

TWIN WATERS

RESIDENTS' ASSOCIATION

Newsletter - March 2021

March Calendar

Bloody Long Virtual Walk
1st to 10th March

Twin Waters Pharmacy
Fundraising for Ovarian Cancer
Until the end of March



Clean-Up Day
Sunday 7th March

Start time: Breakfast at 8.00 am in the park in Baywater Drive.

Team deployment to allocated areas: 8.30 am

Materials: gloves, bags all provided
We are so lucky that our area is generally so well looked after by its residents but this annual clean up event is a great way to keep it looking good, and also a chance to meet people!

The TWRA will be supplying six raffle prizes as well! So come along!

We'll be happy to see you!
Many hands make light work!



Save the Date

Easter Day Breakfast 4th April
Twin Waters Golf Club

President's Report

I have often talked about the value of our community and how we all work together. A few months back, we worked with Mudjimba Surf Club and donations from our community put a new roof in place. Donations from TWRA, along with other significant donations, helped complete their extension.

TWRA recently presented the proceeds from the Christmas Carols to Maroochy North Shore Lions Club and it will be used for the benefit of the community. We will hear about that next month.

In our dealings with Council there have been many discussions about our Twin Waters levy that generates funds to provide superior levels of service for all our public areas in Twin Waters. When circumstances mean the service drops a little, we have discussions to bring it back on track!

Maroochy North Shore Lions have some ideas and are involved in discussions with Council and TWRA has also presented ideas to Council on ways the community can be improved.

Now we seek your input. Do you have suggestions on "things" that can improve the quality of our community? We will be pleased to accept all suggestions and they will be discussed with Council or other groups. Remember a couple of years back a young lady called Caitlyn wrote requesting a netball hoop in Moorings Park? We took it to Council and discretionary funds were used for its installation and I'm pleased to say it is regularly used. Kayak launching areas have also been requested and installed. TWRA can't promise everything will be installed or constructed but we will listen and share your ideas! Drop us a note with your suggestions to info@twra.net - we will see what can be done.

Until next month,

Tony

Carols Funds

Presented to Lions

While our Community Carols and Fireworks night at the Novatel is not primarily a fundraiser, it resulted in \$4000 being donated to our local Lions Club. Presentation of the cheque was made to Maroochy North Shore Lions Club President Patricia Parkinson and Secretary Carol Goldsworthy at the TWRA General Meeting on Monday 8th February. Maroochy North Shore Lions were thrilled to receive the donation and they have a project team looking at opportunities to benefit the Twin Waters Community. Carols Committee members Kerryn Vincart, Sophie Lever, Rob Ruskin, Margaret Hamlyn and Emilia White presented the cheque to Lions representatives Patricia Parkinson and Carol Goldsworthy at the TWRA meeting last month.

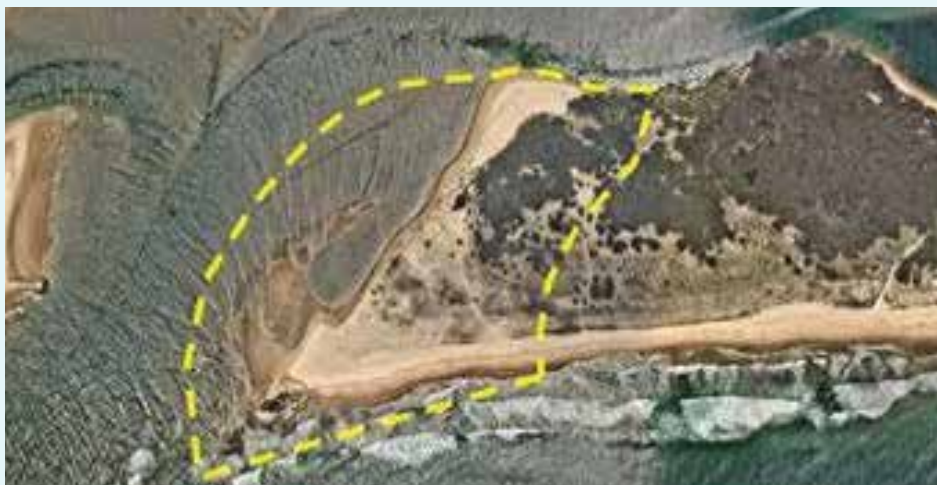
New Seats!

As part of the council's continued maintenance of the area, old benches are in the process of being replaced with more ergonomically friendly seats as seen in the photo below. We can rest, contemplate and reflect surrounded by nature in more comfort than before! Seat replacement will, and in some cases, already has occurred on Karinya Island East, in Mariner Place Park, Nautilus Place Park, The Links Reserve, Waterlily Place Park and Prestwick Drive. And while we are talking about seats... a brand new seat overlooking the water at Viewpoint is planned. It will be the same style as all new seating and the location is to maximise any potential shade. The new seat should be installed before June 30. It's great to have areas where we can sit with friends or on our own in such peaceful surroundings.



Beach renourishment program at Maroochydore

From Mid-February to Mid-March, Maroochydore beach will have some 20,000m³ of sand replaced. A quantity of sand was lost in the storm events of December 2020 and the campaign serves to “renourish” the area. On Wednesday 17th February, dredging works began. Sand is now being continuously pumped onto Maroochydore beach to re-nourish the sand levels. The campaign will renourish the sections seen in the image below. The sand delivery will be the same as the recent campaign in June – September 2020 whereby the water and sand slurry is delivered via a pipe outlet and placed on the high side of the beach with excavators. Pedestrians will be diverted to the topside of the dune during the works on the beach, after works have finished each day the low tide area will reopen to pedestrians. Due to the delayed start date caused by the poor weather and sea conditions, the work will now be required to take place between 7am to 6pm Monday - Saturday to meet the required deadlines. The dredging work is expected to be completed no later than the 14th March. A small section of the Alexandra Parade car park will be required to be shut for the booster pump and site office and there will be restricted pedestrian access to the southern spit on the Maroochy North Shore during dredging hours. In addition, some sand will also be used to bolster some of the existing kayak launching areas where sand has been washed away. The Viewpoint ramp has a 1m drop from the steps so the addition of sand will increase the safety of these areas.



North Shore beach temporarily closed for protection

You may have noticed that a small section of North Shore Beach has been closed to all people and dogs between the hours of 7 am to 5 pm, Monday to Friday. This will continue until mid-March.

This is to provide a refuge for migratory shorebirds while Sunshine Coast Council pumps sand from the Maroochy River back onto Maroochydore Beach to renourish the coastline after recent storm-related erosion. See the article above.

The beach and dog off-leash area to the north of this exclusion zone will remain open during this time.

The last time this section of beach was closed was in 2016 for the same reason.

Shorebirds are among the most threatened group of bird species in the world and each year they share our Sunshine Coast shorelines to feed and rest.

About one-third of shorebird species are residents, however, most are migratory. Some species fly for days without rest or food and travel tens of thousands of kilometres to reach Australian shores. They arrive exhausted and spend September to April resting and feeding within the river mouths.

They need space, food and protection from predators, and we must avoid disturbing them so they can recover from their long flights, and prepare for the next stage of their journey. Any disturbance to the birds during this time limits their ability to build up their energy. Even if these disturbances do not last long, they start to add up and this can greatly affect the shorebirds' energy levels.

You can learn more about our resident and migratory shorebirds by following our series Shorebirds of the Sunshine Coast.



Pacific Golden Plovers



Eastern Curlew



Pied-eyed Oystercatcher



Ovarian Cancer Fundraising

Recently, one of our locals passed away from Ovarian Cancer. She was an inspirational woman, strong and fit, kind and loving. In 2020, 1,532 women were diagnosed with Ovarian Cancer. 1,068 females died in 2020 from this silent killer. Twin Waters Pharmacy is asking for your help in raising much-needed funds for this cause. All month until 31st March, they will have merchandise for you to purchase in-store as well as holding some raffles. All proceeds will go to Ovarian Cancer research. All the team at the pharmacy, led by manager Jodi, look forward to seeing you in-store to help raise awareness and funds.

Caution - Stonefish spotted in canal

Recently, a stonefish was spotted swimming in our Twin Waters waterways. Stonefish are the most venomous of all fishes. They are found throughout shallow coastal waters of the northern half of Australia.

The fish usually lies motionless, often partially buried in the sand and perfectly camouflaged among surrounding coral, rocky reef, rubble, or aquatic plants.

The stonefish has 13 sharp strong dorsal fin spines that are contained within a sheath of thick skin. At the base of each spine, there are two venom glands that discharge their contents along ducts in the spine. When disturbed, the fish erects its spines but maintains its position on the sea floor.

Stings usually occur to the feet of swimmers or waders who have ventured away from clean sandy areas and closer to the more complex bottom structure preferred by the stonefish. To prevent stonefish stings, sturdy footwear should be worn while wading on soft-bottom areas next to rocky or weedy areas.

An antivenene for stonefish stings has been developed. In the event of a sting, the victim should leave the water, apply first aid and seek medical attention as soon as possible.



Twin Waters Coffee Group

Long time resident of Twin Waters, William Armstrong would like to start up a Twin Waters Coffee Group. William received an award for his work in setting up a similar group in Noosa which is still going after 16 years! In his words – Noosa is great but Twin Waters is better!

If you are interested, contact William on 0435 998 029 or armstrong9@inet.net.au

Curlys on the Boardwalk on the 10th March 6 Breezeway St Mt Coolum



Early photo (1997) from Twin Waters Drive across the park and canal towards the now Waterside PI



Looking across the canal with the Lake View Dr bridge in the background (1997)

Twin Waters History

This is the first of a series of items on the history of Twin Waters and its surrounds. Let's start from the beginning of our current Twin Waters! Our wonderful suburb was developed by Lendlease Corporation, one of the leading Australian property companies. They acquired the site in 1995 under a deal with Tricontinental, a merchant bank owned by the Victorian Government that was in financial difficulties. Lendlease became responsible for the development of the site.

The first land was released for sale in 1997. Twin Waters was officially opened by the then Premier, Rob Borbidge, in October 1997. Twin Waters was developed in stages, with development completed by 2005. As each stage was completed and sold to buyers, the public infrastructure, including the parks and street verges, was transferred to Council. The lake was the last area transferred to Council in 2010 as there were several issues that the Council wanted to be resolved before they would accept responsibility for the lakes and waterways.

During the period Lendlease was developing Twin Waters, they were also active elsewhere in the area, purchasing Twin Waters Resort, the Golf Club and associated land in November 2003. The strategy was to develop available land e.g. North Shore Coastal Village adjacent to the resort. They were unsuccessful in "peeling off" land from the Golf Club where, at one stage, they proposed to develop townhouses on the site of the tennis courts. They ultimately sold the resort and the golf club.

Lendlease repeated the strategy at the Hyatt resort in Coolum, which was later sold to Clive Palmer. They also held options over the Canelands where they proposed to replicate Twin Waters but sold to Stockland when their corporate strategy for this area changed. They are no longer active in residential land development, at least in our area, but they do own Sunshine Plaza.

During the development of Twin Waters, Lendlease made a serious effort to create a community here. They marketed our area as the Twin Waters Residential Community and they supported community events and the TWRA in our early days.

Loose Goose 10th Year Anniversary

Congratulations to Erin and Carl Mitaros and their team at the Loose Goose. Their 10-year celebratory dinner was held on 16th January, with the theme of The Great Gatsby, and was a great success. The Loose Goose has a reputation for great food and good service and they are loyal supporters of the Twin Waters Community, hosting many community-based events. In an industry where many hospitality venues never make it and become well-established, the Loose Goose is to be highly commended for reaching their 10-year milestone. They showed how adaptable they can be during the recent COVID restrictions when they quickly moved to open their takeaway called Little Goose Takeaway. Celebrating being open for 10 years was such an amazing achievement for this young couple.

"We would not have been able to do it without our awesome staff and lovely customers. We have made so many friends through the years and can call most of them family."

Well done Erin and Carl!

Our Advertorial next month will feature The Loose Goose where you will be able to read more about their amazing journey.



Erin & Carl Mitaros



The Bloody Long Walk starts in March!

Join up and get ACTIVE and walk 35km to raise funds for and awareness of mitochondrial disease.

Mitochondria are the powerhouses inside our cells, providing the body with over 90% of the energy it needs to sustain life. Mitochondria take in sugars and proteins from the food we eat and produce energy that our bodies use to function properly. It is a debilitating and potentially fatal disease that reduces the ability of the mitochondria to produce this energy. When the mitochondria are not working properly, cells begin to die until eventually whole organ systems fail and the patient's life itself is compromised.

The Sunshine Coast will also hold a 'real' walk on May 21st, starting from Coolum and ending in Mooloolaba. For more information, go online for details.

Sign up now for FREE and challenge yourself to walk (or run) 35km in 10 days from March 1st - 10th.

Up coming events at the Golf Club

Twin Waters Golf Club will be hosting some great events you can be a part of in 2021. There's Easter Breakfast on Sunday 4th April, Mother's Day Lunch on the 9th May and a toe-tapping Christmas in July Dinner on the 10th July. Dates to save in your diary! Stay tuned!



RayWhite.

Greg Clarke
0418 239 067

**WE DON'T JUST HAVE TWIN WATERS BUYERS,
WE HAVE SUNSHINE COAST BUYERS**

Think Real Estate
THINKPINK

One stop shop for Sales & Property Management

Ph: 07 5448 6688
Shop 2/718 David Low Way Pacific Paradise Q 4564
info@joannereillyproperty.com.au
www.joannereillyproperty.com.au

JOANNE REILLY
PROPERTY

TWRA Membership

Everyone who lives in Twin Waters, whether an owner or a renter, is encouraged to join the TWRA.

Joining TWRA is easy. Just go to the web site at www.twra.net and click on the link headed TWRA Membership.

This will open a form for you to complete, with basic details such as name(s), address, phone and email(s). If you submit that form, we will then send you an "invoice" with details for online payment of the membership fee (\$10 per annum per household) or you have the option of paying via credit card as part of the form completion.

Upon payment, we will send a receipt, which becomes your evidence of Membership. Renewals each year are even easier - we will send you an "invoice" each year for online payment by direct deposit or credit card.

TWRA Contact Details

Email - info@twra.net

President - Tony Freeman

Secretary - Sophie Lever

Treasurer - Kerry Vincart

Editor - Emilia White

Editorial Email - newsletter@twra.net

Advertising - advertising@twra.net

Website - www.twra.net

Phone - 07 5448 9414

Postal

PO BOX 9531 Pacific Paradise Qld 4564

Neighbourhood Watch -
nhw.twinwaters.qld@gmail.com

Emergency Only - 000

Police 24hr Assist - 13 14 44

Cooloom 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.



Sarah Korzeba's Akasha PhysioFit & PhysioYoga Studio

Sarah grew up in a country town in the south-east of SA; graduated from Physiotherapy in Adelaide in 1988; worked in Melbourne for 18 years and moved to the Sunshine Coast in 2006.

Her passion for health and fitness grew from a very young age - always knowing that she "wanted to help people" with her motto being to "stay active".

After suffering a serious sporting back injury in her late 20s, Sarah completed Pilates instructor training, postgraduate studies in spinal conditions, taught at Melbourne University, and when living on the Coast undertook yoga teacher training. She established Akasha Physio & Yoga in 2010 and operates from her private clinic, and soon to be built new studio, located in Mudjimba.

Exciting times are ahead! Keep an eye out for classes and new workshops to be offered in Mudjimba again soon!

Sarah created signature classes "PhysioYoga" in 2011, and "PhysioFit" in 2015, and is currently developing a signature online program under her unique, personalised modality of "Integrated Therapeutic Movement", by Not Just A Physio.

If you would like to know more about how she can help you achieve your personal goals for fitness and good health, Sarah would love to hear from you - 0411 470 916; sarahkorzeba@gmail.com; or her web site at www.sarahkorzeba.com.au.

Sarah's top 12 tips on how to best help stay on track with your exercise routine!

You are not alone if you find it difficult to get around to doing your exercise routine!

However- sometimes it is the pinnacle of a therapy's success! As you will know if ever you've found that therapy works- but only for a limited time?! Then herein lies some answers!

Days of not getting to your exercise program, turn into weeks, turn into months... I know... because I've been there too!

So I've compiled my top 12 tips for you to take a look at and put any or all into action if you are struggling with this aspect too :-). And I'd love to hear from you if you have any more to add!

1. Choose a time of day that suits you. This might sound obvious- but it can make or break your routine! You may need to consider things like- the temperature at that time of day: whether you prefer to do the routine on an empty stomach, or if after a meal- consider approx. 2 hours for adequate digestion. What time of day do you have your best energy and/or mental acuity, if they are aspects necessary for you to consider as well.

2. Make it enjoyable. It might be easier to do something with a friend- but DO NOT let them make or break you getting the job done! For this reason alone I have tended to exercise solely on my own.

3. Mark the time you set aside in your diary, as a NON NEGOTIABLE. Just like you would an important meeting. After all, it is important, right?

4. Catch yourself if you find yourself making any excuses! Ask yourself- what is that really about? You may observe certain resistance or thoughts around what you are doing that would serve you well to enquire further about for yourself.

5. Make sure you have the right equipment. That could mean the correct footwear, a decent yoga mat, a few items (balls, rollers etc) to make it more interesting or challenging as the case may be.

6. Once completed, mark the session off in your diary or calendar- so you have a visual record of sessions completed, and can give yourself a pat on the back, or even a gold star, and track your commitment to yourself!

7. Pre-plan well in advance- i.e. choose a Sunday for example, to go through your schedule and mark out the number, and maybe variety, of sessions you wish to achieve in that week i.e. well ahead of time.

8. Regularly reassess your progress, and keep your program updated as you progress.

9. Keep your goals in mind, and check your progress off against them. Stay in contact with your coach/therapist to maintain accountability and address any issues early should they arise.

10. If exercising for therapy- after your exercise/s go and do something that your program is aimed at setting you up well for- it could even just be no more sore shoulder when hanging the washing on the line, or greater comfort and performance at your chosen sport, for example.

11. Understand what it is you are aiming to achieve- and any timeframe that might be associated with achieving your goals so you can stay on track, and accountable.

12. I've always said- that things like the ironing, the housework, washing the car etc etc can be "caught up on" at a later date...but that you can't "catch up" on days/weeks/months of missed exercise- it just doesn't work like that! It might help to remember this phrase :-)

So make yourself a top priority to keep doing the things that you know will benefit you in the long run from your commitment and consistency towards your vision of optimal health.

