

TWIN WATERS

RESIDENTS' ASSOCIATION

Newsletter - July 2021

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July Calendar

**TWRA Christmas
in July Lunch**
Sunday 25th at Lily's on the Lagoon

Noosa Classic Car Show
Sunday 18th July (more info inside)

August Calendar
TWRA Annual General Meeting
7.30 pm August 9th Novotel

President's Report

Twin Waters is a great place to live and I am reminded of this when I talk with many residents in and around the community, at social functions or even when I am shopping locally!

We recently held a social gathering for TWRA members at the Loose Goose – what a great night with lots of chatting and laughter while being looked after extremely well by Erin and her team.

A great opportunity to renew friendships, meet and welcome so many new people to the area. There were even a few TWRA Members who had not quite moved in! We would also like to thank Lydia Kirn for her generous "door prize".

Another social gathering is of course Christmas in July at the Novotel Sunshine Coast Resort on Sunday 25th July and this is also a social event to mix and meet old friends and new residents. And there is a door prize or two!

Later this month we will have a friendly bowls match at Living Choice (11th July), a Golf Day at Twin Waters Golf Course (September), our annual Birthday in the Park (October) and Christmas Carols & Fireworks (December).

In addition to the social gatherings we work closely with Council regarding our community and the maintenance of all the public areas and many Council matters through Councillor Jason O'Pray, as well as Qld MP Fiona Simpson and Federal MP Ted O'Brien.

For all this to happen TWRA has the support of some wonderful volunteers – a Management Committee plus many individuals who take leadership for the many events.

Our general meeting on Monday 9th August will also include the Annual General Meeting at which the elections of office bearers for 2021-22 will take place and, as required by the TWRA constitution, nominations will

close on Wednesday 14th July.

Nomination forms are available from the Secretary, Sophie Lever.

We would welcome contact from anyone interested in sharing the load on the committee and helping with the events and functions to spread the load and keep this the wonderful community we all enjoy.

Until next month,

Tony



Upgrade of Medical Services

The Medicrew Medical Centre In Twin Waters will be under new ownership from 1 July 2021. TrueMed, the new owner, has confirmed that they will re-brand the practice to Twin Waters Medical Centre as the aim is to grow existing GP service and to include other healthcare services. Dr Ridings and all the practice are excited about staying on and have already introduced the services of Bloom Hearing and Back in Motion to their patients.

The practice will be closed from 1 July to undergo a refresh and substantial upgrade; to be completed by 11 July at the latest.

During this interim time, patients can contact the practice on 54505577 or email at: welcome@twinmed.com.au for assistance, telephone consultations, scripts or for appointments once open again.

Watch this space for updates on opening times and for a welcoming day.



Lions present Defibrillator to TW Village Representatives

Lions Provide Defibrillator for Twin Waters

Heart Foundation figures show that CHD claims more lives than any other disease, responsible for more than one in ten of all deaths. This equates to CHD killing one person every half hour, or on average 50 people every day. Saint John's Ambulance research shows that the probability of survival increases dramatically when CPR is performed and when an Automated External Defibrillator (AED) is applied before an ambulance arrives. The challenge is having a Defibrillator close by that is readily accessible.

Maroochy North Shore Lions have taken a step toward helping locals access this life saving device.

Looking for ways to use a donation from TWRA locally, Lions decided on two options. One was extra playground equipment at Warwick Daniels Lakeside Park and the other to provide a Defibrillator at the Twin Waters Village. Lions called Jason O'Pray about putting equipment into the park however Council have plans for a major upgrade in 2022 so that option wasn't possible. Jason encouraged Lions to apply for a grant to obtain the defibrillator. They did and he approved it.

Lions President Tricia Parkinson spoke with business owners from Twin Waters Village who were pleased to locate the equipment there. It is in a highly visible and accessible spot on the wall adjacent to the Pharmacy. The defibrillator is a fully automatic unit that guides a user through some simple steps to apply. Grant Ormrod, Chairman of the Twin Waters Village Body Corporate, said "We are so appreciative of this generous gesture and believe it is a valuable asset to our Twin Waters community."

We all hope it will never have to be used. Please remember it is there if an emergency arises at any hour of day or night. Most importantly, if you have any signs of a heart attack call 000 for an Ambulance.



Griffith Uni research vessel on lake Oct 2020

Bull Sharks in Our Waterways

At the GM on 14th June, Dr Johan Gustafson (Griffith Uni) and Raeleen Draper (SCC) presented a fascinating overview of the studies of bull sharks in our waterways across the Sunshine Coast and greater Queensland. Bull sharks are part of our natural environment and we need to expect that they will be around, including in the Twin Waters lakes and waterways. The shark pups are born in fresh water zones and, as they grow, they move towards more saline environments and ultimately to the oceans. They can live for up to around 40 years. The bull sharks in our area are likely to be juvenile sharks up to around 1.6 metres. The Griffith Uni studies aim to tag and monitor the sharks. When they were here, they only managed to tag one shark, so the data from here is very sparse. More research is needed. However, Johan and Raeleen both commented on the favourable marine environment here and the variety of fish species that can be found in our lake. But always keep an eye out for the bull sharks!

TW Landscape Maintenance Update

Work has commenced to refurbish the roundabout at the intersection of Ocean Drive and Baywater Drive. This will include improvements to visibility at that intersection. Seasonal mulching in our parks will take place in coming weeks. This year, the mulching will be on a needs basis - only those areas where mulch has reduced will have their mulch renewed. The state of the walking path along Ocean Drive adjacent to the golf course continues to be "under negotiation". The existing path encroaches on golf course land and needs to be realigned, or a sliver of land purchased from the golf course. This is in Council's hands, but is being closely monitored by the TWRA to get an early result!



Airport News

Virgin Australia has announced the doubling of flights to the Sunshine Coast. Virgin will increase capacity by doubling their flights to & from Sydney and Melbourne by October 2021. The additional direct services will give passengers greater flexibility and choice for local travellers while encouraging more people living in Sydney and Melbourne to visit the Sunshine Coast. Alliance Airlines and Travel Associates have created a unique opportunity for locals to visit Uluru on a special 4-day package. With one trip planned for July and a second trip around the 7-10 October 2021, the 4-day package is priced at \$2350.00 and can be booked by contacting Travel Associates on 1300 652 981. The Sunshine Coast Airport had the busiest day on record on the 1st April this year with 20 flights operating through the airport on the day!

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agent of the year awards
CITY AWARD 2021

Sunshine Coast
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TOP AGENCY
agent of the year awards
CITY AWARD 2021

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0416 032 472
penny.geitz@century21.com.au

Last Bookings for Christmas in July!

The popular TWRA Christmas in July luncheon is on at the Novotel Twin Waters Resort, Sunday 25 July. The cost is \$60.00 per person with a full buffet together with one complimentary standard beverage per person on arrival.

Drinks thereafter at additional cost.

Please email or telephone with your guest's details to Malcolm & Cynthia Smith, 16 Hetherington Drive, Twin Waters.

E: malcyn@bigpond.com Ph: 5448 9164 or 0407130657

Classic Cars Show

Noosa Beach Classic Car Club is holding its 33rd annual Classic Car Show featuring all classics! If lovingly restored vintage cars are something you enjoy, why not go for a Sunday drive to view these beauties?

Details: Sunday 18th July. Spectators: 9 am to 3 pm. Admission \$12 pp.

Noosa Sports Complex, McKinnon Drive, Tewantin

Plenty of free parking on site!

www.facebook.com/NoosaCarShow

Volunteering with Riding for the Disabled

Are you looking for a worthwhile volunteer job that can make a tremendous difference in someone's life? Here is Amanda's story...

"I volunteer. The place where I volunteer is best known as Riding for the Disabled – or RDA for short. Let me share two stories with you.

We have a 14-year-old boy who has Type 2 diabetes and is hooked to a permanent machine limiting his ability to do things other boys his age do. He generally finds fitting in at school pretty tough. With us, he is totally free to be himself. The horses don't pass any judgement on him. Then there's the young man who rides with us every week. When he first started coming he was totally non-verbal. He had never said mum or dad. Imagine the joy of everyone when he uttered his first word - Lou - the name of the horse he rides! There are so many stories just like these. So like me, if you want to brighten someone's day, put a smile on someone's face and really make a difference, you can become a volunteer or make a donation to this special place where Riding Develops Abilities. "

Sunshine Coast Riding for the Disabled (SCRDA) is always looking for new volunteers to join their team. No experience of horse handling or experience with disabilities is required. All new volunteers are trained and mentored. The first Wednesday of each month is set aside for New Volunteer Orientation and Induction. No need to book, just come along at 1 pm for a couple of hours with closed footwear and a big smile! Not confident with horses? There are a myriad of jobs at the Centre: administration, grounds and equipment maintenance are some examples where a regular and responsible volunteer would be appreciated.

For more information: Email : admin@scrda.org.au

Web : www.scrda.org.au

Phone : 5472 7280



Jan O'Halloran from RDA with Sparkles



The Sisters!

Two Sister Nails and Spa

Like many people, 2020 was a tough year for Uyen. In the midst of the global Covid 19 pandemic, she lost her job as a nail technician. With support and encouragement from a friend, Uyen and her sister decided to launch out and work for themselves. After much searching, the shop in Pacific Paradise was found and, four months of refurbishment later, they were ready for business! Since opening in March this year, they have received lots of positive feedback from many clients. They use Made in Australia products and aim to provide friendly service to the local community. Uyen and her sister want to thank all the ladies that have been supporting the Two Sisters Nails & Spa.

Location: Shop 4, 708 David Low Way, Pacific Paradise (Opposite the Northshore Tavern, next to Uncle Jimmy's Burgers). Tel: 5326 1262. Monday-Saturday: 9 am - 5 pm. Sunday: 10 am to 4 pm

Happy 1st Birthday to the LJH Ute!!!

Celebrating her first birthday since her purchase in June 2020, the LJ Hooker Ute has had a fantastic inaugural year. Offered to the local community as a free service, the team at LJ Hooker are very proud to be able to contribute to the community in such a useful way. For anyone wanting to use the Ute, simply call 5450 6188 and book a time and take her for a spin.

Birthday in the Park is coming in October!

A reminder to any Twin Waters resident who would like to volunteer their services on the day or if you can donate any cuttings or plants to the plant stall which raises money for a local charity, please contact Josh or John.

Joshua Dekker 0427661261

Jdekker.twinwaters@ljhooker.com.au

John Blackmore 0402238421

Jblackmore.twinwaters@ljhooker.com.au

The LJ Hooker Ute



CAMERON
REAL ESTATE

Colin & Momo Cameron

T. 0458 446 082

E. colin@cameron-realestate.com.au

cameron-realestate.com.au

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.



The AcuWellness team

AcuWellness

Nestled in the tranquil surrounds of Twin Waters, our boutique wellness practice, AcuWellness, has been providing the Sunshine Coast community with natural, holistic medical services - acupuncture, naturopathy and massage - for the past 19 years. Andrea Bicket heads the AcuWellness team of seven practitioners, five acupuncturists each holding a Bachelor of Health Science in Acupuncture, a qualified Naturopath and a qualified Remedial Massage therapist. Andrea has hand-picked a team of passionate practitioners that work together in an integrated way to support the health of the community, including babies, children, and families through to seniors. AcuWellness provides natural health care solutions for the whole family.

People come to AcuWellness for a myriad of different reasons, conditions and symptoms. Some commonly seen complaints include problems of the neck, shoulders, back and knees. Others come for relief of headaches, migraines and insomnia, or anxiety, palpitations and depression. Gastrointestinal issues with symptoms such as discomfort, bloating, constipation and diarrhea are also frequently treated with great results.

Many women choose AcuWellness as their primary health care for hormonal imbalance from menarche through to menopause to alleviate symptoms and regulate their body back into regular cycles and wellbeing. Natural Fertility management is a special interest of the AcuWellness team, and combining acupuncture, naturopathy and massage into their programs of Preconception Health Care, they have helped many couples reach optimal health prior to natural or assisted conception.

Most pregnant women arrive at AcuWellness with symptoms such as nausea, fatigue, discomfort of the hips and lower back, or more serious concerns such as gestational diabetes, high blood pressure or babies that are not in the ideal position for a natural labour. Many are referred to the practice by their friends and family however, more commonly, by their midwife or obstetrician who has suggested that they seek care at AcuWellness. Pregnancy is also a time of preparation for labour and for breastfeeding, and the aim of our treatments is to lead women towards a natural and uncomplicated labour, preparing them for post-partum and the breastfeeding phase.

AcuWellness provides a healing environment and treatments that come from traditional oriental medicine origins, influenced by Japanese masters. At your initial consultation, arrive early, slip off your shoes and enjoy a cup of tea prior to your wellness assessment and your relaxing, rejuvenating and highly effective treatment. Results are the focus at AcuWellness and following a recommended course of treatment, reassessment is given to check on the progress and changes to the presenting conditions. The aim is to relieve the symptoms and bring the body back into harmony, balance and wellbeing for optimal health and longevity.

We are passionate about serving our local community, so if you have any questions regarding our services and how we can support your health and wellness, please contact us on 0418 506 678 or hello@acuwellness.com.au. Bookings can also be made online at www.acuwellness.com.au.