaign pieces together the places that make the Sunshine Coast so unique," Mr Stoeckel said.

"Visitors may come for our pristine beaches and Hinterland, but they stay because of the richness of experiences that make up the spaces in between and the people they meet along the way.

"The Sunshine Coast is totally real, and this campaign will highlight those experiences people may not even realise we have to offer."

"It is such an amazing opportunity to be part of a campaign with VSC," said Narrows Escape Rainforest Retreat owner Xochi Lindholm, who is taking part in the campaign.

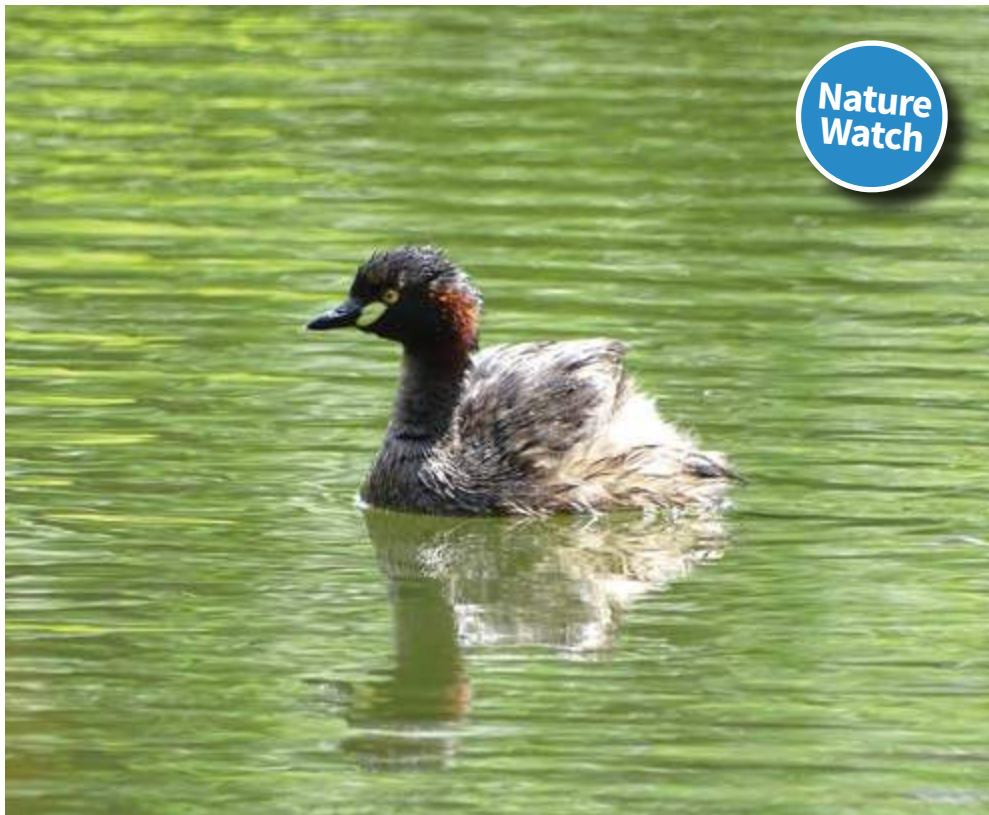
"It gives us access to a much larger audience and will hopefully boost our visibility, reputation and bookings."

This latest campaign follows the successful launch of the region's new destination brand 'For real' in late 2020.

For more, visit [sunshine-coastforreal.com/places](http://sunshine-coastforreal.com/places).







**Nature Watch**

Thanks to Andrea Weber for sending us this nature photo of an Australasian Grebe pictured at Maleny Botanic Gardens. A diet of small fish has led this shy waterbird to sometimes eat their own feathers and feed them to their chicks. This behaviour is thought to help prevent injury from any sharp fish bones that are swallowed. Send your pics to editor@sunshinevalleygazette.com.au.

## Speed reduction Maleny-Kenilworth Road

THE speed limit on Maleny-Kenilworth Road between Maleny and Witta and at Conondale will be reduced before the Easter weekend to improve safety.

Transport and Main Roads North Coast Regional Director Scott Whitaker said the reductions on the two sections of road from the existing 80km/h limit had been endorsed by the Sunshine Coast Speed Management Committee.

Mr Whitaker said the committee was comprised of the Queensland Police Service, Sunshine Coast Council and Transport and Main Roads.

"From Dixon Avenue at Maleny to near Sidney Lane at Witta, the limit will now be 70km/h," he

said.

"On the eastern side of Conondale, the existing 60km/h limit in the township will be extended further to the Meadow Lane intersection."

Mr Whitaker said the speed limit reviews considered a range of factors such as road function, environment, existing construction standard, prevailing traffic speeds and crash history.

"I urge all motorists to observe the new speed limit signs and to always drive to conditions," he said.

Work to implement the new limits will start 29 March and is expected to take three days to complete, weather and conditions permitting.

## Readers react with generosity to help Vinnies ease homelessness

AN outpouring of local good will has gladdened the hearts of Nambour St Vincent de Paul volunteers as they struggle to cope with increased homelessness due to a recent rental crisis.

President of Nambour St Vincent de Paul St Josephs Conference Teresa Forrest said people had donated thousands of dollars in response to a story in The Gazette last edition.

"People have been extremely generous on the back of the article," Teresa said. "It's been wonderful."

"We raised \$2500 at a raffle at church and we've had other private donations including one of \$500. And a gentleman who had read the article walked in off the street and gave us \$1000. So there's been a real outpouring of generosity from people since we highlighted the



Shortages lead to spike in hinterland homelessness

A growing rental crisis has led to a spike in homelessness in the hinterland, with some people struggling to get a roof over their heads. Nambour St Vincent de Paul St Josephs Conference Teresa Forrest said a year ago, many of those who were homeless were young people. But now, she said, the problem was also hitting older and more vulnerable people. "People are living on cars, beds, in alleys and in sheds," she said. "They are not getting a home and are really, really, struggling and deserving to be helped."

The story from March 17's Gazette.

issue of homelessness.

"The people of Nambour have been amazing and it helps raise awareness so we are able to put the money where we need to and help more people."

### How can you help?

To donate or help St Vincent de Paul please phone St Joseph's Conference 5459 5202 (Office) or 0407 859 965 (mobile).

## Safety prompts Easter slowdown along Kenilworth-Skyring Creek Road

THE speed limit on Kenilworth-Skyring Creek Road at Belli Park will be reduced before the Easter weekend for safety reasons.

Transport and Main Roads North Coast Regional Director Scott Whitaker said the reduction from 100km/h to 80km/h along the 4.5-kilometre stretch followed a speed limit review of the road.

"The review by TMR has been endorsed by the Sunshine Coast Speed Management Committee," Mr Whitaker said.

"The process considers a range of factors such as road function, environment, existing construction standard, prevailing traffic speeds and crash history."

The committee includes representatives from the Queensland Police Service, Sunshine

Coast Council and TMR.

Works to reduce the limit follows a speed limit drop from 100km/h to 80km/h at the northern end of Kenilworth-Skyring Creek Road in the Wide Bay region last September.

The upcoming works will result in a consistent 80km/h speed limit for the full length of the road.

Mr Whitaker said the limit reduction would occur between approximately 366 Skyring Creek Road and the intersection with Eumundi-Kenilworth Road at Belli Park.

"I urge all motorists to observe the new speed limit signage and to always drive to conditions," he said. Speed limit signage will be installed in the week of 29 March and take one day to complete, weather and conditions permitting.

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## Local markets join forces in Trail push

DELEGATES from seven hinterland markets are joining forces to promote their events held across Glasshouse Country and the Hinterland.

Market Coordinators from Maleny, Montville, Mooloolah, Mapleton, Landsborough, Beerwah and Witta met earlier this year. The collaboration was a resounding success from the moment they stepped through the doors of the Beerwah CWA Hall said Mapleton Hall Country Markets spokesperson Donna Klease.



“Volunteers connected over common values and shared experiences, and were keen to explore ways they could unite to support each other,” she said.

The idea for the group was sparked from a conversation between the Beerwah and Mooloolah coordinators. Their December market dates clashed, an inevitability given there are seven markets stretching from Witta to Mapleton, and Beerwah to Mooloolah.

It was soon discovered many of these markets operated on the same days but that this could be seen as an advantage. An opportunity for creating a market trail arose.

It was quickly established that the purpose of the group was not just to promote the markets under the umbrella of a Hinterland Market Trail, but to share ideas, resources, opportunities and challenges associated with the running of a community market.

The group has now met three times and is committed to work together, united in offering the best possible market for their own local community. Over the next few months it is hoped the group will establish and launch the Hinterland Market Trail, in the meantime they are busy working behind the scenes making the magic happen.



President Marilyn Holness, prize-winner Marvene Ash and sponsor Judy McArdle.

## Hinterland artists reign in gallery’s ‘Local’ exhibition

WHEN it’s local it’s special and the latest exhibition at Caloundra Regional Gallery is no exception.

An impressive selection of 40 artworks submitted by Sunshine Coast artists has been hung at the Caloundra Regional Gallery in the ‘Local Artists – Local Content Art Prize exhibition’, now on show until 2 May.

In its seventh year, the Prize is presented by the Friends Regional Gallery, Caloundra Inc. in partnership with the Caloundra Regional Gallery.

President Marilyn Holness said this year’s exhibition showcased the talent of our home-grown artists and the huge range of views on what “local” means.

“The artworks represent a diverse mix of mediums – from clay and porcelain to oil and watercolour. The calibre of entries we received really highlight our remarkable local talent, and the finalists’ works in the exhibition represent ‘the best of the best’ from the region.”

The quality of applications from the 40 shortlisted finalists was outstanding.

“There is so much depth and breadth to the entries, spanning and reflecting the stunning geographical diversity and themes of the Sunshine Coast region,” said guest judge this year Sandra Conte said.

### WINNERS

The winners of the five judged categories are:

- **Best of Show** was Susan Schmidt of Noosa Heads for True Blue acrylic and oil on canvas.

- **Excellence Award:** \$2000 prize: Julie Field of Eumundi | The OTT - A Life Beyond the track | ceramic sculpture on aged timber stand.

- **Excellence Award:** \$2000 prize: Marvene Ash of Maleny | Maleny Studio | gouache, pen and ink wash.

- **Best Three-Dimensional:** \$2000 prize: Shannon Garson of Maleny | Beauty and Terror | porcelain glaze, underglaze, oxides, terra sigilata.



Above: Julie Field of Eumundi with “A Life Beyond the Track”, a ceramic sculpture on aged timber stand.

Left: Marvene Ash’s “Maleny Studio”.



Shannon Garson of Maleny with “Beauty and Terror” porcelain glaze, underglaze, oxides, terra sigilata.

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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)**  
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**
  - 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         |                         |

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**Regular \$9.50**      **Large \$11.90**  
\*Please note price differs for some fish & lamb dishes.

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*Tin Can Bay*  
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### FORTNIGHTLY FRIDAY

#### TOOGOOM TO BUNDABERG

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Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 10 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Bundaberg, Bribie Island & surrounds.

If it's a good quality home style cooked meal your looking for then take a look at our extensive menu with the additional choice of regular or large sizes dependant on your appetite and of course a great selection of desserts.

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
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- 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.



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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.<br>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

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

**CLOUDS MONTVILLE**

ALL MEALS ARE PORTIONED FOR 1 | \$12.00 EACH

- |                                                   |                                                       |                                                            |
|---------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|
| 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 FETTUCCHINE                      |                                                            |
| 32. CHICKEN, BRIE & PROSCIUTTO PIZZA (READY MADE) | 36. PENNE PASTA WITH MEATBALLS                        |                                                            |

**MONTVILLE GOURMET BISTRO**

ALL MEALS ARE PORTIONED FOR 1 | \$10.00 EACH

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

**THE COTTAGE MEAL RANGE**

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

**SOUPS**

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

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- |                                                                                                      |                            |
|------------------------------------------------------------------------------------------------------|----------------------------|
| 72. INDIAN LAMB ROGAN JOSH (MILD) (GF / DF)<br>A. SINGLE SERVE \$9.90   B. PORTION FOR 2 PPL \$18.00 | *AVAILABLE UNTIL 30.04.21* |
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# 'As I drew, my pain was channeled away'

Nikki's recovery from wheelchair to masterpieces

by Tanya Outridge

**I**N 2015, Yandina's Nikki Rowe and her son were passengers in a car accident that left her in a wheelchair, unable to walk, and with a severe and painful condition called CRPS (Complex Regional Pain Syndrome), in both legs, hands and feet.

"I had just picked my son up after his first day of school and overnight, my five year old became my primary carer," Nikki said. "It was definitely not part of any plan I had for either of our lives."

Prior to the accident, Nikki had been an active person, into surfing and skating.

The pain of CRPS left her in a wheelchair and unable to do either.

She had just published her first book "Once a Girl, Now a Woman", to great acclaim, and was about to embark on a tour to promote it.

The tour was cancelled, and due to the severe, chronic pain in her hands, Nikki was unable to write.

"Basically everything I loved, every place where I felt alive and could express myself, was taken away from me," she explained.

"The first 12 months after the accident was incredibly hard. It was the 'dark night of the soul' that lasted for a year."

The exact cause of complex regional pain syndrome isn't well understood but may involve abnormal inflammation or nerve dysfunction. Complex regional pain is characterised by pain that is greater than would be expected from the injury that causes it.

"I quickly found out that because of the severity of the pain, medication features heavily in its treatment," Nikki said. I have always been a spiritually aware person and I knew that I had to tap in and figure out the best way to both manage the pain, and to get out of the wheelchair and walk again. I also knew that it would be difficult to connect with and retrain my brain if I was on painkillers."

*"When I tried to put weight on my feet, it felt as though my bones were breaking."*

Nikki's determination to overcome these challenges consumed her in the years that followed. "I was told by every medical expert I saw that I would never walk again. In my heart, I knew that was not the truth."

Due to the nature of the accident, Nikki filed a personal injury claim and was repeatedly told that her refusal to use pain medication and her positive outlook were jeopardizing her case.

"I kind of knew that I could knuckle under, take the drugs, get the payout, and stay in a wheelchair for the rest of my life," Nikki said. "But the thought of that was unbearable to me. Everything in me told me that I needed to find my own way to help my body heal."

Sure enough, when the claim was heard in Court, although it was determined that the accident was the cause of the CRPS, the financial compensation was denied.

"I'm not going to lie, that was a bitter blow," Nikki said. "I had been unable to work, was in pain constantly, and the money would have at

least put a roof over my head."

Another dark night of the soul.

As well, the pain was relentless.

"It is very difficult to describe CRPS," said Nikki. "It is a constant burning, stinging sensation. It's like you have been burnt, but you haven't. When I tried to put weight on my feet, it felt as though my bones were breaking. When I look back on videos of myself learning to walk again, it is still upsetting."

"I really delved into Graded Motor Imagery Therapy which takes you forward practically to retrain your brain and central nervous system



**Art therapy: Nikki Rowe surrounded by examples of her artwork for surfboards, skateboards, guitars, motorbikes and tables.**

with the aim of lessening pain and restoring normal activities," she said. "I used this with spiritual practices and mindfulness to train my feet to walk again. In the beginning, I would place my feet on a skateboard for a couple of minutes at a time and visualise myself skating. It was a long and slow process."

Nikki organised an event called Rehabiliskate, to raise awareness for CRPS. For the final 100 meters she was able to get out of her wheelchair and stand on a skateboard, with the help of her father. Nikki has now been walking again for just over two years.

After the accident, agonising pain was Nikki's constant companion. "There were times when it was completely unbearable, and I literally did not know what to do with myself," Nikki said.

"One day, I felt compelled to pick up a pen and start drawing, and as I drew, my pain was channelled away. I couldn't believe it. I have never been interested in art in my life and I found myself intuitively drawing Mandalas. At the time I didn't know what they represented, and I learned that they represent the consciousness, from inside out."

*'I knew that I had to tap in and figure out the best way to both manage the pain, and to get out of the wheelchair and walk again.'*

Nikki started drawing prolifically to manage the pain. "I had reached a point where I could barely pay my rent. And on impulse, I decorated a surfboard with Mandalas and posted it online for sale. I couldn't believe it when someone bought it, and requests started coming in for more. That's when Nikki Jade Creations was born."

Nikki has drawn Mandalas and nature inspired art on everything from surfboards and skateboards, to guitars and motorbikes. She has recently published her second book "Fragile But Fierce".

"The events of the past 6 years have forced me to dig deep into spirituality, and to develop my creativity, resilience and intuition," Nikki said. "I have used my experiences, disappointments, pain and inner strength to explore my metaphysical journey and (I hope), encourage others who are awakening, to do the same."

"I now see the accident as a blessing and an incredible opportunity to merge mindfulness and art therapy into modern medical practice. My second book is written as an oracle, to be



used to draw inspiration when it is needed most.

"I don't ever want to be thought of as a victim, nor less than any other healthy person. I think I am a great example of not judging a book by its cover. I may be fragile, but ultimately, I'm fierce."

• You can buy Fragile But Fierce at Booktopia, Balboa Press, Amazon, Ebay, Barnes and Noble or Goodreads. Check out Nikki's artwork at [www.nikkijadecollective.com](http://www.nikkijadecollective.com)

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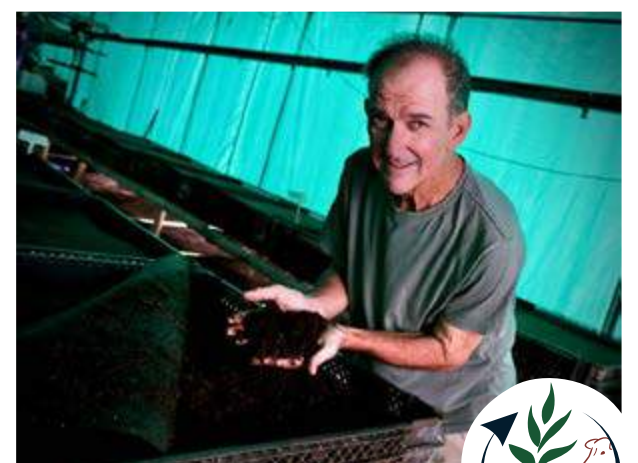
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You can grab an award winning Beefy's Pie from us and by shopping with us you can go in the draw for one of our regular random giveaways!  
Shop 28, 52-54 Currie Street, Nambour  
P: 5441 2029 | @NambourNews

## Worm Juice Increases Organic Carbon

Our Organic Supercharged Worm Juice increases organic carbon in the soil, which increases water retention, resulting in healthier plants. Storing carbon in the soil helps reverse the effects of global warming. Imagine if we all did that! **"THIS IS THE ULTIMATE ORGANIC PLANT FOOD"** – loaded with millions of microbes and all the trace elements in balance that plants need to grow strong and healthy. - Let your plants experience the difference!

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- Or call in to the farm at 2620 Steve Irwin Way Glenview in between the BP servo and Glenview golf course or order online



**POLYCULTURE**  
Cultivating Healthy People Plants & Animals  
[www.polyculture.com.au](http://www.polyculture.com.au)



# New business a sign of great friendship

**A**FTER spending decades as professional sign writers, friends Graeme Brown and Brett Warren have started their own sign business in Nambour.

“We were having dinner at the Nambour RSL last year and somewhere along the line, decided it would be a good idea to go into business together,” Graeme said.

“Between us, we have experience in just about any kind of sign writing you can think of, so we can design and print signage and promotions for just about anything!”

“Over the years we have covered everything from T-shirts to vehicles to high rise buildings,” said Graeme.

“Because we can do the design work, we are a one stop sign shop, which is more convenient and less hassle for many people.



**Brett Warren and Graeme Brown: “Being signwriters by trade, we understand the practical aspects of design.”**

“Being signwriters by trade, we understand the practical aspect of design. Some logos and concepts look brilliant on a computer screen but just don’t work when you try to put them on to a vehicle or building.”

Graeme and Brett have fitted out their work space in Howard Street with state of the art equipment and, due to demand, opened earlier



# More ways to celebrate this festive season

A new, free, family-friendly Christmas lights event at the Maroochy Regional Bushland Botanic Garden will be a highlight of this year’s festive season calendar and one of several new opportunities for our community to celebrate, following council’s endorsement of a new Festive Season program.

The new event will light up the gardens over several nights leading up to Christmas, creating a festive wonderland complete with lighting installations, carollers and roving performers.

Council has added \$75,000 to the region’s Festive Season program, taking it to just over \$900,000 annually.

The Festive Season program includes Christmas, New Year’s and Australia Day events and a new multi-year community grants program to enable community groups to identify, plan and lead events in their own neighbourhoods.

In addition to events and community grants, residents will see street banners displayed in more areas across the region and more decorations, providing a greater festive and holiday feel to the Sunshine Coast.

Sunshine Coast Council Mayor Mark Jamieson said festive season celebrations are important to, and valued by, our residents and the opportunity has been taken to ensure that going forward, Council’s Festive Season program reflects the needs and expectations of our changing community.

## By Locals for Locals

- Vehicles ■ Shop Fronts
- Digital Prints ■ T-Shirts
- Corflute ■ Illuminated
- Flags/Banners ■ Stickers
- Boats ■ A Boards



139 Howard St.  
Nambour

5441 4142



The South Queensland Caravan, Camping, Fishing and 4x4 Expo, which is a popular regular annual event at the Nambour Showgrounds.

# Nambour Showgrounds to host caravan and camping expo

A convoy of caravans, trailers and exhibitors are making their way to Nambour Showgrounds, which will be transformed into a camper’s paradise across three action-packed days from 9-11 April.

Tickets are now available for the South Queensland Caravan, Camping, Fishing and 4X4 Expo, which is a popular regular annual event at the showgrounds.

Event organiser Bob Carroll said more than 120 exhibitors would be on display.

“They’ll be showcasing the very latest in camper trailers, caravans, motorhomes, four wheel drives and tourism destination information,” Mr Carroll said.

“This expo has everything anyone could possibly need to plan a holiday and enjoy the

amazing destinations in Queensland including the Sunshine Coast.”

Sunshine Coast Economy Portfolio Councillor Jason O’Pray said the expo was a major drawcard for the region.

“Council has a number of venues and facilities to cater for these events and we’re proud Nambour Showgrounds continually hosts such a popular event,” Cr O’Pray said.

“After people have visited the expo they’re also more than welcome to visit our beachfront holiday parks to book their next holiday.”

• Tickets to the expo, which opens at 8.30am each day, range from \$12-\$18. Children under 12 are free. For more information visit caravan-campingexpo.com.au.





## Looking for comfort? Need to chill? Try some cat therapy at this Café

**T**HE Cat Retreat Cafe at Chevallum is having its 2nd birthday this year, and besides this birthday milestone, there are many things to celebrate.

The Cat Retreat Cafe is a labour of love for owner, Tania Barton, who has operated the well known Hobbits Knob Cat Retreat in the same location for the past 13 years. It is regarded as one of the best cat boarding establishments in Australia, with cats coming from overseas and interstate.

"Whether people are relocating, working away, travelling, in hospital, building & renovating, or simply need someone to help with the care of their cats, they rely on our team to love their feline fur babies as much as they do," said Tania.

Cats are particularly close to Tania's heart. She spent many years volunteering at an animal refuge and went on to study Animal Care and Behaviour, which led to a 10 year career in Veterinary Nursing.

"I have 42 years of life experience with cats," Tania said. "I have studied cats, their behaviour and personalities all of my life," she said. "It gives me an enormous joy to pass this experience and knowledge on to my team."

The Cat Retreat Cafe is Tania's way of giving back to the community by working alongside and educating children and the wider community on animal welfare issues, raising awareness of abandoned and surrendered cats, and to provide another avenue of working with these cats to help them find a loving new home.

"I grew up in a violent, drug & alcohol fuelled home and my animals saved my life," Tania said. "But I do not see myself as a victim, rather, a survivor, and I have my animals to thank for that. When times got bad, I would escape to my cats, dogs, chickens and birds, where I would

express my true feelings and emotions. It was the only place I felt safe... in my own little 'mind world' with the animals."

### Cat Café 'Zen Zone' therapy sessions

"Now that I am a mother myself I understand that children especially need a safe space to retreat to," she explained. "I will be providing the Cat Café 'Zen Zone' to therapy groups including counselling sessions, special needs children, yoga and meditation groups, retirement village residents, nursing home & palliative care patients, and other groups who feel they need cats in their life.

Tania works closely with the Sunshine Coast Animal Refuge to rehome cats to loving families. "It has been enormously gratifying to bring refuge cats into this environment to help rehabilitate them, and also to provide our guests with the opportunity to get to know them and see if they form a connection with a particular cat.

"Many times, animals are surrendered to the refuge because there is no connection between them and their owner," she said. "Time and again, we have seen cats and our guests 'choose each other'. It is a really special thing. And we know that the match is perfect for both the cat and the owner, because it has not been an impulse buy. So far, we have facilitated the rehoming of 45 cats."

The Cat Retreat Café provides a safe, comfortable space where people of all ages, abilities and from all walks of life can connect with cats, and in some cases with each other. You can book sessions where small numbers of people are able to sit in the peaceful environment of the deck to interact with the cats.

"Cats provide an incredibly peaceful and



**Tania Barton: "Cats provide an incredibly peaceful and calming experience for people."**

calming experience for people," Tania said. "They are extremely sensitive animals and we often see them providing our guests with their unique type of companionship and in some

cases, comfort. It is really very special."

• The Cat Retreat Cafe is located at 129 Dales Road, Chevallum.



**Nambour artist  
Tony Pates.**

## Pastel Workshops: Discover the artist in you!

TONY Pates is a Nambour based artist who is starting a series of pastel art workshops.

Tony's love for art started as a boy in England, and pastel soon became the medium of choice for his art.

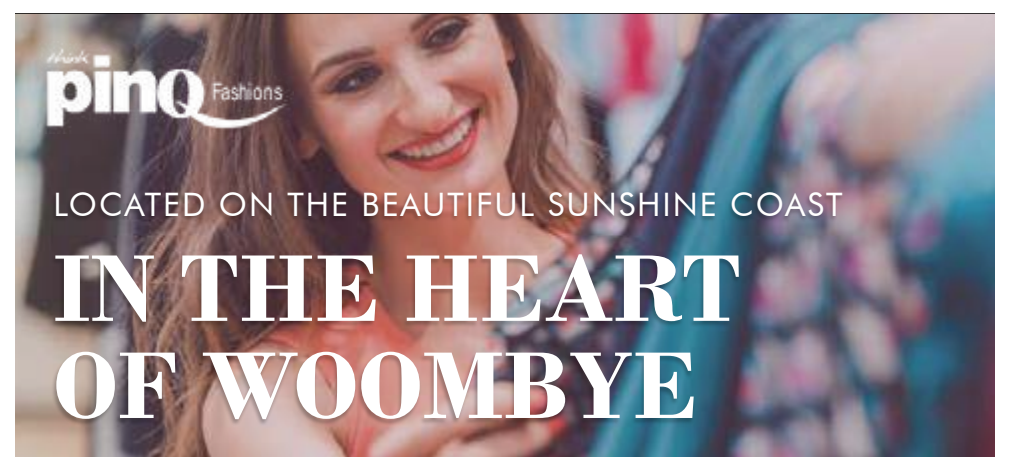
His inspiration comes from our varied Australian landscapes and seascapes with their unique variety of animals, birds, fish and plants, not forgetting the Aussies themselves and their pets.

"My classes are perfect for beginners and

they have been structured so that students can enjoy the advantages of small group tuition," Tony said.

"People will be able to interact with other artists in a friendly atmosphere, progress at their own pace, and importantly, develop their own style.

• There will be one session per week from 9am to 12 noon in Nambour. Dates will be advised by Tony. To register your interest, call Tony on 0450 122 161.



FOR EVERY OCCASION

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Our clothing range includes gorgeous Italian linens, cottons and bamboo.

We also sell shoes and accessories and a fabulous range of giftware and homewares.



**Think Pinq Woombye will be closed**  
Good Friday, Easter Sunday and Easter Monday, but will be open on Saturday morning as always, from 9am to 1pm.

**Think Pinq Mooloolaba is open**  
Every day over Easter 9am to 5pm.

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or online [www.thinkpinq.com.au](http://www.thinkpinq.com.au)

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Mooloolaba Esplanade

JOIN US AS WE CELEBRATE

**The Cat Retreat Cafe's  
2nd Birthday**

Saturday 10th April  
10am - 2pm  
129 Dales Road, Chevallum 4555  
0448228578

In partnership with The Sunshine Coast Animal Refuge, we are celebrating two successful years of coffee's, cakes and cat adoptions.

FREE entry  
FREE Cake and Drink  
Annual Membership Discounts

Lucky Door Prizes  
Kitten Cuddles  
and much, much more!





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

## Easter school holiday activities on the Sunshine Coast

Plan your Easter school holiday activities with Sunshine Coast Council – from workshops to events, and take-home activities to fun days out – there is plenty on offer to keep the kids busy this April. Head to Council's website for all the details and to book.

## Know a kid keen to be in the spotlight?

Primary school students are invited to enter the 2021 Sunshine Coast Get Ready Schools Competition. Create a 30-second video highlighting the importance of having a "WHAT-IF-PLAN" so everyone knows what to do when a disaster strikes. The winning team will be mentored by Council's disaster management team to create the 2021 Get Ready television, radio and social media campaign. Visit [haveyoursay.sunshinecoast.qld.gov.au](http://haveyoursay.sunshinecoast.qld.gov.au) to enter by midnight 30 April.

## CUSTOMER CONTACT

[sunshinecoast.qld.gov.au/Council/Contact-Council](http://sunshinecoast.qld.gov.au/Council/Contact-Council)

## Find your next adventure on the Sunshine Coast

Adventure Sunshine Coast has over 200 free adventures covering walking, cycling, paddling and riding trails right across the region! From exploring a community playground loop with your toddler to discovering a hidden hinterland trail with an adventurous tween-ager – find your next adventure at [adventure.sunshinecoast.qld.gov.au](http://adventure.sunshinecoast.qld.gov.au) today.

## Exciting, free exhibition in Nambour

Esteemed Australian artist Mona Ryder has challenged us with her dynamic work for almost 50 years and her exhibition 'Fragile Gardens' is equally powerful. On show at the Old Ambulance Station in Nambour and delivered as part of fabric, Slow Fashion Artful Living Program, catch this renowned Brisbane artist's exhibition until 17 April.

## One for the calendar

Next Council Ordinary Meeting - Thursday, 29 April at 9am.

## You'd be batty to miss this!

Book now for a free family-friendly event – the 7th Annual Australasian Bat Night at Maleny Showgrounds on 17 April. See native animals up close, go on a guided roost tour, watch an outdoor movie plus lots more. Learn about the amazing things bats do for our environment. Book via Council's 'What's on' webpage.

## Minor community grant funding open

Does your community group need funding to make something great happen? Minor Grants of up to \$2000 are available for community organisations to deliver projects, events and activities that provide community benefit. See Council's website for details.

## Are you creative?

Do you need a space to rehearse or exhibit? Are you an artist who needs space to connect, create, collaborate? Do you own or look after a space that you'd like to rent? Visit Creative Spaces to find a space or list a space. It's free to list and search. Check it out today – search "Creative Spaces" on Council's website.

## Go on a journey at the Annual Heritage Symposium

Learn from the past to protect our environment and live sustainably at the Annual Heritage Symposium on 29 April. Head to Council's heritage website to book into this free event where you will hear from renowned professionals who will take you on a journey from First Nations environmental practices and cultural heritage to sustainable tourism and art practices. Guided tours of Bankfoot House will be available after the event.

07 5475 7272  
[mail@sunshinecoast.qld.gov.au](mailto:mail@sunshinecoast.qld.gov.au)



[www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au)



Auxiliary president Louise Hickey (left) and secretary Margaret Cross at Maleny Soldiers Memorial Hospital with the new heart rate monitor.

## Heart monitor arrives at Hospital

SUNSHINE Coast Hospital and Health Service (SCHHS) has gratefully received new equipment purchased with funds raised by Maleny Soldiers Memorial Hospital Auxiliary volunteers.

Among donations in 2020 totalling more than \$50,000, the Auxiliary recently bought a Philips Heart Rate Monitor which was installed at Maleny Soldiers Memorial Hospital this month.

Maleny hospital Director of Nursing and Facility Manager, Karen Croker, said the monitor will enable more extensive monitoring of patients and may reduce the number of patients transferred to Sunshine Coast University Hospital.

"It will be greatly appreciated by medical staff," Ms Croker said.

"The monitor allows real time monitoring of the patient's vital signs, cardiac rhythm and other physiological parameters.

"This assists the clinician to identify and respond quickly to any changes to the patient's clinical condition, ensuring vital treatments are delivered rapidly."

Maleny Hospital Auxiliary president Louise Hickey said: "In such a difficult year as 2020, the Auxiliary was very pleased to be able to purchase and gift much needed equipment to the hospital. Several pieces of equipment such as the Avia Tonopen, the Vital Signs Monitor, stand and Blood Pressure Cuff and Oxygen Concentrator are being regularly used and now after a long wait, the Heart Monitor is finally in service.

"Our fundraising focus and equipment purchasing assists our local hospital and its staff to continue their wonderful work. Our members hope that we make the patients' hospital stay more pleasant, knowing that the medical staff have the equipment they need.

"The hospital presents us with a list of equipment and items each year and we're always delighted to be able to provide what is required for the benefit of the patients and staff."

Auxiliary secretary and retired nurse Margaret Cross said the effect of being able to stay at Maleny hospital cannot be underestimated for some patients and community members:

"Especially for older people, or people who have a partner nearby, it's so much easier if they can stay here, reducing their travel time to the larger coast hospitals," Mrs Cross said.

SCHHS Chief Executive Adjunct Professor Naomi Dwyer said she was delighted at the Maleny Auxiliary's donations in 2020.

"Volunteers such as those who fundraise for the Auxiliary and the Maleny hospital are a treasured part of our community, and play a significant role," Adj Prof Dwyer said.

"They are helping us deliver exceptional care for every patient, and we can't thank them enough."

New members of the Auxiliary are warmly welcomed. It meets on the third Tuesday of each month. For more information contact [lp.hickey1@bigpond.com](mailto:lp.hickey1@bigpond.com)



Members Phil Morrow and Bruce Horton with Ninderry MP Dan Purdie when he went for a walk down the track.

## Walking Track retraces Heritage Tramway

RIGHT on Buderim's doorstep is a little gem that most communities would love to have.

It's the Heritage Tramway Walking Track which has been developed by Sunshine Coast Council in conjunction with Buderim-Palmwoods Heritage Tramway Inc. along two kilometres of the old tramway line which operated between Buderim and Palmwoods from 1914 to 1935. The walk is through regrowth forest and bushland featuring interesting local flora, signage at key points and affording plenty of photo opportunities.

The walk starts at Telco Road off Mons Road. It's a self-guided walk suitable for all ages, relatively flat and with wheelchair access. There's a car park opposite but, according to BPHTI President, Helene Cronin OAM, it is now often filled to capacity and improvements are needed to accommodate the ever increasing numbers of walkers and runners using the track.

"People are coming from near and far to walk the track and BPHTI are continuing to work with Sunshine Coast council to improve the track

and make it a major attraction to be enjoyed by locals and visitors alike. One of the things needed is a drinking fountain and Member for Buderim, Brent Mickelberg, has kindly agreed to fund this", Mrs Cronin said.

She also said that Council were undertaking some long-term planning to extend the track to eventually connect up with Buderim and hopefully all the way to Forest Glen.

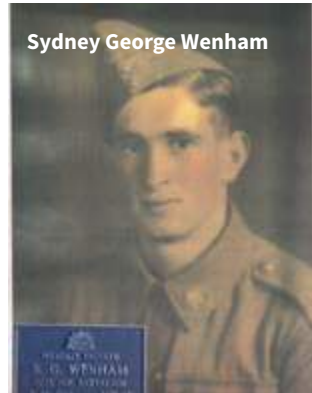
On Saturday 1st May BPHTI members will hold a conducted walk down the track as their contribution to the National Trust of Queensland's Heritage Month. Guides will give a running commentary on points of interest, the history of the Tramway and the on-going efforts of BPHTI to have the original Krauss locomotive displayed in central Buderim. Everyone is welcome to attend and walkers are asked to meet at the start of the track in Telco Road at 2.00 pm. It will take about an hour and a half and it's free.

BPHTI can be contacted at [tram@buderim.com](mailto:tram@buderim.com) and their Facebook page is <https://www.facebook.com/BPHTI>.





George Wenham



Sydney George Wenham



Charles Phillip

## My heroic father, granddad and uncle

by **Anne Lingard** Granddaughter, Daughter and Niece of the three men pictured above.

MY Grandfather George Wenham enlisted at Moree NSW on the 28th August 1915. He listed his mother Annie as next of kin. My Grandfather served with the 30th Battalion B Company 8th Brigade, 5th Division in France and Belgium.

George married English woman Madeline Alice Sydney, on October 15th 1918 and was officially discharged on January 11 January 1919. They settled in Singleton NSW and had five children.

My Grandfather died on 30th May 1928 at Randwick Military Hospital as a result of lung damage from poisonous gas used during War World 1.

My father Sydney George Wenham (Jock) known by his Mother as Sunny, enlisted for the first time on 6th June 1940 in Singleton. And then enlisted again on 24th June 1940 when he proceeded to Tamworth NSW for training. He served in D Company 2/33rd Infantry Battalion 7th Division A.I.F. in the Middle East, New Guinea, Kokoda Track and Borneo.

On 7 September 1943 at 4.20am at Port

Moresby airport a US Army Air Force Liberator Bomber crashed into the 2/33rd truck convoy resulting in 73 deaths and 90 injuries.

My father was one of the 90 injured. Until his death in 1989 he had never spoken about it. My father lost a lot of his good mates.

Tragically, the crew of the plane were all killed. My father was discharged on 6th December 1945, in Sydney.

My uncle, Charles Phillip, enlisted for the first time on 5 November 1941 at Singleton NSW. He used his brother's birth date to fool authorities. My father spotted his brother and notified the Colonel and he was promptly sent home.

Not to be deterred, he re-enlisted and got in for the second time with a new service number. He served in New Guinea and was discharged 2nd February 1944. His Battalion was also 2/33rd.

The two brothers put their ages up by 2 & 4 years. George (18) and Charles (16).

There is a web page called The Liberator Plane Crash or Pride of the CornHuskers. USSAF 42-40682B-24D

• **Do you have any Anzac stories.** Please send them (strictly 400 words or less) to editor@sunshinevalleygazette.com.au.



The American Fleet sailors' procession on 25 March 1941 marching north down Currie Street. (photo: Nambour Museum)

## Hundreds came to pay their respects

THE Nambour Chronicle's headline was "Record Crowds Fill Every Vantage Point to Welcome American Sailors." The Shire Chairman, R. H. Whalley wrote that hundreds came "to pay their respects to the men of

the American Navy and also as a tribute to President Roosevelt". Some school children were given a holiday and many travelled from outlying schools to add to the excited crowd. — from Nambour Museum

## Volunteer grants available now

VOLUNTEER grants of up to \$5,000 are available now for community groups on the Sunshine Coast. The Morrison Government is backing Australia's volunteers, with up to \$20 million in grants now available to support them in local communities across the nation.

Federal Member for Fisher Andrew Wallace said that up to \$132,450 is available in the electorate of Fisher as part of the 2021 Volunteer Grants round.

"Volunteers on the Sunshine Coast do a huge amount to build our community's resilience, provide social support for isolated and vulnerable people, and deliver pathways to employment for school leavers, and they rarely ask for anything in return. However, this is not the time to be shy, and I would encourage all groups on the Coast to think about what kind of difference this sort of funding would make to them." Mr Wallace said.

Mr Wallace is calling for eligible, not-for-

profit community organisations in Fisher to contact his office on [andrew.wallace.mp@aph.gov.au](mailto:andrew.wallace.mp@aph.gov.au) or 07 5493 5556 to receive an expression of interest form. Community organisations should submit their completed expressions of interest forms to his office before Friday 16 April 2021.

"I am currently working with community leaders and groups in Fisher to identify priority volunteer support for our local area, but I am keen to hear from as many organisations as possible." Mr Wallace said.

Twenty-two organisations in Fisher received Volunteer Grants in 2020 including Mooloolaba Surf Life Savers who received \$4,950 for improved safety and security equipment; 5th Light Horse Regiment Maleny Troop who received \$5,000 for new uniforms and riding equipment; and Caloundra Committee of Services to the Aging (CCSA) who received \$4,990 for computer and gardening equipment.

## iPad loan service keeps RangeCare clients in touch

DURING 2020 COVID-19 restrictions, RangeCare noticed the difficulty its clients were having staying connected with loved ones. Unlike most of the world, many clients did not have the knowledge or funds to stay in touch through technology. This is mind, RangeCare created an iPad loan service which included an iPad with internet access and in-home tuition.

Paul Kotelevskii, one of RangeCare's Technical Support Officers discussed that one of the first clients he tutored through this service was unsure. "The client was a bit sceptical about it at first, but I was there to organise a Facetime call to her daughter. All of a sudden her daughters face pops up on the screen, and you should've seen the clients face, so full of surprise and joy and happiness." He continued that the client hadn't had the opportunity to see her daughters' face for months, and now can see and talk to her whenever she likes.

A year on, this service has continued to create joy for RangeCare clients. 91-year-old Neta Sondergeld signed up to the service in the hope of finding new ways to keep herself busy. Neta was an avid reader, but over the last two years had experienced major eye problems preventing her from reading. "I thought this is my only chance I'll get at reading a book and doing things, so I put my hand up," said Neta. Neta noted that her vision difficulties forced her to stop participating in her book club, however



91 year old Neta Sondergeld has been able to rejoin her book club, thanks to her iPad.

the larger font size with the iPad has allowed her to re-join.

Prior to her experience with the iPad, Neta said that "It was difficult to find an interest that you are not relying on your eyes for, and this seemed to be the answer to it all."

When asked if she would recommend this service to others, she said "I would say don't hesitate. It is really the most wonderful thing RangeCare has ever thought of. For people like me, you think what else can I do? You don't want to be staring at a wall," said Neta.

If you would like more information about this service, please call RangeCare on 07 5445 7044 or visit <https://www.rangecare.com.au/ipad-loan-service>.

## Are you ready to transform your physique?

People who attend a gym and engage with a trainer are 7 times more likely to stay longer than the 8 months that is commonly predicted from a 12 month membership.

We know that not everyone can afford a Personal Trainer, so we have the solution for you!

We believe small group training is the BEST way to achieve the results you want at an affordable price. Basically, we believe in hands on support and accountability, and our programs are designed to build pain free bullet proof bodies in a friendly and supportive group setting.

We are extremely family friendly and would love to have you join our tribe.



## The starter pack we offer is a 1 MONTH TRIAL MEMBERSHIP which includes:

- 2 x onboarding sessions with a private coach
- 4 weeks unlimited access
- Body fat and muscle quality scans start and finish
- Measurements and baseline mobility testing
- Booking app + progress tracking for each workout
- Support and accountability
- The feeling of private coaching but in a small group coaching setting

**Address**  
1/3 Progress Place,  
Yandina  
(first right off Paulger  
Flat Road Yandina)

**Contact**  
[mouve.com.au](http://mouve.com.au)  
0448 934 355  
07 5446 7796





## Piers Lane keeps the music going in Montville

TICKETS are available for Lucas Parklands' next event in its 2021 "Keep the Music Going" concert series. The series is dedicated to the continuance of live classical performances that could otherwise fade away due to the uncertainties of the pandemic. Earlier this month, demand for tickets was so high for international pianist Konstantin Shamray, that a second concert was arranged.



London-based Piers Lane AO, one of Australia's most successful and dynamic classical musicians, will also perform two concerts ... on May 29 and 30.

• For inquiries and tickets, please phone 0409623228, 54785667 or email: lucasparklands@bigpond.com

## Maleny Golf Club Results

WEDNESDAY 23/03/2020: There was a 4BBB Ladies Stableford Competition with first place going to Karen Heading and Narelle Thamm with 36, runners-up went to Gillian Eason and Sharrol Perdriau with 33 and third place going to Debbie Hansen and Mo Lawrence 31.

Saturday 27/03/2021: The Club held the Men's Monthly Medal Competition with the following results - A Grade - first place went to Marcus Wellington with 69 on a count-back from Brendan Duncan and Corey Zammit both with 69. Runners-up went to Garth Bailo with 71 on a count-back from Corey Wallyn with 71 and third place went to Mike Finley with 73. B Grade first place went to Carey Catherall with 69, runner-up went to Don Lemon with 73 on a count-back from Dave Scott, also with 73 and third place going to Ron Smith with 74. C Grade - first place went to Tom Kennedy with 67, runner-up went to Chris Pottinger with 68 and third place going to Geoff Smith with 70.

Sunday 28/03/2021: There was an 18 Hole Nett Juniors Event with first place going to Jaxon Smith with 72, runner-up went to Dean Sae-Ung with 73 and third place went to Natasha Larard with 74 on a count-back from Jett Weizman, Billy Perske and Sophie Thomsen, all with 74.

Looks like there is more rain on the forecast for us so don't put away that umbrella, but should you wish to play golf, please phone our clubhouse on 5499 9960 or book online on www.malenygolfclub.com.

## Get a Business Write-up in the Gazette

MANY businesses are excellent at what they do but don't know how to get that across in their advertising. The Gazette helps owners promote their businesses with Write-ups. Write-ups are engaging, memorable and they make all your other marketing work better. To have us feature your business, like the businesses on these pages, phone Tanya 0400 069 711.

# Six sweet things to do in the hinterland this Easter

LOOKING to try something new this Easter? Here are some Hinterland treats to get you outside and get your tastebuds and your senses tingling.

### 1. We have Hot Cross Buns - with a twist

For many, there is nothing more delicious than a warm Hot Cross Bun slathered with a generous amount of butter. But have you ever tried buns, with beer? This Easter, take your love for Hot Cross Buns to the next level at Terella Brewing with a glass of their Hot Cross Bun Golden Ale. The brew uses a dozen real caramel hot cross buns to make this Australian-style bitter, giving the beer notes of spicy cinnamon and glazed bread which pair perfectly with its toasted malt bill. If that isn't enough to get you excited, they also have a White Choc Stout whose coffee aroma is complemented by hints of vanilla and chocolate - yum.

### 2. Create your own chocolate trail

Recreate the magic of Easter morning by following your own chocolate trail in the hinterland. Start your day on the picturesque Blackall Range - a treat in itself - to stop in to the iconic Chocolate Country at Montville or Maleny Chocolate Co. Meanwhile, Fudgyboombahs of Montville has 'Easter Bun Fudge' for sale and even 'Hot Cross Bun Fudge'.

### 3. Decorate your own eggs

Speaking of Montville's Chocolate Country, they will be open throughout the Easter weekend. After having to cut back on Easter celebrations last year they are going all out this year with some uniquely beautiful creations made in store by their dedicated and artistic chocolatiers. Plus, on Good Friday and Easter Saturday, you can even create and decorate your own Easter Egg shaped 250g chocolate slab, call ahead on 5442 9562 to book a place.



Fudgyboombahs 'Easter Bun Fudge'.



Julie Walters of Montville's Chocolate Country, which is open all Easter weekend and where you can decorate your own eggs. Hop to it!



Terella Brewing in North Arm are offering a Hot Cross Bun Golden Ale. Yes. Truly.



There's so much to Discover & Explore at The Ginger Factory ahead of the Easter school holidays!

### 4. Discover unique events

From the coast to the Hinterland there's plenty to experience on the Sunshine Coast this Easter, and the Australian Body Art Festival is certainly one of the most unique. Held from 9-11 April in Cooroy, this festival of colour celebrates body painting and wearable art. This year's theme is 'Time Travel' and entry is free, with market stalls and entertainment also on offer.

### 5. Unwind - for real

Once you find yourself suitably stuffed full of chocolate, beer and buns, the Sunshine Coast is the perfect place to unwind. There's plenty to explore, including the Glass House Mountains, Mary Cairncross Scenic Reserve and Maleny Botanic Gardens & Bird World. For some real hidden gems, visit the Maroochy Wetlands Sanctuary, or take a hike to the summit of Mount Ninderry - you can even bring your dog!

### 6. Discover & explore at the Ginger Factory

There's so much to Discover & Explore at The Ginger Factory ahead of the Easter school holidays! Join the Gruffalo Spotters Club on your next visit. The Ginger Factory Explorer's map is the perfect activity for little ones! These school holidays there will also be Easter colouring activities, DIY Gingerbread Men decorating kits available from the Ice Creamery and everyone's favourite rides and tours: The Overboard Boat Ride, Moreton the Train, Live Bee Shows & more!

# Medals recognise RFS volunteers' commitment to community safety



Member for Nicklin Rob Skelton, left, with some of the award recipients at Yandina. "It's the dedication and selfless commitment of volunteers like these that enable QFES to provide a service the community can depend on."

EIGHTY-NINE Sunshine Coast and hinterland Rural Fire Service (RFS) volunteers were recognised for their exemplary service at a medal ceremony at Yandina on Saturday.

Representing Minister for Fire and Emergency Services Mark Ryan, Member for Nicklin Rob Skelton said the RFS volunteers received medals that acknowledged their long-standing commitment to ethical standards, diligence and integrity.

"Regional communities rely on the courage and expertise of RFS volunteers to keep them safe during emergencies," Mr Skelton said.

"We recognised the service of 89 recipients worthy recipients today who have helped the community over a number of decades.

"Collectively, these volunteers have amassed an incredible 1400 years of service.

"Some of these volunteers have individually given 50 years of dedicated service to their communities.

"That amount of experience and dedication is truly exceptional and the commitment today's medal recipients have demonstrated in serving the people of Queensland is truly inspirational."

A range of medals and clasps were presented at the ceremony including the Diligent and Ethical Service Medal (DESM), QFES Medal, QFES and National Medal.

"The number of recipients and the many years they have served their communities is a testament to the spirit of this community and their willingness to put their hand up when support is needed," Mr Skelton said. "They have done incredible work keeping their communities safe and helping to build resilience across the region."

Queensland Fire and Emergency Services (QFES) Deputy Commissioner Mike Wassing said the medals represented an important acknowledgement of service.

The QFES Medal is in recognition of demonstrated commitment to ethical standards, personal integrity and diligent service, acknowledging 10 years of service, with a clasp awarded for each additional 10 years of service.

The DESM recognises members of the QFES workforce who distinguish themselves over a prolonged period through commitment to ethical standards, diligence and integrity.

The medal is awarded for 10 years' service with each clasp acknowledging an additional 10 years' service.

The National Medal is awarded for long and diligent service to members who risk their lives or safety to protect or assist the community in times of emergency or natural disaster.





# We make it easy to buy Aussie Products

Shopping for Australian products is a minefield.

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

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

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

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

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

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

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



We are **Local**  
We are **Maleny**  
We are **Australian**

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## HOURS

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6am — 9pm  
Closed Christmas Day





# Crushers take on Noosa in SCGRL Round 3

Division 1 and Division 2 Nambour Crushers v Noosa Pirates, Crusher Park, Nambour Saturday.



**LITTLE DREAMERS**

This holiday program is funded by the Sundale Community Foundation.

**Nambour**  
Young Carer Holiday Program

Thursday 8 April 2021

A Young Carer is any young person who provides care for a family member with a disability, illness or addiction. If this is you, then join us for a fantastic day of school holiday fun!

Get building with Bricks4kidz these holidays. An action packed day of Lego fun and creation using Lego Technic in the spirit of Mining and Crafting (Minecraft Theme).

Lunch and refreshments included.

Time: 10.00AM - 3.00PM  
Location: Nambour Community Centre, 2 Shearer St, Nambour QLD 4560

Bookings are essential  
Register now! Click here: [bit.ly/HP-nambour](https://bit.ly/HP-nambour)

For more info, please contact:  
qld@littledreamersonline.com | 0402 188 515

@LittleDreamersAustralia  
[www.littledreamers.org.au](http://www.littledreamers.org.au)

## Young guns: Nambour Juniors make debuts in Division 1

NAMBOUR Rugby League Club have a proud history of watching their players progressing through the club from junior grades to the senior ranks.

A debut in Division 1 is the ultimate goal for any young footballer. Another two juniors making their debut this season are Luke Whitpaine and Kye Sherry (pictured).

**Round 2** was held at Gympie on 20th March with Maudsley Excavations Nambour Division 1 team having a win 22-20 against Gympie Devils. Division 2 had a loss and Under 18s narrowly lost a close game.

**Round 3** was held at Crusher Park against Noosa in front of a large and enthusiastic home crowd on a sunny Saturday afternoon.

**Next home games** will be held on Saturday 17th April versus Caloundra Sharks.

Come along for a great afternoon of footy then watch the Nambour Crushers Division 1



take on the Caloundra Sharks under lights.

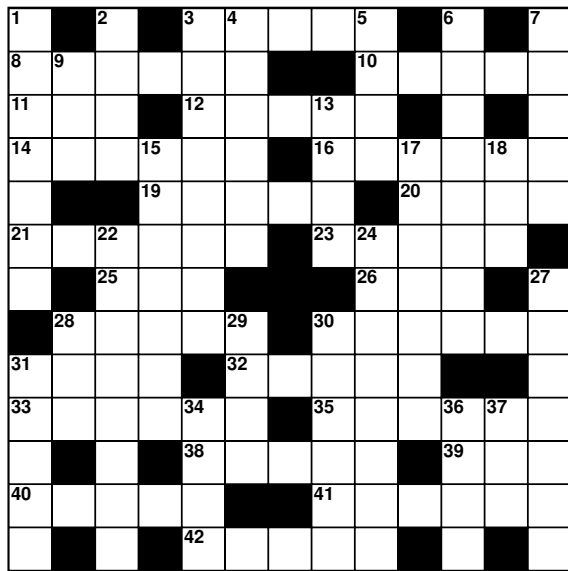
### Results:

- JC Hire Nambour Under 18s defeated Noosa 40 - 28
- Division 2 - Nambour 16 - Noosa 22
- Division 1 - Nambour 10 - Noosa 28





**Gazette Crossword** See solution this page.



- ACROSS**
- 3 Shining
  - 8 Abstract
  - 10 Musical drama
  - 11 Fastener
  - 12 Flower
  - 14 Key
  - 16 Tell
  - 19 Field of conflict
  - 20 Dutch cheese
  - 21 Drink of the gods
  - 23 At no time
  - 25 Groove
  - 26 Adults
  - 28 Goddess of tillage and corn
  - 30 Chelonian
  - 31 Mountain lion
  - 32 Banishment
  - 33 Of a sloping type
  - 35 Disconcert
  - 38 Ermine in brown summer coat
  - 39 Decay
  - 40 Unit of heat
  - 41 Discussion
  - 42 Rescues
- DOWN**
- 1 Designate
  - 2 Inherited character unit
  - 3 Able to read and write
  - 4 Unscrupulous money-lender
  - 5 Aircraft varnish
  - 6 Deteriorating morally
  - 7 Seraglio
  - 9 Tear
  - 13 Country
  - 15 Not artificial
  - 17 Young hare
  - 18 Sailor
  - 22 Burned a body
  - 24 Tries to equal or excel
  - 27 Expunged
  - 28 Incision
  - 29 Cult
  - 30 Long angry speech
  - 31 Reverence for God
  - 34 Doctrines
  - 36 Snare
  - 37 Fate

# Federal funding for road upgrades

THE Federal Government has approved \$4.87 million in funding for eleven new road upgrade projects in Fisher.

Federal Member for Fisher Andrew Wallace said that getting shovels in the ground on local construction projects was important for maintaining jobs and economic growth on the Sunshine Coast.

"Every single job we support makes a huge difference in our local community, now and as we build our way out of the pandemic.

"That is why we have moved quickly to approve funding to flow to no fewer than eleven projects in Fisher alone," Mr Wallace said.

Projects paid for by this funding will include the sealing of Citrus Road between Wilkins Lane and Eudlo School Road in Palmwoods.

Other projects funded in this round include the resurfacing of McCarthy Road in Maleny, Bald Knob Road around Hodgens Road in Peachester, Old Gympie Road from Coonowrin Road and Sahara Road and Railway Street in Landsborough.

Pavements on King Road in Mooloolah Valley will also be rehabilitated from Maddock Avenue to Grove Boulevard.

The funding comes on top of more than \$5 million provided by the Federal Government since February 2020 for upgrades to local Government roads in Fisher including Hunchy Road, Tunnel Ridge Road, Leeding Road, Eastern Mary River Road, Glenview Road; Neerim Drive, Carmel Street, Kawana Way Link Road and the Nicklin Way.

Deputy Prime Minister and Minister for Infrastructure, Transport and Regional Development Michael McCormack said almost 5,000 projects have already been nominated under the program with around \$450 million paid to councils across Australia

"Our funding boost is helping communities across Australia accelerate priority projects to get people into jobs and stimulate our economy," the Deputy Prime Minister said.

"We know how important our support is to communities who have faced the combined effects of drought, bushfires and now COVID-19, which is why we are backing projects to create employment and business opportunities while cutting travel times, as well as making our roads and communities safer.

"We are moving decisively to deliver the support councils and communities need to get through this pandemic and get back on their feet. Under the program, Councils have already nominated almost 5,000 projects with construction to be completed by the end of this year."

In May 2020, the Federal Liberal and Nationals Government also pre-paid \$1.3 billion of this year's Financial Assistance Grant to provide untied funding for all local councils across Australia to spend on local priorities.

More information on the Local Roads and Community Infrastructure Program is available at [investment.infrastructure.gov.au/infrastructure\\_investment/local-roads-community-infrastructure-program](http://investment.infrastructure.gov.au/infrastructure_investment/local-roads-community-infrastructure-program).

# Tourism campaign to target southerners

THE State Government's Good to Go tourism marketing campaign has been re-worked ahead of a roll out in Sydney and Melbourne to lure more southerners to Queensland this winter.

TV advertising featuring Queensland musicians Busby Marou and showcasing the state's attractions are the centrepiece of the \$2 million promotional ad blitz.

Member for Nicklin Rob Skelton MP said it was encouraging tourism operators had already reported strong bookings from Melbourne and Sydney.

"Our new Good to Go campaign tells those in New South Wales and Victoria who are still longing for a holiday - we want all of you up here," he said. "The Sunshine Coast Hinterland

is a beautiful part of Queensland and we want more Aussies to experience it.

"The new six-week long ad blitz on TV, radio, social media and out-of-home advertising will generate more income needed for our hard-pressed tourism operators, to off-set the coming loss of JobKeeper support.

"With our International Borders remaining closed, so many hard-working people, through no fault of their own are going to feel the effects when JobKeeper ends.

"Our Government's committed to supporting our tourism industry as it rebuilds from the devastating impacts of COVID-19 and our aggressive pitch in our traditional southern visitor markets is further proof of that."

# New Book outlines the essence of Courage

ANZAC Day is a time for honouring those who served during times of conflict and a new book by Queensland author Tony Matthews high-

lights the importance of those men and women whose names have been lost in time.

One chapter tells the amazing story of the converted trawler, Lady Shirley, commanded by Lieutenant Commander Arthur Callaway.

When first launched this little boat was never designed to be a U-boat killer.

However, when pushed, the Lady Shirley was more than ready to take on one of Hitler's deadliest weapons.

In another chapter Tony tells the story of James Ward, the New Zealand pilot who took his life into his own hands in a miraculous act of courage by walking out onto the wing of his burning bomber at 13,000 feet.

It was a desperate and, thankfully, successful attempt to save his aircraft and his crew.

Quiet Courage - Forgotten Heroes of World War Two, published by Big Sky Publishing is Available from bookstores or online at [www.bigskypublishing.com.au/books/quiet-courage/](http://www.bigskypublishing.com.au/books/quiet-courage/)



# You can always move

To the "frustrated resident calling out the appalling NBN hinterland coverage", my comments would be that they always have the option to move if the internet is that important to them.

Many people choose to live in the hinterland, away from the crowds, the traffic, the noise and from the idea of being blanketed in wifi from mobile towers.

The Telecommunication network (ARPANSA) know full well there is evidence of health effects on all biological life and it's not just about heating. There are thousands of studies.

On that basis alone, legally, they need to tread carefully.

If NBN can't provide a service underground to a node (which was originally promised to all Australians), then blanketing an entire rural Community in Wifi via mobile towers is not on.

That debate is not going away, anytime soon.

**Deb Bowman, Upper Mary Valley**



# Train noise continues unabated

Woombye is akin to a Tale of Two Cities. On one hand, Council are trying to bolster our community values and heritage through street revitalisation without eroding what Woombye stands for to locals and tourists.

Meanwhile, Transport & Main Roads/Queensland Rail don't see us as a priority given the time elapsed and the inaction on air-conditioning noise taken thus far.

Local residents continue to be subjected to extreme levels of air-conditioning noise from Next Generation Rollingstock (NGR) trains that are never stored in Stabling (quiet) Mode.

Operations began at the Woombye Stabling facility under a QR timetable back in February 2020, and over 12 months later we still are kept awake at night.

I've received no useful word on where we stand as a community with Rail Stabling here in Woombye, specifically what the solution is to the ongoing air-conditioning noise of trains stored in Woombye.

I live a little away from the rail line, but not far. I'm not directly beside it as are many residents who border the main train line and Rail Stabling. How these residents can work after what must be a disrupted night's sleep from air-con noise, get up and safely drive to work and perform their duties without being impaired through lack of sleep, is a wonder to me. The loudest noise heard each and every night in Woombye township, are the Next Generation Rollingstock Trainsets stored here.

We simply want to sleep at night-time! Please instruct TMR and QR to engage Stabling Mode in the NGR Trains and to turn off aircon units at night. The root-cause, being mould in air-conditioning units found within NGR Trains, is not to be shouldered by Woombye Residents.

**James Kasmer, Woombye**

# Nambour Special Entertainment Precinct

As President of the Nambour Branch of the ALP Queensland I call upon the CEO of Sunshine Coast Council to immediately appoint a project facilitator to fast track the planning of the Special Entertainment Precinct.

It has been 12 months since the rezoning of the Special Entertainment Precinct and there are still no guidelines or designated council staff appointed.

The Sunshine Coast's projects move along speedily while Nambour is forgotten. But we are here and will make a noise.

**Marie Duffy, President of the Nambour Branch of the ALP**

# Dedicated to plants and people (and now a koala)

The Friends of Maroochy Regional Bushland Botanic Gardens would like to thank the Community for the interest shown in our recent promotion of the Gardens and our Members' activities. There has been an impressive increase in awareness and appreciation of what many view as the Sunshine Coast's 'best kept secret', which provides recreation, education and conservation of our local flora through our partnership with Council and our passion for this special site.

We are equally grateful to everyone in the local media who recognise the importance of botanic gardens and who have helped raise awareness of the Gardens as a public space dedicated to the interests of people and plants alike. And to help us believe more firmly that our efforts are worthwhile, recently we sighted a koala near our lower car park.

**Lynn Vlismas, President, Friends of MRBBG**

# Concern for homelessness provides no solution

Lack of houses for people is a consequence of policies over decades that prioritise individuals, economy and profits over society.

Articles on "homelessness" achieve little and may normalise it. The work of agencies and concerns of sincere individuals provides no solution either.

Why? Because at the core of the problem, lies a politically influential property industry, wealth strategy policies and other tax incentives, causing an apparent housing shortage. For example, one individual mortgages five, ten, twenty "homes" - and may keep some unoccupied - profiting only oneself and one's family trust.

The human basic need for shelter is ignored.

Rents increase through demand for growing investment returns and competition for houses. Properties are bought and sold, and the family foundation becomes insecure. Welfare is below the poverty level and people rent in groups.

Since the nineties, Sunny Coast iconic beach shacks, historic Queenslanders, small dwellings and shacks, along with productive farm lands, flood plains, coastal wallum and wetlands have been replaced by infrastructure and precincts.

Many residents were forced to fringes as property industry and policies turned homes into an investment strategy. But living in rural areas means higher living costs, isolation from friends or family, and fewer services, amenities and opportunities.

Caravan parks, once providers of cheap rentals, were closed or privatised and renting a van costs half the pension. Welfare-poverty penalises the under-employed or unemployed and some go bush in vehicles. In the USA - our exemplar - remote trailer-park shanty-towns have popped up, beyond the reach of councils or laws.

Home ownership was once our way and we have lost our way.

In the eighties a single parent on welfare borrowed for a beach shack to provide stability for her children. She was supported by policies to take a giant leap towards family wealth-creation through home ownership.

We are not suffering from a shortage of housing but rather from policy failure to ensure our country's wealth and economic success benefits all of us.

**Rosemary Gemmell, Maleny**

# Rail to the Sunshine Coast

In the Gazette politicians say they want to work together for better rail services to the Sunshine Coast.

That's all well and good, but the basic problem with our current Sunshine Coast rail service is the timetable!

We could have an immediate improvement to our services if Translink gave us a new timetable giving us faster trains utilising the existing tracks. Instead of all stations to Petrie speed up our trains with just all stations to Caboolture then Eagle Junction then the City.

Rail duplication to Nambour will only have a minimum benefit unless a new timetable is introduced.

If you were spending taxpayer funds would you build the new CAMCOS line from Beerwah to Caloundra, Kawana and Maroochydore? Or would you spend billions on duplicating the railway tracks through lightly populated areas to Nambour?

Yes, duplication will cost billions.

With railways you always build the lines to the population centres. Which in our case is the CAMCOS line from Beerwah via Caloundra, Kawana to Maroochydore. This would give rail access to Brisbane as well as a local rail services between Caloundra and Maroochydore.

The CAMCOS line with local trains would also mean the multi-billion dollar "light rail" would not be necessary.

Also we will never get Federal funding for a "Fast Rail" if you talk to them about funding for an upgrade of the existing QR system as they know it cannot be done.

Our current QR tracks are not capable of handling "Fast Rail".

Firstly a few technical items. "Fast Rail" needs dedicated track and "fast trains" cannot operate on the current QR narrow gauge. Rail gauge is the distance between the two rails and in Queensland this is 3' 6" whereas elsewhere it is mostly Standard Gauge of 4' 8 1/2".

Globally the majority of "Fast Rail" is built to Standard Gauge so all the technology and rolling stock are readily available.

There is simply no "Business Case" for the rail duplication or trying to operate "Fast Rail" on a system that is not capable for the job.

**Ken Coulter, Ilkley**



# Gazette Real Estate



## Queensland Classic. Walk to Town!

### AGENT'S CHOICE RE/MAX Nambour

THIS high-set Queensland-style residence, circa 1950, exudes lashings of charm and character indicative of properties of this beloved vintage. It is perfectly positioned on a fully fenced easy-care block, in one of Nambour's most coveted streets, to maximise its northern aspect filling

the home with natural light.

With three bedrooms, study/sunroom, modern kitchen and bathroom, cosy lounge, north-facing verandah, double carport, and laundry under; it is the ideal size for a couple or small family, and there is potential to enclose and build in under to create further internal space.

High ceilings, VJ walls, some orig-

inal windows, and polished timber floors are features that are representative of this period and infuse home with warmth. Renovated throughout in recent years the 'big ticket' items like bathroom and kitchen have been tastefully updated without compromising the ambience of its era.

With attractive street appeal and a timber picket fence with entry gate; it is a truly delightful home that

looks so inviting you will want to go inside. On a 412m2 block - child and pet friendly, garden maintenance is minimal, and there is also a fabulous neighbourhood park and playground in the street.

Just 900 metres from Nambour State College, offering education from Prep to Year 12, and only one-kilometre to town - you can walk everywhere. Access to the Nambour

Bli-Bli Road connecting you to coast in 20 minutes is quick and easy (just around the corner), and Nambour General and Selangor Private Hospitals are less than a five-minute drive.

Afficionados of classic homes will adore this, if you are looking for a place to call home with your own picket fence - this has your name on it.

• For enquiries please contact Andy Leonti on 0431 380 149.

## A top performing agent in Nambour and surrounds.

With extensive market knowledge, outstanding communication skills and a friendly approach; it is no surprise that **Richard Krausz** is one of Nambour's top performing sales agents. Looking for a motivated and experienced agent to help you sell your property? Richard Krausz is the sales professional that you need and he has the results to prove it.



Nambour



**100**

Total Sold Properties  
2017 - 2021

**\$40m+**

Total Sales  
2017 - 2021

**\$1.027m**

Highest Sale Price  
in Nambour

Contact Richard Krausz for a **FREE appraisal** on your property today.

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Are you a dedicated and motivated person looking to kick-start your career in real estate?

Or a seasoned real estate professional in search of a forward-thinking team with the resources and support to help you make your mark in Yandina, Palmwoods, Woombye, Bli Bli, the Sunshine Coast Hinterland or Nambour?

Join **RE/MAX Property Sales** dynamic sales team and we'll provide you with the tools

and experience you need to succeed in our ever-growing marketplace.

Our team comprises of the top performing sales agents in Nambour and surrounds. We have big plans for our office and the Nambour community, and we are excited for you to be a part of our journey.

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# Fruit farm, just 5 minutes from Yandina. You're in business!



**AGENT'S CHOICE**

25 Upper Ferntree Creek Road, Kulangoor  
Nev Kane Real Estate

THIS is your chance to secure a large producing fruit farm, just 5 minutes from Yandina.

There are two residential homes, a fully equipped packing shed and irrigation system all set up to continue the business.

Water is from a huge dam and a bore on the property, and the orchard consists of 16 acres of lychee trees under netting, 1,400 lemon trees and 4,000 lime trees on fertile undulating land in a great position on the Sunshine Coast.

The property boasts a fully equipped packing shed, with cool rooms and wash facility, solar electricity system, and eight concrete tanks to supply water to the packing shed.

The main two storey brick home consists of two bedrooms with built in robes, one bathroom, kitchen and lounge/living area upstairs, whilst downstairs there is a single car garage, office, laundry, 2nd bathroom and extra large bedroom.

The other high-set three bedroom, one bathroom home is currently tenanted.



• To arrange an inspection or for more information please contact David Smart on 0427 751 237.



Mike Burns says competition for properties is absolutely fierce and having your money organised helps move you closer to the front of the queue.

## This Palmwoods property sold and yours can too. Here's how ...

by **Mike Burns** Burns Property  
39 Yellow Cedar Place, Palmwoods **SOLD!**

THE sale of this property represented a fantastic result for the sellers, and is indicative of the state of the market right now.

"The market is not slowing down, and the sale of this property illustrates that very well," said Palmwoods agent, Mike Burns.

The high set home featured 4 bedrooms and 3 bathrooms, with a double lock up garage.

Fit for any family with a dual living option downstairs, it is surrounded by stunning high-set homes in an established cul de sac in Palmwoods.

"We had over 40 inspections in a week," said Mr Burns. "There were 7 written offers and the property sold well above the list price."

"To anyone contemplating selling their property, understand that presentation is paramount. Make sure your property is neat and tidy, and always get professional photos.

"I also strongly recommend that you not accept the first offer," he said. "Be patient, and let your agent work hard to get the best result!"

"To buyers, I would strongly encourage you to get your finance ready to go.

"Competition for properties is absolutely fierce and having your money organised helps move you closer to the front of the queue.

"Create your want list, and when you are inspecting a property, take plenty of notes and bring a non-emotional friend to the inspection.

"These are the best ways to help you secure the property you want, with less stress or buyers remorse."

**RE/MAX**

FOR SALE



28 Kundart Street | Coes Creek

3 1 1

Packed full of retro charm, on a completely flat 628m<sup>2</sup> block, this beauty will sell FAST!

Price: Offers above \$460,000

View: [remaxpropertysales/20665216](http://remaxpropertysales.com.au/20665216)

- Rock solid, mostly original, yet immaculate condition
- Lovingly maintained by long term owners
- Ready to move straight in and soak up the charm

- North facing at the rear, sun drenched garden
- No through road, within walking distance to schools
- Offered to the market for the first time in 40 years!



Richard Krausz 0422 997 810 | [richard@remax.com.au](mailto:richard@remax.com.au)

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50 Lowe Street | Nambour

**RE/MAX**

FOR SALE



77 Flaxton Drive | Mapleton

3 1 1

Privacy Assured & Only a Short Walk To Village

Price: Offers from \$595,000

Set on 658m<sup>2</sup> of easy care land this lovely 3 bedroom timber weatherboard home offers comfortable living and a tranquil garden to enjoy each and every day.

Inspect: By Appointment

View: [remaxpropertysales/20664539](http://remaxpropertysales.com.au/20664539)

- Easy care gardens areas to enjoy
- Hardwood floors throughout
- Airconditioned lounge with large kitchen

- Private deck patio overlooking garden
- Within a short walk to Mapleton Village



Steve G Pery 0448 884 093 | [stevegpery@remax.com.au](mailto:stevegpery@remax.com.au)

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50 Lowe Street | Nambour



# Steady rise in property prices continues

From Page 1

ways that go against every economic prediction made over the last 12 months," says Antonia Mercorella, CEO of the REIQ.

"In fact, Queensland property has remained extremely stable, recording a steady rate of growth that's really strengthened its market appeal. Between record-low interest rates, low stock availability for sale, improvements in consumer sentiment and Queensland's unbeatable lifestyle, it's no surprise we've also seen broader increases in values month on month in 2021."

*... the Sunshine Coast remains the shining star of the Queensland property market.*

"While Brisbane continues to strengthen, it's equally pleasing to see Queensland's regional markets outperforming our capital city with widespread property demand and price increases recorded across most areas," continues Ms Mercorella.

"At the tail-end of 2020, the Sunshine Coast remains the shining star of the Queensland property market.

"Not only has the Sunshine Coast achieved strong property price growth for houses at 7.7% over the year but the unit market is also firing albeit slightly stronger at 8.0%."

With the Sunshine Coast firmly

positioned at the top of the property ladder, it's no surprise to learn that Noosa retained its title for the most expensive housing market in Queensland, achieving 15.4% growth to achieve a recording-breaking median house price of \$900,000. Meanwhile units increased by 14.3% to achieve a record-breaking median unit price of \$710,000.

"What's helping propel property prices in particular is the fact that interstate migration is so strong," adds Ms Mercorella.

"In fact, the Sunshine Coast, along with the Gold Coast, have been top destinations for internal migration for years now.

"And with minimal international migration at present, that internal movement is really benefiting our markets relative to other parts of the country. With positive economic results ushering in a New Year, Queensland is shaping up to be a strong bet for investors, with properties from the Gold Coast to the Sunshine Coast selling fast and on a solid foundation for capital growth in 2021," says Ms Mercorella.

"When you consider Queensland's unique attributes and market characteristics combined with historically-low interest rates, surging consumer confidence, and billions of dollars in infrastructure investment, and the scene is set for some of the strongest property growth we've seen in a very long time."



## WHAT'S YOUR PROPERTY WORTH?

### SALES MARKET - HOUSES <2400m<sup>2</sup>

SUBURB/LGA	QTRLY NO. SALES	QTRLY MEDIAN SALE	QTRLY CHANGE	ANNUAL NO. SALES	ANNUAL MEDIAN SALE	ANNUAL MEDIAN SALE (1YR AGO)	1YR CHANGE	ANNUAL MEDIAN SALE (5YRS AGO)	5YR CHANGE
NAMBOUR	63	\$455,000	4.0%	223	\$430,000	\$409,500	5.0%	\$350,500	22.7%
NINDERRY ^	4	N/A	N/A	23	\$690,000	\$735,000	-6.1%	\$599,000	15.2%
PALMWOODS	38	\$610,000	14.3%	132	\$572,000	\$538,251	6.3%	\$448,750	27.5%
ROSEMOUNT ^	4	N/A	N/A	24	\$875,000	\$744,491	17.5%	\$640,000	36.7%
WITTA ^	5	N/A	N/A	27	\$695,000	\$677,000	2.7%	\$499,000	39.3%
WOOMBYE	19	\$537,500	-0.8%	64	\$538,000	\$510,000	5.5%	\$433,000	24.2%
YANDINA	13	\$521,100	2.7%	44	\$510,000	\$441,250	15.6%	\$362,000	40.9%
BURNSIDE	9	N/A	N/A	64	\$491,000	\$460,000	6.7%	\$415,000	18.3%
EUMUNDI	9	N/A	N/A	32	\$625,000	\$600,000	4.2%	\$517,500	20.8%
EUMUNDI ^	7	N/A	N/A	42	\$903,500	\$806,000	12.1%	\$710,000	27.3%
MALENY	11	\$575,000	-5.3%	53	\$620,000	\$555,000	11.7%	\$459,000	35.1%
MALENY ^	8	N/A	N/A	42	\$907,500	\$695,000	30.6%	\$597,500	51.9%
MAPLETON	9	N/A	N/A	25	\$580,000	\$480,000	20.8%	\$413,000	40.4%
MOOLOOLAH VALLEY	2	N/A	N/A	37	\$515,000	\$455,000	13.2%	\$420,000	22.6%
MOOLOOLAH VALLEY ^	14	\$770,000	1.3%	51	\$702,500	\$680,000	3.3%	\$525,000	33.8%

^ Indicates acreage sales only (with land size greater than 2400m<sup>2</sup>).

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## Volunteers needed to place flags at grave sites to honour our fallen heroes

**HONOUR** Our Fallen is a not-for-profit organisation formed to honour and preserve the memory of those deceased military personnel, buried in Australia, who served our nation in conflicts since the Boer War.

Their mission is to perpetuate the memory of all veterans and to rebuild pride in our community, particularly our youth, through hands-on research and commemoration.

"We want to help people understand the virtues of service and respect for those who died protecting our freedom," said Director Rick McCarthy. "In partnership with local schools, clubs and associations we research and locate ex-Service personnel graves in local cemeteries in Australia. Thereafter on each Anzac Day, we coordinate the placing of an Australian flag on each grave site or plaque. We encourage people to assist us in research and commemorative activities."

Honour Our Fallen requires facilitators across the country to coordinate the process. Mr McCarthy said people were needed to help locate graves and place flags. Go to [www.honourourfallen.com](http://www.honourourfallen.com) and complete "Participation Request" form.

If you have a relative or friend who is buried in Australia and who you wish to be Honoured on these commemorative days please go to [www.honourourfallen.com](http://www.honourourfallen.com) and complete a Flag Request form. Further info: Rick McCarthy [info@honourourfallen.com](mailto:info@honourourfallen.com)

## Signage change leaves wildlife vulnerable

from **Donna Brennan** WILVOS Wildlife Volunteers

SOMETIMES I am left speechless by the actions of government departments. Today I am left shaking my head!

It took many years to finally achieve installation of WILVOS road signs in areas vulnerable to our wildlife. Our sincere thanks to Clint of the Sunshine Coast Council, who initially helped get these underway, and more recently to retired Councillor Greg Rogerson. Members of the public took note of these WILVOS 5441 6200 Hotline signs. One lovely gentleman in Yandina drove out of town to get the number off the sign so he could get help for an injured bird in his yard.

So what happened this past week? I was contacted by a local resident who saw the WILVOS road signs had been replaced by 1300 ANIMAL signs. The Main Roads Department did not even call to ask/tell us what they were doing. This denotes not only extreme rudeness, but a total lack of respect. Can I actually go and take down a sign and replace it with my own? If you own a café, would you go and take down a "Maccas" sign and replace it with your café sign?

Why does this make me so angry? Because when you ring 1300 ANIMAL (when you work out what number to ring!) someone from the RSPCA 24 hour Call Centre answers. Past response has not been favourable.

The Main Roads explanation for removal of WILVOS signs was to have a consistent number throughout the state. Wonderful idea, but not much use if not effective. We want help for our

wildlife quickly. If someone finds an injured native animal at five minutes past 5pm, that animal can't wait at the side of the road till 9am the next morning when an RSPCA facility is open.

The fastest way to get help for injured or orphaned wildlife is to ring a wildlife group in the local area. As well as WILVOS there are a number of groups who will all deal with the rescue, or contact WILVOS to do so. Meanwhile, calling 1300 ANIMAL could mean a lengthy delay.

Our WILVOS 5441 6200 Hotline number needs to be out there on the roadsides. When COVID-19 hit, where was 1300 ANIMAL? The RSPCA facilities were closed and our local members of the public were told by their answering machine to ring WILVOS or to take the wildlife to private vets. Our wildlife can't wait till the pandemic, or other disaster, dissipates.

RSPCA do wonderful work with domestic animal and livestock cruelty, but an efficient system needs to be in place before road signs are installed offering help for native animals.

If RSPCA could pick up those needy animals faster than we could, we'd be ecstatic. WILVOS don't have paid employees. We are all volunteers.

In my despair all I can suggest is that people put the WILVOS 5441 6200 Hotline number in their mobile phone. Our injured animals will get assistance so much faster. We aren't perfect but we are working on it!

— **Wildlife Volunteers Assoc Inc (WILVOS)**  
PO Box 4805 Sunshine Coast Mail Centre Q 4560 Phone 5441 6200 [www.wilvos.org.au](http://www.wilvos.org.au)



**Wilderness warriors ... some of the Petrie Creek Catchment Care Group who regularly brave the bush for the environment.**

## Pull weeds. Plant natives. More satisfaction than you can handle ... (no, really)

WOULD you like to help care for the bush around Nambour? It's a hands-on way you can do something practical for the environment, for locals and for native animals.

Petrie Creek Catchment Care Group provide most things you'll need.

"We just need volunteers to join in the planting and weed control to create native bush," said Coordinator Norm Morwood. "You'll just need to come in bush protective clothing including boots/shoes and a hat. We have fun and exercise in the open air for about two hours and finish with a cuppa."

• Florabunda Pocket BushCare Group meets 8am Saturday 3 April. At the Rugby field end of Laidlaw Rd, Woombye out towards the back oval. Yes it's Easter Saturday, so a good time to celebrate our wonderful natural environment by giving it a hand to recover.

• Namba Creek BushCare Group meets 8am Saturday 17 April. Model Railway Park entrance off Florence St Nambour.

• For more information see the Petrie Creek Catchment Care Group Facebook Page.

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## Majestic Photo & Movie Night caps Harmony Week

THE Sunshine Coast Refugee Action Network (SCRAN) hosted a Photo Exhibition and Film Night attended by over 80 people at the Majestic Cinema, Nambour on Tuesday 16 March as part of Harmony Week celebrations.

The Photo Exhibition, entitled "Sum of Us", was created by members of Amnesty Sunshine Coast in 2019. The photos, accompanied by storyboards, have previously been exhibited at The Old Ambulance Station in Nambour and in Parliament House, Canberra.

Mandula Barta, Amnesty Sunshine Coast member and co-creator of the exhibition, said "Sum of Us shares the stories of refugees in our local neighbourhood from the perspectives of people seeking refuge, and those who walk alongside them".

There was also a screening of the Australian comedy drama The Merger.

The film is about a struggling town, where the footy team may have to fold. A former football star teams up with a nearby refugee support centre, to save the team and take the community on a journey of change.

The event was partially funded by a grant from the Queensland Government through the Sunshine Coast Multicultural Network.

Harmony Week celebrates cultural diversity and community groups across the Sunshine Coast hosted a week long program of events and activities.

## Bloomhill program helps parents and young people with cancer

A new program at Bloomhill Cancer Care has started this month, helping young people with cancer aged 18 to 50. The program offers a support group, a free exercise assessment and weekly gym session, a special art therapy group and some cooking classes.

"We are so very excited to be offering the Young People with Cancer and their Partners Program - and plan to help many families on the Sunshine Coast with tailored support," Bloomhill Cancer Care Clinical Services Manager, Trish Wilson said.

"Diagnosis of cancer at any stage of life can be a great shock and presents a range of challenges, however being diagnosed with cancer when you are a young person with so much living to do and often a young family who rely on you, adds a whole other layer of complications, fears and worries."

Thanks to a \$31,500 donation from IGA Marketplace Wises Road's charitable foundation, the pilot program will run for three years.

"The program has been welcomed by existing Bloomhill clients, but we are also

opening it to the wider community. If you have been diagnosed with cancer and are aged between the ages 18 and 50 and are not yet part of the Bloomhill family, please reach out to us. Our beautiful wellness centre at Buderim is here for you," Ms Wilson said.

"Our practitioners running these sessions are highly experienced in helping support people going through cancer. Our clients are treated with dignity and respect, and many find our service life-changing."

IGA Marketplace Wises Road's charitable foundation makes philanthropic contributions to help children and their families in rural and regional areas.

"As a cancer survivor myself I know firsthand the many challenges people face in this situation," IGA Marketplace Wises Road owner Brad Hopper said.

"Supporting Bloomhill's programs is an easy choice as they have a strong reputation for providing empowering support for cancer patients and their families."

Facts - Cancer in people under 50 years of age

- Just under 20% of cancers in Australia occur in people under 50 years of age.
- Bowel cancer is on the rise in this age group with an increase of 9% in people under 50 in the last 30 years
- Some of the common cancers in this age group are: Leukaemia and lymphoma, melanoma, brain tumours, breast cancer and thyroid cancer
- Over 800 women between 20 and 39 are diagnosed annually with breast cancer

To access a free exercise assessment, gym sessions, art therapy classes and support group. Contact 5445 5794 or email admin@bloomhill.com.au for more information.

## Yandina Cricket Club refurbishment works

WORKS are now underway on the major refurbishment of Yandina Cricket Club. The project involves a complete roof renewal and internal reconfiguration, said Cr David Law. The project will deliver a major improvement for the players, umpires and guests experiences at the venue. It's been designed to support the multiple playing fields adjacent to the clubhouse. The works are due to be completed by the end of June and market access will be maintained throughout the duration of the build. These works are a joint initiative of Council and the State Government.

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## Upgrade to Mill Lane and Arundell Ave

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



The Arundell Avenue and Mill Lane intersection is an important link between the schools and industrial areas to the west, Nambour Mill precinct, the Nambour Township and residential areas.

The intersection upgrade will reduce traffic delays currently experienced and reduce congestion during peak hours at the intersection in the future.

All efforts will be made to limit works in peak traffic times, however commuters are encouraged to take alternate routes and to avoid the work area where possible.

Construction crews will contact residents and businesses prior to starting any works which may affect property access and to advise of night works.

Access for pedestrians who need to pass through the area will be restricted at times and they will be escorted past the work site to ensure safety for all. Advance signage will be installed to advise motorists of lane closures and detours throughout construction period.

### New Reconciliation Action Plan

At the 25 March Ordinary Meeting I was very pleased to help endorse Council's Innovate Reconciliation Action Plan (RAP) 2021-2022. The implementation of this Innovate RAP will continue to build and strengthen the relationships that are essential for the journey towards reconciliation with the Traditional Owners and First Nations People.

Kabi Kabi Elder Aunty Helena Gulash welcomed us and spoke about the journey that lay ahead to build a dynamic partnership founded on truth telling and listening to each other's stories.

A number of new initiatives have been introduced within council's new RAP that will support self-determination through economic and community development.

This will include the development of a First Nations' recruitment, retention, professional development and procurement strategy.

If you have any questions please contact me at email: david.law@sunshinecoast.qld.gov.au and follow my Facebook page for regular updates: @DavidLawDivision10.

## Maleny artists reign at awards

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



We certainly have an array of talented artists in Division 5 and I encourage you to support their endeavours.

Congratulations to Maleny's Marvene Ash for winning an Excellence Award and Shannon Garson for winning the Best Three-Dimensional prize at the Local Artists - Local Content Art Prize exhibition.

Each have won \$2000 and their works are on display now until 2 May at the Caloundra Regional Gallery. In its 7th year, the Prize is presented by the Friends Regional Gallery, Caloundra Inc. in partnership with the Caloundra Regional Gallery.

### Out and about

Our local area boasts so many great community groups and service clubs - all who make important contributions in their own ways.

Recently I've been lucky enough to meet with the Palmwoods Rural Fire Brigade, the Maleny Girl Guides and the Blackall Range Lions.

Thank you all for having me, it's wonderful to see you in action and discuss how I can support you as your local councillor.

I've also been meeting regularly with Rob Skelton the Member for Nicklin to discuss issues we are working with the Queensland Government on.

Please contact my office if you'd like me to attend your next group or club meeting or event.

### School holidays

There is lots on offer for youngsters on the Sunshine Coast during the Easter school holidays. Ages four to 15-years can experience an Animals Unseen workshop at the Maroochy Regional Bushland Botanic Garden

Bookings are essential on council's what's on page with spaces limited. Workshops cost \$8. You can also register for a school holiday pack from Sunshine Coast Libraries.

The packs are suitable for ages five to 16-years - visit library.sunshinecoast.qld.gov.au.

The Caloundra Regional Gallery also have packs available - Art in a Bag - aimed at kids aged four to 12-years. Visit gallery.sunshinecoast.qld.gov.au. Visit www.sunshinecoast.qld.gov.au to discover more.

## Community benefits from fund

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



Recipients of Round 107 of the Community Gambling Benefit Fund have been announced. Congratulations to the 4 organisations in Nicklin that shared in over \$100,000 worth of funding for the community. Palmwoods Bowls Club, Hear and Say centre, North Coast 4x4 Club and the Combined Coastal Car Club all received grants to upgrade their facilities. Applications are now open for Round 109 of the Fund.

Not-for-profit community groups in Nicklin can apply for grants from \$500 to \$35,000 to enhance their capacity to provide services and leisure activities through the fund. Contact my office to receive a copy of the guidelines. Applications are open until midnight on 30 April 2021.



### Thanks to a Nicklin Champion

Last weekend I had the opportunity to recognise Norm Morwood, pictured above, as the Nicklin Community Champion for March. Norm volunteers his time with BushCare Sunshine Coast, which are groups of volunteers working with council to restore and conserve natural bushland in our community. Planting native trees while keeping the weeds at bay and supporting native fauna, training new-comers, and keeping everyone in the loop keeps Norm busy most weeks. Without people like Norm, our local parks and reserves just would not be the same. Thanks for all your efforts mate.

If you know someone that is going over and above in Nicklin, you can nominate them to be our next Nicklin Community Champion by getting in touch with my office on 5460 4100 or at nicklin@parliament.qld.gov.au

## Case for two tracks to Landsborough

**Jeffrey Addison**  
Sunshine Coast Commuter Advocate



There are serious flaws in the Queensland plan for the B2N (Beerburum-Nambour) rail project.

Early works were scheduled to start early 2021 according to Transport and Main Roads milestones, with major construction due to start mid-2022.

The early works start has been delayed and are not likely to restart until early 2022.

A whole year's delay!

This 12 month hiatus is the perfect opportunity to rethink stage 1.

The current rail works extend 1.5km past Beerwah station and stop just before the future (Caboolture to Maroochy Corridor Study) CAMCOS heavy rail line would exit.

In 2011 I received documents under Right to Information.

One of them, dated 15 July 2009, was advice given to the Transport Minister of the day, Rachel Nolan MP.

**Landsborough is a major hub on the Sunshine Coast and receives buses from as far afield as Caloundra (605 bus) and Maroochy (615 bus). Why you wouldn't duplicate the rail to this nexus, escapes me.**

Titled 'Caboolture to Beerburum Track Duplication Project [Brief No. 1]', the damning advice was:

"The benefits of increased capacity will not be fully realised until the next stage (Beerburum to Landsborough) duplication is undertaken."

"Increased capacity will cater for future freight and passenger demand as the population boom continues on the North Coast."

The advice was nothing if not direct - unless you duplicate rail to Landsborough you will not get the full benefits.

In the Beerburum-Nambour Rail Upgrade project evaluation summary, Infrastructure Australia described three overarching problems:

### Insufficient capacity to meet current and future freight and passenger demand.

"Operator-preferred freight paths on the North Coast Line (NCL) will reach capacity by 2023 and further growth in freight demand will have to be met by road as there will be insufficient train paths. For passengers, demand is forecast to exceed capacity by 2021."

It's also why many of our trains are route 649 buses. We have 75/week.

That's almost a quarter of all our weekday trains.

### Competition between freight and passenger services on the NCL.

"The priority given to passenger services results in disruptions, service unreliability and increased travel times for freight."

Freight services are generally constrained to operating in off-peak periods, resulting in decreased commercial path availability to freight operators who need to meet 'end of supply chain' delivery timeframes."

### Ageing infrastructure and poor track geometry.

"This results in reduced train speeds, extended freight and passenger services delays and constrained freight train lengths."

This is why I've pursued proper rail duplication to Nambour, because it not only benefits passengers but also benefits our (freight) supply chain up to Cairns.

It has economic merit.

Landsborough is a major hub on the Sunshine Coast and receives buses from as far afield as Caloundra (605 bus) and Maroochy (615 bus).

Why you wouldn't duplicate the rail to this nexus, escapes me.

I humbly request that Premier Anastacia Palaszczuk reconsider the stage 1 plan that builds park'n'rides the Business Case says are needed by 2036 and instead build duplicated rail for about 4-5km to Landsborough North, and give us those sorely needed benefits.

[nb: There is an isolated case for park'n'ride expansion at Landsborough which experiences congestion].

All I ask is that this rail line be the best that it can be.

## Apply now for your Volunteer Grants

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



Expressions of Interest (EOI) are now open for grants of between \$1000 and \$5000 to support volunteers and encourage more people to get involved in volunteering. The funding can be used to buy equipment for use by volunteers such as laptops; help with fuel or transport costs or; assist with volunteer training costs.

Here are some examples of volunteer grants I was able to secure for local groups last year:

- \$4980 for field-training equipment for Yandina Army Cadets;
- \$2500 for a training program for the 23 volunteers at the Yandina & District Historical Society;
- \$2000 for lunch-room furniture for the volunteers at St Vincent de Paul Society's Regional Warehouse in Nambour; and
- \$1,180 for a data projector, office chairs and a dishwasher for the Mapleton Community Library.

Volunteers are the unsung heroes who work tirelessly behind the scenes in many community groups across the Sunshine Coast. I'm keen to support them in any way I can, so please contact my office on 5479 2800 or email ted.obrien.mp@aph.gov.au for information on how to apply before Friday 9th April.

### Boosting Apprenticeships

Job creation is the key to helping our economy recover from COVID-19 and I want to see more people get the training they need to get them into the workforce. That's why I'm delighted that the Boosting Apprenticeships Commencements wage subsidy program has been extended for new apprentices and trainees who sign up prior to 30th September 2021.

Already we've seen 677 apprentices and trainees in Fairfax supported through this program and hopefully this will help more local businesses take on apprentices.

• For more information on available support for eligible businesses and employees go to [www.dese.gov.au/boosting-apprenticeship-commencements](http://www.dese.gov.au/boosting-apprenticeship-commencements).

## Twelve years proudly serving Glass House

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



Just over twelve years ago, the LNP retook the seat of Glass House and I was privileged to begin my service as your local Member. Each time I am honoured with re-election, my passion for our local communities has grown. I love the job! I love looking for and delivering solutions. Thank you for the privilege of serving you.

### More Maleny-Kenilworth Road frustrations ahead

TMR have advised me that they will soon be reducing the speed limit on two sections of Maleny-Kenilworth Road between Maleny and Conondale. The 80km/h zone from near Dixon Avenue through to Sidney Lane at Witta will be reduced to 70km/h. In addition, a short section of the 80km/h zone on Maleny-Kenilworth Road on the eastern side of Conondale will be reduced, with the 60km/h zone in the township of Conondale to be extended west to the intersection with Meadow Lane.

The changes will happen in the week commencing 29 March 2021, weather permitting. While some in the community will welcome this, I'm not happy. I'm disappointed that, yet again, instead of upgrading roads for the safety of the community, the solution is more speed reductions. There's no way around it. Maleny-Kenilworth Road needs upgrading. And these speed reductions are just further proof.

### A Really Big Walk for Parkinsons

From the 6th to the 9th of April I will be joining Joe Kelly MP on 'A Really Big Walk' to help raise funds for Parkinson's QLD. Like myself, Joe has a family member with Parkinson's. I will be joining him for parts of his walk from Dayboro to Mount Mee, Mount Mee to Running Creek, Running Creek to Maleny and finally, Maleny to Mapleton.

Parkinson's is the fastest growing neurological condition in the world and there is currently no known cure. If you'd like to donate and support the walk or even join it yourself, you can do so at [this-is-parkinsons.raisley.com](http://this-is-parkinsons.raisley.com)



## Native Wallum Geebung: it's the plant after which the suburb was named

PERSOONIA virgata, an erect nicely shaped shrub or tree, growing up to 6m. The leaves are small 2.5-6cm long by 2mm wide, bright green growing on slender upright stems in dry heathland and open forests on sandy or sandy clay soil.

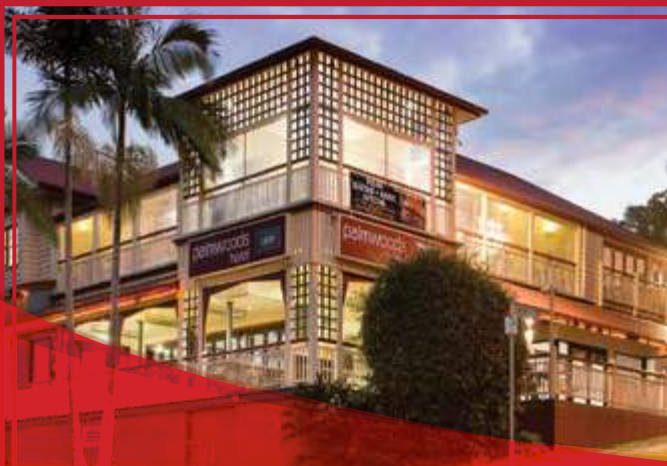
The flowers are a lovely yellow and very profuse giving the plant a lovely golden appearance. Flowers are 0.9-1.2cm appearing late summer/autumn through to spring, oval fruits that follow are 1-1.2cm. It can flower more than once a year. May be worthwhile trialing as a garden specimen. The native stingless bees adore the nectar filled flowers. I read that the floral industry sometimes use the florets as fillers in arrangements.

The fruit is edible being used by first nation peoples. Its said best not eaten off the bush as it is not very nice but, wait until the fruit falls and become purple to black then it has a sweet taste a bit like watermelon.

I read that the Brisbane suburb of Geebung was named after the plant, which can be seen on the Creek Walk and in many places at the Maroochy Regional Botanic Bush Gardens, Palm Creek Road, Tanawha.

— Photo Greg Miller Photography. Story Diane Thomas on behalf of the Friends of Maroochy Bushland Botanic Gardens.





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