POP UP COMMUNITY NEWS

Mapleton and surrounds, Queensland

22 February 2024 **Issue 380**

WHAT IS ON THIS WEEKEND?

**** Saturday 24 February 10am**

Nambour Museum Book Launch.

**** 24 February Mapleton Market 8am-12noon Mapleton State School car park.**

**** 24 February Maleny Film Society, 3pm and 7pm.**

More details within this edition.

RangeCare®
BLACKALL RANGE CARE GROUP LTD

NATIONAL WINNER
ORGANISATION AWARD WINNER
Blackall Range Care Group

Op Shop Volunteers Needed!

Would you like to do something that is both rewarding and benefits your community?

RangeCare is currently seeking volunteers for a fun, social and interactive role in our Op Shop.

The funds raised through Op Shop sales are directed back to providing quality care and support to people along the Blackall Range and surrounding areas, so that they can continue to live independently in their homes.

When are volunteers needed?
We are looking for volunteers with flexible availability for relief shifts Monday to Saturday.

Where is the RangeCare Op Shop?
The Old School House, 17 Obi Obi Rd, Mapleton

What will you be doing?
Our Op Shop volunteers help by working on the shop floor, preparing donations for display, and helping sort through the donations.

Join the people who make a difference in our community.

To register or to find our more contact our Volunteer Coordinators, on 07 5445 7044 or email volunteers4@brcg.org.au

07 5445 7044 facebook.com/blackallrangecare/
www.rangecare.com.au linkedin.com/company/rangecare-blackall-range-care-group-ltd

In the February edition of the 'Hinterland Times' there is an article on page 28.

Read about how the RangeCare Op Shop contributes to the community in many ways.

377th EDITION CONTENTS

RangeCare Op Shop
Community Art Project
Lovers of Opera
Art Exhibition
Book Fair and Mini Market
QCCC
Mapleton Market
Health Tips from the Community Gym
Sonshine Sanctuary
Lovers of Books Report
Bunya Articles
Development Applications
Fauna and Flora
Community Services
Date Claims
Repeat Articles
Contacts for Local Organisations

LAST CHANCE TO JOIN THE COMMUNITY ART PROJECT

ARE YOU A PRACTICING ARTIST ON THE NORTHERN END OF THE BLACKALL RANGE?

There are a few letters left to complete the ABC frieze project that will contribute to the art works of Mapleton.

Below is just a taste of the works to hand. We have many amazing artists.

If you wish to join them email mapletonlibrary@gmail.com

This is a project run by Mapleton Art.

Theme is the local fanua and flora of the region.

Top left: Tawny frogmouth by Ros Tooker. Top right: Koala by Bev Pearson.

Lower left: Viola by Alison Winn. Lower right: Sulphur-crested cockatoo by Dorothy Peall.

MAPLETON LIBRARY AND COMMUNITY CENTRE

Lovers of Opera

CINEMA

Natalie Dessay & Joseph Calleja

SUNDAY MARCH 17TH AT 2.45PM

Bookings via mapletonlibrary@gmail.com

Phone 54457011

$10 PP

DRINKS AND NIBBLES PROVIDED

BLACKALL RANGE *Visual Artists*

EASTER ART EXHIBITION

Visit St.Mary's Hall in Montville and view our stunning paintings in acrylics, oils, watercolours & pastels.

These are for sale from Thursday 28th March to Monday 1st April 2024 and open daily from 10am to 4pm.

All commissions & donations go towards the maintenance of this Historic Hall.

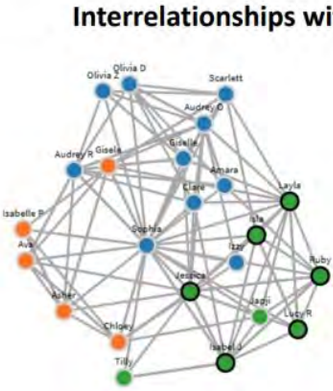
Like us on Facebook

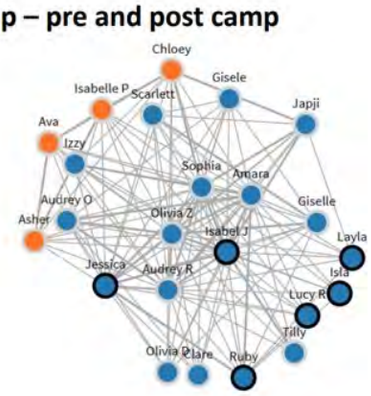
www.blackallrangevisualartists.com

QCCC WEEKLY UPDATE: This weekend it's the best of the best at Mapleton as a large and elite orchestral group arrive for their annual retreat. This will conclude with a concert late morning on Sunday, so there could be a lot of parents out and about in town around lunchtime after the concert. Next week we're nearly owned by a large and local state High School, who will split half their Grade 7 cohort and bring half Monday to Wednesday and the remainder Wednesday to Friday. Wednesday's group will also be joined by a group of Grade 6s from another Sunshine Coast area school. Our activity staff will also be busy running another Survival style camp for a Grade 9 group at Noosa.

QCCC Mapleton recently partnered with a school group to participate in a national initiative to show the benefits of school camp and Outdoor Education programs on student well-being and relationships, with the aggregated national report to be released in coming months. We have been given a sneak peek on the relational networks of one class before and after their camp at Mapleton. We think the results in the attached graphic speak for themselves, with students marked blue being relationally integrated into their class, and the grey lines showing the healthy relationships between classmates before and after their camp here.

Interrelationships within year group – pre and post camp





MAPLETON MARKET THIS SATURDAY

24TH FEBRUARY 8AM-NOON

Fresh produce from the Falls Farm, flowers, gifts, wools, indigenous teas and chutneys, art, beautiful smelling natural soaps and so much more. With over 50 stalls - You decide at the Mapleton Country Market this Saturday 24th February from 8am to Noon. See you in the Mapleton School Carpark.

COMMUNITY STALL

Bigger and better – more organisations have supplied their brochures and banners.

Drop by, chat to the community members on the roster and check out the display.

This month the stall will be run by members of Blackall Range Lions, Range Gym and Fitness Centre, Mapleton Bowls Club, Mapleton Library and Community Centre, Mapleton Craft Group and Blackall RangeCare Group.

BINGO

Meet friends, laugh together and enjoy

A delicious morning tea.

1 March 9:30 to 11:30am $12

Where: Mapleton Library and Community Centre

Range Community Gym and Fitness Centre
5 Post Office Rd, Mapleton
(at rear of Mapleton Bowls Club)
www.rangecommunitygym.com.au

Overcoming obstacles to getting active as you age

Extract taken from HelpGuide - https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm

Starting or maintaining a regular exercise routine can be a challenge at any age and it doesn't get any easier as you get older. You may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If you've never exercised before, you may not know where to begin, or you may think you're too old or frail and can never live up to the standards you set when you were younger. Or maybe you just think that exercise is boring.

While these may seem like good reasons to slow down and take it easy as you age, they're even better reasons to get moving. Becoming more active can energise your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. And reaping the rewards of exercise doesn't have to involve strenuous workouts or trips to the gym. You can gain the benefits from adding more movement and activity to your life, even in small ways. No matter your age or physical condition, it's never too late to get your body moving, boost your health and outlook, and improve how well you age.

Not-for-profit Community Gym

We welcome all ages (15+) & fitness levels

We will help you achieve your health and fitness goals whether it is to increase fitness, stability, strength, mobility or mental health & wellbeing

- individual programs
- classes – senior strength & stability, circuit, boxing, tai chi
- qualified instructors
- flexible membership
- no lock-in contracts
- friendly & social
- established over 20+ years

Opening Hours:

Monday, Wednesday, Friday & Saturday	*6.00am-10.00am*
Tuesday & Thursday	*4.00pm-7.00pm*

Note: other programs such as Senior's Strength & Stability classes operate outside these times

For more information, contact our instructors today!
Phone: Paul 0439 670 629 or Tina 0493 101 730

HUGE THANK YOU TO THE GENEROUS COMMUNITY MEMBERS FOR THE AMAZING DONATIONS LEFT AT THE MAPLETON LIBRARY AND COMMUNITY CENTRE.

'Thank you for the delivery made yesterday for our ladies. Everybody has walked out of the office with an armful of goodies looking very grateful. Please let your community know that everything was much appreciated', email received from the Sonshine Manager.

ITEMS FOR DOMESTIC VIOLENCE VICTIMS
Special request for the following items has been received.

Tea-towels
Towels
Undies [ladies all sizes, plus children all sizes]
These would be appreciated.

Remember Lions is collecting mobile telephones. Drop any retired mobiles you have into the Library Centre and these will be collected by Lions who forward them to the domestic violence victims support group.

SonshineSanctuary.com

LOVERS OF BOOKS

Annually, the Mapleton Library and Community Centre provides an opportunity for local authors and book illustrators to discuss and share their writing aspirations and achievements.

This event is called 'Lovers of Books'. Each year up to six locals take up this offer and promote their literary wares.

St Valentines Day 14th February is the date each year, and 2024 witnessed outstanding presentations by all the writers.

Thank you to the volunteers of the Library Centre for providing this service to our community. You all did sterling work.

Very top left: over 50 attended. Top right: MC David Ayling. Mid left: Bar, Ron Usher and Phillip Lester. Mid right: President, Nita thanked everyone Note all the presenters behind. Mid right: Catering, Sue Bennink, Karen Hardy, Wendy Stuart. Lower left: Lou Tasker, 'Lovers of Books 2024' organiser. Lower right: One of the presenters Sarah Pye, University of Sunshine Coast.

Recent Development Applications in Divisions 5 and 10

This is an initiative of Pop Up Community News aimed at providing information and heightened awareness as to developments in our region. Hopefully the information will provide a spring board should anyone wish to dive deeper into any specific application. Using the link: https://developmenti.sunshinecoast.qld.gov.au/ or entering "development i sunshine coast" into a browser will take you to the Development i home page. Click on "Application Search" and enter the application number. Select "Details" if you want to dive deeper. The supporting documents can typically be downloaded or viewed by selecting "Application Documents" in the right hand section of the screen.

In the listings below, typically a brief editorial comment is provided after each application description. These are shown in *italics.*

Lodged: 14/02/2024 DA#: RAL24/0006
FAST TRACK - 141 Thompson Rd TOWEN MOUNTAIN - Establishing Access Easement - C. & H. Newton - C/- Murray & Associates (Qld) Pty Ltd. *Part of RAL24/0006.*

Lodged: 14/02/2024 DA#: OPW22/0565.01
236 North Arm Yandina Creek Road NORTH ARM - Construction Inspections for Street Lighting - Auspower Connect Pty Ltd. *Associated with RAL21/0135*

Lodged: 13/02/2024 DA#: POS24/0014
20 Mulholland Pl NAMBOUR - BFP (duplex) SP346639 - Bennett & Bennett. *In association with MCU21/0449. Part of Tulipwood Estate.*

Lodged: 19/02/2024 DA#: MCU24/0036 & OPW24/0053
FAST TRACK - 21A Wakefield St WOOMBYE - Material Change of Use to Establish a Dual Occupancy - C Beytell - Murray and Associates QLD Pty Ltd - COMBINED OPW24/0053 & FAST TRACK - 21A Wakefield St WOOMBYE - Stormwater, Landscaping and Vehicle Crossovers - Material Change of Use to Establish a Dual Occupancy - C Beytell - Murray and Associates QLD Pty Ltd - COMBINED MCU24/0036. *Existing 2 bed, 1 bath cottage on 2023M2 gains 2 by 4 bed, 2.5 bath, 2 car, with MPR. Lot coverage set at 49% not including hard surface driveways.*

Lodged: 16/02/2024 DA#: POS24/0018
10 Hilltop Cres MALENY - 2 x drainage easements as required by RAL18/0175 - conditions 16,19 & 20 and RAL22/0071 - condition 33 (see Eddie for details - email from John Gillespie-Cadcon).

Lodged: 20/02/2024 DA#: POS24/0022
7 Lingara Avenue PALMWOODS - Reconfiguration of 1 lot in to 2 lots & Drainage Reserve - SP345715 - Bennett & Bennett. *In association with RAL20/0064.*

Lodged: 20/02/2024 DA#: RAL22/0071.01
75 Dixon Avenue MALENY - Minor Change to Development Approval - Sequencing of Subdivision - Bignose Developments Pty Ltd - CadCon Surveying and Town Planning. *Sequencing change relating to sewerage.*

Lodged: 19/02/2024 DA#: RAL20/0154.03
48 Dorans Rd NORTH ARM - Other Change to Existing Approval - Reconfiguring 1 Lot into 6 Lots - Pace Planning. *Related to drainage, landscaping, earthworks, vegetation clearing.*

Lodged: 19/02/2024 DA#: RAL22/0039.01
811-891, 894-968 Obi Obi Rd, 30 Staves Rd BLACKALL RANGE - Minor Change to Development Approval - Reconfiguring of 3 Lots into 3 Lots - Sustainable Planning Pty Ltd.

Get ready to immerse yourself in a celebration of creativity at the upcoming Bunya Art Exhibition, set to grace the walls of Mary Cairncross Scenic Reserve. This group exhibition showcases the talents of 15 local artists, each bringing their unique styles and mediums to depict the beauty and significance of Bunya trees. From vibrant paintings to intricate sculptures and everything in between, this diverse collection promises to captivate and inspire.

Don't miss this opportunity to experience the magic of Bunya through the eyes of our talented artists. Exhibiting artists include: BJ Djinidjini Murphy, Bronwyn McKean, Enid Morris, Gabrielle Quakawoot, Jason Murphy, Jenni Matthews, Julie Hanrahan, Kim Herringe, Karen Shaw, Katie White, Leisa Gunton, Megan Ruby Lee, Noela Mills, Peter Hughes and Susan Haddock.

"Bunya Pine" - Julie Hanrahan - hand-painted lino print

Join us for the Opening event:
Saturday 2nd March - 2.00 - 4.00pm.

Bunya Nut Cake

750 g husked Bunya Nuts
1/2 litre milk
75 g butter
300 g sugar
6 egg yolks and 6 egg whites
100 g almond meal
1 tablespoon baking powder
1 pinch salt
1 teaspoon almond essence

Boil kernels in large saucepan for approximately 1 hour until shell is soft enough to split and remove kernel.

Preheat oven to 180 degrees c.

Place kernels in food processor to reduce to a smooth paste or puree, carefully adding milk to soften the paste. Mix softened butter with egg yolks and sugar until smooth and fluffy, then hand-blend with the Bunya Nuts

Beat egg whites to a firm consistency and again hand blend with the Bunya Nut paste. Mix in one cup at a time, alternating with the almond meal and almond essence until all ingredients are fully mixed.

Pour mix into a 28 cm spring form tin, lined with baking paper. Bake for 50 mins in centre of oven. Turn heat off and leave for a further 20 mins before removing from oven to cool naturally. Do not place in refrigerator as this produces a surface moisture affecting the decorating.

LOCAL

Araucaria bidwillii

Commonly known as the bunya pine, this is a large evergreen coniferous tree in the family Araucariaceae which is endemic to Australia. Its natural range is south east Queensland with two very small, disjunct populations in northeast Queensland's World Heritage listed Wet Tropics.

The bunya is a huge tree growing to up to 50m. Reportedly trees bear a crop only after the tree itself is around 100 years old, and then it crops once every 2 or 3 years only. Football sized green bunya pine cones are hidden in the tree canopy weighing 5-10 kilograms and containing between 30 and 100 nuts.

The cones will fall from the tree when mature so stay clear of the trees at that time.

You can split the cones by dropping them on concrete or a hard surface. However, the membrane containing the husks will disintegrate of its own volition within a week to 10 days. They store very well in the freezer and in fact freezing produces a much sweeter nut.

Opening the husk is the next step and can be quite tricky. Over to those interested to research the next stages.

Information requested

In last week's Pop up Community News, the seaside daisy was listed as a weed, but I have patch that is lovely, flowers all year round and has stayed in the small garden bed. Why is this lovely plant listed as a weed?

Good question: yes that at times and under certain circumstances, this species 'behaves'. Well done for keeping this plant trimmed and under control.

However, when conditions are favourable, the seeds wash onto surrounding garden beds and begin the 'take over' process. The mat it creates kills any small existing species and a monoculture is created. Over time, whole garden beds can become covered and the existing plants die or become retarded.

WEED

Wandering jew or Wandering trad

Tradescantia fluminensis is a highly invasive ground growing, creeping succulent plant from South America. This rapidly growing weed is generally found in areas that are moist and shady. It will out compete native vegetation by smothering the ground using its roots sent out from each node.

When it escapes into bushland, wandering trad smothers and crowds out native plants. It is considered a major environmental weed in subtropical and temperate rainforests.

The glossy leaves are dark green and oval shaped to a point, growing between 5 and 10 mm long. This weed has small white flowers that have three petals and usually grow 7–10 mm long, with several bright yellow orange pollen covered anthers atop its stamens. The flowers are produced mainly in spring and are found in small clusters at the tips of brittle succulent branches.

Wandering jew has been found to cause allergic skin reactions in dogs and rapid death when consumed by cattle usually in yards when there is no other feed available.

This is another small ground cover that many gardeners keep, as the leaves are glossy and it has pretty white flowers … but …

Thank you to contributors: Joan Dillon and nita.

A guide to feeding wild birds in Australia
Contributed by BirdLife Australia

Feeding wild birds is a controversial issue, especially in Australia. In some countries, it's actively encouraged – but in Australia, official advice from councils, environment departments and conservation and wildlife rescue groups warns against the dangers of feeding wild birds. In Western Australia, it's even illegal to feed native fauna, including birds, without a licence.

As a bird conservation charity, BirdLife Australia does not encourage wild bird feeding.

In this guide, we unpack the complexities of wild bird feeding and address supplementary feeding, reducing the spread of disease and nutrition advice for birds for your consideration.

So, if you are going to feed wild birds, here's how to do it properly.

What you feed wild birds matters. Most Australian birds need a varied and balanced diet of insects and nectar, seed or fruit to stay healthy, but most people aren't feeding birds their natural diet.

Feeding birds the wrong foods disrupts this balance – and can cause serious, long term health problems including malnutrition and disease.

You CAN feed birds:

1. **Bird nectar mix**

Suitable for honeyeaters and lorikeets

You can purchase wet or dry nectar mixes from Australian pet stores. Unlike homemade mixes, these are specially formulated, nutritionally balanced and mimic the natural diets of nectar-eating birds like honeyeaters and lorikeets.

Tips: these mixes spoil very quickly and need to be replaced every few hours. Avoid this food if you cannot clean it up regularly.

2. **Fresh fruit and vegetables**

Suitable for fruit feeders such as parrots, pigeons and doves and bowerbirds

You can provide small quantities of nutrient-rich fruit and vegetables to the fruit and nectar-eating birds in your backyard – including grapes, berries, peas, leafy greens and chopped up apple, pear, tomato, melon, carrot and figs. They can also eat pieces of bananas and stone fruit, but make sure to remove the peel and stones.

Never feed birds avocado, citrus, onions or garlic – these foods are toxic for birds.

Tips: fresh produce spoils quickly and should be discarded within half a day. Avoid putting out fruit if you cannot clean it up regularly.

3. **Earthworms, mealworms and insects**

Suitable for insectivores like fantails, fairy-wrens, flycatchers and whistlers, and some carnivores like magpies and butcherbirds

Insects and invertebrates are a tasty treat for the insect and meat -eating birds in your backyard. You can purchase crickets and mealworms (either live or freeze-dried) from pet supply stores and online – or just dig up the worms in your garden! Calcium-rich commercial insectivore mix (such as Wombaroo) is also a good option.

4. **Seeds, nuts and grains**

Suitable for parrots (including cockatoos, galahs, corellas and rosellas), pigeons and doves and finches

Seed-eating birds have a varied diet of seeds from grasses, shrubs and trees – so it's best to feed them a variety of high-quality uncooked seeds, nuts and grains of different sizes, including millet, wheat, rolled oats, sorghum and peanut pieces. Commercial seed mixes (produced by pet or animal food companies) typically have higher nutritional value than generic supermarket products, and you can also purchase special nutrient-rich pellets.

Tips: try to avoid high-fat oil seeds such as sunflower, canola and safflower seeds (or only provide them sparingly). While these are very popular with birds and readily available, they are very high in fat and protein and may cause a range of health issues.

Next edition – What not to feed, and reducing the risk of spreading disease.

LOCAL

Southern boobook

Ninox boobook

Morepork, Mopoke, Boobook

28-36cm long

The southern boobook is the smallest and most common owl in Australia. Like other owl species, the southern boobook is nocturnal. They are often observed perched on an open branch or tree top, emitting a distinctive 'boo-book' call.

It is identified by its plumage, which is dark chocolate brown above and rufous brown below, heavily streaked and spotted with white. The bill is grey with a darker tip, and the feet are grey or yellow. The facial disc is chocolate brown and the eyes are large and yellow.

Tasmanian birds are smaller and more heavily spotted with white, while birds of the Cape York rainforests are slightly larger and darker.

Young southern boobooks are almost entirely buff white below, with conspicuous dark brown facial discs.

Currently calling across the Range and the hinterland.

Community Service

JP SERVICE

Monday morning from 8:30am to 11:30am without an appointment at the Mapleton Library and Community Centre.

Or

Telephone 5445 7182 for a booking in Mapleton.

WELCOME PACK FOR NEW RESIDENTS
Are you a new resident?

Collect your pack from the
Mapleton Library and Community Centre

Hours: 2pm to 5pm week days (summer)
9am to 12noon Saturdays

What does the pack include?

- Brochures promoting community organisations
- Pop up Community News - a free weekly news for everyone with information about the events in your neighbourhood
- List of community organisations in both Mapleton Flaxton and Montville
- Zonta Business Directory
- Recent publications such as the History of the Mapleton Bowls Club

Also available at the COMMUNITY STALL at the Mapleton Country Market.

MAPLETON RURAL FIRE BRIGADE

Mapleton Rural Fire Brigade
Monthly Training: 5:30pm on the 2nd Tuesday of Month
Monthly Meeting: 5:30pm on the 3rd Tuesday of Month
First Officer (all operational matters): 0499 778806
Fire Warden (fire permits, safety checks): 0499 778806
Secretary (new members, administration): 0499 883019
Website: https://www.facebook.com/mapletonruralfirebrigade/
E-Mail: MapletonRFB@gmail.com
Address: 37 Obi Obi Road, Mapleton 4560
Postal: PO Box 366, Mapleton 4560

ST. MARY'S ANGLICAN CHURCH

On the green, Montville

Sunday Eucharist at 8am
Wednesday Meditation with Maureen 9am
For general enquiries contact Carole Phillips at 5445 7839
Baptisms and weddings enquiries welcome.

Contact Rev'd Deb Bird 0457 519899
MalenyAnglicanParish.com.au or angmaleny@westnet.com.au

Montville Uniting Church

Services are held each Sunday at 8.15 am, except on the 5th Sunday of a month when a combined service is held at Maleny Uniting Church at 9.45pm. All welcome.

Contact: Anita Monro (Rev. Dr)
Minister on Supply, Blackall Range Uniting Church
E: minister@ourcommonlife.org.au
M: 0409 273 059

The church is open as a Reflection Gallery every day from at least 10am till 3pm.

Date Claims

24 February Mapleton Country Market, 8am –12noon, Mapleton State School car park.

25 February 3pm Harp Wonderland Concert St Georges-in-the-Hills, 2 Walker Drive Maleny.

26 February Monday, Mapleton History Group, 6:30pm to 8:15pm, Green Room, Mapleton Public House.

1 March Bingo 9:30 to 11:30am, Mapleton Library and Community Centre.

3 March Sunday, Clean up Australia.

3 March Montville, Planting food and habitat trees for koalas.

4 March Meet the Division 10 Council candidates, Mapleton Bowls Club 6:30pm for 7pm.

8 March International Women's Day.

8-9 March Sunshine Coast Windbourne venues.

13 March Zonta plant sale, Maleny.

16 March Sunshine Coast Council elections.

17 March Sunday afternoon, Lovers of Opera Cinema, Mapleton Library and Community Centre.

23 March Mapleton Country Market, 8am – noon, Mapleton State School car park.

23-24 March Montville's Got Talent - A Talent For Murder, Montville Hall.

28 March-1 April Easter Art Exhibition, St Mary's Hall, Montville.

14 April, Sunday Book Fair and Mini Market, 8am to 12noon, Mapleton Library and Community Centre.

4—6 May Maleny Wood Expo.

31 May—1 June Maleny Show.

5—7 July Queensland Garden Expo.

5 October Maleny Garden Club Spring Fair.

12 October, Sunday Book Fair and Mini Market, 8am to 12noon, Mapleton Library and Community Centre.

24 October Lions Welcome to the Hinterland Dinner, Flaxton Gardens.

mapleton

SCAN ME

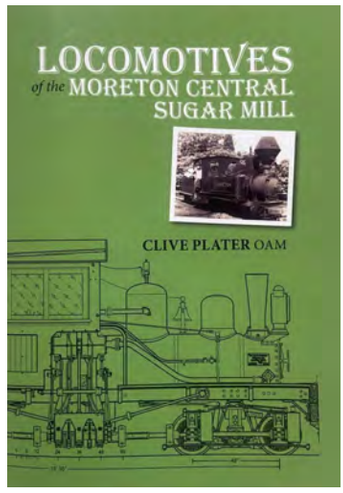
LIONS INTERNATIONAL

Look for the **Lions Stall**

opposite the Community Stall and sample their tasty chicken kababs, breakfast burgers and more.

This Saturday in Mapleton in the Mapleton State School car park.

Repeats



Nambour Museum Book Launch
February 24 at 10am

On Saturday 24th February the Nambour Museum will be launching the updated and much expanded second edition of the Museum's

Find a Frog in February is a citizen science programme facilitated by the Mary River Catchment Coordinating Committee (MRCCC) for the Mary, Mooloola, Maroochy, Noosa, Burrum Rivers and coastal areas communities. It aims to raise awareness about frogs, their habitat needs, the threats they face and the actions we can take to care for them and our natural world for the long-term health of our support system.

MRCCC will be facilitating a number of frog workshops and surveys throughout the month of February. Come along and join the Coordinator, Eva Ford as she talks all things frog and then hone your frog finding skills during the group surveys.

For more information: https://wildlife.org.au/event/find-a-frog-in-february/

Repeats

SENIOR EXERCISE AND FITNESS TIPS

Extract taken from HelpGuide - Senior Exercise and Fitness Tips - HelpGuide.org

No matter your age, it's never too late to get fit. These easy tips will help you get started safely and make it fun.

What are the benefits of exercise for older adults?

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health.

A recent Swedish study found that physical activity was the number one contributor to longevity, adding extra years to your life - even if you don't start exercising until your senior years. But getting active is not just about adding years to your life, it's about adding life to your years.

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory.

Physical health benefits

Helps you maintain or lose weight. As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

Reduces the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

Enhances mobility, flexibility, and balance. Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

Mental health benefits

Improves sleep. Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed.

Boosts mood and self-confidence. Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.

Does amazing things for the brain. Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can help brain functions as diverse as multitasking and creativity and can help prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.

Repeats

Senior's Strength & Stability Classes

WHERE: Range Community Gym & Fitness Centre

5 Post Office Rd, Mapleton (at rear of Mapleton Bowls Club)

WHEN: Monday & Wednesday
10.00am-11.00am
Tuesday & Thursday
2.45pm-3.45pm

COST: $5.00 per session

This is a small, supervised, strength training class for older adults with chronic conditions or for those who are new to strength training and prefer a more supervised session.

For more information call Paul on 0439 670 629 or Tina on 0493 101 730.

HINTERLAND QUARRY

Stay informed and follow Hinterland Quarry Action Group (HQAG) on Facebook and Instagram - Hinterland Quarry Action Group- for updates on the quarry tendering process and their information gathering efforts.

Expressions of Interest to operate Dulong and Image Flat quarries by private companies has closed. Sunshine Coast Council procurement team will assess proposals.

It's understood tender documents have not been released as yet, but the SCRC do still expect the project to be completed by the end of this financial year.

In order to seek necessary quarry factual information, HQAG is currently making formal Right To Information applications to relevant Queensland State Government and Sunshine Coast Council authorities.

In the lead up to the March local elections, HQAG is also actively informing all divisional and mayoral candidates throughout the Sunshine Coast Council region about Dulong and Image Flat quarry issues and the community and environmental needs related to these.

Thank you to the contributor of this information: Keeping the Pop up Community News readers informed.

Repeats

Recent Development Applications in Divisions 5 and 10

This is an initiative of Pop Up Community News aimed at providing information and heightened awareness as to developments in our region. Hopefully the information will provide a spring board should anyone wish to dive deeper into any specific application. Using the link: https://developmenti.sunshinecoast.qld.gov.au/ or entering "development i sunshine coast" into a browser will take you to the Development i home page. Click on "Application Search" and enter the application number. Select "Details" if you want to dive deeper. The supporting documents can typically be downloaded or viewed by selecting "Application Documents" in the right hand section of the screen.
In the listings below, typically a brief editorial comment is provided after each application description. These are shown in *italics.*

Lodged: 07/02/2024 DA#: RAL24/0004
164 Panorama Dr ROSEMOUNT - 164,196 Panorama Dr ROSEMOUNT, 19 Kerada Rd, ROSEMOUNT - 19 Kerada Rd ROSEMOUNT - Boundary Realignment (3 into 3) - Eagle Surveys Pty Ltd - Eagle Surveys Pty Ltd.

Lodged: 05/02/2024 DA#: OPW23/0358.02
Nambour Christian College 2 McKenzie Rd WOOMBYE - Minor Change to Development Approval - Pathway Extension, Landscape Plans - Matt Folker - Covey Associates Pty Ltd. *Probably related to approved DA#:* MCU23/0073

Lodged: 09/02/2024 DA#: MCU23/0079.01
144 Mount Mellum Rd MOUNT MELLUM - Minor Change to Development Approval - Secondary Dwelling - Sarah & Lawson Katiza - Brennan Planning Pty Ltd. *Proposed secondary dwelling moves outside of a Bush Fire Overlay Zone. See MCU23/0079. Simplified design, from 3 bedrooms to 2.*

Lodged: 08/02/2024 DA#: RAL24/0005 & OPW24/00041
6 Hobson St PALMWOODS - Reconfigure a Lot 1 into 2 - Chris Love - Danya Cook Town Planning COMBINED OPW24/0041 & Earthworks, Stormwater, Landscaping - Reconfigure a Lot 1 into 2 - Chris Love - Danya Cook Town Planning COMBINED RAL24/0005. *Block split. One 2180M2 lot with existing house into 2 lots, 1335M2 containing existing developments (house and shed), and one 845M2 new lot.*

Lodged: 09/02/2024 DA#: OPW24/0044
15 Don Napier Rd EUMUNDI - Road Work, Drainage Work, Stormwater, Earthworks, Access Driveway, On-Site Car Parking, Pedestrian and Bicycle Facilities - James Douris - Murray & Associates (QLD) Pty Ltd. *In conjunction with approved DA#: MCU23/0158 for outdoor sports facility.*

Lodged: 12/02/2024 DA#: OPW24/0047
709 Aherns Rd CONONDALE - Earthworks - Karen and David Fuller. *In conjunction with applications commencing RAL19/0087*

Lodged: 12/02/2024 DA#: OPW19/0320.02
52 Henebery Road BURNSIDE - Extension to Currency Period - Road work, Drainage work, Landscaping, Stormwater & Earthworks - Warilda Properties Pty Ltd - Covey Associates Pty Ltd. *Related to DA#: REC15/0230*

Lodged: 12/02/2024 DA#: MCU06/0198.01
St Johns College 31 Valley View St BURNSIDE - Minor Change to Development Approval - Indoor Recreation - St Johns College - Bartley Burns. *Main change to raise the height restriction on the grandstand from 12.02M to 15M.*

Lodged: 13/02/2024 DA#: OPW24/0049
Elizabeth St NAMBOUR - Road work, Stormwater, Earthworks, Landscaping, Clearing Vegetation - Webcon Pty Ltd.

Repeats

Senior's Strength & Stability Classes

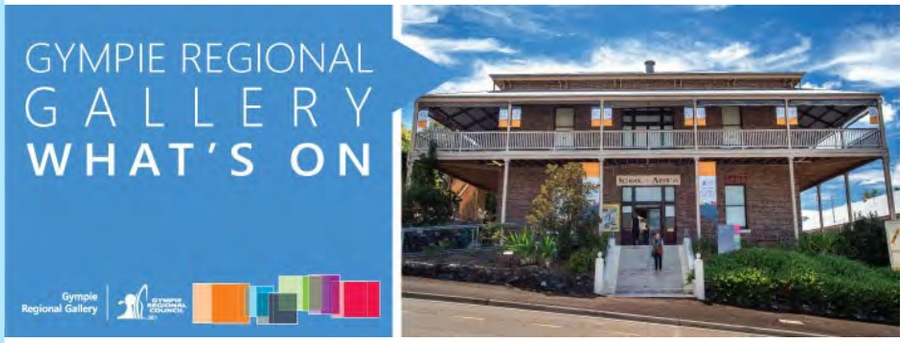
WHERE: Range Community Gym & Fitness Centre
5 Post Office Rd, Mapleton (at rear of Mapleton Bowls Club)

WHEN: Monday & Wednesday
10.00am-11.00am
Tuesday & Thursday
2.45pm-3.45pm

COST: $5.00 per session

This is a small, supervised, strength training class for older adults with chronic conditions or for those who are new to strength training and prefer a more supervised session.

For more information call Paul on 0439 670 629 or Tina on 0493 101 730.



Paper: All Stitched Up

Papermakers and Artists Queensland

A contemporary view of papermaking and paper showcasing an array of paper art and techniques, where stitching is an integral part of the design.

Exhibition on view:
22 February - 23 March

Birdlands

Celebrate our region's diverse birdlife from the Wallum heathlands to the avian intensity of Lake Alford. Local artist Zela Bissett will take you on a joyful papermaking and felt journey with our feathered friends.

Papermaking Masterclass:
Sunday 25 February.

Exhibition on view:
22 February - 23 March

Repeats

The Old Oak

24 FEBRUARY: 3 pm & 7 pm
114 Mins | UK | Drama |

VENUE: MALENY COMMUNITY CENTRE
23 MAPLE STREET MALENY

The Old Oak takes place in a now poverty stricken, formerly affluent and vibrant, coal mining village in Northeast England, where Syrian refugees from persecution by the Assad regime have been relocated by the British Government.

The film focuses on the ultimately successful efforts of T J Ballantyne, landlord of the last remaining village pub, The Old Oak, to bring the splintered community together. Starring Dave Turner (*I, Daniel Blake*), written by BAFTA winning Paul Laverty and brilliantly directed by the veteran British film-maker, Ken Loach, responsible for over 50 much loved, critically lauded and influential films from *Kes* to *I, Daniel Blake*, this heart-warming, inspiring, spiritually-refreshing, story of the triumph of people power, hope and determination over adversity is destined to take its place as a classic of World Cinema.

MATINEE SCREENING
Doors Open at 2:30pm for licensed bar, tea/coffee, slices
Movie Starts at 3:00pm

EVENING SCREENING
Doors Open at 6pm.
Movie starts at 7:00pm licensed bar, tea/coffee, slices
BYO nibbles, meals or restaurant takeaway (Tables provided)

For more information: https://malenyfilmsociety.au/

Repeats

MALENY ARTS COUNCIL

We are very excited about our 2024 season with four diverse programs showcasing the talents of nationally and internationally acclaimed artists, all performed in the intimacy of the Maleny Community Centre.

Our first recital is on **Sunday 10 March** highlighting the talents of two of Australia's leading artists of their generation - Courtenay Cleary (violin) and Alex Raineri (piano), performing works by Beethoven, Schumann and Respighi.

On **Sunday 30 June** we are presenting a unique event "Puccini's Women" - a hot-blooded hybrid of drama and opera, featuring renowned soprano Vanessa West who will perform nine of Puccini's most popular arias.

On **Friday 19 July** we are thrilled to have achieved a significant coup for Maleny. Internationally acclaimed concert pianist Piers Lane will be performing all of Chopin's Nocturnes in the Maleny Community Centre. This is a performance not to be missed.

Later in the year we will be announcing details of our feature Jazz performance to be held on **Sunday 13 October.**

MURF - MATERIAL RECOVERY FACILITY

https://www.sunshinecoast.qld.gov.au/Council/Planning-and-Projects/Infrastructure-Projects/Nambour-Waste-Precinct-Project

Nambour waste precinct project

The Nambour waste facility is being upgraded with construction and improvements to be completed in the next three years.

Guided by the Sunshine Coast Resource Recovery Strategy, we are working towards our goal to be a zero net emissions organisation by 2041. Aiming for a cleaner, greener future and a sustainable Sunshine Coast.

One of the ways we are doing this is to move towards a circular economy approach to waste management. This is where products and materials keep circulating in the economy for as long as possible.

Project scope

The Nambour waste precinct is being upgraded to sustainably manage our region's future waste and move towards a circular economy. More than $83 million of work will be completed in the next 3 years.

Included are:

- a new state-of-the-art Materials Recovery Facility, also know as a MRF (sounds like murf)
- New resource recovery centre and landfill improvements.
- A signalised traffic intersection will be installed at Cooney Road and Nambour–Bli Bli Road for the safety of all road users.

The facility will also sort paper and cardboard at a staggering 98 per cent purity – the highest quality of any Australian facility. MuRF is the wonderful result of vision from Sunshine Coast Council, and collaboration between all three levels of government, which provided a combined $40.6m in funding.

Materials recovery facility (MRF)

At the MRF mixed recycling from yellow-lid bins are taken to be sorted and separated into recyclable fractions:

paper and cardboard
differing grades of plastic, glass, steel and aluminium.

These materials are then ready for manufacturers to make new products.

There is more information on the Council web site—link above.

Repeats

Sunday 3rd March

Clean Up Australia Day

Clean Up Australia Day is an annual event that encourages communities across the country to come together and participate in cleaning up their local environments. Volunteers gather to pick up rubbish, remove debris, and engage in various environmental improvement activities.

Check out what is happening in your area: https://www.cleanup.org.au/supporting-councils

Montville: A koala habitat tree planting is being planned on this date

The Hinterland Bush Links is planning to plant 200 food and habitat trees for koalas. The team will provide guidance and encouragement so come along in sun safe clothing and gloves.

Register: https://events.humanitix.com/community-koala-habitat-planting-day

Take along something to swap, and share at:

Kureelpa Crop Swap
Saturday 2nd March

Held the first Saturday of every month at 9am in the cooler months and 8am in the hotter months, at the Kureelpa and Dulong Community Hall, corner Jewett Road and Nambour-Mapleton Road, Kureelpa.

Maleny Show Society invites you to an evening of family fun, entertainment and delicious food.

A ticket includes:

- 1 x meal ticket to be used at one of two food trucks onsite. (Gluten Free available)
- 1 x kid's meal ticket per child registered
- 1 x drink ticket (optional for alcohol for over 18's only*)
- Music entertainment - open mic afternoon, opening band & main band
- Unlimited children's entertainment (jumping castle & inflatable slide)
- Unlimited fairy floss
- Unlimited rides on mechanical bull

The evening's entertainment will be an open mic afternoon followed by our main performer the 'Tennessee Lights' Band. Maleny Apex will be running the main bar from 3pm - until late where you can purchase drinks for unbeatable prices. Meet our local entrants for 2024's Maleny Show Girl. Come dressed in your "Best Western" Country attire for your chance to win some lucky prizes
Saturday, 16 March 2024 - 3:00pm until Midnight

Dairy Pavilion, Maleny Showgrounds 13 Maleny Stanley River Road.

Maleny Show: https://tickets.lup.com.au/malenycountrybash2024?cat=CAT-REGISTRATION

Below: The Tennessee Lights Band

LIST OF COMMUNITY ORGANISATIONS

A COMBINED LISTING FOR FLAXTON, KUREELPA, MAPLETON AND MONTVILLE

Blackall Range Care Group Ltd www.rangecare.com.au

Blackall Range Lions Club E: blackallrangelionsclub@outlook.com; facebook.com/blackallrangelionsclub/ ; http://www.brlc.org.au

Blackall Range Visual Artists www.blackallrangevisualartists.com.au

Blackall Range Woodcrafter's Guild Inc. Meets Montville Sports Ground 230 Balmoral Rd Montville. Open 8.00am to 11.30am Mondays to Saturdays.

Blackall Range Zonta Club Email: info@zontablackallrange.org.au www.zontablackallrange.org.au

Bush and Beach walking group. Meets Mapleton Public House car park on Tuesdays at 7am (winter start time) and car pools.

Hinterland Quarry Action Group
Anne Veivers 0416 155 116; aveivers@iprimus.com.au

History Group montvillehistorygroup@gmail.com

Kureelpa & Dulong Community Hall kureelpahall@gmail.com

Mah-jong Telephone 5478 6303 Mapleton Bowls Club.

Mapleton and District Community Association (MADCA) madca.inc@gmail.com https://www.facebook.com/madca4560

Mapleton Art Thursdays weekly at Mapleton Library and Community Centre. Contact: mapletonlibrary@gmail.com

Mapleton Bowls Club Telephone 5445 7479 www.mapletonbowlsclub.com.au

Mapleton Bridge Club Mapleton.bridgeaustralia.org
mapletoncontractbridgeclub@gmail.com

Mapleton Choir Kureelpa Hall 7pm, Mondays Contact: themapletonchoir@outlook.com

Mapleton Country Market every 4th Saturday at the Mapleton State School car park. Contact Paula 0419 726603 email: countrymarket.mapleton@gmail.com or find us on Facebook.

Mapleton Library and Community Centre mapletonlibrary@gmail.com www.mapletoncommunitylibrary.com Telephone 5445 7011

Mapleton Craft Group Wednesdays 9-12noon, Mapleton Bowls Club

Mapleton Hall and Sportsgrounds mapletonhall@gmail.com

Mapleton Men's Shed www.mapletonmenshed.org.au

Mapleton Movers Heart Foundation Walking Group meet in the afternoons every Monday, Wednesday and Friday at the Lilypond's carpark for enquiries call 0408 756353

Mapleton Quilters Mondays 9-12 noon, Mapleton Bowls Club

Mapleton RSL Sub Branch Matt Dykes 0427263595; mdykes7@gmail.com

Mapleton Rural Fire Brigade Telephone 0499 778806; 0499 883019

Mapleton Tennis Club mapletontennis@gmail.com www.tennis.com.au/mapleton-tennis-club

Montville Anglican Church huesong2@gmail.com

Montville Chamber of Commerce
montvillechamber@gmail.com

Montville Masonic Lodge montville260@outlook.com

Montville Rural Fire Bridage montville.rfb@bigpond.com

Montville School P&C msspandcpresident@gmail.com

Montville Uniting Church minister@ourcommonlife.org.au

Montville Village Association secretary.mva@gmail.com
www.montvillevillageassociation.org.au

MVA MARKET montvillemarket.mva@gmail.com

RangeCare OP SHOP 17 Obi Obi Road

Probus Club of North Blackall Range Secretary 0493 632703
nbrprobus@gmail.com

Range Community Gym and Fitness Centre
mapletongym@gmail.com www.rangecommunitygym.com.au

RANGE United Soccer Club info.rangeunited@gmail.com

Sunshine Coast U3A u3aoffice@u3asunshine.org.au

Tennis Club montvilletennisclub1925@gmail.com

The Flaxton Craft Group lkathypatterson@gmail.com

The Range Community Kindergarten
www.rangekindy.qld.edu.au

Wildlife Volunteers Association Inc (WILVOS)

Hotline 5441 6200 www.wilvos.org.au

Mapleton Community Facebook page

www.facebook.com/groups/mapletonqueensland/

Montville Community Facebook page

www.facebook.com/groups/780987252874906/

Flaxton Community Facebook page

www.facebook.com/groups/388815358233538

Happenings – Montville and surrounds email newsletter

Subscribe: www.montvillevillageassociation.org.au/subscribe-to-happenings/ Editor.mvahappenings@gmail.com

SCHOOLS

Blackall Range Independent School
office1@brischool.com.au

Mapleton State School principal@mapletonss.eq.edu.au

Montville State School admin@montvilless.eq.edu.au

If your organisation is not listed, please let me know. Many thanks, nita

mapletonqueensland@gmail.com

Supporting local businesses that support the community

Mapleton

La Botiga Cafe Mapleton

CAFE AND GIFTS · THE BARN ON FLAXTON

ROGER LOUGHNAN REAL ESTATE

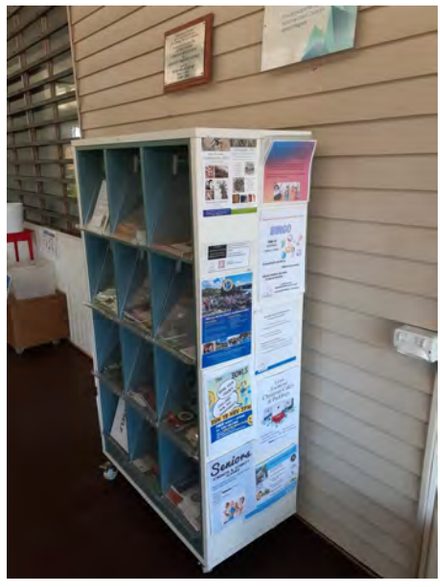
bp Mapleton IGA

Sweet & Flour · BAKERY CAFE ·

LINDNER FAMILY PHARMACY *Caring for the Range*

EST. 1927 QCCC

[Over time, more businesses will be included.]



Community brochure and poster display on the verandah of the

Mapleton Library and Community Centre.

If your organisation has brochures or short term posters, consider adding them to this community service.

If you are looking for information, check out this collection.

Currently over flowing with posters and brochures—there is something for everyone.

The 2024 Zonta Business Directory is to hand.

RECYCLING IN MAPLETON

SPECTACLES are collected by Lions at the Mapleton Library and Community Centre and the Mapleton Bowls Club.

CANS and BOTTLES - **Containers for Change**

Mapleton Bowls Club - There is a convenient collection point which is a wheelie bin placed near the entrance. Bins can be distinguished from others by its bright blue lid.

Mapleton State School P & C. All your donations would be gratefully received and will go towards resources for our school and students.

Mapleton Men's Shed These may be left in the bins in front of the storage shed in Mapleton Forest Drive.

RangeCare All fund raised will improve services for their clients. 360-362 Flaxton Drive Flaxton;36 Doolan Street, Nambour; 17B Bean Street, Maleny.

Please do not crush the cans you deposit for recycling.

MOBILE TELEPHONES
Roger Loughnan Real Estate, corner Post Office Road and Obi Obi Road Mapleton, is a registered drop off location for people to donate their old working phones with chargers etc. The staff will deliver these to DVSafe Phone. **Also place in any Lion's spectacle box.**

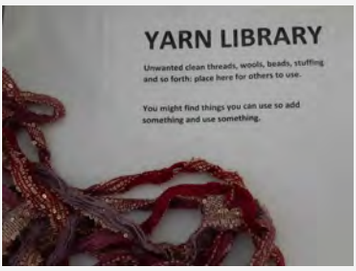
Plastic lids from drink bottles only—collection container on the Mapleton Library Centre verandah

Blister packs—plastic container on the Mapleton Library Centre verandah

Used pens—plastic container on the Mapleton Library Centre verandah

Tooth brushes—plastic container on the Mapleton Library Community Centre verandah

YARN LIBRARY- Sewing, knitting and embroidery items to swap—container inside the Library Centre



PLANT LIBRARY – there is a stand outside where you can leave you plants some one else might like.

THANK YOU to all who have already recycled many of the above items.

Procedures for Pop Up Community News management

The Pop Up Community News was launched in 2016. The News has gone through many changes with no one organisation controlling the News—it is truly a community news: for the community by the community. Auspiced by the Mapleton Library and Community Centre since 2016 which provides insurance, financial support and much more.

The News offers opportunity to promote events and provide information to all community groups right across the Range and the surrounding hinterland

Thank you everyone.

The Pop Up Community News is edited, published and distributed by volunteers.
There will be no discussion or correspondence on matters pertaining to the Pop Up Community News.

- All articles for the Pop Up Community News are to be sent to mapletonqueensland@gmail.com
- If it is important to have an article included in a specific edition, forward article as early as possible. Generally the cut off time for publication is 12noon Tuesday each week but as this is a fully volunteer publication inclusion is not guaranteed.
- Articles can be emailed at any time. Please include contact name and contact details.
- All articles are to be sent digitally unless otherwise pre-arranged.
- Pop up Community News is published weekly but open to review at any time. A short holiday over Festive Season each year to give the volunteers a well earned holiday.
- Currently Thursday night for distribution is the target time.
- No lost animals, political, religious, personal opinions or missing person notification will be published.
- Negative or derogatory comments will not be published.

Email mapletonqueensland@gmail.com requesting guidelines.

Anyone wishing to receive the Pop Up Community News, send your email address to mapletonqueensland@gmail.com

Anyone wishing to cease receiving the Pop Up Community News, send your email to mapletonqueensland@gmail.com

Keep informed through the web and social media

www.facebook.com/groups/mapletonqueensland/

www.mapletoncommunitylibrary.com

Remember if you wish to receive the

POP UP COMMUNITY NEWS

Email mapletonqueensland@gmail.com

Current circulation over 4,254

mapleton