



## Newsletter - December 2019

### This Month

- **Estia Seeking Help**
- **Airport News**
- **Twin Waters West Update**
- **Storm Season**
- **Our Black Swans**
- **Christmas Lights**
- **Council Elections**
- **Coolum Surf Ranch**
- **Cycling Safety**

### TWRA General Meetings

The final meeting this year will be held at 7.30 pm on Monday evening, 9 December in Mudjimba Room 1, Novotel Sunshine Coast.

### TWRA General Calendar

**Sunday, 15 December 2019**  
**Christmas Carols from 5.00 pm at Wandiny Room, Novotel Sunshine Coast.**

Councillor, Jason O'Pray will co-host the MC Role with Carols stalwart and our local State MP; Fiona Simpson. The Monster Raffle (with over \$6,500 in prizes) is on sale on certain days outside Food Works.

The evening will end with fireworks over the lagoon, proudly sponsored by Sunshine Coast Council, Bendigo Community Bank Marcoola and North Shore Realty. Sausages, soft drinks and frozen treats will be available for purchase. Santa will arrive and distribute lollies to all the children. A big thanks to the Novotel and Sunshine Coast Council for their enormous contribution to our event. We look forward to seeing you at the Wandiny Room on Sunday, 15 December: Doors open at 5.00 pm; and Carols commence at 5.35 pm.

### Presidents Report

Welcome to December ... where has the rest of the year gone?

As we prepare the Newsletter, we are finalising the Party at Loose Goose and with record bookings show how we like to get together as a community with some fun and fellowship. And a big thank you to Kevin and Adrienne Burgess who donated the wine again!

We are also in the home straight with preparations for Christmas Carols on Sunday 15th December. Rob Ruskin and his team have been working hard to make sure it's a great evening for all. Santa and his Lollies will be a great hit and so will sleigh with the work done by the team from Living Choice. Fiona Simpson will lead the carol singing and if you listen carefully you might hear Jason's fine singing voice!

A couple of weeks back I visited Care Outreach at Coolum and was inspired by the team effort in getting Christmas to the bush and particularly to the areas affected by drought. They assemble and distribute food hampers and necessities to many parts of dry Queensland and provide toys and gifts and in some cases these gifts are the only "extras" the kids see at this special time of year. They were loading 21 pallets and the truck heading west was absolutely packed full. The Care Outreach team have shown that we on the coast do care and support farmers and communities in need and have done so for over 25 years! They can always use non-perishable food that is "in-date", serviceable good clean clothing and household basics. And if you want a bargain, they have an amazing Op Shop that raises money to support those in need.

We look forward to seeing you at the TWRA General Meeting on Monday 9th December and also at the Christmas Carols evening at Novotel Sunshine Coast.

Have a happy and safe Christmas and holiday season and a happy and prosperous New Year, and may 2020 be even better than 2019!

Until next month,

*Tony*

### Thanks for enjoying 2019 social

On Sunday 24 November the 4th annual TW Christmas Party was held at the Loose Goose with 116 in attendance. The good variety of food was plentiful and excellent, with good company, great wine and festive fellowship.

### TWRA Date Claimers

- Monday, 10 February 2020 - TWRA General Meeting (Novotel Resort)
- Sunday, 1 March 2020 Clean Up Twin Waters (8:00 am at Baywater Drive Park)
- Christmas in July (TBC)

### Estia Seeking Volunteers

In the recent November Newsletter, President Tony mentioned the concept of a caring community and the possibility of assisting others who are in need. A perfect example and opportunity to illustrate this is a request we received from Estia Health Twin Waters. They are looking for some community volunteers to assist them with some tasks, including befriending a resident(s) and also driving their mini-bus. Last year, some volunteers also assisted to take Estia residents to our Carols & Fireworks at the Novotel - a wonderful community gesture by the volunteers. Obviously, volunteering would be between you and Estia.

**If you would like to discuss this further, please contact Jude, Lifestyle Co-ordinator by phone 5646 4120.**

## International Airport on the Sunshine Coast

Construction is now well under way on the new south-east – north-west runway. It is envisaged that by late 2020 the new runway, that is 45 metres wide and over 2,500 metres long, will be ready for use.

Indeed, the Sunshine Coast Council announced recently that the first flights to land on the new runway might take place in May 2020. This will allow the existing runway to be closed, while construction on the eastern end of the new runway is completed.

The commissioning of the new runway will be a major draw card for tourists and local businesses. The Sunshine Coast will start to see a dramatic change as people from all over the world discover our region, not just from a tourism point of view, but also as a place to establish as a smart business location as an alternative to Sydney, Melbourne, Brisbane or the Gold Coast.

The Airport Masterplan has been approved. A local concern regarding transport trucks along David Low Way to a Northern Airfreight Precinct has been considered and there is the possibility for an internal road to service this area. Initially, freight etc will be located in the gateway area closer to the motorway.

**Below is the schedule of the overall project:**



The construction phase in the new masterplan will cost over \$4,000 million and will bring in around 2,000 new employment opportunities, once complete it will open the ability to bring in over 2 million extra visitors to the coast each year. But the true value will be the growth we see through the combination of the airport, Maroochydore's new Business District and the direct high-speed sea cable to Asia.

## Twin Waters West Update

Stockland's Development Application for Twin Waters West has entered the Decision phase. State approvals have been finalised and it is understood that final negotiations with Council are in progress and being finalised.

The DA will go to a full Council meeting for final consideration and Councillors decisions. This could be within the next couple of months, ahead of the 2020 Council elections in March.

One important change has been about the intersection of Ocean Drive and David Low Way. Since TWW has been under consideration by Stockland, there have been discussions and expectations that a roundabout would be the preferred option at David Low Way and Ocean Drive intersection to allow access to the proposed Twin Waters West development.

We have now been informed that Qld Department of Transport and Main Roads (DTMR) have scrapped the idea of a roundabout and require a newly designed intersection which will include traffic lights to control the flow of traffic.

DTMR has absolute authority in all traffic matters on their roads and their decisions cannot be appealed.

We will keep you advised and TWRA Members will be kept informed via emails as soon as relevant information becomes available.

## Storm Season

On Sunday afternoon, 17 November hail and strong winds were part of a wild storm on the Sunshine Coast. Trees were felled across parts of Twin Waters.

### Disaster Do's and Don'ts

It's a fact of life in Australia that summer = storms and fires.

Following a disaster, it's important to know what help is available to you and your business, as well as the rules around damaged goods and emergency repair work.

### Help for Licensees and Non-profits

After a declared natural disaster, the Office of Fair Trading (OFT) can help traders and organisations who are licensed by us replace lost, damaged or destroyed documents, free of charge, including:

- licences, ID cards or certificates
- rules for non-profit groups.

OFT will also give an extension on any new applications or renewals, and waive late fees.

### Water-damaged Products

Following heavy rain or a flood, your products may have water damage.

If the products you have in stock were affected by water, OFT recommends you dispose of the damaged items and contact your insurer to see if you can make a claim for your loss.

If you decide to sell water-damaged goods, you must disclose the damage to consumers, even if you have since restored or repaired them.

If the products include food, Queensland Health has published special guidelines you should follow:

[www.publications.qld.gov.au/dataset/public-health-disaster-management](http://www.publications.qld.gov.au/dataset/public-health-disaster-management)

## Council Elections in March 2020

Just an early heads-up that there will be the four-yearly Council elections on Saturday, 28 March. In a number of previous Council elections, the TWRA has organised a Candidates Forum for the nominees standing for Division 8. We are planning to do so again for the forthcoming election. We are arranging the forum about 10 days prior to the election. By then, nominations will have closed and all candidates will be known.

The Forum would be intended to provide an equal opportunity for every candidate for Division 8 to present themselves and their policies and to answer questions, to assist and inform our community ahead of the vote.

More details will be provided in the New Year but we wanted to flag our intention for the Candidates Forum so that you can write it into your diary (or whatever the digital equivalent is!)



## Will you “Light up Twin Waters” for the Festive Season?

The coming festive season is a wonderful time of the year for so many reasons.

Putting lights in your garden and on your home is a wonderful tradition and the more people who do it, the more festive the whole community looks.

Sparkling lights, Santa lights, Nativity scenes and lights, Christmas tree lights - whatever you like is good. Together they create a wonderful sense of community and festive spirit for the season.

We encourage everyone to put up some lights this year to celebrate the festive season. For many years, the TWRA promoted “light up Twin Waters” and even had a lucky draw and prize at the Carols for those who put lights up. Dennis Kyling, a past President and TWRA life member initiated and promoted Light Up Twin Waters.

Some streets here had wonderful displays. It would be great to see this happen again. So, we really encourage everyone to contribute to the season and Light up Twin Waters again this year. Are you in?



## Swans on the Lake

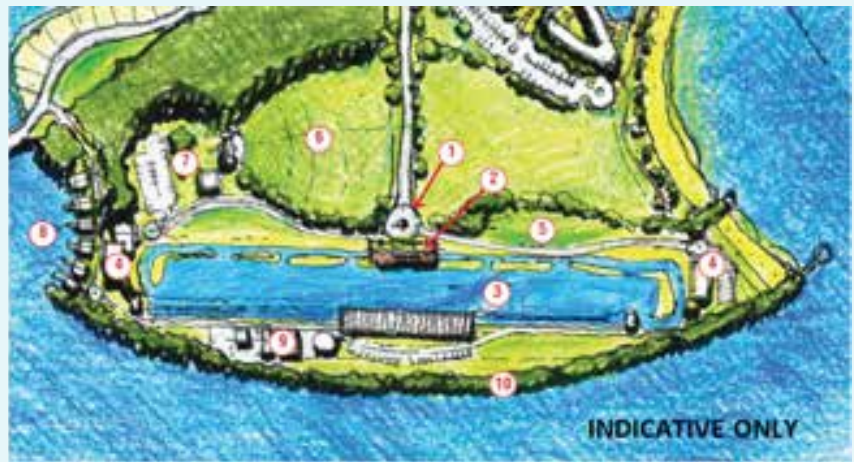
Our black swans have produced a family! Mother, father and four cygnets have been exploring our Twin Waters lake for a few weeks now. Often, they can be seen in a line, with mother at the front, then the four cygnets and father bringing up the rear. They have even been seen crossing Ocean Drive in procession to explore the lakes at the golf course. This is very special and not something that we have seen very often over the years. They are likely to come over and check you out if you are near the water. As they are wild life, it's best not to feed them as they may lose their ability to source their own food and the cygnets may not learn to forage for themselves. Also, please take care if you see them crossing Ocean Drive. Aren't we fortunate to live in Twin Waters!

## Coolum Surf Ranch Proposal

Using Kelly Slater wave system technology, World Surf League is considering developing a Surf Ranch on a 510 hectare site at Coolum – a facility that provides the perfect wave for amateur and professional surfers alike. The first one to be built in Australia, this will provide significant investment, tourism opportunities and economic growth to the Sunshine Coast. The creation of this Surf Ranch and the surrounding development will create much needed jobs and a more diversified economy.

The Surf Ranch is not commercially viable without broader sustainable development. This will include a range of economic drivers such as a luxury wetland eco lodge, event and training facilities, tourism accommodation, a school, dining experiences including farm to table dining, residential development, vast green space, public waterways, regenerated wetlands and a Wetland Environment Experience and Learning Centre.

The map below indicates a high level overview of the proposed site and plans to return over 75% of the 510 hectares that will be improved and provided back to public ownership through the dedication of untouched riparian wetlands aligned to the objectives in the Sunshine Coast Council's Blue Heart project, improved flood management, regenerated green open space and public waterways to cater for all forms of community water sports. It also outlines that development will be limited to 25% of the total area and the potential uses for the developed area.



1. Entry 2. Surfhouse 3. Surf Lagoon 4. Surf Deck 5. Spectator Berm 6. Ampitheatre  
7. Car Park 8. VIP Accommodation 9. Back of House 10. Wind Break

## Cycling Safety

**By law, cyclists are allowed to:**

- Ride two abreast on car lanes - no more than 1.5 metres apart.
- Overtake on the left-hand side of stopped or slow-moving vehicles.
- Travel in bus lanes and transit lanes.
- Ride on the footpath if they are less than 12 years old. Adults supervising them can join them on the footpath.
- Ride on footpaths if they are carrying a child under 10.
- Ride on footpaths if permitted by markings.
- Turn right from the left-hand lane of a multi-lane roundabout but must give way to traffic exiting the roundabout ahead.
- Travel on road shoulders.

**Cyclists are NOT allowed to:**

- Travel in Bus Only lanes.
- Ride recklessly or under the influence of alcohol or drugs.

**Cyclists must:**

- Wear a helmet.
- Have at least one working brake
- Have a bell or horn to warn people ahead.
- Have a white light visible for 200m ahead at night.
- Have a red light visible 200 metres behind at night.
- A red rear reflector.
- Use hand signals to let drivers know your intentions.

**Motorists must:**

- Give way to cyclists at pedestrian crossings.
- Change lanes when overtaking bicycles on multi-lane roads and allow at least one metre space for cyclists in one lane situations.
- Check mirrors or look behind you before opening car doors. It is illegal to cause a hazard to a cyclist when getting out of a vehicle.

## TWRA Contact Details

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Emergency Only - 000

Police 24hr Assist - 13 14 44

Coolool Police (General Enquiry) 5440 2777

Crimestoppers 1800 333 000

SES Emergency 13 25 00

## Block Co-ordinators

Check on TWRA.net and Community

Notice Board for contact details.



### TWIN WATERS RESIDENTS' ASSOCIATION MEMBERSHIP FORM

The Annual Subscription is \$10 per family plus \$2 if you require an additional card

Valid to 30 June each year.

Name(s): .....

Address: .....

Home Ph: .....

Mobile: .....

Email: .....

Amount Paid: .....

Renewal

New Member

Please place this form in an envelope, with your payment,  
& hand into FoodWorks Supermarket, Twin Waters,  
or post to TWRA, PO Box 9351, Pacific Paradise 4564.

Date Processed: .....

Card No Assigned: .....

OFFICE USE ONLY



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[www.sarahkorzeba.com.au](http://www.sarahkorzeba.com.au)

Classes are held at: 741 David Low Way, Mudjimba

### Sarah Korzeba, as a Physiotherapist, Yoga teacher and Pilates/fitness instructor, often is asked what her top tips are for helping people to look after themselves better around the festive season.

She finds that it's essentially a time of year when most folk are spending a little bit more time sitting- for example, you may find yourself identifying with the following scenarios-

- perhaps taking longer car rides or even plane trips away, to spend precious "holiday" time with loved ones
- and when you do gather for such celebrations, you are sitting over wonderful long, relaxed meals prepared with love, sharing your stories of the past year
- plus, if you have time off work, you might find yourself catching up on some overdue paperwork or emails, which can mean a little extra time at the computer turns into hours before you know it
- gyms and studios usually close down their regular timetable so you may also not have access to the classes or equipment that usually keeps you moving
- if the weather were really hot, you may find yourself preferring to stay inside where it's cooler, and maybe lounge around to catch up on movies
- sometimes our seating for these activities, including beach chairs or sitting on picnic rugs, car or plane seats, computer chairs and lounges, are not ideal for long periods of time either, and can contribute to your body feeling stiffer and sorer than you would like!

### So, if you find yourself nodding your head to these examples, you may find the following tips very useful:

1. Get up more often! Simple, but so profoundly effective and useful! You may decide that around every half hour works the best, depending on how you feel, what you are doing, and overall how much sitting you have to do.
2. Be conscious of sitting in good posture! Use good chairs, and/or lumbar supports, with appropriate heights of all relevant equipment (chair, table, computer etc) to aid your best positioning.

3. Move your body into different directions- for example- have you noticed that after sitting for too long, you feel like you need to arch back once you stand up? There is a very good reason for this!

4. Naturally I need to be careful suggesting exercises without undertaking an assessment first, but some of my favourites that are relatively safe to share within the context of this newsletter are- anything that opens up your chest, and opening up at the front of your hips- because these areas often get tight in daily life, as well as with poor sitting postures, and can be the cause of common muscle imbalances.

5. A very simple yoga stretch that addresses both of these areas mentioned above, plus even more, is a spinal twist. There are a number of variations- you are welcome to check out my Facebook page "Akasha Physio and Yoga" for further specific details on this one!

6. Choose to stay active to offset the sedentary festivities- suggest going for a walk to chat and catch up, prepare some simple but fun games that even the adults will play, or considering joining the kids for some fun!

7. Stay fit, stable and strong during the year, because just like teeth brushing, it's not the once off brushing that saves your teeth from decaying!

8. See someone if you have a pain or problem that restricts you, even if its small- take time to get it sorted out before it gets bigger, or worse still, won't go away at all!

9. Use tennis balls, or a foam roller if you have one, to lie on for some deep tissue, self-release. Once again you may need a professional's guidance- but the effects can be nothing short of amazing! I don't travel anywhere without two tennis balls taped together, especially good for symmetrical release around the spine. Otherwise, for a wonderful release effect, make the effort to book yourself a massage!

10. If I can help you explore these ideas or anything further, I'd be delighted to be of assistance, and will be available over the Christmas and New Year period. Please check my Facebook page for updated posts on classes, and my new website [www.sarahkorzeba.com.au](http://www.sarahkorzeba.com.au) for a full outline of the services I offer. Sarah Korzeba is proud to be associated with the Twin Waters community for many years now, and looks forward to being of service in the years to come ☺