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PAGE 20



CREATING MATESHIP WITHOUT JUDGEMENT
PAGE 24

STATIONS CLOSED FOR UPGRADES

ELISABETH WALSH

BURPENGARY and Banyo stations closed last month as part of Queensland Rail's largest-ever accessibility upgrade program.

Once completed, the stations will feature accessibility improvements such as lifts, overpasses, and fully raised platforms, reducing the gap and making boarding the trains safer and easier for all passengers.

Minister for Transport and Main Roads Bart Mellish said the upgrades would make a real difference to customers but acknowledged there would be impacts on travel and transport services during the construction phase.

"By closing the stations temporarily we're able to get the job done safely and efficiently, meaning we'll be reopening the upgraded stations sooner, complete with lifts, raised platforms, overpasses and other accessibility features," Mr Mellish said.

"Alternative transport is in place for customers, so we're urging everyone to jump online and use the Translink Journey Planner to plot out their commute to work, school and play."

The MyTranslink app can be accessed by visiting translink.com.au or contacting 13 12 30 to check travel routes and allow for extra travel time.

Queensland Rail CEO Kat Stapleton said the alternative transport plan included dedicated bus services to nearby stations and school stops for students.

"We thank our customers for their patience as we continue delivering this transformation so everyone can catch the train with ease."

Construction progress is well underway, with lift shafts already installed at Burpengary. The stations are expected to reopen to the public in the second half of this year.



The Australian and Queensland Governments have unveiled new support measures aimed at boosting disaster recovery and resilience operations in south-east Queensland (SEQ).

Page 11

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INSIDE

- Dining 35
- Directory 43
- Dose of Dorin Cartoon 39
- Feature 24
- Letters 39
- Lifestyle 33
- Opinion 38
- Outdoors 40
- Puzzles 36
- The Arts 28
- Wellbeing 30
- What's On 37

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LOCALTIMES.COM.AU

GROCERY STAPLES THAT HAVE DOUBLED IN PRICE

JOSHUA EAST

QUEENSLAND Premier Steven Miles has vowed to hold supermarket executives accountable for the steep price increases Australian consumers have experienced in recent years.

The Premier's strong stance comes as Compare the Market research reveals that the cost of common groceries has surged more than 40% since 2021.

Amongst the most significant price hikes are Monini Classico Extra Virgin Olive Oil, which has doubled in price, McCain Mixed Vegetables Peas

Corn and Carrot with a 54% increase, Australian brushed potatoes at 53%, Twinings Pure Peppermint Tea Bags at 50%, and Heinz Baked Beans and Bref Power Active Toilet Cleaner, both with a 40% increase.

Compare the Market's Chris Ford highlighted the impact of even slight price increases on Australian families already struggling to make ends meet.

"A price increase of a few dollars here and there may not seem like much, but it can have a significant impact on

the weekly budget – especially if you're doing a big grocery shop," Mr Ford said.

"We know that the big supermarkets are trying to lure in customers by locking in or dropping prices, but our analysis shows that many of the essentials we shop for each week have actually increased since last year.

"In a time where we're seeing energy bills skyrocket, feeling pain at the petrol bowser and seeing insurance premiums rise, the last thing we want is for Australians to be forking out more than they need to on everyday items they need."

Mr Ford attributed the spike in prices to multiple factors, such as severe weather events devastating the produce industry and increased costs for production and shipping.

An olive oil shortage resulting from fires and droughts in Europe may be a key contributing factor to the 100% price increase observed since 2021 for specific products.

The inflationary trend extends beyond groceries, affecting breakfast cereals, pet

food, potato chips, coffee, deli meats, soft drinks, cleaning items, and cheese.

The price of Bega Tasty Cheese Block surged by \$2.50 (31%), Red Rock Deli Sea Salt chips increased by 35%, and a 10-pack of Coca-Cola 375ml witnessed a 32% hike. The most significant price differences include:

- Monini Classico Extra Virgin Olive Oil 750ml: \$12 (2021); \$24 (2024)
- McCain Mixed Vegetables Peas Corn and Carrot 500g: \$2.60 (2021); \$4.00 (2024)
- Australian Brushed Potatoes 4kg pack: \$5.90 (2021); \$9.00 (2024)
- Twinings Pure Peppermint Tea Bags 10 pack: \$2.00 (2021); \$3.00 (2024)
- Heinz Baked Beans 300g: \$2.00 (2021); \$2.80 (2024)
- Bref Power Active Toilet Cleaner Block Flower 1 Pack: \$5.00 (2021); \$7.00 (2024)
- Red Rock Deli Sea Salt

165g: \$4.65 (2021); \$6.30 (2024)

• Fancy Feast Adult Beef, Salmon and Cheese Flavour Dry Cat Food 450g: \$5.30 (2021); \$7.00 (2024)

• Coca-Cola 375ml 10 pack: \$14.40 (2021); \$19.00 (2024)

• Bega Tasty Cheese Block 500g: \$8.00 (2021); \$10.50 (2024)

• Nivea Black and White Clear Aerosol Antiperspirant Deodorant 250ml: \$6.50 (2021); \$8.50 (2024)

• Nutri-Grain 805g: \$8.50 (2021); \$10.80 (2024 – weight now 765g)

• Dairy Farmers Thick and Creamy Vanilla Yoghurt 4 pack: \$4.00 (2021); \$5.00 (2024)

• Heinz Baked Beans 300g: \$2.00 (2021); \$2.80 (2024)

• Bref Power Active Toilet Cleaner Block Flower 1 Pack: \$5.00 (2021); \$7.00 (2024)

• Red Rock Deli Sea Salt

While households bear the brunt of these price increases, supermarkets, farmers, and manufacturers are also grappling with rising costs.

Mr Ford called on Australians to take control of their spending, reduce waste, and

pay as little as possible for groceries.

He offered some tips for spending less at the shops. First, he advised consumers not to pay a higher price if they don't have to, suggesting checking catalogues for discounts or considering generic alternatives.

He also recommended dividing a shopping list across multiple stores to maximise savings.

Additionally, Mr Ford highlighted the benefits of utilising rewards cards and loyalty programs. Boosting within apps can help consumers maximise points or rewards, while paid memberships may grant additional perks or increased point-earning potentials.

He also urged consumers to explore rewards and discounts available through insurance policies, energy plans, and mobile phone deals to further reduce overall expenses.

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DANGERS OF ASBESTOS: HOMEOWNERS REMINDED

ELISABETH WALSH

QUEENSLAND homeowners embarking on DIY renovations over the summer months have been issued a warning by the Queensland Building and Construction Commission (QBCC) regarding the dangers associated with asbestos.

Asbestos, a mineral widely used in the building industry between the 1940s and 1980s due to its insulating and heat-resistant properties, poses serious health risks if disturbed or damaged.

QBCC Commissioner Anissa Levy urged property owners not to be complacent when

undertaking DIY home projects because many homes built before 1990 could contain the potentially deadly material.

"Asbestos products in good condition do not affect your health, but if they have been disturbed or damaged, they can be harmful," Commissioner Levy says.

"The risk occurs when the asbestos fibre particles become airborne and are inhaled into the lungs. If these particles remain lodged in the lungs, it can lead to an asbestos-related disease, which can be fatal.

"We want people to always be safe in their homes, so if you are undertaking renovations

these holidays and are unsure if a product contains asbestos, the safest thing to do is have it checked by a licensed asbestos assessor.

"If asbestos is discovered, we urge you to use an appropriately licensed asbestos remover to safely dispose of the product"

Currently, homeowners are permitted to remove up to 10 square metres or less of non-friable materials containing asbestos, but strict safe work procedures and safety precautions must be followed.

To guide homeowners in identifying potentially dangerous asbestos-containing materials,

the QBCC has developed an Asbestos Finder, which is an easy-to-use interactive online tool.

"Many homeowners think that asbestos sheeting is located in walls and floors, but it can be found in multiple building materials, including gutters, gables, flooring underlay, fences, sheds and splashbacks," Commissioner Levy said.

"Asbestos was banned in building products in 1990, but some houses built in the 1990s or early 2000s still used asbestos-containing products until a total ban came into effect in 2003, so we encourage homeowners to check their

homes before carrying out any DIY works."

While asbestos products were completely banned in 2003, homeowners who suspect that their homes have had asbestos products installed on or after November 1st, 2017, are urged to contact the QBCC.

Homeowners are also encouraged to reference the guide "Asbestos: a guide for minor renovations" for guidance on removing 10 square metres or less of non-friable asbestos-containing products. However, it is safest to engage a licensed asbestos removalist to handle the work. A list of licensed as-

bestos removers can be found on the Worksafe Queensland website www.worksafe.qld.gov.au

For further information on asbestos, homeowners can visit the Queensland Government Asbestos website www.asbestos.qld.gov.au

Support for individuals affected by asbestos is available through the Asbestos Disease Support Society at 1800 776 412.

Record Number of Police Recruits

JOSHUA EAST

MORE police recruits than ever before are being trained at Queensland Police Academies, as a record-breaking number of 144 recruits commenced training last month in Brisbane. This brings the total number of recruits in training at Oxley and Townsville to 682, the highest level on record.

The surge in recruits is a

result of a successful recruitment campaign launched by the Queensland Police Service (QPS) last year, along with a range of attractive incentives that are luring applicants from across Queensland and around the world.

The State Government has introduced major incentives to attract potential recruits, including a special cost of living allowance on top of the current recruit wage, free accommodation for recruits living at police academies, and \$20,000

towards relocation costs for interstate and overseas applicants who are serving or recently served police officers. Additionally, successful police recruit graduates can receive up to \$20,000 towards eligible HECS debts.

Police and Community Safety Minister Mark Ryan said applications had risen over the Christmas break, with nearly 2000 recruit applicants wanting to serve the Queensland community.

"Police do an incredibly

important job in keeping our community safe, and a well-sourced, fully equipped, and well-trained police service is essential for addressing the evolving needs of our community," he said.

"We are investing \$87.5 million over five years to support the largest ever police recruitment drive, to attract applicants who are ready to take on both the challenges and rewards of a fulfilling career as a police officer."

Assistant Commissioner of

People Capability Command, Mark Kelly, expressed his excitement at the strong interest shown by potential police recruits.

"We have been blown away with the strong interest in people wanting to join the Queensland Police Service despite the very competitive labour market in Australia," Assistant Commissioner Kelly said.

"Our Police Academies are now full of fantastic police recruits, ready to embark on a

very rewarding career serving their communities.

"A career in policing, is a career like no other. The sheer variety of roles, skills, situations and moments in a vast state like ours makes it such a uniquely challenging and rewarding career for everyone to consider."

To learn more about a career in the Queensland Police Service, interested individuals can visit policecareer.qld.gov.au.

RSL DECEPTION BAY LAUNCHES MEMEBERSHIP DRIVE

BRUCE GIDDINGS

FOUNDED four decades ago, the Returned and Service League (RSL) Deception Bay Sub Branch Inc. has been a vital source of support for veterans, operating from the historic Country Women's Association (CWA) Hall at 63 Grosvenor Terrace.

As the organisation commemorates its longstanding commitment to local veterans, plans are underway to conduct a membership drive early in 2024.

President Steve Hilton is leading the strategic campaign aimed at engaging with over 800 veterans residing in the area.

To attract new members, the Sub Branch will use a letterbox drop campaign, print advertising and various other publicity efforts.

The initiative seeks to grow community involvement and provide more local veterans with access to the services offered, including professional welfare, wellbeing support, ad-

vocacy, legal advice, and social connection.

The Sub Branch also offers a taxi service for medical appointments, emphasising a commitment to the holistic welfare of its members.

President Steve emphasises that anyone with Australian Defence Force experience, even with just one day of service, is considered a veteran and is entitled to join the RSL Sub Branch.

The organisation invites veterans to connect with a traditional RSL experience, free from poker machines or restaurants.

He acknowledges that the RSL's current home at Grosvenor Terrace poses certain constraints that limit the Sub Branch's ability to provide as much support as they would like to. The hall's limited size has led to meetings being moved outdoors to APEX Park due to space constraints. Accessibility issues, particularly for ageing members using mobility equipment, have also been highlighted as a significant concern.

To enhance the RSL expe-

rience for existing and new members, President Hilton and the executive are working on finding a solution which may involve a move from their current home.

This would involve members dealing with some sentimental attachments to their home of 40 years.

President Hilton wants to provide local veterans with a modern facility with some extra space.

"Having a bigger facility on level ground would address our space and accessibility challenges and allow more members to attend regularly," he says.

The organisation remains dedicated to providing comprehensive support, including social connection for members.

This is exemplified by recent initiatives such as a well-received fishing trip organised for its members.

For further information or expressions of support, contact President Steve Hilton at president@dbay.rslqld.net.au or call 0468 369 679.



Members Steve Hilton and Ben Duffy pictured on a recent fishing trip organised by the RSL Deception Bay Sub Branch



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ELIMBAH LOCALS FIGHT HIGHWAY

BRUCE GIDDINGS

RESIDENTS of Elimbah are tapping strong community support as they fight against a four-lane highway planned to cut a swathe through their village and surrounding district. Locals started to organise a grassroots response after notices from the Transport and Main Roads Department (TMR) landed in the letterboxes of 120 landholders in early December. The notices show two routes as options, with either option set to split the district, and directly impact around 140 families.

Hundreds of other landholders fear they will be affected by noise, dust, decreased amenity and a slide in land values, and receive inadequate or no compensation.

A large public meeting in December, followed up with a series of town meetings at the Elimbah Soldiers Memorial Hall has produced a working group that is creating and refining strategies to combat the proposed highway corridor. Two petitions to parliament,

one of them accessible online and the other on paper, have garnered a total of around 5000 signatures so far, and Elimbah's battle has been aired on print media, online, TV, radio and roadside signage.

Lead coordinator of the grassroots campaign and administrator of the Objection to Current Bruce Highway Alternative - Stage 4 route option Facebook page, Jason Smith, says the whole community would be better served if the new highway went further west.

"Instead of smashing up and disrupting the lives of 140 families by resuming their homes, the TMR should look for a better way, a less destructive path for the road," Mr Smith says. "It might add a couple of kilometres to the length of the road, but it's not ripping through residential and rural residential areas and tipping people out of their homes."

Mr Smith points to a possible route further west, utilising existing easements and public land, significantly reducing the impact on farms and homes. Thousands of followers have

taken to Mr Smith's 'Objection to...' Facebook page, with a solid cohort of locals immediately jumping on board to offer practical help. Prominent among the many active supporters are Janine Aitkin, Jodie Kinsella, Michael Hayes, Kim Litchfield and Kaz Smith.

While some posters on the Facebook page are suggesting alternatives to the proposed corridor, others are expressing their hurt.

One contributor, Michelle Chapple, says her place, "will probably be one of the homes they will not take," but she will likely end up with the highway and its fencing on her boundary. She fears there will be no compensation, "just car fumes, noise and an ugly eye-saw (sic) of a fence."

Elaine Bebb Davis posted that the proposed route was a "band-aid". "It should at least come back to the Bruce up near the Sunshine Motorway. It's just going to cause another bottleneck at SIW (Steve Irwin Way)," she says.

Another contributor to the Facebook page, Rob Davis, recalled the "western corridor"



proposed from Jindalee to the Sunshine Coast some 40 years ago, which never eventuated. "What is abundantly clear is that the TMR's current proposal falls far short of what should happen. It's a short-term band-aid approach which is doomed to create more problems than it would solve," he says.

Other residents agree, with many pointing out that the TMR's proposed route also affects a significant population of wildlife.

As the lead campaigner, Jason Smith says the TMR's route "does not take into account any ecological overlays, and in fact, disregards them completely." Despite having "Bruce Highway Alternative" in its name, the proposed new motorway will likely serve as a link between local suburbs and Brisbane, rather than a convenient and time-saving alternative to the Bruce Highway.

According to TMR, the new highway, also known as the Moreton Motorway, will be needed to support future major population growth in suburbs such as Morayfield South, Waraba, Pine Valley, Petrie and

Elimbah.

The largest of these planned developments, Caboolture West (Waraba), will eventually house 70,000 people who will use the new motorway to access surrounding suburbs and Brisbane.

Just as the new route is in the process of being gazetted in four separate stages, it could also be built in separate parts. With the bulk of the larger new housing estates lying south of the D'Agular highway at Moodlu, stages one, two and three may be completed before stage four.

TMR says there are no funds or timelines for designing and building the 55-kilometre highway, only a sum of \$20 million put aside for determining a corridor.

With no funds available, landowners affected by the new corridor will wait for an indefinite period of time for detailed planning and resumptions.

"Property resumption generally occurs just before construction starts," TMR says.

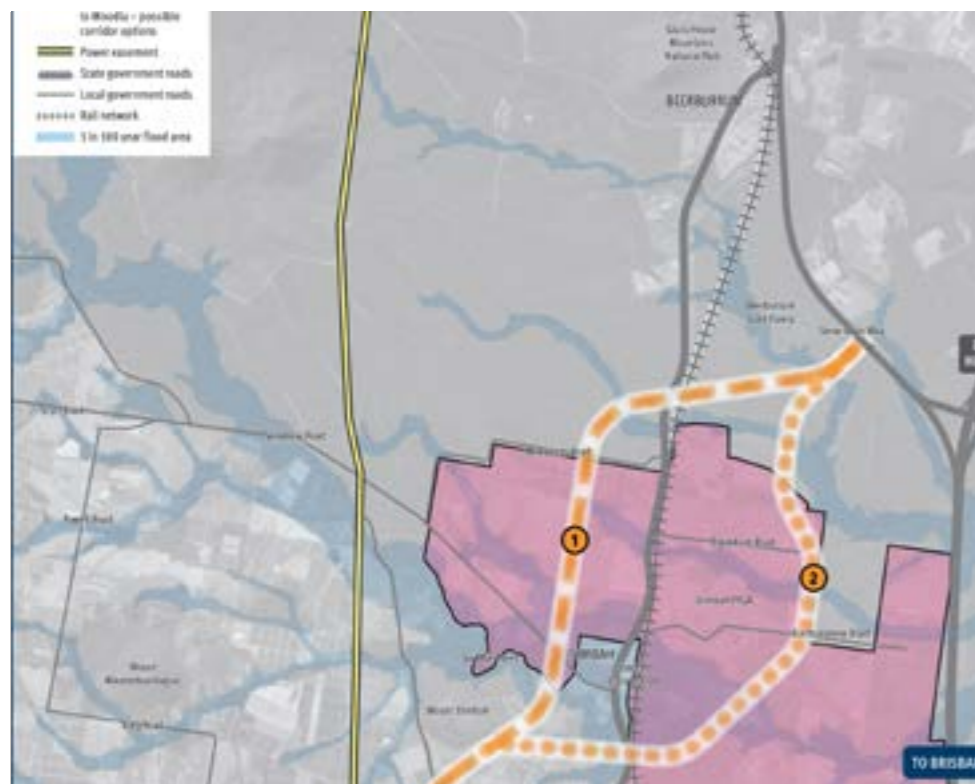
But affected property owners may be able to consider "own-

er-initiated early acquisition," a process that is different to the formal acquisition process, according to TMR.

With the State Government election scheduled for October this year, voters will be alert to promises around the TMR's plans and the provision of funds for building the new highway. The State Government is responsible for financing the building of the new road and will look to the Federal Government to pay a portion of the cost.

Those affected by the proposed corridor can object or provide feedback on the Transport and Main Roads online consultation page at www.yoursay-projects.tmr.qld.gov.au/bhwa/stage-4 or by phone on 1800 955 799, or by emailing NCR_Planning_Comms@tmr.qld.gov.au before 9 February.

Jason Smith's Facebook page, Objection to Current Bruce Highway Alternative - Stage 4 route option has attracted almost 2000 members so far.



FAQ: BRUCE HIGHWAY WESTERN ALTERNATIVE - STAGE FOUR

BRUCE GIDDINGS

WHAT IS BHWA STAGE FOUR?

The Transport and Main Roads Department (TMR) wants to reserve land for a highway corridor through Elimbah, joining Moodlu to Steve Irwin Way.

The section of highway, dubbed Stage Four Bruce Highway Western Alternative (BHWA) will join up with three other stages of the Bruce Highway Western Alternative (BHWA) project that will run from Bald Hills to Beerburum, a distance of around 55 km.

Have other sections of the BHWA already been confirmed by TMR?

Stage one, 8 kilometres from Moodlu to Moorina, was gazetted in 2021, and stage two (16 kilometres from Moodlu to Narangba) was determined in late 2022.

Planning for stage three, from Narangba to Bald Hills, is in progress, with the location of the connection near Bald Hills yet to be finalised.

Have residents been consulted about Stage Four?

While TMR has been accepting early feedback on stage

four since 2021, the serving of notices in December to affected landowners and the publication of two possible corridor routes have put residents of Elimbah, Moodlu and surrounding districts on notice. After community consultation ends on 9 February, TMR will work on the final pathway for the corridor.

Can affected residents influence the proposed route?

Those affected by either of the two proposed route options have until 9 February to submit a formal objection, comment or make a suggestion for alternative routes.

According to TMR, the community feedback, along with further technical investigations "will play a key role in determining the preferred corridor alignment."

There are around 140 families (120 landholders) in the path of the new section of highway, in addition to many other residents in the wider area who will be affected by noise, dust, or degradation of their current lifestyle.

A Facebook group, Objection to Current Bruce Highway Alternative - Stage 4 route option coordinated by local resident

Jason Smith, has led much of the response so far. There is also a parliamentary petition.

When will the highway be built?

The carve-out of stage one, two, three and four corridors is termed "early planning" by TMR, an important acknowledgement that the highway will not be built in the near future. According to TMR, the actual construction of the BHWA is a long-term project, many years away.

"There is currently no funding available to progress detailed planning, design or construc-

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GIVING BACK TO NATURE ONE BLOCK AT A TIME

SHEREE HODDINETT

GREENERY, bark, potting mix and a group of dirt-smearing smiling faces filled the back courtyard garden of The Hideout Café in Narangba on a humid January day. While there was a fun component to this gathering, there was also an important educational element for the next generation. Conservation Volunteers Australia (CVA) hosted a children's workshop designed to equip the young minds with a wealth of knowledge so they could go on to build their own Nature Blocks.

What are Nature Blocks? Nature Blocks is a national initiative that encourages participants to build a native garden. It can be of any size and can be located in their backyard, on their balcony, in their office, or in their local environment. The purpose of these gardens is to provide food and shelter for native species.

The young workshop attendees created a total of eight Nature Blocks during their fun morning. Five of these were integrated into the thriving ecosystem at The Hideout Café augmenting its natural setting, while the remaining three accompanied the junior conservationists home, each taking a native plant so they could commence their own Nature Blocks.

CVA's Alec Patten took the opportunity to speak about the importance of the environment, the impact humans have and what each person can do to make a difference.

"Nature Blocks is all about trying to teach people about what they can do, because there's a lot more than just koalas and other animals out there that need our help and are good for the environment and nature in general," he said. "We're here today (at The Hideout) and the biggest thing we're trying to teach is about things like biodiversity.

"So biodiversity is basically our whole environment around us. It's all about all of the living things that are around us - all our bugs, lizards, right up to our bigger animals like the koalas and kangaroos and how they all interlink and work with each other. So if you imagine it as a bit of a chain, but they're all linked to each other. And if you break one of those chains in the link, it can have pretty big effects further down the line."

Highlighting how much the environment has been through in just 100 years, Alec spoke about how important it was to try and counteract the damage, even if it was only in small amounts.

"It's all about trying to help our nature by replacing little

areas as much as we can and things that everyone can do in their backyard," Alec said. "Not everyone can plant trees to get koalas to come into their backyard, but everyone can do something to help out our environment."

So, what did the workshop include? It was aimed at educating and exciting the next generation about local native plants and animals, their habitats, and the challenges they confront. After listening intently and answering questions about animals, insects and trees, it was time to get some dirty work done.

To construct the Nature Blocks, CVA supplied a variety of materials, including native plants, small planters, native potting mix, mulch and pebbles to establish varied habitats. To ensure hydration for tiny wildlife visitors, CVA instructed the children on crafting a simple yet elegant water dish. They also provided child-sized gloves and safety glasses for protection and sanitation.

The whole group planted more than 32 native plants from a range of 16 species, including the Weeping Bottlebrush (*Melaleuca viminalis*), the Hairpin Banksia (*Banksia spinulosa*) and Koala Bells (*Artanema fimbriatum*). These plants were all sourced locally and are known to attract a wide range of pollinator species, such as bees, butterflies and birds.

"When it comes to insects and bugs that are good for the environment, they all have their place," Alec said. "Bees are probably one of the biggest most important ones that are in the chain to help the environment.

"In Australia, we have our native stingless bees, which are really interesting little bees. They're really good because they don't sting you and they're a lot smaller than the usual European honeybee which you see around. Although the European honeybee also helps our environment a fair bit.

"What we're doing in Nature Blocks and what most people can do for their Nature Blocks is to attract these kinds of insects and bring them into our gardens. Even people with balconies can plant little areas that will attract bees and insects and bugs."

How much do you know about creating the perfect habitat? Animals, just like humans, need food and water to survive.

"They need these things to be able to reproduce, to live and enjoy their lives," Alec said.

"What our nature blocks are about is trying to provide these three key things for all these things, which is food, some shelter because everyone likes

a nice cosy place to live and they can hide in from predators and also a bit of water as well. "Habitat can be a number of things. It can be anything from things like nest boxes that people put up in trees for animals such as possums and bats to live in, all down to sticks and rocks that are lying around on the ground, which are homes to lots of ants, bugs and other insects you might find around the place."

All you need to do to play your part in giving back to nature is start planting!

"It's something that we can all do at home and it doesn't have to be much," Alec said. "Our nature blocks are roughly one by one metre square, which doesn't sound like a very big area, but if we have a thousand people do that, that's a thousand metres square and so on."

Take the next step Getting started is straightforward! First, download the CVA Community Hub app, which serves as your gateway to the Nature Blocks community. This is where you can find numerous resources and step-by-step instructions, connect with like-minded individuals, and monitor your progress. Once you download and install the app, you can create an account and then you're ready to explore the world of Nature Blocks!

To find out more about CVA, visit <https://conservationvolunteers.com.au>.



"Not everyone can plant trees to get koalas to come into their backyard, but everyone can do something to help out our environment."



HISTORY PRESERVED



BRUCE GIDDINGS

ONE of Burpengary's oldest buildings, the 107-year-old railway station building, will be preserved and remain in use after the current station upgrade.

The distinctive-looking building will be renovated and used by Queensland Rail for other purposes. In continuous service since 1916, the building may be the oldest public building still standing in Burpengary, after another candidate, the original Burpengary State School building, while built back in 1876, was demolished in 1955.

Queensland Rail Head of South East Queensland Scott Reidel said the station building is important to Queensland Rail "as it was one of the examples of a design technique which was then used across the network."

The building was built from a "kit" of reinforced concrete components pre-fabricated and transported to the site, and assembled by largely unskilled labour. Mr Reidel said there will be an explanatory story board installed on the side of the building when the station upgrade is complete, expected to be late this year. The building is on the Queensland Rail Heritage register.

FREE EVENT

MARK RYAN'S

Small Business Network

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First event of 2024!

Friday 23 February 2024
7:00am - 8:30am
Caboolture Sports Club

Free Networking Event for Local Businesses

Booking Essential: Ph 5343 5100 | email: morayfield@parliament.qld.gov.au

Authorised by Mark Ryan MP, 67 Morayfield Rd, Caboolture South 4510

A FLUTTER OF GLAMOUR

At 16, Shakiya is on her way to taking the business world by storm. As the founder of Glamorous Lashes n Co, Shakiya is working hard to build her client base and further her skillset one set of lashes at a time.



SHEREE HODDINETT

YOUNG, ambitious and with a bright future ahead of her, Shakiya Andersen is already showing promising signs in the business world. Shakiya is the face behind Glamorous Lashes n Co, a growing business that she started in 2023 with the help of a program from The ASE group called Creating Your Future Job. It's hard to imagine that Shakiya is just 16 years old, but this now confident entrepreneur from Burpengary already has plans for the future of her business and also growing her skills in other avenues.

Who would have thought at the start of 2023 that by the year's end, Shakiya would find herself running a business in the beauty industry? But after joining The ASE Group Creating Your Future Job (CYFJ) program, Shakiya launched herself on a path to success.

"I joined ASE at the beginning of 2023 through a school program for young entrepreneurs to help them starting out," Shakiya says. "The program gave me a head start into creating my own business and even now is still giving me opportunities to grow my business further.

"I didn't really have anything to do with the beauty industry before this and it only came to my interest recently through social media. But I'm glad it did and from that Glamorous Lashes n Co came to life."

For Shakiya the idea behind starting her business came about because she found a passion for lashes and saw the result of her efforts. And the idea behind the name? Shakiya wanted something a little different to the many businesses she discovered were already called "lashes with..."

"Even though it's still early days, my business is currently going really well and I've found I'm being booked out a lot quicker than when I first started," Shakiya says. "My client base is growing extremely quickly and I love how my clients are comfortable to come to

me for all their beauty needs.

Mature well beyond her teen years, did Shakiya expect to be able to call herself both a business owner and a young entrepreneur? It seems her achievements have well and truly exceeded her expectations.

"I never thought to see myself being in the beauty industry let alone having my own business and I'm extremely thankful for all the opportunities I've had with The ASE Group," Shakiya says. "I love working in the beauty industry and seeing the smiles on the faces of my clients, as well as meeting new people and seeing improvement in my work."

The CYFJ program is a seven-week self-employment initiative, which is designed to empower local youth (aged 15 to 21) within the community to explore passions, start their own micro-businesses, or venture into traditional employment. Co-founder and general manager of The ASE Group Tionne Young couldn't speak more highly of having Shakiya as a participant in the CYFJ program, which is backed and supported by the City of Moreton Bay council.

"Shakiya thrived in our CYFJ program," Tionne says. "Participants, like Shakiya, tackle real-world problems, developing essential skills like financial literacy, public speaking, customer service and networking.

"The hands-on program includes a group business venture which provides students with a 'seed investment'—Shakiya used hers for lash supplies, which helped her at the start of her business Glamorous Lashes. We have loved seeing her thrive post-program and being consistently booked after school, on weekends and school holidays.

"Shakiya is a testament to the transformative impact of programs centred on core life skills, not only instilling empowerment during the program, but also laying the groundwork for sustainable, confident, and flourishing futures.

"We have seen the transformation that this program had for young people who are now confident young business owners, proving that self-employment isn't just an unattainable option but a viable career path for young people to consider."

If there is anyone out there who has backed Shakiya 100% on this venture, it's her mum Jemma.

"I'm very proud of her achievements and her work ethic towards building her future," Jemma says. "She has done so much in a short space of time and has built great relationships with her clients as well.

"It's also a great bonus to have a daughter working in the beauty industry when I want to get my lashes done as well, she does an amazing job!"

Despite running her own business and tending to the needs of others, Shakiya still finds time to be a teenager, heading out on the water and motorbike riding when she can. But she's already thinking ahead, with plans forming for the future.

"I do see myself doing lashes well into the future and I would also really like to own a salon one day as well," Shakiya says. "But I'm also thinking about other things, including the opportunity to start teaching other young people to find their start in the beauty industry.

"But I've also been thinking about the business side of things in the future and I would like to start in accounting for something a bit different."

Creating Your Future Job 2024 is open for expressions of interest, welcoming schools and community centres to nominate groups of local youth for this fully-funded seven-week journey. This opportunity incurs no cost to the school or student. For more details and applications, visit ase.edu.au/moretonbay.

If you would like to know more about Shakiya and her business, you can follow her on Instagram at glamorous_lashes.co

SUPPORT MEASURES FOR DISASTER RECOVERY

JOSHUA EAST

CONTINUED from page 1

The Australian and Queensland Governments have unveiled new support measures aimed at boosting disaster recovery and resilience operations in south-east Queensland (SEQ).

The announcement comes in response to some of the worst storms ever experienced in the region.

The exceptional circumstances assistance, jointly funded through Commonwealth-state Disaster Recovery Funding Arrangements (DRFA), will provide much-needed aid to the affected areas. The support includes additional grants for small businesses, farmers, and non-profit organisations in SEQ.

Prime Minister Anthony Albanese expressed the government's commitment to helping Queensland communities recover from the devastating impacts of extreme weather events.

"This support will deliver the expertise and the resources to keep the job going and ensure recovery efforts are seen

through," he said.

One of the key initiatives outlined in the announcement is the \$20 million Clean-Up Program, which will assist in responding to the storms in SEQ as well as the aftermath of ex-Tropical Cyclone Jasper. The funds will be utilised to support the efforts of local councils such as Gold Coast, Scenic Rim, Logan, and Far North Queensland Councils, as well as state agencies, as they work towards clearing debris from community assets, parks, national parks, beaches, and waterways.

Grants of up to \$75,000 have also been activated for primary producers affected by the storms, while small business owners and non-profit organizations in impacted parts of SEQ are eligible to receive up to \$50,000 in grants.

In addition, the Commonwealth and State will jointly provide \$1 million in Local Recovery and Resilience Grants to the City of Gold Coast, Logan City Council, and Scenic Rim Regional Council. These grants will be directed towards local recovery initiatives and disaster relief efforts.

Various financial assistance

measures, including Personal Hardship Assistance grants and Disaster Assistance Loans, are already available for impacted residents, businesses, and councils.

Queensland Premier Steven Miles commended the resilience shown by impacted communities and emphasised the need for targeted disaster assistance to expedite the recovery process.

"Queenslanders are bred tough, but when we're faced with testing times we need to band together and support each other, doing whatever it takes to help," Premier Miles said.

Further information about the various assistance programs and grants, including the Clean-Up Program, Local Resilience and Recovery Grants, and Assistance Grants for small businesses, farmers, and non-profit organisations can be found on the Queensland Reconstruction Authority's website www.qra.qld.gov.au

FORMER LORD MAYOR LEADS 2032 GAMES VENUE REVIEW

JOSHUA EAST

The 60-day venue infrastructure review for the Brisbane 2032 Olympic and Paralympic Games has officially begun, with former Brisbane Lord Mayor Graham Quirk appointed to lead the review.

Premier Steven Miles and Minister for State Development and Infrastructure Grace Grace made the announcement last month, highlighting the importance of ensuring that the new and upgraded venues deliver value for money and community benefits throughout Queensland.

The review will involve targeted consultation with a wide range of stakeholders and will focus on major sports venues such as the Gabba and the Brisbane Arena, as well as the program of new and upgraded minor sports venues.

Key criteria for assessing infrastructure investments include value for money, fit-for-purpose, deliverability, and community legacy.

The independent report from the review is expected to be delivered to the government within 60 days from the

announcement on 18 January, with findings being provided to Minister Grace on Monday, 18 March.

Premier Miles also announced the establishment of a delivery authority for the Brisbane 2032 Olympics and Paralympic Games, which will become operational later this year.

Premier Miles expressed his commitment to delivering a Games that unites Queenslanders and creates long-lasting legacy benefits.

"The mission is simple, make sure the Games work for Queensland and delivers for Queenslanders," he said.

"Graham Quirk enjoys great community respect and oversaw the development of the Prefeasibility and Feasibility Studies for the Brisbane 2032 Olympic and Paralympic Games.

"We're going to deliver value-for-money Games venues which benefit Queenslanders long after the Games are over, and the review will help us to achieve that."

Former Lord Mayor Graham Quirk said he was looking forward to working on the review

with his fellow reviewers and meeting with stakeholders to capture their views.

"This is important work for all Queenslanders which I am pleased to be a part of, having been involved from the inception of the idea of hosting the Games," he said.

In addition to Mr Quirk, Ken Kanofski and Michelle Morris have also been appointed to conduct the review.

Mr Kanofski has served as CEO of Roads and Maritime Services and the Land and Housing Corporation in the NSW Government, while Ms Morris specialises in leading and partnering to deliver sports and event projects, with Olympic partnerships including Tokyo 2020 and London 2012.

Queenslanders are encouraged to have their say by emailing their feedback to venue-reviewfeedback@dsdilg.qld.gov.au. The Terms of Reference for the independent review can be found on the Brisbane 2032 | State Development and Infrastructure website.

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HIDDEN GEM OF SUCCESS



SHEREE HODDINETT

IT'S time to shine the light on a hidden gem nestled away in the upper reaches of Caboolture. The Caboolture Gem Club is a sparkling treasure trove of knowledge, friendly faces, talented hands and winning success.

At the Queensland Lapidary and Allied Craft Clubs Association Inc. (QLACCA) end-of-year event in November, the Caboolture Gem Club came out on top, securing the prestigious title of Lapidary Club of the Year. But the accolades didn't stop there. Two club members also nabbed special awards, with Donna Parker named Jeweller of the Year and Steve Somerville Facetor of the Year.

Club treasurer Leon Allen had the honour of accepting the Lapidary Club of the Year award on behalf of all the members.

"The last time we won this award was 10 years ago, so there's been a bit of a hiatus in between trophies," Leon says. "So for us to win it again, it's a big deal for the club and we are really chuffed at the recognition. "However, the success of the Caboolture Gem Club isn't limited to the achievements of a few standout members. The club attributes its triumph to the collective efforts of all its members.

"It's the combination of a lot of hard work and good work by a lot of people, as well as a lot of pride. The camaraderie from everyone has transformed the Caboolture Gem Club into a welcoming and joyful space, where individuals converge to pursue their shared passion for lapidary arts. The club's success story is a source of pride for the Caboolture community."

For Donna, a big win like Jeweller of the Year has significant meaning as she was entered into the competition as a novice, having only been working with gems for the last five years. An interest in creating her own jewellery is a big part of why she decided to join the Caboolture Gem Club.

"I've always loved jewellery, especially silver jewellery, but I

couldn't always afford to buy it," Donna says. "So I thought, 'Why not make my own?' and now I've got so many of my own pieces that I can't wear them all!"

Donna made a ring and a pendant using a natural stone that hadn't been carved or faceted. While she doesn't have a specific favourite stone to work with all the time, preferring "anything that's pretty", she does love boulder opal and enjoys the myriad of colours it produces.

Not only is Donna a silver teacher at the club and a competitor, but she also gets to see things from the other side as a judge.

"So judging is still fairly new to me and I'm learning a lot more with that," Donna says. "It can be nerve-wracking, but it's also great fun and you get to see so many pieces and gain ideas from them as well."

Steve has been instructing now for 21 years and in that time he's trained more than 400 people within the local area and some from even further afield. One of his latest pieces, a lab-grown garnet, which is set to go in an Australian competition, took him five days to finish and up to 15 hours per day. While it may seem like a lot of work for something so small, Steve takes great pride in each piece he creates.

"For me, it's always about trying to do a better stone than one I've done before," he says with a smile. "It's all about bettering the last one. Yes, I do fail at times, but it's also a learning curve that you take with you as you continue working on the next stone."

Steve admits he's seen a lot of change in his time at the club, both with the members themselves and the growth itself. But he relishes the opportunity to be part of such a large club, which has so much potential now and into the future.

"Here in Caboolture, we're fortunate in that we have more equipment than a lot of the other gem clubs around," he says. "We have 13 faceting machines and there's 10 set up to be used and most clubs usually only have about three or maybe four at the

most."

Although Leon has only been with the club for about four years, his interest in rocks stems back to when he was a child, with family members working in the Broken Hill mines.

"I kind of grew up with rocks in my blood and I also pursued a career in geology," Leon says. "I'm retired now, but being able to come into the club here, I still get the chance to play with rocks.

"I kind of like Broken Hill rocks and Broken Hill rocks in general don't lend themselves to lapidary that much. But being here, I've had the opportunity to undertake faceting and cabochon work."

Leon admits that while it was a great honour for the club to win QLACCA Lapidary Club of the Year, it also came as a complete surprise.

"As soon as it was announced, I was taken back a little bit," Leon says. "I got on the phone straight away and told our president and the secretary that we had won Club of the Year. It was definitely an exciting moment, one that we hope to achieve again."

This year is already shaping up to be a big one for the Caboolture Gem Club with school groups coming through on excursions, Spirit Fest and their annual Gem Fest later on this year.

The current membership of the Caboolture Gem Club is more than 130 members and there's always room for more! If you find yourself captivated by the allure of gemstones and jewellery or you find yourself fascinated by the intricate crafts of faceting, silversmithing or cabochon making, the Caboolture Gem Club could be just the place for you. You'll discover them in the grounds of the Caboolture Historical Village, located at 280 Beerburrrum Road.

The club is open Monday to Thursday until 2pm and welcomes both seasoned enthusiasts and newcomers alike. Become a part of this vibrant community and discover the wonders that lie within the artful world of lapidary. To find out more visit their website <https://caboolturegemclub.com>.

BRIDGE CONCEPT DESIGN RELEASED

JOSHUA EAST

THE Bribie community can now get a glimpse of the proposed concept design for the next Bribie Island bridge. The design, which aims to improve traffic flow, support active transport, and provide an alternative option in case one bridge becomes cut, includes a new bridge with two eastbound traffic lanes and a wider active transport path.

The existing bridge will be retained to accommodate two westbound traffic lanes.

The Department of Transport and Main Roads (TMR) is currently preparing a business case for the new bridge, as part of broader upgrades along Caboolture-Bribie Island Road.

The concept design also includes widening the road to four lanes between Bestmann Road East and Benabrow Avenue and realigning the Sylvan Beach Esplanade intersection for safer turns.

According to Transport and Main Roads Minister Bart Mellish, the proposal would deliver a safer and more reliable connection to the mainland, meeting both present and future transport needs.

"We have heard the community's calls for a new bridge to Bribie Island to improve access for emergency services and to provide a reliable connection to work, education, recreation, and community services," Mr Mellish said.

"TMR has assessed the options to develop a sustainable solution that considers community feedback and meets the long-term needs of our transport network.

"A detailed assessment found that the existing bridge can



continue to be used for traffic, which reduces the width of a new bridge and the resulting costs and impacts to build it.

"Importantly, traffic can transfer between bridges to help manage incidents, emergencies and maintenance when required.

"The new active transport path separated from traffic will transform the way pedestrians, bike riders and mobility devices access the bridge.

"The shared path will be located on the northern side of the new bridge allowing for views of the Glass House Mountains and Pumicestone Passage.

"We want to know what the community thinks about the proposed designs and welcome their feedback either online, on the newsletter or at our

upcoming drop-in sessions."

The concept design takes into account community input and technical investigations. Feedback from the community highlighted the importance of improved access, safety, and reduced congestion, while concerns were raised about emergency service access and the narrow bike and pedestrian path.

The proposal to retain and utilise the existing bridge long-term is expected to reduce costs and minimise environmental impact compared to constructing a new four-lane bridge. Funding for detailed design and construction will be considered in the future, taking into account other transport infrastructure priorities across the state.

Member for Pumicestone

Ali King said she was thrilled to release the concept designs for the new Bribie Island bridge and kick off the consultation for locals to have their say.

"Our community told me loud and clear they want the security of a new bridge in case our existing bridge is blocked, they want a better active transport path across the Pumicestone Passage, and they want planning for the roads either side of the bridge to improve traffic flow," Ms King said.

"Our Bribie Bridge is iconic, but Bribie has grown over the last 60 years and we need this key infrastructure upgraded to meet our community's needs into the future."

City of Moreton Bay Mayor Peter Flannery also welcomed the concept designs,

emphasising the critical need for a multi-lane connector that improves safety and reliability for both residents and visitors.

"With many of Bribie's residents commuting to work and other services across the bridge, a simple car breakdown or accident can cause hours of delay," Mayor Flannery said.

"Not only is this a major inconvenience but it's a serious safety issue.

"Bribie Island is also City of Moreton Bay's most popular destination for tourists, welcoming over 820,000 visitors a year, so this new bridge is vital.

"I encourage locals to be part of this next phase of planning for this key piece of road infrastructure in City of Moreton Bay."

Members of the community

are invited to provide their feedback on the proposed concept design through TMR's online consultation page until March 11, 2024. The consultation will be supported by a newsletter to surrounding communities and information sessions.

For more information on the proposed concept design for the new Bribie Island Bridge and to provide feedback, visit the official TMR consultation page at www.yoursay-projects.tmr.qld.gov.au/bribie-island-bridge.



RSL
Deception Bay Sub Branch

If you have experience in the Australian Defence Force including just one day service as a permanent, reserve or ex serving member then you are considered a Veteran. As a Veteran you are entitled to join your local RSL Sub Branch. Are you looking to join a traditional RSL (no poker machines or restaurants) then please reach out to the RSL Deception Bay Sub Branch Inc.

The RSL Deception Bay Sub Branch Inc is part of the Brisbane North District of RSL Queensland and welcomes all veterans no matter where you come from or what service you have provided to the country.

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A SURPRISING FAMILY DISCOVERY

MARNIE BIRCH

This is your new home now. We'll look after you forever and love you forever." That's what the adoptive parents of Rothwell hairdresser Elisa Denyer told her when they brought her home after ten years of waiting to adopt a baby. For decades, she had no interest in contacting her biological parents, but after giving birth to her own child, her perspective changed.

Elisa discovered the journey to find her birth family could be delightfully surprising.

Elisa clearly remembers the day her adoptive parents told her she was adopted – recalling she was more interested in a playdate with a friend than having a serious chat with her parents.

"They just blurted it out - 'You're adopted,'" Elisa explains.

They had found it challenging to choose an age when Elisa was old enough to understand what adoption meant but still young enough not

to feel any resentment. Looking back, Elisa says her youth and resilience helped her process the news. She believes her adoptive parents chose the ideal time to tell her.

"It didn't affect who I was," she says.

Knowing she was adopted has never bothered Elisa, although she admits to feeling confused when the parents of a primary school friend prevented their child from playing with Elisa when they heard she was adopted.

"That was the only thing that upset me," she says. "And it wasn't because I was adopted - it was because I questioned what was so bad about being adopted."

Elisa decided to seek more information about her biological family after medical personnel repeatedly asked questions about her family's medical history. She discovered her biological father on social media, living in the same town where she'd been born.

Although Elisa didn't intend to contact him, she was interested in seeing his appearance. She assumed he was oblivious to her existence, so she put the matter aside for another 10 years.

Adopted as a baby, Elisa Denyer now runs a hairdressing salon in Rothwell. She was in her late thirties when she realised her biological mother may have thought of her every year on the day she was born. Giving birth to her own son led Elisa on a journey with a surprising outcome.



"I didn't want to open a can of worms and leave a family with information they didn't know, for no reason," she says.

It was Elisa's husband, Cam, who finally contacted Elisa's biological father two years ago. Shocked to hear he had a child, Cam and Elisa reassured him they only sought medical information.

"I never thought of taking it any further," Elisa says.

But giving birth to her baby boy changed her mind. She was curious about the origins of her son's height and his looks.

Then, while celebrating her first-ever birthday as a mother, Elisa felt emotional, explaining she realised she'd never given her biological mum any thought on her birthday.

"Being a mum myself, you develop an understanding of what that mum might have gone through at the time," Elisa says. "My birthday was a big day for her, whether happy or sad. She might never have thought about me, but if she did, that would be the day."

With this in mind, Elisa contacted her biological mother via social media. Six months passed by without any reply.

As her adoptive parents' only child, Elisa says: "I never really thought about the possibility of siblings."

She was encouraged by a group of girlfriends to contact a lady she suspected might be her half-sister - her biological mum's daughter.

The woman messaged back, "having a half-sister was very special" and asked if she could arrange for their biological mother to call Elisa.

"This was the can of worms I had not been opening," Elisa says.

"I didn't want my biological mum to be upset or feel any guilt, but rather for her to know the amazing life I have had."

When she did finally speak to her biological mother, Elisa says it wasn't emotional at all.

"It was weird - that was all," she says. "I was talking to the lady who gave birth to me like she was just any person."

Since then, the two half-sisters, their husbands and their children have met up in Sydney, enjoying holidays together and maintaining contact.

Elisa hopes that by sharing her experience, she may help future adoptive parents and adoptees prepare for the possible outcomes.

As adoption can be a sensitive topic, it is likely emotions may arise, and that may be confronting.

She says having a strong, supportive network is essential. Plus, it's important to manage expectations and be mentally prepared for all possibilities, including scenarios like not finding relatives, finding deceased parents, or unresponsive family members.

"They (your biological family) may want you wholeheartedly in their life. That was my main concern. I didn't want that, but I had to deal with that possibility," she says.

Thankful that finding her family hasn't changed her relationship with her adoptive parents, she credits them, and especially her husband, for supporting and encouraging her throughout the journey.

"It has turned out well," she says. "I now have this amazing relationship with my half-sister, and now my son has two awesome cousins of a similar age."

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\$10M PROGRAM TO PROMOTE USE OF RECYCLED MATERIALS

JOSHUA EAST

QUEENSLAND manufacturers are set to benefit from the new \$10 million ReMade in Queensland (ReMiQ) program, which aims to support manufacturers in remanufacturing recycled materials.

The program, part of the \$11 billion Recycling and Jobs Fund, will provide eligible manufacturers and recyclers with matched grant funding ranging from \$50,000 to \$2.5 million.

The ReMiQ program is an extension of the Made in Queensland (MiQ) program and will assist small-to-medium sized manufacturing and recycling businesses in adopting remanufacturing processes. These processes will not only reduce waste and energy costs but also enable the reuse of materials that would otherwise end up in landfills. The goal is to convert these recycled materials into new manufactured goods, promoting sustainability and reducing environmental impact.

Minister for Manufacturing, Glenn Butcher, said the grants built on the government's previous investments in Made in Queensland grants, Manu-

facturing Hubs Grants, and Manufacturing Energy Efficiency Grants.

"Helping our manufacturing industry adopt greener practices that are good for business and the environment is a significant step in the journey."

Acting Minister for the Environment and Great Barrier Reef and Minister for Science and Innovation, Grace Grace, emphasizes the significance of the ReMade in Queensland initiative in promoting a circular economy.

"A circular economy maximises the value of our products and materials by reducing waste and pollution, reducing precious materials going to landfill, and mitigating greenhouse gas and carbon emissions," she said.

Guidelines for the ReMiQ program are now available on the Department of Regional Development, Manufacturing and Water's website. Interested applicants can submit Expressions of Interest (EOI) for grant funding between \$50,000 and \$2.5 million. The EOI period closes on 19 February.

PARK AND WALK IN NORTH LAKES

JOSHUA EAST

STUDENTS at Bounty Boulevard State School can look forward to safer journeys to and from school, while parents can expect a reduction in traffic congestion headaches, thanks to new parking options.

Construction has been completed on 26 indented parking bays on Mackintosh Drive, North Lakes, as well as a new footpath connecting Mackintosh Drive to the existing school crossing on Bounty Boulevard.

These improvements aim to make parking easier during school times and ensure safer walking routes through the

surrounding area. Mayor Peter Flannery said reducing traffic queuing and improving student safety were the key priorities of these works.

"The pedestrian crossings at Aurora Boulevard and Bounty Boulevard will be the focus of our attention to help get kids and their families to and from school safely," he said.

"We injected over half a million dollars into this project, with \$128,500 in funding from the State Government's South East Queensland Community Stimulus Program (SEQCSP), to ensure our young people are safe and that walking is

integrated into their days. "Council is focused on implementing transport solutions that create more walkable and rideable communities and these works will help us on that journey."

Works on Mackintosh Drive, Mersey Street, and Daintree Circuit in North Lakes began late last year and included initiatives such as tree planting and greening to enhance the area.

Cr Jodie Shipway, who represents Division 4, said the community played a central role in the planning process.

"Council has been in talks with the school community and Safe School Travel (Safe

ST) during this planning process to ensure the best outcomes for the whole community," Cr Shipway said.

"Our Integrated Transport Strategy outlines the steps Council will take to change how we move across Moreton Bay, including setting the direction to make walking an easy choice for everyone.

"And with strong backing from the State Government, we'll support delivery of infrastructure projects like this that reduce congestion and keep our city moving."

Next Generation of Nurses begin Training

ELISABETH WALSH

MORE than 1,400 nursing students have kickstarted their training in the Diploma of Nursing at TAFE Queensland, Central Queensland University, and Mater Education. These students can expect to embark on careers serving on the front-line in Queensland hospitals and strengthening the priority

health industry.

The Diploma of Nursing program at TAFE Queensland provides students with a headstart in healthcare at world-class facilities. These include simulated nursing rooms that replicate a real-life hospital setting, equipped with the latest technology and advanced training products.

The Diploma of Nursing is being offered for free by the Queensland Government, saving students nearly \$25,000.

The initiative is part of the broader Fee-Free TAFE pro-

gram, which offers tuition-free courses to Queenslanders looking to train, retrain, or up-skill in priority industries.

For 2024, 74 courses have been identified as priority areas, including aged care, disability support, child care, tourism, agriculture, and cyber security.

Priority groups for Fee-Free TAFE include young people aged 17-24 years, First Nations people, individuals who have experienced unemployment, unpaid carers, women facing economic insecurity, women studying non-traditional fields,

and people with disabilities.

Premier Steven Miles said Queenslanders should have access to priority skilling for free, ensuring they can secure good jobs in the in-demand industries.

"The Diploma of Nursing was one of the most popular free TAFE courses offered last year, which is why my government is fully funding its continuation in 2024," he said.

ORGANIC WASTE COLLECTION SUPPORT

ELISABETH WALSH

THE State Government has announced a \$9.6 million investment to support the collection of organic waste in the City of Moreton Bay local government area. This funding is part of a larger commitment of \$151 million to help councils across Queensland implement food organic and garden organic (FOGO) waste collection services.

The funding will assist City of Moreton Bay Council in delivering over 116,000 lime-green lidded organics kerbside bins to households in the region. Additionally, it will support the harmonisation of some existing bins to ensure consistency in bin lid colours across the country.

Minister for the Environment and the Great Barrier Reef, Leanne Linard, emphasised the importance of introducing FOGO as the next vital step in resource recovery efforts.

"Most garden and food waste currently ends up in landfill, where it emits methane gas and leaves significant organic resources wasted," Ms Linard said.

"That's why introducing food organics and garden organics (FOGO) is the next vital step in

our resource recovery efforts.

"We are committed to halving the amount of food waste generated by 2030.

"Where organic waste is generated, we have set ourselves the goal of diverting 80 percent of it away from landfill. We are also committed to achieving a minimum organics recycling rate of 70 percent.

"Organic waste can be turned into high value compost, mulch, and soil products that can be used for a range of things, like tree planting, soil improvement, and revegetation projects.

"Through recycling, organic waste is put to good use, with the important nutrients and resources able to be reused and put back into the environment as compost."

City of Moreton Bay Council plans to take a staged approach to the introduction of organics collection, starting with a conditional opt-out Garden Organics (GO) service in early December 2024. The inclusion of food waste in the collection will come later, based on the availability of a suitable FOGO processing facility.

Mayor of the City of Moreton Bay, Peter Flannery, expressed his excitement about fulfilling

the community's request for green waste bins.

"For a long time, locals have been calling for green bins to separate and manage their green waste, so I'm thrilled to be able to make this a reality for them," he said.

"FOGO is a resource recovery project with the potential to bring our region's recycling rate from 45 percent to over 60 percent by adding a new lime green lidded bin for organic material made up of food and garden waste.

"The introduction of the GO service for Garden Organics across approximately 116,000 households is an important first step in the lead up to full FOGO.

"Council currently produces electricity from landfill gases at its three landfill sites to power up to 7,000 homes in our region.

"This additional bin service is in line with our commitment to investing in sustainability and our local lifestyle as our city's population booms.

"This is another way Council is living our mantra of 'Going Green As We Grow'."

The investment in Moreton Bay is part of the larger Growing the Recovery of Organic



Waste via Food Organic Garden Organic (South East Queensland) (GROW FOGO SEQ) initiative. As part of

this initiative, over 1 million new lime-green top organics collection bins made with recycled plastic will be delivered.

Household kitchen caddies made with recycled plastic will also be provided to assist in collecting food waste.

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NEW COMMUNITY SPORTS UPGRADES

JOSHUA EAST

CITY of Moreton Bay has recently approved works for three new sports facilities in Bray Park, Kippa-Ring, and Brendale.

A new \$4.5 million netball clubhouse will be constructed at the Les Hughes Sports Complex in Bray Park, supported by \$1.5 million in funding from the Federal Government.

The Pine Rivers Netball Association, which serves the existing courts, is set to be the main beneficiary of the new facility.

The detailed design for the clubhouse is scheduled to be completed by mid-2024, with construction expected to take place in the 2024-26 financial years.

The Talobilla Park Softball Clubhouse in Kippa-Ring is also set to undergo a significant upgrade.

With a budget of \$4.5 million, the clubhouse will be raised to a regional association standard for the Redcliffe Leagues Softball Association.

The detailed design for this project is also expected to be completed by mid-2024.

Council also plans to build a \$550,000 amenities building at South Pine Sports Complex in

Brendale. This new facility will provide the community with access to equipment for use at the sports fields.

The detailed design for the building is scheduled to be completed by mid-2024.

Mayor Peter Flannery expressed his commitment to providing top-quality community sporting facilities to the residents of the City of Moreton Bay.

"Sport is an important social connector for our community and provides invaluable health benefits and cohesion," he said.

"The more Council invests into facilities, the more we empower our local clubs to deliver high quality sport and recreation services to our residents and visitors.

"It also supports our goals to develop and raise the profile of women's sport in the region by increasing participation across all sports in our beautiful city.

"It's especially important to ensure our facilities are up to date as we continue to grow and welcome new residents to Moreton Bay."

Councillor Mick Gillam, representing Division 8, said the new netball clubhouse for the Pine Rivers Netball Association will replace the 40-year-old building,

providing better accommodation for the association's 2,000 members and their families.

"The new clubhouse will help the Pine Rivers Netball Association continue to grow the sport to even more young girls and boys," Cr Gillam said.

Councillor Sandra Ruck, representing Division 5, spoke about the upgrades to Talobilla Park.

"The softball community in Moreton Bay is incredibly strong and we want to remain one of the best in not only Queensland but Australia, by making sure our facilities are the best they can be," Cr Ruck said.

Councillor Cath Tonks, representing Division 9, praised the South Pine Sports Complex as one of the best community sports precincts in Queensland.

"Roughly 10,000 people participate in all kinds of sports within the South Pine Sports Complex on a weekly basis, so this upgrade will help locals access equipment and make it an even better experience for all users," Cr Tonks said.



MORETON BAY GEARS UP FOR SKILLS BONANZA IN 2024

ELISABETH WALSH

MORETON Bay is set to benefit from the State Government's Skilling Queenslanders for Work initiative, with 10 local organisations receiving grants to assist vulnerable job seekers.

The initiative will provide targeted training in areas such as construction, community services, early childhood education and care, rail infrastructure, hospitality, and conservation and ecosystem management.

The \$51.7 million investment will support up to 7,020 job seekers in their quest to gain skills, qualifications, and experience to enter or remain in the workforce. The funding aims to overcome barriers such as social isolation, learning difficulties, and mental health issues that may prevent individuals from gaining employment.

One of the organisations receiving funding is the Redcliffe Area Youth Space Incorporated, whose 'Causes and Connec-

tion's' project will employ up to 32 youths aged 15 to 24. These trainees will undertake a Certificate I in Workplace Skills while gaining practical experience in retail, hospitality, business, and administration through various administrative and event management activities within the organisation's social enterprises.

The Bibbie Island Rd Saddle Club Inc will employ up to 15 trainees to complete a Certificate I in Conservation and Ecosystem Management. Their work will focus on conservation, ongoing ground repairs, and creek restoration in and around the Bibbie Island Road Saddle Club. Challenge Employment and Training Limited will employ up to 30 job seekers as trainees to undertake either a Certificate I in Conservation and Ecosystem Management or a Certificate I in Construction and Skills for Work and Vocational Pathways. The trainees will gain experience in propagation and onsite

seed collection, invasive weed removal and control, nursery maintenance, revegetation, and establishment of an Indigenous bushfood and medicinal garden and art gardens.

Minister for Training and Skills Development Lance McCallum expressed his excitement about the initiative, stating that it would help more Queenslanders secure good jobs.

"Queensland businesses need skilled employees across the board," he said.

"The organisations receiving funding understand their communities and their workforce needs and can make vital connections between job seekers and employers.

The first Skilling Queenslanders for Work funding round for 2024-25 is now open. For more information - including a full list of projects funded in Round 2 - visit www.qld.gov.au/skillingqueenslanders or call 1300 369 935.



KEEPING QUEENSLANDERS SAFER ON OUR BEACHES

THE State Government has announced a partnership with Surf Life Saving Queensland (SLSQ), which will see a record \$125 million invested over a ten-year period - the largest partnership of its kind in the history of SLSQ.

The new agreement, set to commence on 1 July, builds on the current four-year \$30 million commitment made by the government, which is due to conclude at the end of this financial year.

Under the new funding, every surf club in Queensland will benefit from an immediate boost to infrastructure and equipment.

Surf Life Saving Queensland plays a crucial role in ensuring the safety of beachgoers, with over 35,000 volunteer members and more than 462,000 supporters across the state. The increased funding aims to encourage and grow volunteer and club participation, further enhancing the organisation's ability to save lives.

The \$113 million allocated for the ten-year service agreement will provide long-term certainty for SLSQ, supporting their plans to increase membership and integrate with the Government Wireless Network. This funding will enable SLSQ to invest in new equipment, training, and resources to ensure they can continue to protect Queensland's beaches and waterways.

In addition to the service agreement, an immediate capital boost of \$12 million will be provided to SLSQ this financial year. This will allow for upgrades to facilities and equipment at surf clubs throughout the state, ensuring they have the necessary resources to provide effective lifeguard services.

Premier Steven Miles said the Sunshine State was home to the best beaches in the world and the best and most dedicated lifeguards and volunteer surf lifesavers in the world.

"Nothing says Queensland more than a

day at the beach between the red and yellow flags," Premier Miles said.

"Our over 35,000 volunteer surf lifesavers have kept our beaches safe this year and we want to make sure they have everything they need to continue this great work.

"We know investing in SLSQ will mean even safer beaches for Queenslanders and for the hundreds of thousands of tourists who travel here every year to enjoy our amazing coastline."

Police Commissioner Katarina Carroll highlighted the longstanding partnership between the Queensland Police Service and SLSQ, which spans over 90 years and welcomed the extension of the service-level funding agreement.

"Our two organisations not only work together through our many waterways, but also in the sky, with our recent long-term contract being renewed for Surf Life Saving Queensland to provide our POLAIR services," she said.

"I look forward to our two organisations continuing their strong relationship for the next 10 years and beyond."

Gerard O'Brien, President of SLSQ, said the long-term funding agreement would ensure dedicated lifesavers could continue to do what they do best - save lives.

"Our mission is zero preventable deaths in Queensland public waters and this funding will ensure we can invest in our members, our equipment and our lifesaving capability so we can achieve this mission," he said.

"It is dedicated Queenslanders who patrol our beaches and work tirelessly to keep the community safe. This funding is an investment in them and an acknowledgement of the valuable service they provide to Queensland."



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LOCAL THEATRE COMPANY CELEBRATES 60 YEARS

PANAYIOTA

ONE thing that's true about theatre is it's definitely a visual art form with the objective of engaging you, the viewer, in its world.

So, when thinking about the role of community theatre, what makes a community gather in a supportive and innovative environment to not only create this art form, but also endure the test of time?

Act 1 Theatre Inc (Act 1) welcomes and celebrates 2024 with a 60-year-long history of dedication to the art of theatre-making after having its humble beginnings in 1964 at the Methodist Hall on Robinson Road, Aspley.

Here, the company began producing plays, and in 1984, was presented with the opportunity to move to Strathpine where it's been at home in the heritage-listed Pine Shire Hall for some 40 years. It was also here that theatre restaurant performances were introduced.

"Yes, we've been around for a long time," Terry Frawley, Act 1's current president, says. "And it's taken much time and effort and teamwork. We are grateful to those who initiated it all, way back when. These people included Flo Clarke, Joy Beatty, and Mollie Leggat, to name a few."

Terry knows all too well what's involved in running a theatre company. He's held many positions as members often do. Terry is noted for being Act 1's longest-running member.

"I arrived in 2000 and began acting, then directing, especially the theatre restaurant, for 17 of

those years," Terry says. "I've been privileged to have worked with so many great talents."

Coming in second-longest to Terry is Andrew Munslow, currently in the position of Light and Sound and Marketing, who has been with Act 1 for over 12 years.

"We're also very grateful to our committee and actors who have helped build such a successful community group," Andrew says. Special thanks must also go to Trisha Bromley, vice president, Ramesh Maheswaren, treasurer (acting), Samantha Sutherland, secretary (acting), Deb Hossack, stage manager and marketing.

From its inception, Act 1 has always put on all kinds of theatre, whether it be one-act plays, full productions of varying genres and musicals, theatre restaurant entertainment, and their very own theatre festival called Act 1 TheatreFest (TheatreFest).

"TheatreFest allows for a lot of original concepts to be presented," Andrew says. "Our next TheatreFest dates have not been set yet. We will probably do a couple of one-act play weekends mid-year. These are not judged, but they are an excellent chance for new directors to get their feet wet."

There truly is something special about being the first in line to see an original production, and even though COVID saw many events postponed, with all the downtime everyone had, theatre-makers got stuck right into doing what they do best — creating new theatre.

Andrew is a playwright/composer with an insightful understanding of storytelling who finds value in small segments of this, that

or the other and somehow uses music to weave them together to tell a whole new story.

In May 2023, Andrew premiered his first musical *The Pirates*, a Musical. Here, he explored the adventures of *Pirates of Penzance* characters while incorporating new cultures and genres like steampunk, the 80s and a bit of "Alice" (in Wonderland).

Andrew's second musical is *Panic in Pipton* — *A War of the Worlds* Story. Andrew says it's third in the 2024 line-up and is like *War of the Worlds* (HG Wells) meets *Walter Mitty* (James Thurber).

"Pipton isn't so much a story, rather, a microcosm of what happens in one community and how people believe what's going on or not," Andrew says. "A love of the *War of the Worlds* story, a mixed disbelief and amazement that people back in the day actually believed the radio play was a real invasion. And I'm crazy about putting on musicals."

When asked what makes his original productions stand out, Andrew says: "I think I always thought that the ideas I had would only ever live in my head. To have them come to life and to have others so eager to be a part of something that was born of thought alone. It's the next best thing to looking into the eyes of your newborn baby. It's creation. It is surreal."

So what's coming up in 2024? First up, opening on Friday, 23 February is *Tiptoe Through the Tombstones* by Norman Robbins, directed by Terry Frawley. Next is *The Theatre Restaurant, A True Blue Aussie Review*, *Christmas in*

July Theme, also directed by Terry Frawley.

Andrew's back with his *Panic in Pipton* — *A War of the World Story*, directed by Debbie Hossack.

Oh yes, and let's not forget, *Mother and Son* by Jeffrey Atherton which will be directed by Michelle Whitmore, assisted by Debbie Hossack. This is Michelle's debut as director.

Now that things are back to normal, let's say, audiences are flocking to see Act 1's shows, offering great feedback.

"I love hearing patrons talking after the show or reading their comments in the visitor's book," Andrew says. "I'm grateful for the

amazing people I meet, on the writing and performing side."

So what's next for Act 1 Theatre? "I think we are already firmly set on a course to do more musicals and more original scripts and there is a strong wind blowing in our sails," Andrew says. "We'll continue with theatre restaurant performances too. These are such fun entertainment for our audiences. It's a really good way to fire people up."

"We do what we do and sometimes in difficult times because we love what we do," Terry says. "It's all about bringing laughs, deep emotions and entertainment to our patrons."






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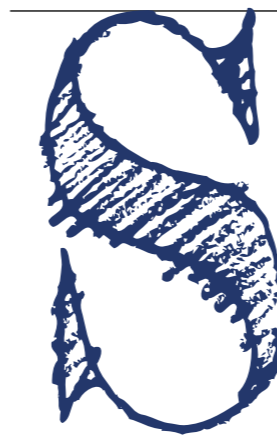


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MATESHIP WITHOUT JUDGEMENT

SHEREE HODDINETT

An outlet that's all about inclusion, togetherness and an opportunity to head into the great outdoors is Bamboo Projects.



Supporting others to achieve their goals in a natural and attainable way – that is the essence of Bamboo Projects. Husband and wife dynamic duo and Bamboo Projects directors Chris and Kristy are the faces behind the organisation, which has a focus on supporting people in our community struggling with mental health or disability to have a better quality of life. They run programs that are about bringing people together, creating an outlet for them to feel included and be with others while cleaning up waterways in the process. With an amazing team of mentors and volunteers, Chris and Kristy are both grateful for the opportunity to be able to make a difference to others.

Knowing all too well the difficulties of struggling with mental health is what spurred Chris on to be a part of the change and do something about it. He is an ex-tradie who spent 20 years in the construction industry and saw firsthand increasing suicide rates, even on job sites he worked on.

Chris himself has also survived panic attacks since the age of 14 and has had two mental breakdowns. When he returned to work after his second mental breakdown, he would talk to other guys on site about what he had been through and he found they opened up about their own mental health battles, but couldn't talk to their family or GP about it.

"Chris started offering to take guys fishing in his boat to share strategies on how he got through his mental health struggles," Kristy says. "This created a comfortable environment for the guys he took on the boat to talk about their mental health and how they could work together to feel better. It was about creating mateship, with no judgement."

Kristy is a special education teacher and also an environmental scientist. Her skills are used to support people with disabilities to gain access and inclusion to outdoor therapies, as well as education on Bamboo Projects Cleaning up the Waterways Programs. Kristy wants to make being on the water accessible to any ability level and that's where Bamboo Projects Cleaning up the Waterways program grew from.

"We have land-based teams that walk along the foreshore picking up marine debris, as well as boat crews that go deep into the mangroves or beaches to collect," Kristy says. "I educate people involved in the program about our unique coastal region and ways in which we can support it for the long term."

"We are so fortunate to live along the beautiful coastlines of

Moreton Bay. The Pumicestone Passage is recognised as one of the most important marine and bird habitats on the east coast of Australia. We want everyone to enjoy our coastlines, for generations to come. We do this in two ways, one is to provide access and inclusion to it in our all-abilities boats. If you can feel it, see it and touch it – you are much more likely to fall in love with it and care for it. We also do this through our Cleaning up the Waterways program, in which we remove marine debris – averaging 400kg to one tonne every trip!"

Inspiration for their organisation name came from their friend and mentor Les Brown, who shared his knowledge about the Chinese Bamboo Tree, a process which resonated with Chris and Kristy.

"This tree takes five years to grow," Kristy says. "When they go through a process of growing it, they have to water and fertilise the ground where it is every day and it doesn't break through the ground until the fifth year. But once it breaks through the ground, within five weeks it grows 90 feet tall."

"This is something that we now relate to our mental health journey. You have to continuously work on yourself and nurture yourself. And your results won't happen overnight, but with enough persistence, they will come through."

"You have to continuously work on yourself and nurture yourself. And your results won't happen overnight, but with enough persistence they will come through."

It's not lost on Chris and Kristy that they are one of many organisations striving to help others. But they have an overarching goal they work towards as their main focal point.

"We believe that supporting someone to achieve their goals doesn't have to be hard. It needs to be simple attainable steps that we can work on together, as mates, to feel supported and connected along the way," Kristy says. "We have the potential to grow into a huge organisation, as we are a registered charity and a registered NDIS organisation."

"There is a demand for our services as they are unique and we often have a waitlist for boat trips. But we know if we grew too big too soon, then we wouldn't have a small community feel and we want to ensure we are providing a high level of support from all of our team to our participants."

Although they receive awards and recognition for the work they

do, the true meaning lies in the day-to-day efforts of supporting others and helping them reach their own goals. With many beautiful memories already created and plenty more to come, Kristy speaks fondly of a man they see regularly, whose life changed after having a stroke in his mid-40s.

"Having an acquired disability later in life can be really tricky to navigate mentally," she says. "Before his stroke, he loved camping, fishing, 4WDing and having barbecues with his friends. Since his stroke, he felt like all of that had changed."

"After knowing him for about a year, we knew that one of his goals was to walk on the sand once again. He was very nervous about how unsteady he would be, but we encouraged him and told him we were there to hold him up and stabilise him. He finally took a few steps on the sand, turned to us and patted his chest saying 'proud, proud.' It was such a beautiful moment and one that I am sure many take for granted when they walk along the beach."

The dynamic of their organisation has grown along with them since they first started, with Chris and Kristy always looking for ways to make it better and more accessible for those who need them.

"Chris was at the boat ramp one day, before Bamboo Projects came about, and met a man in a wheelchair. He said to Chris 'How do I get on a boat like that if I am in a wheelchair?' Chris said to him that he would build a boat that had wheelchair access and in 2018, that's what we did," Kristy says.

"We have a few different-sized boats that are wheelchair accessible, but we have learnt over the years that not having a toilet on board was a big barrier. So, now we have fundraised and self-funded a new 9.5-metre all-abilities accessible boat with a toilet on board. This boat was custom-designed by Rebel Boats in Clontarf and is at the painters as we speak. It should be hitting the water in mid-2024."

"Not only will this boat provide access to the waterways for people of any ability, but it will have a larger deck space to hold marine debris when we do the waterways clean-ups. We still need funding to get us over the line and we'd love it if any local businesses would like to jump on board as a sponsor."

The bigger boat is their biggest goal yet and they are excited to unveil it this year, but that's not all, with a high chance you'll come across the Bamboo Projects team out in the community.

"We want to continue creating the ripple effect in helping others," Kristy says. "You never know what someone is going through and if you can be the non-judgemental person that they reach out to in their time of need, then that is pretty special!"

To find out more about Bamboo Projects, visit their website www.bambooprojects.org and follow them on Facebook and Instagram. You can also reach them via email hello@bambooprojects.org or by phoning 0423 346 605.



A LATHER OF AN IDEA

SHEREE HODDINETT

When Michelle Finnigan's teenage daughter struggled with eczema and there was no product that helped ease the itch, she knew it was time for a change. It was then

Michelle decided to come up with her own natural products and thus began her journey to what would eventually become the start of her very own business, Nourishing SoapBee.

AS a mum of four girls, Michelle Finnigan knows all too well the nature of dealing with sensitive skin. It was a little over 10 years ago when Michelle decided to venture down the path of making her own soap products.

Watching her then-teen daughter struggle with eczema and constantly itchy skin and going through multiple store-bought products with no relief, Michelle decided it was time to take matters into her own hands. She started on a journey that would see her create products for her daughter, plus other family and friends before making the big leap and sharing the "magic" further afield.

Fast forward a couple of years and Michelle, who is based in Rothwell, is now the proud owner and operator of Nourishing SoapBee. Michelle credits her role as a stay-at-home mum as well as working in retail and hospitality and studying business and accounting with getting her to where she is today – building her business from the ground up.

Michelle makes a variety of soaps, but has recently added a skin balm and also a lip balm to the range. The products are particularly aimed at those living with eczema and psoriasis or anyone with dry skin. They are also good for those wanting to live a low-toxin life.

"For years I made soaps for mostly my family and a few friends. I've experimented with so many formulas since then, some successful, some failures," Michelle says.

"Two years ago I made a new soap that was a big experiment and went against what the numbers should be. I let others apart from family try it. It started to be called my 'magic' soap as it was helping people's skin in cases where sometimes steroid creams weren't working.

"It gives me immense joy when I hear my products are helping others with their skin problems. I love seeing their skin happier and in turn, they are happier too."

So, what is it about Nourishing SoapBee that makes it different to other brands out there?

"My soaps are completely natural," Michelle says. "Plus I'm the one who makes and formulates all the soap bars that I sell.

"They are really skin-friendly products, particularly to those with eczema and psoriasis. I refuse to add colours or scent – either essential or fragrance oil.



All of my soaps have honey and beeswax, as they have great qualities for eczema-prone skin. I use shea butter in some of my soaps and even some animal fats, as well as olive and coconut oils. They aren't pretty in the conventional way, but are pretty in a rustic way."

Along with coming up with an amazing range of products, Michelle has also worked hard to lessen the impact on the environment.

"Being eco-friendly is very important to us at Nourishing SoapBee. We strive to keep everything as natural as

possible and source ingredients as ethically possible as we can," Michelle says.

"All of our ingredients are naturally derived, apart from the sodium hydroxide also known as lye. It is a manufactured substance and has a low carbon footprint. It also dissipates in

the curing process of the soap. There is no other alternative which will make the oils and fats saponify and therefore produce soap. Some people have tried bicarb soda, but the results show it is difficult to achieve a good product.

"The packaging we use

A little bit about the soaps...

Honey and Beeswax

Honey

Honey not only imparts a lovely scent, it also helps with a stable lather. It has rich moisturising properties and is full of antioxidants. Honey helps to nourish and hydrate the skin, leaving it lovely, soft and supple.

Beeswax

Beeswax also makes the soap smell nice, but it also helps to harden the bar, making it last longer. It is also a natural emollient that can help lock in moisture and protect your skin from stress from environmental factors.

"All of my soaps, except the vegan range, have honey and beeswax. I consider them vital," Michelle says.

"I source them locally from small reputable producers. Both of these ingredients are natural and when combined, I believe, add that little bit of a special quality.

"I will aim to add in different soaps from time to time, but will always keep my core range, which is a goat's milk soap and a coconut milk soap."

The future looks bright for Michelle and her small family business, but for now, she's very content providing a product that helps her clients, their skin and bringing smiles to once unhappy faces.

"One day, I would love to expand into a small factory but still be able to keep my core values of making a sustainable eco-friendly product," she says. "I've already grown so much to when I first started, I can't wait to see what I can achieve next."

To find out more about Nourishing SoapBee, you can follow the business page on Facebook by searching for Nourishing SoapBee.

If you have any questions for Michelle, please email her at m.finnigan2019@outlook.com.



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"As a parent, there is nothing more important than ensuring that my child is being taken care of in a safe and nurturing environment. I am so grateful to have found Sesame Lane, who not only understands the importance of safety and health, but who also provides a warm and loving atmosphere for my child. The level of care and attention my child receives on a daily basis is truly remarkable. I highly recommend Sesame Lane to any parent who wants the best for their child.." Tamika, Sesame Lane Parent.





WOULD YOU LIKE A REMBRANDT OR TWO?

**GABRIELLE TURNBULL
ART SO LIVELY**

THE rate and scope of the advances and innovation of Artificial Intelligence (AI) regularly shocks me, as what was once fantasy becomes reality.

But my surprise knew no bounds when I read an article written by CNN's Oscar Holland.

He writes that a newly-formed company named Lito Masters, with their new 3D printing techniques, can now accurately reproduce famous art masterpieces.

My initial reaction was, "So what! That's old hat!" as we all know about highly accurate photocopying. However, as I continued reading, I realised it wasn't 'old hat photocopying' at all.

The laser scanning used is so advanced that it allows the accurate mapping of paint textures and colours, even down to reproducing the artist's original brush strokes, cracks in the canvas formed by age, and any other characteristics or imperfections of the original painting.

This new technique has transformed

how the world's galleries and museums can conserve paintings and it has opened up a massive new art market, as well.

"It's almost a clone," claims the company's co-founder.

Using "advanced lithography" limited edition collectible masterpieces are copied with even experts having difficulty distinguishing them from the original.

But as Holland writes, "But even to the untrained eye, there is one major difference - the price!"

For example, a new technology canvas copy of Van Gogh's Bedroom in Arles is now available for under US \$4000, whereas the original sold at Sotheby's in 2018 for over US \$66 million.

Smaller-sized work on paper will sell for under US \$500. Even though they are reproductions, each work comes with a certificate of authenticity.

Apart from greater accessibility, there is another advantage to this advanced lithography - the safer touring of precious artworks.

Expensive and potentially dangerous transportation of original masterpieces from their home galleries to other countries' galleries could now become a thing of the past with reproductions filling the void.

Oh, what an amazing time we live in!



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SUSTAINING YOUR NEW YEAR'S RESOLUTIONS

JAN ROESCH
OVER 50'S HEALTH

THE dawn of a new year often ushers in a wave of enthusiasm for embracing healthier habits, with strength training consistently topping the list of resolutions.

The familiar sight of crowded gyms in January is a testament to this collective determination. However, the true challenge lies in sustaining this commitment beyond the initial surge, requiring a strategic approach, a well-thought-out plan, and unwavering perseverance.

As a Strength Coach specialising in the over-50s demographic, I've observed the fitness fervour in my local gym members since the turn of the year.

It's not just about hitting the gym; it's about creating a sustainable lifestyle that promotes enduring strength, health, and vitality. To achieve this, a holistic approach is key.

One effective strategy involves adopting SMART goals, a concept tailored for success – Sustainable, Measurable, Achievable, with a sense of Responsibility, and a defined Timeframe. This personalised

framework ensures that fitness objectives are not only realistic but also maintainable, fostering a long-term commitment to health and wellness.

Consistency and persistence emerge as powerful allies in this fitness journey. These qualities not only build a resilient mindset but also fuel motivation for achieving remarkable results.

However, staying consistent requires accountability. While the onus is on individuals to stay on track, training with friends and enlisting the support of a coach can significantly enhance accountability.

It's crucial to emphasise that a coach's role isn't to carry the burden of your commitment, but rather to guide, motivate, and provide expert guidance.

Having a coach who understands your unique goals and prioritises injury prevention can be a game-changer.

Beyond individual efforts, fostering a supportive community within your fitness circle adds an extra layer of accountability.

In my experience, a good coach, combined with a supportive community, acts as the backbone of long-term fitness success.

Their collective influence helps individuals navigate chal-

lenges, celebrate victories, and stay committed throughout the year. It's not just about lifting weights; it's about building a lifestyle that prioritises well-being.

As we venture into this new year, let's not just set resolutions but commit to sustainable change.

By incorporating a strategic plan, staying consistent, and embracing accountability, we can transform our fitness resolutions into lasting habits, leading to improved strength, health, vitality, and overall well-being for the over-50s and beyond.

If you'd like to see how we work at Over 50's Health, book in for a free 30-minute strength training session.



How to Keep Love Alive in Relationships

TANYA FISHER
REDCLIFFE COUNSELLING

LOVE is not a static feeling that magically lasts forever. Love is a verb, it requires action. To keep love alive in your relationship it needs nurturing, attention, and effort. Here are four strategies for you, and your partner/s, to practice strengthening your bond and enhance your intimacy.

- Be fair. Treat your partner/s with respect and equality. Honour your agreements and keep your promises. Avoid double standards and power struggles. Fairness builds trust and security in a relationship.

- Keep dating. Do not let your relationship become routine. Make time for each other and do things that you both enjoy. Surprise your partner with random acts of kindness and gestures to show them that you care and that they matter to you. Dating keeps the spark and excitement alive in a relationship.

-Go on a honeymoon. Whether it is your first or your twentieth, a honeymoon is a wonderful way to reconnect and rekindle your passion. Leave behind the stress and distractions of everyday life and focus on each other for a day,



a week, or a month! Honeymooning helps you remember why you fell in love in the first place.

- Unplug. Technology can be a blessing and a curse for relationships. While it can help you stay in touch and share your experiences, it can also be a barrier to sharing quality time and building intimacy. Designate sacred time for your relationship and create a tech-free zone. Turn off your phones, computers, and TVs and tune in to each other. Unplugging helps you deepen your communication

and connection with the other person.

Sometimes in our relationships, we lose connection with each other. Do not hesitate to reach out and talk to me on 0487 844 603 about how I can support your relationship to be all it can be.

Happy Valentine's Day! May the day remind you to love greatly

PS. I love you Dazi.

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EMBRACE A HEALTHY LIFESTYLE IN MORETON BAY



JO KELSEY

AS we step into 2024, the City of Moreton Bay is paving the way for residents to smash their health and fitness goals through their Healthy & Active Moreton program.

This initiative aims to create a vibrant and flourishing community by providing a plethora of free or low-cost activities tailored to all

fitness levels.

Recognising the diversity within the community, the program ensures inclusivity by offering activities that cater to various age groups, mobility levels, fitness capabilities, interests, and locations.

With an impressive array of approximately 100 activities per week, residents can choose from a wide range of options,

including wheelchair dance and basketball, adaptive skate sessions, online classes, and specialised activities designed for seniors. The initiative responds to the recent Census data highlighting that 37.3% of Moreton Bay's population lives with long-term health conditions, surpassing the rate in Greater Brisbane (32.8%).

Mayor Flannery emphasised the versatility of the program, noting that many activities are beneficial for individuals managing health conditions.

These activities not only contribute to physical health but also provide a positive impact on mental well-being. The overarching goal is to create a supportive environment that encourages an active lifestyle while fostering social connections within the community.

The program encompasses a mix of traditional favourites and innovative classes, ensuring there is something for everyone. From heart-pumping boot camps and dynamic group fitness sessions to the serenity of yoga and Pilates, the offerings are diverse. Sports enthusiasts can partake in soccer, dance, surfing, and stand-up paddling. For those seeking a gentler approach, there are options like chair yoga, tai chi, meditation, mindfulness, and nutrition workshops.

All activities are led by qualified professionals, ensuring a safe, friendly, and inclusive environment for participants. The Council encourages residents to jump online and explore the program's calendar to discover affordable and enjoyable activities happening near them.

The website serves as a hub for information on the program's offerings and facilitates easy booking.

The Healthy & Active Moreton program operates year-round to support residents in their journey toward improved health and well-being.

Residents are invited to join the movement and embark on a journey to a healthier and more active lifestyle.

To learn more about the Healthy & Active Moreton program and to book activities, visit <https://www.moretonbay.qld.gov.au/Services/Sport-Recreation/Healthy-And-Active-Lifestyles>

Let's make 2024 the year we prioritise our health and well-being.

ASK AN EXPERT

An Essential Oil Experience - AromaTouch Technique



BY DEBB WEBBER
ZEN CHI NATURAL THERAPIES
NORTH LAKES

If You're looking for better sleep, more energy, a stronger immune system, neurological balance, relaxation, less discomfort, and overall elevated wellbeing – you will want to try the AromaTouch massage technique!

Unlike traditional aromatherapy massage, the AromaTouch massage technique utilises eight specific essential oils and blends to promote relaxation and stress relief, offer immune support, decrease pain and inflammation, and elevate mood.

The oils and oil blends used are dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard®, AromaTouch®, Deep Blue®, Wild Orange, and Peppermint.

Balance and Lavender are used for stress management. Tea Tree and On Guard for Immune Support. AromaTouch and Deep Blue for Inflammation and Wild Orange and Peppermint to bring balance to both body and mind.

The essential oils are applied along energy meridians and on reflexology points to stimulate and promote homeostasis and bring balance to the body.

Environmental factors have a negative impact on overall health and wellbeing, disturbing homeostasis – the balance our bodies need to function optimally. Such challenges, even when they do not immediately result in disease, cause our bodies to function below optimal levels.

AromaTouch massage technique can assist and support your mind, body and soul to come back to balance as a whole.

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Eco Eve

Make Your Own Summer Dog Treats

DIY Cool Kibble Treat

Take some of your dog's favourite dry kibble biscuits*, liver or small treats and water to make frozen dog-friendly ice blocks to cool your dog down in summer.

- Fill a used yoghurt container, silicone pan or clean plastic moulded shape ¾ full with water.
- Sprinkle in a few bits of kibble
- Freeze for eight hours

*You can substitute cooked, diced chicken breast for kibble biscuits

DIY Veggie Dog Treats

- Cooked pumpkin, carrot or sweet potato (either raw or leftover veggies are perfect)
- Grate or dice raw vegetables and par-cook in the microwave for 2-3 minutes depending on quantity
- Puree leftover vegetables
- Place in ice cube trays adding a little water to the raw veggies. Freeze and enjoy

Home Cleaning Tips

Clean your stained coffee mugs and teacups easily and naturally with a scourer, bicarb soda and a little water – they come up like new.

Shower Screens – Wipe over with a mix of vinegar and dishwashing detergent. A Magic Eraser helps.

Mould on walls – Don a pair of disposable gloves and scrub with neat household bleach (you might take off some paint, so use caution). Scrubbing firmly breaks the mould spore capsules. Dispose of scourer/brush/rag and gloves as they will contain mould spores.



LOST TRADES

MEADE MURPHY

SEPTEMBER last year I finished the last flood recovery antique restoration job from the 2022 flood. The same month I turned sixty and the Bureau of Meteorology declared an El Nino.

I thought, "Great no more flood jobs for a while so I can catch up on and prioritise a number of church jobs." So, I booked in 54 large church pews, which had the polish destroyed by hand sanitiser during the Covid-19 pandemic.

Starting on 8 January, doing four pews a week, I will be out of action until the end of April! Then the storms hit late December delivering destructive winds, hail and floods.

The trouble is, now that I'm sixty I don't think I've got another flood recovery in me. There is a lot of running

around quoting, picking up and delivering involved, on top of the antique restoration. I think I would like a normal life and work just 40 hours a week and not 50 or 60 hours.

I've been doing flood recovery since I left school at the age of fifteen. I've won every award there is for flood recovery.

I've even received a Papal Blessing award from the Vatican for restoring St Luke's after it was destroyed by a hail storm in 2014 (see picture). I'm also in the Redcliffe Hall of Fame for my achievements to the community for flood recovery of antique furniture.

Recently, we restored a number of pieces of Chinese furniture which were badly water-damaged after a container had leaked. Every furniture restorer the removalist company contacted said the pieces were not restorable.

This response from my industry was disappointing, as we restored them quite easily as we had the necessary skills and tools for flood recovery work.

It appears that my trade has been reclassified by the Queensland Government as a 'furniture refinisher' and is no longer classed as a 'French polisher' or 'antique restorer'.

I was trained by immigrants from England and Ireland in veneer repairing, and polish rejuvenation to save the patina on genuine antique furniture.

The federal government decided not to bring in these highly-skilled immigrant tradesmen into Australia as the unions wanted to grow homegrown tradesmen here in Australia.

The trouble is that TAFE colleges don't have a trade teacher in the skill of flood

recovery of antique furniture. The same goes for clock repairs. To make matters worse, the company Goods and Chattels is now closing down due to ill health, so we will struggle to source spare parts for antique furniture.

I guess I am lucky as I have inherited a large collection of spare parts from antique dealers and restorers who have retired or passed away. Currently, I have one of the last antique shops in the Moreton Bay local government area.

What will be the future of antique restoration here in Moreton Bay?

All the upholsterers are getting older as well as our silversmiths etc., as most of us are in our sixties now.

I guess like antiques, time will tell.



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3.5 out of 5 stars

SO Popular with Australian diners, local residents have a new Thai dining option in North Lakes.

The fully licensed Char Thai BBQ restaurant opened eight months ago with an extensive menu of dine-in and takeaway dishes. The most popular dish is the Angus beef rib massaman curry – a slow-cooked beef shank served with roasted, seeded mustard chat potato cakes. Three barbecue set options with add-ons complement the chef-cooked mains of grills, curries, noodles, whole fish dishes, light salads, and wok dishes.

I skipped the slightly oily house-made fish-cake starter for the 'super moreish' spring rolls (vegetarian), both served with a mildly spiced sauce. Dine-in customer Paul says he comes down regularly for the lunchtime specials, finding the barbeque flavours "delightful!"

With an inviting décor and helpful staff, the menu can be adapted for vegetarians, with gluten, dairy and egg ingredients clearly marked. BYO wines (corkage \$4pp), or choose from imported and local beers, ciders, Oyster Bay wines, cocktails or Thai teas and smoothies.

Bonus: Easy parking at the door – enter Kallangur-bound on Anzac Avenue.

Outdoor (covered) verandah tables are pet-friendly.



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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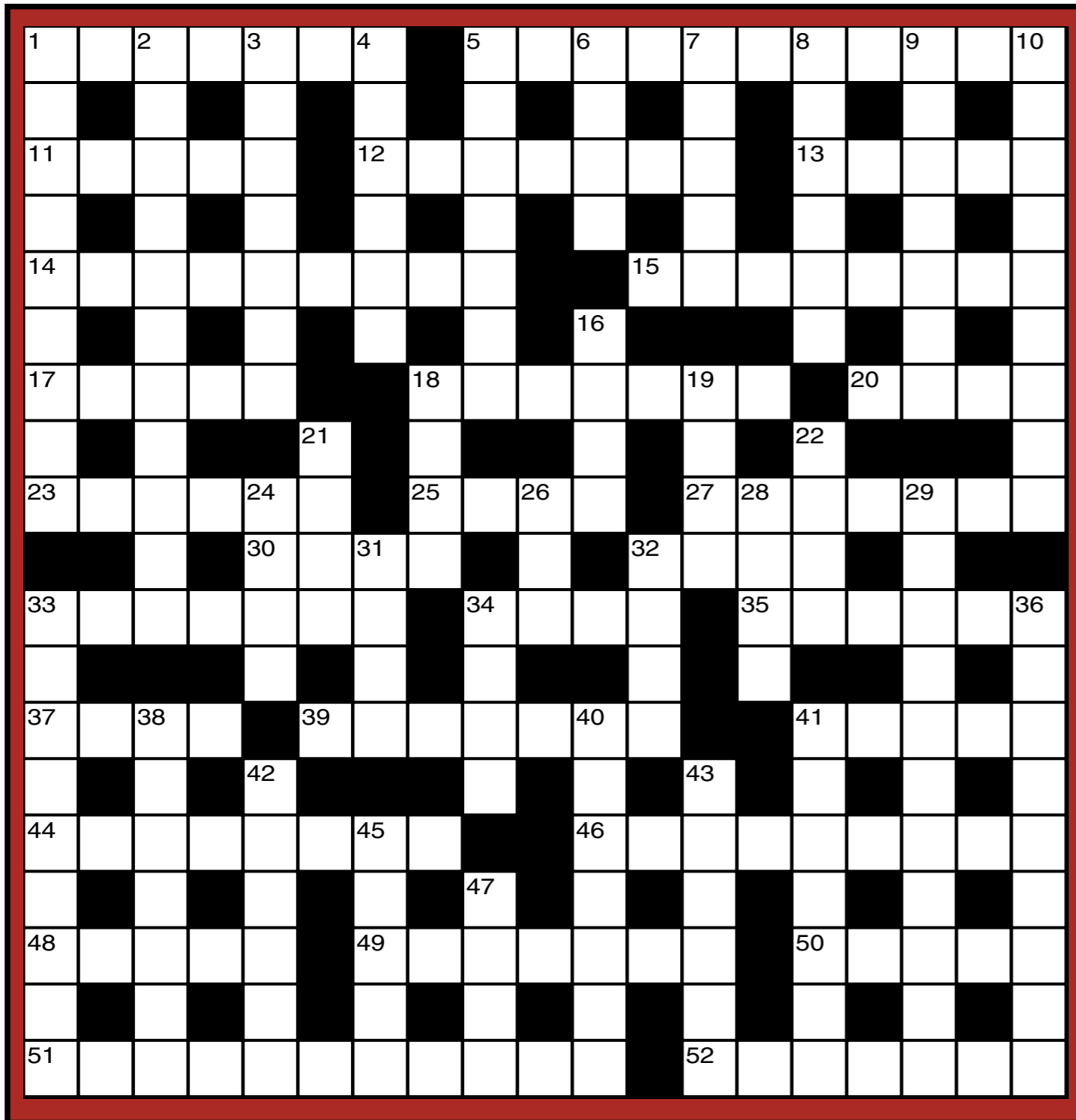


NARANGBA VALLEY TAVERN

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.

NT
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37-47 Golden Wattle Drive, Narangba
www.narangbatavern.com.au
@narangbavalleytaVERN

THE BIG ONE CROSSWORD



- DOWN**
- 1 Exhibited (6,3)
 - 2 Weakening
 - 3 Ideal instance
 - 4 Borrower
 - 5 Saltwater lake (4,3)
 - 6 Exploit
 - 7 Insane (coll)
 - 8 Muddy
 - 9 Sheer silk fabric
 - 10 Alluring
 - 16 Compassion
 - 18 Markers
 - 19 Dance style (2-2)
 - 21 Forest
 - 22 Overlay with gold
 - 24 Small unit of mass
 - 26 Purchase
 - 28 Stray
 - 29 Pep pill
 - 31 Low dam
 - 32 Rabbit-fur
 - 33 Lacking melody
 - 34 Neat
 - 36 Earnestly
 - 38 Archer's weapon
 - 40 Deflected
 - 41 Venetian boat
 - 42 Fool around (4,2)
 - 43 Poise
 - 45 Stopwatch
 - 47 Unruly child

- ACROSS**
- 11 Arrange
 - 12 Conspicuous
 - 13 Seethed with anger
 - 14 Flagrant
 - 15 Tending to promote health
 - 17 The Hunter constellation
 - 18 Proceeds
 - 20 Dry river bed
 - 23 Appeal for
 - 25 Overtake (2,2)
 - 27 Make a face
 - 30 Quarrels
 - 32 Lacking in cordiality
 - 33 Improve
 - 34 Novice
 - 35 Modifies
 - 37 Defrost
 - 39 Gifted child
 - 41 Gather (grain) after the reapers
 - 44 Dotage
 - 46 An addition
 - 48 Taxi driver
 - 49 NW African kingdom
 - 50 Speak up
 - 51 Downcast (3-8)
 - 52 Boldly

MEDIUM SUDOKU #89

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5					2	8
7		2			4	1

Puzzle Solutions on Page 38 HARD

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		4		7		5
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			1	8	9	7
7			2	4		1
9						8

DATE CLAIMERS

SUPER BOWL LVIII

Are you ready for the ultimate American sporting extravaganza? The Super Bowl, the grandest stage for football, is back and bigger than ever on Monday, 12 February! And guess what? You don't need to travel across the globe to experience the electrifying atmosphere of Super Bowl LVIII, because plenty of local venues will be screening the game from 9:30am and offering special deals.



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/harrisavenue

New Social Group forming
 If you're over 60 and looking for like minded people to share coffee, a chat and the occasional movie, a new social group is forming in the Deception Bay and Burpengary areas. Men and women welcome **Details:** Phone Marian after 1pm | 0420 444 175

3 February - 7 March
 In her exhibition, **Tranquil Threads**, glass artist Magdalena Marciniak delves into the concept of tranquillity. Taking inspiration from the nearby Bunyaville Forest that surrounds her studio, Marciniak's artwork captures the essence of nature's influence by incorporating graceful lines, captivating lights, and intriguing shadows. **Details:** FREE | Tuesday to Saturday, 10.00am to 4.00pm | The Hub Gallery, 4 Hasking Street, Caboolture | Contact: 5433 2800 or email Caboolture.Gallery@moretonbay.qld.gov.au

4 February
 Experience a unique **Culinary Nutrition Workshop** with Melissa Cook, a renowned nutritionist and metabolic balance coach. During this morning tea event, Melissa will demonstrate how to prepare three delicious meals that are compatible with the Metabolic Balance program. Learn how her program can help reset your metabolism, reduce inflammation, release excess weight, and promote healthy hormonal balance. Book your spot now as spaces are limited. **Details:** \$38.50 pp | From 10.00am | Wray Organics, Discovery Drive, North Lakes | Contact: linda@zestnaturaltherapies.com.au

8 February
 Join Shannon Swales from Burnout Psychology Support at the **Build Your Wellbeing at Work** event. Learn strategies to avoid burnout and work overwhelm and discover five effective methods to prevent these issues. Bookings required. **Details:** FREE | 6.00pm to 7.30pm | North Lakes Library, 10 The Corso, North Lakes | Contact: 3480 9900

11 February
 Love is in the air at the **Valentine Themed Dance** featuring live music from About Face

10 February
 Escape the summer heat by diving into the refreshing waters of **Splash and Play at the Mill Water Park**, presented by City of Moreton Bay. Kids will love frolicking in the splash pad and exploring the adventure playground at this family-friendly event. Unwind with a picnic blanket and camping chairs for lunch, courtesy of an array of tasty food trucks. Two talented DJs will also be on hand to play popular tunes and host games. **Details:** FREE | 8.00am to 12.00pm | The Mill Water Park, 1 Moreton Parade, Petrie | Contact: 3453 1400

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

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

Band. People from all walks of life are invited to enjoy a diverse selection of music from the 50s, 60s, and early 70s. This event is completely alcohol-free and participants are asked to bring their own food. Complimentary tea and coffee are provided. **Details:** \$20pp | 1.00pm to 4.00pm | Burpengary Community Hall, 111 Station Road, Burpengary | Contact: 0488 156 724 or email dancegroup032023@gmail.com

Lakeside Park is hosting the **Ute-SUV-4X4 Extravaganza**, a fantastic day out for families. All types of utes, SUVs, and 4X4s are welcome, and there will be a range of activities such as cruising, show'n'shine, dirt drags, circle work, and trade stalls. The entry fee for cruises is \$20 while participating in the Track Challenge will cost \$50. A special VIP package priced at \$120 is available. **Details:** Spectators \$10, children under 12 free | 7.00am to 4.30pm | Lakeside Park, Lakeside Road, Kurwongbah | Contact: 0474 303 817 | Tickets online racers.world/eventmb/2800/cat/8912

Book now for the Podcasting for Writers workshop hosted by the Queensland Writers Centre. Join author Ben Hobson as he guides attendees through the essentials of setting up and writing their podcast. Explore various podcast styles and genres, discover tactics to connect and captivate an audience, and more. Bookings required. **Details:** FREE | 1.00pm to 2.30pm | Caboolture Library, 4 Hasking Street, Caboolture | Contact: 5433 2000 or email Caboolture.library@moretonbay.qld.gov.au

Take part in the festivities of the **Dragon Walk at the Witches Night Market**. Dress up and have the chance to win prizes for the best hat and best-dressed categories for males, females, and children. Let your imagination run wild as you choose to dress as a dragon, witch, wizard, wise one, or sorcerer. The Witches Market takes place from 2pm to 9pm. Both stallholders and patrons are also encouraged to dress in their favourite magical attire. **Details:** FREE | 5.00pm to 5.15pm (registration at 4.45pm) | Petrie School of Arts, | Contact: 0415 800 888 or email market@twnm.com.au

Enjoy canapes while mingling with others. Make sure to dress per your relationship status: green if you're available, yellow if you're unsure, and red if you're taken. Please note that this event is strictly for those aged 18 and over. **Details:** FREE | From 7.00pm | Sundowner Hotel, Cnr Aerodrome Road and

Bribie Island Road, Caboolture | Contact: 3051 7618

23 February
Dreams - the Fleetwood Mac and Stevie Nicks Tribute Show is gaining popularity across Australia and will soon be arriving at Kallangur Tavern. The tribute show captures the

50s+ Club Kallangur
 Meets the 2nd and 4th Tuesday of each month. Ph: 3204 6366

Phoenix Country Music Club
 Meets the second Sunday of each month commencing at 11am at the Burpengary Community Hall, Station Rd, Burpengary Young and Old alike are welcome and encouraged to get up and have a go. Phone 0405 722 246

Probus Club of Caboolture
 Meets on the second Monday of each month at 9.30am at Council Hall 21 Hayes Street Caboolture. Contact Secretary on 0418632689 or probuscaboolture@gmail.com.

Burpengary Men's Shed Drop In Group
 Meets on the first Tuesday of each month from 6pm - 8pm at The Burpengary Men's Shed 1-17 Maitland Road Burpengary East. Contact Rodney Hansen on 0481 480 486.

Caboolture Radio Club Inc
 Meets on Saturday and Monday mornings at about 9 am at the clubrooms behind the Scout Den at 169 Smiths Rd, Caboolture. Newcomers welcome. Our interest is primarily amateur radio, though an interest in radio or electronics is not necessary. Ph 0455 860 256 vk4qd@yahoo.com.au

8 February
 Join Shannon Swales from Burnout Psychology Support at the **Build Your Wellbeing at Work** event. Learn strategies to avoid burnout and work overwhelm and discover five effective methods to prevent these issues. Bookings required. **Details:** FREE | 6.00pm to 7.30pm | North Lakes Library, 10 The Corso, North Lakes | Contact: 3480 9900

10 February
 Escape the summer heat by diving into the refreshing waters of **Splash and Play at the Mill Water Park**, presented by City of Moreton Bay. Kids will love frolicking in the splash pad and exploring the adventure playground at this family-friendly event. Unwind with a picnic blanket and camping chairs for lunch, courtesy of an array of tasty food trucks. Two talented DJs will also be on hand to play popular tunes and host games. **Details:** FREE | 8.00am to 12.00pm | The Mill Water Park, 1 Moreton Parade, Petrie | Contact: 3453 1400

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THE CRYPTIC CRITIC:

Care Should Be The Name of the Game



RICHARD LANCASTER

ACCORDING To the latest media releases, our Prime Minister has said that foreign soldiers could be allowed to join the ranks of the Australian Defence Force, under a proposal to boost our flagging military numbers. Minister for Defence Personnel Matt Keogh further endorsed the idea by saying that Pacific countries would be favourably considered.

This has all come about because of the high resignation rate of over 11% from our defence force ranks in 2022/23. Thus the Department of Defence has failed to meet its retention goals and that's a serious matter. Acknowledging this, the Department has offered its existing defence force personnel a one-off retention bonus of \$50,000.

Unsurprisingly, about 85% of eligible personnel accepted the bonus. But the problem remains, we need more defence

personnel! Nevertheless, should we take foreign soldiers into our armed services? Cryptic Critic suggests great care should be exercised before any foreign troops are taken on. Why? A couple of years ago, a Middle East commentator Aubrey Bailey wrote an interesting piece questioning the allied approach to alliances in the Middle East.

Although the time, countries and events are different, the principle as written could be applicable, particularly given the recent strategic alliance formed between the Solomon Islands and China.

Here are Aubrey Bailey's comments: "We (the Allies) support the Iraqi government in the fight against Islamic State (IS).

We don't like IS, but IS is supported by Saudi Arabia, whom we do like. We don't like President Assad in Syria. We support the fight against him, but not IS, which is also fighting against him. We don't like Iran, but Iran supports the Iraqi government against IS.

So, some of our friends support our enemies and some of our enemies are our friends, and some of our enemies are fighting against our other enemies, whom we want to lose, but we don't want our enemies who are fighting our enemies to win."

Once you have read Ms Bailey's comments at least twice, it will make sense. And that is why care must be exercised. Many wonder why we need armies. A cynic has the answer. "War will be endless because peace isn't profitable!"

VOICES FROM AFAR STORIES FROM REDCLIFFE RADIO CLUB

LAUREN WADE

HAVE you ever wondered how a little radio signal, less than the power of a light globe, can travel to and from the planet Mars, 55 million kilometres away? An incredible blend of nature's gift to us and the endeavours of human technology. From that first little dit-dit-dit, the Morse code letter 'S' was received by Guglielmo Marconi on an eastern cliff-top in St John's Newfoundland in Canada, from Cornwall in England in 1901. It was the start of a journey where we now communicate with distant planets.

Long-distance communication has always intrigued mankind, from Sitting Bull's smoke signals to the firework signals along the coast of Britain to advise the insurance companies of the safe arrival of trading ships. This interest was taken up almost 40 years ago by a group in Redcliffe, founding the Redcliffe and District Radio Club, on Klinger Road, Kippa-Ring. Having grown to over 80 members, they have at their disposal a myriad of ways to communicate not just across the region, but across the world. Day and night they routinely talk to friends from one side of our planet to the other.

Radio communication can just simply be fun talking, or club members can stretch their knowledge and imagination to

see how far they can develop this intriguing media. How about Slow-Scan TV? Linking your radio transmitter to your computer? How about seeing how far you can reach with the smallest possible output from your radio (called QRP transmission)? Instead of huge 1200-watt amplifiers on their transmitters, these enthusiasts put out a signal of just milliwatts, using Morse code, and communicate across the world. What a sense of satisfaction it is to get a reply from another enthusiast on another continent from these tiny radios.

The club facility is open several days a week, has several transmitters using various amateur radio bands, and there is always someone to help out with a problem. Members' knowledge ranges from nothing (this author) to 20 and 30 years of experience in the radio field. Help and advice are always at hand. Throughout the week there are numerous radio 'nets' operating where members of various clubs get together from their home (or travelling) for a chat, or as we do on Wednesday night, have a trivia contest (some of the questions, and many of the answers are hilarious!)

There is a more serious side to this club. What happens when there is an emergency, no power, no internet, no WIFI, no NBN? We had an example

of that in Queensland recently with the explosion in the Callide Power Station. Half a million homes, industries, and emergency services were without power, and standby generators had to kick in at hospitals. An amateur radio network is there as an adjunct service to fill in the holes left by the loss of contact with first responders. In many cases in the past, the incident report and the current status in the affected area are first communicated to the outside world by an amateur using his home equipment. In recent years, when a catastrophic hurricane hit Jamaica the first responder system was flooded with calls for urgent traumatic injuries, damaged infrastructure, hospital supplies, fuel, medical aid, shelter, etc. It was left to the amateur radio networks to advise distraught families locally and overseas as to the safety of missing family members, and the need for clothing, food, generators, and ongoing medical supplies for chronic medical conditions in family members. This potential is currently being explored and developed across the Sunshine Coast and Moreton Bay area. State authorities and local councils are developing an emergency network of amateur radio operators who are available to work in conjunction with these authorities in the case of an emergency.

What does it take to become a member? Anyone can join the club. I spoke last night to a 10-year-old boy in New South Wales on his first radio transmission. His maturity amazed me. As a club, we also set up demonstrations at a scout jamboree allowing the boys and girls to talk to each other from here in Queensland to South Australia, even to a New Zealand yachtsman at sea. However, to be able to transmit a signal on any of the amateur radio bands, one requires a government-issued licence. With the help of the training officer, it is a relatively easy exam to sit, for your initial (foundation) licence. For a small fee, one can then set up a transmitter (station) at home, be given a call sign for that station, and begin the fun of talking to the world (or even just listening!) If one so wishes, one can move on to higher grade licences, which open up more bands to talk on, and more power to use in your radio to transmit.

It is a fun hobby, with a multitude of interests for all ages. All are welcome. We can be contacted by a visit to the Kippa-Ring location, or by emailing us at redclifferadioclub.org.au

The World According to Kate MIGHTY FINE... 'CUISINE'



WHILE I'm not one for forming exclusive circles, I relish my weekly get-togethers with girlfriends for coffee. I'm not talking about the Hollywood cliché of a tight-knit group, à la *The Book Club* or *Coitus in the City*. I simply mean taking a break once a week, catching up with whichever girlfriend can make it, and savouring some well-deserved me time.

We all need a space to openly share, learn, and uplift one another. Women especially seem to do better when they have a trusted circle where they can discuss anything from kids, work, grocery prices, funny experiences, and, of course, coitus.

It's amusing to hear how parents discreetly refer to reproduction differently, aiming to maintain a sense of respect and appropriateness around their children. But I often wonder how much confusion these euphemisms might cause later in life. "Wait, it's not an eggplant?" During a recent coffee meet-up, I discovered a couple who

use 'cuisine' as their code word for coitus when chatting with hearing of their three young children. This word choice intrigued me because they use the term as a reminder that intimacy requires effort and should not be taken lightly.

Reflecting on past conversations during coffee dates, particularly those about relationship intimacy, I noticed a common thread: partners with the 'primal' view of procreation. Namely, I have a need, and I want it fulfilled. Preferably right now.

In the 'cuisine' analogy, this might be akin to going to a restaurant, ordering from the menu, and enjoying the meal without appreciating the effort behind creating the ambience, preparing the food, or adding that signature touch.

Just as a meal doesn't miraculously appear on your plate, neither does coitus. Even if you're lazy, getting a meal involves effort—choosing, ordering, paying, receiving, unpacking, and hopefully cleaning up. Similarly,

there is an effort to be made if lovemaking is on one's radar.

Yet 'primal' partners tend to complain that their partners are 'never in the mood'. If this is you, I encourage you to think of coitus, like cooking, as a chance to bond beyond the physical. Elite chefs plan, gather ingredients, consider preferences, and craft a thoughtful experience. They pay attention to details—flavours, textures, presentation—to create a personalised culinary delight. This dedication is not momentary; they devote their life to achieving the ultimate experience.

Likewise, coitus requires thoughtfulness and planning. Consider what your partner enjoys beyond lovemaking, plan sensual activities or surprises based on their preferences, and be attentive to their needs, desires, and emotions. This isn't something you do when you feel 'hungry.' It requires daily gestures that evoke emotions through sight, touch, and words. This 'prep-work' could be likened to when a chef stocks up on the ingredients they need to quickly create a dish when required – and is done well in advance.

So my friends had made an excellent point. We must stop treating coitus like a drive-thru and start seeing it as a fine din-

ing experience. Sure, it might require advanced planning and patience, but it's worth the wait to secure the consistency of that mighty fine... 'cuisine'.



LETTERS TO THE EDITOR

a good lesson in manners, it seems there are also some adults out there that have forgotten how to treat others with a little courtesy.

Many members of older generations (now I'm talking anyone aged possibly 30 and up), no longer know how to say excuse me, please, thank you or even acknowledge another person has done something nice for them.

I can appreciate not everyone likes talking to strangers, but using manners isn't difficult. I also understand there are bigger things happening in the world, but it's not hard to say "thank you" to someone who opens a door for you or "excuse me" if someone happens to be in your way at the supermarket.

And let's not forget about the little wave of acknowledgment out on the roads too. You know the little salute to say thank you for giving me some space on the road or allowing me to merge

It really doesn't take much to use a little bit of kindness to brighten up someone else's day.

Michelle T | Morayfield

little bit of a rough patch can turn into a nasty hole very quickly and before you know it you're dealing with a damaged or even flat tyre.

We all know there's a lot of development taking place across the City of Moreton Bay and with development comes a lot of trucks and other vehicles using the roads close by. Extra traffic means lots of wear and tear and in turn potholes appearing even quicker.

One such example is Oakey Flat Road with multiple developments taking place between Narangba and Morayfield.

These developments will be ongoing for some time, but the road is only going to get worse with temporary fixes to get by. How many temporary fixes will it take before something is done to fix the road properly? Or will it take someone being hurt or worse killed, before proper action is taken? We all know the politicians will certainly make their promises (we are in an election year after all), but there needs to be less talk and work done instead!

Kathlene R | Burpengary

MANNERS BEGONE

QUITE often you hear comments made about how rude kids are these days. While I must admit there are many that could do with

DISAPPEARING ACT

THE recent rainy weather has turned some of our local roads into a bit of a mess. What may start out as a

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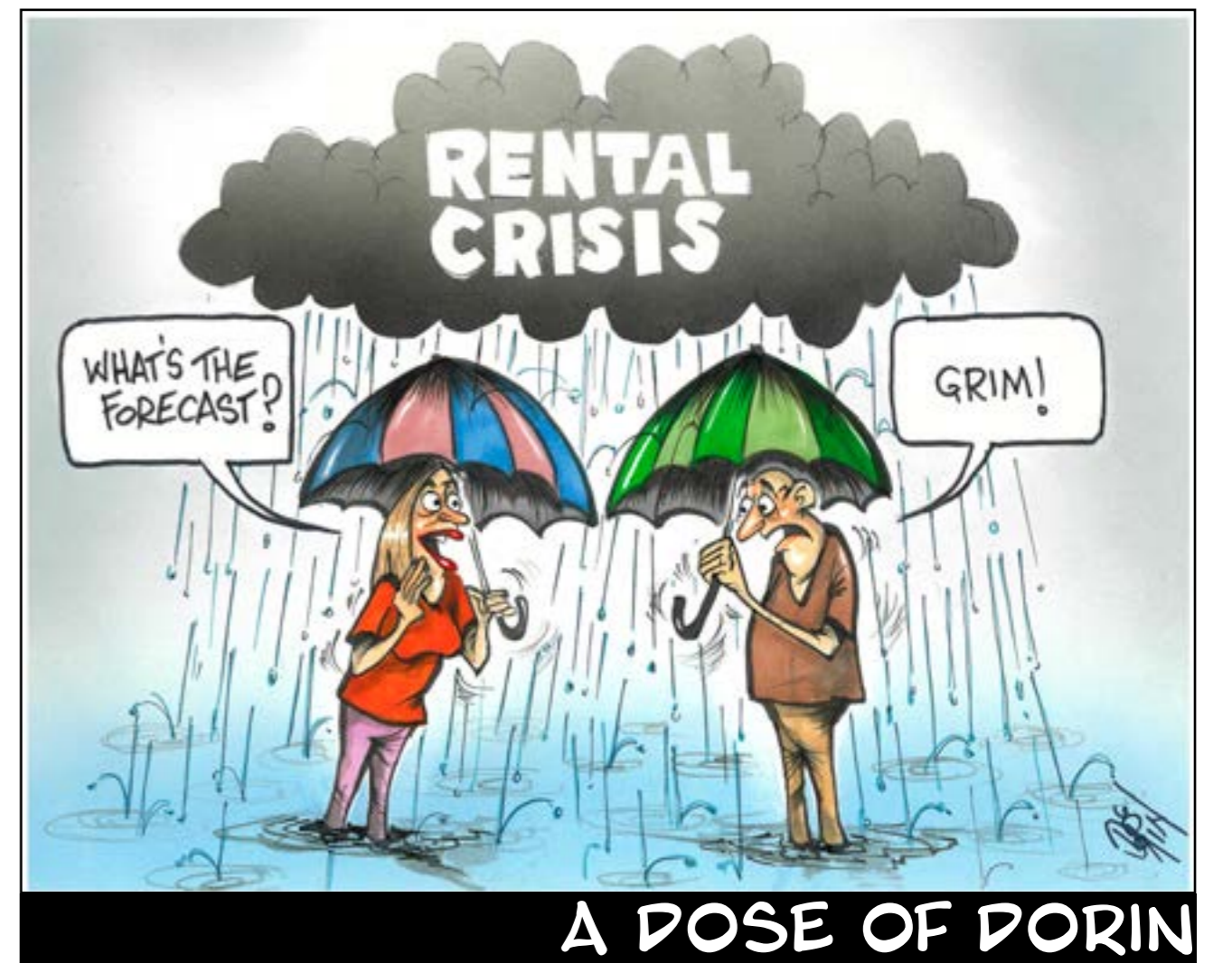
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A DOSE OF PORIN

PUZZLE SOLUTIONS

THE BIG ONE CROSSWORD ANSWER KEY

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9	4	6	1	7	5	8	3	2
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8	7	5	3	2	4	6	9	1
4	2	1	6	8	7	3	5	9
5	6	3	4	1	9	2	7	8
7	9	8	2	5	3	4	1	6

HARD

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4	3	6	8	5	7	2	9	1
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5	6	7	3	1	8	9	4	2
6	4	3	1	8	9	7	2	5
7	5	8	2	4	6	1	3	9
9	2	1	7	3	5	6	8	4

OUT AND ABOUT

STRIKE GOLD AT MORETON BAY EXPO

SALLY EBERHARDT

GOLDEN opportunities abound as the Moreton Bay Expo returns to Redcliffe with more to see and do than ever!

Already known as a showcase for a large range of outdoor products from the latest caravans, boats, fishing gear, camping equipment and more, the Expo also offers exciting adventure experiences the whole family can enjoy. There are even great prizes to be won!

Amongst the 180 exhibitors are some not-to-be-missed golden moments of entertainment and education. Let Dinky Di's Express Trackless Train take the family on a fascinating journey around the Expo. Don't miss the daily shows including Wildlife Unleashed and outdoor cooking with The Camp Oven King.

Mick and Adele Bender, founders of Wildlife Unleashed, said they are excited to share their passion for wildlife at their very first Expo.

"We look forward to being among people who enjoy learning about wildlife. Our talks about safety and first aid are always well received," Adele said.

"Mick wrangles some of the world's most venomous snakes, the birds are amazing, and our baby saltwater crocodile is a favourite with kids."

"We love giving people the opportunity to get up close and personal. We encourage them to respect and appreciate wildlife so they look after it for future generations."



Moreton Bay Expo
Friday, 16 February, 8.30am-4pm
Saturday 17 Feb, 8.30am-5pm
Sunday 18 Feb, 8.30am-4pm
Redcliffe Showgrounds
Scarborough Road, Redcliffe.



There will be many sites dedicated to 4-wheel-driving, camper-trailers and camping gear. People love to get out in nature but what do you do when you are out there? Prospecting for gold is a great alternative activity to hunting and fishing according to exhibitor Dustin McMurray, Director of Gold Rat Engineering.

"People want to reconnect with the bush and prospecting gives purpose and adventure to walking through the bush," Dustin said.

"Our customers include families and also people with PTSD, for example, service professionals, who find panning for gold and

metal-detecting to be calming and therapeutic."

"You learn about geology, minerals and history as you enjoy the environment."

For more information and discount tickets go to <https://bayexpo.com.au/>

Prices at the gate - Adults Single Day \$20, Adults Multi-Day \$25, Children 16 and under FREE.

Come along and make some golden memories!



Mick and Adele share their passion for wildlife at the Moreton Bay Expo

ADVENTURE AWAITS

SCHOOL HOLIDAYS

MEADE MURPHY

SO, how did you go taking your kids or grandkids out for a bit of a fish over the school holidays? With bad weather and strong northerly winds, the Brisbane River turned out to be the best option for fishing.

The freshwater had flushed schools of small prawns out to a number of structures along the Pinkenba side of the Brisbane River. Those anglers that ventured out in the wind and the rain all got a respectable feed of squire and bream.

The best bait was whole green prawns on a 3/0 hook casting around pylons, walls and any structure that holds live bait. We don't use a sinker when using whole prawns, but if we use yabbies we use a small sinker like a 00 sinker on top of the hooks.

Squire are small snapper and as such they have a bag limit of four, a boat limit of eight, a limit of one over 70cm and a size limit of 35cm.

Bream have a size limit of 25cm with a bag limit of 30. I've always found the best time to fish the Brisbane River is March, especially if fishing the old sunken wall. Check out the five squire and three bream that Nathan Perkins and his son Ted caught off Pinkenba (pictured).

There has also been good whiting caught in Hayes Inlet and the Pine River. There were a number of whiting more than 40cm long caught in Hayes Inlet during the school holidays. Next time you drive over the bridge, look towards the mouth of Mullet Creek and you will see a number of pelicans there. They are feeding on schools of whiting fingerlings.

This is also why there are so many flathead in the inlet and the odd tailor in winter. For those who ventured north for the school holidays, there were whiting all the way up the coast.

This is why Redcliffe City Amateur Anglers has now made all trips other than S.Q.A.F.C.A. trips, 'go as you please' trips from Double Island Point to the Nerang River.

This GAUP boundary is regarded as the best fishery in Australia with a large diverse number of species in this boundary.

This also helps with Queensland Fisheries possession limits and members who may have a 4WD and not a boat and vice

versa. Ten-year-old Liam Coffey from Narangba proves this with the cod he caught at Noosa North Shore whilst on school holidays (pictured).

I've had a number of phone calls about the planned closures of commercial fishing in the Great Barrier Marine Park. I can tell you that UNESCO and the federal government put pressure on the state government to implement this closure as the federal government overrides the state government.

The Queensland Government has scientific research that states fishing has minimal impact on the health of the Great Barrier Reef Marine Park.

The bulk of the damage happening to the reef comes from runoff from farms during flooding. I spoke to a number of commercial fishermen and most are reasonably happy with the \$160 million on the table for the buyback of licences.

The cost of fuel and maintenance on equipment is so much that it is very expensive to be a commercial fisherman. Even here in Moreton Bay, a trawler can use 300 litres of fuel to trawl for prawns over a number of days.

The freight truck on the MLCAT is \$1250 over to Moreton Island and back and there is also a delivery charge on top of that for large eskies full of ice. Most commercial fishermen I know average the age of 60 and over so most are approaching retirement age.

The big news is that we have just released the dates for the 2024 Moreton Island Classic. The dates are 28-31 August at the Bulwer Fire Brigade, Moreton Island. Follow on Facebook by searching for Moreton Island Fishing Classic.

Don't forget Clean Up Australia Day on Sunday, 3 March. Stay warm and safe out on the water.

Meade Murphy
Publicity Officer



BRISBANE BAR TIDE TIMES FEB 2024

Time	m	Time	m
1	0113 1.88	16	0220 2.16
TH	0711 0.82	FR	0834 0.85
	1315 2.05	FR	1418 1.86
	1948 0.68		2044 0.62
2	0200 1.87	17	0326 2.12
FR	0801 0.94	SA	0954 0.97
	1354 1.90	SA	1524 1.66
	2029 0.71		2142 0.70
3	0300 1.87	18	0444 2.12
	0909 1.03		1131 0.98
SA	1448 1.75	SU	1653 1.55
	2123 0.74		2255 0.75
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	1034 1.05		1254 0.89
SU	1503 1.65	MO	1820 1.57
	2231 0.73		
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	1725 1.63	TU	1352 0.79
	2343 0.68		1923 1.67
6	0640 2.21	21	0116 0.66
	1319 0.84	WE	0750 2.33
TU	1837 1.68	WE	1437 0.71
			2012 1.77
7	0048 0.57	22	0207 0.58
	0736 2.39	TH	0832 2.38
WE	1420 0.70	TH	1515 0.66
	1940 1.78		2050 1.85
8	0146 0.46	23	0248 0.53
	0828 2.55	FR	0909 2.41
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	2038 1.88		2124 1.92
9	0241 0.34	24	0324 0.49
	0915 2.68	SA	0943 2.42
FR	1601 0.47	SA	1617 0.62
	2127 1.99		2155 1.98
10	0332 0.26	25	0357 0.48
	1000 2.76		1013 2.41
SA	1646 0.40	SU	1644 0.59
	2215 2.08		2225 2.03
11	0420 0.22	26	0429 0.49
	1045 2.77	MO	1041 2.38
SU	1728 0.36	MO	1709 0.57
	2302 2.16		2256 2.07
12	0507 0.25	27	0501 0.54
	1126 2.71		1108 2.31
MO	1807 0.35	TU	1734 0.56
	2349 2.20		2329 2.10
13	0554 0.34	28	0535 0.61
	1207 2.56		1136 2.22
TU	1845 0.38	WE	1800 0.57
14	0036 2.22	29	0002 2.10
	0642 0.49		0610 0.71
WE	1247 2.35	TH	1204 2.10
	1921 0.44		1827 0.60
15	0125 2.20		
	0733 0.67		
TH	1330 2.11		
	2000 0.52		

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