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Woombye State School erupts in an explosion of colour and fun

IT was a day filled with bright colours and even brighter smiles as Woombye State School held its fundraising Colour Run last Friday.

Organiser and Woombye State School Chaplain Jamie Weidinger said the explosion of colour was a reward for the school community's efforts in raising funds for the P&C and Chaplaincy program.

"We raised over \$20,000 with monies going towards a future Adventure Playground for the school," he said. "The Colour Run was organised with a group who specialise in these events. The response from our school community was extremely favourable. Except for multi-coloured children going home in cars at the end of the day," he joked. "I think many children would have been on car cleaning duty on the weekend for sure."

"This was our third event and each time it has been a wonderful occasion for our students. I'm sure we'll do it again. Bigger and better I say!"

Right and Inset: Year 6 Students soak up the atmosphere at the Colour Run.



Signs to reduce bridge strikes

NEW and improved signs were installed in Palmwoods last week to help stop vehicles striking the rail bridge.

Member for Nicklin Rob Skelton said it followed a review of the current warning signs approaching the 3.9-metre-high rail bridge.

"I know trucks and heavy vehicles hitting this bridge has been an issue for the community, so I had

requested a review of the signage," Mr Skelton said. "The review found the existing signs met the required standards, but we've decided to put in extra signage to try and reduce the number of bridge strikes."

"The new signs will be going up on Woombye-Palmwoods Road and Palmwoods-Montville Road on the approaches to the underpass."

"And while we are at it, we are also

upgrading the existing warning signs on Chevallum Road and Jubilee Drive to make them better."

"The new signs will create greater awareness and provide advanced notice of the upcoming low clearance, helping drivers detour before they reach the bridge."

Mr Skelton said similar warning signs would be installed in Mooloolah Valley on Neill Road and Eudlo Road

approaching the 3.7-metre-high rail underpass.

He said there were simple measures motorists could take to avoid bridge strikes, which create costly infrastructure damage and delays for others. "It's pretty simple. Know the height of your vehicle and keep an eye out for signage as you approach bridges and underpasses," he said.

"If your vehicle is too high, find

another way by following the detour signs."

Mr Skelton said TMR was also working to finalise concept designs for proposed pedestrian improvements in Palmwoods.

"We know Palmwoods locals are passionate about their community and we look forward to welcoming their feedback on the proposed improvements in the coming months."



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The Gazette is Printed Fortnightly & Online Always. A pdf form of the printed paper can be found on our website. Stories are also posted on Facebook, on our blog and via email to our subscribers

Editorial Policy

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

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- Acknowledge Achievement.
- Back Business.

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

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Moved in: From left, owner Mark Annandale with Leon Wanambi and Freddy Herrera who are helping get the house ready to live in.

Removal houses good for budget & environment

MARK Annandale is part of a growing trend of house hunters snapping up charming relocatable homes and moving them to new blocks to beat rising building costs and property prices.

But his budget is not the only thing that will benefit from recycling the quaint 1920s Queenslanders to the new estate just off Woombye-Palmwoods Road, Woombye. The move will also pay dividends for the environment.

"My work is about environmental sustainability and this is the ultimate recycling," Mark said. "This is a way to walk the talk. I've built a few house out of speciality recycled timber from Cape York, but the theme for this one is going to be 'recycled'."

"The house was \$80,000 and it will be about double that to make it habitable. That means fully rewired, fully replumbed, a new bath-

room, a new kitchen and a lick of paint.

"I've done my homework and to build the equivalent here would have costed \$300-\$350,000. So it's a no-brainer really," he said.

Queensland House Removers boss John Wright said his company was the busiest it had been in 40 years, relocating about three houses a week.

He shipped Marks' little house from a development site in Anstead to the Woombye block.

The cost includes delivery and stumping. "Council approvals, site connections and renovations are the main extra works," John said.

"Still, on a like for like basis you should finish a removal home for between half and two thirds of the cost of equivalent new build."



Don't build, relocate ... Queensland House Removers boss John Wright.



Mr Wright said many people loved the challenge of renovating their own character home that couldn't be replicated. He said it was often possible to raise the house and double the space with a ground floor. "It costs \$25,000 to raise a relocatable house to legal height for it to be built in underneath."

"Just talk to us," he said. "We sell on average two to three quality homes a week. Currently we are generally booked out three to six months in advance. Our biggest barriers to potential clients are that banks don't lend on removal homes because they are considered uninhabitable. Also some Councils charge exorbitant performance bonds."

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Have you got what it takes to challenge Fred's fighters, above? They're coming to Nambour this month.

Nambour Crushers to host Fred Brophy Boxing Troupe

NAMBOUR Crushers Rugby League Club is hosting the legendary Fred Brophy and his boxing troupe on Friday 29 and Saturday 30 October at Crusher Park.

Fred Brophy is a fourth-generation showman who has been boxing since he was four years old when his father and uncle toured their boxing tents.

The troupe travel the length and breadth of country Australia and are regulars at the Birdsville Races and Mount Isa Rodeo.

Crushers Secretary Wendy Turner said she was excited to be bringing the troupe to Nambour where, when the drum starts banging and the bells start ringing, Fred will put out the call to interested local challengers to step inside the ring and have a go.

"A few of our members travelled to Gympie Devils Football Club on Saturday night to do a reconnaissance of what to expect at the end of the month," Wendy said. "I didn't know how I'd react to it but I loved it."

"What we witnessed was amazing - a huge, loud and enthusiastic crowd gathered to cheer on the locals who stepped up to put on the gloves. Even two of the canteen ladies volunteered to take on Fred's female fighter Natalie - so brave! We are so excited as a club to have Fred and his team come to Crushers. It will be an unforgettable experience for those that attend."

Crushers have also organised a 'Come and Chat to Fred' event on Thursday 28 October at the Clubhouse. It will be a chance to hear some of the colourful stories of Fred's travels and the characters he has come across.

Local boxer Darren Obah, who represented Australia in the 1988 Olympics, will also be there to support the Crusher fundraiser.

▶ Entry for Friday and Saturday is \$40 each night. Tickets can be purchased through the Nambour Rugby League Club or call the club mobile - 0436 381 404. Further details will be on their Facebook page soon, if not already.



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Review submitted by K & P (Vendor) on 24th Sept 2021




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Beersheba Day Parade and Commemoration Service

THE 2nd Light Horse Regiment, Woombye Troop will be holding its annual Beersheba Day Parade and Commemoration Service in Woombye on Sunday 31st October.

The Parade will commence at 10am and will proceed from Kustom Paints on the corner of Pine Grove Road, along Blackall St to the Cenotaph in Memorial Park, where a commemoration service will be held. The Woombye Light Horse Troop will be joined by troopers from Maleny, Gympie, Harvey Bay, Plainlands and Brisbane. The parade will also consist of Red Cross nurses in WW1 uniforms, as well as Veterans, a piper and a vintage vehicle driven by local store owner Adam Kither.

After the commemoration service, members of the public are invited to visit Woombye Troop's Drill Hall and small museum and have refreshments whilst meeting members of the troop and some of their horses. The local Lion's Club will provide a sausage sizzle and the troop will have tea and damper on offer.

What's On Locally

Local Sport, Events and Entertainment coming up. Preference given to local events of widespread interest. Please check details with organisers. Submissions to editor@sunshinevalleygazette.com.au.

Oct 14: Sunshine Coast Film Festival Movie playing at the Majestic. 'Grandparenting 101' at 7pm.

Oct 15: Creedence Clearwater Revival And the Jimi Hendrix Music Show at The Banana Bender Pub from 7pm. Tickets at Oztix or the-bananabenderpub.com.au.

Oct 17: Sunshine Coast Film Festival Movie playing at the Majestic. 'It's For Your Own Good' at 2pm.

Friday Oct 15: Nambour Women's Rugby play at Noosa.

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

Saturday Oct 16: Football. Sunshine Coast Premier League Grand Final. Woombye Snakes v Kawana, Maroochydore 6pm. Woombye Snakes Premier Reserve Men will meet Nambour-Yandina United in the Grand Final at 3.45pm, also at Maroochydore.

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

Saturday Oct 16: Range Community Kindy Fun Day between 9am and 12noon.

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

Sunday Oct 17: Come and Try Lawn Bowls at Club Yandina at noon. 5446 7126.

Sunday Oct 17: Yandina country music concert at the ACMA Hall of Fame, 24 Steggalls Road at 12 noon.

Wednesday Oct 20: Open invitation to a public picnic to celebrate 80 years of Mary Cairncross Scenic Reserve from 10am to noon at the reserve.

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

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

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

Thursday Oct 21: Soil and Soul at Palmwoods Community Garden from 10-11am or 4.30 to 5.30pm.

Thursday Oct 21: David Williamson in conversation at Maleny Community Centre, 6 for 6.30pm. www.outspokenmaleny.com.

Friday Oct 22: Nambour Women's Rugby play at Uni.

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

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

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

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

Saturday Oct 23: Restoring Hope Parkinson's Therapy's fundraiser event at The Barn on Flaxton, 3-5pm. RSVP info@rhtherapy.org.au.

Saturday Oct 23: Nambour Special School Trivia Night 6.30pm. Tickets at Eventbrite.com

Saturday Oct 23: Nambour Museum Grand Opening of our brand new Post Office display, 10pm to 3pm. Come and see the history of the PMG in this impressive new area.

Saturday Oct 23: Variety Bash Fancy Dress Evening from 6pm at Club Yandina 0459 220 712.

Sunday Oct 24: Kenilworth Arts Council presents Handel's 'The Messiah' at the Town Hall from 2pm. 0427 723 848.

Sunday Oct 24: Palmwoods Bowls Club bi-annual Ordinary General Meeting on at 9.30am in the clubhouse. All full members are requested to attend.

Wednesday Oct 27: Nambour State College Year 7 2022 Parent Info Evening, 5-6pm. (see p15)

Oct 28-Nov 6: Lind Lane presents 'Blithe Spirit' by Noel Coward, 7.30pm or 2pm at 16 Mitchell St Nambour. Enquiries 1300 732 764.

Friday Oct 29: Day for Daniel 'Walk for Daniel' starting from Suncoast Christian College.

Friday Oct 29: Kenilworth Quilt & Craft Circle and Kenilworth Museum Cent Sale 7pm Kenilworth Hall.

Friday 29 October: 7.30pm The Mapleton Choir "Songs of Yesteryear" Kureelpa Hall. For information or bookings phone Ailsa 5478 6079.



Nambour Post Office in Currie Street was a prominent town landmark from 1910 until 1976. This photo was captured in 1966 just prior to automatic telephone service. The building was removed post 1976 and the site is now totally occupied by Telstra exchange equipment and related facilities.

Museum to open Post Office Display

THE grand opening of the Nambour Museum's long awaited Post Office display is scheduled for Saturday morning 23rd October 2021 commencing at 10am.

Sunshine Coast Councillor and Heritage Representative Rick Baberowski will officially open the doors of the Museum Post Office.

The exciting new display has been purpose built with funding support from Council's community grants program and is designed to replicate many of the principal features and services offered at the original Nambour Post Office which was located in Currie Street, opposite the present Council Chambers.

Local mail services date back to 1885 when Mathew Carroll established the Petrie's Creek Receiving Office from a bark hut on his property located near the current Showgrounds site.

With an expanding population and improving communications facilities, the local post office moved around several venues in town. Following the installation in 1908 of a single trunk line telephone service for public use, public pressure mounted for purpose built accommodation and the official Nambour Post Office became a reality in 1910. It served the community very well for several decades until the new Lowe Street building was opened in 1976.

► Nambour Museum is at 18 Mitchell Street and normal opening hours are Wednesday to Friday 1pm to 4pm, Saturday 10am to 3pm.

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Local jazz singer draws gospel inspiration for new album set to launch in Woombye

NAMBOUR Jazz singer Robyn Brown's new album has been a labour of love and perseverance through the pandemic. "Bound for Glory: The Gospel Project" started in March 2020 and reached completion in June 2021.

"This has been the longest project ever," said Robyn who also organises The Jazz Sessions, Nambour Winter Jazz Fest and the Sunshine Coast Jazz & Brews Fest. The album was born from Robyn's personal interest in the history of early blues and jazz.

Exploring one of the threads in that history, Gospel, she brought together traditional tunes, negro spirituals and songs from Blind Willie Johnson, Sister Rosetta Tharpe, Sam Cooke and many others in a live show that has been extremely popular. This grew into a recording project to produce an album to complement the show.

Although "Bound for Glory" is an interesting selection of refreshing new versions of gospel classics and more obscure gems, it's more than that. The project also shares the stories behind the songs and the enclosed booklet is an interesting read, giving insight into how the spirituals came to be, how they were used and how they evolved.

"In the live shows, I share a bit of the history of how this music came about and the stories behind the songs. There are so many great stories to tell that the hard part is deciding which ones to include," says Robyn. "For example, some of the spirituals that were sung by the



Robyn Brown ... "some of the spirituals that were sung by the slaves were actually coded messages on how to escape".

slaves were actually coded messages on how to escape. I won't be able to tell all the stories, but hopefully the songs will tell the stories through the show. There are songs of pain, songs of hope and songs of joy. I love the passion and the heart of gospel music and want to share that with the audience. We've tried to convey that in the album as well."

Some of Queensland's finest jazz musicians, David Spicer (piano), Peter Walters (double-bass), Max Sportelli (drums) and Rob McWilliams (trumpet/flugelhorn), worked with Brown on this project, bringing a modern jazz approach to songs from the 1800s to the early 1900s.

"It was so much fun recording with these

guys" said Robyn. "Most of them are teachers at the Conservatorium in Brisbane and their playing was absolutely brilliant. We're looking forward to the album launch concert which will be a blast!"

"Bound for Glory" will be released on October 1 and will be available to purchase on Bandcamp and iTunes and will be on all streaming platforms. The Album Launch concert will be held at 3pm on Sunday 31 October at the New Life auditorium, McKenzie Road, Woombye. CDs and download cards can be purchased at the concert. Tickets \$10-\$15 can be purchased through www.stickytickets.com.au/TheJazzSessions.



Colin Nation, left, and Ralph Brown.

Photographer's work on display at Historic House

From Colin Nation, curator at the Yandina Historic House gallery.

IN a bit of a switch from the norm, Yandina Historic House gallery is very pleased to have Ralph Brown, a renowned local photographer, as Artist of the Month. His display, which runs all through October, is a varied mix of subjects photographed right here on the Sunshine Coast showing iconic local scenes and unusual subjects

Ralph is an accredited professional and Associate with the Australian Institute of Professional Photography (AIPP) and has competed in the Queensland (QPPA) and Australia (APPA) Professional Awards for many years and is the current President of Photographic Society of Queensland and an accredited judge (PSQA) since 2013.

Ralph has had a love for photography since receiving his first camera as a 16-year-old, then went on to use an SLR film camera during his working life. He later completed professional studies to receive the Diploma of Professional Photography. One of his main objectives is to share his passion for photography by encouraging emerging photographers.

Ralph's display can be seen at the Yandina historic House daily from 09.30am to 02.30pm Monday to Saturday.

Later in October the Yandina Historic House gallery will be supporting the 'Sunshine Coast Plein Air Paint Out' where local painters will be out and about in groups painting the beautiful scenery around the Sunshine Coast. This event culminates with an exhibition at the Ginger Factory all November 2021.

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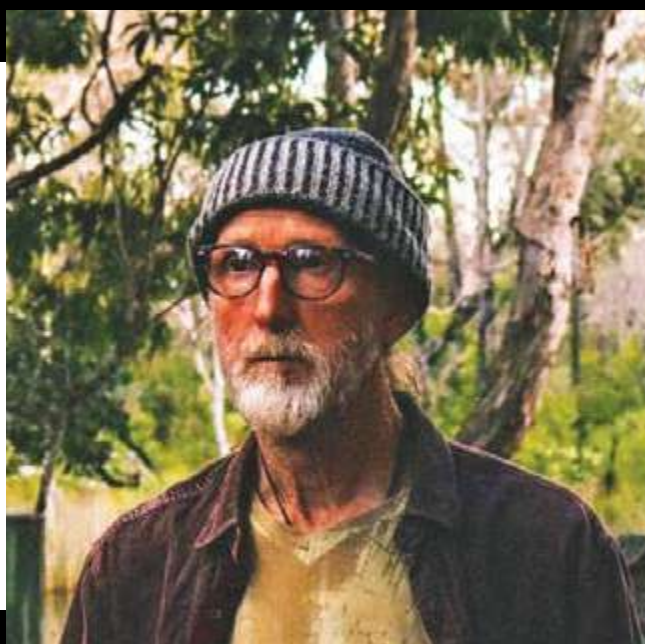
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Wayne Smith

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

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

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

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

You can also find more examples of work and installation documentation on [Facebook.com/Studio5ArtGallery](https://www.facebook.com/Studio5ArtGallery) and [Instagram wayne.studio5](https://www.instagram.com/wayne.studio5)



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Survivor urges community to dig deep for Bloomhill

NORTH Arm resident Helen Gibson is now breast cancer-free after a shock diagnosis in 2019, and is urging locals to dig deep this month and support a Sunshine Coast charity she credits with saving her life.

As an active member of the women's rights advocate Zonta for 35 years, Helen had made breast cushions for women with cancer, but she never expected to be on the receiving end of such support herself.

Helen lived a busy life with her husband Peter on their farm at North Arm when she was diagnosed with cancer. She recalled the shock and denial she felt.

"Naturally, when I got the diagnosis, I was like everybody, I completely denied it," Helen said. "I said to the doctor, 'that can't be right', but I had to go ahead with treatments.

"We had just booked to go to Brazil for our son's birthday, and I said, 'no I can't do that, I'm going to Brazil'. They said, 'no, you're going to hospital to have these treatments done.'"

Her surgeon, Dr Felicity Adams, was "wonderful", Helen said. The operation was successful in removing the cancer and follow up checks gave Helen the all-clear.

She had chemotherapy as a preventative treatment, but it caused a condition that could have killed her if it hadn't been picked up.

Her daughter, Sally, had connected Helen with Bloomhill Cancer Care.

"I went to Bloomhill on a number of occasions. I saw a nurse, and a psychologist who helped me through a very challenging time, and I had massages," she said.

"The nurse was very, very helpful. In fact I credit the nurse with probably saving my life, because one time I was there, my temperature was up a bit. She said to my husband, 'Peter, I think you'd better make sure that her temperature does not change tonight'.



Helen Gibson, here with her grandson, is now breast cancer-free

"As it happened, it did. So I was into Emergency, at 11 that night. They had to give me a bag of blood. It turned out the chemo had caused a thing called GAVE Disease: a condition where the stomach wall starts to bleed.

"I was in hospital quite a lot for quite a long time. But if it hadn't been for that nurse warning us what could have happened, I don't know that I'd still be here today."

Help Bloomhill support people touched by breast cancer

Chief Executive Officer Christopher John said Bloomhill's wellness centre in Buderim supported more than 315 women with breast cancer diagnoses. "And we don't see the demand slowing down any time soon," he said. "October is Breast Cancer Awareness Month and we are going all out in pink to raise awareness and support women across the Sunshine Coast impacted by breast cancer who seek our support."

► For this October, Breast Cancer Awareness Month 2021, Bloomhill is aiming to exceed our \$25,000 target to provide care for 100 women through its Strength After Breast Cancer program. Any additional funds raised will continue to provide our growing need for specialist treatments for people with breast cancer. Donate at www.bloomhill.com.au



Kat Maru and Amanda Weston from Palmwoods Pharmacy are proud to support an initiative drawing attention to mental health and funding the cause through in-store sales of Chemist's Own products.

Pharmacy backs mental health initiative

PALMWOODS Pharmacy is doing its bit to promote better mental health in the community in response to the challenges of the COVID-19 pandemic.

The Pharmacy has joined an initiative where every Chemists' Own product purchased will support the work of the Mental Health Foundation Australia (MHFA).

Chemists' Own have partnered with MHFA under the initiative which calls on pharmacies to raise awareness of the importance of positive mental wellbeing in their communities. In return they get a chance to win a prize for their store and a \$12,000 donation to Mental Health Foundation Australia.

As part of the partnership, Chemists' Own will support MHFA during its annual National Mental Health Month running from the 1st to the 31st of October. In addition, this year's annual Chemists' Own Help Us Help Our Local Community campaign will be dedicated to sup-

porting Mental Health Foundation Australia and breaking the stigma around mental health at a grassroots level.

Soil and Soul at Palmwoods Community Garden

HAVE fun, socialise and learn lots at Palmwoods Community Garden.

If you have ever been curious about what is involved at the Community Garden, come along and join Alison and Sue in a relaxed morning or afternoon tea on Thursday 21st October at 10-11am or 4.30 to 5.30pm (it's our shout).

Rain, hail or hot sun, we have a welcoming undercover area. Be introduced to the seasonal veggies, herbs, fruit trees and our new bush food garden.

It's easy to find us in Hill Street, Palmwoods. Look out for the Soil and Soul sign.

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Q&A Profile

Peter Wilson Principal Palmwoods State School

Born: Adelaide, September 9 1964, Virgo.

The last TV show or movie you loved/binged? Probably *Survivor* or *Traces*.

One thing on your bucket list? To be able to travel overseas again and go to Canada.

Best aspect of being a principal? Getting to work with students and people passionate about doing their best for our children.

Worst aspect of being a principal? Sometimes in schools we are expected to deal with issues that are much broader than education and it can become frustrating getting the support our students need.

What's your vision for Palmwoods State School? That we support and challenge our students to achieve their potential.

If you could change one thing about the education system what would it be? Better resourcing for primary schools, in particular that all primary schools have Head of Curriculum positions funded by the department. This way our teachers will have the support they need to interpret and enact the curriculum.

What has been your most memorable moment? Being named a Life Member of the Queensland Association of Primary Principals.

What is something people don't know about you? I like paddleboarding and playing Australian Rules Football.

Best local activity & why? Palmwoods State School Colour Run and our sensational Musical showcasing the talents of Palmwoods State School students.

Is there a local business or community group you'd like to give a shout-out to? The Palmwoods Branch of the Heritage Community Bank has been an extremely generous supporter of our school over many years.

What's the best thing about Palmwoods State School? The people, kids, parents, community and staff.



Mr Wilson participates in Palmwoods State School's recent Colour Run which raised \$50,000 for the school.

Sundale Foundation presents \$56, 892 in grants to charities

SUNDALE Community Foundation presented nearly \$57,000 to 12 local charitable organisations at the fifth annual community grants awards at the Nambour RSL on Tuesday (October 11).

Mayor Mark Jamieson said the funds provided through the Foundation would assist charities and the community members they supported.

"The ripple effect is far reaching and makes a difference to the lives of so many," he said. "I'm pleased they will benefit, thanks to the generosity of this Foundation and its partners."

SCF Chair, Caroline Hutchinson said the volunteer board was proud to assist worthy local community groups from Nambour and surrounding area in what had been another difficult year.

"2021 continues to be tough for community," she said. "In partnership with our Community Partners these funds will help locals in many ways. Thanks to Sundale Limited and Ken Mills Toyota for their cash donations to assist SCF to provide community grants."

Sundale Executive Manager Aged Care and Community Services Michelle McGowan said Sundale strived to make a difference in people's lives every day.

"These grants allow us to extend our support beyond the aged care sector," she said.

"Sundale is honoured to donate \$4500 to The Compass Institute Inc for the design and installation of a mural, \$5000 to Suncoast Christian Care to help fund the purchase of a food trailer and \$6800 to Restoring Hope Parkinson's Therapy so they can continue their amazing work.

"We hope the grants make a difference to local families and allow The Compass Institute Inc., Suncoast Christian Care and Restoring Hope Parkinson's Therapy to continue their meaningful and valuable work throughout the Sunshine Coast community."

Brett Mills from Ken Mills Toyota said his family has a long and proud association with Nambour. "So it is an absolute pleasure to be able to support the Nambour Heritage Tramway through the Sundale Community Foundation grants program," he said.

"We believe this \$5000 grant for audio visual equipment will have a significant impact on the useability of the community space at the depot on Mill Street and we look forward to seeing events and gatherings thrive here for many years to come."

Grants were presented at the event to: Wishlist, Sunshine Sanctuary Association, Burnside State High school P&C, Spiral, Restoring Hope Parkinson's Therapy, Nambour Wildcats Soccer Club, Woombye Community Library, The Compass Institute, Suncoast Christian Care, Palmwoods Warriors Football Club, Nambour Tramway, Lily House.

Background

Sundale Community Foundation was established in 2015 by Sundale Ltd with the aim of extending the charitable influence of Sundale through financial grants for worthy projects in Nambour and environs. \$1 million was gifted by Sundale Ltd to kick-start the Community Foundation; and thanks to the Sundale Community Foundation Board of volunteers that money has been invested and earnings from those funds are distributed to community grants each year. This year SCF received 28 applications from local community organisations with a total of \$207,578.58 of grants requested.

Applications for the 2022 SCF Grants round for grants between \$1000 and \$10,000 will open mid year. Visit the SCF website sundalecommunityfoundation.org.au.

Organisations & Amounts Allocated

Wishlist	\$3,688
Sunshine Sanctuary Association	\$5,801
Burnside State High School P & C	\$5,000
Spiral	\$8,343
Restoring Hope Parkinson's Th'py	\$6,793
Nambour Wildcats Soccer Club	\$4,195
Woombye Community Library	\$1,000
The Compass Institute	\$4,545
Suncoast Christian Care	\$5,000
Palmwoods Warriors Football Club	\$4,185
Nambour Tramway	\$4,411
Lily House	\$3,930
TOTAL	\$56,892

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Eyes on the ball ... players from both teams prepare for a corner during Saturday's semi final.

Snakes head for GF after downing minor premiers

WOOMBYE Snakes will meet Kawana in the Premier Men's Sunshine Coast Football Grand Final after defeating favourites Nambour-Yandina United 2-1 in the preliminary final on Saturday.

Woombye, who finished fourth on the ladder, came from 1-nil behind to beat the minor Premiers in a major upset in the 1v4 semi-final at Maroochydore.

It means they now meet Kawana this Saturday night at 6pm, again at Maroochydore.

Woombye FC President Andy Kinden said he was not surprised his team lifted for the clash. "We've had close games with NYU through the season so it was no surprise to us," he said. "We had nothing to lose so we had no pressure. They were the team to beat through the season, but unfortunately for them anything can happen in finals football."

Kawana beat Noosa in the 2v3 playoff to qualify for the grand final.

Nambour-Yandina United fared well in other

grades with Premier Ladies, Premier Reserve Ladies and 4th Division Gold making the finals.

Woombye Snakes Premier Reserve Men will meet Nambour-Yandina United in the Grand Final at 3.45pm, also at Maroochydore.



An NYU player tries to squeeze through Woombye's tight defence.

Couple celebrates 65th anniversary

AT 100 years of age, Fred Sandell has just celebrated his 65th wedding anniversary with his wife Jean.

The former Kenilworth couple, who now live in Nambour, received cards from the Prime Minister and The Queen to mark the anniversary which they celebrated on September 29.

It was a very special day and their bridesmaid Margaret Hanson travelled from Brisbane with her daughter to join them for reminiscing and laughter.

"Margaret and mum had been school friends," said daughter Mirth Fabbro.

"Mum had set a special table up in her home with her wedding album and it gave everyone a lovely chance to remember the special day again."

The family held a small gathering of close family friends at Mirth's home for a luncheon complete with cake and bubbles.

"The happy couple received cards and certificates from The Queen, Prime Minister, Premier, Governor General of the Commonwealth of Australia, Governor of Queensland, State MP for Nicklin Robert Skelton and Federal MP for Fairfax Ted O'Brien.

About four years ago Fred and Jean sold a property which had been in the family for 100 years in Kenilworth, and moved to Nambour.

"They both are still fiercely independent, active and live at home," said Mirth.



Jean and Fred's bridesmaid, Margaret Hanson, left, travelled to the Coast to help them celebrate.

Below: Messages from the Queen and the Prime Minister.



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Maleny takes action on waste

From **Waste Action Maleny**

WASTE Action Maleny (WAM!) is a new initiative addressing waste issues on the community level. We are hosting a number of events during National Recycling Week (8-14 November 2021).

We invite individuals, artists, farmers, activists, composters, organisations and businesses who want to share what they are doing to avoid reduce, reuse, repair and (if we have to) recycle during recycling week.

"We are all on a waste journey and we have come a long way", said WAM! Convenor Yvonne Holmes. "We encourage you to take your green to the next level. We simply want to 'do waste better!'"

Throughout recycling week, there will be interactive displays, film screenings, entertainment, educational activities, workshops, culminating in a 'plastic free picnic' in Maleny's town centre.

Waste is now personal. While the science is incomplete about how plastics affect humans and animals, it seems that microplastics are now small enough to breach the blood-brain barrier, and the chemicals in plastics have been linked to reproductive harm, obesity, organ stress and developmental delays.

For the health of the planet and those we love, we simply have to 'do waste better'. Let's come together in November and share our stories, and inspire each other how we can avoid, reduce, reuse, repair and recycle waste.

► WAM! is initiated by Maleny Forums and Maple Street Co-operative, following a recent community forum and supported by the Sunshine Coast Council. If you want to share your waste action journey or are interested in joining a working group, please contact us on wasteactionmaleny@gmail.com.



River School students will showcase paper recycling through National Recycling Week.



Invitation to celebrate 80 years of Mary Cairncross Scenic Reserve

from **Jeanette Nobes**

THE 20th of October 1941 is an auspicious date in the history of Maleny.

It is the day that Mary Cairncross Scenic Reserve was created which has led to Maleny becoming known around the world.

Millions of visitors have since experienced the magic of the rainforest and have fallen in love with the view of the Glasshouse Mountains since.

This all began when three sister's of eight siblings, Mabel, Elizabeth (Bessie) and Mary Thynne decided to sell the remaining Rainforest on their two adjoining properties to the Landsborough Shire Council.

One property was owned by Bessie and the other jointly by Mabel and Mary.

I have worked in Rainforest Conservation through Education for around 45 years, and it was while I was establishing the first Education Centre in 1998 that I had the pleasure of meeting many members of the Thynne and Cairncross families as well as members of the Maleny community.

It was while speaking to so many that I first heard that the land for the Reserve was actually

Pictures, from top left:

• The Governor of Queensland His Excellency Sir Henry Abel Smith, officially opening the Reserve on the 12th December 1960.

The stage was crafted on the back of the truck. From left are Dignitaries Vic Waddell (Rotary), Cr H.W. Anning (Landsborough Shire Council) Miss Elizabeth (Bessie) Thynne and Norm Tesch (Rotary).

• The Three Sisters, from left Mabel, Bessie and Mary Thynne enjoying a picnic in late 1930s at what became the reserve in 1941.

• Miss Bessie Thynne at 90 years sitting on her verandah, in the house on top of the hill.

sold. It has always been stated that it was given to Council, but a few years later, while doing research for my book on the history of the reserve, I uncovered the Landsborough Shire Council minutes which showed that the three sisters had indeed sold just the rainforest land to protect it and for it to be held in a form of trust as an area for conservation. This was only a few years after the sisters moved to Maleny in the late 30s, because their family home 'Thoonbah' in Brisbane had been sold.

Regardless of how it happened, it has been one of the greatest gifts in Australian Rainforest Conservation. Although only small, it is precious because it is so small. Sadly Mabel, the oldest sister, died two years after the sale and Mary, who suffered with poor health, was basically house bound.

Bessie, though, went on to live until 95 years of age and died in 1978, the year of Maleny's Centenary. Bessie dedicated the next forty years to the running of the reserve with Council and Rotary's help. Her brother Ted, the youngest brother was the only Thynne sibling of eight to live in Maleny all his adult life, was also an enormous help to Bessie. He was remembered by Bessie as seen by her beautiful message on the Memorial Cairn near the front entrance.

As seen in the photo of the sisters enjoying a picnic, I thought a picnic was the perfect way to celebrate their wonderful gift to us all. A remarkable gift to the world.

Please accept this open invitation to join us on Wednesday 20 October 2021. To meet at the bottom end of the picnic ground at Mary Cairncross Scenic Reserve.

► The picnic will be from 10am to 12noon. BYO Food and Drink. I shall be giving a small talk with a Q & A after. Then there will be a very special experience for those who would like to join us for afternoon drinks. No need to RSVP.

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Apartment living in the heart of Nambour

IN the mix of residential property available to buyers in Nambour, one option stands above the rest.

Pinnacle on Maud, a four-storey \$17 million dollar apartment complex, is setting new standards in apartment living in the heart of town.

Additionally, according to selling agent, Frenchy Devos of Amber Werchon Property, the 40 unit complex comes at a time of renewed interest and regeneration in the former sugar town.

Nambour has been the focus of several local, state and federal government initiatives aimed at revitalising the CBD including the Nambour Economic Transition Strategy (NETS), 'I Am Nambour' branding initiative, Nambour's Special Entertainment Precinct zoning and the much anticipated Heritage Tramway launch, he said.

Grandview Developments' Pinnacle on Maud project was launched in November last year and, thanks to the intense interest in Nambour, the luxurious units are selling off the plan fast.

"I think there are a number of forces at work here," said Frenchy. "It is no secret that people from all around the country are looking at Nambour with fresh eyes and seeing it as an attractive place to buy property."

Nambour has recently been recognised by RiskWise Property Research as the third most affordable suburb in South East Queensland.

"This makes Nambour appealing for people of all ages," Frenchy said. "And this is certainly reflected in the people who are looking at Pinnacle on Maud as both homeowners and investors. The same RiskWise article outlined the five year growth rate in Nambour at 52.3 percent," he said.

New heights of scale & quality

The Pinnacle on Maud project represents a first for Nambour both in scale and quality.

"The apartments are beautifully designed and appointed, and the project is centrally located to take advantage of views and local amenities," said Frenchy. "We have had a real mixture of people buying, from first home owners to empty nester downsizers. It is a development that ticks so many boxes."

Frenchy says the unique development was set to elevate the image and character of Nambour.

The development comprises 40 apartments. Stage 1, the West tower, is sold and the East tower is already 25 percent sold.

"Thanks to this early interest, the developer is about to demolish the old houses and make a start on the build," Frenchy said.

Incentives available

Frenchy said there were excellent incentives available for buyers with many first home buyers eligible for \$15,000 worth of government incentives on new properties from the State Government.

In a market that is moving fast and with properties in the area achieving record prices, buyers are also recognising the many advantages to buying off the plan.

"When you buy off the plan, the pricing is not subject to the same market pressure as other properties," Frenchy said.

"The purchase price is locked in and people can secure an apartment now, and pay later. There is also a two year rental guarantee in place and



Elevating residential living in Nambour: from left, Frenchy Devos on site with Grandview's Gavin Wuiske and Scott Harrison.

this is making Pinnacle a very attractive prospect for investment buyers.

"These units present excellent value, and the turnkey purchase price is equivalent to a block of land in nearby suburbs of Palmwoods or Woombye. Pinnacle on Maud is a low maintenance, sustainable lifestyle product that is more affordable to own than rent."

► The target completion date for the project is March 2023. Phone Frenchy on 0406 776 707.



Buyers seeking alternative to renting

FOR buyer **Ben Clerc**, Pinnacle on Maud represented an opportunity to secure real estate in Nambour rather than renting. "I've grown up in this area and I love it here, but I am sick of renting," he said. "Compared to the rest of the Coast, Nambour is still affordable. When I saw that Pinnacle on Maud was being built, I didn't want to miss out. I liked that the units are brand new and that I could buy now, but pay later."

Dominique Tolomeo agreed. "I bought a beautiful new unit at Pinnacle because it made so much more sense to buy rather than rent," she said. "In the current Sunshine Coast real estate boom, Nambour is still affordable for first home buyers like me. I just felt it was a very good investment because Nambour serves as a central hub for the Hinterland."

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Restoring Hope Parkinson's Therapy event at The Barn

THE community is invited to Restoring Hope Parkinson's Therapy's event at The Barn on Flaxton. This event will be a fun fundraiser and celebration of over a year of our online choir. The Barn on Flaxton is generously hosting the event and donating the coffee and cake to support RHPT.

The event takes place Saturday 23 October, 3pm-5pm at The Barn on Flaxton, 445 Flaxton Drive, Flaxton. Cost of \$10 per person, includes coffee and cake (adults and children same price). Please pay at the door. Card facilities available. Please rsvp to info@rhpttherapy.org.au by October 18.

Join us to enjoy some special time together and hear about the important work that RHPT is doing in our community.

The afternoon will also include an auction of goods donated by local businesses.

Safety works on the way for Maroochy River locals

CONSTRUCTION is about to kick off to improve Yandina-Bli Bli Road at Maroochy River.

"We are delivering a record \$27.5 billion transport and road infrastructure plan over the next four years," said Member for Nicklin Rob Skelton. "Of this, \$3.9 billion in projects will be delivered on the Sunshine Coast and surrounds. This \$2.4 million project will see a three kilometre stretch of Yandina-Bli Bli Road ressealed from east of the Caboolture Creek Bridge to just before Pearce Drive.

Yandina Country Music

YANDINA welcomes the Elderly Brothers as guest artists at the country music concert on Sunday 17th October. You guessed it - you will again enjoy the well-loved harmonies of Don and Phil! See you at the ACMA Hall of Fame, 24 Steggalls Road at 12 noon. Doors open 10.30am. You'll be entertained with traditional country, including more diverse, crowd-pleasing favourites with a great band. Walk-ups welcome. Raffle and door prizes, Entry \$8. Enquiries 0437 191004.



Eudlo local Lydia Fairhall. Inset: Archie Roach. Photo Jo O'Keefe

Eudlo artist takes centre stage in online series

THERE is something unique about finding an artist in their home. It offers a chance to better understand them and their music in an environment they are most comfortable. And that is the motivation behind a new series of online collaborations featuring iconic Australian artist Archie Roach along with some of the country's most exciting First Nations singer songwriters - 'Uncle Archie's Kitchen Table Yarns.'

And Eudlo local Lydia Fairhall, a Worimi woman, is the next guest to chat with Archie at his kitchen table, set for publish on Archie Roach's YouTube channel on Wednesday October 13.

Fairhall is respected nationally as a theatre and film producer, community arts and cultural development practitioner, artistic director, musician, songwriter and more. She has programmed and produced countless shows for ILBIJERRI Theatre Company, Queensland Performing Arts Centre, Sydney Theatre Company and more, while also releasing albums, and has this month released her new single, Free.

Excited about the opportunity to yarn with Archie for his Kitchen Table Yarns series, Fairhall explains, "For so many people, Archie Roach not only provides the soundtracks to the most heartbreakingly beautiful parts of our lives, but is also a rare soul on this earth who has

the ability to uplift people, even in the midst of sorrow. I have always loved this about him and his music - the ability to nurture people through the hard times into joy and belonging is a true gift. I can't wait to join him at his kitchen table!"

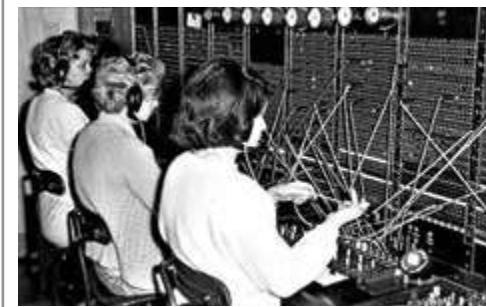
The online series will feature 12 emerging First Nations songwriters and musicians from around the country. Connecting through online video, Archie will invite these exceptional young artists to yarn with him at his kitchen table to share stories about their songs, their communities, and their language.

"When I started off in music nobody had much of a clue about who I was and what I was writing about," Archie explains. "I was considered a curiosity. Yarning at my kitchen table with these young artists will help people understand who they are and give them another platform to promote their music."

"The kitchen table has always been a place of inspiration for me and it's important these young artists voices are heard. They are our future and when the time comes for us older singer songwriters to finish up, we know it's in good hands."

► Episode three of Kitchen Table Yarns featuring Lydia Fairhall is set for release at 5pm on Wednesday October 13 and can be streamed on Archie Roach's YouTube channel.

Moment in Time



1966: Telephonists operating the manual telephone exchange at the Nambour post office. The first trunk-line telephone service in the form of a public telephone at the post office commenced in Nambour in 1908. Telephonists played an important role until 1969 when the telephone exchange became automatic, converting to STD (Subscriber Trunk Dialing). Everyone is welcome at the opening on Saturday 23rd October of the new post office and telephone display at the Nambour Museum, Mitchell Street.

Swim program opens for migrants

SUNSHINE Coast migrants are invited to dive into a popular free swim program designed to boost their confidence and safety skills in and around the water.

Council's Migrant Learn to Swim and Beach Safe program, will run for seven weeks at Good-life Community Centre, Buderim, and Nambour Aquatic Centre, plus Bulcock Beach from October 23.

Div 10 Councillor David Law said he was pleased to see the program back for the second time this year.

"Summer is just around the corner so what better time to build on your swimming skills and familiarity in and around the pool and beach with the Migrant Learn to Swim program," Cr Law said.

Welcome Session is on Saturday, October, 23 from 11am-noon, Nambour Aquatic Centre, 31 Petrie Park Rd, Nambour. For information go to Council's website and search "migrant learn to swim".

Nambour Special School P&C Fundraiser

TRIVIA night

SATURDAY 6:30PM

OCTOBER 23 **\$32** per ticket

Join us for a night of fun and help us raise vital funds for the school

Hosted by Nugget from Hot 91.1FM, there will be trivia, raffles, lucky door prizes, and a light meal will be included in the ticket cost of \$32.

A full bar will be running during the evening.

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

Book your tickets via Eventbrite

NUGGET HOT

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Mapleton Choir steps back in time in tribute to accompanist of 36 years

THE Mapleton Choir's October concert is titled "Songs of Yesteryear" and we will be singing beautiful melodies such as *I Love Paris*, *A Nightingale Sang in Berkley Square*, *Shennandoah* and many others.

In this program the Choir will feature a tribute to our accompanist John Taylor.

They will be singing pieces John has arranged in four part harmony for the choir and also one song from "The River" suite and the finale to his choral paraphrase of Shakespeare's *Cymbeline*.

John studied piano and composition at university in New Zealand and then moved to Sydney to study with a top piano teacher.

His working life was set in 1964 when his employer sent him to Canberra to train as a computer programmer.

Apart from music John does regular Parkruns on Saturday mornings.

In 2017 at age 83 he became the oldest person in the world to complete 200 parkruns (confirmed by headquarters in UK).

For his birthday each year he and his daughter climb a local mountain to reach the summit by sunrise!

John was one of the early members of the Mapleton Choir and has been accompanist for 36 years.

The concerts will be held at Kureelpa hall on Friday 29 October at 7.30pm and Sunday 31 October at 2.30pm.

▶ Each concert will be approximately 80 minutes long



Accompanist John Taylor, who, in 2017 at age 83, became the oldest person in the world to complete 200 parkruns, and also likes to mountain climb.

with no interval. Bookings are essential and seats will be allocated. Seats are \$20 and can be booked and prepaid with a choir member or phone Ailsa Morehen on 5478 6079.

NAMBOUR wesleyan METHODIST CHURCH

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KIDS CLUB
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Sunday School During the Service in School Terms

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P 5476 4263

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Inspiration Choir and Orchestra present

THE MESSIAH

by **GEORGE FREDERICK HANDEL**

Directed by Kin Kirkman
Soprano - Julie Molnar
Alto - Stephanie Arledge
Tenor - Tobias Merr
Bass - Daniel Simpson

Kenilworth Town Hall
Sunday 24th October @ 2PM
\$25 Cash or Card at the door
NO BOOKINGS NECESSARY
Further Information phone 0427 723 848

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SUNCOAST CHRISTIAN COLLEGE

www.suncoastcc.qld.edu.au/open-morning

Injured cyclist rides to improve the lives of kids with cancer

EVERY October thousands of Australians like Nambour's John Kirkham get on their bikes with one simple mission - to make sure that parents never need fear watching their child die from cancer because research will find treatments and cures.

Great Cycle Challenge participants choose how many kilometres they want to ride then ask their friends to sponsor them.

They design their own challenge, inside or outside, alone or in groups - but all with the same mission: to fight kids' cancer.

Since the Great Cycle Challenge started in 2013, over 79,000 riders have raised more than \$27 million for the cancer research done in the labs of Children's Medical Research Institute (CMRI).

Over the last five years of doing the Great Cycle Challenge, John has raised an incredible \$19,000 but this year he admits things will not be so easy.

While many people have had a tough year, John has had it tougher than most.

"I've definitely had a lot of challenges and doing this ride will be another one."

He has been into hospital three times, and still faces more surgeries.

He was recently hit by a car towing a caravan while out riding and is facing surgery on both his knees.

"It was a pretty spectacular incident," John said. "Luckily I saw the car coming so I could kind of prepare for it."

"Despite everything I've gone through this year, I just want to get on the bike and get on with it."
—John Kirkham

In spite of his own difficulties, John has always been inspired to help kids with cancer.

"I think about little kids in hospital with cancer - how is that a life? I defy anyone to read the stories about kids going through cancer treatment and not be moved. Despite everything I've gone through this year, I just want to get on the bike and get on with it."

The money raised goes to research that aims to help kids like Jess, who has been one of the faces of the ride since she was first diagnosed with Acute Lymphoblastic Leukemia. Mum Joanne said there were times she thought they were going to lose her.

"I had times where it felt like I was watching my daughter die, right in front of me, and all I could do was just fight for her. I remember this one night, the doctors were jumping all around her, it was touch-and-go. It was so serious we were just taking things hour-by-hour.

"She ended up in ICU, and they told me it wasn't looking good. I just cried and cried. But she pulled through - like she always did.

"She's always been such a fighter. That's what kept me going, she's such a fighter."



Over the last five years of doing the Great Cycle Challenge, John has raised an incredible \$19,000 but this year he admits things will not be so easy.

After two years of having countless rounds of lumbar puncture chemotherapy, constant blood transfusions, bone marrow biopsies and even a dose of pneumonia which left her in intensive care - Jess rang the bell to symbolise the end of treatment in May this year.

The Great Cycle Challenge can be done anywhere, anytime

throughout October. You can hit the road or do it inside on a fixed bike. You choose how many kilometres you aim to ride and how much money you'd like to raise - then just ask your friends to sponsor you.

► Learn more and register at www.greatcyclechallenge.com.au.



Roaring 20s style: From left Carolyn Summers, Karen Livesey and Suzanne Nugent.

QCWA to warm up for Centenary with Roaring 20s event

QUEENSLAND Country Women's Association will be celebrating 100 Years in 2022.

QCWA Maleny Branch, established in 1928, is getting 'in the mood' by holding a Melbourne Cup Fashion Parade and Lunch on November 2 from 10.30am in the Community Centre to help launch state-wide Centenary Celebrations.

Dress will be Roaring Twenties theme with a prize for the best dressed.

Tickets are \$50 which covers refreshments on arrival, sweeps, live music, fashion parade, picnic lunch, licensed bar and raffle draws.

The event is limited to 100 tickets. Enquiries Marlene Hankinson QCWA Maleny Branch Treasurer qcwa.maleny@gmail.com or 0407 133 679.

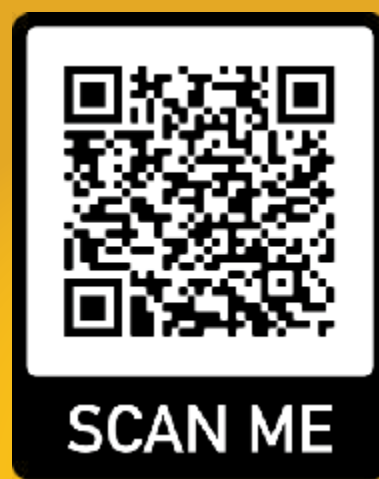


The Young Pinnacle Scholars program

Applications open for students entering Year 5 in 2022



The Young Pinnacle Scholars program is an enrichment program for bright and motivated Year 5 and 6 students. Students experience four high school immersion days per year, and are fast-tracked to the full Pinnacle Program at Nambour State College. The program aims to develop higher-order thinking skills, the bravery to try new things and friendships between like-minded students from different schools.



Application process:
Applications can be found on the Nambour State College website or by scanning the QR code. Applications are due by the 26 November 2021.



CRICOS Provider Code: 00608A

Senior Campus 1 Carroll Street, Nambour QLD 4560 Phone: 5450 4111
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<https://namboursc.eq.edu.au> Nambour State College

LOCAL FOUNDATIONS; GLOBAL OPPORTUNITIES

\$1.46 million clubhouse opens for Palmwoods AFL and cricket

HINTERLAND AFL and cricket clubs will have a new home with the completion of a \$1.46 million clubhouse and change rooms at G Rae Oval in Palmwoods.

The new clubhouse will be used by players from the Hinterland Blues AFL Club and Palmwoods Cricket Club. It includes four female-friendly change rooms, umpire facilities, a new canteen, meeting room, storage area, first-aid room and an improved spectator embankment.

Member for Nicklin Robert Skelton said the new facilities were vital so clubs could keep pace with the growing popularity of their sports.

"Hinterland AFL Club has seen player numbers increase by 63 per cent over the last five years including a 30 per cent jump in junior numbers in 12 months," Mr Skelton said.

"The old clubhouse has been demolished to make way for a modern clubhouse with dedicated male and female change rooms which will make a huge difference to a club that has played this season out of a six by three donga."

The works were delivered by Sunshine Coast Regional Council through Murphy Builders who employed 70 local tradies throughout the construction works.

Sunshine Coast Division 5 Councillor Winston Johnston said the Jubilee Drive facility, affectionately known as "The Woods", has been completed in time for the 2021-22 cricket season which starts next month (October).

"What a terrific kick-start for the Palmwoods Cricket Club's junior and senior teams this season and a fitting finale for the Hinterland Blues AFL Club to mark the end of a challenging season which saw the seniors make



Cr Winston Johnston opens the new facility for Palmwoods AFL and cricket players.

their first grand final appearance in 10 years," Cr Johnston said.

"Sporting clubs are a critical element of the social fabric of our communities and play an incredibly important role not only in enabling local residents – particularly children and young people – to get active, but they also help to bring communities together and reduce the incidence of social isolation."

Hinterland Blues President Bruce Bell said the new facilities will provide a massive boost to their future growth and operations.

"Having four change rooms will make the girls more comfortable and increase female participation which is increasingly important as nearly a quarter of our players are female," said Mr Bell.

"People are already taking a renewed positive outlook on the club and where it's heading, and we have stemmed the flow of people looking elsewhere for clubs with better facilities."

The club has 120 senior players and 130 juniors including two senior men's teams, one senior women's team and nine junior teams with plans to add another senior men's team next season.

The new clubhouse and change rooms are jointly funded by Sunshine Coast Regional Council (\$700,000), the Queensland Government's COVID Works for Queensland program (\$500,000), the AFL Grand Final Facilities Fund (\$150,000), Queensland Cricket (\$100,000) and Nambour and Hinterland AFC (\$10,000).

David Williamson coming to Maleny to discuss *Home Truths* memoir

DAVID Williamson is the most produced playwright in Australian history.

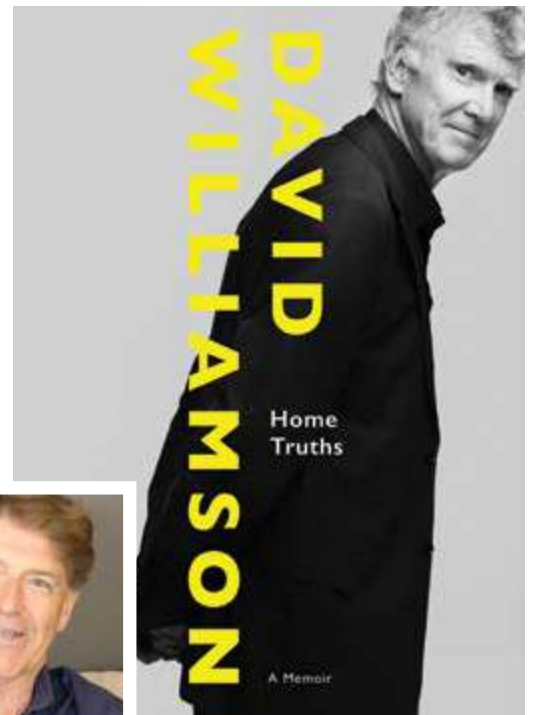
Now, after 50 years, he has turned the focus onto himself and written a memoir, *Home Truths*; the story of his life in both the public and private spheres.

David will be in conversation with local author Steven Lang at the latest Outspoken event in Maleny.

In *Home Truths* David reveals how a childhood defined by marital discord sparked a lifelong fascination with the capacity for drama to explore emotional conflict; but also how anxiety plagued him as he crafted his plays, notwithstanding the joy of connecting with an audience.

He writes, too, about the great love story that has defined his life.

Fearless, candid and witty, David discusses the plethora of odd, interesting, caustic and brilliant people – actors, directors, writers, theatre critics, politicians – who have intersected with his life and work: the young Jacki Weaver and Chris Haywood in the first Sydney production of *The Removalists* in 1971; Nicole Kidman on the brink of stardom in the 1988 feature film *Emerald City*; the lively dinners with Paul Keating; overseas travels with Gareth Evans,



Above: David Williamson's new book. Inset: Maleny's Steven Lang. Pic Carolyna Lovely.

interactions with Peter Carey and Tim Winton.

This is a remarkable story from a remarkable man, and it makes for marvellous reading.

The evening will commence with a conversation with Anthony Mullins, discussing his new book, *Beyond The Hero's Journey*.

► David Williamson in conversation at Maleny Community Centre, Thursday October 21, 6 for 6.30pm. Tickets \$22 and \$15 for students from outspokenmaleny.com. Outspoken expects this event to sell out, get your tickets today to avoid disappointment.



Year 7 2022 Parent Information Evening

We are delighted to present an opportunity for interested families to tour the Nambour State College grounds and find out how our College can support your child's high school transition.*

You will have the opportunity to ask questions and engage in discussions at the end of the evening.

*Parents who have attended earlier information nights are not required to attend but are always welcome. No new information will be presented at this event.



Wednesday 27 October, 5 - 6pm

Nambour State College Auditorium (Coronation Ave)

RSVP using the QR code:





The recent Obstacle-a-thon was a fun and healthy way to draw families together at the Kindy.

Range Kindy to celebrate 35 great years

RANGE Community Kindy has a history dating back to 1986 where it began as a 'pack away' Kindergarten at the historic Mapleton Hall.

Sharing the Obi Obi Road premises with numerous community groups meant packing away the Kindergarten equipment in its entirety each day.

In 1991, the Kindergarten was able to relocate to its current location on Flaxton Drive, Mapleton where it will celebrate 35 years of operation on October 16.

"Having been built and developed due to the valiant fundraising efforts of volunteers and committees from the beginning, you could say we are grown from and are embedded in our local community," said Director Margaret Lamb.

"Part of our curriculum focus is to help the children build a confident self-identity and sense of who they are.

"This is easily evident in their pride in being part of their families and local kindy community."

Margaret said the recent Obstacle-a-thon was a fun and healthy way to draw families together at the Kindy.

"Parents and families enjoyed cheering their little champions on, and also coming together for a picnic morning tea in the Kindy yard."

The community is invited to the Community Fun Day on Saturday October 16th between 9am and 12noon.

"We will welcome everyone who has been a part of our growing Kindy family, those looking forward to joining us soon, and those just interested in what the fun is all about," said parent Harmony Rutledge.

Range Community Kindergarten has steadily continued to improve and grow due to the involvement and dedication of its staff, parents and friends.

With each year the buildings, grounds and equipment develop further as improvements and refurbishments are facilitated.

"It's an amazing little community. Our current director Margaret Lamb has been there for 20 of those years," said Harmony.

"Both of my children have attended the Range Kindy, I feel so incredibly grateful to have such a loving, nurturing, encouraging & playful environment for our children on the Range. It truly is a magical place."



From left, Judith Boyd as Edith the Maid, Angus Macklyn as Dr. Bradman, Tony Glazebrook as Charles Condomine. Photos Glenda Campi.

Play explores love, loyalty deception, and relationships

'BLITHE Spirit' is one of Noël Coward's most acclaimed plays which explores themes of deception, love, loyalty, and the complex legacy of past relationships. Hence Coward described it as 'an improbable farce'.

Lind Lane Theatre are taking on this classic as their end of the year play for the pure joy of presenting the masterpiece and the actors are having a ball.

It is set at the house of socialite and writer, Charles Condomine and his wife Ruth. One evening, 'with the wood fire burning because it is an English summer evening', Charles invites local eccentric medium, Madame Arcati to hold a seance at his house.

He asks along his friends, Doctor and Mrs. Bradman, intending to gather character inspi-

ration from Madame Arcati for his latest book. Despite initially thinking the seance has been a failure, it soon becomes clear that Madame Arcati has unwittingly brought back Charles' first wife, Elvira, who, unable to leave the house, causes all kinds of mischievous trouble between the married couple. Intensely funny and character-driven, Blithe Spirit combines farce, emotion, and wit to great effect.

Be prepared for a wonderful night of entertainment!

► The Season runs from October 28th until November 6th 7.30pm or 2pm at 16 Mitchell St Nambour with tickets available online at: <https://www.lindlane.com.au/whats-on> Enquiries on 1300 732 764



Yvie Somerville as Madame Arcati. Photo Glenda Campi.

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disasterhub.sunshinecoast.qld.gov.au

A neural highway links your gut to your brain

by Rochelle Voysey, Rewilded Health

DID you know that the gut and the brain are connected via a crucial neural pathway? The vagus nerve is a significant part of our parasympathetic nervous system, which helps us to switch out of flight or fight (stress) mode and into rest, digest, and repair mode.

It's important to understand that this pathway is bi-directional. Meaning messages can travel from both the brain to the gut, and from the gut to the brain. These systems are therefore in constant communication with each other, with the functioning of one organ influencing the functioning of the other.

Within the gut, the vagus nerve interacts directly with the microbes living within our gastrointestinal tract - our microbiome. A diverse and healthy microbiome is important for producing up to 90% of our neurotransmitters, which are unique chemical messengers that allow our brain and nervous system to function. These include:

- GABA (calming, anti-anxiety)
- dopamine (motivation)
- serotonin (mood stabilizing, happiness, digestion)
- melatonin (sleep)
- acetylcholine (cognition, memory)

Once manufactured in the gut, these molecules travel up to the brain via the vagus nerve, thereby affecting the way we think and feel, our resilience and how we respond to stress, how we sleep, our gut motility and much, much more!

All these beautiful compounds are built from short-chain fatty acids (SCFA) produced by our amazing "good" gut bugs. An imbalance within the microbiome can therefore decrease SCFA production, leading to less neurotransmitters and poor mental (and physical) health.

On the flip side, periods of intense or prolonged physical or emotional stress, overwhelm or grief can reduce vagus nerve activity, changing the environment within the gut and making it less hospitable to our "good" gut bugs. Not an ideal situation.

The good news? Properly feeding our healthy microbes, sunlight, joyful movement, cold water immersion, singing, laughter, breathwork, meditation, and emotional healing have all been shown to greatly improve vagal tone, rebalancing the gut and nervous systems. And that's just the stuff you can do at home!

► Rochelle specialises in Kinesiology & Functional Nutrition. Phone 0412 720 561 or rewilded.health@gmail.com. Shop 6/4 Mill St, Landsborough.

From shame to superpower. Mum shifting outdated notions of dyslexia

YOGITA Ridgley spent more than 30 years of her life being ashamed and embarrassed about being dyslexic. Now she laughs it off. "I can't spell," she said. "My spelling makes me laugh. It is ridiculous."

Yogita says she was not always this brave and open about her dyslexia.

"When I was six years old, my English teacher tested us on 20 words. I did not get one word right. She asked me to stand in front of the class so she could teach other children a lesson: what happens when you don't pay attention in class or work hard. I was called stupid, lazy, dumb and an embarrassment to the class. I was six years old! I stood there, shaking, tears rolling down my cheeks, wishing to be invisible. But I was not stupid, not lazy, definitely not dumb. I was dyslexic."

Yogita now wants to share her story to shine a light on the condition.

"I grew up with zero self-esteem, no self-belief, and emptiness inside. All I wanted was to fit in, to belong, and be loved."

"I invested in my personal development to shift my self-esteem from none existence to self-belief and confidence, learn to accept that I am dyslexic and embrace my dyslexic powers and learn to manage my dyslexic weakness."

Dyslexic brains

are wired to process information differently, said Yogita. "Our brain has an incredibly difficult time doing what's called phonetic decoding, hence we struggle with reading (connecting the sounds), writing (connecting the letters), and grammar."

She said people with dyslexia saw the world differently because they were capable of seeing the big picture, think outside the square, create and connect with empathy. People who have used their dyslexic powers and abilities to do amazing things in the world included Albert Einstein, Leonardo da Vinci, Walt Disney, Orlando Bloom, Keira Knightley, Chris Robshaw, Maggie Aderin-Pocock, Steven Spielberg and Richard Branson

While dyslexic people struggled with reading, writing, and spelling they more than compensated with powers of creativity, innovation, problem solving, out of box thinking and storytelling. "We can't read the language but we can read people."

"Dyslexia is a superpower," Yogita said. "I encourage people to stop living in shame and step into their superpower. Dyslexic minds have exactly the skills we need for the workforce of tomorrow."

And yet our dyslexic students are dropping out of the school system, most don't finish year 10. Schools are

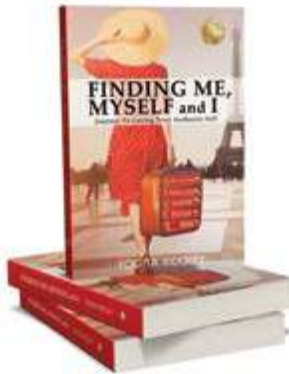


Yogita encourages people to step into their superpower in her new book, 'Finding Me, Myself and I', left.

not teaching kids how to think, they are teaching kids how to remember information to pass the exam. Traditional educators are not trained to teach the child with neuro diversity. "This

This is why I am so passionate about educating people about dyslexia and bring awareness to dyslexia.

► Dyslexia Awareness Week was 7-12 October.



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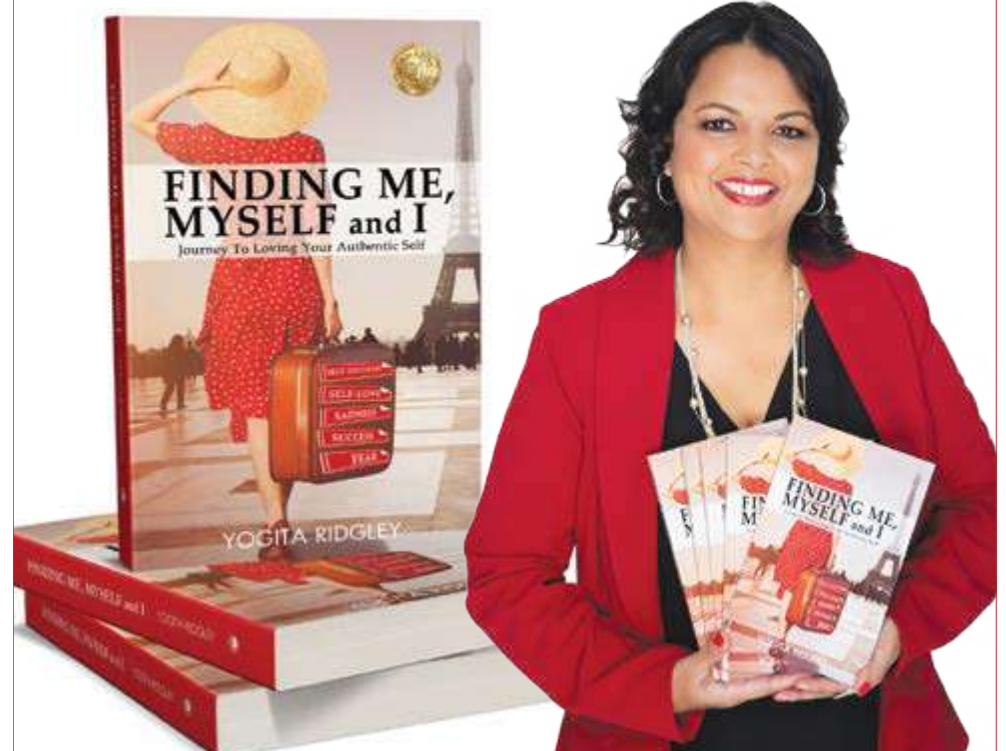
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3. TENDER ROAST PORK LOIN (GF / DF)
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A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
5. OVEN BAKED BEEF RISSOLES & GRAVY
- SERVED WITH BUTTERED POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
6. BRAISED STEAK & MUSHROOMS IN GRAVY (GF / DF)
- SERVED WITH HERB BUTTER POTATOES & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
7. CORNED BEEF SAUTEED ONION & FRESH HERB WHITE SAUCE (GF)
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9. SAVOURY MINCE (GF / DF) - LEAN BEEF GRAVY SERVED WITH BUTTERED HERB POTATOES & STEAMED VEGETABLES
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10. STICKY TERIYAKI PORK & ASIAN GREENS (GF / DF) - SERVED WITH RICE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
11. COTTAGE PIE (GF / DF) - LEAN BEEF & VEGETABLES SAUTEED IN GRAVY & BAKED WITH CREAMY MASH POTATO & SEASONAL VEGETABLES
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
12. MALAYSIAN SATAY CHICKEN (GF / DF)
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13. BRAISED PORK, CHORIZO & BUTTERBEAN STEW (DF)
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14. STIRFRIED CHICKEN & HOKKIEN NOODLES (DF)
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- SERVED WITH RICE
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- WITH NAPOLITANA SAUCE, BAKED WITH CHEESE
A. SINGLE SERVE \$9.90 | B. PORTION FOR 2 PPL \$18.00
18. PORK & BEEF ITALIAN STYLE MEATBALLS
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20. HEARTY PEA & HAM SOUP (GF / DF)
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- SINGLE SERVE \$5.50
21. ROASTED SWEET PUMPKIN SOUP (GF / DF)
- SINGLE SERVE \$5.50

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



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- | | | |
|---|---|--|
| <ol style="list-style-type: none"> 24. CHICKEN AND CORN SOUP 25. THAI SATAY CHICKEN (GF) - SERVED WITH JASMINE RICE AND STEAMED VEGGIES | <ol style="list-style-type: none"> 26. VEGETABLE COCONUT CURRY (GF / DF / VEG) - SERVED WITH JASMINE RICE AND STEAMED VEGGIES 27. BRAISED BEEF AND ONION STEW (GF / DF) - TOMATO & BEEF GRAVY, JASMINE RICE AND STEAMED VEGGIES | <ol style="list-style-type: none"> 28. PENNE BOLOGNESE - LEAN BEEF MINCE BOLOGNAISE, CHEDDAR CHEESE AND HERBS 29. PENNE CHICKEN CARBONARA - BACON, MUSHROOM, PARMESAN, HERBS & CREAM |
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CLOUDS MONTVILLE

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

MONTVILLE GOURMET BISTRO

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- | | | |
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| <ol style="list-style-type: none"> 49. CHICKEN SCHNITZEL - SERVED WITH VEGETABLES 50. CHICKEN PARMIGIANA - SERVED WITH HAM, NAPOLI SAUCE AND VEGETABLES 51. MARGHERITA PIZZA - TOMATO BASE, CHERRY TOMATOES, CHEESE & BASIL 52. BUTCHERS BLOCK PIZZA - TOMATO BASE, CHICKEN, BEEF, SALAMI, HAM, BACON, ONION, CHEESE & HOLLANDAISE SAUCE SWIRL 53. SUPREME PIZZA - TOMATO BASE, SHAVED HAM, SALAMI, ONIONS, CAPSICUM, PINEAPPLE, MUSHROOM, OLIVES, ANCHOVIES & CHEESE | <ol style="list-style-type: none"> 54. BBQ BACON CHICKEN SCHNITZEL - TOPPED WITH BBQ SAUCE AND CRISPY BACON AND MOTZZARELLA 55. TROPICAL PARMIGIANA - TOPPED WITH HAM, PINEAPPLE AND MOZARELLA 56. VEGGIE CARBONARA - ONION, GARLIC, MEDITERRANEAN MIXED VEG & NAPOLI SAUCE 57. CHILLI CARBONARA - CHICKEN, BACON, GARLIC, CHILLI, AGED TOBACCO & PARMESAN | <ol style="list-style-type: none"> 58. CREAMY PESTO GNOCCHI - BACON, SUNDRIED TOMATO, GARLIC, PESTO, CREAM SAUCE & PARMESAN 59. HOUSE MADE BEEF RISSOLES - SERVED WITH VEGTABLES, CREAMY MASH POTATO & GRAVY 60. LAMB AND ROSEMARY FILO'S - SERVED WITH STEAMED RICE 61. MONTVILLE GOURMET PIE - SERVED WITH MUSHY PEAS AND CREAMY MASH POTATO 62. SWEET POTATO, PUMPKIN, SPINACH & FETA FILO - SERVED SERVED WITH VEGETABLES |
|--|--|--|

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Moment in Time



Pictured in 1940 are members of Unit 28 of the Voluntary Aid Detachment formed in Nambour during World War II. Under the leadership of Miss Heywood, this small unit met at the Drill Hall in Price Street. Training in first aid was given by Mr Beech at the ambulance station in Howard Street and local army officers gave civil defence training. Members assisted the community where ever needed including at the General Hospital. Visit the Nambour Museum (Wednesday, Thursday, Friday 1 – 4pm, Saturday 10am – 3 pm) and learn all about the role of women, both Servicewomen and women at home who contributed to the war effort from 1939 – 1945. Admission Adults \$5, Children \$1.

Woombye Library

DID you know that the Woombye Community Library has an excellent range of children's story books, including games, and other similar activities? Our Librarians are available to assist budding young readers who will be readers for life.

Save the date for the next Woombye Community Library Balcony Book Sale on Blackall Street which will be held on Friday & Saturday mornings November 19 & 20 from 8am until 12 noon. We encourage all readers of any age to find some great bargains, meet Library members and catch up with other book lovers over a coffee from the many local establishments and other local businesses whilst enabling the local Woombye Library to continue its important role as a free volunteer led community service.

Jeffs crowned Best & Fairest

NAMBOUR Crushers dummy half A'Eisha Jeffs, pictured, was awarded Sunshine Coast Rugby League's Best and Fairest winner for the open women recently.

A'Eisha, pictured, started playing with the Crushers in 2016.

Club secretary Wendy Turner said it wasn't only A'Eisha's rugby league skills that had impressed many people at the club.

"A'Eisha is really dedicated, and not just as a player for her team and her coach," Wendy said.

"She's also a great club person who puts her hand up for everything. We're all very proud of her."

The 19-year-old is studying nursing at the University of the Sunshine Coast and says her goal is to play in the NRLW.



In other great news for the Crushers, Nambour Division 1 player Blake Woodford was named Rookie of the Year.



Robyn Powell is in her element taking guests around the Gardens. Image N Rankin / Friends of MRBBG.

Free Garden Walks resume on Mondays at MRBBG

THE Maroochy Bushland Botanic Gardens are celebrating the graduation of a new group of Guides with Free Guided Walks every Monday at 10am.

New Guides Elaine Davidson and Robyn Powell have a special range of stories to tell about local flora and bushland. Elaine has experience as a Guide at the Royal Botanic Garden Sydney, and offers insights into the histories behind the plants, their names and even their uses. Robyn grew up on a neighbouring property, and has a genuine connection to our bushland and farming history.

► For more information, including details of other guided walks and events at the Gardens, please visit www.friendsofmaroochybotanicgardens.org.au.

Letter to the Editor

Phone tower's potential silver lining

I note the proposal to build a phone tower 40 metres tall near Paynter Creek in Woombye. The logic of the chosen site is not clear to me, and I understand there is plenty of objection to it from local residents.

If the tower is to be built, despite objections, it would be wonderful if a big chunk of the Paynter Creek riparian zone surrounding the site was restored to local native plant vegetation and animal habitat as a condition of approval.

The site has several large eucalypts and a few other native species, but is largely a Camphor Laurel and other weeds infested wasteland.

Some good works in planting natives are being done in conjunction with housing development and otherwise, and there is endless opportunity to improve the ecology of the very degraded Paynter Creek.

Maybe this is another worthwhile initiative. It would be a major project with significant cost, but perhaps worth it to the tower developer and certainly a major benefit to the environment and people of Woombye.

Norm Morwood, Woombye BushCarer

Millsy's Pop up Restaurant backs Morcombe Foundation

THE Daniel Morcombe Foundation is thrilled and grateful to be this year's beneficiary of Millsy's Pop Up Restaurant.

Each year, Ken Mills Toyota turns their Maroochydoore workshop into the hottest restaurant in town. The initiative raises funds to keep a chosen charity running smoothly.

All funds will support the Morcombe Foundation's latest resource: a choose-your-own adventure-style resource for young people to navigate the online world safely.

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Double celebration as Nambour twins graduate

DRESS colour was the only thing separating identical Nambour twins Jessica and Caitlan Gibbs as they crossed the stage to receive the same degree at the same USC Graduation Ceremony recently.

The sisters, who turned 21 in May, were excited to officially graduate together after completing a Bachelor of Biomedical Science.

"Studying alongside Jess has been both helpful and fun; we studied together for exams and worked on assignments together easily," said Caitlan, who will do further study in 2022 to boost her laboratory skills.

"Having my twin alongside me throughout the three years has been an enjoyable and unforgettable experience."

Jess, who is keen to do research in medical microbiology and intends to study Honours at USC next year, also loved the close support.

"While navigating university life, I wasn't alone," Jess said. "I had my best friend by my side through it all."

The Burnside State High School graduates said study highlights included work placements with Queensland Health in cardiac science, based at Prince Charles Hospital and Sunshine Coast University Hospital.

"This allowed us to develop and link our knowledge and skills learnt from our biomedical studies to the medical industry," they said.

"During the degree, we developed clinical and



Nambour twins Jessica and Caitlan Gibbs graduated together after completing a Bachelor of Biomedical Science.

communication skills in laboratory classes and tutorials while increasing our understanding of the body's pathology to various diseases."

Flags draws attention to Mapleton Library

BRIGHT red feather flags now prominently displayed outside the Mapleton Community Library are proving an enticing signal for members and visitors to 'come on in' and enjoy what's on offer.

And what a difference a flag or two makes! At a recent Saturday Story telling, in conjunction with a book sale, the flags were raised for the first time. Their presence immediately attracted potential customers to the special children's books and craft sale. The result - a dramatic increase in revenue for the Library. And the families attending the Story telling felt very special to be part of this new-look Library.

To prove just how welcoming and successful these bright red flags are to the Library, the flags were raised again in mid-September to herald an incredibly, fully booked Library event with an Italian theme, 'A Night at the Opera'. This was a night when Mapleton sparkled, with thirty six guests, elegantly dressed and seated at a long table of over 16 metres in the recently renovated Library. Chandeliere, full table service and commentary by Peter Bassett, a world renowned opera academic, completed the evening. Dr Nita C Lester (President) said, "Mapleton has never seen anything like this event before."

The flags were raised again at the Library for the 10th October Spring Book Fair and market day. Thousands of books and DVDs were on sale, along with stalls featuring fruits and vegetables, honey, gifts, gently loved treasures and a Lions barbecue. So mark this date on your calendar.

The Library has a strong community focus, providing not only Library resources for borrowing, but organising art and cooking workshops. Plus the annual St Valentine's Day 'Lovers of Books' featuring local authors and illustrators, the monthly children's story telling, displays by local artists, Justice of the Peace



Library volunteers Sandra Goodard left and Clare Aylmer let everyone know about the recent Book Fair.

services and much more.

The flags remind everyone of these numerous services offered by the Library. With the support from the Sunshine Coast Council and the State and Federal Governments, Mapleton has the best library. Our volunteers are the strength of the Library numbering over sixty. To honour their commitment and contribution the annual volunteer's morning tea was held recently. Several experienced Library volunteers have been working studiously for over ten years creating that continuity which guarantees a positive volunteering culture for future Library volunteers. It's about raising the flags, saluting the special volunteers at the heart of Mapleton - the Mapleton Community Library.



David Dangerfield, left, and Murray Power at the opening night of the Festival.

Compass helps bring inspirational movie to Majestic for Coast Film Festival launch

LOCAL Disability Charity, The Compass Institute formed a special collaboration with the Sunshine Coast Film Festival to bring inspirational Australian film 'From Sky to Sea' to a packed audience at Majestic Cinemas in Nambour last week.

Compass were pleased to host the Opening Night of the Festival with CEO David Dangerfield saying the movie aligned with Compass's values of not letting a disability get in the way of achievement.

'From Sky to Sea' is a true story about Australian Jaimen Hudson whose dreams took a shocking turn at age 17 when a dirt bike accident rendered him a quadriplegic. It documents his love of life, the love that surrounds

him and how his return to the ocean is achieved with the help of a dedicated crew of helpers and film maker Leighton De Barros ... a return that he is willing to risk his life for.

Film Festival Director Murray Power was thrilled with the outcome of the night and said he believes this is a world first - screening a film with disability as the core subject as an opening night feature.

The Sunshine Coast Film Festival continues at Coast cinemas. See details of the full schedule at www.scfilmfestival.com.

► Film Festival Movies playing at the Majestic include two German comedies, 'Grandparenting 101' on 14 October at 7pm and 'It's For Your Own Good' on October 17 at 2pm.

Nambour Meals on Wheels get set to mark 50 years of delivering community goodness

NAMBOUR Meals on Wheels commenced in early 1971 when community members identified the need for a local meal delivery service to the aged and infirm.

A committee was formed by the combined churches in Nambour and the first delivery was made on October 4, 1971 with 21 meals prepared and delivered from the Church of England Hall.

Fast forward half a century and the group is about to celebrate its 50th Birthday. This will take place on Friday October 29 with refreshments & music at Grounded @ Woombye.

In the early days the service operated three days a week delivering 60 meals each week. Recipients were charged .40c per meal.

The Nambour service was one of the first of its kind on the Sunshine Coast with many to follow. In the late 1970's land was leased from the Maroochy Shire Council and a kitchen was erected with the help of Rotary and Apex Club volunteers.

The committee of Combined Churches continued to run the service until the number of meals required became too much for them to manage. In 1984 a public meeting was called to elect a committee from the local community. After this meeting, the name of the service was changed to Nambour Meals on Wheels Service Inc.

By 1991 the service had expanded and was operating 5 days per week. At this time fundraising commenced to raise money to build an extension to the building. Thanks to the generosity of the Nambour and District community the extension was erected and officially opened May 1992.

Nowadays Nambour Meals on Wheels has grown in just the past two years from providing an average of 420 meals a week to about 580.

► The birthday will take place at Grounded Cafe, 13a Blackall Street, Woombye from 1.30 to 4.30pm. Numbers are strictly limited. Enquiries nambourmow@bigpond.com or 5441 3543.



Rare sighting lifts hopes for Richmond Birdwing

IS a dead butterfly near a dead tree stump surrounded by dead leaves worthy of a photograph? It sure is when it's evidence of the endangered Richmond Birdwing Butterfly.

Bush Care Sunshine Coast Coordinator Norm Morwood said it was great to see evidence of the endangered species at a Bush Care Sunshine Coast work site, Florabunda Pocket in Nambour.

"Since 2012 we've planted quite a few of the vines (Pararistolochia praevenosa) the butterflies must have to survive, but none have done very well, So I don't know how this specimen got here. Still, it's wonderful to see."

New president for Yandina Chamber

THE committee and members of Business Yandina met for their AGM at Gun Cotton in Yandina recently.

It was a timely opportunity to review the past year, and to elect new leadership.

With the on-going Covid pandemic, most businesses in Yandina and the district recorded some of their best growth as restrictions on overseas travel have seen people spending more money within their community.

From the Annual Expenditure Overview for Yandina (July 2020 to June 2021), the total local spend was \$84.6 million and the resident local spend was \$10.8 million.

While this was great news for many local businesses, the increased activity created a number of specific challenges for Business Yandina.

"I know some businesses that have had an increase of up to 50% in the last 12 months," said outgoing President, John O'Leary.

"This is great news but it does come with a cost as everyone is extra busy in their own business and, therefore, is challenged for time to

give to their roles on the chamber committee. "I myself have been extremely pushed for time and have not been able to give the role as much time as I would like and need," he said.

"Many thanks to Allan Best, Bill Gissaine and Lynda Tomkins for taking up some slack".

With a membership of 70 and regular attendance of between 25 - 30 at meetings, Business Yandina is looking ahead to further engaging the Yandina business community and maximising the incredible volume of visitors to the town.

"The Sunshine Coast hosts 11 million visitors a year, generating 3.9 billion of income," Mr O'Leary said.

"And The Ginger Factory has the 2nd highest visitor numbers of any attraction on the Coast just behind Australia Zoo. It is an exciting place to be in business."

Mr O'Leary stood down as President, and welcomed incoming President, Allan Best, of Best Property Yandina.



John O'Leary, left, stood down as President, and welcomed incoming President, Allan Best, of Best Property Yandina.

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

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UNDER CONTRACT

Unit 9/12 Fig Street, **Maleny**

3 1 2

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

For Sale
\$515,000

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UNDER CONTRACT

1581 Maleny Kenilworth Road, **Conondale**

3 1 2

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

For Sale
\$725,000

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WELCOME YOUR NEW NEIGHBOURS

122 Maleny Kenilworth Road, **Maleny**

6 3 3

Perfectly positioned on a flat 2902m² block is this very stylish 120-year-old Queenslander. Meticulously renovated, this property offers the growing family every modern feature, a fantastic layout, and some very special original features. The heart of the home offers family living at its best; a large modern kitchen with butler's pantry and dining room all flowing to the large deck at the rear of the property. This enviable home is an entertainer's dream with so many spaces to gather with family and friends. It also offers the ultimate retreat for buyers looking for a quiet corner to curl up with a book and while away a weekend.

SOLD
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WELCOME YOUR NEW NEIGHBOURS

25 Cooke Road, **Witta**

4 2 3

Offering over an acre of land, this much-loved home is perfectly positioned to capture the very pretty rural views across Witta and beyond. Set over two levels, there are views and nature to be enjoyed from each storey of the home and across the property. Surrounded by quality homes, here is the opportunity to create something very special in a highly sought-after area; astute buyers are revelling in all Witta has to offer. You'll see how much love the current owners have for this home; it's been well maintained and offers so much for the growing family or couple who love to entertain visitors.

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Added to this is the master

bedroom overlooking the outside infinity pool with magnificent hinterland views.

The extra-large ensuite contains a double shower, spa bath and separate toilet through to the walk in robe. The three other bedrooms have built-in robes and are also large, as is the laundry.

The family bathroom has a bath, toilet and separate shower and is at the end of the hallway with three large built-in storage cupboards. Underneath the home is a large room with separate toilet that could possibly be used for dual living or as a media room

- the choice is yours.

Speaking of dual living, there is also a two bedroom self-contained flat with single garage and double carport at the bottom of the concrete drive leading to the main home and a 430m² steel framed shed with concrete hardstand area with easy separate access, suitable to run your own business from.

The rest of the property has a dam and enough room for a few horses or grow your own fruit and vegetables.

► To enquire about this beautiful property, contact David Smart of Nev Kane Real Estate on 0427 751 237.

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FOR SALE



254 Windsor Road | BURNSIDE

5 2 2 9.3 acres

Price: Offers over \$930,000 considered

Inspect: By Appointment

Property ID: 137446222

Located at the end of a whisper-quiet pocket on the outskirts of Nambour Heights is this wonderful lifestyle property with a family home on 9.4 glorious acres, just a five minute drive to town's major amenities and within walking distance to parks and playgrounds.

- Study plus separate living areas plus covered alfresco terrace – lots of space
- DLUG + powered double bay shed – plenty of storage for the big boys' toys
- Established parklike gardens frame the home, a lovely outlook from all rooms
- Could suit hobby farming, self-sustainable living off the grid, trail bike riding etc
- Currently rented to tenant on periodic lease, so can be moved into by buyer
- Best of both worlds – quiet, peaceful, private acreage living without sacrifice



Megan Manly 0421 040 807

Richard Krausz 0422 997 810

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50 Lowe Street | Nambour



Real Estate team steps up amid local housing crisis

WITH property prices surging across South-East Queensland RE/MAX Property Sales Team Krausz has witnessed first-hand the struggles faced by members of the community when it comes to securing housing.

As the median house price in Nambour has skyrocketed from \$360,000 in 2017 to \$520,000 today, the former sugar mill town has swiftly become a hot commodity; pricing many in the community out of the market altogether.

Data from the 2016 Australian Census shows more than 100,000 Australian's were homeless and we expect that number has risen significantly in areas such as South-East Queensland since.

In collaboration with Thriving Families, The Nambour Community Centre provides a way forward for the most socially, culturally and economically disadvantaged and discriminated groups in our community.

"The Nambour Community Centre provides food, essential amenities and support to over 40,000 vulnerable community members each year," said Mr Krausz. "Over the past six months, the Community Centre has been run off their feet trying to cope with the housing crisis."

Mr Krausz's sales team, including Megan Manly and

Simon Schroder, approached the Community Centre Committee to find out how they could be of assistance.

'We wanted to use our role in the real estate industry as an opportunity to give back and support our community'

It was clear that the biggest challenge was funding.

"We wanted to use our role in the real estate industry as an opportunity to give back and support our community," Richard said.

"After seeing the incredible work of the Nambour Community Centre, the idea of creating an exclusive offer came to mind.

Hence, last week, Team Krausz announced they will be donating \$300 from the sale of every property listed with them from October 2021 through to March 2022.

"It's so easy to forget how lucky we are to have a roof over our head," said Richard.

"Our team is thankful that we're in the position to give back to our community and we're excited about what we will achieve over the next 6 months.

"The Community Centre does

an absolutely incredible job helping those in need, so we know the funds we donate will have a substantial impact on the organisation and our community," said Megan.

About Team Krausz

It's widely known in the Nambour community that Team Krausz is a top-performing sales team.

Richard and his team have extensive market knowledge, outstanding communication skills and a friendly approach. They are driven by a motivation to help buyers and sellers create their dream lifestyle in the Sunshine Coast hinterland.

Since joining RE/MAX Property Sales in 2017, Richard has sold over \$40m worth of property, with his highest sale price being \$1.027m.

With their proven track record in mind, Team Krausz sees huge potential in raising a significant amount of funds for the NCC over the course of the campaign.

Team Krausz are calling out to all sellers in the Nambour area to help them fight back and raise as much funds as possible for Nambour Community Centre.

► To be a part of the initiative, contact Team Krausz on 0422 997 810 to book an appraisal on your property.



Team Krausz will be donating \$300 to Nambour Community Centre from the sale of every property listed with them from October 2021 through to March 2022.



Richard Krausz says it's time to give back

Team Krausz raises much needed funds for Nambour community

The Nambour Community Centre provides a way forward for the most socially, culturally and economically disadvantaged and discriminated groups in our community.

Sell with Team Krausz before March 2022 and we will donate \$300 to the Nambour Community Centre. Help our team raise much needed funds for the NCC, so they can continue to provide food, amenities and support to the 40,000 people in need who visit the centre each year. **Request an appraisal today.**

RE/MAX Property Sales

Scan the QR code to connect with Team Krausz



Richard Krausz 0422 997 810

RE/MAX

FOR SALE



32 Presentation Boulevard

NAMBOUR

5 2 2

This expansive contemporary home has been well designed offering excellent separation under roof with a floor plan that could potentially accommodate dual living with comfort and ease, on a fully fenced 667m² corner block in a family-friendly neighbourhood.

Price: Offers over \$625,000
Property ID: 137435634

- 2 bathrooms, 1 kitchen, 1 kitchenette, 2 living, 2 patios
- Split system air-conditioning, ceiling fans, security screens
- Superb child & pet friendly flat grassy - room for a pool or shed
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Simon Schroder 0435 902 740

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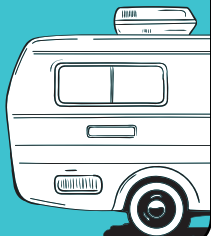
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Public Notice

The Palmwoods Bowls Club

will hold it's bi-annual Ordinary General Meeting on **Sunday the 24th October** at **9:30am** in the clubhouse.

All full members are requested to attend.

Rising stars: Nambour Toads women's rugby kicking goals



Nambour's Bridget Carter prepares for a lineout.

NAMBOUR Toads Women's Rugby has come a long way in just 18 months.

After a successful 2020, in which they fielded their first junior outfit in a decade and their first girls rugby team after a 16-year hiatus, the momentum continued this year. The senior women finished second on the table behind the ever-strong Noosa and the U17 team won the premiership.

"We are extremely proud of what we have established at Nambour for girls' and women's rugby in a short time," said Coach Luke Zeremes. "Over the past 18 months, we have developed the biggest female rugby program on the Sunshine Coast."

"We have two teams in the current SCRUM Womens 7s comp which is more than any other club and the same for the

U17 Youth 7s."

Essentially though, Zeremes said, the main goal of Nambour Women's Rugby was to keep young women involved in sport at a time when they might otherwise drop out upon leaving school.

"The main objective is to have fun on and off field," he said. "And any positive results and representative achievements are just a bonus."

Zeremes said he was proud to see the growth of girls' rugby at Nambour. "Coupled with the growth of our junior program, we are seeing some exciting things occurring at the club. I have been a long-term advocate for girls rugby in Sunshine Coast schools so to move into the club arena and see the success we are achieving in building a strong culture that celebrates female rugby is terrific."

Zeremes said for many years, the closest club for Nambour locals (girls and juniors) had been Maroochydhore.

"So to have a local option is very important for the hinterland community. It is not only the quantity of players that we are getting involved but the quality of their experience is wonderful to see."

Equally pleasing he said, was seeing Nambour punching above its weight in the women's arena.

"The club is benefiting from some strong programs in local schools; particularly St John's College which has the largest girls rugby program on the Sunshine Coast as well as Nambour Christian College which also has a growing program."

Zeremes paid tribute to the Nambour's "amazing culture" where girls and women's rugby is truly celebrated.

"We have 100 percent player retention from 2020 and these players are bringing more friends along. We also have some players from other clubs who have seen how much we value female rugby at the club and are making the decision to come across to be a part of the positive culture that we have."

Nambour's two teams were unbeaten after two rounds of the Open Women's 7s tournament having beaten Gympie, Caloundra, University and Noosa recently.

The competition continues at Noosa this Friday night before heading to Uni on October 22. The finals will be held October 29.

The schedule is busy, with two Nambour teams entered in the Sunshine Coast 7s at Caloundra on October 30. Nambour will also field a team in the BrisVegas Rugby 7s at Wests Rugby Toowong on November 6 and the Roma 7s on February 11 and 12.

Nambour Women's Achievements

- 2020 and 2021 SCRUM U17 Youth 7's Premiers
- 2020 and 2021 SCRUM U15 Youth 7's Runners Up
- 2021 SCRUM Women's Finalists
- 9 x Youth Girls Stingrays representatives in 2021
- 4 x U16 Sunshine Coast Schools representatives in 2021
- 4 x Womens Qld Country representatives in 2021.

Come and try bowls at Club Yandina's intro programs

YANDINA Bowls Club (Club Yandina) is excited to be hosting its first 'Come and Try Day', and 'Jack Attack' participation programs this month.

Supported by Bowls Queensland and Bowls Australia the programs are designed to engage the local community and businesses.

The 'Come and Try Day', with an Oktoberfest theme, will commence at noon on Sunday, 17 October, with a German style hotdog and beer lunch combo available for purchase, followed by more beers and barefoot bowls from 1pm.

'Jack Attack' is a social, fast moving, shorter format of bowls that provides a pathway for novice players or barefoot bowlers to get involved in a more structured competition. 'Jack Attack' encourages participation with its easy rules, fun atmosphere and inclusivity.

Competition involves teams of 3, with up to 6 players able to register for a team to accommodate for busy lifestyles and substitutions, with each 'Jack Attack' match lasting around 60 minutes.

Club Yandina's 'Jack Attack' competition will commence from 6.30pm, on Wednesday,

27 October 2021 and will continue for 4 weeks each Wednesday evening. Prizes will be awarded each night and at the end of the competition.

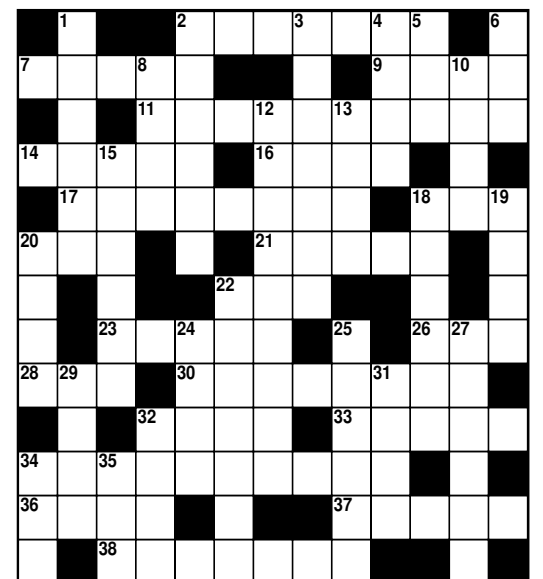
Phone the Club on 5446 7126 (leave a message) or email yandinabowlsclubinc@bigpond.com for more information, and with your interest to attend our 'Come and Try Day, or to register for 'Jack Attack'.



Crossword

See solution next page

- | | |
|------------------------------|----------------------------|
| ACROSS | DOWN |
| 2 Withdrew from federation | 1 Fish |
| 7 Hard outer covering | 2 Irregular stripe |
| 9 Musical sound | 3 Highest mountain |
| 11 Claimants to thrones | 4 Extremities |
| 14 Publication | 5 Female deer |
| 16 Love god | 6 Acceptance |
| 17 Forced | 8 Goading device |
| 18 Dry, of champagne | 10 Faithful |
| 20 Zodiac sign | 12 Highly retentive |
| 21 Useful thing | 13 Indicates agreeem |
| 22 Perform | 15 Tempestuous |
| 23 Plain clothes for soldier | 18 Organised |
| 26 Band's engagement | 19 Steep rugged rock |
| 28 Month | 20 Fertile soil |
| 30 Slackened | 22 Making up for |
| 32 Bill of fare | 24 Ran away |
| 33 Broaden | 25 Recompense |
| 34 Befitting paradise | 27 Standards of perfection |
| 36 Seeds covering | 29 Partly open |
| 37 Answer | 31 Agreeable |
| 38 Condescended | 32 Masculine |
| | 34 Cushion |
| | 35 Dispose of |





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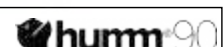
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