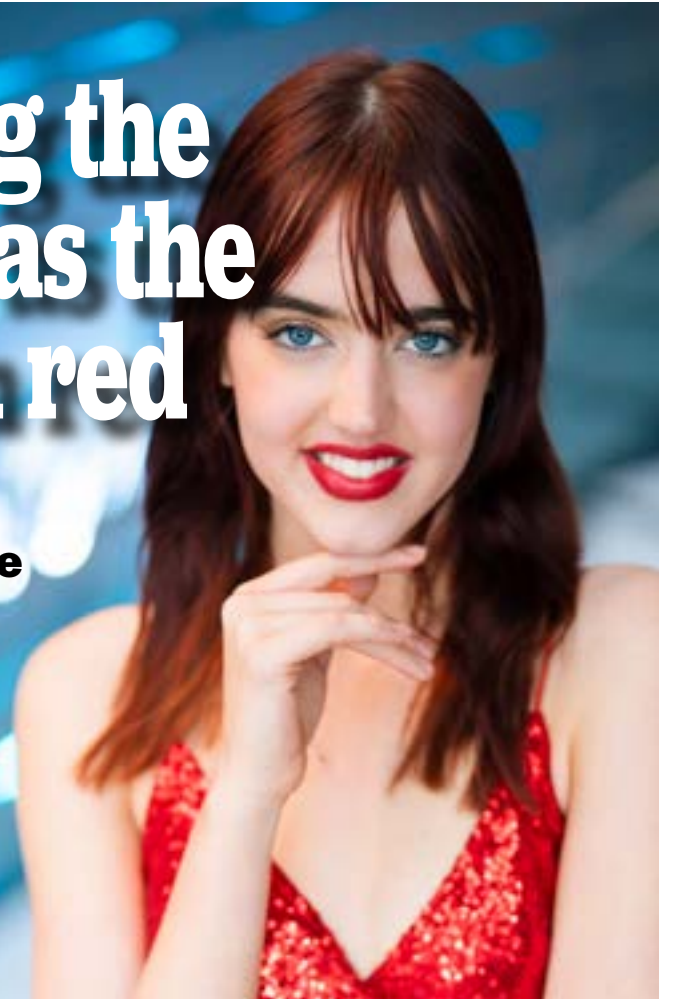




SAVE THE TURTLES
Read Feature on Page 25

Hitting the stage as the girl in red

Read Feature on Page 24



YOUTH CRIME IN MORETON BAY



Youth crime is front page news in Moreton Bay and a kitchen table conversation topic that causes significant angst in the community. Footage on TV and social media showcases a parade of young people breaking into homes and stealing cars.

But Moreton Bay compares well against many other Queensland local government areas (LGAs) for the number of crimes committed across every age group when adjusted for population size, according to Queensland Police and Australian Bureau of Statistics data.

In 2022, Moreton Bay placed in the 26th percentile, performing marginally ahead of Brisbane, Ipswich, Somerset and the Gold Coast and well ahead of the Toowoomba LGA. In last place was Mt Isa, with 6113 crimes committed in a city of only 18,776 people.

There were 10,878 offenders aged between 10 and 17 years in Queensland

for 2022-23 year according to the Australian Bureau of Statistics, an increase of 6% in raw numbers year on year.

According to official Queensland Police Service Statistics, offenders under the age of eighteen make up less than 20% of all offenders across Queensland, and other sources show that Moreton Bay is similar.

Four out of five crimes committed in Queensland involve adults between the ages of 18 and 49. These adults are more likely to be committing violent acts, causing disturbances, or becoming involved in drug-related activities than those under eighteen.

A closer look at the crime statistics for young wrongdoers reveals that only 10% of these youth offenders accounted for more than half of all break and enter, robbery and stolen vehicle offences during the year, meaning a relatively small number of perpetrators have been committing multiple offences, accord-

ing to the ABS. It is a case of a relatively small number of offenders causing a lot of havoc.

There are multiple reasons why kids end up on the wrong side of the law.

Professionals who work with troubled and disadvantaged young people every day gain insights as they deal with everything from family dysfunction, societal influences and government failures.

Young offenders are an easy target for voracious media and politicians who are manoeuvring to be seen in a favourable light by the public.

Executive Director of Redcliffe Youth Space (RAYS), Amy Mayes, says that the discussion of youth crime in the media sells more newspapers and fills more news slots, with much of the information being sourced from spin doctors employed by politicians and bureaucrats.

CONTINUED PAGE 12

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LOCALTIMES.COM.AU

NEW YOUTH DETENTION CENTRE

BRUCE GIDDINGS

LOCAL residents have voiced concerns about an 80-bed youth detention centre being built at Woodford after Premier Steven Miles and Youth Justice Minister Di Farmer released details on the project recently.

The first sod has been turned on the project, which is expected to open in 2027.

A local newspaper recently published some strong opinions in opposition to the project, for example, "No money for housing normal folk apparently but \$680 million to house 80 little a***holes, what a joke," from a woman named in the paper.

Another woman was quoted as saying, "What an absolute joke and a disgusting waste of money, that should of (sic) been spent on health, roads or housing for the homeless."

The publication also published a comment stating the facility "looks like a health resort, not a detention centre."

But the newspaper article said other locals were supportive, calling the project, to be built within the Woodford Correctional Precinct "much needed."

The talk in the community comes after the Premier and

Youth Justice Minister put out a carefully worded media release, emphasising the goal of keeping Queenslanders safe, but also noting the importance of education and therapy in rehabilitation.

Premier Steven Miles described the new centre as a location for both detention and rehabilitation "with a focus on education, vocation and job readiness skills."

"In turn, we hope young people leave detention with the skills to live productively in the community, to feel confident in themselves and motivated to turn their life around," he said.

Minister for Youth Justice Minister Di Farmer's press release was five sentences in

length, with the word "therapeutic" featured in three of the five sentences.

"Therapeutic models of care work to address the complex underlying causes of offending, with an emphasis on individualised treatment plans," her media release stated, in part.

Most young people in detention in Queensland are 'unsentenced', awaiting the outcome of a legal matter or sentencing, according to the Australian Institute of Health and Welfare.

A 2022 report from the Justice Reform Initiative (JRI) reported that Queensland imprisons the highest number of children Australia-wide, with the youth prison population increasing by 27.3% over the sev-

en years prior to 2022.

The JRI report also suggested that the rapid growth in the populations inside Queensland jails has not been driven by increased severity of offending or increases in crime, but by the "political, policy and legislative choices that end up funneling many people unnecessarily into imprisonment."

Queensland is an outlier in imprisonment rates compared to other states and to some foreign countries. Comparable OECD countries such as Canada and Germany have imprisonment rates less than half the rate of Queensland, according to the JRI.

New Optus Tower for Narangba

BRUCE GIDDINGS

OPTUS plans to build an additional transmission tower for the Narangba area, a move long sought by customers located in dead reception zones southeast of the more populated parts of the suburb.

While a development permit lodged with the City of Moreton Bay passed through the public notification stage in February, there is no completion date set at this stage.

The new tower will be located next to the water pump station at 589 Burpengary Road, near the Boundary Road intersection.

This location should provide improved coverage to the Alkina estate near Callaghan Road, and several other developments nearby.

There have been numerous customer complaints on the Optus website and other internet coverage websites about the lack of coverage in the area between the Bruce Highway and Narangba and Burpengary over many years.

The nearest other transmission towers are located several kilometres away at Narangba and Burpengary.



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DOUBLE JEOPARDY REFORMS

ELISABETH WALSH

QUEENSLAND Parliament has passed new laws that will allow people to be retried for serious crimes including manslaughter, attempted murder, and rape, under the double jeopardy exception.

The changes expand the double jeopardy exception to include 10 additional offences, bringing the total to 16 offences for which a person can be retried if there is fresh and compelling evidence of guilt.

Acting Attorney-General, Minister for Justice and Minister for the Prevention of Domestic and Family Violence, Leanne Linard, highlighted the importance of these reforms in ensuring the community's confidence in the criminal justice system.

"The double jeopardy rule prevents an acquitted per-

son from being retried for the same offence and until now, an exemption from that rule if fresh and compelling evidence emerges, has only applied to murder," she said.

"The new laws are safeguards against both unjust acquittals and wrongful convictions.

"The expanded double jeopardy exception and the new subsequent appeal framework bring us into line with other jurisdictions, providing greater consistency.

"They demonstrate our commitment to maintaining a justice system that is contemporary, fair and a reasonable reflection of community expectations."

The amendments to the state's double jeopardy laws and the introduction of a subsequent appeal framework are expected to take effect later this year.

FREE MENINGOCOCCAL B VACCINATIONS

ELISABETH WALSH

THE State Government has announced a \$90 million investment to provide free meningococcal B vaccinations to nearly half a million children and adolescents in the state. This program aims to protect the vulnerable population from serious infections that can lead to significant illness, disability, and even death. Last year, Queensland recorded 36 cases of meningococcal B disease, with two cases reported this year so far.

Year 10 students are among the first to receive the vaccine through the scheduled School Immunisation Program, with Browns Plains State High School being one of the first schools to provide students with the vaccine. Infants, children under

two, and adolescents aged 15 to 19 can now access the vaccine for free through registered vaccination service providers.

Deputy Premier, Treasurer and Minister for Trade and Investment Cameron Dick said the meningococcal B vaccines would save lives.

"Our investment of \$90 million will ensure all Queensland children and adolescents can access this lifesaving vaccine," he said.

"As Queensland families face tough decisions as a result of national cost of living pressures, the Queensland Labor Government is ensuring the health of our future generations are not being compromised as a result."

Minister for Health Shannon Fentiman said the investment would ensure nearly half a million infants, children and adolescents would be eligible to receive the MenB vaccine this

year for free.

"Eligible cohorts will be able to access the vaccine through primary care providers and the School Immunisation Program," she said.

"And it's great news that we have been able to offer the vaccine to all eligible cohorts a month earlier than expected - providing crucial protection sooner.

"Our Meningococcal B Vaccination program removes the financial barriers to vaccination, ensuring those most vulnerable can access this lifesaving protection."

Chief Health Officer Dr John Gerrard commended the efforts of Queensland Health and key stakeholders in rolling out the program a month earlier than expected.

"Vaccinating additional cohorts is an important step towards reducing the risk

associated with meningococcal B infection and keeping more people safe from the disease," Dr Gerrard said.

"It's so important to get vaccinated against vaccine-preventable diseases. Many vaccine-preventable diseases are highly contagious and there's the risk of serious complications.

"I encourage all parents with eligible children to take the opportunity to vaccinate their child against all vaccine-preventable strains of meningococcal - A, B, C, W and Y."



COMMUNITY GROUP FUNDING

JOSHUA EAST

THE Gambling Community Benefit Fund (GCBF) has celebrated its 30th anniversary by offering a massive \$30 million in funding through a special edition of its annual Super Round, which opened last month.

Queensland community

groups and not-for-profit organizations are encouraged to take advantage of the opportunity, with grants of up to \$100,000 up for grabs. Applications close on April 30.

Attorney-General Yvette D'Ath emphasised the im-

portance of the Super Round, especially for organisations in need of financial support following natural disasters or struggling with the rising cost of living.

"For just the second time in its 30 years, a massive \$30 million will be available in the

funding pool and I encourage all community groups and organisations to take advantage of this opportunity," she said.

"These funds have supported vital programs and initiatives, ranging from healthcare and education to

social support and environmental conservation.

"This includes the Australian Street Aid Project who received a \$100,000 grant to purchase a bus that provides up to 20 people with a secure, comfortable place to sleep.

Bringing support to the heart of the matter

SHEREE HODDINETT

Cassie O'Brien is one person who has defied the odds. For someone who wasn't expected to live beyond her toddler years, Cassie has certainly given life a red hot go. Diagnosed with congenital heart disease at birth and undergoing not one, but two open heart surgeries by the time she turned three, Cassie knows the true meaning of being a walking miracle. Late last year she celebrated her 40th birthday and while knowing every day is a bonus no matter what, Cassie continues to embrace her own heart condition while helping to support others as the new leader of Heart Support Australia's (HSA) Peer Support Group in Caboolture.

Did you know that congenital heart disease is the most common form of birth defect in Australia, affecting about nine in every 1000 babies? There are many types of childhood heart diseases and the severity varies in every baby. Some defects are simple and do not require treatment, while others are more complex or life-threatening and may require multiple surgeries over many years. Either way, it can be a lot for both the patient

and their family to deal with and that is where the HSA Peer Support Groups can be a saviour. Recognising the profound emotional, physical and psychological toll of living with heart conditions, the group offers a safe and nurturing space where individuals can share their experiences, seek guidance and find strength in solidarity.

Doctor appointments, hospital visits, blood tests, rehab sessions, you name it and Cassie likely has to do it as part of everyday life. While it may seem like a lot, she doesn't know any different and takes it all in her stride.

"Some days, it can be a lot just getting out of bed," Cassie explains. "The heat hits me hard and at times, I experience headaches which can last for a few days or I have to spend hours hooked up to my oxygen. But as much as it can suck, it is what it is and this is life as I know it. I guess it could be worse!"

"So for me, it's just take the day as it comes. So I'm not pedantic about numbers and tests and doctors telling me I have to follow a certain path because that's what the rules are. I just tootle along to whatever I fancy and if I'm having a bit of a moment I get



Cassie O'Brien is the new leader of Heart Support Australia's (HSA) Peer Support Group in Caboolture.

in touch with my nurse and tell her what I've done."

Cassie has been a member of HSA for more than 10 years, finding the support invaluable while living with a chronic

illness and navigating the intricacies of motherhood at the same time. Cassie was just 20 years old when she fell pregnant with her son. It was both a joyous and scary time with her

heart dealing with a lot of strain. "I was told not to have any more children after my son, especially when I spent the last three months of my pregnancy in hospital," Cassie recalls. "It took a big toll on my heart and I know I'm lucky to have been able to have a child because I was never meant to do that, but I survived having my son."

"It wasn't an easy time, I felt lost trying to navigate how to raise a child while being chronically ill - there is no user manual for that!"

As HSA's youngest peer support group leader, Cassie aims to be an outlet for people who have gone through or are going through heart issues. The group seeks to combat feelings of isolation and uncertainty, replacing them with a sense of community, resilience, and hope.

"It's hard for people to fully understand what it's like to be a heart patient unless you've been through it yourself - it is alienating to live with heart disease," she says. "There's a different kind of support from people who have experienced what you have experienced first-hand."

"It's a safe space where you can just vent - all those crap-

py hospital appointments, new medications, new testing, the group is for people to meet people they can call or catch up for a coffee with and share their experiences."

While Cassie has been somewhat fortunate to have only undergone two open heart surgeries so far, she knows there will come a time when she has to go through it again. The next time it will likely be for a heart replacement.

"The next step, once I decline far enough, will be undergoing a heart and lung replacement, which is an enormous undertaking," Cassie says. "I have to get to a point where I'm sick enough to need it, but not past the point where it's too late or I'm too old."

"If there's anything I'd love to see happen, it would be to have a mechanical heart, that would be amazing and make life so much easier!"

The HSA Caboolture Peer Support Group meets on the second Saturday of each month in the Bronze Room, Caboolture Sports Central. If you would like to know more or to get involved, please contact Cassie via cassie-obrien@outlook.com.au or 0416 688 452.

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POLICE DOG, LUGER, HANGS UP HIS LEASH

SNR CONST. JO ARTHUR

AFTER seven years of serving almost exclusively the Moreton community, Police Dog (PD) Luger is stepping down for retirement and handing over the leash to Police Dog Wolf.

PD Luger holds a special place in the heart of Senior Constable Chadd Christie, his former handler. With an unwavering dedication to duty, PD Luger always eagerly anticipated the start of each shift and was often seen energetically pacing his yard and greeting the police cars, ready for action.

Despite his fearless commitment to his duties, PD Luger possessed a playful side, delighting in the peculiar habit of cooling off his paws in his water dish after a strenuous day's work.

Throughout his service in the Moreton District, PD Luger played a pivotal role in numerous successful operations, particularly in tracking down armed robbery suspects, displaying remarkable courage and skill on each occasion.

In one memorable instance, PD Luger pursued and apprehended an alleged violent of-



PD Luger with Snr Const Chadd Christie

fender who had fled the scene of an armed robbery, holding him down until assistance arrived.

On another occasion, he fearlessly tracked an alleged armed robber into dense bushland, ultimately securing the suspect's capture.

Now retired, PD Luger enjoys a well-deserved rest in the company of Senior Constable Christie and his family.

He is gradually adjusting to a more tranquil lifestyle on their spacious property, alongside his bovine companions, Lucky and Loco.

As we bid farewell to PD Luger, we express our gratitude for his exceptional service to the Moreton community, and are excited for the arrival of

Senior Constable Christie's new partner, PD Wolf, in the coming weeks.

PD Luger's legacy lives on in the Dog Squad Mural at the Caboolture Watch House, immortalising his contribution alongside his canine comrades.

Notably, the mural captures a poignant moment, with a hint of blue in Luger's eye, reflecting Senior Constable Christie's presence during the photograph.

The mural also highlights the artist's attention to detail, Fiona Groom, who captured where PD Luger had bumped his head and taken out a piece of fur.

We wish you a long and happy retirement, PD Luger! Thank you for your service.

Hear QLD Small Business Commissioner



QUEENSLAND Small Business Commissioner, Dominique Lamb, is the special guest speaker at Mark Ryan's next Small Business Network Coffee Catch Up.

The Commissioner will join State Member for Morayfield Mark Ryan and about 150 local business representatives for the early morning networking session at Caboolture Sports Club on Friday, 19 April.

"This will be our first opportunity to hear from Dominique Lamb at a Coffee Catch Up, since she became Queensland Small Business Commissioner

in December 2022," Mark Ryan enthused.

"She has brought a wealth of experience to the Small Business Commissioner role, having previously worked as CEO of the National Retail Association, and as Director of NRA Legal.

"The State Government established the office of the Queensland Small Business Commissioner in May 2020, initially to assist with the challenges brought about by COVID-19, and subsequently to help economic growth in our state.

"The office has been a tremendous success, assisting thousands of Queensland businesses over the past four years. "Any local businesses who haven't yet registered for this event should call my office and book a spot. Entry is free and the coffee is on me!"

Each event also supports a nominated local charity. Money raised at the April Coffee Catch Up will go to Caboolture Community Care Inc.

Where: Caboolture Sports Club, Station Road, Morayfield. When: 7am, Friday 19 April. Booking: Entry is free but booking is essential. Phone 5343 5100 to secure your spot.

ANGER OVER LACK OF GATES FOR KOALA PROTECTION

ELIZABETH WALSH

THE Stop the Clontarf Overpass Action Group (SCOAG) has expressed outrage at a decision by the Department of Transport and Main Roads (TMR) and City of Moreton Bay not to install an automatic gate at the Silcock Street entrance to the Ray Frawley Field car park.

The SCOAG states that the endangered koala protection fence will be rendered ineffective with the gates to the car park left open 24/7.

Les Barkla, SCOAG spokesperson, said they had been told an automatic gate would be installed at the Silcock Street entrance.

"SCOAG has raised, on numerous occasions, serious concerns about endangered koala safety because the double gates in the recently completed so-called koala protection fence are being left open up to 24 hours a day, every day, endangering the safety of local koalas, which have been seen migrating at all hours of the day," Mr Barkla said.

"In the meantime, our local endangered koalas continue to be vulnerable because of poor planning, design and lack of

consultation with experienced wildlife experts and local community members.

"This perimeter fence is also a death trap for koalas as they have limited trees to retreat to from daily dogs off-leash on the Ray Frawley Fields, which Council rangers have limited or no jurisdiction over.

"A most recent koala safety concern example was the male koala ghost, seen on numerous occasions near the Silcock Street open gates. It has only been the vigilant surveillance by local volunteer wildlife rescuers and community members that has potentially saved another fatality after the death of female koala Andrea in November 2022, the day after over 50 koala habitat trees were destroyed."

The SCOAG said Council advised them in February that an automatic gate was unable to be installed at this time and that to raise community awareness, wildlife signs had been installed on the vehicle and pedestrian gates at the entrance to Ray Frawley Field.

Mr Barkla said wildlife warning signs, meant for humans, could not be expected to keep endangered koalas safe.

"Endangered koalas that move around their habitat 24/7 do not read human signs," he said.

"We have proof that some humans do not care about the infrastructure in place, with perimeter gates and other infrastructure left open and vandalised over many months since the construction of the perimeter fence, particularly through the recent annual koala mating and migration season."

City of Moreton Bay Councilor Karl Winchester expressed disappointment in the decision to forgo automatic gates and has called for their urgent installation.

"Given that this is a state government project with approximately \$19m of associated works I'd assume automatic gates would be an insignificant addition to the overall project," Councillor Winchester said.

"While I'm prepared to fight for automatic gate installation post-completion, my primary concern is to have TMR install automatic gates as part of the current project, as we were originally led to believe would happen."

FREE HEALTH CARE CLINICS FOR WOMEN AND GIRLS

ELIZABETH WALSH

QUEENSLAND women and girls will soon have access to four new nurse-led clinics designed to address their specific healthcare needs.

The State Government has committed \$46 million to establish these walk-in clinics, which will be open every day, free of charge, and based in the community.

The clinics are part of the upcoming Queensland Women and Girls' Health Strategy 2032, developed in response to calls from women and girls for easier access to healthcare tailored to their needs.

The clinics aim to remove barriers such as financial and transportation issues that often prevent women and girls from seeking medical help.

Each clinic will be open seven days a week from 8am to 10pm to accommodate work and school schedules. No booking or referral will be required, and the clinics will be located in easy-to-access places such as shopping centres with nearby public transport and parking options.

While the clinics are focused on women and girls, anyone over the age of one will be able to access care at the facilities.

Services will include treatment for common ailments such as colds, flu, cuts, and burns, as well as women-specific healthcare like contraception, maternal health, and support for issues like domestic violence.

Premier Steven Miles expressed his commitment to providing better healthcare services for Queenslanders, stating, "These are the types of community healthcare facilities I will continue to champion - joining our nation-leading Satellite Hospitals and the Albanese Government's Urgent Care Clinics in providing better care closer to home."

Minister for Health and Minister for Women Shannon Fentiman emphasised the importance of these clinics in bridging gaps in healthcare access for women and girls.

"We know that historically, there has been a lack of investment in health services

tailored to the unique needs of Queensland women and girls," she said.

"Queensland women and girls have told us they need more options to access healthcare and we have heard their voices loud and clear.

"These new clinics will bring more healthcare to the community.

"Our investment will support Queensland families to get high level care from our highly skilled nurses close to home and faster.

"The care provided will go a long way in bridging gaps to receiving culturally safe, trauma informed and gender responsive care for Queensland women and girls."

The locations of the new walk-in clinics will be identified as the service model is developed, with a focus on ensuring that gaps in access are filled in communities where there is a high need.

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GIVING END OF LIFE CHOICES



Rakowski Family

ELISABETH WALSH

TANIA Phillips and Donna Bullock were able to fulfil their mother Gail's final wish to die at home surrounded by her family, thanks to the assistance of Karuna Hospice Service, a specialist community-based palliative care organisation on the Northside.

Gail, who had been battling Chronic Obstructive Pulmonary Disease for two decades, received in-home palliative and end-of-life care from Karuna, allowing her to have a peaceful and comfortable transition.

Donna Bullock, Gail's youngest daughter, expressed her gratitude towards Karuna for the support and guidance they provided during this difficult time.

"The nurse came in with so much knowledge, compassion, and empathy," Donna said.

"She just held us together as a family. We knew at that point that we had made the right decision, and that not only was Mum going to be in good hands, but that the whole family was going to be in safe hands. I knew this was going to be the right thing for Mum."

"Knowing the family could call a Karuna nurse for 24-hour support, whenever we needed it was a huge comfort. Some nights you could call at 11pm and the nurse would step you through what was needed."

Tania Phillips, Gail's eldest daughter, emphasised the importance of having

Karuna by their side, offering support and guidance as Gail's condition evolved.

"Having someone tell us what's happening was normal and that what we were doing was perfect, was a huge relief," Tania said.

"I was surprised by how much time they spent with us. Every day looked different because Mum's condition or medication may have changed. Karuna spent a lot of time with us, so we could support Mum."

Gail was able to spend her final moments at home, surrounded by her loved ones, including her beloved dog Rosie. She passed away in October 2023.

Karuna CEO Tracey Porst commended the family for their strength and resilience, and expressed gratitude for being entrusted with Gail's care.

"Caring for someone with a terminal illness can be confronting and stressful," she said. "Part of our role is to communicate with our patients and families, and offer reassurance and compassion."

"It's a privilege to have been trusted by Gail and the whole family to honour her wishes, and also support and reassure them in their journey together."

"The generous support we receive from the community will help Karuna continue to fulfil the wishes of other patients and families just like Gail and her loved ones."

To learn more about Karuna visit www.karuna.org.au

PLACENTAL CHANGES POSE RISKS

New Study Reveals COVID-19's Impact on Pregnancy

KATY MORE

RECENT research by the University of Queensland (UQ) led by Dr Arutha Kulasinghe from UQ's Frazer Institute has uncovered potential life-threatening complications for pregnant women infected with COVID-19.

The study examined the virus's effects on placental tissue, revealing concerning DNA changes consistent with pregnancy complications.

"Viral infections during pregnancy can disrupt placental function, increasing the risk of late-onset preeclampsia, preterm birth, and stillbirth," Dr Kulasinghe explained.

Comparing placental tissue from unvaccinated women who tested positive for COVID-19 within 15 days of delivery with those who were neither

vaccinated nor infected, the study showed significant alterations in genomic architecture crucial for supplying nutrients and blood to unborn babies.

Co-first authors Dr Nataly Stylianou from Queensland University of Technology (QUT) and Dr Ismail Sebina from UQ emphasised the findings' significance in understanding the impact of respiratory viruses on pregnancy health.

"We delved into the gene level to observe the placenta's response to COVID-19 during pregnancy. The placenta struggles and enters recovery mode," Dr Stylianou stated.

Highlighting the historical link between pregnancy infections and complications, Dr Sebina noted the novelty of understanding a respiratory

virus like COVID-19's impact on fetal development.

The study, initiated in 2020 at the pandemic's onset, implicates predicting and potentially preventing conditions like preeclampsia by identifying specific molecules in the placenta for further research. The research involved collaboration with QUT, Mater Research, and Brazilian hospitals, building upon Dr Kulasinghe's previous studies on the virus's effects on the heart and lungs. Associate Professors Fernando Guimaraes and Gabrielle Belz from UQ's Frazer Institute contributed significantly.

Published in Clinical and Translational Immunology, the study underscores the importance of understanding COVID-19's effects on pregnancy, potentially guiding inter-

ventions to safeguard maternal and fetal health. These findings are particularly relevant to the Moreton Bay community, where many residents are of childbearing age.

As the community faces ongoing pandemic challenges, staying informed about the latest research is crucial to ensuring the well-being of pregnant individuals and their babies.

The study confirms that, with pregnancy complications posing risks to maternal and infant health, prioritising vaccination among expectant mothers and providing adequate support and resources for prenatal care has become paramount.

Debunking Outdated Notions of Leadership

KATY MORE

IN today's world, where leadership is often viewed as a symbol of individual prowess, a new study has uncovered some long-standing but damaging misunderstandings about what leadership really means.

A study led by Professor Alex Haslam from the School of Psychology at the University of Queensland has labelled these enduring misconceptions as "zombie leadership" as, despite being proven wrong multiple times, these old-fashioned ideas still influence how people think in society, which could affect individuals, groups, and organisations in various ways.

"It's known as 'zombie leadership' because despite being demonstrably false, these claims refuse to die," explains Professor Haslam.

"One example is the assumption that leadership is exclusive to people with special qualities which set them apart from the masses."

Furthermore, zombie leadership perpetuates harmful notions such as the belief that all leadership is the same, that good leadership is easily recognisable, and that people are



incapable of coping without leaders.

Such beliefs not only undermine the potential of individuals but also foster inequalities within society.

"Zombie leadership is poisonous for organisations and society," asserts Professor Haslam.

"It fuels narcissism and obstructs the realisation of others' potential."

The research offers strategies for overcoming zombie leadership. It suggests raising awareness about its existence, enabling individuals to identify and

challenge it when encountered.

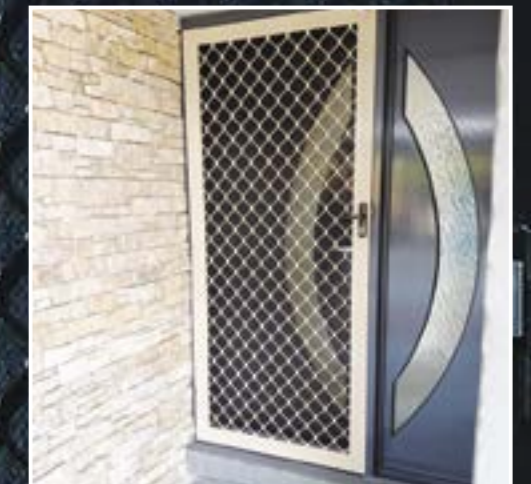
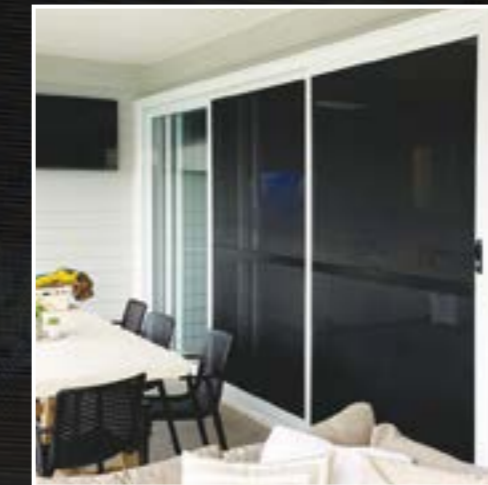
Fostering inclusivity and enhancing group success by embracing leadership as a collaborative endeavour, open to contributions from all, is also recommended.

"It's time to work together to stamp out zombie leadership because it has persisted for far too long," emphasises Professor Haslam.

These findings resonate profoundly in Moreton Bay, where community dynamics and organisational structures are pivotal in shaping the region's trajectory. By dispelling the myth

of zombie leadership, Moreton Bay can tap into its diverse and dynamic community, with a range of talents and perspectives waiting to be harnessed.

Professor Haslam's research, published in The Leadership Quarterly, suggests challenging outdated perceptions of leadership isn't just about reshaping organisational dynamics; it's about heeding the call to embrace a new paradigm of leadership that celebrates collaboration, inclusivity and the boundless potential of every individual.



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IMPROVING MIDWIFE TO PATIENT RATIOS

JOSHUA EAST

IN a significant move to improve patient safety for expectant mothers and their babies in public hospitals, the State Government has passed the Health and Other Legislation Amendment Bill (No.2) 2023. This legislation aims to increase access to termination of pregnancy services and implement midwife-to-patient ratios in maternity wards.

The new legislation will allow Queensland to adopt a midwife-to-patient ratio, similar to the current nurse-to-patient ratios. Newborns will now be counted as separate patients, ensuring better care and attention for both mothers and babies during childbirth.

The staged rollout of midwife-to-patient ratios will begin in 2024, starting with a ratio of one midwife to six patients in public maternity wards that provide high-level services and complex care. This will primarily benefit hospitals such as Logan, Southern Coast University, Cairns,

Townsville University, Gold Coast University, and Royal Brisbane and Women's Hospital, where nearly 50 percent of Queensland births take place.

The legislation also includes provisions for still-born babies to be included in the ratios, recognising the important role midwives play in supporting grieving families after a stillbirth. Midwives will now provide essential care for families during this difficult time, including assisting with bathing and dressing the child.

The Bill addresses the inequitable access to safe early medical termination of pregnancy services in Queensland, particularly for women in rural and remote communities. Nurse practitioners, endorsed midwives, and qualified registered nurses and midwives will now be able to perform medical terminations in the early stages of pregnancy, providing greater access and equity for women across the state.

Health practitioners will

receive specialised training to prescribe or supply the medical termination drug, MS-2 Step, to pregnant women up to 63 days gestation, ensuring safe and timely access to termination services.

Premier Stephen Miles said every Queenslanders deserved good, quality healthcare close to home. "Having a baby is the most exciting time and we don't want that to be clouded with any uncertainty," he said.

Minister for Health, Mental Health and Ambulance Service and Minister for Women Shannon Fentiman explained that these reforms will not only improve access to termination of pregnancy services but also advance patient care and safety in maternity wards.

"Queensland women continue to face barriers to access safe and timely termination of pregnancy services, particularly in rural and remote communities," she said.

"These new laws will greatly improve access and

give women more choices in their reproductive health.

"We know that our existing nurse-to-patient ratios are effective and I'm so proud we will be able to introduce a one-to-six ratio for midwives and their patients.

"This is something our hardworking and dedicated midwives have been calling for and their advocacy has resulted in a significant step forward for women's health and wellbeing."

Chief Midwife Officer Liz Wilkes said midwives had been campaigning for ratios and asking for these changes for quite some time.

"It's fantastic this initiative has been realised, as our midwives work with increasingly complex women with varying care requirements," she said. "Ensuring levels of staffing is crucial.

"Each day, our Queensland midwives do an extraordinary job caring for mums and babies, and this important reform will ensure greater focus is able to be provided to each mother and baby."

Seaweed Farming in Moreton Bay

JOSHUA EAST

A RECENT study conducted by the Seaweed Research Group at the University of the Sunshine Coast has shown promising results in the potential of seaweed farming to address both environmental and economic issues in Moreton Bay.

The research found that certain seaweed species were able to strip a predictable and stable amount of nitrogen - a key, problematic nutrient found at high levels in urban waterways - out of the water.

Marine ecologist Dr Alex Campbell and her team from UniSC's Seaweed Research Group investigated whether growing seaweeds on an oyster farm in Moreton Bay would help mitigate some of the nutrients entering the waterway from Brisbane and upstream areas of the Brisbane River.

"We collected large, brown seaweeds growing naturally on the oyster farm and cultivated them inside 'seaweed sausages' - aquaculture netting stuffed with seaweeds," Dr Campbell said.

"We strung these 'seaweed sausages' along the farm's existing oyster lines and left them there for several months.

"We returned periodically and - using fishing scales - we measured how much the seaweeds had grown.

"We discovered that over only a few months, we were able to grow about 125kg of seaweed - enough to make about 10,000 sushi rolls!"

The results of the study showed that if one football field-sized area of seaweed was farmed in Moreton Bay, an extra 5000 kilograms of nitrogen could be removed from the bay each year.

Certain seaweed species, particularly sea lettuce, were found to be effective in removing harmful substances, such as heavy metals, from the water. This opens up the possibility of using seaweed in future bioremediation projects to clean up polluted waterways.

The study also demonstrated that not only does seaweed farming have the potential to solve environmental problems, but could also present economic opportunities. Oyster farmers, for example, could not only diversify their products but also earn additional revenue by selling nitrogen offset credits to industries that release nitrogen into waterways.

IMPROVING FAIRNESS FOR RENTERS

JOSHUA EAST

THE State Government has introduced the Residential Tenancies and Rooming Accommodation and Other Legislation Amendment Bill 2024. This Bill, once passed, will introduce a number of key reforms aimed at making renting fairer, safer, and easier for the more than 600,000 Queensland households who rent.

The Bill will ban all forms of rent bidding, ensuring that renters will no longer be put in the position of having to bid more than advertised on a rental property.

Additionally, the Bill will require bond claims to be supported by evidence, protect renters' privacy by requiring a minimum 48 hours entry notice, and set limits on reletting costs based on the length of a fixed-term lease.

The introduction of a prescribed form for rental applications, the establishment of a rental sector code of conduct, and a portable bond scheme are also key components of the Bill.

There will also be limits on

rental increases to the property rather than the tenancy, designed to provide more stability and certainty for renters.

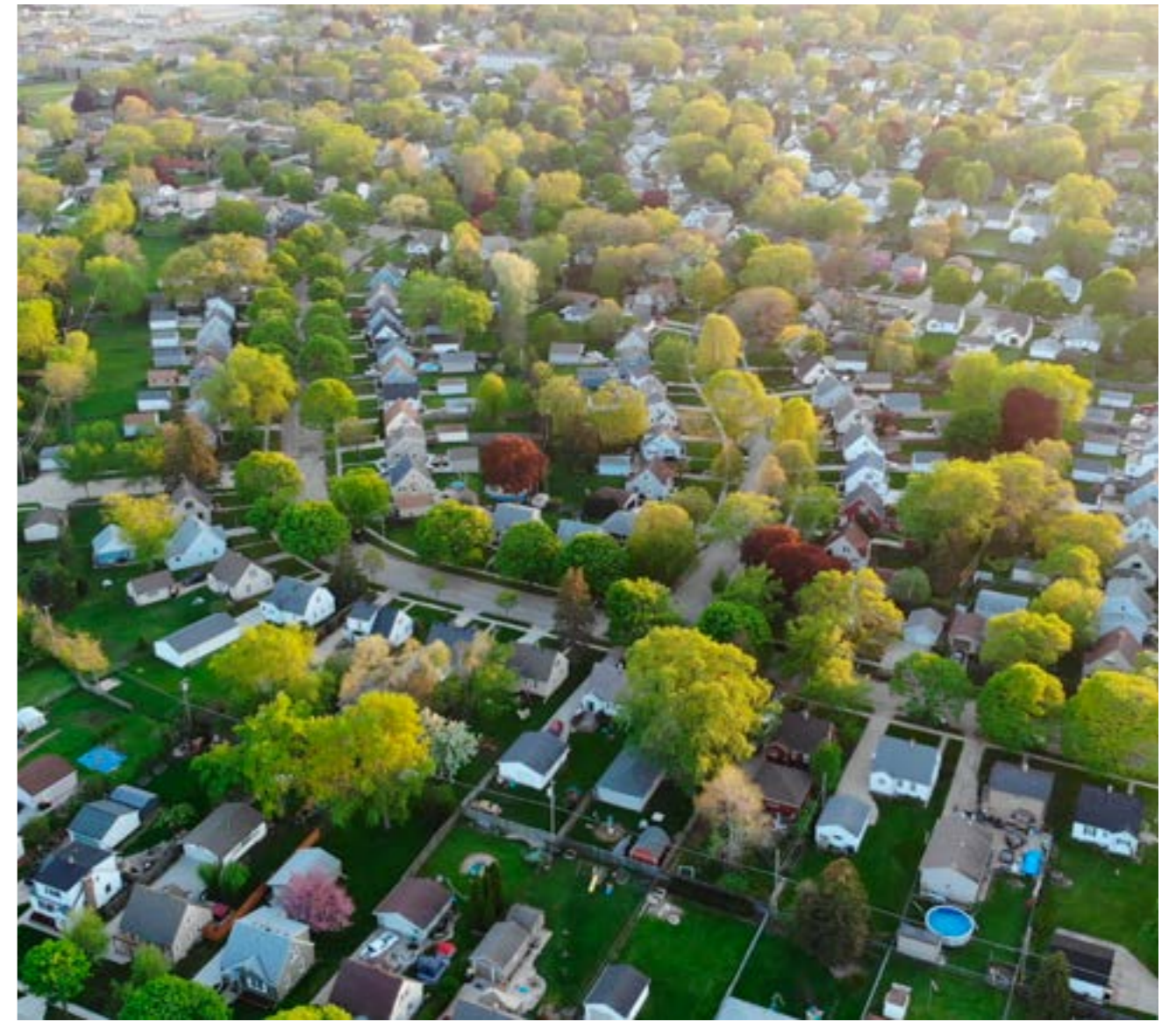
Housing Minister Meaghan Scanlon said the reforms were about making renting fairer, safer and easier for the more than 600,000 Queensland households that rent.

"Renters won't have to find additional money for a new bond when they move, and they won't have to bid more than advertised on a rental," she said.

"Renters will have their privacy protected and a new code of conduct will stamp out dodgy and unprofessional practices."

The Bill has been referred to the parliament's Cost of Living committee for further review and debate is expected to take place later this year.

Anyone in need of housing assistance can contact their local Housing Service Centre during business hours or call the 24/7 Homeless Hotline on 1800 474 753.





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FROM PAGE 1

"I am sure with the state election coming up later this year, the public will see and hear even more coverage about youth crime from every direction," Amy says.

"Politicians from both sides use the topic of youth crime to advance a particular narrative and distract from their own inadequacies. Young people who have already been let down by family dysfunction, government institutions and broader society are a soft target."

Amy says governments should better fund state government-run institutions instead of publicly punishing kids for government failures.

"As an example, we know of kids in years two, three and four failing to go to school," she says. "This disengagement with the education system is an early cry for help from these kids. This is where the system used to kick in. But the Child Safety people, who used to look after truancy and school disengagement, are way under-resourced, and just cannot follow up."

Despite these deficiencies, statistics from the ABS show that current youth crime rates (population growth adjusted) have been on a downward trend since 2012. Crime is trending down, even allowing for a Covid lockdown blip. The recent increase in offending represents a return to the long-term trend.

But while the numbers are falling in Moreton Bay and across the state (adjusted for population growth) the mayhem is more visible due to social media.

Some young people crave fame and notoriety within their own peer group and work hard at getting their crime in front of a large audience via social media. From there the footage is used by mainstream TV networks to fill their news slots.

The crime on social media is cheap fodder for TV news. Sometimes the perpetrator or a friend will supply footage while other times the victims of crime will supply doorbell or security footage of the action.

Griffith University criminologist Ross Homel speculates that social media are "crime facilitators". He quotes the example of a child posting a picture from a stolen car with the speedometer showing 191 kilometres per hour, a demonstration of how social media platforms can publicise bad behaviour to peers of the perpetrators, thus glamourising the behaviour and facilitating the next crime.

According to Allen Ellis, Program Manager with Redcliffe Youth Space (RAYS), the mainstream broadcast and social media are complicit in this antisocial behaviour and are also responsible for stoking a community fear of young people while they chase readership and ratings.

"Most young offenders are poor, disadvantaged and alienated from broader society, and need help, not obstacles," Allen says.

A recent study on youth justice shed light on the challenges faced by young people who break the law.



Many of them struggle with issues like not having a stable place to live, using drugs, feeling depressed or anxious, or not going to school.

Professionals like Amy Mayes and Allen Elis who work on the front lines at RAYS believe there should be an emphasis on special programs and school initiatives to help these kids and their families.

They are not the only ones. Queensland Law Society believes an urgent injection of funds is needed to address the root causes of child offending, such as family violence, substance abuse, health including mental health, and Queensland's lagging performance in education.

The Queensland government has recently toughened the laws, bringing in stronger penalties for wrongdoers.

However, a debate has ensued, with some people, like Queensland Law Society President Chloé Kopilović, arguing that the government's tough stance on youth crime does not address the issue.

"Locking up children will not stop crime," Ms Kopilović says. "It has been proven that after a child's first interaction with the youth justice system they are more likely to reoffend. Further to this, the longer a child spends in custody, the more likely they are to be pipelined into the adult criminal justice system. And this is no place for them to be."

"We empathise with communities that have been impacted by increasing rates of youth crime, and we implore the government to implement solutions that will result in a long-term reduction in crime."

"Justice reinvestment works by diverting funds that would ordinarily be spent on keeping individuals in prisons to communities with high rates of offending and incarceration, giving those communities the capacity to invest in programs and services that address the underlying causes of crime."

The Redcliffe Youth Space at 440 Oxley Avenue can trace its roots back to The Humpybong Youth Space which was established in 2001. It has been operating at 440 Oxley Avenue as a Community Youth Service Provider since 2005. RAYS is a registered charity that offers early intervention programs, mental health outreach, flexible learning and work skills training.

Enquiries can be made by phone on 0732838769 or by emailing info@redcliffeyouthspace.org

PRIVATE HEALTH PRICES SET TO RISE AGAIN

AUSTRALIANS are set to feel even more pain in their hip pockets as another round of private health insurance price hikes have been confirmed by the Federal Government.

From 1 April, private health insurance premiums will increase by an industry average of 3.03%, with some households facing potential increases of hundreds of dollars per year.

David Koch, Economic Director at Compare the Market, explained that while these increases are an annual occurrence, many health funds chose to delay their premium hikes in 2023, meaning the upcoming increase may come as a surprise for some.

"Health funds are increasing premiums by an average of 3.03%, but the hikes can vary widely between providers and policies," he said.

"Now's the time to ensure you're not paying more than you need to for insurance. You may be able to secure the same level of coverage elsewhere for a lower price."

Mr Koch said the rising costs were not simply a cash grab from insurance companies, but a necessity for healthcare professionals to continue providing high-quality services.

"A lot of factors are considered when increasing health insurance premiums, such as doctor fees, the cost of medical equipment, the increased cost of hospital procedures, wages of health professionals and more," Mr Koch said.

"Similarly, all health insurers are required to submit details of their proposed premium increases to the Department of Health for assessment. Along with the Australian Prudential Regulation Authority, the Department of Health considers a range of factors before applications are passed on to



the Health Minister for final approval.

"In some instances, the insurer's submission isn't successful, and they need to resubmit their proposed price changes. So, a lot of regulation goes on behind the scenes that everyday Australians may not realise."

In light of these increases, Mr Koch urged Australians to consider their options before cancelling their policies altogether. He suggested looking for policies that better suit their needs, such as switching to a lower level of coverage or removing services that are not essential.

"Some funds are increasing rates much higher than others, so there's never been a better time to ensure that you're not paying a cent more for your cover," he said.

"If you find another policy

that offers the same level of cover for less, it could be time to switch."

To assist Australians in finding a better deal on their health insurance, Mr Koch provided some helpful tips, including looking for offers and perks, understanding the trade-off between lower premiums and fewer inclusions, and being aware of waiting periods when switching policies. He emphasised the importance of reading the terms and conditions carefully before making any decisions.

"All the details, including inclusions, exclusions, waiting periods, excess amounts, and more, will be found in your policy brochure," he said.

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ADVENTURE AWAITS AT FLIP OUT!

IN the heart of Caboolture, locals have something new and exhilarating to look forward to – Flip Out, a vibrant trampoline park, is set to revolutionise entertainment in the area. Promising a blend of fun-filled activities for all ages, Flip Out aims to not only provide a thrilling experience but

also to contribute positively to the community. Owner and Caboolture local, Cameron Walton, can't wait to share Flip Out with the community. "Flip Out is not just a business venture to us. Living and working in Caboolture, we are passionate about being able

to bring something unique and exciting to our community," said Cameron.

At Flip Out, patrons can expect to be greeted with warm smiles. Whether catching up with friends, mastering new tricks in Ninja Classes, tackling the Ninja Warrior Course, or conquering fears on the Clip & Climb, Flip Out provides a safe and supportive environment for everyone to thrive.

The offerings at Flip Out are diverse, catering to various interests and demographics.

From Playgroup sessions for the little flippers and their parents to tailored programs for homeschoolers, Flip Out ensures there's something for everyone.

Additionally, parties, disability-friendly sessions (FlipAbility), school group visits, and more are part of the exciting lineup.

"We are customer-focused," Cameron said. "With a commitment to creating memorable experiences, the staff at Flip Out goes above and beyond to engage with patrons, allowing parents to relax while their children are supervised and entertained."

Moreover, Flip Out's engagement with the community extends beyond its doors. Through generous donations of vouchers, Flip Out actively supports local causes, embodying its dedication to making a positive impact beyond the realm of entertainment.

Flip Out Caboolture also boasts ample underground parking and easy accessibility from all directions. Visiting Flip Out is a hassle-free experience for locals and visitors alike.

Safety is paramount at Flip Out. Stringent safety measures are implemented to ensure a secure environment for all ages and abilities.

From trained staff overseeing activities to well-maintained equipment, every aspect of Flip Out prioritises the well-being of its patrons.

Flip Out Caboolture isn't just a trampoline park; it's a place of fun, positivity, and community spirit.

Adventure awaits at Flip Out!

FUNDING ALLOCATED TO PROTECT ENDANGERED SPECIES

JOSHUA EAST

NINE research projects across Queensland have been awarded more than \$730,000 in funding to enhance the recovery and protection of threatened species, including glossy-black cockatoos, seahorses, frogs, brush-tailed rock wallabies, palm cockatoos, and the endangered night parrot.

The Queensland Threatened Species Program aims to support research projects that focus on increasing knowledge of threatened species and helping with their recovery in the wild.

Environment Minister Leanne Linard announced the funding last month, with grants of up to \$100,000 being offered to support research projects focused on improving knowledge of Queensland's threatened flora and fauna species.

A key focus of these research projects is to identify the main threats faced by the threatened species and develop actionable ways to mitigate these threats. The nine successful research projects

cover a range of species and locations across Queensland.

Griffith University will examine the effects of firefighting chemicals on amphibians and the potential effects of the disease chytridiomycosis. Murdoch University aims to adapt a new, automated feral cat trap to contribute to the conservation of several threatened species in the Wet Tropics.

James Cook University will monitor the reproductive successes of Black-Throated Finch by studying parental care behaviours.

One of the projects will focus on the endangered glossy-black cockatoo, with Griffith University working to establish long-term monitoring protocols to provide reliable estimates of the population distribution, habitat utilization, and trends in Southeast Queensland for the species.

Environment Minister Leanne Linard said the State Government was making a significant investment in the enhancement and protection of Queensland's important ecosystems and biodiversity.

"Queensland is the most bio-diverse state in Australia," she said.

"But sadly, more than 1000 species are currently listed as threatened under the Queensland Nature Conservation Act.

"This round of the Queensland Threatened Species Research Grants provides vital funding to universities and not-for-profit organisations for projects that will safeguard some of our state's most endangered animal and plant species.

"By partnering with these organisations, we can tap into their vast research experience to improve our understanding of the threats being faced by our threatened species to ensure they survive for generations to come."

More information about threatened species and the Queensland Threatened Species Research Grants program can be found on the Queensland Government website www.qld.gov.au/environment/plants-animals/conservation/threatened-species

AUSSIES WORRIED ABOUT WEATHER IMPACT

ELISABETH WALSH

A SUMMER of wild swings between weather extremes has left many Australians worried about the increasing impact of floods, fires, and heat on their homes and communities, new polling by the Climate Council has revealed.

The polling shows that one in three Australians are concerned that worsening extreme weather events may force them to move from their homes.

Queenslanders, in particular, have cause for concern, with the highest levels of displacement reported due to worsening extreme weather events. One in two residents in Queensland report having either been forced to move after an extreme weather event or knowing someone who has.

At a national level, the polling highlights the widespread anxiety among Australians:

- 1 in 3 Australians are worried about the possibility of having to permanently relocate due to extreme weather.
- 4 in 5 Australians express concern about the impact of extreme weather events on children and young people.
- 1 in 10 Australians have already been forced to

move temporarily or permanently from their homes due to extreme weather.

1 in 3 Australians know someone who has been forced to relocate due to extreme weather.

Almost 85% of Australians are worried about the affordability of their insurance as extreme weather events worsen.

Dr Grant Blashki, a General Practitioner and Climate Council Fellow, said communities across the country had been hurtled between dangerous downpours and record-breaking temperatures this past summer.

"It's understandable that Australians are anxious about what lies ahead for their homes and their families," Dr Blashki said.

"The fear people have of being forced to relocate is not unfounded. This polling tells us that one in ten of us have already uprooted our lives due to extreme weather. This experience goes beyond moving house, it means losing the wonderful support and connections that communities provide.

"Climate-fuelled fires and floods present an almost impossible choice for families who are already under severe mental stress after experiencing an extreme weather event: Do they

stay in a home with ongoing risks of another fire or flood, or do they relocate?"

"Relocating is an extremely difficult call for families to make, and one that reverberates throughout entire communities."

Major General Peter Dunn, a member of Emergency Leaders for Climate Action, said communities in Australia were grappling with a ceaseless onslaught of extreme weather events

"Many have lost their homes, some have even lost loved ones, and their frustration at the lack of resources to prepare and recover from these disasters is palpable," Major General Dunn said.

"After a summer of climate whiplash, now is the time to enlist communities and give them what they need: information about the risks they face, places to gather and make plans for when disasters strike, and resources and education on how to keep one another safe."

The polling, conducted by YouGov with a representative national sample of 1,568 Australians, aimed to understand the impact of climate change and extreme weather events on the wellbeing of Australians.

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LANDMARK LAWS CRIMINALISE COERCIVE CONTROL

ELISABETH WALSH

THE Queensland Parliament has passed new laws aimed at better protecting victims of domestic, family, and sexual violence.

The Criminal Law (Coercive Control and Affirmative Consent) and Other Legislation Amendment Bill 2023, introduced in October, will criminalise coercive control, strengthen consent laws, and improve the experience of victims in court.

Coercive control, a pattern of abusive behaviours including emotional, psychological, and economic abuse, will now be recognised as a standalone offence carrying a maximum penalty of 14 years imprisonment.

The new law targets conduct intended to coerce or control a person in a domestic relationship, with the potential to cause harm to their physical, emotional, financial, psychological, or mental well-being.

The amendments to consent laws will shift the focus to affirmative consent, requiring free and voluntary agreement to participate in sexual activity. Non-consensual condom



removal, commonly known as 'stealthing', will now be classified as rape under the law.

These reforms respond to recommendations from the Women's Safety and Justice Taskforce and aim to drive change in the way sexual offences are prosecuted and defended.

Other changes in the bill include jury directions for sex-

ual offence proceedings, disallowing improper questions in court, and establishing a court-based perpetrator diversion scheme.

Premier Steven Miles made the announcement during Queensland Women's Week last month and said he was incredibly proud of the historic legislation.

"What we know is that co-

ercive control is the most common factor that leads to domestic violence murders," he said.

"We have made strides to help people identify and report coercive control and we know by criminalising this offence, even more lives will be saved."

Minister for Women Shannon Fentiman said the new laws would keep women and

girls safe from violence and hold perpetrators to account.

"This would not have been possible without the fierce advocacy of Sue and Lloyd Clarke, the family of Allison Baden-Clay and the hundreds of brave women who shared their stories with the Women's Safety and Justice Taskforce," she said.

"We know that non-physical violence is just as dangerous as physical violence.

"Coercive control is also the biggest predicting factor for intimate partner homicide.

"That's why we have taken strong steps to make coercive control an offence in Queensland."

"Reforms to consent laws aim to improve the experience of victims of sexual offences when they make the brave decision to come forward and hold their perpetrators to account.

"Affirmative consent shifts the scrutiny away from the victim and towards the accused, looking to the actions they took to confirm consent.

"Stealthing is a serious violation of consent - it is rape, and it should be treated as such under the law."

CEO of Women's Legal Ser-

vice Queensland, Nadia Bromley, said the introduction of the offence of coercive control was a significant milestone in improving the safety of Queenslanders.

"The law has a critical role to play in both holding people using violence to account and in raising community awareness of coercive control as a form of violence," she said.

"The introduction of affirmative consent reflects the fundamental human right of bodily integrity - and the obligation we all have to respect it.

"There is much work left to do to create more consistent and safer outcomes for victim-survivors, but today was a big step towards a better future."

Community awareness and understanding of coercive control will be supported through the Coercive Control Communication Framework, released by the Queensland Government.

For information about the Coercive Control Communication Framework, visit www.qld.gov.au/CoerciveControlCommunicationFramework

IMPROVED ACCESS TO CONTRACEPTIVES

The Queensland Government has announced a new initiative to improve access to hormonal contraception for women and girls aged 16 and older.

JOSHUA EAST

HEALTH Minister Shannon Fentiman revealed last month that appropriately trained community pharmacists will now be able to prescribe hormonal contraceptives, with services expected to begin in July 2024.

The move aims to reduce barriers to reproductive healthcare and address the challenges faced by women in accessing contraception, particularly in regional, rural, and remote areas.

Pharmacists will be required to complete additional training through an accredited education provider in order to provide this service.

The decision comes following a Senate report released last year, which highlighted the importance of addressing barriers to sexual, maternity, and reproductive healthcare in Australia. The report found that a majority of Australian women use some form of contrac-

tion, indicating the need for improved access to contraceptive services.

Health Minister Shannon Fentiman emphasized the government's commitment to providing Queensland women and girls with better access to healthcare services.

"This decision will help break down the barriers women currently face to accessing contraception - including lack of access to primary care," she said.

"It will also ease the burden on GPs, freeing up appointments for sicker Queenslanders in need of care.

"Pharmacists are highly qualified and trusted members of our healthcare system and supporting them to practice to their full scope will enable them to provide additional services to their communities.

"I want to assure Queenslanders that pharmacists will be required to complete additional clinical training to provide this service, which will be made

available to pharmacists in the coming months."

Shane MacDonald, Queensland Branch President of the Pharmaceutical Society of Australia said he welcomed the announcement.

"PSA's vision is that every Queenslanders has access to safe, quality, and effective healthcare through optimising the role of pharmacists," Mr MacDonald said.

"This is certainly a positive step towards achieving this.

"Appropriately trained pharmacists can do more to support the healthcare needs of Queenslanders, including improving access to safe and effective hormonal contraceptives.

"On the 10-year anniversary of the nation-leading Queensland Pharmacist Immunisation Pilot, the Queensland Government has shown once again its commitment to improving access to quality healthcare for Queenslanders."

REFORMS TO BETTER SUPPORT QLD SCHOOLS AND STUDENTS

JOSHUA EAST

THE Queensland Government has introduced significant reforms to the Education (General Provisions) Act, following the first comprehensive review since 2006.

These changes aim to better support students, families, teachers, and school staff across the state.

Education Minister Di Farmer highlighted the importance of the reforms, stating they would better serve the interests of Queensland students, families, teachers and communities as well as the operation of our schools and kindergartens.

"The reforms will not only streamline processes but provide better support for students and their families as well as teachers and school staff," she said.

"With the increase in the number of families choosing homeschooling, we need to make sure that the interests of the student are the priority, especially in regard to their well-being and safety and this is what this legislation will do."

The reforms include im-

provements to the suspension and disciplinary process, additional support for First Nations students, students with disabilities, and prep students and their families, as well as the provision of appeal rights for short-term suspensions.

The legislation also aims to reduce regulatory burdens on Parents and Citizens (P&Cs) Associations, improve access to eKindy, and clarify requirements for home educational programs.

President of the Isolated Children's Parents' Association Wendy Henning said she welcomed the changes to improve access to eKindy.

"With amendments to the distance and medical eligibility criteria, more Queensland children and families will be able to access the approved kindergarten distance education program for free," she said.

"eKindy is an important kindergarten option for children living in rural and remote areas, travelling or medically unable to attend a free kindergarten program at a centre-based early childhood service."

P&C President Scott Wiseman also expressed support for the reforms, stating he welcomed the move to streamline regulations so that Parents and Citizens Associations could continue to focus on supporting their school communities.

"We had also been asking for the ability for P&C Associations to donate money to P&Cs from other schools who may be experiencing hardship through natural disasters such as floods and are happy that our Associations will be able to support each other in this way," he said.

President of the Queensland Association of State Special Schools Andrew Thompson said he welcomed the simplification of processes for students transferring between state special schools.

"Not requiring students' disabilities to be re-assessed when moving between state special schools will provide certainty for parents and remove what can be a burdensome requirement for families," Mr Thompson said.

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A GRASSROOTS CONCEPT IN LIBRARIES

With the motto "Take a Book, Give a Book, Share a Book" Street Libraries are gaining popularity in the Moreton Bay suburbs.

MARNIE BIRCH

How would you encourage literacy and build a stronger community at little or no cost? By doing what Nic Lowe did.

Back in 2015, he built Australia's first Street Library outside his house in Newtown, Sydney - modelling a nationwide system along similar lines to the free library concept he'd witnessed in America - in Portland, Oregon.

The idea of "Take a Book, Give a Book, Share a Book" took off, mushrooming into a not-for-profit charity that now boasts over 4000 libraries across the country and many more informal ones.

In the Moreton Bay region alone, there are over fifty registered and active Street Libraries.

Nic Lowe believes reading long-form literature and books helps to communicate and express complex and nuanced ideas that enrich people's lives in ways a short social media post cannot do.

And it seems the academic world agrees. Studies conducted by Spain's University of Valencia found that reading print in books improves comprehension far more than reading digital text.

A Street Library may contain up to 40 donated books - adult, young adult, children's fiction, non-fiction and books across a variety of genres.

The books are housed in a weather-proof box that might be free-standing, perched atop a boundary fence, or hung off walls on private property, away from foot traffic, making permission from council unnecessary.

Books come and go. People take what interests them and when they are done, they can return them to the Street Library network or pass them on to friends.

Not only are they encouraging reading and the sharing of knowledge, but they are also saving books from disposal in landfills.

Street Libraries are free and accessible to all, irrespective of age, literacy level, or financial circumstances. They engender



trust in the community and can play a key role for marginalised groups that aren't typically able to access conventional libraries without the usual forms of ID.

What's more, Street Libraries are self-sustaining. If anyone has a book or two that they think others would enjoy, they can just pop it into any Street Library they happen to be walking past.

Deception Bay resident Di Pollard loves books and

down in December 2023 and donated the books to Lifeline's Bookfest, but she doesn't rule out starting another Street Library again, saying, "A lot of books travel great distances with visitors and tourists picking up books in one town and leaving them in another."

The Street Library movement is a quiet achiever - encouraging reading, sharing, improving literacy and keeping books circulating, not stagnating on someone's bookshelf.

The Book Hut Street Library in Trafalgar Drive, Morayfield, holds fiction novels from popular authors such as Judy Nunn, Maeve Binchy and Nora Roberts, while on Stirling Court, Burpengary East, the Bay Breeze Estate Street Library offers seeds or garden produce to swap along with a book or two.

One Street Library in Sandgate glows in the dark, while others provide puzzles, games, recipe swaps and even a letter-writing service to the community.

Each library is distinctive and reflective of the personality of the individual street librarian.

On Koda Street in Burpengary, an old wooden dresser with leadlight doors was being given away and was then repurposed as a Street Library, while at Petrie on Inverpine Court, they painted and decorated a disused chicken coop.

Street Libraries have been made from all sorts of structures, including converted former telephone boxes, disused outhouses, old cupboards and freezers, like Morayfield's Street Library in Koala Drive.

Are you inspired to join the street librarians?

If so, purchase a completed Street Library or a ready-made kit from Street Libraries online, or get imaginative and build/re-fashion one yourself, like the Belvedere Street Library in Bellmere or the Comfrey Cottage Library in Duncan Street, Caboolture who constructed their library entirely from scratch using recycled materials.

Find out more locations and information here: streetlibrary.org.au

monitoring or rules. It's a great community builder at grassroots level and a social lubricant. It gets people talking and sharing."

The Snicket Street Library ran successfully for three years with many generous donations from the community. However, after two incidents of vandalism, Di transformed it into a pop-up shop at Deception Bay's Zesty Lemon Café.

She closed the library

describes how she felt "the need to share that love with others". Di opened a Street Library using a converted bar fridge on her back fence at the start of the pandemic in April 2020.

"I named it The Snicket - a name taken from my North of England roots as the library faced onto a laneway or 'snicket'," Di says. "People loved that they could simply take a book, keep it, gift it or return it with no expectations,

ELEVATE YOUR BAKING GAME

In a world filled with jaw-dropping cakes that seem to defy the laws of physics, one passionate baking aficionado is on a mission to empower others with the art of cake decoration.

Nicole Edwards' journey into the world of cake decorating is a heartwarming tale steeped in family traditions and a deep-seated love for baking. From the humble beginnings of mixing flour and sugar in her childhood kitchen to becoming a beacon of inspiration in the world of cake decorating, her unwavering commitment to sharing her knowledge and expertise is shaping the future of baking and fostering a vibrant community of cake enthusiasts eager to explore their creativity.

"Growing up, my mum crafted birthday cakes that were pure magic," Nicole reminisces with a fond smile. "That feeling of having a cake made just for you, it's truly special."

Inspired by her mum Karen's culinary creations, Nicole embarked on a baking adventure, co-founding We Take the Cake. Now, she's set her sights on sharing her expertise as a cake class instructor at Bake Boss Morayfield, igniting the imaginations of budding bakers and seasoned decorators alike.

"I jumped at the opportunity to join Bake Boss because it's a chance to inspire others," Nicole explains. "There's always something new to learn."

The cake decorating classes offered at Bake Boss cater to all skill levels, from novices eager to dip their toes into buttercream basics to experienced decorators looking to master intricate fondant designs. With a plethora of classes ranging from basic cake cutting and filling to advanced techniques like fondant sculpting and delicate piping, there's a class tailored to every taste and proficiency level.

What makes these classes genuinely stand out is the hands-on experience they provide. Participants don't just passively watch demonstrations—they roll up their sleeves and get creative. Under Nicole's expert guidance, students learn to wield piping bags like pros, sculpt fondant into intricate shapes, and master the art of buttercream frosting.

"You come in, decorate your own cake, and leave with a masterpiece," Nicole enthuses. "It's a chance to unleash your creativity and take home something exceptional."

Nicole's teaching philosophy revolves around adaptability and encouragement. Recognising that everyone learns differently, she tailors her approach to suit the needs of each student, offering one-on-one assistance and guidance every step of the way. This personalised touch ensures that every participant feels supported on their cake-decorating journey, where setbacks are simply part of the learning process.

"Cake decorating is about practice and patience," Nicole reassures. "If something goes wrong, we troubleshoot together and explore different techniques. It's all about embracing the journey and discovering your own unique style."

As the demand for cake decorating classes continues to rise, Bake Boss Morayfield is poised to meet the challenge head-on.



Nicole Edwards with her mum, Karen Holderness

"You come in, decorate your own cake, and leave with a masterpiece" - Nicole

With each cake decorating session, new friendships are forged, skills are honed, and dreams are realised. And at the heart of it all is Nicole, a guiding light whose passion for baking knows no bounds.

"We've had countless inquiries from eager bakers," Nicole reveals. "People see the joy and creativity that comes with cake decorating and want to be a part of it. And with our classes, they can."

So, whether you're a seasoned baker looking to expand your repertoire or a curious novice eager to embark on a sweet adventure, there's no better time to join the cake-decorating craze at Bake Boss Morayfield. With Nicole leading the way, you'll discover the joy of turning simple ingredients into edible works of art and unleash your creativity in ways you never thought possible.

For more information and to sign up for classes, visit www.bakeboss.com.au. Sign up for a cake decorating class and let the magic begin!



Rocket Cake by Nicole Edwards



Baby Cake by Nicole Edwards



SUPPORT FOR WOMEN WITH ENDOMETRIOSIS

JOSHUA EAST

QUEENSLAND has one of the highest rates of endometriosis in Australia, with one in six women diagnosed by their early 40s. To address this concerning trend, the State Government has announced a \$18.2 million investment to improve the support and care available to women suffering from endometriosis.

The funding aims to break down the barriers faced by women when receiving a diagnosis and timely care.

This includes improved access to clinical, surgical, and rehabilitation services, peer support groups, and scholarships for nurses and physiotherapists to better understand and treat pelvic pain.

This investment is part of the Queensland Women and Girls' Health Strategy 2032.

Minister for Health, Mental Health and Ambulance Services and Minister for Women, Shannon Fentiman, said women and girls had recounted numerous stories of being dismissed or misdiagnosed, leading to living in persistent pain for years.

"We want women and girls who develop pelvic pain or painful periods to feel comfortable discussing this with their doctor, and to know that they are being listened to and understood," she said.

"Thank you to the thousands of Queensland women and girls who came forward and shared their experiences with the health care system.

"We hear you, and we are taking action."

Jessica Taylor, Chief Executive Officer of QENDO, also expressed the importance of the investment.

"My endometriosis journey began like so many others, debilitating pain that I couldn't explain, trips to emergency that yielded no answers, GPs who didn't listen, eleven of them in fact," Ms Taylor said.

"My hope is this investment will help women walk the path that is the diagnosis, treatment and management of endometriosis and pelvic pain."

"Increasing awareness and pathways for diagnosis, treatment and management of endometriosis and pelvic pain will support women and girls to live healthier lives."

The investment will also establish peer support group programs to provide invaluable connection and support for women who have experienced the same health issues.

Additionally, scholarships for nurse training in pelvic pain management and scholarships for physiotherapists to undertake pelvic health qualifications will ensure there are skilled healthcare workers ready to provide specialist care.

Professor Gita Mishra from the University of Queensland led the team at the Australian Women and Girls' Health Research (AWaGHR) Centre at the University of Queensland to produce an evidence review to inform and support the development of the Queensland Women's Health Strategy.

"What we know is the prevalence of endometriosis is higher among young women than the previous generation and higher in Queensland than Australia overall," Professor Mishra said.

"Increasing awareness and pathways for diagnosis, treatment and management of endometriosis and pelvic pain will support women and girls to live healthier lives."

According to new data, more than 75 per cent of patients attending the Minor Injury and Illness Clinics are Category 4 or Category 5, indicating that the clinics are effectively addressing less critical presentations.

SATELITE HOSPITALS REACH 50,000 PATIENT MILESTONE

JOSHUA EAST

Queensland's satellite hospitals have hit a milestone, with more than 50,000 patients receiving care at the state's new Minor Injury and Illness Clinics.

These clinics are designed to treat non-critical conditions, reducing the burden on emergency departments and ensuring that more critical patients receive timely care.

Since August 2023, the Queensland Government has opened five satellite hospitals in Caboolture, Ripley, Redlands, Tugun, and Kallangur. These facilities have collectively provided more than 22,300 outpatient appointments and seen over 50,000 south-east Queenslanders seeking treatment for minor injuries and illnesses.

According to new data, more than 75 per cent of patients attending the Minor Injury and Illness Clinics are Category 4 or Category 5, indicating that the clinics are effectively addressing less critical presentations.

Common presentations include limb and joint pain, coughing, lacerations, ear pain, and skin complaints.

Queensland Premier Steven Miles said it was fantastic to see that 50,000 patients had been seen across the five open satellite hospitals since the first opened in Caboolture eight months ago.

"That's 50,000 people who haven't had to go to our busy emergency departments, freeing up those doctors and nurses to dedicate their resources to our most critical patients," he said.

"I want to thank all our hardworking Queensland Health staff for the contribution they make to our great state every day."

Two more satellite hospitals are scheduled to open

in mid-2024 at Eight Mile Plains and on Bribie Island.

Queensland Minister for Health, Mental Health and Ambulance Services Shannon Fentiman said the milestone was proof that the clinics were working to provide the care Queenslanders needed.

"This means that 50,000 people have avoided a trip to an emergency department, ensuring that our busy healthcare workers can treat sicker people as a priority," she said.

"The opening of new satellite hospitals on Bribie Island and at Eight Mile Plains later this year will build on these positive results and provide the community with even more access to timely and appropriate healthcare, closer to home."

Quick Local Facts as at 17 March 2024:

Caboolture Satellite - 12,843 total presentations
Kallangur Satellite - 6927 total presentations

Bribie Island Satellite to open later this year

IS THE REFINANCE BOOM OVER?

VANESSA BRAGDON
VB HOME LOANS

IN 2023, the cashback craze was on steroids. Lenders vying for refinancing business were offering sweeteners of \$5,000 or more to borrowers who switched over their home loans.

However, wind forwards the clock to 2024 and the landscape is vastly different. Fewer and fewer lenders are offering cashbacks, and those who have reduced the amount they're willing to hand over. The average cashback is now around \$2,000.

So, has the refinance boom finished? Let's take a look.

What happened in 2023?

Last year, we saw homeowners refinancing their home loans in record numbers. As interest rates soared, more and more borrowers decided to shop around in order to find a more competitive home loan.

The surge in refinances was no doubt driven by the amount of borrowers rolling off pandemic-era low fixed rate mortgages on to higher variable interest rates. Reserve Bank of Australia (RBA) data shows 880,000 borrowers came off fixed rates in 2023. Their repayments jumped significantly when this happened.

According to Australian Bureau of Statistics figures, monthly mortgage refinances peaked at \$21.5 billion in July 2023. That was 21.8% higher compared to the year prior.

However, as the year progressed, refinancing started to slow down. By December 2023, the value of refinances had dropped to \$17.1 billion.

What's the outlook in 2024?

The number of fixed rate mortgages expiring is lower in 2024 compared to last year, which means the number of people refinancing may also slow down.

Having said that, there are still 450,000 fixed rate home



loans set to expire in 2024, according to the RBA. If you fall into this category, it's important to review your home loan early and ensure it still meets your needs

What happens if your fixed rate expires?

Usually, your home loan will revert to your bank's standard variable rate once your fixed term is up. If that rate is higher than your fixed term rate, you may see your repayments jump significantly.

Why it pays to consider refinancing

Refinancing can help you achieve all sorts of goals, including:

- Finding a more competitive home loan
- Accessing interest-saving features like offset accounts and redraw facilities
- Using your equity to buy another property, renovate, or make another big-ticket purchase

• Consolidating your debt so that you can budget and manage your repayments more effectively.

Like to explore your options?

If you're approaching the fixed-rate cliff, get in touch with your local broker sooner rather than later to explore your options.

They will be able to help you work out what your repayments would look like when you roll off your fixed rate on to a variable rate. They may also be able to suggest other ways to prepare, like making extra repayments now as a buffer for when your fixed term ends.

In some instances, they may be able to negotiate a better rate with your current lender or suggest another bank with a more competitive home loan that better suits your needs.

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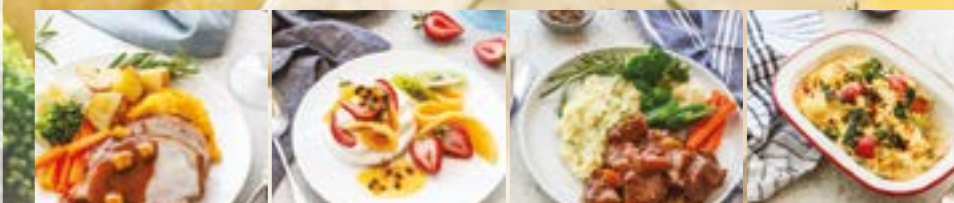
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LOCALLY BUILT EMERGENCY VEHICLES JOIN THE CREW

SHEREE HODDINETT

WHEN it comes to emergency response, the use of state-of-the-art equipment is paramount. From battling fires to rescuing those in distress, the efficiency and reliability of fire vehicles play a pivotal role in safeguarding lives and protecting property. A fleet of new fire appliances built locally right here in Narangba have been meticulously engineered to withstand the rigors of the most demanding firefighting scenarios. The vehicles have been dispersed to Fire and Rescue and Rural Fire Service (RFS) stations throughout Queensland and will play a vital role across a wide range of rescue scenarios, including road crash rescue and swift water rescue.

Ten new vehicles, including seven water tankers and three medium rescue trucks, have been produced as part of a \$743 million investment multi-year approach to fleet procurement across the Queensland Fire and Emergency Services (QFES). The seven RFS tankers range in size from 7000 to 12,000 litres and will go to Central and North Coast Regions, as well as Brigalow, Gympie South, Withcott and

Glenwood fire brigades. The three new medium rescue trucks will be delivered to Brisbane, Northern and Far Northern regions. They will replace existing aged units. The tankers help provide additional water support at the scene of large-scale structure and vegetation fires.

The 2023-24 QFES fleet budget comprises \$18.7 million for new RFS trucks, on top of about \$23 million for new RFS trucks, support vehicles and the retrofitting of deluge systems that protect personnel from passing vegetation fires. The current build program provides for the procurement of 210 appliances across fire and rescue and RFS, including 89 RFS vehicles from 2022-23 to 2024-25 and 121 RFS vehicles from 2022-23 to 2023-24. In addition, QFES is working to deliver 55 appliances that were part of the 2021-22 program but were delayed due to supply challenges. That brings the total number of new vehicles to be delivered to 265, including 147 for RFS and 118 for FRS.

As the QFES Brisbane North Zone Commander, Superintendent David Brazel has been a part of the service for more than 35 years and has a great

amount of respect for the vehicles they have access to. Utilising the local manufacturer at Narangba to add to their fleet has a multitude of benefits, both on the job and behind the scenes.

"We've used this manufacturer in Narangba for medium rescue tenders and also our pumper tank appliances," Supt. Brazel explains. "We have used them for numerous different builds now and it is handy having them locally because there was an instance recently with one of our trucks in Burpengary where we were able to take equipment off of it and see how it would fit neatly on the appliance that they were building at the time. So it does have its advantages for that."

Supt. Brazel highlighted the importance of the service always needing new vehicles, negating a need for a rotation of appliances.

"Each of the appliances has different years of service, from our aerial appliances right down to the pump appliances that would fill your local station," Supt. Brazel says. "So, for all the crews out there, it's invaluable to get them, particularly during really bad bushfires and other severe weather

events.

"We have a fleet of spares, particularly in our region, but as vehicles need repair or go for servicing, we have to bring our spares up so that they're progressively retired out of the fleet. They do cop a fairly hard life out there, to be honest. For example, the pumper appliances can be sitting in a station ready to go and the next thing, they're screaming down the highway at 100 kilometres an hour. The newer appliances are invaluable and the crews have a great amount of respect for them too. They're obviously a lot more comfortable and fit more equipment, as well as being designed with different specialities to cover particular situations."

With a few decades of service behind him Supt. Brazel has seen many changes over the years and while overall the

goal is still the same, technology has certainly changed the landscape in multiple ways.

"This season hasn't been as disastrous for bushfires locally with low fire danger ratings," he says. "But having said that, neighbouring regions down the coast haven't been as lucky, particularly out in the south-west region and we've also sent crews up to the Atherton Tablelands assisting far northern regions with fires. We have been very lucky in that aspect."

"But this is a job where we are able to share personnel to assist with disasters in other states and even on an international level as well. Every day you go to work, you never know what might happen, it could be cyclones, a chemical incident and lately we have been getting numerous fires caused by lithium batteries.

"The prevalence of the fires

in them, it's something that wasn't around quite a number of years ago. So that has significantly grown in risk with electric scooters and bikes, as well as many other items potentially driven by batteries nowadays. So, it is keeping us busy, it's evolution, but it's just a different type of fire that we're dealing with or needing to learn how to deal with on top of our other knowledge."

As he edges closer to retirement (don't worry there's still a few years left in him yet), Supt. Brazel still enjoys the challenges of the job and relishes the diversity and opportunity it continues to offer.

From their initial build in Narangba to the rural localities they have found their way to, these new fire trucks are poised to make a lasting impact for many years to come.

"For all the crews out there, it's invaluable to get them, particularly during really bad bushfire and other severe weather events."

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Hitting the stage as the **girl in red**

Performing is not a new venture for Burpengary's Natasha Rose, but taking her abilities to the national stage certainly is. The 20-year-old embraced her chance to get her name out there when she auditioned for the 2024 season of Australian Idol. While she didn't quite make it to the final rounds of the show, "the girl in red" definitely put herself and the City of Moreton Bay on the map.

SHEREE HODDINETT

With a love of performing, belting out a tune and of course the colour red, Natasha Rose is certainly one for captivating an audience. The bubbly 20-year-old from Burpengary certainly shone the light on herself and our local community when she jumped behind a microphone on Channel 7's reality show Australian Idol. Although her journey on the show came to an end when she was eliminated from the top 21, Natasha's passion for performing is still strong and we can certainly expect to see a lot more of the fiercely determined and dedicated "girl in red".

In the intricate tapestry of Australian music, Natasha already stands out as a luminous thread, weaving her way into the hearts of audiences across the nation from the second she walked into the Australian Idol audition room. Captivating audiences with her powerful renditions and magnetic stage presence, she emerged as a frontrunner early on in the fierce battle for the coveted title. Though making it closer to the finals may have eluded her grasp, Natasha emerged from the show as a true victor, her spirit unbroken and her dreams of a career in music burning brighter than ever before. For Natasha, the journey was never about accolades or fame, but rather the chance to show audiences she has what it takes.



Natasha Rose enjoyed the opportunity to perform for the country through her time on Australian Idol.

"Even before my time on the show I never really saw Australian Idol as a competition," Natasha explains. "For me, it was a platform to reach a new audience, gain a new level of experience and meet some industry professionals. I've got some amazing connections now, and I've made some really awesome friends. So, I don't feel like it's a loss to go out when I did."

"Now it's a springboard for me to continue on this path. I already have two songs recorded, Burn It All and Lying To Love, with more on the way!" Music has been a big part of Natasha's life since she was young. Her parents would sing to her and it eventually became a tradition in their house to sing together. As she grew older Natasha decided she wanted to share her voice with others and she was even enrolled in singing lessons for a short time.

"I did a few singing lessons when I was young and that eventually stopped, but I loved the idea of being on stage," Natasha

says. "I would just try and get out in front of people and put on little shows for my family. It kind of just all evolved from dancing and singing when I could and now I've been on Australian Idol singing Katy Perry, it's all been quite an experience."

While not everyone would be comfortable in the colour red, Natasha certainly embraces the bold choice.

"There is such a thing as too much red, I'm not trying to be one of the Teletubbies," she says with a laugh. "It's important to remember everything in moderation and I'm definitely keeping it as my signature colour."

"The best part about being on Australian Idol for me was how it really solidified my brand. Scott Tweedie called me the girl in red. Kyle Sandilands called me the girl in red, that's so good to hear out of those people's mouths, which really helps me to have my image, my branding and who I am really solidified for all of Australia."

Hailing from Burpengary, Na-

**"There's so many artists that I look up to and there's just so many incredible people in Australia and across the world."
- Natasha**

tasha knew there wasn't much chance anyone involved with Australian Idol would have a clue where it was located unless they were familiar with the City of Moreton Bay area. Little did she know, judge Kyle Sandilands knew exactly where it was!

"It's funny when telling people where I was from, you could see in their eyes they didn't have a clue," Natasha recalls. "But when I went in for my audition and the judges asked where I was from, I told them Burpengary and Kyle said he knew where it was because he's been everywhere."

"It was amazing having that moment of recognition and knowing the City of Moreton

Bay was so well-represented with the girls (Kiani and Tayla) from Brisbane as well. It was such a great season in terms of so many diverse areas of Australia were represented. There was Amy from Broome and then Kiani from Brisbane, it makes for a change than just everyone being from Sydney or Melbourne. Not to mention, the City of Moreton Bay is an incredible place to be and grow up in and I think now people are starting to realise we have some serious talent here."

So, what's next for this rising star? Natasha is already thinking ahead with plans for more songwriting and of course gigs.

"I've always done songwriting,

I've always done gigging and so it's now just getting back into it," she says. "I love songwriting. I'm sure every musician in the entire world has said this, but it's a real outlet for me and I love doing that and I love gigging."

"As much as I love doing the big gigs, like I do Eat Street and events, but I also love connecting with the community by performing at things like the Petrie markets and being able to see the community and having little kids just come up to me while I'm singing, it's a great experience."

Growing up Natasha was treated to the tunes of Britney Spears, Christina Aguilera, Pink, Lady Gaga, Katy Perry and more. So it's hard to imagine what her future may hold. Long-term, Natasha's big dream would be to become a pop star, like some of the stars she looks up to including the likes of Katy Perry, Rihanna, Pink or Taylor Swift.

"There's so many artists that I look up to and there's just so many incredible people in Aus-

tralia and across the world," she says. "Within Australia, I do love me a bit of Kylie Minogue. You know, she was the OG."

"In terms of the world, artists like Taylor Swift, the big people that can adapt and keep coming back and making it a show, it's just so cool to watch."

"I love Pink, I've seen her live, she's incredible. She's also someone who I really look up to because I love pop artists that have attitude. They have that performance and that little bit of edge at the same time."

"I love all these artists, but I actually think my dream person to sing with would be Billie Eilish. I love her voice and I feel like we would have cool voices together because she's very breathy with her singing."

As her journey continues to unfold, there is no doubt that Natasha is destined to leave an indelible mark on the world of music for years to come. To find out more about the girl in red and future song releases, visit <https://natasharoseofficial.com>



Mary Kenny, Colin Scobie, Hugh-Thompson, Peter-Morley / Photo by Bruce Redman

Family Turtle Expo Day

PATRICIA HIGGINS

While locals are lucky to have Scarborough's Queens Beach north as a 'homing beacon' for turtle hatchlings, we have a responsibility to raise awareness for their care as a community – a duty that has only grown more acute in recent years.

According to Colin Scobie, Vice-president of Rotary Redcliffe Sunrise Inc and the Environmental Sustainability Rotary Action Group (ESRAG), that's exactly what his organisation has set out to do on an upcoming Family Turtle Expo Day.

The event is in support of turtle conservation and against single-use plastics (plastic breaks up but doesn't ever break down, and numerous plastic items are often retrieved from the biopsy of turtles), but it also has a critical backstory.

"In February 2010, hundreds of newborn turtles in the area



hatched out to a high sand embankment and headed to the bright street lights instead of heading out to sea," Mr Scobie said.

A repeat of the incident should be carefully avoided,

according to Mr Scobie, even if the disaster was largely averted when "many neighbours along Flinders Parade came out at 11pm and turned the baby hatchlings around towards the ocean."

"The hatchling's geocompass

is set at this stage to eventually return as adults after they have travelled the EAC (East Australian Current) to South America and back," Mr Scobie said.

"When they get back to nest at Queens Beach North as

"When they get back to nest at Queens Beach North as adults is anyone's guess, but we do know they nest at nearby beaches."

adults is anyone's guess, but we do know they nest at nearby beaches."

Mr Scobie said that the Turtle Expo Day presented a major opportunity to learn key concepts and gain knowledge about the diverse range of biodiversity that is on our doorstep.

The free community event will include expert talks and presentations, an array of kid-friendly activities, and what might be the main attraction – a plastic turtle installation (made from single-use plastics that were collected from beaches all around the peninsula) on

display for discussion.

Plenty of free car parking (with room for wheelchair access) will be available on the day.

To find out more, follow ESRAG on Facebook at www.facebook.com/esragmoretonbay/

To learn more about the 2010 turtle incident, visit www.abc.net.au/news/2010-02-04/baby-turtles-rescued-after-taking-wrong-turn/321142

**Family Turtle Expo Day
Saturday, 20 April,
10am-2pm
Queens Beach North,
Scarborough.**

NEW VENUE PLANS FOR 2032 OLYMPICS ANNOUNCED

JOSHUA EAST

THE Queensland Government has announced that it will accept 27 out of the 30 recommendations made by the independent Sport Venue Review for the Brisbane 2032 Olympic and Paralympic Games. The decision came last month after a 60-day review led by former Brisbane Lord Mayor Graham Quirk.

One of the key recommendations accepted by the Queensland Government is the approval for a new Brisbane Arena to be built in a different location at the Roma St precinct.

Upgrades are also planned for the Queensland Sports and Athletics Centre (QSAC) and Suncorp Stadium, subject to due diligence and consultation with games partners. The government is also exploring legacy transport opportunities to link QSAC, QEII hospital, and Griffith University with connected precincts in the city.

A proposed new stadium for Victoria Park has been ruled out due to uncertainties regarding costs. The Gabba rebuild will also not proceed, with a more modest enhancement of the existing facility planned in consultation with AFL, Cricket Australia, and other stakeholders.

Premier Steven Miles expressed his gratitude to the review panel for their dedicated work.

"This Review was one of my very first acts as Premier of Queensland and was driven by what Queenslanders told me was important to them – bang for buck and a lasting legacy," he said.

"No one wants to see money spent on facilities that are only needed for four weeks.

"Instead, this new direction will deliver decades of benefit to local schools, community athletics programs and Olympic and Paralympic athletes in 2032 and beyond.

"My government will accept 90 per cent of the recommendations made, for the benefit of Queenslanders right around the state.

"One of their recommendations would have meant the demise of the Gabba, which is something we couldn't accept for such a beloved venue.

"And while the concept of a new stadium at Victoria Park has merit, the uncertainty around final cost means it is unfortunately not an option.

"2032 is one of the greatest opportunities to put Brisbane and Queensland on the map and leave a legacy for generations to come." IOC Vice President John Coates said the QSAC upgrade would pro-

vide a legacy venue for the development of athletics in Queensland. "Sydney 2000 left a competition and warm-up track legacy for athletics, a legacy missing from the London, Rio, and Tokyo Games," he said.

"The IOC will make available its Games construction experts to advise in respect of the potential upgrades to QSAC, including specifically whether the full \$1 billion of suggested upgrades are needed."

Brisbane 2032 Organising Committee President Andrew Liveris said they would use the venues and infrastructure made available to them.

"We acknowledge the Queensland Government's actions in accepting the majority of the independent review's recommendations and urge due diligence across venues and infrastructure to be completed quickly and in consultation with stakeholders," he said.

"Time and cost estimates are of the essence and progress must move swiftly.

"Once decisions are finalised, we will work with the International Olympic Committee and International Paralympic Committee to refine our Venue Master Plan and Sport Program, in line with our Olympic Host Contract commitments."

"The Miles Government is committed to using every lever at our disposal, every tool that we can, everything in our power to make that happen," she said.

NEW LAWS AIM TO BOOST HOUSING SUPPLY

ELISABETH WALSH

THE Queensland Government has introduced new legislation aimed at supporting the delivery of more homes faster, as part of the Homes for Queenslanders plan.

The Bill gives Economic Development Queensland (EDQ) new tools to help deliver diverse, social, and affordable housing for the growing state.

According to the Minister for State Development and Infrastructure, Grace Grace, the aim of the legislation is to ensure that every Queenslanders has a safe, secure, and affordable place to call home.

"The Miles Government is committed to using every lever at our disposal, every tool that we can, everything in our power to make that happen," she said.

"This Bill directly supports two of the key pillars in our

Homes for Queenslanders plan – to build more homes faster, and to boost our social housing Big Build."

Minister for Housing, Local Government and Planning Meaghan Scanlon said that building more homes faster was a key pillar of the Homes for Queenslanders plan.

"The best way to make housing more affordable is simple – build more houses. This Bill will help unlock more land and deliver more homes," she said.

"It will help to deliver housing in the right locations – close to infrastructure including transport, healthcare, and support.

"It also means more diverse housing options that include granny flats, tiny homes, and smaller dwellings."

Chair of the Housing Supply Expert Panel, Julie Saunders, said many Queenslanders were doing it tough and struggling to

find affordable homes that were well-located with jobs and services nearby.

"The housing puzzle is really complex, and there are many layers to it – it's great to see the Queensland Government continuing to develop and implement policies to address these challenges," she said.

The amendments to the Economic Development Act 2012 will aim to provide EDQ with a clearer mission, incorporating social and affordable housing into its main purpose.

The legislation will also introduce "Place Renewal Areas" to coordinate approaches to ensure liveability and align with Queensland's Big Build initiative.

The Homes for Queenslanders plan aims to build more homes faster and boost social housing, with a target of 1 million new homes by 2046.

INVESTING IN QUEENSLAND WOMEN

ELISABETH WALSH

THE State Government recently announced a supercharged Investing in Queensland Women grant program, with \$540,000 available to support projects that improve the lives of women and girls.

The program will now deliver grants of up to \$25,000 (up from \$15,000), allowing projects that tackle crucial issues like sexual, domestic, and family violence prevention, women's workforce participation and mentoring and leadership opportunities, to achieve greater impact.

By merging Rounds 1 and 2 for 2024 into one supercharged round, community groups now have 12 months (instead of six) to implement their initiatives.

Minister for Health, Mental Health and Ambulance Service and Minister for Women Shannon Fentiman said she urged all community groups and non-profit

organisations to step up and apply. "Championing gender equality and empowering Queensland's women and girls is paramount in my role as Minister for Women," she said.

"That's why I'm thrilled to announce this significant investment through the consolidated Investing in Queensland Women grant program.

"Boosting the maximum grant to \$25,000 empowers organisations to make a tangible difference, fuelling larger-scale projects that will create lasting positive change for women and girls across Queensland.

"Your crucial efforts in building a brighter future for Queensland's women and girls deserve this support.

"Join us in making gender equality a reality for all."

Community groups and organisations are encouraged to apply if their projects promote safety and wellbeing for women and girls;

empower their voices and leadership skills; and create lasting positive change within communities. The program further prioritises projects that promote respectful and healthy relationships, enhance women's health and wellbeing, and expand career pathways for women in traditionally male-dominated fields.

Building on a strong foundation since 2021, the Investing in Queensland Women program has funded 169 impactful initiatives across urban, rural, and remote regions. These 169 projects have contributed to inspiring and encouraging gender quality throughout Queensland.

Community groups and organisations throughout Queensland can apply for the super round grant until applications close at 5pm on Friday, 12 April.

For information on how to apply, visit the Office for Women's new website: www.women.qld.gov.au

ADDRESSING GAMBLING HARM

ELISABETH WALSH

Queensland Parliament has passed new laws aimed at increasing regulatory scrutiny and enhancing the integrity of Queensland casinos, with a primary focus on reducing gambling harm.

The reforms, which enable the government to implement the remaining recommendations of the Review of the Queensland operations of The Star Entertainment Group by the Honourable Robert Gotterson AO KC, mark the second major overhaul of the Casino Control Act 1982 in the past two years.

Under the new legislation, casinos will be required to introduce specific measures to reduce gambling harm, including implementing mandatory carded play for certain games and activities, with restrictions

on the use of cash, as well as mandatory pre-commitment, with time limits and enforced player breaks. Additionally, casinos will be obligated to issue player cards, collect information relating to play, and provide certain de-identified data to the regulator.

The reforms also require casinos to comply with an enforceable code of conduct, pay a supervision levy to the government to cover the costs of casino regulation and fund harm minimisation programs, and take steps to exclude individuals who are banned from interstate casinos by an interstate police commissioner.

The new laws increase regulatory scrutiny by mandating a periodic review of casino operations and suitability at least every five years. Outdated and potentially stigmatising language was also removed from

the legislation, while casino inspectorate powers were enhanced and modernised to allow for better oversight.

The Attorney-General and Minister for Justice and Minister for the Prevention of Domestic and Family Violence, Yvette D'Ath, emphasised the importance of the reforms, stating that "Queenslanders have the right to expect casinos are being operated lawfully and in a way that minimises harm."

She added that the new laws will help ensure that Queensland casinos operate with integrity and have measures in place to prevent gambling harm and combat money laundering.

IMPROVING ACCESS TO PREGNANCY TERMINATION SERVICES

JOSHUA EAST

THE State Government released a new Termination of Pregnancy Action Plan 2032 last month, aimed at addressing the sexual and reproductive health needs of women across the state.

With over \$40 million allocated towards improving access

to termination care information and services, this initiative is part of the \$1 billion Queensland Women and Girls' Health Strategy 2032.

One of the key proposals within the Action Plan is the allowance for qualified nurse practitioners and midwives to

perform medical terminations. This move is seen as a step towards improving safe and timely access to termination of pregnancy services, following the decriminalisation of abortion in 2018.

Despite the legislative changes in 2018, barriers to accessing

termination services persist, including issues related to cost, location, and availability of support services.

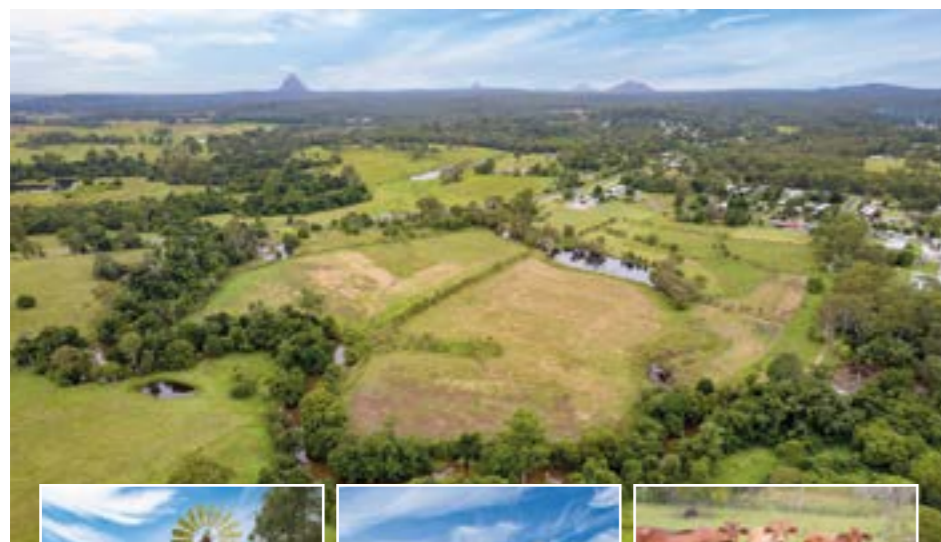
To address these challenges, the Termination of Pregnancy Action Plan 2032 will focus on boosting the workforce, establishing a virtual service for rural

and remote areas, providing wraparound support, and delivering education and training for healthcare professionals.

Minister for Health, Mental Health and Minister for Women, Shannon Fentiman, expressed the importance of the Termination of Pregnancy Action Plan.

"This investment of over \$40 million will help Queenslanders understand their options, choices, and pathway," she said. "It will better support them through the termination process and give them choice and control of their reproductive health."

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Just a short drive away, you'll discover the pristine estuary of Pumicestone Passage and Bribe Island, offering endless opportunities for relaxation and recreation. And with Brisbane Airport a mere 50 minutes away, you're never far from the hustle and bustle of city life.

Now, let's talk about the property itself. Situated on 12.56 hectares (31 acres) across 2 titles, this expansive land parcel boasts abundant water with Stanley River frontage, a spring-fed dam, and well-drained black alluvial soil. The possibilities are endless with fully fenced internal paddocks, laneways, cattle race and yards, and a 5-bay Colourbond shed complete with tank water, power, perfectly positioned house site and your very own windmill.

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LOCAL YOUNG ARTISTS AIM HIGH



Els Visser 9 years

GABRIELLE TURNBULL ART SO LIVELY

PLEASE put your hands together to applaud a very special group of Moreton Bay artists. This group is made up of some of the youngest and most courageous artists in our community. Aged between five and fifteen years, they have got stuck in, painted their hearts out and posted their entries to the Art Gallery of NSW.

Late in the summer holidays, this mighty group of students eagerly arrived on the doorstep of Redcliffe's Art So Lively Art Academy to participate in the Portraiture Intensive. This was a three-day workshop to enable young people to prepare a portrait to enter into the Young Archies Award - a national portrait prize for children.

They came prepared and pas-

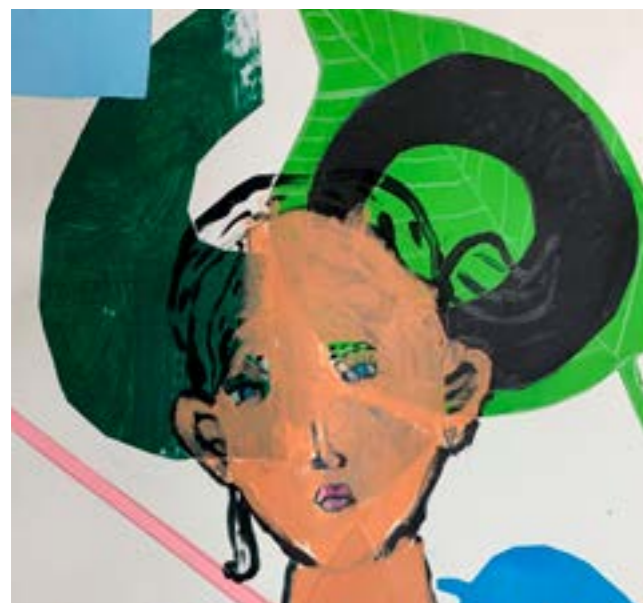
sionate, bursting with life and enthusiasm. Each one worked hard and long with an adventurous attitude. Over the three days, the atmosphere was one of total immersion and involvement as they participated in several complex and challenging exercises. The Art So Lively studio was electric with their concentration and dedication. It gave me 'goosebumps'. As an art educator, it was downright lovely to be part of!

Many of these commendable young people have sent their best work to the NSW Art Gallery, the deadline being mid-March. Who knows what the results will be, but regardless, they have 'had a crack' at something very BIG. For this alone, they are to be CONGRATULATED!

Gabrielle Turnbull 0477 002545
Art So Lively Art Academy Redcliffe



(above) Luella Klease 14 years (below) Mary Shepherdson 8 years



INK IN THE LINES

ALYSSA MACKAY

A TOURING exhibition from the Australian War Memorial has arrived at the Redcliffe Museum just in time for Anzac Day.

The Ink In the Lines exhibition explores the personal stories and experiences of Australian veterans, told through the medium of tattoos.

City of Moreton Bay Mayor Peter Flannery said more than 70 portraits vividly captured the essence of 21 Australian servicemen and servicewomen, revealing their identities, commemorations, traumas, bonds, and the unique experiences that shaped their lives.

"It is important for us to showcase travelling exhibitions of this calibre in our museum," Mayor Flannery said.

"Not only can we display these beautiful and intimate photographs but we're also able to share a deeper understanding of the lives and stories of Australia's modern war veterans."

In 2018, the Australian War Memorial invited servicemen and servicewomen with military-themed tattoos to share their stories through oral history interviews and portrait photography. Many of these stories and images now feature in the Ink In the Lines exhibition.

The tattoos chosen by these veterans serve as a means of self-expression, identity and belonging, and a way to commemorate relationships, process grief and honour lost friends. They are conversation starters and share a common purpose - to remember.

"Every tattoo has a story behind it, and in the Ink in the Lines exhibition, Australian veterans tell their own stories," Mayor Flannery said. "It's not just about why they got the tattoo, it's about what it means to them."

"One of the most impactful stories is told by Kylie from Woombye, who explains how her tattoos have helped her manage PTSD and move forward in her life."

The exhibition has already seen great success at Redcliffe Museum, attracting more than 130 visitors in its first week, including veterans and their families, tattoo enthusiasts, students, disability and aged care groups and RSL members from across South East Queensland.

To complement the exhibition on Anzac Day, the museum will be showing recorded interviews with several Moreton Bay veterans who served in the Vietnam War.

"For our younger visitors, we also have craft activities like poppy making, which can then be displayed on the museum wall," Mayor Flannery said.

The exhibition runs until Sunday, 12 May.

Visit the Ink In the Lines exhibition during Redcliffe Museum's opening hours, Wednesday to Friday, 10am to 4pm, and Saturday to Sunday, 10am to 3pm.



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PROCESS OF DIAGNOSIS

YOU may be waking up feeling tired, need a nap after lunch or your ribs are bruised from your bed partner delivering a swift elbow and threatening to banish you to the spare room. These are all tell-tale signs that something else may be going on under the sheets (and not in a good way). Sleep apnea is a common condition that traditionally affects 1 in 4 men, but we're here to tell you that it's not all doom and gloom, and better yet, we'll guide you step-by-step on how to find out what's really going on.

Most people never do anything about their snoring because they put it down to their weight, lifestyle habits or simply just that they are so tired...ALL THE TIME. Getting diagnosed is easier than you think and it's the first step towards better sleep.

Let's take a look at what to do next:

1. Take the free online assessment at cpap.com.au/pages/sleep-studies. This will give you an indication of the potential likelihood that you may have an

- underlying sleep disorder such as sleep apnea.
2. Check your email for your results, which will guide you to the next step.
3. If it is likely that you may have sleep apnea, you will need a referral for a sleep study with Sleep Testing Australia. You can obtain this easily via a Telehealth consult or by visiting your healthcare provider.
4. Sleep Testing Australia will contact you to make an appointment for your sleep study and run you through everything you need to know.
5. On the day of your sleep study, you will visit a clinic and a friendly technician will hook you up with a state-of-the-art sleep diagnostic device to take home and sleep with as normal.
6. Once the device has been returned the next day, a team of qualified and fully independent sleep scorers and physicians will assess your results. They will return a detailed report within two weeks that outlines everything that is happening once you hit the sack each night.
7. You will have a super helpful sleep consultant who will guide you through what it all means and what the options are moving forward

If you've already been diagnosed, but are not sure how to navigate CPAP therapy, stay tuned. It can be a daunting process, but with the support of CPAP Direct, you will be able to breathe easy in no time.

The crew will ensure that you have the perfect machine and mask combination to suit your lifestyle and will go above and beyond to keep you on track.

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For referral forms, telehealth appointments, support and Australia's largest independent supply of CPAP equipment visit cpap.com.au



Brain – Josh, Alyssa, Sam and Jo are the faces behind The Brain Awareness Centre.

WORKING HARD TO BRIDGE THE GAP

SHEREE HODDINETT

Did you know that a brain injury is a hidden illness? Sit with that thought and remember it next time you walk past someone in the street who may just be living with or caring for someone with ABI, The Brain Awareness Centre aims to ignite a collective dialogue and inspire meaningful action towards a more inclusive and supportive society.

Jo's journey into the world of ABI is a very personal one and came about unexpectedly one day when she was at work nearly eight years ago. What followed was an excruciating process to be diagnosed and officially recognised as someone with an ABI. "It was a fight to be recognised

that I was actually sick," Jo recalls. "It took nine months to discover what was actually wrong, but in that time it was labelled as being premenopausal, I was depressed, I'd done it to myself for attention. I was called every name you can imagine because I was only in my early 40s at the time.

"It's been quite a process. I had palsy in the end, I lost feeling in my face, my hands, my feet. I've been to hell and back. I've had about 13 admissions to correct all sorts of things.

"Alyssa, her daughter was born with the condition, but mine came via trauma, which has only in the last 18 months been recognised as a form of Chiari Malformation. Because before that, you either were born with it or not."

For Alyssa, her journey with daughter Miley who has a brain injury, has very much been up and down with a multitude of tests, hospital visits and constant changes in what path they plan to follow next with doctors. Knowing there was no support group out in the community, Alyssa, Jo, Sam and Josh joined forces to see what they could come up with.

"Jo had an idea and we all embraced it," Alyssa says. "She told Sam about it and then I met with Jo as well and we brought Josh into it because we all got over complaining about there being nothing and decided it was time

to do something about it. There is nothing else in the Moreton Bay area for brain-acquired injury.

"Last year I had Miley at home because she couldn't really go to daycare. I know there's a big variety of different disabilities out there and we all know that, but there's nothing to connect those going through the same experience as you and share the lingo. I could talk to anyone and explain Miley's condition, but you would have no idea what I'm talking about without Google on hand to explain all the terms. So, the whole point of this group is being able to come together as a community and if you want to talk that lingo, you can talk it with us, because I guarantee that we know it!"

"This is really important for us to get the message out that brain injury isn't anything to be ashamed of," Sam adds. "It is something that is in our community, but because we are 50 km from Brisbane, once you're sent home chances are you don't feel like the support is there.

"We can't do everything, but we want to be able to help in some way, whether that's a chat to help understand the lingo or even with a hamper full of essentials once you come home.

"We also want to help create more social interaction, especially if that's something people out there might be struggling with.

So, we would love to have volunteers come on board to help with that as well."

The Brain Awareness Centre is having its official launch on April 20 and they would love to have the support of everyone who can make it along.

"Everyone is welcome to come along and see what we're about and what we want to achieve," Alyssa says. "We would love to have businesses come on board with raffle prizes, so if that's something you can do to help us, we'd love to hear from you."

Although the group is still very new, The Brain Awareness Centre envisions a future where Acquired Brain Injuries are no longer shrouded in stigma and fear but are instead met with compassion and empathy. While they know they can only do so much, the centre's team hope to see all those in the community who are affected have access to the resources, support and opportunities they need to live full, meaningful and dignified lives. Their hope is that together we can build a world where every brain is valued, every voice is heard and every individual has the chance to thrive.

"We all work together to make things happen," Jo explains. "I feel like I'm always apologising because I want to understand but I miss things or I'm tired and don't feel well. I might have something

amiss with my brain, but these guys are my heart and they keep it all going. I think that's the balance, appreciating each other's strengths and working from that to help others. We've all got talents in different areas and we're combining those to make this all happen, despite what we may have going on.

"And you'll see on our webpage, it's important to remember just because someone is quiet, doesn't mean they have nothing to say."

As The Brain Awareness Centre continues to evolve and expand its reach, it remains steadfast in its commitment to fostering hope and resilience in the local community and beyond. Through its unwavering dedication to education, support, research and advocacy, the centre serves as a beacon of light for those navigating the complex terrain of ABI, offering a sanctuary of compassion, understanding and empowerment in a world too often fraught with uncertainty and isolation.

The Brain Awareness Centre holds regular fortnightly meetings from 10am to 12pm, upstairs at Caboolture Sports Central (corner Hasking St and Beerburum Road, Caboolture). For further information about the centre, upcoming meetings and other events, please visit the brainawarenesscentre.com.au.

GOOD MENTAL HEALTH

ACT and the Happiness Trap



BY TANYA FISHER
REDCLIFFE COUNSELLING

THERE has been a lot of talk lately about Acceptance and Commitment Therapy (ACT). A third-wave cognitive-behavioural therapy intervention, it was created by Stephen C. Hayes and has been popularised by Russ Harris, the author of *The Happiness Trap* (2007 & updated 2021). ACT offers a unique approach to happiness, which you might like to try for yourself. Here is how you might cultivate happiness using ACT language and principles:

Mindfulness: Be fully present in the moment, observing your thoughts and feelings without judgment. Mindfulness allows you to connect

with your experiences and accept them as they are.

Values and Committed Action: Clarify your core values—what truly matters to you. Then take committed actions in line with those values. Living in accordance with your values leads to a more meaningful and fulfilling life.

Psychological Flexibility: ACT aims to increase psychological flexibility. This involves being aware, attentive, and engaged in your experiences while adjusting your behaviour to serve valued ends. It's about embracing life's challenges while pursuing what matters most to you.

Acceptance: Acknowledge and accept unwanted thoughts, emotions, and sensations. Rather than struggling against them, learn to coexist

with discomfort while moving toward your goals.

Embrace Your Demons: Happiness is not about avoiding pain, it's about embracing it. Acceptance allows you to live a rich, full life despite inevitable difficulties.

Working with a Clinical Counsellor, like me, we can explore how happiness isn't the absence of pain, it's the ability to navigate life's ups and downs with resilience and purpose.

Together we can delve deeper into ACT concepts and give you practical tools for living a more fulfilling life.

All the best, Tanya

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ASK AN EXPERT

What is Cosmetic Acupuncture?



BY MICHELE JOHNSON
ACUPUNCTURIST
ZEN CHI NATURAL THERAPIES

COSMETIC Acupuncture is a technique used in Chinese Medicine to reduce the signs of ageing and enhance the skin's elasticity and tone.

By tightening and toning the skin it gives the face a natural and visible "lift" erasing years from the face.

It is safe, painless and effective with positive and noticeable results.

It leaves you with a youthful glow both inside and out. Cosmetic Acupuncture is a more viable alternative to riskier, more invasive and more expensive anti-ageing

treatments.

It is a constitutional treatment which means that it will also address your whole body health and wellbeing for eg. reduction in stress and improvements in sleep.

Very fine needles are placed just beneath the skin at a variety of points to stimulate the body's energies (qi).

The face lifts itself through the muscles' tightening action. Includes Body Acupuncture Treatment for General Wellbeing, Mini Facial (Cleanse, Tone, Sage or Rose Oil, Moisturiser and Facial Massage using Simplicity (Australian Natural Skin Care Products), Guasha with Rose Quartz stone, Jade and Dermal Roller.

- Other benefits include:**
- Reduces wrinkles
 - Diminishes fine lines
 - Increases blood and lymph circulation
 - Improves facial colour
 - Increases collagen production
 - Tightens skin
 - Reduces the skin's external layers
 - Generation of new skin cells
 - Alleviates sinus congestion and headaches
 - Promotes relaxation

If you would like further information or to make an appointment, please contact Zen Chi Natural Therapies on 0734822549.



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Eco Eve

REDUCING OUR ENVIRONMENTAL FOOTPRINT

Dishwasher detergents

Using less expensive dishwasher products can be false economy, wasting time, money, water and electricity washing the dishes twice.

Choice magazine found that powder-based dishwasher detergents, whether eco-friendly or not, perform poorly compared to performance tests with solid dishwasher detergent tablets.

Laundry

It is not just a product's constituents that can be problematic for the environment. Production, packaging and transport of eco-friendly products will still have an environmental impact.

- Consider using refillable or concentrated products.
- Consider dropping the use of fabric softeners, and laundry beads/dryer balls.
- Use a dryer only when absolutely necessary.
- Check if an item of clothing can be spot-cleaned instead of washed.
- Use less detergent products for small loads.
- Make your own detergent.
- Avoid laundry detergent sheets that contain palm oil.

Farmers' Markets – Why Bother?

- Farmers' markets support local farmers and smaller retailers.
- Reduces food miles and transport costs.
- Food is fresher and more nutritious.
- They lower carbon emissions.
- May lessen excess packaging.
- Options to bring your reusable bags and containers.
- You can purchase food in bulk/or the exact amount you need.

Going plastic-free?

Beware – if something is compostable, it doesn't always mean it is plastic-free. It might just mean the item will break down to nanoplastic, which may enter the food chain and waterways, e.g. plant-based tea bags are compostable. Others are not.

Did you know?

Cork is a natural, biodegradable, and renewable resource. Natural cork is compostable, whereas synthetic and plastic corks are not.

The bark of the cork tree is harvested by hand every nine to 12 years, so please recycle and reuse where you can.

Craft idea: slice used corks thinly and glue them together to make novel drink coasters or pot trivets.

Photo Credit - diycandy.com



OUR FASCINATION WITH JEWELLERY

MEADE MURPHY

SINCE the dawn of civilisation, jewels have compensated for three of man's basic insecurities; vanity, superstition and a desire for material wealth. The moment man drilled a hole in a shell, tooth, stone or animal bone and strung it to wear around his neck, the age of jewellery began. Then came the Bronze Age and metalworking techniques were discovered and were widely used by more advanced cultures. In this era, man's needs were basic and they thought jewels were worn to protect the wearer from adversity. The Egyptians made their body armour more like jewellery and gave them a badge of office or a demonstration of some personal achievement.

Ancient civilizations held a unique fascination with gold and worshipped it, slaved for it and died for it. For more than 6000 years, there has been a relentless search for gold in every corner of the world. It was the realisation of gold's extraordinary physical properties that the history of jewellery really began. Gold is soft and in its pure state is not much harder than lead, and it can be beaten cold without fracturing. It is not subject to corrosion, or oxidation and does not tarnish or rust. This made goldsmiths the elite of all artisans, patronised exclusively by kings, priests and the nobility.

Jewellery took its greatest turn in the second half of the 17th century when Europeans increased their trade with India, which at the time was the traditional source of diamonds. The extraordinary optical properties of diamonds enabled goldsmiths to harness the diamond's glittering beauty. Diamonds stand aloof from other stones

as gold does from other metals. They both became a perfect marriage for jewellers and still are to this day. Over the centuries, goldsmiths experimented with different combinations of facets to see which would produce the most brilliant result. The outcome of the work was rose-cut or marquise-cut, and then in coming centuries was the brilliant-cut, which is still used to this day.

Jewellery became very popular when the Industrial Revolution led to the emergence of a new middle class in the 18th century. In the second half of the 19th century, jewellery took the most dramatic innovation to fashion ever experienced when the art nouveau design and concept was born. Art nouveau jewellery became very popular throughout the Western world until the start of the 20th century. By the mid-20th century, many factors affected jewellery, especially in the postwar period. There was a shortage of money, materials and machinery, which made jewellery a luxury few could afford.

It wasn't until the late 1950s that the economy started to improve and we saw the emergence of jewellery brands and outlets, which we still have to this day.

If you would like to view or purchase some beautiful jewellery, come to the Antiques & Collectable Fair from Friday, 28



June to Sunday, 30 June at Kedron-Wavell. Some of the best jewellery dealers on the east coast will be attending. I will also be there, so come pay me a visit and say hello.





Before



Before

ROOF RESTORATIONS

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All roofs age over time. After around 15 years, tile roofs deteriorate to the point where a restoration should be considered. At this age, colour starts to fade, ridge capping becomes brittle, lichen and mould can grow, and tiles become harder to clean. The appearance of your home suffers and your roof is more likely to develop leaks.

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8/1378 Anzac Avenue
Kallangur
(07) 3137 3566
BYO

5 out of 5 stars

SERVING the best-tasting garlic bread I've ever eaten, hearty helpings of beef/lamb ragu, mouth-watering pumpkin or seafood risotto, as well as generous bowls of tortellini, gnocchi or marinara, lovers of Italian cuisine will be kicking themselves they haven't discovered this place sooner.

Tucked in behind the shops along Anzac Avenue and Kallangur School, this family-owned restaurant is serious about authentic flavours. Kept busy with lunch specials, dinners and takeaways throughout the week, tables are booked far in advance for their special event four-course dinners for good reason.

The Tastes of Italy set menu event started with a champagne garlic loaf, followed by grazing platter favourites of arancini, fresh ricotta, prosciutto, calabrese and fried stuffed olives. Mains consisted of marinara with bucatini in a choice of sauce, slow-braised Tuscan beef ribs, and chicken involtini with spinach, roasted red peppers and Neufchatel, roasted with porcini linguine.

The dinner was topped off by a cherry fig pie dessert with blueberry anglaise or a deconstructed tiramisu soaked in coffee and liquor with caramel-scented mascarpone sprinkled with chocolate almond praline.

Head Chef Ian Bowen supports local suppliers by ensuring every dish is fresh, fabulous, and made in-house, including desserts of cannoli, lemon meringue, and sfogliatella. In a nod to fine dining, expect each dish to be cooked individually, meaning the kitchen caters to those with allergies or gluten-free/vegan preferences.

Open lunch and dinner on Tuesdays to Fridays from 10am, with several outdoor tables that are dog-friendly. Grab your favourite bottle of wine and check it out.



BRAVO

Hang out with your mates in Bravo, Chermiside's only brewhouse. Located within Kedron-Wavell, Bravo has a huge range of craft beers, wines, cocktails and tasty bites. **Open 7 days a week, with dining available 11:30am – 3pm & 5pm-9pm.**

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kedron-wavell.com.au



NARANGBA VALLEY TAVERN

Dining in Restaurant 37/47 is a treat for the entire family. We offer a warm, fresh, family friendly vibe with our chefs providing a wide range of tasty dishes while also keeping with our classic pub favourites. A variety of mid-week deals are available, check our website for details. We can get a little busy, especially during our dinner time service so we highly suggest making a booking to make sure we have a seat for you. **Open 7 days, Lunch from 11:30am and Dinner from 5:30pm.**

Ph: 3491 1000
37-47 Golden Wattle Drive, Narangba
www.narangbatavern.com.au
@narangbavalleytaVERN

THE BIG ONE CROSSWORD

Grid details: Numbers are placed in the top-left corner of their respective starting squares. Black squares are indicated by solid black boxes within the grid.

ACROSS

- 1 Rucksack
- 5 Sad book or film (4-6)
- 12 Money-bag
- 13 Meeting, after separation
- 14 Spice
- 15 Large cupboard
- 16 Loss
- 18 Insanity
- 19 Open to everyone
- 21 Milky gems
- 24 Deceased
- 18 Aperture
- 30 Metal spike
- 31 Stumble
- 33 Part of a roof
- 34 Run at a slow pace
- 35 Compere
- 36 Bother
- 37 Citrus fruit
- 38 Male children
- 39 Catchy piece of music
- 41 Video
- 44 Lingers
- 46 Stomach exercises (3-3)
- 48 Movie house
- 50 Auditor
- 52 Flying foxes (5,4)
- 54 Impromptu (2,3)
- 26 Pace
- 28 Spanish comrade
- 57 Rudimentary
- 58 Example

DOWN

- 1 Going around
- 2 Oddities
- 3 Charade
- 4 Container
- 6 Leave
- 7 Cleanse
- 8 Snail
- 9 Capital of Uganda
- 10 Second-best team (7-2)
- 11 Loose Hawaiian dress (3-3)
- 17 Tosses
- 20 Customer
- 22 One of the twelve apostles
- 23 Bouquets
- 25 Charity
- 27 Savoury
- 28 Contribute
- 29 Throws out
- 32 Retelling
- 36 Rapid discharge of firearms
- 40 Paving material
- 42 Gather
- 43 To sidetrack
- 45 Pronounce not guilty
- 47 Small seabird with bright beak
- 49 Surpass in fire power
- 51 Exercise
- 53 Concern

DATE CLAIMERS

ROMAN FAMILY FUN WEEK 8-12 APRIL

Dive into the world of Ancient Rome at the Roman Family Fun Week events hosted by the Abbey Museum of Art and Archaeology. Practice archery, excavate Roman artefacts, train as a Roman Legionary, create an edible Roman road, create a mosaic image and play Roman board games.
 Details: \$20.23 per child aged 5-12 years (includes adult admission) | 9.30am for 10.00am start | Abbey Museum, 31 The Abbey Place, Caboolture | Contact: 5495 1652 | Tickets abbeymuseum.com.au

Every Saturday

Narangba Park Run Walk, jog, run, volunteer or spectate at Narangba's 5k park run. **Details:** FREE, 7am, Harris Ave, Narangba. www.parkrun.com.au/register or www.parkrun.com.au/harrisvenue

4 April

Uncover the hidden secrets and importance of the natural environment with Council's Environmental Team with **Explore Osprey House** with Agents of Discovery. Participants aged 6-12 will need to download the Agents of Discovery App onto their smart devices before the activity. Wear enclosed shoes, a hat and sunscreen. Adult supervision required. **Details:** FREE| 10.00am to 11.00am | Osprey House Environmental Centre, Dohles Rocks Road, Griffin | Contact Healthy & Active Moreton on 3205 0555

6 April

Join WCMX and Adaptive Skate (Australia) for an **Adaptive Skate Session** at Narangba. People aged five and above, of all abilities are welcome to attend and have the opportunity to experience skating and learn life-changing mobility skills. **Details:** FREE| 3.30pm to 5.00pm | Narangba Skate Park, Harris Avenue, Narangba | Contact Healthy & Active Moreton on 3205 0556

6 April

Deep dive into the world of martial arts with Rob McIntyre at the **Empower Your Fight: Martial Arts Workshop**. At this two-hour workshop, participants will learn basic drills and will engage in live drilling to put their new skills to the test to prepare them for real-world scenarios. **Details:** \$50pp |12.00pm to 2.00pm | My Martial Arts, Shop 5, 61-65 Morayfield Road, Caboolture South | Visit My Martial Arts on Facebook for the booking link

7 April

Learn the basics of safe and responsible short-based fishing practices at the **Fish Wise** workshop. The award-winning team from 2 Bent Rods will show participants how to tie knots, bait hooks, cast a rod and gain tips to

make their next fishing adventure more successful. All equipment provided. **Details:** \$5pp| 7.00am to 10.00am | Deception Bay Dog Beach, 49 Captain Cook Parade, Deception Bay | Contact Healthy & Active Moreton 3205 0555

innercircleacademy.com.au
20 April
 Enjoy a musical salute to Bon Scott and Jimmy Barnes at the hard rock tribute show, **Australia's Favourite Sons - Celebrating AC/DC and Cold Chisel**. The Forever Now Cold Chisel and Jimmy Barnes show goes head to head with the AC/DC Bon Scott Experience at this rock and roll show-down. **Details:** From \$34.70pp | 7.00pm | Kallangur Tavern, 1517 Anzac Avenue, Kallangur | Tickets liveatyourlocal.com.au/event/australias-favourite-sons

20 April
 Learn to write a story in short and long form with award-winning author Gary Crew (Professor Emeritus, Creative Writing University of the Sunshine Coast) at **Structuring Narrative - North Lakes**. Gary will demonstrate how to build your story using a question arising from conflict. Bookings required. **Details:** FREE | 10.00am to 12.00pm | North Lakes Library, 10 The Corso, North Lakes | Contact: 3480 9900 | Bookings www.moretonbay.qld.gov.au/libraries/Events/WAMB/Structuring-Narrative-North-Lakes

13 April
 Psychic medium and author of Searching Spirit, Peter Williams, is returning to the stage with his new mediumship event, **Return of the Medium**. He is set to amaze audiences with his ability to communicate with loved ones pass over with energy, laughter and respect. **Details:** From \$55pp| 7.00pm to 9.00pm | North Lakes Hotel, 22 Lakefield Drive, North Lakes | Contact contact@peterwilliamsinnapow.com | Tickets www.tryingbooking.com/CPNVL

16 April - 7 May
Panda Jitsu is a games-based martial arts program for children aged three to six. Participants will learn real martial arts fundamentals hidden in fun games, delivered by qualified and experienced martial arts experts. The program runs for four weeks on Tuesday evenings. Wear enclosed shoes. Bring your own towel and water bottle. Adult supervision required. Book online at www.moretonbay.qld.gov.au/Services/Sport-Recreation **Details:** FREE| 5.30pm to 6.30pm | Caboolture Memorial Hall, 61-65 King Street, Caboolture | Contact Inner Circle Academy on 0405 318 449 and peter@

24 April
 Having a good conversation about death can be healthy and empowering. Join Dr John Rosenberg, a palliative care nurse from UniSC and experienced undertaker Annette Lourigan for a cup of tea or coffee and discuss the death and issues around it in a safe environment at the Death Café session. The session includes viewing the current exhibition One foot on the ground, one foot in the water. **Details:** FREE| 10.00am to

11.30am | Caboolture Regional Art Gallery, 4 Hasking Street, Caboolture | Contact 5433 2800

26 April

Experience a two-hour guided historical tour of the Caboolture Historical Village on this **After Dark Tour**, hosted by empath, psychic medium and intuitive paranormal investigator, Mystic Jewelz. There will be opportunities for guests to have paranormal experiences and learn about intuitive investigating as they explore the beautiful historical buildings of the region. **Details:** \$45pp| 7.00pm to 9.00pm | Caboolture Historical Village, Beerburum Road, Caboolture | Contact: mystic.jewelz.au@gmail.com | Tickets www.tryingbooking.com/CPBNC

LOCAL CLUB MEETINGS

Rotary Caboolture
 Every Wednesday at 7pm
 Bronze Room at Sports Central, Cnr of Beerburum Rd & Hasking St, Caboolture
 Ph: 0417 744 731
 www.caboolturerotary.org

BPW Caboolture
 Meets the first Friday of each month at 7am at Sports Central, Cnr of Beerburum Rd & Hasking St, Caboolture.
 Ph: 0402 065 619 or email president@bpwcaboolture.com.au

Mango Hill Progress Association
 Meets the third Wednesday of each month at 7.30pm at the Mango Hill Community Centre.
 Ph: 0415 342 007 or email admin@mangohillprogress.org

Burpengary Camera Club
 Third Thursday of each month at 7.15pm at KSP theatre, Cnr Old Bay Rd and Maitland Rd, Burpengary East. \$5pp
 Ph: 0409 766 645 or email burpengarycameraclub@gmail.com.au

Artisans' Guild
 Meets the 2nd Wednesday of each month at 1-17 Maitland Road, Burpengary East. Ph: 3888 6333 or email gallery@artisansguild.org.au

Pine Rivers VIEW Club
 Meets the 3rd Wednesday of each month at 10.30am at Murrumba Downs Tavern, 232 Dohles Rocks Rd, Murrumba Downs. Ph: 0417 639 800 or



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 admin@strongerbodiesphysiotherapy.com.au
 www.strongerbodiesphysiotherapy.com.au



MEDIUM

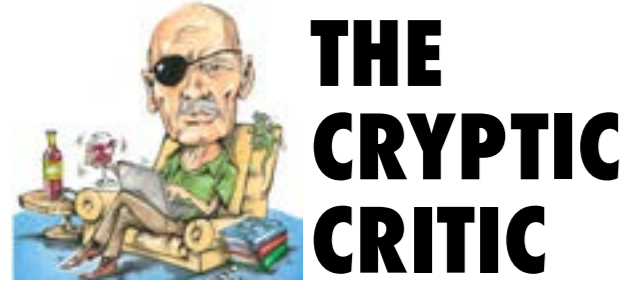
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Puzzle Solutions on Page 38

HARD

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Is This A Conspiracy Theory

RICHARD LANCASTER

ISRAEL has always been proud of its defence system and rightly so. With potentially hostile forces surrounding its land borders, its need to defend itself is of paramount importance.

How then, on October 7, was a force of Hamas terrorists able to enter Israeli territory by cutting unmanned Israeli-boundary wire fences and without any challenge, capture over 250 hostages and spirit them out of Israel into Gaza?

Immediately thereafter, Israel declares war on Hamas. The Israeli Defence Force plus thousands of reservists are mobilised and along with the Israeli Air Force bombards and destroys most of Gaza in its search for the Hamas terrorists and the hostages.

In the process, killing over 30,000 innocent Palestinians, including tens of thousands of women and children.

Adding to this problem, since the 1967 conflict between Arabs and Jews, Jewish settlers have increasingly occupied and settled in the so-called West Bank, which, along with Gaza, had been allocated as a Palestinian homeland in the

original Partition Resolution passed by the United Nations in November 1947.

As the invasion progressed and on the orders of the Israeli war cabinet, the now over one million Palestinians were moved further and further south until they reached the city of Rafah on the Egyptian border and could go no further. Here, they set up a tent city in a minuscule area where they were denied proper food, water and medical supplies, and their hospitals destroyed.

They will, without doubt, perish of hunger, thirst and illness in even greater numbers. Israeli Prime Minister Netanyahu has indicated that he and his government now do not want a two-state solution to the Israeli/Palestinian problem, which has been promoted and accepted by the rest of the world.

Was the hostage-taking the start of a plan designed to eradicate the Palestinian nation from Palestine? Or worse still, is it a case of ethnic cleansing?

A DIFFERENT ANZAC STORY

PAT CANNARD

I WAS six years old when Germany invaded Austria, two days from my 9th birthday when the Japanese bombed Pearl Harbour. Thus, my growing up in those turbulent times included hearing war stories, and listening to war-time songs e.g. "Brown Slouch Hat". Soldiers came to our small country town and camped on the outskirts. It was a staging point before going off to war. I would hear their boots on the gravel road as they passed our house in the early hours of the morning - going off to board a train that would convey them either to glory or to death.

The only entertainment they had before heading off was an open-air picture show on a hillside where in the winter nights the temperatures went below zero and the concerts organised by the Red Shield Officer with the children of the town performing on an improvised stage - singing, dancing and reciting poetry. Later I was shielded from all the war talk by being at boarding school for two years learning French, Latin, Algebra and Business Principles, Music etc. It was a long way from any talk of war.

After hostilities were over this little village of around 400 people remained a "garrison" town with army bases on two sides of the border.

Peace reigned - but not for long as Australian forces became involved in what has

become known as "The Forgotten War" in Korea between the communists in the north and democracy in the south.

It was 1950 and I was working in Headquarters at the depot and I watched as men who had been demobbed after WWII scrambled to try to get back into the forces so they could participate in the "stoush" in Korea. This war went on for three years and attracted many of the young people who had (as they described it) missed out on being of service in WWII. There has never been a peace treaty signed between the north and the south but this hasn't stopped the South Koreans from becoming an economic power in today's world.

My memory took me back to Anzac Day 1951. I witnessed from the kitchen window of our home, a straggle of men formed up outside the local church to march to the RSL to commemorate their service and that of all who had been involved in war. On that same day, Australian troops were involved in a battle against North Korean and Chinese troops in the Gapeyong valley close to the 38th parallel, the border between the north and south.

They had been preparing for an Anzac Day ceremony when they were attacked, and fought for several days. This battle is known as the Battle of Kapyong for which the Australian battalion, along with a Canadian regiment and US troops were awarded the U.S. Presidential

Citation. By the afternoon of 25 April, the Chinese at Kapyong were exhausted and made no further attacks. The Commonwealth forces' efforts had halted the Chinese advance. Thirty-two Australians died in the Battle of Kapyong, 59 were wounded and three were taken prisoner. The Battle of Kapyong is commemorated by the Royal Australian Regiment each year on 24 April.

Maurie Pears, was a young subaltern serving in Korea who later wrote about service in Korea. His book Frozen Chosen contains information about men and their battles, history as recorded by someone who was there.

Maurie wrote: "They absorbed the many scars of battle, pumped up with victory and defeat and covered in glory pushed on. They returned to the peacetime world stunned by the changes they must accept, often without adequate recognition of their sacrifices. The blow to personal esteem was devastating. Adequate

public recognition and thanks on their return to Australia would have helped but it was denied them in all avenues. They returned home to an unfriendly society, forgotten heroes, to lick their wounds and put their lives together again.

This was the real tragedy for those who served in Korea, not only a wounded mind and body but irreparable damage to their spirit and personal respect. Their inability to adjust to this gloomy future, often disabled and without adequate help left them "broken" as were their families."

After Korea came Borneo, Malaya, Vietnam, Somalia, Iraq, Solomons and Afghanistan where members of the regiment served and died. On Anzac Day this year please think about how all casualties of war affect the families of those involved and hope and pray that such atrocities will not come to our shores.

Let's We Forget.

Maurie Pears



The World According to Kate ACRONYM ALERT



WE have all heard it. We all know it. Regardless of whether we are parents or not, we know that as our children and youth dive into the digital world with their own tablets and phones, we must understand the language of the online realm. But do we?

There are so many tools out there to help responsible members of society navigate the digital landscape, which is all too often used by online predators to target all ages, particularly young ones.

Yet in a recent conversation at a local parents group, it became evident that, as all their school-aged angles were supervised by their screen, none of them were vigilant about the double meanings of acronyms, which, whilst usually harmless, can signal danger. Could that innocent, angry face emoji actually be a

sign that your child is being groomed online?

In the fast-changing world of electronic communication, having a healthy dialogue with your children is your best defence. Yet, having an excellent working knowledge of the common terms used in online grooming and their meanings is just as vital in protecting ourselves and our loved ones.

Thinkuknow.org.au is an AFP-led resource that helps parents, carers, educators, and children develop good online habits that protect children and deter offenders.

So, if you think you know, why not test yourself out of some of these acronyms commonly used in online grooming? How many do you know? Better yet, how many do your online adventurers know and are they confident in raising the alarm?

Catch a case: Willingness to be arrested and charged for something, often used in relation to sexual desire for someone who is much younger/underage

CD9 or Code 9: Parents are around

DNI: Do Not Interact, especially as a warning of explicit/sexual content for under 18s

DM;HS: Doesn't Matter; Had Sex

DPW: D*** pictures welcome

Down in the DM: Using private messages (DM=Direct Message) on social media to ask for nude photos and/or to filter through people to find a sexual encounter

GNNR: Get Naked Right Now

GNOC: Get Naked On Camera

LMIRL: Let's Meet In Real Life

LMP: Like My Pic

NIFOC: Naked In Front Of Computer

NP4NP: Naked Pic For Naked Pic

P911: Parent Alert

PIR: Parent In Room

POS: Parent Over Shoulder

POV: Point Of View, and often indicates that a video is supposed to be filmed as if you're seeing through someone else's eyes

Rule 34: Any topic can be made into pornographic content

Snacc/Snack: A person you find attractive

Sneaky Link: Seeing someone for sex but you want to keep the relationship quiet

Smash: To have casual sex

TDTM: Talk Dirty To Me

1174: Nude club

143: I love you

9: Parent watching

LETTERS

FROM THE EDITOR

HOW did we get to April already?

I hope you all had an enjoyable Easter and as many of our readers are enjoying school holidays with the kids, I hope you are getting the opportunity to take some rest from the crazy start to this year and create some wonderful family memories.

At the end of this month we will commemorate ANZAC Day. April 25 will see many of us attend dawn services or participate in a march to remember the sacrifices made so that we can enjoy the freedoms we have today.

I believe this is a great opportunity to pass on the stories of our Anzacs to our children so that we never forget these sacrifices.

Until next month, happy reading!

Jodie

UTE TAX

This whole idea of the government's proposed fuel efficiency standards is downright ridiculous. We all want to save the environment but come on! Making petrol and diesel 4WDs and utes more expensive? That is going to hit hard-working folks in the wallet. It's like they're trying to take away our freedom to choose what we drive. This will hurt the tradies, the farmers, and anyone who relies on these vehicles for their livelihood.

It's just not fair, mate. Jarrod Q | Petrie

FIRE ANTS

I'm really concerned about the sighting of fire ants in my area. There will be spraying in my area but what do we really know about the chemicals they are spraying?

Alice G | Burpengary

SUPPORTING LOCAL BUSINESSES

ANOTHER small business in my area has closed! I was really sad to see it go and to think about the people who lost their jobs. We need to remember to buy local. It's so easy to buy stuff off the internet but it's our local shops that suffer as a result!

Anon | Burpengary

Puzzle solutions section with 'THE BIG ONE CROSSWORD ANSWER KEY' and 'PUZZLE SOLUTIONS' text.

Crossword grid with the answer key filled in.

MEDIUM crossword grid with numbers.

HARD crossword grid with numbers.

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Letters and emails must be dated, carry the full address of the writer and a daytime telephone number for verification.

We respectfully acknowledge the Traditional Country across our region. We also acknowledge and pay our respects to the Kabi Kabi, Jinibara and Turrbal Traditional Custodians, and their elders past, present and emerging.

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ADVENTURE AWAITS

ANGLER EDUCATION



MEADE MURPHY

ARE we, the one million recreational fisher people in Queensland, classed as a recreational sport or leisure activity? It has been an answer we have been chasing for decades to define us. The Federal Government describes us as a sport and estimates that the five million recreational fisher people are worth more to the economy than every sport combined. The Queensland Government believes we are a leisure activity. But recently, a written letter from the Queensland Government states that due to the physical activity associated with fishing such as bait gathering and working the baits etc., we are now classed as a sport. Now that S.Q.A.F.C.A. is officially classed as a sport, we are willing to get more involved in angler education of our sport to schools and use our own massive infrastructure for fishing competitions for the general public.

In Victoria, 60,000 fishing kits were made available to Grade 5 students in over 1900 schools through the Victorian Government's state Fishing Licence Fee Scheme. Here in Queensland, the government provides up to \$250,000 worth of grant funding through an expression of interest process to enhance recreational fishing. This is funded by our Recreational Use Fee on our boat registration fees. Of this, \$75,000 is set aside for small grants of \$5000 and less for fishing education days such as Kids Fishing Days. Only non-profit organisations such as angling clubs, associations, schools, councils etc. can apply for these grants.

The cost of living crisis is worsening to the point that families can no longer afford to take their children out for social activities. Our kids are missing out on swimming lessons, sports training and all other after-school activities that cost money. This social isolation, when you look at the big picture, is bad for us in an already youth crime crisis.

The Queensland fishery is the best-managed fishery in Australia and throughout the world. Should our school system teach our children about our biggest asset? There is a lot to angler education including risk management of all types of fishing plus learning about safety equipment, bait gathering, resource sustainability, marine park zoning and of course how to catch a fish. It all makes sense, after all, it is in our DNA to hunt and gather. "Give a man a fish and he eats for the day, teach him to fish and he eats for life!"

At last year's Moreton Island Classic, I organised an angler education day on the Friday morning of the competition. Mossop Tackle Shop (pictured) donated twenty \$200 rod and reel combinations for the kids, Anaconda donated all the prizes for the competition, and the live worms were donated by our commercial bait gatherers. These kids (pictured), to their parent's amazement, caught over 100 fish, releasing over half as many back into the water as they were undersized. Mind you, they had not only half of the Queensland team but also the current Australian Junior Champion as caddies.

On to fishing news...due to the prawns on the move in our estuary and river systems, there is bream on the bite in Hays Inlet, Pine River and the Brisbane River and around the pylons of Bribie Bridge. The best bait, of course, is prawns and mainly best caught two hours to the top of the tide. There is still whiting in the mouth of Mullet Creek on the run in and at Nudgee Creek on the run out. The best bait is yabbies. There are no reports on the reefs due to high winds and rain squalls.

Stay warm and safe out on the water.

Meade Murphy
Publicity Officer

ADVENTURE AWAITS

THE MISSING PIECE OF THE DECEPTION BAY HERITAGE TRAIL

If you have a spare couple of hours and want to take a step back into the history of Deception Bay, there's a walk that might just do the trick. The Deception Bay Heritage Trail takes in the waterfront, while also showcasing an area rich in history. For local Eddie Budgen, ensuring the accurate history of the trail is shared has become paramount.



The third marker on the trail.

Sheree Hoddinett

When you think about Deception Bay, chances are you may not realise it's a place rich in history. The history dates back to the traditional owners of the area, the Gubbi Gubbi people and later to early penal settlement. The Deception Bay Heritage Trail takes you back to the town's early days when it was a remote area and looked nothing like the suburb we know it as today. The Heritage Trail is a scenic 4km waterfront walk (which ideally should begin at Bancroft Park, but doesn't), starting at the intersection of Beach Road and Joseph Crescent, features 16 stops (many with distinctive markers) and takes in numerous features on the land

and within the water. Eddie Budgen is a long-time Deception Bay resident who has a passion for accurate history. He guides me on a short stroll that takes in just a small part of the trail, which is hidden behind the mangroves. Here is the site of much scientific work by the Bancroft doctors (Dr Joseph Bancroft, Dr Thomas Lane Bancroft and Dr Mabel Josephine Mackerras, nee Bancroft) and medical treatment for Mrs Bancroft via the use of a plunge type pool. Also featured is a mysterious rock formation showing a turtle and serpents, still visible despite the many years of water washing over them. Eddie shares all the details pointing out the places of interest, taking your mind back many years to the point you can almost picture those moments in time.

Eddie's passion for honesty in history is to see the key to the Bancroft electorate recognised after years of oversight. The Heritage Trail's number two marker, which showed a stairway down from Dr Bancroft's house to the very much heritage-listed site of many medical discoveries, has mysteriously disappeared from its spot next to the footpath. This site has been honoured by the creation of Bancroft Park (not included in the trail) and the memorial dedicated to the three Bancroft Doctors - Joseph, Thomas and Josephine (also not included in the trail), despite the efforts of a man named John Watson. Eddie very much wants to see the memorial returned to its former glory, as well as a staircase added to have it included as part of the Heritage Trail. What lies in between now is a mass of vegetation across a steep embankment making it very much a separate part to everything that is featured on the trail. "I want to see the steps return and put back to where they used to be," Eddie says. "We have busloads of schoolkids and others that come down to see the Heritage Trail and they wouldn't even know there is an AMA Memorial sitting just up the top of the hill because there is nothing linking it to the trail." The AMA memorial also tells the story of the three Bancroft doctors who were instrumental with their discoveries and contributions leading to the alleviation of human disease at the time. "Originally, this was the first point and around it, you'll notice Bancroft Park, this is where everything began, long before any Heritage Trail was thought about," Eddie explains at the site where the AMA memorial sits. "The memorial plaque was set up by the AMA in recognition of the Bancroft family members and this is who it's all named after for everything they did for the area." Eddie first moved to the area about 30 years ago when he decided to finish up full-time work. He's become ingrained in the Deception Bay community

and sees value in keeping the history very much alive for future generations. "I retired here and I came across the memorial and it was all neglected like it is now," Eddie says. "But, a couple of years ago with the assistance of the AMA, I cleaned it all up and had it paint-

"It's the Bancroft electorate and it's in Bancroft Park, you can't get any more Bancroft than that."

ed, but Council have neglected it and let it go to the point where it's in a sad and sorry state." Eddie was also instrumental in having a seat put in place for Mrs Bancroft's lookout, which has a beautiful view looking out towards the ocean. "I've always had a big interest in history," Eddie says. "So this heritage thing is what I've been

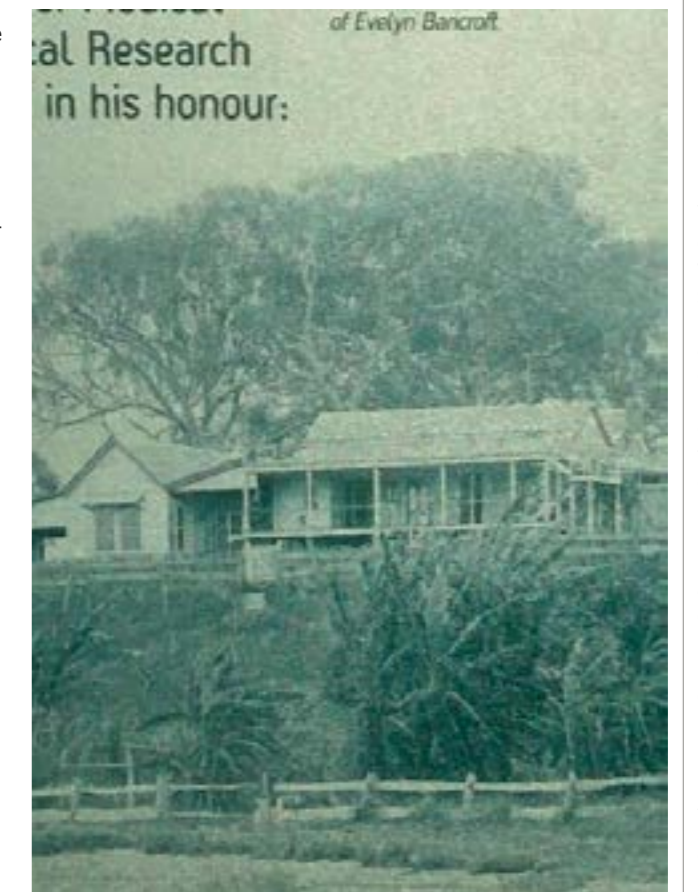
pushing for years and I just want to see the steps returned, to see the memorial looked after and made an official heritage site. I believe it should be the number one stop as well, especially because that's where it all started. "It's the Bancroft electorate and it's in Bancroft Park, you can't get any more Bancroft than that." As you walk along the Deception Bay Heritage Trail, you'll notice the unusual markers. Each is made from brushed and painted aluminium on structural aluminium pipe and identifies each heritage location. The abstract forms of the markers were inspired by mangrove leaves in various states of growth and decay, mangrove root systems and the foreshore rock formations which can be seen at the northern end of the bay at low tide. The markers include: Bathing Pool, An Inquiring Mind, Matchbox Mozzies, Mrs Bancroft's Bath, Tinned Meat,

see and find along the way. **The City of Moreton Bay Council was contacted in regard to this issue but did not respond prior to this publication being printed. **

BRISBANE BAR TIDE TIMES APR 2024

Time	m	Time	m
1	0141 2.15	16	0324 2.10
	0824 0.96		1045 0.92
MO	1351 1.59	TU	1629 1.51
	1949 0.79		2147 0.98
2	0251 2.12	17	0440 2.07
	0953 0.95		1147 0.86
TU	1523 1.55	WE	1739 1.64
	2113 0.84		2316 0.94
3	0418 2.16	18	0544 2.09
	1121 0.86		1235 0.78
WE	1658 1.64	TH	1831 1.79
	2245 0.79		
4	0536 2.28	19	0621 0.85
	1232 0.71		0634 2.14
TH	1812 1.81	FR	1914 1.93
5	0005 0.67	20	0112 0.77
	0640 2.41		0717 2.18
FR	1329 0.56	SA	1350 0.62
	1911 2.00		1951 2.06
6	0114 0.53	21	0156 0.69
	0948 2.43		0754 2.19
SA	1417 0.44	SU	1422 0.56
	2002 2.18		2026 2.17
7	0213 0.42	22	0236 0.65
	0821 2.56		0828 2.18
SU	1500 0.35	MO	1452 0.51
	2050 2.34		2100 2.27
8	0306 0.36	23	0315 0.62
	0905 2.52		0900 2.14
MO	1540 0.30	TU	1521 0.34
	2136 2.47		2133 2.34
9	0356 0.36	24	0354 0.62
	0948 2.43		0931 2.08
TU	1616 0.28	WE	1550 0.46
	2220 2.56		2206 2.39
10	0444 0.40	25	0431 0.64
	1030 2.28		1004 2.00
WE	1650 0.31	TH	1618 0.47
	2303 2.60		2241 2.41
11	0531 0.50	26	0509 0.68
	1112 2.09		1038 1.92
TH	1723 0.38	FR	1647 0.50
	2347 2.56		2315 2.41
12	0620 0.62	27	0547 0.73
	1154 1.89		1114 1.83
FR	1757 0.49	SA	1717 0.55
			2353 2.37
13	0031 2.47	28	0630 0.79
	0713 0.76		1155 1.74
SA	1239 1.70	SU	1752 0.62
	1832 0.62		
14	0119 2.34	29	0035 2.33
	0815 0.87		0721 0.84
SU	1335 1.55	MO	1246 1.66
	1915 0.77		1837 0.69
15	0215 2.21	30	0129 2.28
	0930 0.93		0827 0.86
MO	1454 1.48	TU	1354 1.61
	2016 0.91		1939 0.77

The Bancroft house and stairs featured on the trail's number 2 marker, which has disappeared.



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