

Newsletter - May 2020

This Month

- **President's Report**
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- **Council Election Results**
- **Buy & Support Local**
- **Cycling in Twin Waters**
- **New Seats in Twin Waters**
- **Airport News**
- **Ocean Dr / Nojoor Rd Update**
- **Nojoor Rd Wildlife**

TWRA Calendar

All meetings cancelled and will be re-scheduled.

The Bloody Long Walk Sunshine Coast 2020

The charitable fundraising 35km Scenic Walk Challenge from Tickle Park, Coolum to Mooloolaba Beach which was to be held on Wednesday morning, 24 May has been cancelled and will be re-scheduled.

Memberships

From the start of the 2020-21 financial year, TWRA is planning to take our membership renewals online. This will mean that existing members will be able to renew by making direct online payments and new members will be able to join easily via a link on our web site.

President's Report

Life continues to be both different and difficult and we seem to be adapting to it quite well!

The Local Government Elections were held at the end of March and it is surprising that it took so long for the results to be finally declared on Friday 17th April.

We congratulate Mayor Mark Jamieson on continuing in the mayoral leadership role and we will watch the settling and shaping of his new Council. As a Community group TWRA look forward to working with Mayor Mark and his new team in the many aspects that have an effect on us.

We are pleased to welcome Jason O'Pray to another term as our Division 8 Councillor and look forward to continuing a close working relationship. Jason has been great support for our community. He regularly attends our meetings and events and has made himself available to the area he represents. He and his office in Council have helped sort out many issues and responded in a supportive role

We would also like to commend Kathryn Hyman for standing for what she believes. She was active as a challenger and visible in the traditional and social media.

As we continue our unusual and restricted life because of COVID-19, many businesses suffer and it's important that we continue to support our local shops and home-based businesses. TWRA has reminded members of the great services being offered locally and it is up to us as a community to continue to support these locals.

We see an increase in the number of people walking and getting exercise while respecting the requirements of social distancing. Many of us are walking the circuit around the lake on a daily basis

while give a friendly wave as we pass by and being cautious how we stop for a chat. With school holidays just passed and students learning from home, it's also interesting to see many pushbikes have been dusted off allowing people to extend their exercise and see parts of our community they would not normally see. As I write for the Newsletter, it's just been announced the restrictions will continue for another few weeks at least but there is some creativity in people mixing from a distance. A couple of weeks back houses on both sides of one of the canals held a distanced neighbourhood gathering ... just before dusk the many neighbours gathered on their decks that face the water. Lights on, chairs in place a few drinks and nibbles were enjoyed by all. Some neighbours could talk over the fence while others could wave. People from one of the houses paddled their kayak around part of the canal distributing Easter eggs – a great friendly gesture. This local area innovative behaviour can be recreated in many quiet streets with a new version of what we once called a "street party" but with social distancing!!

Hopefully we will soon be able to enjoy some normality – whatever that is.

Until next month,

Tony



Important Information Concerning COVID-19 from Ted O'Brien MP

The Federal Government's website - www.australia.gov.au - should be your first source for information on the coronavirus.

The Federal Member for Fairfax has advised that the most frequently asked questions coming to his office include:

Free childcare will be available from Monday 6 April for all working families.

The JobKeeper Payment programme will support around 6 million Australian workers with a payment of \$1,500 each fortnight. These payments will be made via businesses, including sole traders, whose eligibility includes a reduction in their turnover by 30% (for businesses under \$1,000 million turnover).

All of the Federal Government's economic support measures can be found at www.treasury.gov.au, or call the Business Hotline on 13 28 46; or the Queensland State Government's Business Hotline on 1300 654 687.

Workplace duties can be adjusted due to COVID-19 - changes to awards allow greater flexibility in the workplace. This will make it easier for many workers to change their duties and work from home. It will also allow for better leave arrangements for most workers.

Visitors to your house - the Queensland State Government has prohibited groups of more than two people who are not members of the same household, except for permitted purposes (eg; going to work, attending education, medical appointments, shopping or doing exercise). This includes visitors to your home.

Keep 1.5 metres away from others

Social distancing is essential for keeping our elderly and most vulnerable members of our community safe.

Helping others?

A good place to start is Volunteering Sunshine Coast that is seeking volunteers. Thank you to everyone who is in a position to assist those in need!

Sunshine Coast Regional Council Elections

The results from the election on 28 March have now been declared by the Electoral Commission of Queensland.

In our Division 8, incumbent Councillor, Jason O'Pray was successful again with 7,877 votes over Kathryn Hyman with 7,550 votes.

This was a narrow win with Jason gaining 51.06% of the formal votes over Kathryn with 48.94% of the votes.

The Mayoral vote saw the incumbent, Mark Jamieson, secure a comfortable win with 78,818 votes (49.48%) over his nearest rival, Chris Thompson, with 53,289 votes (33.46%).

The other two mayoral candidates were Michael Burgess (10.36%) and Don Innes (6.7%).

We thank all candidates who stood for the election and we wish the new Council great success as we move forward into the challenges of a post-pandemic world.

Coping with Coronavirus Buy Local and Support our Local Businesses

According to local Twin Waters restaurants and cafés, chicken parmigiana, pizza and fish 'n chips are the most popular 'isolation' foods and you can have a breakfast, lunch or dinner from \$10 to takeaway.

Keeping in line with social distancing laws, there is no reason you still cannot go solo, or with a loved one for a beach walk, or drive to the 'bottlo' and take home a 6-pack or sav blanc to enjoy with your take away meal.

In contrast with family and friends across the globe, living in isolation as an Aussie, particularly on the Sunshine Coast, does have its upside! Two other local businesses we could support are - Sarah Korzeba (Physiotherapist) and Beverly Barkway (Naturapetics). Their messages to the community are as follows:

Sarah Korzeba

As a local Physiotherapist, I am still providing 1:1 consultations for anyone needing manual therapy and individualised assessment to relieve pain, and am available for online coaching consults if required. I am still holding 1:1 exercise therapy sessions to help clients optimise home-based programs, as well as providing practical tips and training guidelines, to ensure clients achieve their desired outcomes during periods of isolation. Equipment purchases for home gyms can also be made through me.

I have commenced one hour online PhysioYoga classes with an extended meditation (half hour) to help deal with the stress and anxiety these times can produce.

Further updates and tools will be posted in "Akasha Physio and Yoga" Facebook page, with the option of joining our private group for special offers and more. Phone/text: 0411 470 916
Classes are normally held at 741 David Low Way, Mudjimba. Website is:
www.sarahkorzeba.com.au

Beverly Barkway

We are residents of Twin Waters and for the past 14 years have been selling our handmade, all natural 'NEEMPET' pet grooming shampoos, powders and lotions at Eumundi markets, boutique pet stores and online at

www.naturapetics.com.au. Itchy, dry and flaky skin along with over-licking of paws and those dreaded hotspots, are our speciality!

As Eumundi is currently closed and the coronavirus continues to affect small businesses, we wanted to let Twin Waters residents know that if they didn't want to venture too far to get pet grooming products to keep their pooches smelling heavenly and help with itching and scratching, they can call **Leigh Barkway on 0417542843 or our landline 54488411 to discuss their needs and pick up products safely or alternatively, we can arrange delivery in our area.**

Bike Repairs & Maintenance

Good news for the many bike riders in Twin Waters. A newcomer here has set up a bike repair and maintenance business and is available to help if our bikes need a little TLC. John Rose retired from the US Marine Corps and moved recently from Hawaii to Twin Waters with his wife, Penny.

John has always been passionate about bike riding and maintenance of bikes. After he retired, he completed a course to be actually "certified" as a mechanic. You can find out more about him and his business by checking his web site:

www.neutralservice.com.au

(Neutral Service is a bicycle racing term meaning the "Neutral Service" folks help any rider in any team with support.) Whether someone is riding a bike from Aldi, or a multi-thousand dollar race machine, John says he is happy to help.

John and Penny live in Stillwater Drive.

Contact details can be found on his web site or call John's mobile 0490387226.

Welcome to Twin Waters, John & Penny!

Cycling – Traffic Rules and Ride Safety

Many residents are keeping fit by going for a cycle. Here is a reminder of Qld Transport Rules that apply to riders:

Offences common to both bicycle riders and motorists include:

- failing to stop at a red traffic light
- disobeying a 'no U-turn' sign at an intersection
- failing to stop at a 'stop' sign at an intersection
- using a mobile phone

Common offences specific to bicycle riders include:

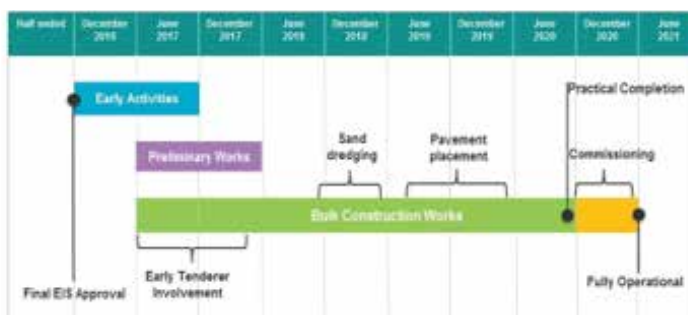
- failing to give way to pedestrians on a footpath or shared path
- failing to display a light at night or in hazardous weather conditions
- failing to wear an approved helmet

New Seats for Twin Waters

Council has previously advised that where seats and bollards are feeding white ants they will be replaced.

The old timber seats no longer meet Australian Standards so will be replaced with acceptable seating. The bollards that need replacing will be replaced with the new recycled plastic bollard which looks like timber! Some bollards will simply be removed and not replaced where gardens and trees block park access to vehicles.

Council advise that there are 63 seats in the Twin Waters Parks that will be gradually replaced during the next few financial years.



**SC Airport
Target Delivery
by 2020**

Sunshine Coast Airport News and New Runway Project

As part of the Federal Government's response to the COVID-19 pandemic, it advised Australians to avoid 'non-essential' travel and a number of states have closed their borders.

As a result, flights operated by QantasLink, Jetstar, Virgin and Air New Zealand have been suspended into the Sunshine Coast from 27 March until at least mid-June 2020. Sunshine Coast Airport has temporarily closed its terminal and other passenger facilities, except to support a small number of charter flights. Our current North-South runway remains open for general aviation and charter operations.

Revised opening date for new runway

Sunshine Coast Council has advised the new runway at Sunshine Coast Airport is now due to open on 14 June 2020, subject to weather and the impacts of coronavirus. Any such disruptions to the program may mean the June 14 date will not be met and programming will have to be reviewed. More information is available on Council's website. The existing Runway 18/36, and existing flight paths, will remain active and in use until the new runway is operational and then is expected to be decommissioned to allow new taxiway and airport apron work to be completed.

Sunshine Coast Airport has a vital role to play in helping the region rebuild, and the new runway will position the region well to build on new opportunities for tourism and business.

The new runway will be bigger, wider and better aligned with prevailing winds so our community can access the world from the Sunshine Coast. The project includes:

- a new 2.45-kilometre long by 45-metre wide north-west/south-east runway, capable of servicing aircraft such as the A350 and B787,
- a parallel taxiway
- changes to airspace and flight paths
- an expansion of the apron at the existing terminal.

For further information visit

www.sunshinecoastairport.com.au

Ocean Dr / Nojoor Rd Intersection Completed

We are pleased to advise that the upgrade of the intersection at Ocean Drive and Nojoor Road has now been completed. This includes additional signage, line marking, concrete median islands and minor pavement works to increase the presence of the intersection and further assist drivers to understand the priority of the intersection and safely negotiate the intersection. Importantly, overhead lighting has also been upgraded, adding to night-time safety there. The work was funded from the Commonwealth's Black Spot funding programme and completed by Council and Energex. Thank you to everyone involved. This has been an important road safety project for our community.



Virtual Fence along Nojoor Road

Have you noticed the green posts along both sides of Nojoor Road, north from the Ocean Drive intersection? It is a Virtual Fence that is intended to protect wildlife (presumably kangaroos) from being hit by passing traffic. The Virtual Fencing device is activated by approaching headlights, which causes it to emit a combination of sound and light stimuli that alert and repel animals from the road side. The alert system consists of an audible alert and blue and yellow strobe-type LED lights. The devices are placed at 25-metre intervals on alternating sides of the road. They are triggered in sequence by the vehicle headlight as a car approaches along the road, forming a virtual fence. According to the web site of the manufacturers, Wildlife Safety Solutions: "Our aim is to protect the wildlife of Australia and enhance the safety of drivers with the latest road-kill mitigation technology. Our latest testing has seen a 50% reduction in wildlife vehicle collisions." The virtual fence uses the latest non-invasive audio and visual systems to alert animals and prevent vehicle contact. Virtual fencing made its Australian debut in Tasmania where the technology is utilised to help protect the vulnerable Tasmanian devil.

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Emergency Only - 000

Police 24hr Assist - 13 14 44

Coolum 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.

Andrews Podiatry Services

If you haven't yet met Alannah, you may recognise Murphy, the resident Twin Waters Irish Terrier. Both can be found walking around the lake most mornings saying hello to the regular walkers.

Alannah is Twin Waters resident Podiatrist and operates from her home in Quay Court.



"The most rewarding aspect of podiatry is the ability to reduce people's foot and leg pain really quickly – often in a single treatment – by introducing some simple yet very effective treatments. Patients are often amazed because in some instances they have had the pain for a very long time.

Foot, ankle, knee and hip pain can be terribly debilitating, so the removal of the pain and discomfort really has such a positive impact on a person's quality of life. Seeing patients enjoying their life again is so rewarding.

Podiatry as a health profession has changed quite a lot of the last 15 years. In the early days people really thought we were chiropodists, but our training encompasses so much more than the treatment of corns and callouses. We are now trained to perform minor toenail surgery to treat ingrown toenails, dry needling (medical acupuncture), deep tissue massage and mobilisation, laser therapy and computerised foot pressure and gait analysis. The knowledge and skill podiatry training now provides, enables us to treat a much wider variety of lower limb problems."

Her clinic at Twin Waters, now has a bigger sister as Alannah and her husband Peter recently opened a large multidisciplinary clinic in Buderim. It's been a long-term goal Alannah had watching her own father have to go to various locations to receive the care he required. "I always wanted to have a one-stop shop for health services as the outcomes for the patients are so much better when all of their treating therapists are all working together for you. The services we provide at our Buderim clinic include podiatry, physiotherapy, exercise physiology, speech pathology and exercise classes specifically focusing on improving strength, mobility and balance. Last year we started our own Parkinson's Exercise Classes in our rehabilitation gym.

We started with one group per week and that has now grown to four classes per week, our patients love them and keep coming back for more"

So, what's ahead for Alannah this year? "In addition to my podiatry services, I'm also a Heart Foundation Walking, Group Co-ordinator so I'd like to get our Twin Waters Walking Group established and I've recently contacted Park Run to see if we could have our own Twin Waters Park Run course around the estate. I'd love to get both of these activities established in Twin Waters this year. Healthy residents make for a healthy community and I'm a huge supporter of any activity that improves our quality of life."

If anyone would like further information on any of these activities please feel free to contact her on (07) 5450 5407, or admin@andrewspodiatry.com.au or you can also contact and "follow" her via Andrews Podiatry Services' Facebook page. If anyone in Twin Waters were needing podiatry services, but is self-isolating or unable to come to the clinic in Quay Court, Alannah is happy to provide a home visiting service.

TWIN WATERS RESIDENTS' ASSOCIATION MEMBERSHIP FORM

The Annual Subscription is \$10 per family

Valid to 30 June each year.

Name(s)

Address..... Home Ph:.....

Mobile..... Email:.....

Amount Paid..... Signature:..... 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:.....

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